

April-June 2015

Awareness | Acceptance | Inclusion



## SAVE *the* DATE

**Sunday, September 27, 2015**

*Mapfre Stadium (formerly Crew Stadium)*

**A**pril 1 marks the launch for the 2015 Columbus Buddy Walk®! The Buddy Walk® is DSACO's signature event in which nearly 6,000 people on 184 teams participated and over \$340,000 was raised in 2014. This event is celebrated around the world and raises awareness of Down syndrome.

With our families and community's support, 93% of the monies raised from the Columbus Buddy Walk® will stay in Central Ohio to support families, promote community involvement and encourage a lifetime of opportunities for people with Down syndrome.

We encourage teams to register and start fundraising early. Teams hitting certain fundraising goals by September 1 will be eligible for team incentives, such as customized t-shirts. Don't miss out! Visit [www.ColumbusBuddyWalk.org](http://www.ColumbusBuddyWalk.org)

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Kari Jones  
President & CEO

## 3-2-1 Update

It really does take a village. The more time I spend in the developmental disability community, the more I come to appreciate just how true those words really are. Here at DSACO, throughout the state and at a national level, we have to rely on our fellow “villagers” in order to cover our bases in best supporting our community and loved ones. After all, no one person, group, or organization could possibly do it all, right? (For those of you that try, I wish you the best of luck!)

**3)** DSACO is extremely fortunate to have individuals- parents, siblings, cousins, aunts, uncles, friends, colleagues and many more- that volunteer their time in support of DSACO’s programs and initiatives. Whether it be volunteering as a parent mentor, leading a playgroup, or sitting as a committee or board member, the role that our volunteers play is crucial to DSACO’s success. On **April 15<sup>th</sup>**, DSACO will be hosting a Volunteer Appreciation event as a small thank you for the countless hours volunteers put into making things go more smoothly for us. If you’ve done something to support us, (Led a Buddy Walk team? We mean YOU!) we want to see you at this event! There will be food, drinks, prizes and more, so please go to [dsaco.net](http://dsaco.net) to RSVP before April 10th.

**2)** As DSACO moves forward with advocacy on statewide initiatives, we know that our voice is better heard when we work with other organizational stakeholders. For this reason, we worked to collaborate with Down Syndrome Associations from around the state, as well as the Ohio Department of Health (ODH), to develop ODH’s Down syndrome Fact Sheet that will be featured on their website and shared with all new or expectant parents who receive a Down syndrome diagnosis throughout Ohio. This work is a direct result of House Bill 552 that was signed into law in December of 2014. The feedback and fine-tuning from a group, versus just one organization, is necessary in order to strengthen the message and delivery of this crucial information. We are thrilled that ODH has accepted our feedback and that accurate, up-to-date information and resources are now available to new families.

**1)** When we bring a national perspective into play- all that needs to be done in advocacy, education, and research within our community- it’s easy to feel overwhelmed with all that can and should be done. DSACO partners with the National Down Syndrome Society, the National Down Syndrome Congress, and other national leaders to support their respective areas of focus that ultimately benefit our local community. Down syndrome research is one area in particular where partnership and collaboration is critical. That’s why DSACO supports area research organization, DownSyndrome Achieves, in establishing the nation’s first centralized Ds biobank right here at Nationwide Children’s Hospital. For the last two years, DownSyndrome Achieves has been leading this effort, which now includes more than 40 Ds researchers from Harvard University, Johns Hopkins University, Massachusetts General Hospital, Mount Sinai Hospital, and the National Institutes of Health. A biobank will advance the science of Ds faster, making therapies and best practices available sooner, so our loved ones with Ds can live longer, healthier, and more vibrant lives.



Evanthia’s new role as Event Manager is responsible for planning, executing and marketing DSACO’s fundraising events, including acting as a liaison between DSACO and volunteers, sponsors and vendors. Evanthia has a Bachelor of Science degree in Communication Studies from Ohio University. She previously worked with Great Lakes Publishing, mainly *Cleveland Magazine* and *Inside Business* magazine, as the Events Manager for almost four years prior to relocating to the great city of Columbus, Ohio.

Evanthia lives in New Albany with her husband-to-be, Zach, and their two cats; Zoey and Bentley. She enjoys playing soccer, keeping up with the Cleveland Indians, Fantasy Football and *The Big Bang Theory*.



# SNAKE, RATTLE & ROLL!

## DSACO's Annual Picnic The Columbus Zoo & Aquarium

4850 W. Powell Rd., Powell, OH 43065

Saturday, May 9, 2015 | 10 a.m. - 4 p.m.

### NEW FORMAT IN 2015:

#### *Tickets to Snake, Rattle & Roll include:*

- ⇒ ALL DAY access to the Columbus Zoo & Aquarium
- ⇒ Free parking
- ⇒ Lunch Buffet
- ⇒ Goodie bags for the kids
- ⇒ Visiting zoo animals
- ⇒ Face painting
- ⇒ Caricature and Handimal artists (small fee)



### RESERVE YOUR TICKETS TODAY!

**Please note:** Tickets are required for this event, even if you have a Zoo membership. The number of tickets sold are used for the lunch food count. Tickets are available for individuals with Down syndrome, their parents, and siblings only. Tickets for extended family members & friends are \$20 /person.

Reserve your tickets **no later than April 30**.

Visit [www.dsaco.net](http://www.dsaco.net) or send the form below along with payment to:

DSACO | 510 E. North Broadway | Columbus, OH 43214

Please reserve \_\_\_\_ adult (age 16+) tickets (\$5 each) and \_\_\_\_ children tickets for my family.

*(Children 3 years and under do not require tickets.)*

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

I would also like to purchase additional tickets for extended family or friends. Please accept my payment of \$20 x \_\_\_\_ (# of additional tickets).

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_



Down Syndrome Association of Central Ohio

Join DSACO and 2FGR, a Dublin based running group, for the **Down Syndrome 5K & Kids Fun Run**. Last year nearly 1,000 runners filled the Dublin streets to support DSACO and our mission.

### RACE DETAILS:

**Date:** Thursday, May 21, 2015

**Location:** fiserv in Dublin, Ohio

**Time:** 6:00 p.m. Registration | 7:00 p.m. Race Start

**Course Description:** A relatively flat course, that starts with an open first half and continues through scenic Indian Run Meadows Park paved trail for a fast finish.

### Entry Fees:

#### 5K Race Untimed

\$25 through May 1

\$30 after May 1

\$35 on race day

#### 5K Race Timed

\$30 through May 1

\$35 after May 1

\$40 on race day

#### Kids Fun Run (ages 10 and under)

\$10 through May 1

\$15 May 2 through race day

*For more information or to register, please visit [www.dsaco.net](http://www.dsaco.net)*

## It's All About Getting and Staying Healthy!

A healthy lifestyle is more than eating right or getting exercise. It's about knowing who you are and what you need to be your "best" person. DSACO is training two staff members in the Healthy Lifestyles curriculum so we can better support teens and adults with Ds in their efforts in reaching their personal goals.

Healthy Lifestyles is a free, fun, and educational way for people with disabilities to start and keep a Healthy Lifestyle!

There will be a lot of opportunities to try new experiences and start on your journey to better health. A support system will also be established so that everyone shares the love and experiences the rewards of each person's success.

DSACO has committed to a one year program. We are looking forward to celebrating lots of success with all of our participants.

Watch for all the exciting details in the coming weeks.

## Keeping UP the Pace

Hey teens and adults– the Walking Club is under way and this year we have a very special goal for those who want to participate. If you like a challenge – here it is!

We are walking in two groups this year – one for those who prefer a slower pace and one for those who would like to pick up the pace a bit. The latter group is training for the Down Syndrome 5K & Kids Fun Run being held on May 21. Several years ago, we participated in a 5K so we know some of you can do it. Join us as we proudly represent the Down syndrome community through fitness and hard work.

### Walking Club/Training Dates

**"Couch to 5K" Training starts at 6:00pm**

**Walking Club starts at 7:00pm**

**Mondays, Antrim Park,**

799 Greenridge Rd. | Columbus (off Olentangy River Rd.)

Meet on the deck by the lake (lower lot).

• **April 6, 13, 20, 27** • **May 4, 11, 18**

*Registration is required.*

Contact Marge Barnheiser at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net).

## APRIL - MAY

## P.A.L.S. for Teens

Tuesdays | 6:30-8 p.m.

April 14 - May 19

DSACO Office

P.A.L.S. is a weekly series of free and fun meetings for teens ages 14-23. P.A.L.S. gives teens an opportunity to make friends, develop skills for adult life and discuss topics important to them.

Last year, their discussion topics included:

- Having a disability
- Social appropriateness
- The art of conversation
- Setting goals
- Healthy eating
- Gaining independence
- Dealing with grief and loss

For more information or to register, contact Marge Barnheiser at (614) 263-6020 or email at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net).

## JUNE

## iCan Bike Camp

June 1- June 5

Worthington Kilbourne High School

Fee: \$150

DSACO, in collaboration with Nationwide Children's Hospital and support from The Country Club at Muirfield Village Foundation, is hosting the 8th annual iCanBike Camp, June 1-5, 2015 at Worthington Kilbourne High School. Each participant takes part in a 75 minute session between the hours of 8:15 a.m. to 4:30 p.m.

Participants must be at least 8 years old, have a developmental disability, should have a minimum inseam of 20", be able to walk without an assistive device, weigh no more than 220 lbs and must wear a properly fitted helmet. A parent, guardian or other caregiver is expected to participate in various ways throughout the week.

Go to [dsaco.net](http://dsaco.net) for an application, volunteer opportunities and FAQ for the camp. *Camp is limited to 40 participants, so apply early!*

## JUNE

## Golf Academy 2015

Wednesday evenings | 6 - 7:30 p.m.

June 3 - August 5 (10 weeks)

Location alternates between Bent Tree Golf Club and Blacklick Woods Golf Course

Registration deadline: May 15, 2015

Fee: \$100

DSACO is gearing up for another fun-filled season of golf, following The First Tee curriculum. Whether you are new to the game, have some experience or have hit the course many times, The First Tee program will provide a lot of supervised practice and improve your skills. It's a great way to get some exercise, meet new friends and learn a hobby.

We would love for you to join us!

Applications are available at [www.dsaco.net](http://www.dsaco.net). Space is limited so apply early.

## JULY

## Summer Learning Academy

July 6 - August 6 | 9 a.m. - 12 p.m.

Registration deadline: April 30, 2015

Fee: \$150

Skill regression during the summer is a major concern for parents of young children. Summer vacation breaks the rhythm of instruction, leads to forgetting, and requires a significant amount of review of material when students return to school in the fall.

In response, DSACO offers 60 hours of academic instruction through our Summer Learning Academy for children with Down syndrome who have completed grades 1-4. The primary goals are to minimize learning loss, improve math and reading skills and improve social development.

This is the fourth year for this highly successful program. Only eight children with Down syndrome can be accepted into the program. This group will have the benefit of certified teachers, peer interaction and support personnel.

If you are interested in having your child participate, go to [www.dsaco.net](http://www.dsaco.net) for an application. The deadline to apply is April 30.

## WORLD DOWN SYNDROME DAY

DSACO families celebrated World Down Syndrome Day in a **BIG** way this year! From pancakes for breakfast to dancing the night away, it was a day made special by everyone who participated! Many thanks to Chris Cakes for creating such a fun environment at the beautiful Palm House in Franklin Park Conservatory. It was certainly an event that many of our members thoroughly enjoyed and will not soon forget! Thanks also goes to the OSU Students Supporting People with Down Syndrome gang. They really know how to pull together a playlist that keeps everyone on their feet! We'll let the photos tell the rest of the story. Thank you to the many families who shared their special day with us!



<< *Blooms & Butterflies Pancake Breakfast*

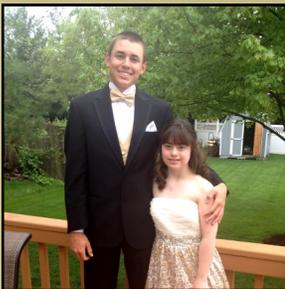


*Family Scholarship >>  
Awards & Dance Party*



### Announcing our 2015 DSACO Family Scholarship Recipients!

Kudos to our 2015 DSACO Family Scholarship recipients! They are such an impressive group of young people who will most certainly make an impact on the community in which they live. Congratulations to all of you!



#### **MITCHELL BIENVENUE**

*with sister, Danielle*

**The Ohio State University**

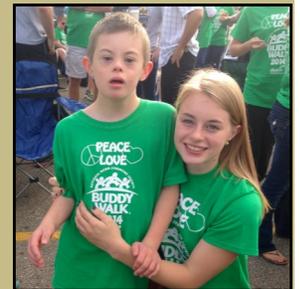
**Major: Physical Therapy**

#### **CLAIRE HICKEY**

*with brother, Jack*

**The Ohio State University**

**Major: Business/Accounting  
Specialization**



#### **SHANE ROUSSI**

**The Ohio State University**

**Major: Sports Industry/  
Sports Business**

#### **LEXI WINKELFOOS**

*with brother, Zion*

**Baldwin-Wallace University**

**Major: Education &  
Communication**



**MEDICALLY SPEAKING**, By Murugu Manickam, MD

## *Being Active Can Be Fun!*



*Editor's Note: Be sure to check out the Walking Club and the "Couch to 5K" training on Monday nights at Antrim Park (Page 4). They are just what the doctor ordered!*

Spring is the season to shake off the winter doldrums and get up and get active! With activities like 5Ks, spring signups for sports and summer sports on-going, now is the time to get your kids/adults out there.

The benefits of early intervention, including physical therapy, are well documented and studied. But at some point, regular PT is dropped. Yet, hypotonia persists in the Ds community and contributes to obesity and a number of other health issues in kids and adults. This is where being active in sports or regular activities pick up, off of PT. Start early and try many things to see what sticks. T-ball, basketball, tennis, running, soccer and everything under the sky is available. See what your child likes and then stick to it! The best plans involve setting realistic goals but remembering to build in rewards; rewards that feed back into the sport. If playing baseball, you get a new glove. If running, a running shirt or shoes. Whether it is through Special Olympics or community rec programs, there are a lot of opportunities out there.

One of the people who has really influenced me is Dr. Brian Chicoine from Chicago, who has run a Ds clinic for over 25 years. Dr. Chicoine is a marathon runner and started training with those with Down syndrome. He would do training runs with his own patients- and put his money where his mouth was when he said you had to get up and get more active! This serves as a great example of pushing some perceived boundaries and inspired my own involvement with BuddyUp tennis. And we all could probably use some more exercise! I also love using a tracking device and competing with friends and family every day to see who has more steps or more stairs climbed.

And as many of you are well aware, those with Down syndrome like being social. Finding friends/buddies/siblings to do the activities with them is just further encouragement. Sometimes it's hard as parents to be the ones pushing them but their friend/buddy/sibling can. And once it becomes a habit, it sticks- and you will have the enviable task of explaining the days when you are not doing it like it was scheduled!

## SAVE THE DATE!

**2015 Conference for Adults  
with Down Syndrome  
We Want To Hear You ROAR!!**

Date:

August 14-16, 2015

Location:

Deer Creek Lodge &  
Conference Center

*Registration materials will be sent  
via USPS soon!*

## Study Subjects Wanted

A team of medical doctors and psychologists at the Case Western Reserve University, University Hospitals, and the Cleveland Clinic are investigating the effects of memantine on individuals with Down syndrome who are between ages 15 and 32. Memantine is a medication FDA-approved for the treatment of Alzheimer's disease, but it is not approved for use in persons with Down syndrome. This study was designed to examine whether or not this medication is safe and if it can improve memory and learning skills in adolescents and young adults with Down syndrome.

This study requires the participant and his or her primary caregiver to complete five to seven outpatient visits to University Hospitals in Cleveland, Ohio. Psychological and medical tests will take place during the visits. The tests, medication, and medical care related to the study are provided free of charge. Parking will be validated, and mileage can be reimbursed for those traveling 20 miles or more to come to the study.

The study **Principal Investigator is Alberto Costa, MD, PhD**  
Department of Pediatrics, Division of Pediatric Neurology  
Case Western Reserve University and University Hospitals

**For more information, please call or e-mail the study coordinator:**  
Ms. Melissa Stasko | 216-844-7281 | [Melissa.Stasko@case.edu](mailto:Melissa.Stasko@case.edu)

*IRB Number 06-14-41, approval date 10/18/2014*

Down Syndrome Association of Central Ohio

# GOLF CLASSIC

& chopper dropper

Join DSACO and over 140 golfers for the annual Golf Classic on **Monday, July 20, 2015** at **The Country Club at Muirfield Village**, with a shotgun start at 12:30 p.m. Come play on a beautiful course, network with other golfers who have an interest in Down syndrome and participate in the annual Chopper Dropper. New for 2015, two (2) golf packages will be available—green fees, cart and dinner are included in all registrations, with the option to upgrade to include lunch and a DSACO golf polo. *Sign up early because this event will sell out!*

If golfing is not your forte, you can still partake in the fun of the Chopper Dropper. Golf balls will be sold online prior to the outing; take your chance of having your golf ball roll into a hole after being dropped from the sky via helicopter—the winner receives a cash prize of \$2,000 and you do not need to be present to win.

>> To register for the Golf Classic and Chopper Dropper, please visit [www.dsaco.net](http://www.dsaco.net).



## dancing with our stars

### EVENT RECAP

**Thank you** to all who volunteered, donated, performed, and attended the 2015 Dancing with our Stars Gala! DSACO was thrilled to honor Dr. Tom Fish for his accomplishments in supporting the developmental disability community as well as watch our Stars show off their dance moves with their waltz and swing dances.

With record-setting attendance, DSACO's generous supporters raised funds that will support critical growth in *Ds Medical Edge*, *First Connect* and other programs that support our members throughout Central Ohio.

**A special thanks to our sponsors, whose support made our event possible.**



432 attendees

30 amazing dancers

\$81,000  
Dollars  
Raised

BY THE

NUMBERS

47  
minutes for the  
wine pull to sell out

## When Down Syndrome and Autism Spectrum Disorders Meet

Let's face it. Managing the challenging behaviors of our children with DS-ASD can sometimes be unnerving to the point of exhaustion! No parent enjoys a full-blown meltdown. And yes, we want our children to be compliant and well behaved. Have you ever planned a perfect weekend only to be left feeling completely drained, defeated, and drowning in a sea of disappointment?

The Kennedy Krieger Institute featured an article by Naomi Swiezy, PhD, entitled "Changing Behavior & Teaching New Skills", providing helpful tips for struggling parents of children with DS-ASD who might be dealing with challenging behaviors. As you read the article, you may discover that many of the tips are principles we already know but perhaps didn't feel were applicable to our situation. For example Dr. Swiezy writes:

"There are several general guidelines you can use to improve behavior-related problems without conducting a formalized assessment. These strategies will improve your child's behavior regardless of the specific motivation behind them. However, we first need to look at some general facts about children with Down syndrome and autistic spectrum disorder (DS-ASD) that form the basis for working effectively with your child:

- Children with DS-ASD do not misbehave because they are mean-spirited or obstinate. All behaviors serve a purpose. That purpose may be to communicate wants and needs. Particularly children who are non-verbal or just learning to communicate will communicate in whatever method is most effective and successful in getting what they want, whether it is appropriate or not.
- Children with DS-ASD have three major areas of concern: communication, socialization and interests or activities. A child with DS-ASD may or may not have a different amount of language, socialization and leisure behaviors from other children her same age. What is distinct is the way interactions vary from what is expected from other children of their same age and developmental ability, particularly in the area of communication, socialization and activities.
- Common behavior problems such as aggression, tantrums and "noncompliance" are not part of DS-ASD. For instance, it is not necessary for a child to have these behaviors to meet diagnostic criteria for the DS-ASD. However, children with DS-ASD tend to respond with aggression, tantrums or "noncompliant" behavior as a way of communicating a frustration or need. The behaviors are the result of the syndrome, not a symptom of it. Some suggestions regarding how to respond to these behaviors are discussed later in this article".

To learn more go to <http://www.kennedykrieger.org/patient-care/outpatient-programs/teaching-new-skills>. Until next time, thanks for reading!

### UPCOMING EVENTS:

#### **Autism Activities at COSI | April 19 | 8 –10 a.m.**

The fee is \$9 per person or free to COSI members. Pre-registration is required.

#### **Family Support Group with Caregivers of Individuals with Autism**

**April 15 & May 20 | 5:30 - 6:30 p.m. | Center for Autism Spectrum Disorders**

RSVP to an Autism Resource Coordinator at:

[autismresourcecoordinator@nationwidechildrens.org](mailto:autismresourcecoordinator@nationwidechildrens.org) or 614-355-8315.

*DSACO strives to support  
all of our families.*

A co-occurring diagnosis of DS-ASD can be particularly challenging.

Please contact

**Regina Parker at  
[rparker@dsaco.net](mailto:rparker@dsaco.net)**

if you have questions or would like assistance.



Join the Down syndrome community as we unite for a common cause and raise funds to support the Down Syndrome Association of Central Ohio and the National Down Syndrome Society. Whether you have Down syndrome, know someone who does or just want to show your support—take the first step and **register today!**

The Buddy Walk® was developed by the National Down Syndrome Society (NDSS) in 1995 to celebrate Down syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome.

The Buddy Walk® has grown from 17 walks in 1995 to more than 250 individual walks in 50 states and 5 countries in 2014. The Buddy Walk® had a record breaking year in 2014 with more than 315,000 participants, raising \$13 million dollars nationwide to support local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.

### The 2015 Columbus Buddy Walk® kicks off on April 1st.

Join DSACO and over 6,000 participants on Sunday, September 27, 2015 at Mapfre Stadium (*formerly Crew Stadium*) beginning at 7:00 a.m. for The Columbus Buddy Walk®. Registration is \$21 and you can create a team, or sign yourself up as part of a team at:

>> [www.ColumbusBuddyWalk.org](http://www.ColumbusBuddyWalk.org) <<

**2015 COLUMBUS BUDDY WALK**  
OFFICIAL T-SHIRT DESIGN CONTEST

The Down Syndrome Association of Central Ohio (DSACO) wants to see your creativity and t-shirt design skills. DSACO is holding the first-ever **T-Shirt Design Contest** for the official 2015 Columbus Buddy Walk T-shirt. Your design could be chosen and displayed on over 6,000 t-shirts at the Columbus Buddy Walk on Sept. 27, 2015.

Visit [ColumbusBuddyWalk.org](http://ColumbusBuddyWalk.org) for more information.

### IMPORTANT DATES:

#### APRIL 1

Columbus Buddy Walk  
Website Launches

#### MAY 1

T-shirt Contest Entry Deadline

#### MAY 18 — JUNE 5

T-shirt Contest Voting  
on Facebook

#### SEPTEMBER 1

Incentive Deadline  
Custom T-shirt Deadline

#### SEPTEMBER 27

**COLUMBUS BUDDY WALK!**

### OSU School of Nursing Advocacy Opportunity



OSU Nursing Professor Janet Young invited DSACO to speak on February 6 during a lecture on “Assessment of Fetal Well Being.” During the class lecture students learned about fetal serum tests, ultrasounds, amniocentesis and CVS tests. A few case studies were introduced that discussed working with families that receive a Down syndrome diagnosis. Dr. Young reached out to DSACO to see if a parent with a prenatal diagnosis might be willing to come in and share their journey from diagnosis to delivery. Kate Green, DSACO parent, eagerly accepted the offer. Parent Dawn Thornton joined Kate to share her perspective as well. Both Kate and Dawn shared their stories, including information on how they were given the diagnosis, what their thoughts and feelings were after hearing the news and what concerns and questions went through their mind as they came to grips with the diagnosis. Kate shared with the students all of the testing procedures that followed the diagnosis and she relayed her experience as she connected with DSACO. Kate also talked about sharing the news with family members, friends and co-workers. She was candid about how the diagnosis impacts a family financially and emotionally. It was impactful for the students to hear the story of her daughter Lorelei’s birth. Going into the birth knowing the diagnosis made the day a much more joyful experience. Even though it was a long, difficult and stressful pregnancy, Kate said she wouldn’t trade the outcome. A truly beautiful and amazing baby was the end result!

Several students expressed after class how beneficial it was to hear a parent’s perspective. Dr. Young stressed how valuable it was for the students to hear how a diagnosis impacts the family on all levels. She later commented, “you added rich information as well as thought provoking insight into how people deal with unexpected medical information. Your openness will help these students think about their patients and families in terms of real life, not just in terms of numbers and a diagnosis. Equally important is that they learned ways in which support groups can benefit patients and families. My hope is that they will use this knowledge to find helpful resources for their future clients.”

### Down Syndrome Information Sheet Available on ODH Website

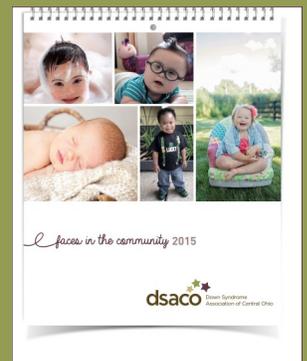
As a result of the passing of Ohio HB552, the Ohio Department of Health (ODH) was required to create and make available on its website an information sheet about Down syndrome. DSACO and other Down syndrome support agencies from around the state have collaborated with ODH to develop an information sheet that is easily understood and contains information for both new parents and the health care community.

Samplings of information sheets from other states that have passed similar laws were reviewed by the Ds organizations and pieces of Ohio’s version were drawn from them. Additional vital data related to pre-natal screenings and testing was added along with contact information for the local DS support organizations. While a final version had not yet been approved at the time of print, a final product is expected to be on the ODH website by March 31.



### 2016 DSACO Calendar Call for Photos

It’s that time! Send in your photos for this year’s *Faces in the Community* Calendar. Send your high resolution images (300 dpi or higher) of family members of all ages with Down syndrome for use in the calendar, e-blasts, printed materials and the DSACO website.



Send up to three (3) .jpg photos that are not retouched or scanned. Please do not remove red eye.

Please include the full name(s) and age(s) of the person(s) featured in your photos and email them by **Friday, July 3, 2015** to Barb Leman at [bleman@dsaco.net](mailto:bleman@dsaco.net).

## Ann Barbour Memorial Scholarship Fund

DSACO has a new scholarship available to our members. More than \$15,000 in scholarship funding is available for instruction relating to music lessons and the performing arts due to the generosity of the friends and family of Ann Barbour.

A lifelong music lover and educator, Ann enjoyed playing the piano and organ. Throughout her years, she participated in many musical productions and accompanied services at church as well as other special events. She also taught piano lessons and served as a choir music director, sharing her talents and love of music with others.



Ann Barbour

On January 7, 2015, Ann passed away following a courageous multi-year battle with a variety of pulmonary related illnesses, surrounded by family. Ann's family decided to create a scholarship program with memorial donations they received. To honor her affinity for music and the love of her grandson, Ben, who has Down syndrome, they earmarked scholarship funds for people of all ages with Down syndrome to fulfill their goals in pursuing education in music and the performing arts.

Music is such an important element in the lives of so many of our loved ones with Down syndrome. All of us at DSACO are grateful to the Barbour Family for their thoughtfulness toward the Down syndrome community. We are confident that the joyful opportunities provided by this new scholarship will both please and honor Mrs. Barbour.

Applications and guidelines for the Ann Barbour Memorial Scholarship can be found on the DSACO website.

THANK  
YOU FOR EVERYTHING  
*that you do*  
VOLUNTEER APPRECIATION EVENT 2015



YOU'RE INVITED TO JOIN DSACO AND  
DSACO VOLUNTEERS FOR OUR VOLUNTEER  
APPRECIATION EVENT! WE APPRECIATE  
YOU AND EVERYTHING YOU DO FOR THE  
DSACO FAMILY!

- WHO: All DSACO volunteers, plus one (1) guest, that have volunteered time and energy  
*\*Feel free to invite those you know have volunteered with DSACO*
- WHEN: Wednesday, April 15, 2015 | 6-8 p.m.
- WHERE: Improving Enterprises | One Easton Oval, Suite 175 | Columbus, OH 43219
- RSVP: Admission is complimentary, please register at [www.dsaco.net](http://www.dsaco.net) by April 10, 2015

## Little Buddies Parent Support Group

Meets on the 4th Monday of the month  
6:30 - 8:30 p.m.

Worthington United Methodist Church  
600 High Street | Worthington, OH 43085  
*Refreshments and childcare will be provided.*

⇒ **April 27, 2015**

**Speaker:** Lisa McCarty from Easter Seals Disability Services will join us to discuss their Early Intervention Program services.

⇒ **May 25, 2015**

TBD

⇒ **June 22, 2015**

**Speaker:** Melinda Draper, Delaware County Waiver Coordinator, and Karin Crabbe, Waiver Services Manager for Franklin County will join us to present information on waivers and state plan services.

**Little Buddies Contacts:**

April Horne Aprilhorne624@gmail.com (740) 360-7093	Angela Buddendeck Cookieparty@yahoo.com (937) 313-1306
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## Eastside Play Group

Meets on the 2nd Saturday of the month  
10:30 a.m. - Noon

*Children age 6 and under with Down syndrome and siblings are welcome to attend.*

⇒ **April 11, 2015**

Fairfield County Library Northwest Branch  
2855 Helena Drive NW  
Carroll, OH 43112

⇒ **May 9, 2015**

*See you at the DSACO Picnic at the Zoo!*

⇒ **June 13, 2015**

Fairfield County Library Northwest Branch  
2855 Helena Drive NW  
Carroll, OH 43112

**Eastside Play Contact:**

Renee Wolfe  
reneewolfe0812@yahoo.com  
(740) 412-0765

## Weekend Play Group

Meets on the 2nd Saturday of the month  
10 a.m. - Noon

*Infants, toddlers & preschoolers with Down syndrome and siblings are welcome to attend.*

⇒ **April 11, 2015**

Advent Lutheran Church  
3660 Kenny Road  
Columbus, OH 43220

⇒ **May 9, 2015**

*See you at the DSACO Picnic at the Zoo!*

⇒ **June 13, 2015**

TBD—look for updates on Facebook, Twitter & email

**Weekend Play Contacts:**

Dawn Thornton dawnrthornton@gmail.com (614) 893-1808	Dave and Jen Snyder dtsnyder29@gmail.com (614) 893-3941
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## Teen Social Group

Meets on the 4th Saturday of every other month  
2 - 4 p.m.

⇒ **May 9, 2015 (special day & time)**

*See you at the DSACO Picnic at the Zoo!*

**Teen Social Group Contact:**

Susan Scheid  
(614)905-2079  
susan@ebizgal.com

## Adult Stamping Club

Meets on the 1st Wednesday of the month  
6 - 8 p.m.

Urban Coffee meeting room  
7838 Olentangy River Road | Columbus, OH 43235

**Adult Stamping Club Contact:**

Marge Barnheiser  
(614) 263-6020  
mbarnheiser@dsaco.net



### APRIL IS RE-ENROLLMENT MONTH - IT'S FAST AND EASY!!

Each April, Kroger requires participants in the Community Rewards program to select which organization they would like to support for the following 12 months. It is an opportunity to re-state your commitment to our organization. Last year we received \$2,250.16 in Kroger Community Rewards. If you have not selected an organization to receive your Kroger Community Rewards it is not too late. Visit <https://www.kroger.com/communityrewards> and login or create an account. DSACO's organization number is: 83947 or search for Down Syndrome Association of Central Ohio.

**Please Re-enroll Now and select DSACO as your organization to support.**

**MEMORIALS****In memory of Ann Barbour**

Mr. & Mrs. Fred Abrams  
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 Frank Aldridge, III  
 Mr. Benny Barbour  
 Mr. & Mrs. Scott Barbour  
 Francis Bibens  
 Mr. & Mrs. Donald Blackman  
 Mr. & Mrs. Lunsford Bridges  
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**In memory of Martin Byron**

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**In honor of Angie Lewis**

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**In honor of Brady Schneider**

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**RESTRICTED DONATIONS****World Down Syndrome Day  
Family Scholarship**

Greif - Scott Griffin

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Kim Baich	Program Coordinator	kbaich@dsaco.net
Regina Parker	Program Coordinator	rparker@dsaco.net

KEEPING UP is a publication of the Down Syndrome Association of Central Ohio (DSACO), reporting items of interest relating to Down syndrome. DSACO does not promote or recommend any therapy, treatment, institution, or professional system. Any editorials are the opinion of one person and not meant to represent the exclusive opinion of DSACO. DSACO is a 501 (c) (3) nonprofit organization. Contributions are fully tax-deductible.

Return Service Requested



The mission of the Down Syndrome Association of Central Ohio is to support families, promote community involvement and encourage a lifetime of opportunities for people with Down syndrome.

Our Vision is for people with Down syndrome to achieve their fullest potential in an accepting and inclusive community.

## UPCOMING EVENTS

### APRIL \_\_\_\_\_

**Special Event with Dr. Brian Skotko**

Monday, April 13  
Fawcett Center

**P.A.L.S. for Teens**

April 14, 21 & 28  
DSACO Office

**DSACO Volunteer Appreciation Event**

Wednesday, April 15  
Improving Enterprises, Easton

**Dine & Donate**

Wednesday, April 22  
BJ's Restaurant and Brewhouse, Polaris

**Walking Club / Training Dates**

April 6, 13, 20 & 27  
Antrim Park

### MAY \_\_\_\_\_

**P.A.L.S. for Teens**

May 5, 12 & 189  
DSACO Office

**DSACO Annual Picnic**

Saturday, May 9  
The Columbus Zoo and Aquarium

**2 FGR presents Down Syndrome 5K & Kids Fun Run**

Thursday, May 21  
fiserv in Dublin

**Walking Club / Training Dates**

May 4, 11 & 18  
Antrim Park

### JUNE \_\_\_\_\_

**iCan Bike**

June 1-5  
Worthington Kilbourne

**Golf Academy**

Begins June 3

**Dine & Donate**

Wednesday, June 17  
BJ's Restaurant and Brewhouse, Polaris

### JULY \_\_\_\_\_

**Summer Learning Academy**

Begins July 6

### SEPTEMBER \_\_\_\_\_

**2015 Columbus Buddy Walk®**

Sunday, September 27



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