



## DSACO's Self-Advocates present: Don't Limit Us!

**Featuring *Born This Way* star, Megan Bomgaars**

Sunday, July 22, 2018

1:00 - 4:00 p.m.

Vue Columbus

95 Liberty Street | Columbus, OH 43215

You may know her from her role on the A&E series, *Born This Way* but Megan Bomgaars took the world by storm before that role began when her Don't Limit Me! video about inclusion received wide acclaim in 2014. Megan's powerful message to teachers everywhere is the basis of her beliefs for herself and others with Down syndrome. She lives her life in a way that exhibits no limits.

Not only does Megan give speeches all over the country and star on a TV series but she's an artist and businesswoman - selling hand-dyed, one-of-a-kind scarves, tote bags, and other merchandise from her website, **Megology.com**. Quite simply, she's an amazing young woman!

***On July 22, Megan will speak, sign autographs, and be available for photos at this DSACO members-only event. Please register at [dsaco.net](http://dsaco.net). Come and be inspired!***

**BUT THAT'S NOT ALL** - We want to feature our own self-advocates at this event – illustrating how very capable all of our young adults are as they show off their talents and skills by greeting, performing, serving, and running an entire Pop-up Cafe!

***Want to join the fun and meet Megan up close and personal? If you are 18+ and ready to jump into action for this special event, contact Marge Barnheiser at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net) or call 614-263-6020, no later than May 15. Be sure to sign up early!***

### Inside this Issue:

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### Stay Connected with DSACO

 DSACO: Down Syndrome  
Association of Central Ohio

 @DSACO\_Cbus

 @DSACO\_Cbus

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





*Kari Jones with self-advocate Megan Ryan at the 2018 Dancing with Our Stars Gala on February 3, 2018.*

It's easy for me to feel very proud of the work that DSACO is doing in the community. It is much harder to take that pride to the next level by submitting our work for awards and recognition. But I have come to understand that it's important to share the work that we do—it raises awareness!

Here are some recent examples of the accolades DSACO has received for the hard work we're putting in.

3) At a national conference in February, the Down Syndrome Affiliates in Action (a Down syndrome trade association) honored DSACO's medical outreach program, DS Medical Edge, as Runner-Up for Best Outreach Program. How cool is that?! The work that we do in ensuring that new and expectant parents have access to accurate and up-to-date information when receiving a Down syndrome diagnosis is critical—and we were thrilled to receive such a high honor for this important program.

2) At the same conference, DSACO was awarded Best Marketing Campaign for the Columbus Buddy Walk. Individuals with Down syndrome were featured in print, radio, digital and television ads in order to raise awareness for our cause and the work that we do.

1) In addition to DSACO's awards, we are very proud of the accomplishments of our individual advocates. Kyle McKay won a Jefferson Award and Addie Kearns was named a Sunny 95 Rising Star -- both earning the recognition for their community involvement and passion for raising awareness, acceptance and inclusion.

What other successes should we be sharing? How is someone you know persevering, pushing boundaries and getting outside his or her comfort zone? We want to hear from you! We want to tell your stories and let others know! So, please help us spread the word. Send us pictures. Get on social media. Share. It's the easiest way to advocate—and the payoff may be greater than you'd think.

A handwritten signature in blue ink that reads 'Kari Jones'.

*President and CEO  
Down Syndrome Association of Central Ohio (DSACO)*

## DSACO Welcomes New Resource Group Facilitators

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### SCHOOL-AGE RESOURCE GROUP:



**MARY ELLIOTT** lives in Powell with her husband, Eric, and their two children, Greg and Leah.

The Elliott family became involved with DSACO immediately following Leah's birth 11 years ago. Mary made many new friends while attending New Parent meetings and kept in touch once they aged out; however, she was thrilled to see a school-aged playgroup form and has been attending since it began. She feels that connecting with other parents is invaluable.

In her spare time, Mary enjoys reading, watching movies and spending time with friends and family.

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### LITTLE BUDDIES RESOURCE GROUP:



**JENNY GATCHELL** is the proud mama of Grace, a delightfully stubborn and terribly-terrific two-year-old little girl with Down syndrome. She's also mom to Ivy (6) and step-mom to Mary (23).

She and her husband, Jamie, received an at-birth diagnosis, and were fortunate to learn about DSACO while still in the hospital. They went to their first Little Buddies meeting when Grace was barely a month old, and have been attending ever since. Jenny appreciates the wealth of information and resources she and her family have gained through the Little Buddies Group.

Mostly, she is grateful for the many amazing families she has met and the friendships she has made. Jenny considers it a privilege to serve as a facilitator of the group. She hopes to give back to new families by helping them make connections, gain knowledge, and access opportunities that can make a world of difference as they begin this new journey.

# DSACO in the Community



(1) DSACO visited Freedom Trails Elementary School on March 8, 2018 to pick up a donation of homemade tie-blankets for DSACO's NCH Hospital Care Packages. (2) DSACO Program Coordinator, Kim Baich, presented on DSACO's Ds Medical Edge Program at the DSAIA Conference in Denver, CO on February 23, 2018. (3) Pam Danklefsen dropped off numerous beautifully knitted baby blankets for DSACO's New Parent Welcome Packages on February 23, 2018. (4) DSACO visited Union County Fire Department on March 4, 2018 for a fire safety event. (5) DSACO interns, Emma Pequignot and Shane Roussi photographed with Director John Martin at the DD Advocacy Day at the Ohio Statehouse on March 7, 2018.

## DSACO's 2019 Faces in the Community Calendar - Call for Photos!

DSACO has partnered with numerous local photographers across Central Ohio and surrounding counties, to offer DSACO families **FREE photography sessions**, once again. The sessions are a great opportunity for families to capture family photos this spring/summer and to have high-resolution photos to be submitted for the 2019 calendar.

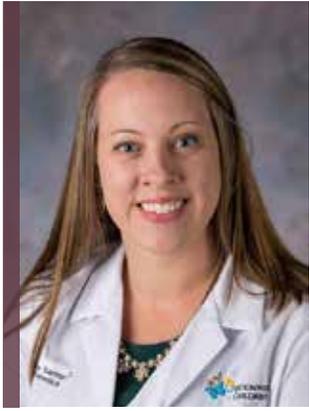
**Please visit [dsaco.net](http://dsaco.net) to find a list of generous photographers who are offering to donate their time for these sessions.** Please reach out to the photographer of your choice and schedule your free session by July 15th. Be sure to mention the DSACO Calendar photo shoot when booking.

*\*Families are able to send photos 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 email no more than two (2) high resolution photos to Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net) by August 1, 2018. You will be notified if your photos are not high resolution.*



# Medically Speaking: by Dr. Stephanie Santoro

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With the advent of spring right around the corner, change is everywhere! The Down syndrome clinics are no exception; I'd like to provide some updates and introductions. We are pleased to welcome Vanessa Rodriguez, PhD to the Adult Down syndrome clinic at Nisonger Center.

**Vanessa Rodriguez** is a licensed psychologist and doctorate-level board certified behavior analyst with over twenty years of experience working with individuals with intellectual disability and severe problem behavior. She received her initial training in behavior analysis while working on the Neurobehavioral Inpatient Unit at the Kennedy Krieger Institute. She has a Master's Degree in Developmental Psychology from Johns Hopkins University and an additional Master's Degree and PhD in Intellectual and Developmental Disabilities Psychology from The Ohio State University. She currently works in Nisonger Center's Adult Behavior Support Services as a supervising psychologist. When not working, Vanessa enjoys spending her time traveling with her husband, daughter, and two dogs.

Vanessa will meet with each adult with Down syndrome and their family at their first visit to the clinic in coordination with the physician visit. *Call (614) 685-6701 to schedule an appointment at Nisonger Center.*

At the Nationwide Children's Hospital Down syndrome clinic, we are pleased that a social worker, **Julie Piercefield**, joined our team.

Julie obtained her Bachelor of Science in Social Work degree at Ashland University and her Master of Social Work degree at The Ohio State University in 2010. She worked with DSACO to re-start the PALS group for teenagers and young adults with Down syndrome. She was employed for seven years at Nisonger Center working with adults with disabilities and complex behavior needs. She joins our team with a passion for working with families and children with disabilities, an awareness of various local and state resources for our families, and a desire to constantly learn more in order to best serve the families we work with. When Julie is not at work, she enjoys spending time with her dog Toby, her family and her friends. She likes to be creative - making Pinterest crafts, scrapbooking, and painting.

Julie meets with most families at their first visit to the clinic in coordination with the physician/nurse practitioner visit. In addition, we are beginning to collaborate with two psychologists, **Marilee Martens, PhD** and **Caroline Murphy, PhD** for our patients with Down syndrome.

Marilee Martens has a Master's degree from the University of Michigan and completed her PhD at The University of Melbourne in 2005. She is a Clinical Child Psychologist at the Child Development Center. She is also the Director of the Williams Syndrome Program at Nisonger Center.

Caroline Murphy is a Clinical Child Psychologist at the Child Development Center and a Clinical Assistant Professor in the Department of Pediatrics at The Ohio State University. She specializes in psychological assessment of children with intellectual and developmental disabilities. She is the primary preceptor for graduate student training at the Child Development Center, and is actively involved in medical education in the Developmental Behavioral Pediatrics department. She provides assessment services in the Developmental Disabilities Clinic, Child Development Center, and Southeastern Ohio Interdisciplinary Assessment Team.

A psychologist is available for consultation and may meet with families during a visit to the clinic. If families have behavioral concerns, they may be addressed in coordination with the physician/nurse practitioner visit or scheduled for a subsequent visit with a psychologist. Call (614) 722-4050 to schedule an appointment at Nationwide Children's Hospital.

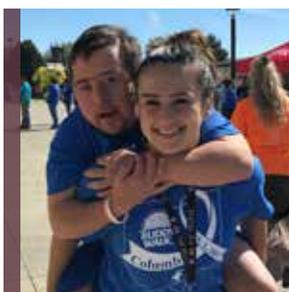
**If you have feedback or suggestions, we encourage you to complete this survey: <https://is.gd/DSparentsurvey>**

# Announcing our 2018 Post-Secondary Scholarship Recipients

Congratulations to our 2018 DSACO Post-Secondary Scholarship recipients! We have no doubt that each of these phenomenal individuals will go on to make a meaningful impact in their communities.



**JESSICA NIPPA**  
*with sister Jennifer*  
Miami University  
Speech and Hearing Disorders



**ALLIE PAZDZIOR**  
*with brother John-John*  
University of Kentucky  
Social Work and Criminal Justice



**EMILY PHILLIPS**  
*with aunt Ann*  
The Ohio State University  
Exercise Physiology  
(Kinesiology)



**QUIN WINKELFOOS**  
*with brother Zion*  
Baldwin Wallace University  
Communications and  
Sports Management

We kicked off our World Down Syndrome Day Celebration on Sunday, March 18, 2018 with a luncheon held in honor of all our outstanding scholarship recipients. Awards were presented by DSACO Program Director, Marge Barnheiser and DSACO Post-Secondary Scholarship Committee Members Joe Caligiuri, Trent Huff, and Michelle Long.

*Interested in applying for this scholarship? We love having a diverse pool of candidates and strongly encourage self-advocates, siblings, cousins, parents, aunts, uncles, and other extended family members to submit an application. The guidelines and application will go live on our website in January 2019.*

## DSACO's Sibs Group - Highlight

An important piece of our mission at DSACO is supporting families and yes, that does mean the whole family!

To better address this goal, we developed a group designed for sibs ages 6 - 12. The group hosts four meetings per session. Each meeting features fun activities as well as a discussion component. Topics for discussion include but are not limited to:

- » Self-esteem
- » Coping skills
- » Conflict resolution
- » Self-advocacy

Feedback received from our fall session indicated that sibs felt better informed and empowered to advocate for themselves and their sib, and they built the foundation for some purposeful friendships moving forward, too. We are thrilled to be able to offer this valuable program for our families, and we know that this generation of sibs will go on to do great things.

*A few spots remain open for our spring session. Register today at [www.dsaco.net/sibs-group](http://www.dsaco.net/sibs-group) or contact Rachel Berens at [rberens@dsaco.net](mailto:rberens@dsaco.net) or 614.263.6020 for additional information.*



# Programming for Families

## Meet Your Local Fire Fighters!

### Free Family Event

We've had so much fun at our visits at local fire stations that we've decided to keep going! Throughout 2018, we'll continue to schedule visits and meet the brave folks who help us during our biggest time of need. These firefighters and EMTs are excited to meet our families! Bring the family and take a firehouse tour including a close-up look at a fire truck. Learn how to help your family navigate emergency situations and be prepared in the event of a fire. All ages welcome to attend!

- **Sunday, April 8, 2018 | 2:00 - 3:00 p.m.**  
Jackson Township Fire Department  
3650 Hoover Road | Grove City, OH 43123
- **Sunday, April 29, 2018 | 2:00 - 3:00 p.m.**  
Lancaster Fire Department - Engine House #1  
254 East Chestnut Street | Lancaster, OH 43130
- **Sunday, May 6, 2018 | 2:00 - 3:00 p.m.**  
Zanesville Fire Department #3  
714 Leonard Avenue | Zanesville, OH 43701
- **Sunday, May 20, 2018 | 2:00 - 3:00 p.m.**  
Newark Fire Department #1  
75 South 4th Street | Newark, OH 43055

Register at [dsaco.net](http://dsaco.net) or by calling 614.263.6020.



## Potty Training

Saturday, April 14, 2018

9:00 - 11:00 a.m. | DSACO Office

510 E. North Broadway | Columbus, OH

Fee: \$10 | Includes a light breakfast



Find out if your child is developmentally and physically ready for toilet training and what methods are most successful. Emily Carruthers from The Center for Cognitive and Behavioral Therapy will provide helpful tips and share her proven methodology. Whether you have tried and failed or are planning to begin the toilet training process, this workshop will give you the help you need to make the process successful and less stressful. Learn how to tell if your child is ready, how to train for daytime and nighttime control, when and what to use as incentives and rewards, and much more.

To register, please visit [dsaco.net](http://dsaco.net) or call 614.263.6020.

## DSACO Couples Retreat

Saturday, April 21, 2018

Deer Creek State Park & Conference Center

22300 State Park Rd #20 | Mt. Sterling, OH 43143

Fee: \$75 per couple

It's exhausting raising kids, working, and just getting through the craziness of each day! When was the last time you took a day away from it all to focus on the two of you and rejuvenate? Here's your chance!

At DSACO's Couples Retreat, you will begin the day with registration at 8:30 a.m. along with a continental breakfast. Following breakfast and registration, we have some great speakers lined up to assist with ways to handle your stress and care for yourself. Next will be time to meet other parents, share stories and ideas, plus you will get to hear from some very accomplished local self-advocates!

Free time will take place from 3:30 – 5:00 p.m. to give you a chance to get away for some alone time: go for a walk, take a relaxing swim or whatever else you'd like to do. We will finish the night with a social hour and dinner, followed by a comedy show by local dad, Rob Snow.

It's not too late to register! Please visit [dsaco.net](http://dsaco.net) or call 614.263.6020.

# Programming for Families

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## DSACO's Lunchtime Webinars

*Riding on the success of our first webinar, DSACO will continue to host bi-monthly webinars to address a wide variety of topics.*



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### WEBINAR DETAILS:

**Wednesday, May 16, 2018 | 12:00 - 12:45 p.m.**

**Topic: Fix The List**

Lori Horvath from DODD will share information about the proposed "Fix the List" rule. These changes will dramatically change how Ohio assesses the needs of individuals on the waiver waitlists and potentially have a huge impact on who receives a waiver! Mark your calendar and join us!

**Monday, July 9, 2018 | 12:00 - 12:45 p.m.**

**Topic: Columbus Buddy Walk**

DSACO's Event Manager, Evanthia Brillhart, will discuss all things Buddy Walk! Learn about the Walk itself, updates to the event, new fundraising incentives for 2018 and hear some fundraising tips. You will also have the opportunity to ask questions throughout the webinar. This webinar will be great for seasoned team captains and new team captains, so save the date and virtually join us!

*Webinars are free, but registration is required to obtain the link. Please visit [dsaco.net](http://dsaco.net) to register!*

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## DSACO's 2018 Summer Picnic

*Join us for a wild time!*

**Saturday, June 2, 2018 | 10:00 a.m. - 3:00 p.m.**

**Columbus Zoo & Aquarium | 4850 W. Powell Road**

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

Join the DSACO team and more than 150 DSACO families at the 2018 Annual Summer Picnic at the Columbus Zoo & Aquarium. DSACO will have music, bubbles, crafts and face painting available for the duration of the event.

### Tickets to DSACO's Annual Summer Picnic include:

- » ALL DAY access to the Columbus Zoo & Aquarium
- » Free Parking
- » Lunch Buffet
- » Goodie bags for the kids
- » Visiting zoo animals
- » Face painting and crafts
- » 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 lunch. Tickets are available to individuals with Down syndrome, their parents and siblings, only.

Reserve your tickets no later than **Monday, May 21, 2018**. *Tickets will be mailed out in May.*

**To register, please visit [dsaco.net/summerpicnic](http://dsaco.net/summerpicnic).**

**If you have any questions, please contact Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net) or 614.263.6020**

# Programming for Individuals with Down Syndrome

## Couch to 5K Running Club

Begins Monday, April 2, 2018 | 6:00 p.m.

Antrim Park

5800 Olentangy River Rd. | Columbus, OH 43085

Start training with our friends from 2FGR in preparation for the 2018 Run for Down Syndrome. Training begins on Monday, April 2nd. A lap or two around the lake at Antrim Park with a few die-hard friends will get your heart pumping and get you in shape.

The 5K Running Club is for anyone but we are especially looking for self-advocates and their friends! Running (or walking) together is a great way to make friends and encourage the development of healthy habits.

*Please contact Marge Barnheiser at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net) if you plan to attend the Couch to 5K Running Club.*

>> The Run for Down Syndrome will take place on Thursday, May 17, 2018. Lace up those sneakers and join us!



## "It's My Turn" Training

Saturday, May 5, 2018

9:00 a.m. - 3:30 p.m. | DSACO Office

510 E. North Broadway | Columbus, OH

Fee: \$10 | Includes a light breakfast and lunch

Developed by The Ohio Coalition for the Education of Children with Disabilities, the mission of the It's My Turn training is to help make the transition process from school into life easier for students and to help them become better self-advocates. Using an interactive self-determination curriculum, students learn about themselves by:

- Developing a personal profile which helps them become more aware of their choices and abilities.
- Exploring options best suited to the student based on his/her own personal needs and interests.
- Setting goals and learning the steps he/she must take to reach them.

This workshop is open to middle school and high school students. The focus of the workshop is employability, with students learning more about their choices and increasing their self-esteem by realizing what they are capable of accomplishing. Parents are invited to attend the last 30 minutes of the workshop to celebrate the achievements of the day.

*Register at [dsaco.net](http://dsaco.net) or by calling 614.263.6020. Space is limited, so don't delay!*

## Golf Academy

Open to ages 12+

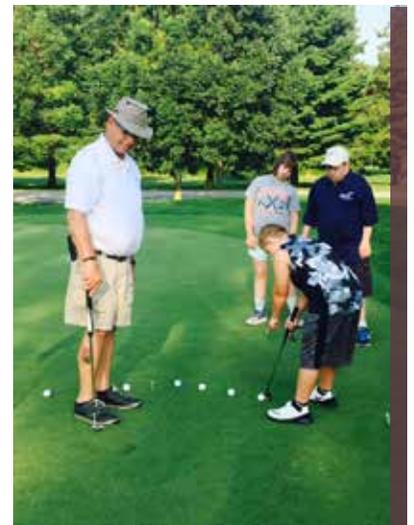
Wednesdays, May 30 - August 8, 2018 | 6:00 - 7:30 p.m.

Bent Tree Golf Club and Blacklick Woods Golf Course

Fee: \$100 | *Recreation Scholarships are available*

DSACO is gearing up for another 10 week, 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.

*Register by May 18, 2018 at [dsaco.net/golfacademy](http://dsaco.net/golfacademy) or contact Kim Baich at 614-263-6020 or [kbaich@dsaco.net](mailto:kbaich@dsaco.net).*



# Programming for Individuals with Down Syndrome

## iCan Bike Camp

June 4 - June 8, 2018 | Worthington Kilbourne High School

June 11 - June 15, 2018 | Grove City High School Recreation Center

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 iCan Bike, a national organization that conducts bike camps across the United States and Canada for people with disabilities.



With the support of well-trained, energized instructors and volunteers, riders start off on adapted roller bikes and then gradually transition to conventional 2-wheel bicycles in a fun, safe, and supportive environment. This unique approach has enabled thousands of people, with a variety of disabilities, to become independent bicycle riders. The 2017 camps boasted an average 84% success rate!

DSACO, in collaboration with Nationwide Children's Hospital, Autism Society of Central Ohio, The Country Club at Muirfield Village Foundation, and Mount Carmel Health Systems, is hosting the 11th summer of iCan Bike Camp(s) during Summer 2018.

*If you have any questions, please contact Rachel Berens at [rberens@dsaco.net](mailto:rberens@dsaco.net) or 614-263-6020. Please visit [dsaco.net/icanbike](http://dsaco.net/icanbike) for more information and to register. Space is limited, so don't delay!*

## Summer Learning Academy

**NEW: Pilot programs in Zanesville & Cambridge**

Concerned about your child losing key academic skills during the summer? DSACO's Summer Learning Academy can help. The primary goals of the program are to:

- minimize learning loss
- improve math and reading skills
- improve social development

Up to 8 children with Down syndrome will be accepted into each program. Classes are taught by certified teachers that individualize instruction based on the student's IEP.

### PROGRAM DETAILS:

#### Columbus Summer Learning Academy

July 9 - August 9, 2018 | 9:00 a.m. - Noon

*Monday through Thursday*

Bethel International United Methodist Church | Columbus

Fee: \$150.00

#### Newark Summer Learning Academy

July 9 - August 9, 2018 | 9:00 a.m. - Noon

*Monday through Thursday*

Flying Colors Preschool | Newark

Fee: \$150.00

#### Zanesville Summer Learning Academy

**PILOT**

July 17-August 2, 2018 | 9:00 a.m. - Noon

*Tuesday through Thursday*

Starlight School | Zanesville

Fee: \$50.00

#### Lancaster Summer Learning Academy

July 9 - August 9, 2018 | 9:00 a.m. - Noon

*Monday through Thursday*

Forest Rose School | Lancaster

Fee: \$150.00

#### Cambridge Summer Learning Academy

**PILOT**

July 10 - July 26, 2018 | 9:00 a.m. - Noon

*Tuesday through Thursday*

The Golden Rule School | Byesville

Fee: \$50.00

*If you have any questions about the programs listed above, please email [info@dsaco.net](mailto:info@dsaco.net). Education Scholarships are available for these programs and can be found on the DSACO website. Please register at [dsaco.net](http://dsaco.net).*

*Thank you AR Two Foundation and GPD Employees' Foundation for your generous support!*

# Programming for Individuals with Down Syndrome

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## Walking Club

**Join an established Walking Club around town or start your own!**

Want to get some exercise and meet new friends? DSACO has 4 Walking Clubs that you can join in the Columbus area. If these areas aren't convenient, start a group close to you!

Walking Club meets weekly in a metro park, city park, state park or any measured walking trail. Each location will have its own schedule and must include at least one person with Down syndrome who participates on a regular basis. *Everyone is welcome!*

*Here is all you need to do to start your own Walking Club:*

**Identify a "Coordinator":** This person establishes a location and schedule. This person will keep track of number of attendees and miles walked weekly.

**Contact the DSACO office** to let us know the details of your Walking Club and we can help your group grow by promoting it on social media.

**Encourage others to join:** Invite neighbors, friends, co-workers, teammates, etc. to get "fit" with you!

## ESTABLISHED WALKING CLUBS:

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### Dublin Walking Club

Glacier Ridge Metro Park | 7:00 - 8:00 p.m.

Mondays June 4 - August 27 | *Weather Permitting*

**Please contact Kim Baich at [kbaich@dsaco.net](mailto:kbaich@dsaco.net) if you plan to attend.**

### Hilliard Walking Club

Homestead Park | 7:00 - 8:00 p.m.

Mondays June 4 - September 17 | *Weather Permitting*

**Please contact Marge Barnheiser at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net) if you plan to attend.**

### Westerville Walking Club

Highlands Park | 7:00 - 8:00 p.m.

Mondays June 4 - August 27 | *Weather Permitting*

**Please contact Evanhia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net) if you plan to attend.**

### Upper Arlington Walking Club

Thompson Park | 6:00 - 7:00 p.m.

Thursdays June 21 - August 30 | *Weather Permitting*

**Please contact Rachel Berens at [rberens@dsaco.net](mailto:rberens@dsaco.net) if you plan to attend.**

## Intern with DSACO!

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“ Hi! My name is Shane Roussi and I am currently an intern for DSACO. My experience has been great! I got to learn how to do inventory, improve my organizational skills and make professional phone calls. The staff are very nice people and I am honored to work with them. I totally recommend this kind of work. If you are interested in honing your business and advocacy skills, this internship will help with that. ”

***If you would like to be an intern with DSACO this summer, please contact Marge Barnheiser at [mbarnheiser@dsaco.net](mailto:mbarnheiser@dsaco.net) no later than May 7. Internships are paid positions and last 12 weeks/3 hours per week. Some experiences are in the community or at DSACO events.***

## DSACO's 2018 Adult Conference

**Save the date!**

**August 10 - 12, 2018**

**Mohican Lodge and Conference Center**

**1098 Ashland County Road #3006 | Perrysburg, OH 44864**

***Registration will open in June.***





En cada columna de “Nuestro Rinconcito” tratamos de algo que tiene que ver con nuestros hijos que tienen el síndrome de Down. Para esta edición una mamá ha mandado la pregunta siguiente:

Para el tema de este número de Nuestro Rinconcito, una mamá pregunta: ¿Qué es el waiver, cómo funciona, y qué información tienes sobre este tema?

El waiver es un programa del condado a través de cada junta directiva del condado para discapacidades de desarrollo. Puede beneficiar tremendamente a tu hijo con síndrome de Down a través de su vida. Paga por servicios para tu hijo que normalmente familias no pueden costear por un tiempo prolongado. O sea, son servicios que sin el waiver no podrías dar a tu hijo. El programa de los waiver está financiado por dinero federal, del estado de Ohio, y del condado donde vives.

Básicamente, es un programa de Medicaid. Si tu hijo todavía no tiene Medicaid, cuando empieza a recibir servicios del waiver tendrá que aplicar para ello y cumplir con todos sus requisitos. Los requisitos son para el hijo, no para los padres. Algunos de esos requisitos son: no tener mucho dinero a su nombre en el banco (normalmente no más de \$2000) (aunque ahora existe el programa de las cuentas bancarias ABLE que permite que tu hijo tenga más dinero ahorrado a su nombre), ser ciudadano de los EE.UU., tener número de Seguridad Social, y ser residente en Ohio.

Para inscribirse en el programa de waiver, contacta a tu Service Coordinator (Coordinadora de Servicios) del condado. Hay tres tipos de waiver. En este artículo sólo trataré de los dos más corrientes.

**Level One Waiver:** El dinero para servicios que recibirás no es muy grande—puede rondar los \$5000 anuales—pero aun así es una gran ayuda. Los servicios que puede costear son de ama de casa / cuidadores personales, transporte, equipos médicos, programas de día para adultos, programas de enseñanza vocacional, planificación de carrera, manejo de dinero, soporte de empleo en grupo, soporte de empleo individual, y comidas entregadas a domicilio.

**I.O. Waiver:** Este waiver aporta mucho más dinero anualmente. Puede ser usado mucho más extensamente y, además de todos los servicios listados arriba, también paga por intérpretes, servicios de nutrición, y servicios en vivienda compartida, entre otros. Con el I.O. Waiver harán una evaluación de tu hijo para ver cuántos servicios requiere, y basado en los resultados, le darán cierta cantidad de dinero anualmente.

¿Y cómo funciona esto? Pues todos los proveedores de servicios tienen que estar certificados para proveer servicios de waiver y luego mandan sus facturas al gobierno por sus servicios prestados. Así, tú no vas a ver el dinero directamente, pero tienes que saber cuánto tienes para el año para no sobrepasarte.

Los cuidadores pueden, por ejemplo, cuidar a tu hijo cuando necesitas salir, cuando estás en casa pero no puedes estar cuidando a tu hijo, llevar a tu hijo a sitios de recreo en la comunidad—a parques, a la piscina, al cine, a casa de un amigo, a fiestas, a las prácticas de las Olimpiadas Especiales, a un restaurante, a citas con doctores, etc. Pueden prepararle sus comidas (y mientras tanto enseñarles habilidades culinarias), limpiar su cuarto y lavar su ropa (y enseñándole esas habilidades también), ayudarles a vestirse, a cepillarse los dientes, ayudarles a aprender habilidades sociales, a aprender a hacer ciertos deportes—la lista es inmensa.

Tu hijo usará el waiver para ciertas cosas cuando es pequeño, y luego de adulto continuará siendo muy beneficioso, pero de otra manera. Realmente, es una ayuda de por vida que enriquecerá la vida de tu hijo.

(Por favor nota que si te mudas a otro estado perderás tu waiver de Ohio. No se acepta en otros estados. Tendrás que empezar de nuevo con cualquier sistema que tenga tu nuevo estado. Sin embargo, una vez que tienes un waiver en Ohio, se acepta en cualquier condado de Ohio).

- **Arlene Raya**  
**araya@dsaco.net**  
**Facebook: Mamás Latinas de D.S.A.C.O**

# Upcoming Fundraising Events

## 2018 Columbus Buddy Walk®

Save the date for the 2018 Columbus Buddy Walk® at MAPFRE Stadium on Sunday, September 30, 2018. Registration will open at 9:00 a.m., with Opening Ceremonies and the Walk begins at 10:30 a.m.

The Columbus Buddy Walk® is more than a walk around MAPFRE Stadium, it's a family reunion. Whether you have Down syndrome, know someone who does or just want to show your support – come and join us! At the Columbus Buddy Walk®, you will join more than 10,000 walkers from all over Ohio as we unite for a common cause and raise funds to support DSACO and the National Down Syndrome Society (NDSS).

Create your team, register to walk or donate today!  
Please visit [www.columbusbuddywalk.org](http://www.columbusbuddywalk.org)



PRESENTED BY:



**Sunday, September 30, 2018**

**MAPFRE Stadium**

**1 Black & Gold Blvd. | Columbus, OH 43211**

## 2018 Run for Down Syndrome

**Thursday, May 17, 2018**

**Fiserv | 6000 Perimeter Dr. | Dublin, OH 43211**

**Registration begins at 6:00 p.m.**

**Race begins at 7:00 p.m.**



Join 2FGR and DSACO at the 2018 Run for Down Syndrome 10K, 5K and Kids 100 Meter Dash, on Thursday, May 17, 2018 at Fiserv in Dublin, Ohio.

For the past 7 years, 2FGR has hosted this exceptional event, welcoming runners of all levels, families, friends and the DSACO community to Dublin, OH to support DSACO's mission: to support families, promote community involvement and encourage a lifetime of opportunities for people with Down syndrome. Funds raised from the Run for Down Syndrome helps DSACO provide programs and services for 1,200 families in 23 Central and Southern Ohio counties.

The race will feature activities for kids, food and several vendors as part of the pre and post-race exhibition. Whether this is your first race, you are a seasoned runner or you want to show your support – please come out and join us for fantastic evening!

Register today at [www.dsaco.net/runfords](http://www.dsaco.net/runfords).

## 2018 DSACO Golf Classic

**Monday, July 16, 2018**

**The Country Club at Muirfield Village**

**8715 Muirfield Drive | Dublin, OH 43017**

**Shotgun start at 12:30 p.m.**



Join DSACO for the 2018 DSACO Golf Classic on Monday, July 16, 2018. Golfers play on a beautiful course while helping to raise funds and awareness for the Down syndrome community. A sold out crowd of 144 golfers participated last year and the event raised over \$30,000 for DSACO. Participation fees include green fees, cart and a delicious dinner.

This event typically sells out very quickly, register early beginning May 1, 2018 at [dsaco.net/golf](http://dsaco.net/golf).

# Resource & Activity Groups

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## M.O.M.S. Resource Groups (Mothers Offering Mothers Support)

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

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### POWELL

Join us the second Tuesday of the month at 7:00 p.m.  
Liberty Tavern | 50 N. Liberty Street, Powell

#### Group Contacts:

Susie Jones      susiejones429@yahoo.com  
Kim Vega        kimvega@gmail.com  
617.512.3392

### WESTERVILLE

Join us the first Thursday of the month at 6:30 p.m.  
**April 5** - Mohio Pizza | 23 N. Sandusky Street, Delaware  
**May 3** - Rusty Bucket | 400 Polaris Pky, Westerville  
**June 7** - Wine Bistro | 925 N. State Street, Westerville

#### Group Contact:

Mandy Peterson      mandy\_6862@yahoo.com  
740.501.8206

### NORTHWEST

Join us the third Tuesday of the month at 6:30 p.m.  
**April 17** - Rusty Bucket | 3901 Britton Pky, Hilliard  
**May 15** - Local Cantina | 3975 Main Street, Hilliard  
**June 19** - The Goat | 4265 Brooklands Drive, Hilliard

#### Group Contact:

Liz Loehrer      douearit@gmail.com  
614.208.8426

## 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.*

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### APRIL 2, 2018 | 6:00 p.m.

Ram Restaurant & Brewery | 6632 Longshore Street, Dublin

### MAY 7, 2018 | 6:00 p.m.

Location to be determined, please visit dsaco.net for updates

### JUNE 4, 2018 | 6:00 p.m.

Location to be determined, please visit dsaco.net for updates

### CENTRAL

Join us the third Thursday of the month at 6:30 p.m.

**April 19** - City Tavern | 697 N. 4th Street, Columbus

**May 17** - No Meeting | See you at the Run for Down Syndrome

**June 21** - TBD

#### Group Contact:

Angela Buddendeck      cookieparty@yahoo.com  
937.313.1306

### SOUTHEAST

Join us the second Wednesday of the month at 6:00 p.m.  
Shades on the Canal | 19 S. High Street, Canal Winchester

**May 9** - Julie Bruckelmeyer from Fairfield County Board of DD will be joining to address natural supports and community involvement. Her information will be relevant to families in both Fairfield and Franklin counties.

#### Group Contact:

Courtney Frost      bcfrost816@yahoo.com  
614.307.0232

#### Group Contact:

Nathan Vega      nathanvega@gmail.com

*To be added to the D.A.D.S. Group email list, please contact Rachel Berens at rberens@dsaco.net or 614.263.6020.*

# Resource & Activity Groups

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## Little Buddies Parent Resource Group

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

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Join us on the 4th Monday of the month from 6:30 - 8:30 p.m.

**Location unless otherwise indicated:**

Worthington United Methodist Church  
600 High Street, Worthington

**Group Contacts:**

April Horne	aprilhorne624@gmail.com 740.360.7093
Angela Buddendeck	cookieparty@yahoo.com 937.313.1306

**APRIL 23, 2018**

Topic to be determined

**MAY 21, 2018**

*Please note this is the 3rd Monday due to Memorial Day*

Topic to be determined

**JUNE 25, 2018**

Topic to be determined

## Southeast Play Group

*Children ages 8 and under with Down syndrome and siblings are welcome to attend.*

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Join us on the third Saturday of the month.

**APRIL 21, 2018 | 10:30 A.M. - NOON**

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

Join us for the Bubble Blitz! Make bubbles of all shapes and sizes and make a fun wand to take home.

**JUNE 16, 2018 | 10:30 A.M. - NOON**

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

Join us for games, fun activities and story time.

**MAY 19, 2018 | TIME TO BE DETERMINED**

Location in Pickerington or Canal Winchester to be determined

**RSVP to Courtney by May 12, 2018.**

**Group Contact:**

Renee Wolfe	renewolfe0812@gmail.com 740.412.0765
Courtney Frost	bcfrost816@yahoo.com 614.307.0232

## Weekend Play Group

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

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Join us on the 2nd Saturday of the month from 10:00 a.m.-noon

**Location unless otherwise indicated:**

Advent Lutheran Church  
3660 Kenny Road, Columbus

**Group Contacts:**

Dawn Thornton	dawnrthornton@gmail.com 614.893.1808
Dave & Jen Snyder	dtsnyder@gmail.com 614.893.3941

**APRIL 14, 2018**

**MAY 12, 2018**

**NO MEETING IN JUNE - SEE YOU AT DSACO'S SUMMER  
PICNIC**

# Resource & Activity Groups

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## School-aged Social Group

*Social group for school-aged kids with Down syndrome, ages 5-12 years old.*

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**SUNDAY, MAY 6, 2018 | 4:30 - 6:30 p.m.**

Fun in the Jungle

345 McGill Street | Sunbury, OH 43074

Join us for arcade games, a play jungle and mini bowling. DSACO will provide pizza and beverages. For the last half hour, parents will enjoy a brief presentation from area swim organizations about their summer programs.

**RSVP by May 2, 2018.**

**Group Contact:**

Andrea Bartosch

andreamartosch@live.com

Mary Elliott

columbuselliotts@gmail.com

## 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.*

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Join us on the first Wednesday of the month from 6 - 8 p.m.

**Location unless otherwise indicated:**

Urban Coffee Meeting Room

7838 Olentangy River Road, Columbus

**Group Contact:**

Sue Leppert

sdlbuckeye@aol.com

614.354.0658

*RSVP to Sue Leppert no later than a week prior to each session.*

**APRIL 4, 2018**

**MAY 2, 2018**

**JUNE 6, 2018**



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

Kari Jones	President and CEO	kjones@dsaco.net
Marge Barnheiser	Program Director	mbarnheiser@dsaco.net
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Rachel Berens	Program Coordinator	rberens@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 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 510(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

#### **Couch to 5K Running Club Begins**

Monday, April 2 | 6:00 p.m.  
Antrim Park

#### **Fire Safety Event - Grove City**

Sunday, April 8 | 2:00 - 3:00 p.m.  
Jackson Township Fire Department

#### **Potty Training**

Saturday, April 14 | 9:00 - 11:00 a.m.  
DSACO Office

#### **DSACO Couples Retreat**

Saturday, April 21  
Deer Creek State Park & Conference Center

#### **Fire Safety Event - Lancaster**

Sunday, April 29 | 2:00 - 3:00 p.m.  
Lancaster Fire Department - Engine House #1

### MAY

#### **"It's My Turn" Training**

Saturday, May 5 | 9:00 a.m. - 3:30 p.m.  
DSACO Office

#### **Fire Safety Event - Zanesville**

Sunday, May 6 | 2:00 - 3:00 p.m.  
Zanesville Fire Department #3

#### **Fix the List Webinar**

Wednesday, May 16 | 12:00 - 12:45 p.m.

#### **Run for Down Syndrome**

Thursday, May 17 | 7:00 p.m.  
Fiserv

#### **Fire Safety Event - Newark**

Sunday, May 20 | 2:00 - 3:00 p.m.  
Newark Fire Department #1

#### **Golf Academy Begins**

Wednesday, May 30 | 6:00 - 7:30 p.m.  
Bent Tree Golf Club

### JUNE

#### **DSACO's Annual Summer Picnic**

Saturday, June 2 | 10:00 a.m. - 3:00 p.m.  
Columbus Zoo & Aquarium

#### **iCan Bike Camp - Worthington**

June 4 - June 8  
Worthington Kilbourne High School

#### **iCan Bike Camp - Grove City**

June 11 - June 15  
Grove City High School Recreation Center