

July - Sept. 2017

Awareness | Acceptance | Inclusion



Down Syndrome Research Symposium

Saturday, August 26, 2017 | 9:00 a.m. - 1:30 p.m.

Embassy Suites Columbus Airport

2886 Airport Drive | Columbus, OH 43219

Hosted by

The Down Syndrome Association of Central Ohio (DSACO)

In partnership with

National Down Syndrome Society (NDSS)

The Down Syndrome Project at Emory University

This one-day conference will highlight local, regional, and national research. This is a unique opportunity for individuals with Down syndrome, their families, caregivers and professionals to learn about new Down syndrome biomedical and clinical research opportunities and advances, and will provide a forum to discuss important healthcare and research topics related to Down syndrome. Learn about local and regional research opportunities that are available for families to participate in to help further progress in trials that could have immense impact on the Down syndrome community.

The Research Symposium will feature Dr. Huntington Potter. Dr. Potter is a Professor of Neurology and Director of Alzheimer's Disease Research in the Department of Neurology and the Linda Crnic Center for Down Syndrome at the University of Colorado, Denver. He discovered and is devoted to studying the mechanistic relationship between Alzheimer's Disease and Down syndrome. Recognizing that these disorders are two sides of the same coin and studying them together will best hasten the development of new treatments for both.

Additional topics will include:

- ⇒ Overview of national and state advocacy efforts to improve the quality of life of individuals with Down syndrome and increase biomedical research on Down syndrome
- ⇒ Improving healthcare standards that will extend life expectancy
- ⇒ The latest in cognition research and recent findings
- ⇒ Identifying the correlation between Alzheimer's Disease and Down syndrome and recognizing what further research is needed to improve the quality of life for our family members with Down syndrome
- ⇒ Importance of DS-Connect, the Down syndrome patient registry, and participation

Lunch is included and free on-site childcare will be provided for those who request it no later than August 20th. Please visit www.dsaco.net for registration information.

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STAY CONNECTED WITH DSACO!

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

 **@DSACO_Cbus**

 **@DSACO_Cbus**

>> **Información en español para familias latinas**

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

3-2-1 Update



Kari Jones, President & CEO, pictured with DSACO member, Nimo Ibrahim at DSACO's Summer Picnic

Your advocacy matters! Whether it's legislative, medical, educational, or social; there are many ways to advocate for your loved one with Down syndrome. Here are a few options for you to consider:

3) With an ever-changing political climate, getting to know your local and state legislators is now more important than ever before. Want to get involved? Beyond sending out emails for critical initiatives, you can check out our website (www.dsaco.net/advocacyinitiatives) or "like" us on Facebook to keep up on ways to play a role.

2) Register your family on the National Institutes of Health's Down Syndrome Registry, DS-Connect[®]. It only takes a few minutes (really!) to register your loved one at <https://dsconnect.nih.gov> and you choose how much (or how little) you want to hear from them on health-related surveys and more. Interested in taking it a step further? If you express

an interest in participating in a clinical study they will notify you when a researcher has an opportunity in your area. If you want to learn more about the registry, as well as hear about the latest research on Down syndrome, join us at our Research Symposium later this summer on Saturday, August 26, 2017!

1) Interested in gaining a better understanding of your child's educational rights? In October DSACO will be hosting Wrightslaw—which is a great opportunity to equip yourself for the upcoming school year and beyond. Check out page 7 for more information and details on registration.

We look forward to supporting you on your advocacy journey. If you have questions about any of these opportunities—or have other ideas on ways to get engaged—let us know and we will do our best to make it happen.

DSACO Welcomes New Program Coordinator, Carey Eash



After receiving her Bachelor's degree in Psychology from Mount Vernon Nazarene University, Carey went on to receive a Master's degree in Social Work from UCLA and a Special Education Credential from Azusa Pacific University. Her background includes community organizing for the City of Los Angeles Mayor's Office, case management with the LA County DCFS, and teaching as a Resource Specialist. In addition, Carey worked for a counseling agency developing and facilitating connection groups for women facing unplanned pregnancy.

Carey lives in Westerville with her husband, Ben, and their five children, Madi, Luke, Levi, and twins Judah and Olivia, who has Down syndrome. She will be heading up DSACO's First Connect program—welcoming new parents and providing them with mentors.

Meet Our New Summer Intern



Emma Pequignot is excited to be joining DSACO as a summer intern. She looks forward to helping in the office as well as gaining skills in advocating on behalf of individuals with Down syndrome.

Emma loves music and social media as well as spending time with friends and family. In the fall, she will start her final semester at the A.C.T. program in the Olentangy Local School District, a program designed to help students prepare for life after graduation. She brings with her experience from her jobs at Skyline Chili, Delaware County Board of Developmental Disabilities, the YMCA, the Mitchell House, the Olentangy Academy, Alpha Group, and Mt. Carmel Fitness.

"I'm so happy I got the job. I want to show people that people with disabilities can get jobs and work," said Emma.



(1) DSACO President & CEO, Kari Jones visited Freedom Trail Elementary School on Wednesday, May 17th to accept a donation made by the students during a Down Syndrome Awareness fundraiser. (2) DSACO member, Carson Lane, won the 2017 Nisonger In'Sights' Photography Contest with his Huddle up – love 21! photo. (3) DSACO received a grant from Westfield Insurance on Tuesday, May 23rd. (4) DSACO team members and self advocates attended the Buddy Walk® on Washington conference April 14 - 15th, and met with representatives to discuss advocacy initiatives. (5) Alissa Henry of ABC6/Fox28 visited iCan Bike Camp in Grove City on Wednesday, June 14th and spoke with Jill and Sully Grimm about the bike camp and how it has impacted Sully's independence as a rider. The segment ran during the lunch hour on Friday, June 16th.

DSACO Welcomes New Program Coordinator, Arlene Raya



Arlene joins the DSACO team as a Program Coordinator for Spanish-speaking outreach, having previously volunteered with DSACO for many years assisting our Spanish-speaking families. Arlene graduated from Kent State University with a major in Spanish and has held many jobs requiring fluent Spanish, including hospital interpreter, substitute Spanish teacher and private Spanish tutor for high school students. She lived in Venezuela for two and a half years, where she worked at the British Embassy.

Arlene is married to a native Venezuelan and they have two adult daughters, the younger who has Down syndrome. In her spare time Arlene enjoys vegetable and flower gardening, sewing her own clothes, reading novels in Spanish, and watching TV in Spanish. She's also a passionate Cleveland Cavaliers fan.

Check out Arlene's new Spanish column on page 9.

MEDICALLY SPEAKING, *By Stephanie Santoro, MD*


In June, I attended the 2nd annual international conference of the t21 research society in Chicago. This four day conference was attended by researchers from around the globe, with sixteen countries represented, and was a great chance to catch up on the latest research projects. I'm happy to report back that there is a great deal of research underway focusing on different aspects of Down syndrome. Here are some of the things I learned:

First, there is a lot of basic science research in process. Presenters talked about research related to how chromosome 21 is expressed in the cells of people with Down syndrome. Interestingly, having trisomy 21 affects the expression of genes, transcription and protein translation, on many others chromosomes across the genome. It's still unclear how this occurs and how all of this relates to the medical and developmental features of Down syndrome, but researchers plan to continue studying this. There was also much discussion about how to best study Down syndrome – for example, which cell type or which mouse model. These scientists are very passionate about what they do!

Much of the research at the conference was focused on cognition, memory and learning. Some of the researchers are investigating the specific chemical pathways involved with hopes of finding a medication that could be used to improve learning. Some show changes in neurons with trisomy 21 or in mice with the equivalent of trisomy 21. A clinical trial was recently closed which tested a medication in people with Down syndrome. In this trial, the drug basmisanil proved to be safe without side effects but did not change the parameters being studied. One researcher investigated specific learning approaches and found that people with Down syndrome have strengths in implicit memory (the learning associated with experience) rather than explicit (being asked to memorize directly). They suggested that children with Down syndrome would show better learning through experience and trial-and-error rather than through typical “teacher at the blackboard” approaches. Most of the final research day was dedicated to Alzheimer’s disease. Currently, they are studying if an immunization developed by AC Immune can be useful in treating Alzheimer’s disease but the results are not back yet.

One of my favorite sessions was titled “Science & Society Symposium”. During this session, representatives from parent groups, parents of children with Down syndrome, researchers and attendees discussed aspects of clinical research. I was happy to hear the conversation focus back to patients with Down syndrome and hope that it was useful for scientists to be reminded of the important purpose for their research – people with Down syndrome! Representatives from national groups also gave updates. Want to learn more about the latest research in the field? I'm happy to chat in one of the Down syndrome clinics, or consider attending the upcoming DSACO Research Symposium.

New Location for the Down Syndrome Clinic at Nationwide Children’s Hospital

In May, Nationwide Children’s Hospital Down Syndrome Clinic opened its doors at the Livingston Ambulatory Center, located across the street from the main hospital. With this strategic move, Developmental and Behavioral Pediatrics divisions will be able to enhance services provided to families through a multi-disciplinary approach.

Livingston Ambulatory Center – 380 Butterfly Gardens Drive



Vickie Hobensack and Marge Barnheiser at Nationwide Children's Hospital Open House of the new Down Syndrome Clinic at LAC.

Eli Pinney Elementary School Hosts Fundraiser for DSACO



On Friday, May 12, 2017, Eli Pinney PTO hosted the "Pinney Fun Run" fitness fundraiser, benefiting DSACO. All preschool - 5th grade students were invited to participate by donating at least \$1.00 to walk, run, jog or skip around the Fun Run path.

Not only that - but the school encouraged the students, staff and volunteers to wear blue to show their support for Down syndrome.

The students raised a total of \$854.00 for DSACO! We are so appreciative of the support of the many awesome kids at Eli Pinney Elementary School! Thank you for your generosity and supporting awareness, acceptance and inclusion.

Arrowhead Elementary School Spirit Week Fundraiser Benefits DSACO

Addie, Buddy Walk® Team Captain of Buddies Inc., raised more than \$800 during Spirit Week at her school! Each day she shared information about Down syndrome during morning announcements. Students were also welcome to participate in a spirit activity each day, raising awareness. A donation of one dollar to participate in each day's spirit activity was encouraged but not required.

We are so impressed by this young leader and are very thankful for her support.



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 **as soon as possible**. *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 31st**.

You will be notified if your photos are not high resolution.

2018 Calendars will be for sale on DSACO's website (www.dsaco.net) beginning in October, or may be preordered with a Columbus Buddy Walk® registration or donation at www.columbusbuddywalk.org.





Summer Learning Academy—Newark Pilot Program

July 18 - August 3, 2017

9:00 a.m. - noon | Tuesdays through Thursdays

Flying Colors Preschool | 119 Union St., Newark

Fee: \$50.00 - *Education scholarships are available*

With support from:



OHIO

A unit of American Electric Power

Concerned about your child losing key academic skills acquired during the school year? DSACO is offering an abbreviated pilot program of our Summer Learning Academy in Newark, for children with Down syndrome who have completed grades 2-6. This program will have the benefit of certified teachers, peer interactions and support personnel.

The primary goals of the program are to:

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

If you have any questions about the program, please email kbaich@dsaco.net. Education Scholarships are available for this program and can be found on the DSACO website. ***Find out more information and register at www.dsaco.net.***

The Learning Program Online™ Launch Party

Wednesday, August 9, 2017

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



Education is so important to our children and parents often ask what they can do to help their child learn at home. The Learning Program Online™ could be a great fit for you! This parent-focused intervention features live monthly webinars which are also accessible for playback after the event. Participants have access to a shared Wiki with all the resources accompanying the presentation. Supplemental materials are also included in a typical month. Featuring food and prizes, our launch party will teach you how to navigate the program and connect you with other parents in similar stages of life!

Interested in learning more about the program? Visit www.dsaco.net for more information.

RSVP to the Launch Party by emailing Rachel Berens at rberens@dsaco.net by Tuesday, July 25th.



Quarterly “Ask the Specialist” Panel

Tuesday, September 12, 2017

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

Fee: \$10 per person | includes light dinner

The fall panel will tackle the many concerns related to the cardio-pulmonary systems. While many of these concerns are addressed at a very young age, parents also need to be aware of those issues that may arise at a later time.

Register at www.dsaco.net.

2017 Adult Conference – “It’s All in the Stars!”

August 11 - 13, 2017

Deer Creek State Park & Conference Center

Ages 18+

We are returning to Deer Creek State Park for this year’s conference for adults with Down syndrome. Our theme this year revolves around the stars and the skies. There will be fun activities related to that along with great breakout sessions on Saturday including healthy cooking, identifying a scam, knowing when to call a doctor, strategies for better speech, improving interview skills and more! Parents will also have some interesting topics to learn about and will have lots of time to just learn from one another.

As always, we’ll have a Friday night pool party and a dance Saturday. We’ll have a few surprises this year, too, so you won’t want to miss the fun!

Registration materials have been mailed. If you are 18 or older and you did not receive them, please contact the DSACO office. Materials can also be found at www.dsaco.net.



Wrightslaw Special Education Law and Advocacy Conference

a Wrightslaw training program with Pete Wright, Esq.

Friday, October 20, 2017

9:00 a.m. - 4:30 p.m. | Villa Milano Banquet & Conference Center

Fee: varies | includes continental breakfast, lunch and three books

Pete and Pam Wright are the authors of three books about Special Education Law and Advocacy and their website is consistently ranked the #1 resource for special education and related law.

DSACO is excited to host Pete Wright for a one-day special education law and advocacy program focused on four areas: special education law, rights and responsibilities tests and measurements to measure progress & regression SMART IEPs introduction to tactics & strategies for effective advocacy.

Wrightslaw programs are designed to meet the needs of parents, educators, health care providers, advocates and attorneys who represent children with disabilities regarding special education. The program is not disability specific.

Registration fee includes continental breakfast, lunch and three books - Wrightslaw: Special Education Law, 2nd Ed., Wrightslaw: From Emotions to Advocacy, 2nd Ed. and Wrightslaw: All About IEPs. *These books are used as textbooks during the training.*

Registration will open in July and early bird rates will apply. CLE and CEU credits will be offered. Please visit www.dsaco.net for more information and registration information.



Wrightslaw

Attention Self Advocates! (18+)

Want to be a part of the Columbus Buddy Walk® Dancers?

The group will be performing again this year at the Columbus Buddy Walk®. Sarah Wilson has graciously agreed to choreograph the dance routine again!

Rehearsals will start in August, so make sure you don’t miss out.

Contact Marge Barnheiser at mbarnheiser@dsaco.net to sign-up!





Buddy Walk® on Washington 2017

Written by Lynn Puskarich-Sriprajittichai

My daughter Malayna and I attended Buddy Walk® on Washington for the first time April 3 - 5, 2017. We have been to Washington D.C. many times to see our eldest daughter who lives and works there. This visit however, was a life changer; a game changer. This trip taught us how to become empowered in advocating for people with Down syndrome in the Federal government arena.

Buddy Walk on Washington was our first attempt to discover the culture of Capitol Hill. Families, self-advocates, and professionals from thirty-eight states were represented. How does one be effective and efficient when our state representatives and senators hear groups like ours every day, all year?

The National Down Syndrome Society (NDSS) prepared us well! Families and advocates were given examples and literature about key asking points for 2017. The points were: co-sponsor the ABLE Improvement Bill, support priorities relating to healthcare, specifically Medicaid, and make a request to join the Congressional Task Force on Down Syndrome. An advocacy organization called, "Soapbox", created schedules for us to meet our state representatives and senators. Malayna and I, along with four others, met with Senator Rob Portman, Senator Sherrod Brown, Representative Patrick Tiberi, and Representative Joyce Beatty.

Each member of our group took a speaking part about a key asking point. The self-advocates spoke about themselves and asked the representatives and senators to join the Congressional Task Force on Down Syndrome. At each meeting we were professionally and warmly met, offered refreshments and given approximately 30 minutes of undivided attention to our concerns. This was a great opportunity to explain how healthcare, Medicaid, transportation supports and juggling finances/saving money were critical for individuals with Down syndrome to be able to hold and maintain jobs in fields that create security and have benefits. The officials were especially interested in knowing that if people with Down syndrome can't access supports and care now, a larger financial burden for families, states and the federal government will be expected in the future.

Malayna's understanding of the process surprised me! She explained how people with Down syndrome need to stick together when talking to Senators and Representatives. Her goal was to speak up and get help for people with Down syndrome to get jobs, be healthy and to participate more fully in areas such as the arts and sciences. She hopes to attend again next year. Our experience was one of not only political growth, but personal growth as well. We would like to encourage families and individuals to consider being politically active at any level to show support for people with Down syndrome.

For more information on Buddy Walk® on Washington, you can visit www.ndss.org.

Book Bundles are Back!

Down Syndrome Awareness Packages to be Delivered to Your Child's School!

It was such a success last year, we just have to do this again! As part of our efforts to celebrate and promote October as Down Syndrome Awareness month, DSACO would like to provide "**Library Awareness Packages**" to your son/daughter's school. Packages will include several age appropriate books along with an awareness sign/poster for the school to display in its library during the month of October. The package will be sent on behalf of the students in that school who have Down syndrome and their families. Books will include a label recognizing your child for the donation.

Instructions: Please send the following information to info@dsaco.net. Include "**LIBRARY**" in the subject line. **Requests must be received by September 30!**

- ⇒ Name and address of the school you would like to receive an awareness package
- ⇒ Name of the student who should be recognized
- ⇒ Grade level (Elementary, Middle or High School)

If you would like the package to be directed to a specific teacher, please include that teacher's name.



Nuestro Rinconcito

¡Bienvenidos a “Nuestro Rinconcito”, la nueva columna de la publicación trimestral de DSACO! Yo soy Arlene Raya, la nueva Coordinadora de Programas de DSACO para nuestra comunidad hispana y tengo una hija adulta con el síndrome de Down. Uds. son muy importantes para DSACO, y por eso vamos a empezar a tener a su disposición más información en español y más oportunidades para que se conozcan, sea para formar amistades entre las familias o simplemente para compartir las alegrías, problemas, o darse sugerencias.

Con ese fin, en cada columna voy a contestar sus preguntas—pueden ser preguntas sobre salud, educación, terapias, comportamiento—todo lo que les parezca importante y que deseen más información sobre el tópico. Sus preguntas siempre quedarán anónimas, o sea, no publicaremos su nombre en la columna. Pueden dirigir sus preguntas a araya@dsaco.net, o si no tienen correo electrónico, simplemente pueden dejar la pregunta en español a 614-263-6020 (que es el número de teléfono de DSACO) y yo recibiré el mensaje.

También, vamos a empezar un grupo privado en Facebook—“Mamás Latinas de DSACO” para que nos podamos conocer y compartir cosas sobre criar a un(a) niño(a) con el síndrome de Down. También, les recordaré, a través del grupo, de los próximos eventos y programas de DSACO. Si está Ud. en Facebook, puede esperar pronto su invitación a apuntarse al grupo. Si está en Facebook y no recibe una invitación, por favor mándeme un mensaje a araya@dsaco.net para que luego podamos añadirle al grupo.

También, para su información, el website de DSACO, dsaco.net, se puede traducir al español simplemente haciendo el clic al fondo de la página principal donde dice “Select Language”. Aparecen luego muchos idiomas y luego tienen que escoger “Spanish”.

Si Uds. quieren asistir a una conferencia o charla de DSACO nosotros podemos proporcionarles un traductor si se nos notifica con antelación. Lo más importante es siempre poder obtener la información necesaria para su hijo(a), y nosotros en DSACO no queremos que el idioma sea una barrera. Además, que sepan que para los programas de DSACO más costosos, DSACO tiene cierta cantidad de becas que puede ofrecer a su hijo(a).

Es nuestro deseo más sentido que Uds. se sientan cómodos y a gusto en nuestra comunidad de padres y familiares de personas con el síndrome de Down. ¡Espero con interés conocerles y a sus familias y servirles en cualquier manera posible!

Correo electrónico: araya@dsaco.net

Teléfono: (614) 263-6020 (pueden dejar el mensaje en español)

Bienvenido a nuestro nuevo Coordinador de Programa, Arlene Raya



Arlene comenzó a ser miembro del equipo de DSACO formalmente en 2017 como Coordinadora de Programas para familias de habla española. Anteriormente fue voluntaria de DSACO por muchos años prestando ayuda a las familias latinas. Arlene se graduó en Kent State University con una especialización en la lengua española, y ha tenido muchos trabajos que requerían dominio del idioma, incluso intérprete en un hospital, profesora sustituta, y tutora privada para estudiantes de la secundaria. Ella vivió en Venezuela por dos años y medio, donde trabajó para la Embajada Británica.

Arlene está casada con un venezolano y tienen dos hijas adultas, la menor tiene el síndrome de Down.

En su tiempo libre a ella le gusta plantar flores y vegetales, confeccionar su propia ropa, leer novelas en español, y ver la televisión en español. También, ella es una aficionada apasionada de los Cleveland Cavaliers.



COLUMBUS BUDDY WALK®

OCTOBER 1, 2017 | MAPFRE STADIUM

Presented by:



Sunday, October 1, 2017

9:00 a.m.- 3:00 p.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!

For more information or to register/join a team, please visit www.columbusbuddywalk.org.

NEW Event Timeline:

7:00 a.m. Parking lot opens for tailgate set-up

9:00 a.m. Registration opens

10:30 a.m. Opening Ceremonies

11:00 a.m. Walk begins

2:00 p.m. Closing Ceremonies

3:00 p.m. Buddy Walk® ends

Current Top Fundraising Teams:

- | | | | |
|-------------------|----------------|-----------------------|---------------------|
| 1. Mar's Stars | 4. Bell Cats | 7. Anna's Angels | 10. Brooklyn's Team |
| 2. Mighty Mallory | 5. Paul's Pals | 8. Buddies Inc. | |
| 3. Team Ethan | 6. Team Alex | 9. Corban's Crusaders | |

Important Dates to Remember:

⇒ Thursday, July 13, 2017

- Team Captain Meeting at MAPFRE Stadium at 7:00 p.m. | Babysitting is available, upon request. *RSVP info can be found at www.columbusbuddywalk.org*

⇒ Friday, September 1, 2017

- Incentive Deadline & T-Shirt Guarantee Deadline
- Jumbotron Photo Deadline | *Send two (2) high-resolution photos + team name to buddywalkpics@gmail.com*

⇒ Saturday, September 23, 2017

- T-Shirt Pick Up Day at the DSACO Office from 10:00 a.m. - 3:00 p.m.

⇒ October 1, 2017

- Columbus Buddy Walk® at MAPFRE Stadium | *Parking lot opens at 7:00 a.m. for tailgate set-up*



DSACO to Host Signing Time Summer Concert!

Saturday, July 15, 2017 | 10:00 - 11:30 a.m.

Southern Theatre | 21 E. Main Street, Columbus OH 432125

Save the date because Rachel Coleman, from the popular Signing Time, is coming to Columbus! Don't miss this very special event—tickets are \$23/each (plus Ticketmaster fees) and seating will be on a first come, first serve basis.

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.

Purchase tickets at www.ticketmaster.com or call the CAPA box office at 614-469-0939.

DSACO's Golf Classic & Chopper Dropper

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

The Country Club at Muirfield Village

Golf spots may be *sold out*—but, there are still ways to be involved! We have ways for you to support DSACO without having to golf.

⇒ Purchase golf balls for our Chopper Dropper! Only 400 numbered golf balls will be sold and dropped from a helicopter hovering over a green at The Country Club at Muirfield Village. The first golf ball in the hole or the closest to the hole, wins it's owner a \$2,000 cash prize. If your golf ball is the farthest away from the hole, you win \$100 cash prize.

Purchase one (1) ball for \$20 or six (6) balls for \$100. *Only 400 balls will be sold. The winner does not need to be present*

⇒ Purchase a hole sponsorship! We offer two (2) different hole sponsorships:

- **Fore My Buddy** for families with a loved one with Down syndrome – this hole sponsorship features a photo of your loved one with Down syndrome on one (1) hole sign on the course throughout the outing. Signs can be picked up by the family after the golf outing.
- **Corporate Hole Sponsorship** – Show your support with your company's logo prominently displayed on one (1) hole sign on the course during the outing, and you also have the opportunity to have a table set-up with a representative at the hole during the outing.

Please visit www.dsaco.net/golf to purchase your golf ball(s) or hole sponsorship today, before they sell out!

Down Syndrome Association of Central Ohio
GOLF CLASSIC
 2017



DSACO Day at the Columbus Crew S.C. Match

Saturday, September 23, 2017 | 7:30 p.m.

MAPFRE Stadium

Join DSACO at the Columbus Crew S.C. match on September 23rd to celebrate the beginning of Down Syndrome Awareness Month. We hope you will wear your Buddy Walk® t-shirts to the game to help us spread awareness. Check out our video that will play during the game, as well!

Tickets are free, but only a maximum of eight (8) tickets will be given to each family. Please secure your tickets by emailing [Evanthia Brillhart](mailto:Evanthia.Brillhart@dsaco.net) 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.

POWELL // Evening Group (NEW Summer meeting time)

⇒ 2nd Tuesday of the month | 7:00 p.m.
Local Roots | 15 E. Olentangy St., Powell

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:

Barb Leman info@dsaco.net
 (614) 263-6020

NORTHWEST// Evening Group

⇒ 3rd Tuesday of the month | 6:30 p.m.
Max & Erma's | 4279 Cemetery Rd., Hilliard

Group Contact:

Liz Loehrer douearit@gmail.com
 (614) 208-8426

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.
NO JULY MEETING
Old Canal Smokehouse | Chillicothe

Group Contact:

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



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.

- ⇒ July 10th, 2017 | 6 p.m.
- ⇒ August 7th, 2017 | 6 p.m.
- ⇒ September 11th, 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.

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

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.

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

- ⇒ July 24, 2017 | Summer Social!
- ⇒ August 28, 2017 | Topic TBD
- ⇒ September 25, 2017 | Topic TBD

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 Saturday of the month

- ⇒ July 15, 2017 **Signing Time Concert!**
- ⇒ August 19, 2017 | 11:00 a.m.—12:30 p.m.
Circleville Splash Pad at Mary Virginia Crites Hannan Park
1230 Pontius Rd. | Circleville, OH 43113
- ⇒ September 16, 2017 | 10:30 a.m.—Noon
Fairfield County Library Northwest Branch
2855 Helena Drive | Carroll, OH 43112

Eastside Play Group Contact:

Renee Wolfe	renewolfe0812@gmail.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

- ⇒ July 8, 2017
Veteran's Park Splash Pad | Delaware, OH 43015
Meet at Church location if weather is bad
- ⇒ August 12, 2017
Powell Splash Pad | 47 Hall St. | Powell, OH 43065
Meet at Church location if weather is bad
- ⇒ September 9, 2017

Weekend Play Group Contacts:

Dawn Thornton	dawnrthornton@gmail.com (614) 893-1808
Dave & Jen Snyder	dsnyder29@gmail.com (614) 893-3941

School-aged Social Group

Social group for school-aged kids with Down syndrome.

Join us for an afternoon of fun!

- ⇒ Sunday, September 10, 2017 | 2 - 4 p.m.
Millstone Creek Park
745 N. Spring Rd. | Westerville, OH 43082

This beautiful park boasts:

- ◆ Inclusive Boundless Playground
- ◆ Nature Play Area
- ◆ Nature Path
- ◆ Boardwalk
- ◆ Stream/Wetland Area
- ◆ Sand Pit
- ◆ Overlook
- ◆ Walking paths

DSACO will provide a refreshing snack for the kids.

RSVP by September 7, 2017.

School-aged Social Group Contact:

Andrea Bartosch	andreabartosch@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

- ⇒ July—No meeting
- ⇒ August—No meeting
- ⇒ September 6, 2017

Adult Stamping Club Contact:

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

DSACO Sibs Resource Group

This resource group welcomes sibs ages 6-12, who are interested in meeting, sharing experiences and having fun!

Meets bimonthly on Mondays from 6 - 7:30 p.m.

Location unless otherwise indicated:

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

- ⇒ September 11, 2017
- ⇒ September 25, 2017

Sibs Group Contacts:

Michelle Long michellejlong8@gmail.com
Malerie Torres malerie.torres@nationwidechildrens.org

Co-Occuring Diagnosis of Ds-ASD



DSACO 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 Marge Barnheiser at mbarnheiser@dsaco.net or 614-263-6020.



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
Carey Eash	Program Coordinator	ceash@dsaco.net
Rachel Berens	Program Coordinator	rberens@dsaco.net
Arlene Raya	Program Coordinator	areya@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

July _____

Columbus Summer Learning Academy

July 10 - August 10 | 9:00 a.m. - 12:00 p.m.
Bethel United Methodist Church

Buddy Walk Team Captain Meeting

Thursday, July 13 | 7:00 - 8:30 p.m.
MAPFRE Stadium - Upper90 Lounge

Signing Time Concert

Saturday, July 15 | 10:00 - 11:30 a.m.
The Southern Theatre

DSACO's Annual Golf Classic

Monday, July 17 | 12:30 p.m.
The Country Club at Muirfield Village

July _____

Newark Summer Learning Academy

July 18 - August 3 | 9:00 a.m. - 12:00 p.m.
Flying Colors Preschool

August _____

The Learning Program Online™ Launch Party

Wednesday, August 9 | 6:30 - 8:30 p.m.
DSACO Office

2017 Adult Conference

August 11 - 13 | Deer Creek State Park

Down Syndrome Research Symposium

Saturday, August 26 | 9:00 a.m. - 1:30 p.m.
Embassy Suites Columbus Airport

September _____

Quarterly "Ask the Specialist" Panel

Tuesday, September 12 | 6:30 - 8:00 p.m.
DSACO Office

Buddy Walk® T-Shirt Pick Up

Saturday, Sept. 23 | 10:00 a.m. - 3:00 p.m.
DSACO Office

DSACO Day at Columbus Crew S.C.

Saturday, Sept. 23 | 7:00 p.m.
MAPFRE Stadium

See a full calendar listing of all upcoming events at dsaco.net/events.

STAY CONNECTED

