

The World's Friendliest Restaurant



Video Notes:

- Tim Harris wakes up at 5:30 every _____. He completes his **morning routine** and goes to work at 7 am.
- His restaurant, _____, is located in Albuquerque, New Mexico in the United States. The restaurant serves _____.
- When Tim was 14, he told his parents he was going to own a restaurant.
- In addition to owning his restaurant, Tim is a special Olympic athlete. He has won a gold medal in the swimming category.
- Tim is the only person with Down syndrome in the United States who owns and manages a restaurant.

Tim's Words:

"I am so excited to go to work; so I do a dance off in the _____"

"Sometimes _____ are sad; I give them a hug, and then they feel a lot better."

"The _____ are way more important than the food"

"People with _____ can do anything they set their minds to"



Vocabulary:

athlete	disabilities
restaurateur	morning routine
hugs	medals
down syndrome	parking lot

Discussion/Writing:

1. What did you think of Tim?
2. Do you know anyone with Down Syndrome or another disability (blind, deaf, etc)? If so, who? What are they like?
3. “The hugs are way more important than the food”. Do you agree with Tim? Why/ Why not?
4. What’s your morning routine?
5. Do you have any “good luck” rituals?

Down Syndrome Fact Sheet



- Down syndrome occurs when an individual has three, rather than two, copies of the _____ chromosome. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.
- Down syndrome is the most commonly occurring chromosomal condition; one in every _____ babies in the United States is born with Down syndrome.
- There are more than _____,000 people living with Down syndrome in the United States.
- Down syndrome occurs in people _____.
- The incidence of births of children with Down syndrome increases with the age of the mother, but due to higher fertility rates in younger women, _____ percent of children with Down syndrome are born to women under 35 years of age.
- People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, _____disease, childhood leukemia, and thyroid conditions. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives.
- A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the _____, and a single deep crease across the center of the _____. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees, or not at all.
- Life expectancy for people with Down syndrome has increased dramatically in recent decades - from ____ in 1983 to _____ today.
- People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many ways.
- All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.
- Quality educational programs, a stimulating home environment, good health care, and positive support from family, friends and the community enable people with Down syndrome to realize their life aspirations and lead fulfilling lives.

The mission of the National Down Syndrome Society is to be the national advocate for the value, acceptance and inclusion of people with Down syndrome. The National Down Syndrome Society envisions a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations, and become valued members of welcoming communities.

For more information on Down syndrome and NDSS, visit www.ndss.org or call 800-221-4602.



Down Syndrome Fact Sheet



- Down syndrome occurs when an individual has three, rather than two, copies of the **21st** chromosome. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.
- Down syndrome is the most commonly occurring chromosomal condition; one in every **691** babies in the United States is born with Down syndrome.
- There are more than **400,000** people living with Down syndrome in the United States.
- Down syndrome occurs in people **of all races and economic levels**.
- The incidence of births of children with Down syndrome increases with the age of the mother, but due to higher fertility rates in younger women, **80** percent of children with Down syndrome are born to women under 35 years of age.
- People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, **Alzheimer's** disease, childhood leukemia, and thyroid conditions. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives.
- A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the **eyes**, and a single deep crease across the center of the **palm**. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees, or not at all.
- Life expectancy for people with Down syndrome has increased dramatically in recent decades - from **25** in 1983 to **60** today.
- People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many ways.
- All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.
- Quality educational programs, a stimulating home environment, good health care, and positive support from family, friends and the community enable people with Down syndrome to realize their life aspirations and lead fulfilling lives.

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- His restaurant, Tim's Place, is located in Albuquerque, New Mexico in the United States. The restaurant serves breakfast, lunch and hugs.
- When Tim was 14, he told his parents he was going to own a restaurant.
- In addition to owning his restaurant, Tim is a special Olympic athlete. He has won a gold medal in the swimming category.
- Tim is the only person with Down syndrome in the United States who owns and manages a restaurant.

Tim's Words:

"I am so excited to go to work; so I do a dance off in the parking lot"

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