

# ROCK YOUR Socks

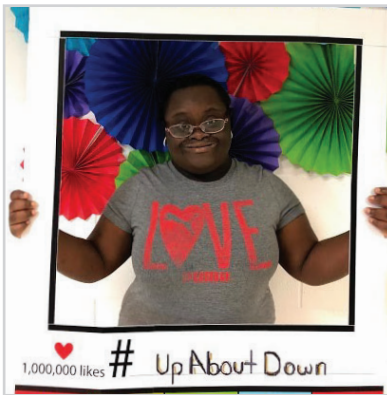
FOR  
World Down  
Syndrome Day!



WINDSOR • ESSEX  
DOWN SYNDROME  
ASSOCIATION

## Join us March 21<sup>st</sup>!

Rock Your Socks with Up About Down to help Windsor-Essex See the Ability!



“ The world needs variety in every sort of living thing. It is the same with people... Change your definition of normal. Make it bigger because we all fit, we all belong, we all contribute. - Nicholas Popowich ”

#WeDecide #WDS20 #UAD #YQGSeesTheAbility #LeaveNoOneBehind

# 2020 PARTICIPATION PACKAGE

## WHAT IS DOWN SYNDROME?

In a nutshell, Down syndrome occurs when someone has three copies of the 21st chromosome instead of two. To get more technical, Down syndrome is a naturally occurring chromosomal arrangement. Dr. J.L Down is credited with first officially describing it in 1886, which is how it was named.

With an extra chromosome, the risk of certain medical conditions becomes higher, cognitive development is impacted and physical characteristics are affected too. Common physical characteristics range from beautiful, almond-shaped eyes to a flatter facial profile. Despite the chance for commonalities, every person with Down syndrome is a unique individual, like anyone else, and will have these common characteristics to varying degrees.

The most important thing to remember about Down syndrome is that everyone with Down syndrome is “more alike than different”, so let’s celebrate their abilities together!

## WHAT IS WORLD DOWN SYNDROME DAY?

On the 21st day of the 3rd month of the year we celebrate World Down Syndrome Day to represent the three copies of the 21st chromosomes that people with Down syndrome are rocking. The UN officially celebrated the occasion in 2012 and since then it’s created a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome in our schools, community and around the world.

The annual theme for 2020 is “We Decide”. All people with Down Syndrome should have full participation in decision making that affects their lives. The reality today is that discrimination and exclusion ensure that people with Down syndrome are left behind and do not have opportunities to participate fully in decision making at all levels.. At the root of this discrimination and exclusion is a lack of understanding of the challenges that individuals face across their lifetimes and a failure to support them with the opportunities and tools needed to participate meaningfully.

Each year the voice of people with Down syndrome, and those who live and work with them, grows louder. Join us in creating a single global voice for advocating for the rights, inclusion and well being of people with Down Syndrome on March 21!



# 2020 PARTICIPATION PACKAGE

## WHY ROCK MY SOCKS TO RAISE AWARENESS?

Chromosomes are shaped like socks, and those with Down syndrome have an extra one, so it's a perfect way to celebrate! Wearing funky socks is about more than a silly outfit though. It's about starting conversations and spreading hope and acceptance to new generations.

## WHAT IMPACT WILL MY SUPPORT MAKE?

With the incredible support of communities worldwide, we've watched an incredible transformation of seeing people with Down syndrome flourish in society since it was first described. Unfortunately, there is still a lack of understanding of the challenges individuals face across their lifetimes and a failure to support them with the opportunities and tools needed to live fulfilling lives.

Your support in sparking conversation helps raise awareness. Most importantly, it helps empower people with Down syndrome and those who advocate and work with them. With your continued support, people with Down syndrome are contributing to their communities, living independently, reaching personal milestones and having meaningful employment.

## HOW CAN I PARTICIPATE?

1. Pick out your best pair of socks to rock on March 21st!
2. Get social with the whole community! Let's see you rock your socks with the hashtags **#WeDecide #WDS20 #UAD #YQGSeesTheAbility #LeaveNoOneBehind**
3. Tell everyone you know! If you plan to participate in a group with your classmates, family, friends or coworkers, please email [info@upaboutdown.org](mailto:info@upaboutdown.org). You will receive additional materials!
4. If you'd like to make a donation, consider donating \$2.00 for every pair of socks you rock!



# 2020 PARTICIPATION PACKAGE

## HOW CAN I CONTINUE TO MAKE AN IMPACT?

Your support and generosity through a financial contribution is always greatly appreciated. Funds raised will go directly into programming for local children and adults in our community with Down syndrome. This includes speech therapy, music therapy, support groups and parent information sessions. All of our members, and their families, are at different ages and stages of development in life and our programming allows our members to develop strong bonds with those in the community with similarities to themselves.

**Donations can be made directly online at [www.upaboutdown.org](http://www.upaboutdown.org) or through a cheque made payable to: The Windsor-Essex Down Syndrome Association.**

**The Windsor-Essex Down Syndrome Association**

**5060 Tecumseh Road East, Suite 206, Windsor, Ontario, N8T 1C1**

## ABOUT UP ABOUT DOWN

Up About Down is an organization of people committed to enhancing the quality of life for individuals with Down syndrome and their families. We strive to provide positive and accurate information through advocacy and education thereby raising Down syndrome awareness throughout the community.

We operate under Windsor-Essex Down Syndrome Association, and since being founded in 1990 have been serving the community for over 25 years. In 1990, a small group of parents joined together for support, information sharing and also developed a baby package for parents of children with Down syndrome. After realizing the need in the community to share this information, Up About Down was formed. Since then, the group has grown and we now share more than just a baby package - we share a wealth of experience and information - throughout our group and the community at large. We do our best to advocate for our children and educate the public along the way.

For more information **visit [www.upaboutdown.org](http://www.upaboutdown.org)**