

Keeping Up

Jan—Mar 2015

Awareness | Acceptance | Inclusion

dancing with our stars

Saturday, February 7, 2015

6:00 - 11:00 p.m.

Villa Milano

1630 Schrock Road, Columbus, OH 43229

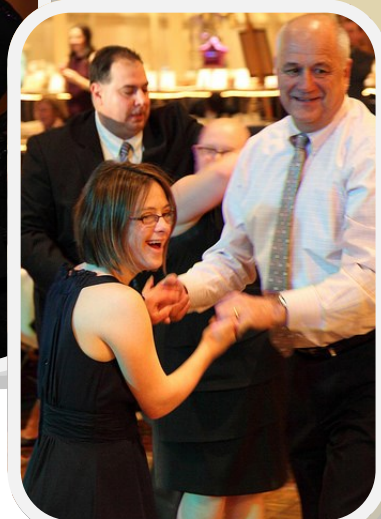
This is the night you've been waiting for! Enjoy a fun and inspiring evening that includes special Dancing with our Stars performances, a delicious plated dinner, dance lessons with Arthur Murray instructors, and a spectacular silent auction!

Oh, and yes... there will be dancing!!!

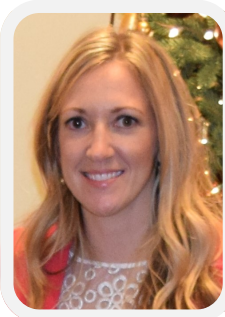
Advanced reservations required. Tickets are \$75 each. Cocktail attire. Adults ages 18 and older please. Register online at dsaco.net. See Page 9 for more details.

Inside This Issue:

2. Membership News, New Staff
3. County Outreach, Ds/ASD
4. Medical Corner
5. Upcoming Programs
6. Scholarship Information
7. Advocacy Updates
8. OSU - DADS Nights, PALS
9. Dancing with Our Stars Gala
10. Support & Activity Groups
11. Special Thanks



Keeping Up is a publication of the Down Syndrome Association of Central Ohio (DSACO).



Kari Jones
President & CEO

3-2-1 Update

It's hard to believe that a year has passed since I stepped foot in the DSACO offices and began this amazing journey! There are so many new and exciting things to celebrate; our continually developing Ds Medical Edge program, DSACO's newly-formed Finance Committee, the strengthening of our county outreach, new Governing Board members, and new team members. Although there is always novelty in the "new", I think it's important to appreciate the programming and supports that DSACO provides— year in and year out— that stabilizes the organization, too.

Our support, resource, and play group offer support to dozens of families each month. DSACO's advocacy at the local, state and national level further our mission of supporting individuals with Down syndrome and their families. Nationally-renowned speakers are brought in each year to present the latest and greatest information and research to our families. Programming like our Summer Learning Academy, Golf Academy, and Adult Conferences are a stable force in which other Down Syndrome Associations seek our expertise in hopes of replication. Whether old or new, it is all very exciting!

So without further ado, my top 3 most energizing topics that will impact our community in 2015:

3) Increased DSACO Recreation Scholarships in 2015. Although in many ways it is much smaller in scope than the other topics listed, our scholarships are influential and beneficial to dozens of families in need of additional resources to allow physical, emotional, and social growth for individuals with Down syndrome within their community. Due to high demand in 2014, DSACO is pleased to increase scholarship opportunities for our families!

2) The ABLE Act. This Act will support so many families who, whether unaffordable or too burdensome, have not had the resources to organize a solution for a feasible savings plan for their loved one with a disability. Similar to a 529 Plan, this Act will protect eligibility for federal programs that provide support, while increasing independence for individuals with disabilities.

1) House Bill 552, which was signed into law on December 19, 2014, will dramatically alter the landscape in outlining supports available to families receiving a Down syndrome diagnosis throughout Ohio. This is such an exciting piece to DSACO's expansion of Ds Medical Edge, DSACO's medical outreach program, and will positively impact the new families who join our Down syndrome community.

Welcome to our newest staff addition - Barb Leman!



Barb Leman

The next time you stop by the DSACO office, you may be greeted by a new face at the front desk- Barb Leman. Barb is a lifelong resident of Columbus. She is a graduate of Hilliard High School and has a BS in Business Administration from Franklin University. She is married to Eric and has two grown children; Erica a music educator and Andrew an MP in the Army.

Barbara was the Director of Product & Retail Sales at Girl Scouts of Ohio's Heartland Council prior to starting with DSACO. We are excited to have her on-board as she brings a wonderful skill set to the organization!

Barb enjoys reading, music and spending time with family which includes a new grand daughter. Please introduce yourself and welcome Barb the next time you stop by the DSACO office.

Do You Know?

Do you know that October is Down Syndrome Awareness Month? And do you know that DSACO serves 18 Ohio counties by providing information and resources to those counties? And lastly, do you know that during October 2014 DSACO staff began reaching out to those 18 counties making face-to-face contact and spreading the word about DSACO and its mission?

In celebration of Down Syndrome Awareness Month, DSACO staff decided to hit the road and begin its quest to visit all 18 counties. So far we have made contact and visited 9 counties and we continue to schedule visits.

It may interest you to know that during these visits, we have made contact with key personnel at birthing hospitals, county DD offices, Help Me Grow, major school districts, and even local libraries. Whew! It's quite a tall order, but we are determined to reach out to each county and spread the DSACO mission.



Delaware County contacts pose with their new resources from DSACO.

We are having a great time building new relationships, sharing resources, and spreading the word about DSACO, its mission, and its goals. This also creates an opportunity to gain feedback on how we are doing and how we might better serve our counties. Of course, few road trips are met without some surprises along the way. How about Ohio road construction, detours, wrong day for visit? A few organizations had never heard of DSACO, but we fixed that! All in all, we have been warmly received by each organization and they are eager to share information about DSACO with their families.

Do you know the 18 counties DSACO serves? Here is the list: Franklin, Delaware, Fayette, Madison, Union, Marion, Morrow, Knox, Coshocton,

Muskingum, Morgan, Athens, Hocking, Ross, Pickaway, Licking, Fairfield, and Perry.

So far we have made strides to strengthen connections in the following counties: Athens, Delaware, Fairfield, Fayette, Hocking, Licking, Morrow, Pickaway, and Ross.

When Down Syndrome and Autism Spectrum Disorders Meet...

Have you ever wondered why children with Down syndrome and ASD are diagnosed later than children with just Down syndrome or just ASD? This is a question often raised by parents when they receive the additional diagnosis of ASD for their child who already has a Down syndrome diagnosis.

According to a published interview with the Interactive Autism Network (IAN), George T. Capone, M.D., director of the Down Syndrome Clinic at the Kennedy Krieger Institute in Baltimore, Maryland, offers the following explanation:

IAN: Why are children with Down syndrome and ASD diagnosed later than children with just Down syndrome or just ASD?

Dr. Capone: There are a couple of reasons. One, if it's related to a regression-type of phenomenon, it may not occur until a later age, say three to six years. Two, people sometimes expect a certain degree of dysfunctional or atypical behavior in children with Down syndrome, especially if they appear to be developmentally lower-functioning in terms of their adaptive and speech and language skills. So, in other words, there's been a higher tolerance for atypical development in people who already have a diagnosis of Down syndrome. It's probably worth noting that not

all lower-functioning children with Down syndrome have a high degree of autism-like behaviors, and not all children with autism-like behaviors are necessarily lower-functioning.

The first step would be in questioning the logic of that presumption and rephrasing it as, 'If this child with Down syndrome is so unusual compared with 80 or 85 percent of the rest of the children with Down syndrome, maybe we owe it to ourselves and to them to try and understand that better.' So for me the first step is to label or classify that child differently as Down syndrome plus ASD, or dual diagnosis.

To read the interview in its entirety and for information about the importance of receiving the dual diagnosis, please go to the following web addresses:

http://www.iancommunity.org/cs/related_disorders/autism_and_down_syndrome

http://www.kennedykrieger.org/patient-care/outpatient-programs/dual_diagnosis

*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 if you have questions or would like assistance.*

Medically Speaking... By Murugu Manickam, MD

“Grooves” and Routine



A bit of routine is a normal part of every day. How often do we take the same route to work or have a meal plan in mind for the week without really thinking about it? Routines help simplify our life- the turns while driving to work are done automatically allowing us to think about other things or listen to the radio or daydream (safely!).

When you have an intellectual disability, routine becomes a necessity. Routines are ways of managing complex activities. Knowing where to find something (such as a toy) make it easier to focus on other things. Dr. Dennis McGuire formerly of the Down Syndrome Clinic in Chicago introduced the idea of “grooves” years ago. He describes a groove as “a set pattern or routine in one’s actions or thoughts.” They allow relaxation, help keep up appearance and provide a stable point in a complicated world.

The longer you are in a groove, the deeper/more set that groove becomes which just makes it easier to be in. But over time the groove can also become too set, too rigid and disruptive to activities of daily living. If one part of the routine is missed, there can be a fixation on that step, preventing one from moving to the next steps or phase. Also grooves become a problem when you need to move out of the groove, such as when change happens (which it will). Now that the groove is deeper, it is bumpier to get out of it. And re-establishing a new groove or a new norm is difficult and takes time.

Hoarding can also be a part of this- keeping things “just in case.” Being inflexible can then become a maladaptive behavior and might be disruptive to daily life. The spectrum can run up to a concern for autism when other features such as poor socialization are also present. So what do you do? Maintaining some continuity across the day by using grooves can be important but will this let the grooves become hard set?

When a person uses “grooves”, others around them will need to offer some accommodation, but be prepared to reset a groove early if it becomes disruptive to daily life (yours or theirs). While it might be easier in the short term to let a strong groove develop, think about how planned disruptions might allow for better adaptation to the unplanned disruptions (remember, change will happen!). And when change happens, help the individual adjust to the new circumstances- help them plan out the new process (for example use visual cues) and reward the adjustments being made.

Please join us to learn more about “Grooves” and Routines!

January

Routine, “Grooves” and OCD-like behaviors!

Michelle Spader, PhD

Childhood Developmental Center, NCH

Monday, January 26, 2015

***5:30 - 8:00 pm**

DSACO offices

\$10 fee - Pre-registration is required. Deadline: Wednesday, January 21.

Learn more about what causes OCD-like behaviors, when to be concerned about them, and what to do when these behaviors have a negative impact on life.

To register, contact Marge Barnheiser at (614) 263-6020 or mbarnheiser@dsaco.net.

*A light dinner will be provided. Presentation to begin promptly at 6:00pm.

February

Ds Medical Edge Training
Wednesday, February 11, 2015
6:30-8:00 pm
DSACO Office

We are always looking for more volunteers to assist with our medical outreach effort, Ds Medical Edge. The commitment is not time consuming and it's flexible.

Volunteer requirements include:

- Attend a brief training session
- Deliver provided materials to assigned local obstetric offices on a quarterly basis
- Develop a relationship with assigned contacts
- Document visits and report outcomes to outreach coordinator
- Attend volunteer training meetings twice a year

For more information, please contact Kim Baich at kbaich@dsaco.net or call (614) 263-6020.

Guardianship and Estate Planning
Saturday, February 21, 2015
10:00 am -1:00pm (Lunch included)
DSACO Office
Fee:\$10

Two attorneys will provide an overview of guardianship and estate planning, with a focus on information important to people with disabilities and their families.

Among the areas covered are the following:

- When guardianship is necessary
- The various types of guardianship
- Alternatives to guardianship
- Eligibility requirements for public assistance benefits
- Recommended components of a Will
- The various types of disability (special needs) trusts
- How trusts help maintain eligibility for benefits.

Also discussed will be the Medicaid Buy-In Program, and the impact of the federal legislation (ABLE Act) that would allow tax-free accounts, similar to 529 accounts, to be created to assist people with disabilities.

To register, please contact Marge Barnheiser at mbarnheiser@dsaco.net or call (614) 263-6020.

March

Potty Training - Is Your Child Ready?
Tuesday, March 3, 2015
6:30-8:00p.m.
DSACO Office
\$10 fee

Find out if your child is developmentally and physically ready for potty training and what methods are most successful. How and when training is handled are determining factors for success or frustration.

Emily Carruthers from The Center for Cognitive and Behavioral Therapy will guide us through the process.

To register, please contact Marge Barnheiser at mbarnheiser@dsaco.net or call (614) 263-6020.

First Connect Mentorship Training
Saturday, March 28, 2015
10:00 am - 2:00pm (Lunch included)
DSACO Office

First Connect is offered to new or expectant parents of babies with Down syndrome. The program matches new or expectant parents with trained parent mentors sharing similar life circumstances.

If you are interested in volunteering as a parent mentor, please join us for our training session! Interested parents will be sent an application packet to be completed and returned by March 20, 2015.

For more information about First Connect or to request an application, please contact Program Coordinator, Regina Parker at 614-263-6020 or email rparker@dsaco.net.

Mark Your Calendars!

Golf Academy and Walking Club begin in April

Picnic at the Columbus Zoo - Saturday, May 9

iCan Bike - June 1-5, Worthington Kilbourne



Ohio Hearing Aid Assistance Program

Is your child or a child you know in need of a new hearing aid? The Ohio Hearing Aid Assistance Program (OHAAP) might be able to help!

OHAAP provides assistance to families with children under age twenty-one with permanent hearing impairments purchase hearing aids. The hearing aid does not have to be the child's first pair. Families with an income between 200-400% federal poverty level, which is basically the middle class, may qualify.

Some local area providers include:

- Nationwide Children's Hospital
- Columbus Speech & Hearing
- Delaware Speech & Hearing

Those who qualify for Medicaid or the Children with Medical Handicaps Programs (BCMh) are not eligible. Currently other clinics are in the process of applying to become providers.

The deadline for this program is
June 30, 2015.

To learn more, visit the Ohio Department of Health website at www.odh.ohio.gov, and search "Ohio Hearing Aid Assistance Program".

You may also contact

Melissa S. McCoy at

Melissa.McMoy@odh.ohio.gov or

Phone (614) 466-1995.

2015 DSACO Scholarship Updates

DSACO has a long history of providing scholarships to our members for various purposes. Here, we share the basics of those scholarships. Members are encouraged to visit the DSACO website for more detailed information. Guidelines and applications for all scholarships are also available on the website at dsaco.net.

DSACO Family Scholarship

College scholarships are offered to self-advocates or individuals with a family member with Down syndrome.

The applicant must be a high school graduate. Applicants must reside in one of the 18 counties DSACO supports.

All applicants must be accepted into an accredited technical school, university or college. Eligible fields of study include but are not limited to: Nursing, Education, Social Work, Medicine, Occupational Therapy, Speech Language and Pathology.

2015 scholarship applications will be available on our website in January. Scholarship recipients will be awarded and recognized at our World Down Syndrome Day event on March 21, 2015. Contact the DSACO office for more information.



Nick Crusse Scholarship

Up to \$200 per person for swimming lessons is available through the Nick Crusse Memorial Scholarship Fund. This scholarship is available to people of all ages with Down syndrome. Lessons must be with a Certified Water Safety Instructor.



Recreation Scholarship

DSACO's Recreation Scholarship provides financial assistance to individuals with Down syndrome to participate in recreational activities. These activities might include but are not limited to: organized sports, summer camps, exercise classes, gymnastics and dance lessons. This does not include prescribed therapies. The maximum scholarship per fiscal year, per individual is \$200. The fiscal year begins January 1 and ends on December 31.

Conference Scholarship

The Conference Scholarship Fund is designed to assist members who wish to attend conferences of subject matter that would be informative and useful to them and/or their family. DSACO members are eligible to apply for funding to attend local, regional, state and national conferences whose subject matter is relevant to the education of the individual. Funding is limited to \$200/person and \$400/family each year.



OHIO HB552 Passes - Ensures Accurate Information for All!

Legislation to require that information and resources be provided to new parents of children with Down syndrome passed through the Ohio Congress on December 16 - just prior to the holiday recess. The bill (HB 552), sponsored by Rep. Peter Stautberg (R-Cincinnati) passed out of the Senate Medicaid, Health & Human Services Committee after testimony from the sponsor and a list of supporters was heard.

Added to the bill in the Rules Committee was an amendment to require that when “handicap” signs are purchased or replaced in the future that they include new language using the international “accessible” symbol and the word “accessible” instead of the word “handicapped”. The additional amendment is a positive addition and something asked for by self-advocates. Sen. Kearney (D-Cincinnati) was the sponsor of the signage language. The bill passed the Senate unanimously and every senator added their name as a co-sponsor. The House concurred on December 16. The bill was signed into law by Governor Kasich on December 19, 2015.

In his testimony, Rep. Stautberg said, "I would suspect everyone here is familiar with Down syndrome, all to varying degrees, but unless you have a child with Down syndrome, you probably would not know where to go to find information, resources, and support groups to help understand and expect the changes in your life as a parent." Often parents are provided with little information upon diagnosis, and Mr. Stautberg said he has heard anecdotally that some medical professionals offer condolences or have been unable to answer questions or provide guidance to new parents. DSACO staff and members, including Marge Barnheiser, Kim Baich and Kate Green were among those providing testimony in support of the bill. Representatives from the Down Syndrome Association of Greater Cincinnati also spoke as proponents of the legislation.

"This is wonderful news for all of the Down syndrome community in Ohio.

This bill is an essential step toward ensuring that families get the information and support they need."

- Kari Jones

The bill requires that the Ohio Department of Health (ODH) create and make available on its website a Down syndrome information sheet that includes all of the following:

- A description of Down syndrome, including its causes, effects on development, and potential complications
- Diagnostic tests
- Options for treatment and therapy
- Contact information for local, state, and national organizations that provide Down syndrome educational and support services and programs

DSACO will continue to monitor the implementation of this bill and the information shared by the ODH. Ohio joins a growing number of states to pass such a law. In 2012, Massachusetts initiated the effort. In 2013, Kentucky passed a similar bill and in 2014, Maryland, Delaware, Louisiana, Pennsylvania and now Ohio have successfully passed such a bill into law.

NEWS from Washington - ABLE Act awaits Presidential Signing!

After many years of advocating for the disability community to not be held in poverty, determined advocates were successful in moving the long awaited ABLE Act (Achieving a Better Life Experience) through Congress.

"Some have called the ABLE Act the most significant piece of legislation affecting the disabled since passage of the American Disabilities Act nearly 25 years ago. I got involved with this effort nearly 8 years ago with Senator Casey. Families of severely disabled children came to us expressing the critical need for an easy way to save for their child's future expenses, especially since many Americans with Down syndrome and autism are now outliving their parents. The ABLE Act will take the first critical step in ending this injustice," said Senator Burr.

Please look for details in upcoming DSACO communication on what this news will mean for you and your family!



Coming in April...

Brian Skotko, MD
Monday, April 13
5:30-8:00 pm
Location TBD



“Taking Care of Your Family: Celebrating the Highs and Surviving the Lows”

Raising a son or daughter with Down syndrome is a journey full of celebrations—and challenges! Sue Levine, Brian Skotko, and Rick Goldstein recently published three landmark research papers in the American Journal of Medical Genetics. They surveyed more than 3,000 mothers, fathers, brothers, sisters, and people with Down syndrome nationwide, asking them about family life when someone has Down syndrome.

Dr. Skotko will share the results of their research and what it means for you and your family. He will also share strategies that your family can use to weather the stormy times and value the shining moments.

P.A.L.S. for Teens

Tuesdays,
6:30-8:00pm
April 7 - May 12
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.

OSU Student Group to Focus on DADS!

A remarkable group of OSU students have developed an informational yet fun opportunity ... just for our DSACO Dads!

Two evenings have been confirmed. Each evening will include food, spirits, and two brief (15-20 minutes) presentations of the modules detailed below designed to encourage conversation among the participants. DSACO applauds the efforts of this highly motivated group of students and encourages our dads to take advantage of this unique opportunity!



Thursday, Feb. 12 and
Thursday, March 12
6:00—8:00 pm. Location TBD.
Watch for e-blasts with more details.

Education Module

The purpose of this module is to help parents learn a little more about how technology can further children's education outside of the school environment. Two different learning apps will be presented and one online education resource geared toward early childhood learning. After the interactive presentation of the learning apps and online resource, fathers will be encouraged to ask questions and/or share their experiences with promoting their child's learning with technology. A handout will be provided of additional educational apps geared toward early childhood learning.

Advocacy Training Module

The purpose of the module is to present information to help fathers think about how to share their family's story in order to best advocate for their child in a variety of settings. Information and strategies for thinking about how to tell your family's story will be presented, including consideration of audience and purpose. Fathers will be engaged in active discussion as we think through how to plan to tell your family's story in a setting of the group's choosing, such as in a healthcare, school, or other community setting.

Behavior Intervention Module

The purpose of this module is to describe the fundamentals of behavior, including the functions of behavior, the ABCs of behavior and reinforcement and punishment. Included will be the basis of how to begin implementation of behavioral interventions with your children. Handouts will be provided to help fathers map out their children's behavior to help guide the steps needed to intervene. After the presentation, fathers will be encouraged to share the interventions that have worked for their family and their children, and to ask any questions they may have regarding their children's behavior/implementation of behavioral interventions.

Audiology Module

Audiology refers to the science and study of hearing. Audiologists are experts in hearing and hearing health and have a scope of practice which includes the diagnosis and management of hearing and balance disorders as well as the prevention of such disorders. The hearing health module will focus on maintaining hearing health and some strategies for doing so. Information on how the ear works, what causes hearing loss, how to prevent hearing loss, and how to maintain healthy hearing for children will be addressed in an informal presentation. Examples and hands-on equipment and educational opportunities will be included. Time at the end of the presentation will be reserved for informal discussion and questions pertaining to individual hearing health concerns.

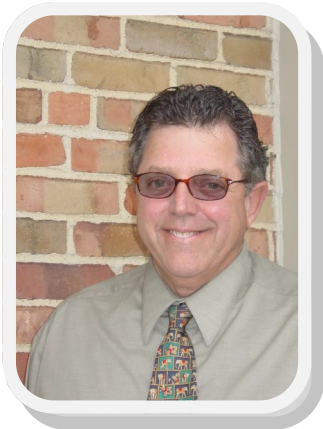


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Villa Milano

1630 Schrock Road,
Columbus, OH 43229



Honoring Tom Fish, PhD

Director of Social Work and Family Support Services

The Ohio State University Nisonger Center

Professor, author, national speaker, innovator, and so much more! Dr. Fish has been a leader in the field of sibling support and advocacy. He is founder of the Next Chapter Book Clubs and established the first adult sibling conference of its kind in the country and was a founding member of both Ohio SIBS and the national Sibling Leadership Network. He has also co-authored *Next Chapter Book Club: A Model Community Literacy Program for People with Intellectual Disabilities* and *Lucky Dogs, Lost Hats, and Dating Don'ts: Hi-Lo Stories*

about Real Life. Dr. Fish was a recipient of a Mary Switzer Research Fellowship from the National Institute on Disability and Rehabilitation Research for his work on attitudes of families of youth with disabilities toward transition from school to adult life.

Although Tom does not have a family member with a disability he is determined to improve the lives for individuals with disabilities. He has dedicated his career to supporting individuals with developmental disabilities and their families and DSACO could not be more excited to recognize his achievements at 2015's Dancing with our Stars Gala!

**Don't Forget to Order
Your 2015 Faces in the
Community Calendar!**



faces in the community 2015
dsaco
Down Syndrome
Association of Central Ohio

2FGR presents Down Syndrome 5K & Fun Run

Save the Date:

May 21, 2015

Dublin, Ohio

2FGR is a local running group promoting
community, fitness and fun! All are welcome!



**March 21 is
World Ds Day!
Save the date!**

**Dinner, dancing, and
plenty of celebrating!
Watch for your invitation!**

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.

January 26, 2015

Social

February 23, 2015

Speaker: Dr. Justin Indyk, Pediatric Endocrinologist from Nationwide Children's Hospital, will discuss thyroid issues commonly associated with Ds and will answer questions from parents.

March 23, 2015

Speaker: TBD

Little Buddies Contacts:

April Horne

Aprilhorne624@gmail.com

(740) 360-7093

Angela Buddendeck

Cookieparty@yahoo.com

(937) 313-1306

3-6 Year Old 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

3-6 Year Old Contacts:

Susie Magyar

(614) 633-9186

6magyars@gmail.com

Katie Graham

(614) 378-2887

dkgraham826@hotmail.com

NEW EASTSIDE PLAYGROUP***COMING SOON!***

Look for E-Blasts in early 2015 with more information about the revitalization of this group. Interested? Please contact DSACO to be sure you don't miss any details!

Adult Stamping Club

Meets on the 1st Wednesday of the month

6:00—8:00 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

Weekend Play Group

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

Meets on the 2nd Saturday of the month

10 a.m. - Noon

January 10, 2015

Easter Seals Central and Southeast Ohio

3830 Trueman Boulevard

Hilliard, OH 43026

February 14, 2015

Advent Lutheran Church

3660 Kenny Road

Columbus OH 43220

March 14, 2015

Location to be determined

Weekend Play Contacts:

Andrea Bartosch

(614) 395-1095

andreabartosch@live.com

Susie Jones

(614) 216-1379

susiejones429@yahoo.com

Teen Social Group - NEW!

Meets on the 4th Saturday of every other month

2:00 — 4:00 p.m.

January 25, 2015

Delaware Lanes

536 Sunbury Road

Delaware, OH 43015

March 24, 2015

Game Night

Location TBD

Teen Social Group Contact:

Susan Scheid

(614)905-2079

susan@ebizgal.com

D.A.D.S.

(Dads Appreciating Down Syndrome)

February & March Gatherings planned – see page 8 for details.

DADS support is always available on an "as needed" basis.

If you are or know of a new dad that would like an evening of "Beers and Ears," contact Marge Barnheiser at 614-263-6020.

She'll set up an evening of guy talk with a couple of fun and experienced DSACO dads who are here to listen to and address any concerns a new dad may have.



Unrestricted Donations

Amazon Smile Foundation
 Baker Hostetler
 Sam Barone
 BJ's Restaurants, Inc.
 Karen Boyd
 Cardinal Health Foundation
 Columbus Cutters Scooter Club
 Columbus Jewish Foundation
 Community Health Charities
 Cont. Casualty Company
 Darrell Johnson
 Michalea Delaveris
 Leslie Dorado
 Barbara Foose
 David Gaffney
 Graham Holdings
 Knox County Junior Fair
 Kroger
 Erin McGraw
 Nationwide United Way Campaign
 Ohio State Council #10941--Knights of Co
 Ohio State Council #11188--Knights of Co
 Potbelly Sandwich Shop

Puskarich-Sriprajittichai
 Rolls Royce & Emp Charity & Civic Fund
 Max & Michelle Ruben
 Victoria Smith
 Nancy Straub
 Sunil and Charu Taneja
 Truist
 Your Cause, Price WaterhouseCoopers, llp

In Honor of:

Craig & Michelle Keiser,
 in honor of Noah Buczek's birthday
 Brian Kindinger,
 in honor of the birth of their daughter

Giving

Aetna Foundation
 Frank Clegg
 Community Health Charities
 Jennifer Cunningham
 GoodSearch

In-Kind Donations

Arthur Murray
 BJ's Restaurants
 Buddy Up Tennis
 Jeni's Ice Cream
 Jessica Messerall
 Karen Boyd
 Kroger
 Paul Mitchell The School Columbus

PishPhoto - Larry Pishitelli & Kevin
 Ronald McDonald Care Mobile
 Studio Movie Grille - Arena District
 Tim Horton's

On November 17, the Reynoldsburg Potbelly hosted an event called an "Oven Warming" the day before the shop officially opened. This allows them to get to know the community and provides an opportunity for a little extra practice for their new associates. Through this event, Potbelly donated \$598.00 to DSACO. Thanks to Emily Fairall and her family for suggesting DSACO!



A special thanks goes to The Columbus Cutters Scooter Club for selecting DSACO as their premier charity to benefit from Scoot-A-Que. The group hosted a fun weekend of activities including a breakfast at 2 Caterers, raffle, and dance party at Slammers. This was the second year that DSACO benefited from the group's generosity. They raised their donation to \$2,600! What a generous group! Aly Barnheiser even got a ride in the side car of one of the scooters...made mom nervous but Aly loved it!



Kari Jones	President & CEO	kjones@dsaco.net
Marge Barnheiser	Program Director	mbarnheiser@dsaco.net
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Regina Parker	Program Coordinator	rparker@dsaco.net
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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.



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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

January _____

Grooves and Routine

Monday, January 26
DSACO Office

February _____

Dancing with our Stars Gala

Saturday, February 7
Vila Milano

Ds Medical Edge Training

Wednesday, February 11
DSACO Office

D.A.D.S. Gathering

Thursday, February 12
Location TBD

Guardianship & Estate Planning

Saturday, February 21
DSACO Office

March _____

Potty Training Techniques

Tuesday, March 3
DSACO Office

D.A.D.S. Gathering

Thursday, March 12
Location TBD

World Down Syndrome Day

Saturday, March 21
The Boathouse

First Connect Mentor Training

Saturday, March 28
DSACO Office

April _____

P.A.L.S. starts

Tuesday, April 7
DSACO office

Special Event with Dr. Brian Skotko

Monday, April 13
Location TBD

STAY CONNECTED



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