NATIONAL CENTRE FOR PERSONS WITH DISABILITIES

NCPD PROGRESSION

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A Taste of Carnival

In February, NCPD recently held its carnival-themed fundraiser called "A Taste of Carnival." Our menu consisted of delicious finger foods such as geera neck, soca wings, corn soup, roast/boil corn, carnival chow, and mini potato roti.

We are happy to inform our readers that the fundraiser was a success. Moreover, we take this occasion to thank everyone who came out and supported our event.

Here's what to know about:

MARCH 21

WORLD DOWN SYNDROME DAY

World Down Syndrome Day is celebrated on March 21st each year. The selected date, March 21, is symbolic as persons with Down syndrome have 3 copies of their 21st chromosome.

WHAT IS DOWN SYNDROME?

Overall, Down syndrome is a naturally occurring condition where a person is born with an extra chromosome. Usually a baby has 46 chromosomes, however, a baby with Down syndrome is born with an extra genetic material associated with the 21st chromosome. The extra chromosome is a result of an error occurring during cell division, when the egg and sperm first meet

ROCK YOUR SOCKS

To celebrate and raise awareness of World Down Syndrome Day, persons worldwide wear brightly colored, mismatched socks. The idea of wearing mismatched socks started in 2013 as chromosomes shaped like socks and persons with Down syndrome have an extra chromosome.

TYPES OF DOWN SYNDROME

Trisomy 21: This type of Down syndrome is the most commonly occurring. In this, each cell in the body contains three separate copies of chromosome 21 instead of the usual 2 copies.

Translocation Down syndrome: This type occurs when an extra part or a whole extra chromosome 21 is present, but it is attached or "trans-located" to a different chromosome rather than being a separate chromosome 21.

Mosaic Down syndrome: The word mosaic means mixture or combination. Therefore, children with Mosaic Down syndrome may have cells with 3 copies of chromosome 21, while other cells have two copies of chromosome 21.

HOW DOES DOWN SYNDROME AFFECT THE BODY?

According to the Canadian Down Syndrome Society, the effects of the extra chromosome can vary in each person. However, Down Syndrome can cause persons to have low muscle tone, potential heart complications, and vision issues.

COMMON PHYSICAL FEATURES OF DOWN SYNDROME

·A flattened face, especially the bridge of the nose
·Almond-shaped eyes that slant up
·A short neck
·Small ears
·A tongue that tends to stick out of the mouth
·Tiny white spots on the iris (colored part) of the eye
·Small hands and feet
·A single line across the palm of the hand (palmar crease)
·Small pinky fingers that sometimes curve toward the thumb
·Poor muscle tone or loose joints
·Shorter in height as children and adults

HOW TO PARTICIPATE IN WORLD DOWN SYNDROME DAY?

- Rock your Socks!

Wearing mismatched and colorful socks on March 21st is a great way to demonstrate connectedness and help spread awareness.

- Participate in virtual events.

On March 21st, the Down Syndrome Family Network is having its "10th Anniversary World Down Syndrome Day Conference." The session starts at 9:00 am where international and local professional speakers would be participating.
Link to register for the webinar:
https://us06web.zoom.us/webinar/register/WN_6YyihbWHTpWIaO9O7q3CYg

- Volunteer / donate to organizations associated with Down Syndrome.

Trainees at NCPD's Unit wear their socks to promote inclusion and equal opportunities for all.

INTERNATIONAL WOMENS DAY

March 8

What is International Women's Day?

According to the United Nations, International Women's Day aims to uphold women's achievements, recognize challenges, and focus greater attention on women's rights and gender equality to mobilize all people to do their part.

International Women's Day theme for 2022

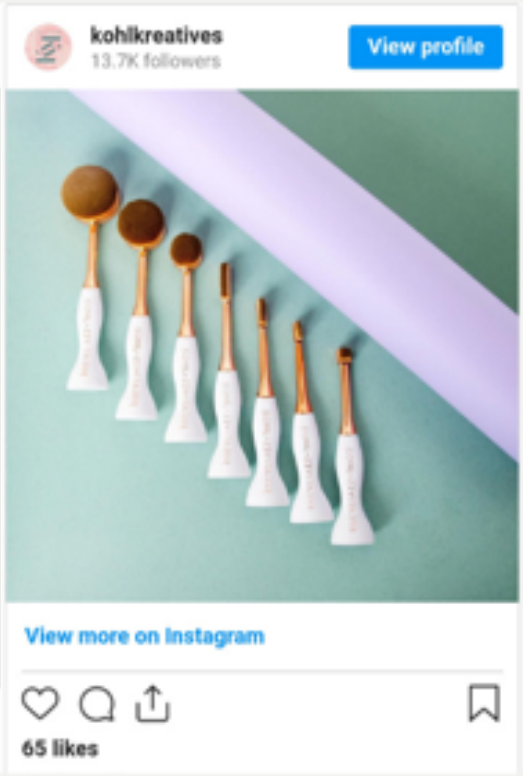
This year's theme for International Women's Day is "Gender equality today for a sustainable tomorrow", where recognition is placed on the contribution of women and girls around the world, who are leading the charge on climate change adaptation, mitigation, and response, to build a more sustainable future for all.

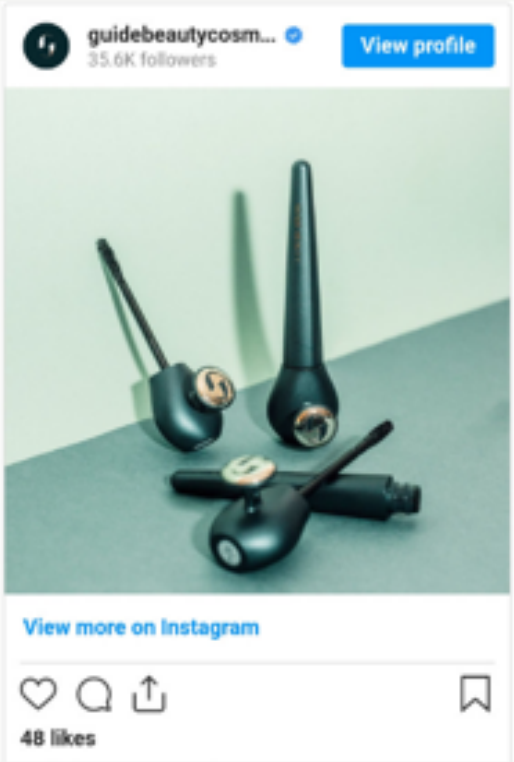
The issue of climate change and sustainability continues to persist with women being the most vulnerable to its impact. Further expanding on this, the UN noted that women "constitute the majority of the world's poor and are more dependent on the natural resources."

Despite being affected, women and girls continue to be powerful leaders, changing climate adaptation and mitigation which results in effective climate action. In order to continue their empowerment, women and girls should be regarded as equal players in the decision-making process on climate change. Overall, "without gender equality today, a sustainable future, and an equal future, remains beyond our reach."

Highlighting Inclusivity In The Beauty Industry

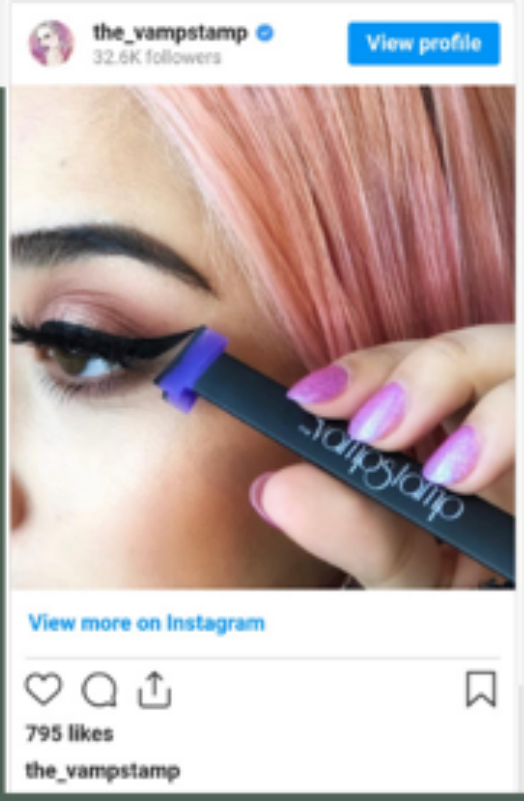
In recent years, the beauty industry has experienced a surge in disability inclusivity. Many independent brands such as Kohl Kreatives, Guide Beauty and The Vamp Stamp have designed products to make the application of makeup easier for persons with disabilities (PWDs).
Looking at Kohl Kreatives, they have created flexible make-up brushes to assist in applying make-up. Their brushes are easy to grip and bend to reach difficult spots.





Another beauty brand called Guide Beauty also specializes in making disability-inclusive products such as eyeliner, mascara and brow gel. This brand was created by Terri Bryant after being diagnosed with Parkinson's. Moreover, she noted that many make-up users experience challenges when attempting to attain symmetrical brows and draw a straight line of eyeliner. However, the Guide Beauty tools were universally designed to make this process easier for PWDs.

Lastly, there is the brand called the Vamp Stamp which aims to create a flawless cat eye with a pointed stamp. This product was created by Veronica Lorenz after developing a benign cervical spinal cord tumour. Unfortunately, this tumour caused her to have little feeling in her hands.



Overall, these beauty brands are changing the beauty industry and creating inclusivity for PWDs. Hopefully, this trend continues and makes it easier for persons living with a disability not only in the beauty industry but in other industries as well.

Continued Recognition of Basic Communication in Sign Language

NCPD continues to advocate for a disability-inclusive society by continuing to educate persons on the basic sign language used in everyday interactions.

Wellness Tips

Wellness Tips while staying at home

Here are with a few tips for keeping yourself socially connected, mentally well and physically healthy during this adjustment to your new surroundings.

Go for a walk

The simplest form of exercise is walking. Just lace up your shoes, open your front door and start moving.

Eat healthy meals

Even though the pantry is right there and can be quite tempting, try to maintain a regular eating schedule.

Stay Saninitary

You want to keep your environment as healthy as possible. Sanitation and handwashing remain critically important during this time.

At home workouts

Regular exercise is a great way to support your immune system and improve your mental health. Luckily, there are many at home exercises you can do to stay healthy.

Working from home

It may take some trial and error to figure out how to be productive at home, but with a little focus you can figure out a method and schedule that works best for you.

Stay connected

Just because you are physically alone doesn't mean you can't work on staying connected to friends and family members. Communicating digitally, either through video chat, phone calls or text messages allows you to stay connected while keeping your distance.

Focus on Sleep

Although it may be tempting to stay up all night watching a streaming service, maintaining a sleep schedule and good sleep hygiene is important.

NATIONAL CENTRE
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WITH DISABILITIES

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