

January—March, 2016

Awareness | Acceptance | Inclusion

World Down Syndrome Day 2016



There is so much to celebrate about our loved ones with Down syndrome! In 2016, DSACO will be celebrating World Down Syndrome Day at a great new venue, the Bosco Center, and is sure to have something for everyone.

The Bosco Center and WSDS festivities will include the gym with **games and prizes**, a **bowling** alley (bumpers included, if preferred), **music**, and tons of **food**! DSACO will also have the annual evening dinner program where the **2016 Family Scholarship winners will be awarded**. The evening program is always a memorable event that celebrates the inspiring siblings and family members who are so deserving of DSACO's support as they pursue careers that impact our DS community.

New to the celebration this year is an event not to be missed! In collaboration with OSU's Students Supporting People with Down Syndrome (SSPDS), DSACO plans to present the very first **Proud To Be Me Fashion Show** featuring models of all ages with Down syndrome from the Central Ohio area.

Save the date now—this year's event is going to be amazing!

World Down Syndrome Day Celebration

Sunday, March 20, 2016

2 p.m. - 8:30 p.m.

The Bosco Center

80 S. 6th St, Columbus, OH 43215

For more information and all the details for this celebration, please visit www.dsaco.net/event/WSDS

Ready to be a Runway Model?

Models of all ages - boys and girls – are needed for the **Proud to be Me Fashion Show**. Applications are available at www.dsaco.net.



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STAY CONNECTED WITH DSACO!

 DSACO: Down Syndrome Association of Central Ohio

 @DSACO_Cbus
@CbusBuddyWalker

 @DSACO_Cbus

 DSACO Pics

3-2-1 Update



Kari Jones,
President & CEO,
with Tim Harris

A new year with lots of new things going on at DSACO! But don't worry, our mantra isn't, "Out with the old, in with the new." It's just that we've been listening—and we're working to do more to provide you with information, resources and the support you want and need.

3) As the New Year begins, I am pleased to announce that DSACO is **expanding outreach to support** individuals with Down syndrome, their families, and community professionals in 5 southern Ohio counties. **Gallia, Jackson, Lawrence, Meigs, and Vinton Counties** were previously undesignated to any specific Down Syndrome Association, and because many of those residents were already participating in many of DSACO's activities, the Governing Board voted in late 2015 to officially include them in DSACO's service area. With a lot of mileage to cover, we look forward to kicking things off with a party slated for April.

2) Have you noticed that DSACO has done a bit of a "refresh"? That's right—if you **check out www.dsaco.net** you will see that we have been working hard to make sure you don't miss

any of our news, events, and programs! We have an **event calendar, online registration** for almost any activity we offer, and **recent news** articles involving the Down syndrome community. Oh, and if you see a program or activity fee that would preclude you from participating in a seminar or event, click the "hardship" button and we will discreetly add you to our registration list free of charge.

1) Even with so many exciting things going on, I am most thrilled about our new

programs and initiatives that will positively impact our community. At the very end of 2015, we launched an initiative in providing **care packages for families of children with Down syndrome who have extended stays at Nationwide Children's Hospital**. We also beefed up our **New Parent Welcome Packages** to better communicate our sincere congratulations to a family in welcoming their new baby. This year, we'll be introducing our **School-Age Resource & Play Group** (page 12), **Healthy Lifestyles** program for teens and adults with Ds (page 10), **The Learning Program** (page 10)- an online curriculum for Central Ohioans as well as geographically-distant members- built to enhance education for children with Ds. With so many opportunities to explore, we hope you'll review the details and join us in 2016!



Revamped New Parent
Welcome Packages

Wishing you and yours an incredible 2016!



DSACO's new counties are shown in the map above



2016 FACES IN THE COMMUNITY CALENDARS ARE FOR SALE!

Visit the DSACO office during normal business hours, or call 614-263-6020 to purchase your 2016 Faces in the Community calendar! Calendars are \$10/each or three for \$25.

DSACO Welcomes New Board Members



Michelle Hourie graduated from Upper Arlington High School. She attended classes in American Sign Language at the Deaf Services Center, UAHS, and OSU. Michelle hopes to begin a certification program at Franklin University soon, which will help her career at ARC and SUNAPPLE studios, where she teaches children to create with clay. Michelle also enjoys Special Olympics, ASL groups, Jazzercise, Reading Club, SPICE fund raisers, and outings with her family and friends.



Mike Messina recently became involved with DSACO and is looking forward to doing his part to support the Down syndrome community. After attending National Louis University and graduating from the P.A.C.E. program in 2007, he moved into his own apartment in Grandview and has resided there for the past nine years. As a part of the P.A.C.E. program, Mike learned independent living skills, employment preparation and social development. He has worked at Kroger for the past 8 years and really loves living in Grandview. When he isn't working, he has fun playing sports, watching WWE, and hanging out with his friends.

DSACO Says Goodbye to the McKay's—Longtime Board Members



Susan and Kyle McKay

Since spring of 2008, DSACO has enjoyed the commitment and creativity of **Susan and Kyle McKay**. If you have been to any of our social or fundraising events, you have probably met them both.

Kyle is hard to miss with that huge smile and personality! He is the one behind the camera at the holiday party and bike camps. He is one of the dancers at the Dancing with our Stars Gala, but that's after he spends hours soliciting local businesses to donate to the silent auction. He has been the emcee at the World Down Syndrome Day celebration, a model for *Shifting Perspectives*, and a facilitator at our Adult conferences.

He has become the face of our self advocates- the very image of "you can do anything!" He's been to Washington to talk with legislators about passing the ABLE

Act but he can also sweet talk (or dare you) into doing crazy things like climbing trees at Recreation Unlimited! More than anything, Kyle is just a really good guy who works hard and takes his commitments seriously. The DSACO Board will miss him!

Then there is his mom, Susan. Suffice to say she knows how to raise a good kid! But Susan is one who shows the way by action and words. She has been involved with DSACO in so many ways - a vital committee member for the Adult Conference and the Dancing with our Stars Gala. She's held numerous Board positions including being on the Executive Committee. She has been a strong advocate for the Down syndrome community - always looking for ways to broaden their horizons. She has a great laugh and sense of humor that makes parents of other adults with Down syndrome, feel comfortable going to Susan for advice. She has been an inspiration and mentor to many over the years! Her insights as a parent and a professional will be sorely missed by the Board.

We thank both Susan and Kyle for their time and energy while serving on the Governing Board.

Every Student Succeeds Act

The Every Student Succeeds Act (ESSA) passed the House and is expected to sail through the Senate and be signed by the President. After 14 years we will have a new law for elementary and secondary education funding that gives the states and districts a great deal of discretion in determining how to hold themselves and their schools accountable for improving student achievement.

ESSA seeks to prevent the overuse of alternate assessments, while ensuring that students who do take alternate assessments have the opportunity to make progress in the general education curriculum and work towards a regular high school diploma. ESSA incorporates concepts of Universal Design for Learning, requires states to address how they will reduce incidents of bullying and harassment and reduce the use of aversive practices such as restraint and seclusion.

Noteworthy provisions include:

(1) **Subgroup accountability in testing:** States would still have to test students in reading and math in grades 3-8 and once in high school. They will be required to break out data for whole schools and also for "subgroups" (e.g. students with disabilities), and to identify schools where subgroups are struggling. States will no longer be able to lump subgroups together into "supersubgroups" (e.g. students with disabilities, minority students, etc.). This will result in more accountability toward students with disabilities.

(2) **State discretion increased:** States and local districts will be able to set their own goals, standards, accountability measures and interventions. Their accountability systems will be required to include a mix of academic indicators and an "additional indicator" (e.g. student engagement or post-secondary readiness). The role of the US Department of Education will be diminished. The shift in power to the states will provide more flexibility in setting up accountability systems and interventions, but will also necessitate more scrutiny by advocates to ensure that students with disabilities are given the best possible opportunities to succeed.

(3) **Academic standards:** States must adopt "challenging" academic standards (guidelines are given in the bill), but the US Department of Education is prohibited from forcing or

encouraging states towards a particular set of standards or assessments (e.g. Common Core will become optional).

(4) **Participation rate in testing:** Only 1% of students overall may be given alternative assessments (which is about 10% of students in special education). States will be allowed to create their own testing opt-out laws, but the federal requirement for 95% participation in tests will remain. This means that only students with the most significant cognitive disabilities will take the alternate assessments. There is language in ESSA to make sure that parents are fully informed about the testing options and the Individualized Education Plan (IEP) development process.

(5) **Eligibility for full diploma:** The new ESSA explicitly states that students who take an alternate assessment may not be precluded from attempting to complete the requirements for a full high school diploma.

(6) **Universal Design for Learning (UDL):** UDL is referenced numerous times throughout the ESSA bill, and states are encouraged to design assessments using UDL principles, to award grants to local education agencies who use UDL and to adopt technology that aligns with UDL.

This new ESSA bill should improve the education experience for students with Down syndrome and other disabilities. DSACO will keep a watchful eye on ESSA implementation at the state and local district level.





NDSS Buddy Walk® on Washington

The NDSS Buddy Walk® on Washington is an annual two-day advocacy conference that brings the Down syndrome community together to advocate for legislative priorities that impact the lives of people with Down syndrome and their families. Participants, including self advocates, receive training on what to expect and how to present their case when they meet with members of Congress and their staff on Capitol Hill. This year, the conference will be

held on April 11-12, 2016 in Washington, DC.

DSACO has often participated in this event and uses the experience as an opportunity to educate local advocates on current disability related issues at the federal level. While not the sole focus of attention, passing the ABLA Act had been at the forefront of advocacy efforts in recent years. Now that the bill has been signed into law, efforts will turn to other important legislation – most certainly surrounding education, health care and employment for those with Down syndrome and other disabilities.

The value of this advocacy experience is immeasurable – particularly for those young adults who are learning to speak up and advocate for themselves. These are skills that will be important to them as they become more independent.

If you and/or a family member would like to learn more about this experience and how DSACO may be able to support your attendance, please contact the DSACO office.

To learn more about the event, go to www.ndss.org/Advocacy/Buddy-Walk-on-Washington

When Down Syndrome and Autism Spectrum Disorders Meet

Are you connected to the Down Syndrome-Autism Connection? As a DS-ASD family, you are encouraged to get connected by visiting www.ds-asd-connection.org to sign up for the Down Syndrome-Autism Connection newsletter. When you do, you will begin receiving updates and information on new developments as it relates to the co-occurring diagnosis of DS-ASD. Connection is easy and very soon the Down Syndrome-Autism Connection will roll out its “GET CONNECTED” Welcome Kits. The new kits will include factsheets, articles, information about autism treatments, the book *When Down Syndrome and Autism Intersect* (Woodbine House) and inspirational stories from parents who have walked the DS-ASD journey.

These packets will be available to families just starting out on the journey, seasoned parents, professionals, and interested community members. Don’t delay. Get connected today!

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.

**Attention DSACO Members!
College Scholarships are available!**

Do you have a family member who is in college or entering college and pursuing a career in which they will work with people with Down syndrome?

The 2016 DSACO Family Scholarship applications are now available. This scholarship program is intended to assist those siblings, cousins or other relatives of individuals with Down syndrome who are planning to pursue careers in which they will work with individuals with Down syndrome.

People with Down syndrome who are enrolled in a college program are also eligible.

DSACO proudly launched the Family scholarship program in 2004. Since its inception, more than \$75,000 has been awarded to 51 worthy applicants. We are always deeply impressed with these inspiring individuals who strive to impact the lives of those with Down syndrome. This program allows DSACO an opportunity to meet and support family members and persons with Down syndrome who are truly leaders and advocates of the future.



Up to five scholarships will be awarded.

Applications are available at www.dsaco.net and are **due no later than February 19, 2016.**



2016
dancing
with our stars Gala-

Saturday, February 6, 2016 | 6:00 p.m.

*Villa Milano Banquet and Conference Center
1630 Schrock Road, Columbus, OH 43229*



Guest of Honor

MARK E. GALANTOWICZ, MD

*Chief of Cardiothoracic Surgery
Nationwide Children's Hospital*

The **Dancing with our Stars Gala** is an inspiring evening devoted to raising funds and awareness for the Down Syndrome Association of Central Ohio. Experience a gala like no other, featuring choreographed dances performed by adults with Down syndrome. Guests will not only enjoy the performance, but delightful hors d'oeuvres, dinner and dancing; all while raising funds for DSACO's Ds Medical Edge – a medical outreach program. Guests will have the opportunity to participate in a dance lesson hosted by Arthur Murray before the program and can utilize their newly learned dance moves after the program concludes! You won't want to miss this memorable night!

To purchase tickets and for more information, please visit www.dsaco.net/gala

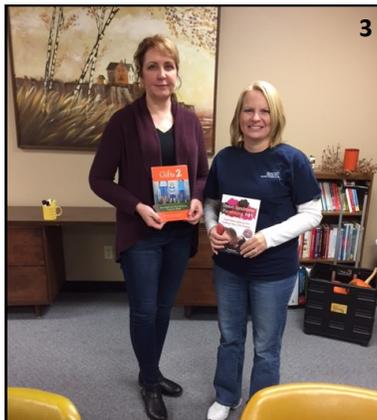
Tickets can be purchased for \$75/each or a table of ten (10) for \$750.

Did you have a wonderful experience with Dr. Mark Galantowicz? DSACO wants to hear about it!

DSACO is currently collecting brief stories about the experiences families have had with Dr. Galantowicz, along with pictures of their child and brief bio about him/her.

DSACO would like to incorporate these stories, photos and bios into the Dancing with our Stars Gala on February 6, 2016.

Please send any story, picture(s) and your child's bio to Evanthia Brillhart at ebrillhart@dsaco.net.



1. Dr. Stephanie Santoro, Clinical Geneticist at Nationwide Children’s Hospital, spoke to the Little Buddies Resource Group on Nov. 23rd at Worthington United Methodist Church. 2. On Nov. 30th, Program Director, Marge Barnheiser, visited Madison County Help Me Grow and Itinerate Service. 3. Angie Meade and Lori Stidham (pictured), both Intervention Specialists in Marion County, pose with resources given to them during the Marion County outreach visit on Oct. 27th. 4. President/CEO Kari Jones kicked off DSACO’s new initiative by delivering care packages for families that are in Nationwide Children’s Hospital. 5. Program Director, Marge Barnheiser, presents during the ReelAbilities Film Festival in Columbus on Sept. 29th at the Gateway Film Center. 6. DSACO hosted a Tim Harris meet and greet on Nov. 19th at the Fawcett Center. 7. Parent, Dawn Thornton, presented to The Ohio State University School of Nursing on Nov. 13th. 8. On Oct. 27th, Kim Baich, DSACO’s Program Coordinator, visited Morgan County as part of our county outreach program.

Volunteers Make Things Happen at DSACO!

DSACO, like many other organizations, depends on hundreds of volunteers each year to help meet the goals and strategies for our families and community. We are actively developing a process to train, retain, and recognize those who give so generously of their time and talents.

Numerous opportunities await anyone who is interested in volunteering. Are you a parent that would like to mentor a family who has recently received a diagnosis of Ds? Are you a professional that is interested in presenting to our families on a topic relevant to raising a child with Ds? Do you have amazing organizational skills that would be best utilized during an event? Are you a teen at least 16 years old that would enjoy assisting at iCan Bike Camp, the summer picnic or holiday party? Volunteer positions range from a commitment of a few hours to committee positions that last a few months. Opportunities include:

Events	Dancing With Our Stars Gala, February 5K Fun Run, May DSACO Golf Classic, June Columbus Buddy Walk, September
Programs	World Down Syndrome Day, March Summer Learning Academy, June Golf Academy, June-July Adult Conference, August
Social Events	Summer Picnic, May Holiday Party, December
Medical Outreach	Providing current Ds materials to medical professionals
First Connect	Mentoring program for new parents



We are excited to accept volunteer applications throughout the year and go to great strides to match your skills to an area that is of interest to you. The new Volunteer Orientation and Training program will ensure you have a great experience as you support the mission of DSACO. Sessions will be scheduled throughout the year for your convenience.

Interested in becoming part of the DSACO Volunteer team? The interactive Volunteer Application can be found at www.dsaco.net/volunteer. If you have questions or would like more information, please email info@dsaco.net or call 614-263-6020. Once you have become a DSACO Volunteer you will begin receiving the *DSACO Volunteer News*. It is a new monthly e-newsletter detailing upcoming volunteer opportunities as well as highlighting our amazing volunteers.

Volunteers in the Spotlight

DSACO would like to thank the following volunteers for their work to assist DSACO with “refreshing” our look!



Kim Vega, Principal of Elevate Design and DSACO member, used her expertise in design to make DSACO's first-ever brochure. Thank you, Kim, for your amazing work and support!

Susan Scheid, Owner of Brandable Web LLC and DSACO member, generously gave her time to enhance DSACO's website. Thank you, Susan, for imparting your skills to help make our site more interactive for our members!



MEDICALLY SPEAKING, by Murugu Manickam, MD A Bittersweet Farewell!



After seven wonderful years in Columbus at Nationwide Children’s and OSU Wexner Medical Center, I am moving to Geisinger Health in Pennsylvania. I received a unique opportunity to do some cutting edge work in genetics (including Down syndrome). While I am excited for the next chapter of my career, it is with a heavy heart that I say goodbye to my friends and colleagues in Columbus. It has been my privilege and honor to be part of the Down Syndrome community here in Central Ohio. The friends and families have been so welcoming and accommodating. DSACO and BuddyUp Tennis are amazing organizations that I feel very fortunate to have been a part of. The relationships I’ve developed here have been enormously rewarding to me. I will miss so many in this community and thank you for your support while I have been here.

As the plans for my departure were coming together, one thing that I strongly felt could not be lost would be the Adult Down Syndrome Clinic. We are one of only 19 adult-specific DS clinics in the US, and I hope that we have provided a valuable service to Columbus, Ohio and the Midwest. With any change, there is opportunity as well and I think the Adult DS clinic will benefit from having Drs. Elizabeth Lucas and Stephanie Santoro take over. I know and have worked with both of them and trust that they will be outstanding in their new roles as directors of the clinic. Betsey Benson, Ph.D. will also continue to be involved in the clinic to help provide psychological services.



Adult Down Syndrome Clinic Physicians (left to right), Dr. Betsy Benson, Dr. Elizabeth Lucas, Dr. Stephanie Santoro, Dr. Murugu Manickam and Dawn Allain, MS,CGC.

Drs. Santoro and Lucas aim to expand the clinic to better meet the needs of more patients and increase research participation. The two providers will double the capacity of the clinic, which will now occur twice a month and function as a primary care office for patients. This will also allow the clinic to better support community primary care physicians with the medical management of Down syndrome. The clinic will be moving to the Nisonger Center at OSU Wexner Medical Center to strengthen the relationship with the psychiatric and behavioral health services housed there, as well as to better facilitate care coordination with other providers for patients that require subspecialist care. Furthermore, through national collaborations, Drs. Santoro and Lucas plan to participate in development of health supervision guidelines for adults with Down syndrome and position the Adult Down Syndrome Clinic at the Nisonger Center as a potential site for future clinical trials and groundbreaking research. Appropriately, the first clinic date is likely to be March 21, 2016 World Down Syndrome Day!

Again, thank you sincerely for your support and encouragement and know that I truly love this community!

Dr. Manickam Leaves Shoes that will be Tough to Fill

As we say farewell to “Dr. M” we feel we should make it known how much we appreciate the impact he has had on the Central Ohio community. Beyond working to open the Adult Down Syndrome Clinic he references, he built the framework for DSACO to partner with medical students so they can become connected to the Down syndrome community while still in school. He has volunteered to be a guest speaker at countless trainings, acted as a medical liaison, and has in every way ingrained himself in the community. His presence on the Governing Board and at DSACO events will be greatly missed. We love you, Dr. M!

Announcing Two NEW Programs for DSACO Families: The Learning Program Online™ & Healthy Lifestyles



The Learning Program Online™

Education is so important to our children and parents often ask what they can do to help their child learn at home.

With the help of a few dedicated parents and teachers, DSACO recently reviewed a new program and received very positive feedback. As

a result, DSACO will be piloting the Learning Program Online™ (LPOnline) which trains parents to supplement the student's education via a monthly online webinar based program.

Because DSACO provides services for a very large geographic area, this program was identified as a means to serve families and educators no matter where they reside in the 23 counties DSACO serves.

Participants will receive access to the monthly recordings, which are accessible for playback after the event, if participants are not able to attend the live session. Additionally, participants would have access to a shared Wiki with all the resources accompanying the presentation.

Supplemental materials would also be included in a typical month. These materials would change depending on the topic/focus for that month but would normally include a research component, an instructional piece, a teaching guide, and literacy and math materials for the month.

Specific details about the pilot are yet to be finalized, but watch your email in February for the official registration information.

Healthy Lifestyles

This program is not about giving you a list of what to do to be healthy. It is designed to help people with disabilities develop confidence and skills to stay on a journey towards a healthy and happy lifestyle. So, what is a healthy lifestyle? It is "living your own unique life; staying in touch with friends; staying active; having a job that you enjoy; spending time with your family; doing what you want to do; and having fun with others."

These ideas came directly from people with disabilities, and are just some of the methods they use to stay healthy. There are many techniques to live a healthy lifestyle. Most importantly, these techniques must be unique to each individual, providing purpose, meaning and happiness in life.

In order to lead a healthy lifestyle, it is important to know your body, as well as individual needs, strength and limitations.

DSACO will be launching this program for teens and adults in March. The program begins with three all-day trainings followed by six community outings. The program is built to be fun while discovering many different activities, making new friends and sharing stories of success. We will be limited in the number of participants we can accept into this program.

Registration will open in February.



Ds Medical Edge Training

Wednesday, January 20th | 6:30-8 p.m.

Saturday, February 13th | 10-11:30 a.m.

DSACO Office

DSACO is looking for additional volunteers for the Ds Medical Edge Program. The commitment is 2-3 hours quarterly **AND** it's flexible.

Volunteer requirements include:

- ⇒ Attend a brief training session
- ⇒ Deliver provided materials to assigned local obstetrics offices on a quarterly basis
- ⇒ Develop a relationship with assigned contacts
- ⇒ Document visits and report outcomes to outreach coordinator

For more information, please contact Kim Baich at kbaich@dsaco.net or call 614.263.6020

Treadmill Therapy for Toddlers with Ds

Monday, February 22nd | 6:30-8:30 p.m.

Clintonville NCH Close to Home

510 E. North Broadway, 1st floor

Columbus, OH 43214

Learning to walk is an important developmental skill because it provides children with the opportunity to interact with their environment. This interaction promotes mobility, depth perception, social skills, and psychological skills.

Research has shown that intensive treadmill training in children with Down syndrome results in learning to walk at an earlier age. Nationwide Children's Hospital Outpatient Physical Therapy Department has implemented an intensive treadmill training program guided by research in an effort to help children with Down syndrome walk sooner.



If you are interested in learning more about this program, but are unable to attend this presentation, please contact Andi Todd at 614-355-8973 or Catie Christensen at 614-355-8251 for more information.



Apps with Appetizers Night

Tuesday, January 12 | 6:30-8:00 p.m.

DSACO Office

No fee, but please register

Got an app that your son or daughter just loves? Bring your iPad and let others check it out. Educational,

entertaining, or helpful for kids, teens or adults - we're having a smackdown of your favorite apps! We'll share a few of our own tried and true applications, too. We'll also have a couple of iPads and laptops available for you to use.

Don't have a favorite app or just curious as to what others are using, no problem—we are here to share! Appetizers will be provided.

Please register no later than Monday, January 11. Please visit www.dsaco.net or call 614-263-6020 to register.

“It’s My Turn” Training for Transition aged and Young Adults

Saturday, February 20 | 8:30 a.m. - 3:30 p.m.

DSACO office

\$10 registration fee, includes breakfast and lunch

It's My Turn Training is a self-determination curriculum for students with disabilities in middle school through high school. It is a fun, highly interactive day of discovery.

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.

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.

Go to dsaco.net to learn more and register for this insightful training!



Tips and Tricks for Successful Potty Training

Monday, March 14 | 6 - 8 p.m.

DSACO office

\$10 registration fee, includes light dinner

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 night time control, when and what to use as incentives and rewards, and much more.

Emily Carruthers, from The Center for Cognitive and Behavioral Therapy, will share her insights from many years of experiences with a wide variety of children.

Registration is required. Please visit the DSACO website at www.dsaco.net or call our office at 614-263-6020.



All You Need to Know About the New ABLÉ Accounts



Stephanie Hoffer

Professor of Law

Saturday, February 27

9:30-11:30 a.m.

DSACO Office

Free but please register

ABLE accounts are finally here and ready to help you save for your son or daughter's future. ABLÉ accounts have been in the making for eight years with much anticipation.

Now that all of the regulations are final and Ohio is ready to roll them out, is an ABLÉ account the right answer for you and your family? How does it impact working and maintaining benefits, your current estate plan and what can it be used for? Learn what you need to know to make the best decisions for your loved one.

Stephanie Hoffer, DSACO parent, tax attorney and DSACO Board member, has been very involved with the development of the Ohio regulations over ABLÉ accounts. She knows the intricate details and impact of opening an ABLÉ account.

Derek Graham, who has presented for DSACO regarding Estate Planning and guardianship, will also be on hand. Plan to attend this seminar where Stephanie and Derek will do their best to give you all the information you need to know about ABLÉ accounts.

Register at www.dsaco.net or call our office at 614-263-6020.

DSACO is proud to have so many opportunities for families, kids and parents to meet for social activities and support! Thank you to the parents who give of their time and talent to coordinate these groups. Each offers unique activities and topics. Although attendance is “whenever you can make it”, after attending once you’ll want to mark your calendar.



Little Buddies Parent Resource Group

Parents of infants and toddlers ages 0-3 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

- ⇒ January 25, 2016
- ⇒ February 22, 2016 | Clintonville NCH Close to Home
- ⇒ March 28, 2016

Little Buddies Contacts:

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

NEW! School-aged Social Group

New social group for school-aged kids with Down syndrome. The group plans to organize two fun meetings for the kids and two informational presentations on topics that parents have requested be addressed.

Meets once per quarter.

⇒ January 9, 2016 | 4-6 p.m.

Sports Ohio
6314 Cosgray Road | Dublin, OH 43016

(First hour will be indoor free play and the second hour will be indoor “inflatable” play)

School-aged Social Group Contact:

Andrea Bartosch
bartosch20@hotmail.com
(614) 395-1095

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

Location unless otherwise indicated:

Advent Lutheran Church
3660 Kenny Road | Columbus, OH 43220

- ⇒ January 9, 2016
- ⇒ February 13, 2016
- ⇒ March 12, 2016

Weekend Play Group Contacts:

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

Eastside Play Group

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

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

Location unless otherwise indicated:

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

- ⇒ January 16, 2016
- ⇒ February 20, 2016
- ⇒ March 19, 2016

Eastside Play Group Contact:

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

Teen Social Group

Teenagers with Down syndrome are welcome to attend.

Meets every other month, in various locations throughout the community

⇒ January 24, 2016 | 12:30 - 2:30 p.m.

Bowling at Ten Pin Alley
5499 Constitution Blvd. | Hilliard, OH 43026

⇒ March 19, 2016

Afternoon at the movies
(Movie and time to be determined)



Teen Social Group Contacts:

Susan Schied	Jay Ratti	Liz Holliday
ebizgal@gmail.com	jayshriratti@gmail.com	coffeezilover@gmail.com
(614) 905-2079	(614) 309-2232	(614) 299-9962

> To be added to the Teen Social Group email list, please request at info@dsaco.net

Adult Stamping Club

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

Location unless otherwise indicated:

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

⇒ January 6, 2016

⇒ February 3, 2016

⇒ March 2, 2016

Adult Stamping Club Contacts:

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

Spanish Speaking Resource Group

Meets on the 1st Monday of the month at 7 p.m.

Location unless otherwise indicated:

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

⇒ January 4, 2016 | Please RSVP by Jan. 2nd

⇒ February 1, 2016 | Please RSVP by Jan. 28th

⇒ March 7, 2016 | Please RSVP by Mar. 3rd

Spanish Speaking Resource Group Contact:

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

DSACO's New "Lending" Library on Facebook

Do you have Down syndrome related books, toys, equipment, therapy items, etc that you would like to pass on? Consider posting your items on the **NEW DSACO "Lending" Library Group on Facebook**, for other DSACO families to use! Let's reduce/reuse/recycle within our own Ds community!

Request to join the Facebook group by searching 'DSACO "Lending" Library' on Facebook and once confirmed, you will be able to post your items or items that you are in need of. Feel free to post your own pictures and arrange exchange of items. Not comfortable giving out your home address for someone to pick up? No worries, drop your item(s) off at DSACO and they can be picked up there!

By "lending" library, our idea is for families to pass along items to other families when they are no longer needed. Once you are done, if the item can still be used, pass it along to another family.



2016 Run for Down Syndrome Scheduled for May 19, 2016

Save the date—DSACO’s Run for Down Syndrome has been scheduled for Thursday, May 19, 2016 at Fiserv in Dublin, once again. Last year, more than 1,000 people attended the race, while 700 runners and walkers participated and helped raise over \$20,000 for DSACO.

Race registration will be available in March and sponsorship opportunities are still available. If you have any questions regarding the Run for Down Syndrome, please visit www.dsaco.net/event/5k or call 614.263.6020.

Save the Date—DSACO’s Summer Picnic is Saturday, May 21, 2016

DSACO’s 2016 Summer Picnic will take place on Saturday, May 21, 2016 at the Columbus Zoo, once again. Each year DSACO hosts a summer picnic for our members and their families. This event is a fun, social event that allows our families to mingle and have a wonderful time, while exploring the zoo. DSACO provides lunch, fun activities and goodie bags for the kids. Mark your calendars now, you don’t want to miss this event!

Picnic registration will be available in March/April and sponsorship opportunities are still available. If you have any questions regarding the Summer Picnic, please visit www.dsaco.net or call 614.263.6020.



Coming in June - 2016 iCan Bike Camp

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.

The Down Syndrome Association of Central Ohio, in collaboration with Nationwide Children’s Hospital and The Country Club at Muirfield Village, is hosting our 9th iCanBike Camp June 6-10 at Worthington Kilbourne High School. Each participant takes part in a 75 minute session between the hours of 8:15 am to 4:30 pm.

Because camp is limited to 40 participants, campers are selected based on timely completion of application AND likelihood to succeed in camp. A 100% refund will be issued to any applicant who is not selected to participate in camp.

Registration will open in March.

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. **To sign up as a volunteer go to: <https://cbusbikevol.eventbrite.com>.**

Any questions regarding iCanBike can be directed to Marge Barnheiser at mbarnheiser@dsaco.net.

MEMORIALS & TRIBUTES

IN MEMORY OF

Anonymous
In memory of Tammy Harbaugh

IN HONOR OF

Benjamin Grant
In honor of Brady Schneider

James Elliott
In honor of Emma Pequignot's
High School Graduation

Julie Hurley
In honor of Zachary Shoemaker

GIVING

Aetna Foundation
The Benevity Community Impact
Fund

Cardinal Health Foundations
Community Health Charities
Crowe Horwath Foundation
Kroger
Nationwide
News Corp Giving
PricewaterhouseCoopers
United Way

UNRESTRICTED DONATIONS

Tanya Buckingham
Garrett & Amy Burkam
Kelly Clouse
Columbus Cutters Scooter Club
Ashley Cook
Saymone Daniels
Dena DeBattista
Woleska DeJesus
Dublin Dance Centre & Gymnastics
Jennifer Duska
Paula & Ron Foth
Peggy Fulk
Jerry Guy
Cyndy Hamilton
John Hickey
Gregory Hier
Stephanie Hoffer
Darin Hylbert
Beverly Kelley
Jennifer Kelly
Aaron Kiesewetter
Angie Lewis
Alice & Donald Lewis
David Magnaaca

Kitty McCloy Goad
Margaret McDonald
Emily Meyer
Ivor O'Neil
Ohio State Council , Knights of
Columbus Council #5801
Ohio State Council , Knights of
Columbus Council #10941
Michael Patton
Anthon Pesa
Jeff and Irene Plaat
Lisa Rader
Beth Savage
Christina Schrank
Jennafer Searfos
Douglas & Marjorie Shaw
Chrissie Shuss
Ashley Sipe
Kate Spiers
Anthony Sutch
Karen Tackett
Sunil and Charu Taneja
Jay & Jennifer Touve
Nancy Trajo
Jeremy Turner
Daniel J. Watkins
Christine Wise

2016 GALA DONATIONS

Michael Elmer, Via Vecchia Winery
Superior Beverage Group

2016 GALA SPONSORS

BeecherHill — Gold Sponsorship

IN-KIND DONATIONS

Tea Collection

COMMUNITY PARTNERS

BJ's Restaurant and Brewhouse
Pure Barre
Kate Ball

GIVING TUESDAY

Susan Magyar
Melinda Prickett

Nick Crusse Memorial Scholarship Fund Ends

Through the generosity of the Nicholas James Crusse family, DSACO has been able to provide scholarship funds for swimming lessons to people of all ages with Ds.

On July 8, 2001 Nick tragically drowned while swimming with friends in Alum Creek. In their time of grief the family designated DSACO as the recipient of contributions in Nick's memory. At their request, the Nick Crusse Memorial Scholarship Fund was established to cover the cost of swimming instruction for persons with Ds. Nick's best friend had Down syndrome and their special friendship left an indelible mark on the Crusse family.

More than 200 individuals with Ds have benefitted from the scholarship and have made swimming a part of their lives. Swimming is an excellent form of exercise for people with Down syndrome because it involves a full body workout which improves cardiovascular conditioning, strengthens muscles, endurance, posture and flexibility at the same time.

Although the original \$4,000.00 in scholarship funds has been fully utilized, DSACO continues to offer Recreation Scholarships to our families. Applications can be found at www.dsaco.net/scholarships.



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
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.

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

Apps and Appetizers

Tuesday, January 12

DSACO Office

Ds Medical Edge Training

Wednesday, January 20

DSACO Office

February

Dancing with our Stars Gala

Saturday, February 6

Villa Milano

Ds Medical Edge Training

Saturday, February 13

DSACO Office

It's My Turn Training

Saturday, February 20

DSACO Office

Treadmill Therapy

Monday, February 22

DSACO Office

All About ABLÉ Accounts

Saturday, February 27

DSACO Office

**Launch of Online Learning and
Healthy Lifestyles Programs**

March

Potty Training

Monday, March 14

DSACO Office

World Down Syndrome Day

Sunday, March 20

The BOSCO Center

STAY CONNECTED

