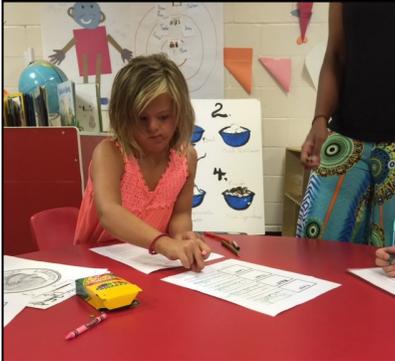


April - June 2017

Awareness | Acceptance | Inclusion

Summer Learning Academy Expanding!



Concerned about your child losing key academic skills acquired during the school year? DSACO is once again hosting its Summer Learning Academy in Columbus for children with Down syndrome who have completed grades 1-4.

New this summer, we will be piloting two additional locations – **Lancaster and Newark**. The new locations will have abbreviated programs for students who have completed grades 2-6.

The primary goals of the programs are to:

- ⇒ Minimize learning loss
- ⇒ Improve math and reading skills
- ⇒ Improve social development

Up to eight children with Down syndrome will be accepted into each of the programs, along with some typically developing peers. This group will have the benefit of certified teachers, peer interaction, and support personnel.

PROGRAM DETAILS:

⇒ Columbus Summer Learning Academy

Dates: July 10 - August 10, 9:00 a.m. - Noon
Mondays through Thursdays
Location: Bethel International United Methodist Church | Columbus
Cost: \$150.00

⇒ Lancaster Summer Learning Academy Pilot

Dates: June 27 – July 13, 9:00 a.m. - Noon
Tuesdays through Thursdays
Location: Forest Rose School | Lancaster
Cost: \$50.00

⇒ Newark Summer Learning Academy Pilot

Dates: July 18 - August 3, 9:00 a.m. - Noon
Tuesdays through Thursdays
Location: Flying Colors Preschool | Newark
Cost: \$50.00

If you have any questions about the programs listed above, please email info@dsaco.net. Education Scholarships are available for these programs and can be found on the DSACO website.

Register at www.dsaco.net.

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STAY CONNECTED WITH DSACO!

 **DSACO: Down Syndrome Association of Central Ohio**

 **@DSACO_Cbus**

 **@DSACO_Cbus**

3-2-1 Update



President and CEO, Kari Jones with Jason Gregory and Bill Green at the Dancing with Our Stars Gala.

DSACO continues to expand services and reach to better fulfill our strategic goals in serving you in your community! I encourage you to check out one (or more!) of the ways you can be a part of the action without even leaving your community—or in some cases—your home!

3) We are so excited to share that iCan Bike Camp will be expanding to a second location (and a second week!) in Grove City this summer! Due to the high demand, we are very fortunate to bring on Southwestern City Schools as a partner for this second site. To get more information and register, please visit: dsaco.net/icanbike.

2) Summer Learning Academy is coming to you! After 5 years of hosting Summer Learning Academy in Columbus, we are pleased to announce two new locations in Lancaster (Fairfield County) and Newark (Licking County). These summer school programs are headed by Intervention Specialists and can significantly combat learning loss that can happen over the summer. With a heavy focus on math and reading, this is an opportunity you won't want to miss. Education Scholarships are available to use for this program, too!

1) Have you had a chance to virtually be a part of one of our seminars? For the past few months, DSACO has been livestreaming and recording our trainings and seminars so you can learn from the comfort of your own home! Timing always an issue? No worries! We can send you a link and you can watch the session at your convenience. Check out the opportunities for upcoming sessions this spring on our website's events calendar.

DSACO Welcomes New Intern



DSACO welcomes Jillian Barton as our first hire into the new Internship program. Jillian has already become acclimated to our office and has helped with pulling together our New Parent Welcome packages. She shares that she enjoys making copies and is happy to be working here to learn new skills. Outside of her work at the DSACO office, Jillian likes to swim and watch her soaps when she is home. If you are in our office on Monday mornings, please introduce yourself and welcome Jillian!

A Farewell & Tribute to Long-Time Board Member



After 17 years on DSACO's Governing Board, we are deeply grateful for Jennifer Truby's service and commitment to DSACO as she steps away from her seat. Her leadership, spanning from 2000 to 2016, cannot be duplicated and has been invaluable to the organization. It is hard to summarize all of the ways Jennifer's work has contributed to the success and growth of DSACO—we could fill this whole newsletter! Her accomplishments with the organization include bringing the first Columbus Buddy Walk to fruition, providing roots and growth that now tout this signature event as one of the top five Buddy Walks in the country. Tapping friends and family, she successfully built DSACO's first website, database platform, and phone messaging management system. Reigning as Board Chair from 2004 through 2010, Jennifer navigated uncharted territory as she positioned DSACO from a solely volunteer-lead organization to one that hired its first employee—and eventually first Executive Director. Her achievements in community service were recognized in 2010 as she accepted the prestigious Jefferson Award—in large part due to her selfless (and time-consuming!) commitment to DSACO. Even after her tenure as Board Chair came to a close, Jennifer continued to lead programs, committees and events until her final board meeting in 2016.

Jennifer, with all of our hearts, we thank you for playing an integral role in making DSACO what it is today.



(1) DSACO members, Nicole Christian, Kristina Snyder and Natasha Gray, volunteer at the Jackson County Provider Fair on Thursday, March 9th. (2) Program Director, Marge Barnheiser visited Knox County Board of DD on January 30th to share DSACO as a resource to their residents. (3) Kari Jones and Rachel Berens of DSACO met with Representative Leland on DD Advocacy Day on Wednesday, March 8th. (4) DSACO visited Morrow County Board of DD on February 21st for their bi-yearly outreach visit. (5) Marge Barnheiser and Kim Baich of DSACO met with Lisa Valentine, Senior Legislative Aide to Stephanie Kunze during DD Advocacy Day on March 8th. (6) The Daniels family helped DSACO spread awareness with our “What Makes You Extraordinary” campaign on World Down Syndrome Day at the Athens County 2017 Disabilities Awareness Festival.

DSACO’s 2018 Faces in the Community Calendar - Call for photos!

New this year— FREE photography sessions offered!

DSACO has partnered with more than 15 local photographers across Central Ohio and surrounding counties, to offer DSACO families **FREE photography sessions**. The photos will be donated to DSACO to be used in the 2018 Faces in the Community Calendar, plus families will have the opportunity to purchase the rights to the photos/prints.

Please visit www.dsaco.net to find a list of generous photographers who are offering to donate their time for these sessions. Please reach out to the photographer of your choice and schedule your free session by July 1st. Please be sure to mention the DSACO Calendar photo shoot when booking.



*Families are still able to send photos in to DSACO to be used in the calendar. If you’d like to send photos in, rather than take advantage of the free photography session—please send in **no more than two (2) high resolution photos** to Evanthia Brillhart at ebrillhart@dsaco.net by July 1st. You will be notified if your photos are not high resolution.

MEDICALLY SPEAKING, By Stephanie Santoro, MD


Some features of Down syndrome, such as hypotonia, lung capacity, pulmonary hypoplasia, and smaller nasal passages, may increase risk for obesity. Obesity is a risk factor for obstructive sleep apnea (OSAS) which is associated with many medical concerns including hypertension, developmental delay, mood, attention, and learning problems and even sudden death attributable to cardiovascular complications. Because of these health risks, it is important to establish appropriate medical management at a young age. Currently, the health guidelines for Down syndrome recommend monitoring growth and counseling about healthy diet and exercise.

A retrospective chart review of 303 children with Down syndrome at Cincinnati Children's Hospital Medical Center found that 47.8% were obese (body mass index >95th percentile for age and sex) which was significantly higher than the general pediatric population, which had a 12.1% obesity rate ($P < .0001$). Body mass index z-scores did not change markedly over time ($P = .40$); the onset of obesity in children with Down syndrome often occurs before 2 years of age.

The majority of children with Down syndrome also had OSAS (74.0% of the 177 children who had polysomnography studies) and OSAS risk was elevated in obese children (risk ratio = 2.4, $P = .0015$). Overall, children with Down syndrome are at a substantial risk for obesity and OSAS. These findings support the need for more aggressive weight management in early childhood and throughout the lifespan. (J Pediatr 2016;173:143-8).

Adhering to weight loss plans can be difficult for anyone, including people with Down syndrome! Some suggestions to achieve and maintain a healthy weight:

Prevention: Beginning to track a child's growth over time early in life can help avoid the development of obesity. From this study, many children were obese before 2 years of age with BMI scores that remained in the obese range through their life. Monitoring growth closely early in childhood and making preventive changes early, such as switching to lower fat % of milk or avoiding high sugar treats, can establish behaviors for life.

Small changes: When beginning to make healthy choices, many people try to make too many modifications at once. Begin with making 1 or 2 healthy choices each day, like drinking water instead of soda or eating fruit for dessert, to slowly improve diet. Make small changes to portion size or the number of fruits and vegetables you eat. Take small steps to increase activity level such as taking a walk or joining a fitness class to begin to increase metabolism.

Consistency: Changes which can be sustained consistently are more likely to lead to long-term weight loss and health. Consistency also means that it may take time to see changes in weight despite many weeks of hard work. It's important not to feel defeated but to stick with any small changes.

Accountability: Joining an exercise club or working out with friends makes exercise more fun and also provides some accountability. Consider joining a weight loss group to increase accountability and to track progress over time. Set a goal, like the DSACO 5K, to provide something to work towards. Remain attune to how the body feels over time, consider if weight loss improves health through improved mood, improved sleep or increased energy. Let those positive feelings be motivation to keep working.

Make it fun! The changes that are most likely to stick long-term are the ones we enjoy. Try to find a form of exercise that is fun or join a club with friends. Find ways to integrate healthy diet choices into the routine in a fun way – learn to cook new recipes or choose interesting ingredients at the grocery store.

The weather is warming up and spring is a great time to evaluate your health and set healthy diet and exercise goals for the entire family.

Announcing our 2017 DSACO Family Scholarship Recipients!

Kudos to our 2017 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 we live. Congratulations to all of you!

ASHLEY HUGHES

with sister Caitlyn

The Ohio State University
Major: Occupational Therapy



QUIN WINKELFOOS

with brother Zion

College of Wooster, Baldwin Wallace University or Wittenberg University
Major: Education/Business/Communications



TAYLOR LAMBERT

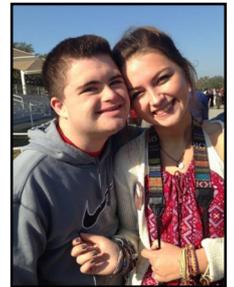
with brother Nick

Ohio University or Bowling Green State University
Major: Special Education (Moderate to Severe)

JAELA WOLLENBURG

with brother Justice

Liberty University
Major: Journalism/Photography



MEGAN RYAN

Self-Advocate

The Ohio State University
TOPS Program
Major: Undecided



2017 Scholarship Recipients at the WDSO Scholarship Dinner on March 18th

A Huge Thank You to our Friends at Thirty-One Gifts!

DSACO recently received an extremely generous donation, thanks to Lori Benseler, an Independent National Executive Director with Thirty-One Gifts. Through a conversation with the DSACO team, Lori, who has been a supporter of DSACO for nearly 10 years, felt compelled to do more. She created a special "Fill A Bag" campaign in which she challenged friends, family members, and colleagues to sponsor a Thirty-One bag filled with donated items for DSACO's New Parent Welcome Packages. With a goal of filling—you guessed it—31 bags by World Down Syndrome Day, Lori has rallied her community to dream big. From knitted baby caps, diapers and wipes, to bibs, baby toys, and blankets—these bags are filled with love, kindness, and lots of goodies for our new DSACO families.

Thank you, Lori Benseler and Thirty-One Gifts for your support!



P.A.L.S. for Teens

Tuesdays, April 11 – May 16

6:30 – 8:00 p.m.

First meeting at the DSACO Office

Fee: \$10 for the series



P.A.L.S. is a weekly series of 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. Discussion topics may include: having a disability, social appropriateness, the art of conversation, setting goals, healthy eating, gaining independence and how to deal with grief and loss.

New this session-we will be meeting out in the community for some of the meetings and having dinner together. Don't miss this great opportunity to meet new friends!

Register at www.dsaco.net

Understanding Medicaid Healthchek

Tuesday, April 11, 2017

6:00 - 7:30 p.m. | DSACO office

Fee: \$10 | includes light dinner

Have you heard of Healthchek? Do you understand managed health care? Representatives from A1 Nursing Care will explain the basics of these two important programs. Understanding Medicaid Healthchek from a home health care perspective can be very helpful to families. Through this seminar, gain a background and participate in a Q&A on home health care benefits under Medicaid Healthchek for DODD waiver recipients.

Register at www.dsaco.net



Transition, Employment & Independence Series

Monday, May 8, 2017

6:30 - 8:00 p.m. | DSACO Office

Topic: Interviewing Tips & Tricks

Fee: \$10 for 2 family members | includes pizza and salad

Once you have your portfolio or resume ready, you'll need to prepare for the next step...the job interview. This can be a scary experience. But there are ways for you to feel more confident and have a better understanding of what to expect in an interview. In this session, we'll role play and practice "mock" interviews so you have the best chance to land that job.

Register at www.dsaco.net.

Couch to 5K Running Club

Monday, March 20 – May 15, 2017

6:00 p.m. | Antrim Park

It may be cold out, but those tough enough to begin training with our friends from 2FGR are already out working up a sweat in preparation for the 2017 2FGR Run for Down Syndrome.

More is always merrier! Bring your friends, neighbors or classmates– anyone who wants to get in shape and help keep you motivated!

Contact Marge Barnheiser at mbarnheiser@dsaco.net if you plan to attend.



Quarterly "Ask the Specialist" Panel

Tuesday, May 23, 2017

6:00 - 8:00 p.m. | DSACO office

Fee: \$10 per person | includes light dinner

The May 23rd panel will tackle questions regarding feeding difficulties, Celiac Disease, Hirschprung's, thyroid conditions and other concerns related to digestion and the endocrine systems.

Register at www.dsaco.net.



iCan Bike Camps - Two camps offered during Summer 2017

June 5 - 9, 2017 | McCord Middle School in Worthington (**Registration closed, waitlist only**)

June 12 - 16, 2017 | Grove City High School

Fee: \$150 | Recreation scholarships are available

Biking is more than just exercise and transportation: it's a social activity of connection, a childhood rite of passage and a first taste of independence. Transforming biking into an inclusive activity is the mission of iCanBike, a national organization that conducts bike camps for individuals with special needs. This unique approach has enabled thousands of people, with a variety of disabilities, to become independent bicycle riders.

DSACO, in collaboration with Nationwide Children's Hospital, Autism Society of Central Ohio, The Country Club at Muirfield Village Foundation, Feazel Roofing, and Mount Carmel Health Systems, is hosting our 10th iCan Bike Camp during Summer 2017.



Participants MUST:

- ⇒ Be at least 8 years old
- ⇒ Have a developmental disability
- ⇒ Have a minimum inseam of 20"
- ⇒ Be able to walk without an assistive device
- ⇒ Weigh no more than 220 lbs.
- ⇒ Wear a properly fitted helmet

If you have any questions, please contact Rachel Berens at rberens@dsaco.net or 614-263-6020.

Go to dsaco.net/icanbike for more information and to register.

ICAN BIKE VOLUNTEERS NEEDED

Anyone interested in volunteering for the event must be at least 16 years old and physically able to walk/run alongside the participant as they master the skill of riding a bicycle. Volunteers must be able to commit 75 minutes a day for the week and attend a training session prior to the start of camp. This camp is an inspiring way to earn service hours! **Visit dsaco.net/icanbike to join us at our 2017 iCan Bike Camp(s).**



Golf Academy

For ages 12+

Wednesdays, June 7 - August 9 | 6:30 - 8:00 p.m.

Bent Tree Golf Club & Blacklick Woods Golf Course

Fee: \$100 | Recreation scholarships are available

DSACO is gearing up for another fun-filled season of golf following The First Tee curriculum, which emphasizes Nine Core Values. 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.

Register by May 12, 2017 at dsaco.net/golf or contact Kim Baich at 614-263-6020 or kbaich@dsaco.net.

Bringing the Walking Club to YOUR Neighborhood!

DSACO's Walking Club is expanding to your area...we hope! For years, the group has walked at Antrim Park and various Metro Parks around Columbus. Now it's time to really grow the program and make it easier for you to participate. If you enjoy walking or would like to get into the routine of walking on a regular basis, this is for you!

DSACO is hoping to establish multiple walking groups in different locations all over our 23 county service area – Delaware, Athens, Grove City, Coshocton – wherever YOU choose to start one! Your group can walk at metro parks, city parks, state parks, Walk with a Doc locations, or just around your neighborhood. There are lots of places in our service area with measured walking trails – or create your own! Each Walking Club will have its own schedule, location, and members. All groups must include at least one person with Down syndrome who participates on a regular basis.

Here's all you need to do to start YOUR Walking Club:

- ⇒ **Identify a "Coordinator":** This person establishes a location and schedule. Some reporting (photos, miles walked, etc.) will also be appreciated.
- ⇒ **Contact the DSACO office** to let us know the details for your Walking Club so that we can help grow your group. Have fun with picking a name for your group!
- ⇒ **Encourage others to join your Walking Club:** Invite friends, neighbors, your girl scout or boy scout troop, community leaders, classmates, school sports teams, local EMS, co-workers, local celebrities, etc. The more, the merrier! It's a great way to connect with your community and make new friends while getting fit!

Once we get a few groups going, DSACO will establish a closed FB group to share pictures and issue "challenges" for things like most members or miles walked. There may be a few prizes along the way to help keep you motivated, too! We'll be walking through September.

Start planning your Walking Club today! Contact Marge Barnheiser at mbarnheiser@dsaco.net or 614-263-6020 with questions or to register your group!

DSACO's Adult Conference—*Save the Date!*

Ages 18+

August 11-13, 2017

Deer Creek State Park

It's the only conference in Ohio like it! Join your friends or come and make new ones.

Information will be available at www.dsaco.net. Registration opens in June.



Down Syndrome Research Symposium—*New Date!*

Saturday, August 26, 2017

Location TBD

Hear local and national speakers share the latest about Down syndrome research including new cognitive studies and research related to Alzheimers. Learn how you can help the future of your loved one be brighter!

Additional information is available at www.dsaco.net.

When Down Syndrome and Autism Spectrum Disorders Meet

Emergency situations are challenging for everyone especially those with sensory, communication and behavioral challenges. An emergency can become catastrophic for a person with autism making it difficult for First Responders, ER doctors and other medical personnel to gather important information about the autistic individual.

The popular phone app known as ICE (In Case of Emergency) conceived in 2004 by former British First Responder, Bob Brotchie, is used by many of us today. And while many of us may be familiar with ICE, there is a new app available to provide support to individuals with ASD. The new app is known as **ICE4Autism**. Its creator, Wanda Refaely, says, "What differentiates ICE4Autism is that it makes no assumptions or generalizations — the app totally does away with sweeping statements like "may not respond" or "may have difficulty understanding instructions." Instead, ICE4Autism lets each individual user communicate exactly and precisely what they need those interacting with them to know — it's 100% personalized, detailed and specific." Refaely further states, "ICE4Autism was intentionally designed for use by individuals with autism, it can also be used by families, loved ones and caregivers."



Some of the distinct features of ICE4Autism are:

- ⇒ How YOU communicate
- ⇒ Your unique behaviors and triggers
- ⇒ Important treatment information
- ⇒ Your health conditions
- ⇒ A special lock-screen providing the most important information

In addition, if you or your loved one is non-verbal, there is a special button that stores a pre-recorded message that you decide is vital to your care.

ICE4Autism is very affordable (\$1.99) and is designed to give you and your loved ones peace of mind. ICE4Autism is compatible with iPhone, iPad, and iPod Touch. The app is available on the APP Store.

Please go to www.ice4autism.com for more information.

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.



New for 2017!

DSACO now has a closed Facebook page for parents of children with a co-occurring diagnosis of DS-ASD.

If you are interested in connecting through Facebook, please contact Regina Parker at rparker@dsaco.net or 614-263-6020



Columbus Children's Theatre

Presenting two live shows accompanied by a workshop

Saturday May 6, 2017 | all ages welcome

10:00 a.m. | Jack and the Beanstalk | followed by a 30 minute acting workshop

1:00 p.m. | Around the World | followed by a 30 minute acting workshop

Bethel International United Methodist Church | Family Life Center | 1220 Bethel Rd.

Join us Saturday, May 6th for one or both shows—free of charge—hosted by DSACO. Each show is approximately one hour in length and will be of interest to all age levels. Registration is **REQUIRED** for each show and includes entrance to the show and workshop. Both shows feature four actors and several costume and scene changes. You won't want to miss this free family entertainment!

Register now at www.dsaco.net

DSACO's Annual Summer Picnic

Join us for a WILD time!

Saturday, June 3, 2017 | 10:00 a.m.- 3:00 p.m.

Columbus Zoo & Aquarium | 4850 W. Powell Road

Fee: \$10/per family (tickets are required)

Tickets to DSACO's Annual Picnic 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 (*additional fee*)

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.

Reserve your tickets no later than **May 19, 2017**. *Tickets will be mailed out in May.*

Register now at www.dsaco.net



DSACO to Host Signing Time Summer Concert!

Saturday, July 15, 2017

Location TBD

Save the date because Rachel Coleman, from the popular Signing Time, is coming to Columbus! Don't miss this very special event—details coming soon!

Not familiar with Signing Time? DSACO has a library of Signing Time DVDs available for families to check-out. Stop by the DSACO office to see what we have available.

Details and registration will be made available at www.dsaco.net



2017 Run for Down Syndrome, hosted by 2FGR

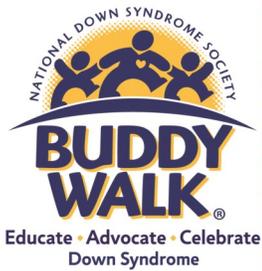
Thursday, May 18, 2017 | 7:00 p.m.

Fiserv | 6000 Perimeter Drive

Join DSACO and the 2FGR Running Group at the 8th Annual Run for Down Syndrome on Thursday, May 18, 2017. This event features a 10K, 5K, Kids Fun 100-meter Dash, plus bounce houses, face painting and balloon twisters. There is something for everyone!

Last year, over 1,200 people joined us at the race and raised more than \$45,000 for DSACO! Thank you to the 2FGR Running Group, out of Dublin, who graciously host this event each year with 100% proceeds benefiting DSACO.

For more information or to register, visit www.dsaco.net/RunforDs



COLUMBUS BUDDY WALK®

OCTOBER 1, 2017 | MAPFRE STADIUM

Sunday, October 1, 2017

9:00 a.m. | MAPFRE Stadium

Registration Fee: \$21/person | Individuals with Down syndrome are FREE, but MUST be registered!

Join the Down syndrome community as we unite for a common cause and raise funds for DSACO 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!

Sponsorship opportunities are available. For more information or to register/join a team, please visit www.columbusbuddywalk.org or contact Evanthia Brillhart at ebrillhart@dsaco.net.

DSACO's Golf Classic

Monday, July 17, 2017 | 12:00 p.m. Shotgun Start

The Country Club at Muirfield Village

Join DSACO and more than 140 golfers at the annual Golf Classic on Monday, July 17th at The Country Club at Muirfield Village.

Come play on a beautiful course, network with other golfers who have an interest in Down syndrome and support the Down Syndrome Association of Central Ohio. Registration information will be made available in May and registration fees include green fees, cart and dinner. Don't wait—this event is sure to sell out quick!

Sponsorship opportunities are still available, please visit www.dsaco.net/golfclassic for more information or contact Evanthia Brillhart at ebrillhart@dsaco.net.



M.O.M.S. Resource Groups

(Mothers Offering Mothers Support)

DSACO moms have the opportunity to share stories, needs, concerns and ideas.

If you are interested in being added to the M.O.M.S. Facebook group and receiving invites to the group get-togethers, please request at info@dsaco.net.

POWELL // Morning Group

⇒ 2nd Thursday of the month | 9:30 –11:30 a.m.

Location will vary

Group Contacts:

Susie Jones susiejones429@yahoo.com

Kim Vega kimvega@gmail.com
(617) 512-3392

WESTERVILLE // Evening Group

⇒ 1st Thursday of the month | 6:30 p.m.

Location will vary

Group Contact:

Adrienne Sturgeon adriennesturgeon@gmail.com
(724) 998-4192

CLINTONVILLE // Evening Group

⇒ 3rd Thursday of the month | 6:30 p.m.

Location will vary

Group Contact:

Angela Buddendeck Cookieparty@yahoo.com
(937) 313-1306

CHILLICOTHE // Sunday Afternoon Group

⇒ 3rd Sunday of the month | 3:00 p.m.

April 23 | **Max and Erma's** | Chillicothe

May 21 | **Longhorn Steakhouse** | Chillicothe

June 25 | **Old Canal Smokehouse** | Chillicothe

Group Contact:

Lauren Rauber laurenrenee82@msn.com
(740) 418-9750

SOUTHEAST // Evening Group

⇒ 2nd Wednesday of the month | 6:30 p.m.

Shades on the Canal | 19 S. High St. Canal Winchester

Group Contact:

Courtney Frost bcfrost816@yahoo.com
(614) 307-0232

Alli Martin allimartin111@gmail.com
(614) 571-4242



D.A.D.S. Group

Dads get a chance to get to know each other and learn a bit from one another in a social setting.

The mission of D.A.D.S. is to assist and support, through fellowship and action, the fathers and families of individuals with Down syndrome.

⇒ April 3, 2017 | 6 p.m.

⇒ May 1, 2017 | 6 p.m.

⇒ June 5, 2017 | 6 p.m.

Location varies—Check www.dsaco.net for updates

D.A.D.S. Group Contact:

Nathan Vega nathanvega@gmail.com

>>To be added to the D.A.D.S. Group email list, please request at info@dsaco.net.



A group of dads enjoying themselves at a D.A.D.S get together at Winking Lizard.

Little Buddies Parent Resource Group

Parents of infants and toddlers ages 0-4 with Down syndrome welcome. Refreshments and childcare will be provided.

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

Location unless otherwise indicated:

Worthington United Methodist Church
600 High Street | Worthington, OH 43085

- ⇒ April 24, 2017
- ⇒ May 22, 2017
- ⇒ June 26, 2017

Little Buddies Contacts:

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

Eastside Play Group

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

Meets on the 3rd Saturdays of the month 10:30 a.m. - Noon

Location unless otherwise indicated:

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

- ⇒ April 15, 2017 **Celebrate our 2nd anniversary!**
AHA Children's Museum | 10:30 am—12:30 pm
315 South Broad Street | Lancaster, OH 43130
Admission free for DSACO family members 8 and under!
- ⇒ May 20, 2017
- ⇒ June 17, 2017

Eastside Play Group Contact:

Renee Wolfe	renewolfe0812@yahoo.com (740) 412-0765
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Weekend Play Group

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

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

Location unless otherwise indicated:

Advent Lutheran Church
3660 Kenny Rd. | Columbus, OH 43220

- ⇒ April 8, 2017
- ⇒ May 13, 2017
- ⇒ June 3, 2017 | 10:00 a.m.-3:00 p.m.

DSACO Summer Picnic

Columbus Zoo and Aquarium
4850 West Powell Rd. | Powell, OH 43065

Register at www.dsaco.net/picnic

Weekend Play Group Contacts:

Dawn Thornton	dawnrthornton@gmail.com (614) 893-1808
Dave & Jen Snyder	dtsnyder29@gmail.com (614) 893-3941

School-aged Social Group

Social group for school-aged kids with Down syndrome.

Join us for a GREAT activity!

- ⇒ Saturday, April 22, 2017 | 4:00 p.m. - 6:00 p.m.
GET AIR COLUMBUS!
3708 Fishinger Blvd. | Hilliard, OH 43026

Arrive anytime and enjoy 1 hour of jump time!

RSVP with the number of kids in your party to:
andreamartosch@live.com or 614-395-1095
by April 20, 2017. SPACE IS LIMITED!

DSACO will provide this activity for those with Down syndrome and their siblings.

Bring Jump Socks if you have them!

School-aged Social Group Contact:

Andrea Bartosch	andreamartosch@live.com (614) 395-1095
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Adult Stamping Club

This social group works on paper crafting skills to create one-of-a-kind greeting cards to give to family and friends.

Meets from 6-8 p.m.

Location unless otherwise indicated:

Urban Coffee Meeting Room
7838 Olentangy River Road | Columbus, OH 43235

⇒ April 5, 2017

⇒ May 3, 2017

⇒ June 7, 2017

Adult Stamping Club Contact:

Sue Leppert sdlbuckeye@aol.com
(614) 354-0658

Spanish Speaking Resource Group

**Meets on the 1st Monday of the month at 7:00 p.m.
(Unless a holiday then will meet on the 2nd Monday)**

Location unless otherwise indicated:

Panera Bread
4965 N. Hamilton Road | Gahanna, OH 43230

⇒ April 3, 2017 | Please RSVP by March 31

⇒ May 1, 2017 | Please RSVP by April 28

⇒ June 5, 2017 | Please RSVP by June 2

Spanish Speaking Resource Group Contact:

Arlene Raya araya@dsaco.net
(614) 263-6020



community
rewards

APRIL IS RE-ENROLLMENT MONTH AT KROGER!

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 **\$2,728.40** in Kroger Community Rewards. If you have not selected an organization to receive your Kroger Community Rewards, it is not too late!

Visit 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 today and select DSACO as your organization to support!**



510 E. NORTH BROADWAY, 4TH FLR. | COLUMBUS, OH 43214 | 614.263.6020 | DSACO.NET

Kari Jones	President & CEO	kjones@dsaco.net
Marge Barnheiser	Program Director	mbarnheiser@dsaco.net
Evanthia Brillhart	Event Manager	ebrillhart@dsaco.net
Kim Baich	Program Coordinator	kbaich@dsaco.net
Regina Parker	Program Coordinator	rparker@dsaco.net
Rachel Berens	Program Coordinator	rberens@dsaco.net
Barb Leman	Office Manager	bleman@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.

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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 _____

Understanding Medicaid Healthcheck

Tuesday, April 11 | 6:00 - 7:30 p.m.
 DSACO Office

P.A.L.S for Teens

Tuesdays, April 11 - May 16
 6:30 - 8:00 p.m. | DSACO Office

Couch to 5K Running Club

Mondays thru May 15 | 6:00 p.m.
 Antrim Park

May _____

Columbus Children’s Theatre

Saturday, May 6 | 10:00 a.m. & 1:00 p.m.
 Bethel International United Methodist Church

Transition, Employment & Independence Series

Monday, May 8 | 6:30 - 8:00 p.m.
 DSACO Office

Run for Down Syndrome

Thursday, May 18 | 7:00 p.m.
 Fiserv

Quarterly “Ask the Specialist” Panel

Tuesday, May 23 | 6:00 - 8:00 p.m.
 DSACO Office

June _____

Summer Picnic

Saturday, June 3 | 10:00 a.m. - 3:00 p.m.
 Columbus Zoo & Aquarium

iCan Bike Camp

June 5 - 9 | Worthington
 McCord Middle School

June 12 - 16 | Grove City

Grove City High School

Golf Academy

June 7 - August 9 | 6:30 - 8:00 p.m.
 Bent Tree & Blacklick Woods Golf Course

Lancaster Summer Learning Academy

June 27 –July 13 | 9:00 a.m.- 12:00 p.m.
 Forest Rose School

