

July - Sept. 2016

OHIO is First in the Nation!



Jennifer Cunningham-Fox receives a round of applause from State Treasurer Josh Mandel, Chip Gerhardt, Ohio Senator Shannon Jones, Senator John Eklund, Representative Margaret Conditt and Juliana Crist

The Achieving a Better Life Experience ("ABLE") Act was passed at the federal level in December of 2014. It is legislation that allows families and individuals with disabilities, the opportunity to create tax-advantaged accounts that can be used to help maintain health, independence, and quality of life.

On June 1, 2016, Ohio became the first state in the nation to offer its version, STABLE investment accounts, which allow participants to set aside up to \$14,000 a year to pay for college, housing and disability-related expenses. Eligible people with disabilities can save up to \$100,000 without jeopardizing Social Security and other government benefits.

Eligible expenses include preschool through college tuition, rent and mortgage payments, transportation expenses, job-related training, health insurance premiums and more. Setting up an account online is free. An initial contribution of at least \$50 is required to open an account. There are minimal costs associated with the accounts. Ohio residents will pay \$2.50 per month (\$30 annually). Participants or an authorized guardian can move money from STABLE accounts to a personal bank account or a STABLE card, a loadable Mastercard debit card.

Expansion to the federal bill has already been introduced in Congress. The Able to Work Act proposes that people with disabilities who are employed would be able to allocate extra money each year to their ABLE account. Beyond the existing annual cap of \$14,000, those who are working could also deposit their earnings into the account, up to the federal poverty level – currently \$11,770 for a single person.

For more information or to open a STABLE Account , visit www.stableaccount.com or call 1-800-439-1653.

Awareness | Acceptance | Inclusion

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STAY CONNECTED WITH DSACO!

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

 **@DSACO_Cbus**

 **@DSACO_Cbus**

3-2-1 Update



Barb Leman, Evanthia Brillhart, Kyle McKay, Kim Baich, Kari Jones and Michelle Khourie at DSACO's Summer Picnic

Advocacy on behalf of individuals with Down syndrome and their families is an extremely important role that DSACO plays at the federal, state and local levels. But what does that really mean? Most recently you have heard us talk about the successes we have had with our advocacy in passing legislation, such as the Down Syndrome Information Act (HB 552) and the ABLE Act, but there is always more work to be done. With that in mind, here is an update on the three biggest issues DSACO is working to address:

3) As you may have noticed from Page 1, STABLE Accounts (Ohio's version of the ABLE accounts) have launched in Ohio! Hooray! DSACO representatives Marge Barnheiser and Jennifer Cunningham-Fox serve on the STABLE Account Advisory Board so their voices, as a parent and self advocate, can be heard when new issues and questions come up. Their advocacy and input will continue to play a crucial role on the road ahead as more accounts open. Even though these accounts are a huge step forward for people with disabilities, DSACO is still working to advocate for the ABLE to Work Act, proposed to dramatically increase the amount of money people with disabilities would be able to contribute from their own paychecks. This could radically change the employment landscape for people with disabilities; allowing them to save their hard-earned money without fear of losing benefits.

2) DSACO has been diligently working with Ohio legislators and the Ohio Department of Motor Vehicles to create Ohio's first ever Down Syndrome Awareness license plate. The goal will be to increase awareness for Ohio residents, but also serve as outreach to existing families who have a loved one with Down syndrome, who may not realize that there is a local Down syndrome association in their area. This special Down Syndrome Awareness plate will feature a website that will direct Ohio residents to Down syndrome associations throughout the state. Stay tuned!

1) Lastly, the DSACO team, along with DSACO board member, Dr. Stephanie Santoro, has been working to create DSACO's Medical Advisory Committee. The Committee will consist of leading medical professionals throughout Central Ohio who can assist DSACO in its medically-based initiatives. Initially, there will be a focus on developing strategic relationships with the multiple health care systems throughout Central Ohio to ensure that every new and expectant family receiving a Down syndrome diagnosis has access to accurate and up-to-date information about Down syndrome and local resources.

For more information about these efforts, as well as all of DSACO's latest programs and events, please visit www.dsaco.net.

DSACO is Hiring!

DSACO is seeking a Part-Time Program Coordinator to join the team!

Interested applicants should go online to www.dsaco.net/employment for information about applying.



(1.) DSACO’s Running Group at the Run for Down Syndrome on Thursday, May 19, 2016. (2.) A group from DSACO’s Healthy Lifestyles participated in Walk with a Doc on Saturday, May 14, 2016. (3.) DSACO’s Medical Advisory Committee member, Nancy Haninger, trains Mother/Infant nurses at Mount Carmel St. Ann’s on delivering a Down syndrome diagnosis. (4.) DSACO representatives, Marge Barnheiser and Jennifer Cunningham-Fox at the STABLE Account Launch in Cincinnati, Ohio on Wednesday, June 1, 2016. (5.) DSACO Member, Stephan Brink won 3rd place at the In“Sights” Competition on Thursday, June 9, 2016.

DSACO Says Goodbye to Lifelong Self Advocate



DSACO President & CEO, Kari Jones
with Sally Klages

Our hearts are broken as we share that Sally Klages passed away on Thursday, June 16, 2016, at the age of 55. The daughter of Jack and Boo Klages of Bexley, Sally was a lifelong self advocate and was one of the founding members of DSACO. She was on the board of the National Down Syndrome Congress and was a featured speaker in 1989. She was also an employee of Columbus State Community College for 17 years.

Sally was widely known for her smile, laughter, joy and enthusiastic hugs.

We will truly miss this inspiring pioneer!

MEDICALLY SPEAKING, *By Stephanie Santoro, MD*

Our Local Down Syndrome Clinics



I'm pleased to announce that the **Adult Down Syndrome Clinic** at the Nisonger Center on the campus of OSU Wexner Medical Center is officially re-launched. Dr. Liz Lucas and I are new to the clinic and very excited to serve this population. With more clinic slots and multidisciplinary collaboration, we hope to more closely support community primary care physicians with the medical management of Down syndrome. Dawn Allain, MS and Betsey Benson, PhD remain integral parts of the clinic and provide genetic counseling and psychology services to patients. As a team, we hope to expand the clinical and research aims of the clinic. Through national collaborations, we plan to participate in the development of health supervision guidelines for adults with Down syndrome and provide patients with opportunities to participate in clinical trials and research. Here are a few exciting details about the Adult clinic:

- Two physicians double the capacity of the clinic
- Increased availability means clinic slots will be offered twice a month on Monday afternoons
- Closely support community primary care physicians with the medical management of Down syndrome
- New location: Nisonger Center on the campus of OSU Wexner Medical Center
- Strengthen the relationship with the psychiatric and behavioral health services
- Better facilitate care coordination with adult specialists for patients that require subspecialist care
- Patients: older than 18 years, approaching transition to adulthood or if suggested by the Nationwide Children's Hospital Down syndrome clinic

Website: <http://nisonger.osu.edu/down-syndrome>

To schedule, call: (614) 685-6701

I also serve as a clinical geneticist in the **Nationwide Children's Hospital Down Syndrome Clinic** and provide genetic services if needed for any scheduled patients. This clinic provides multidisciplinary expertise in Down syndrome to support primary care physicians of children and adolescents with Down syndrome.

- Providers: Patricia Nash, MD and Vickie Hobensack, CNP
- Multidisciplinary care: Developmental pediatrics, speech therapy, physical therapy and occupational therapy at team visits, medical genetics, social work and psychology services as needed

Website: <http://www.nationwidechildrens.org/down-syndrome>

To schedule, call: (614) 722-6200

We know that not every person with Down syndrome will visit one of these clinics, but here are some reasons you might consider scheduling an appointment:

- ⇒ expertise and experience in care of individuals with Down syndrome: most pediatricians only care for 1 or 2 children with Down syndrome. We hope to be able to provide much more knowledge about this specific syndrome, this includes knowing what current practice standards are for Down syndrome and knowing what can not be attributed to Down syndrome and warrants additional investigation.
- ⇒ being involved in research: with our national connections, we are involved in research that directly focuses on helping people with Down syndrome. We also are connected with national groups like the Down syndrome Medical Interest Group and are aware of current research projects throughout the country.
- ⇒ referrals to other subspecialists: we can connect children and adults with Down syndrome with specialists to help address any additional concerns. We also have the ability to communicate with subspecialists and collaborate on care in complex cases.
- ⇒ connecting with local and national resources: we are in contact with local resources, like DSACO, and DS Associations throughout Ohio to help address patient-specific needs. At both clinics we have access to social workers if needed.

Overall, I think that the Down syndrome subspecialty clinic can be a useful resource to make sure that standard care is provided, to address individual concerns and ensure that people with Down syndrome get the best care possible.

Little Changes Lead to Big Results for DSACO Member

Written By: Adam Paynter



Hannah and Adam Paynter

My youngest sister, Hannah, has always loved playing, watching, and talking sports with me. As I headed off to college, I wondered how her activity habits would change during the four years I was away. Knowing that it is common for individuals with Down syndrome to face health conditions as a result of common barriers, I wanted to do my best to help her. During my sophomore year at Bowling Green State University, I began to brainstorm ideas for my “Honor’s Project”, an interdisciplinary class project required for graduation with University Honors. It did not take me long to realize that I would combine my knowledge from athletic training and exercise physiology courses to develop a project that would assist my sister with improving her health.

My project was titled, “Designing an Overall Health Program for Individuals with Down Syndrome: A Case Study”. We decided to start the project this past spring semester, while I was living at home performing an internship at a local therapy clinic. The goal of the twelve week health program was to promote a lifetime of exercise and healthy habits by providing safe exercise instruction, along with a “healthy options” nutrition guide. Additionally, we were hoping to see some physical changes such as a decrease in body weight and percentage of body fat. The program consisted of resistance training

exercises utilizing stretch-bands, typically on Mondays, Wednesdays, and Fridays. Endurance exercise days using a 30 minute walking DVD were scheduled for Tuesdays and Thursdays. Lastly, Saturdays were for fun activities at the YMCA or outside, and Sunday was a rest day.

Although we did not stick to the schedule 100%, Hannah was very dedicated to getting stronger and healthier. She woke up before school and completed workouts in the mornings. Her passion for improving herself actually motivated me in my own exercise commitments. As the weeks went on, Hannah became more and more confident performing the exercises on her own or with her workout buddy, her mother. Hannah and I could both see improvements not only in her health, but her enjoyment of exercise as well. At the conclusion of the twelve weeks, we conducted post-program testing and analyzed the results. Hannah had lost over 11 pounds, her percentage of body fat had decreased 2.8%, and surveys showed that her enjoyment of exercise had increased as well.

Although Hannah’s results were beyond expectations, I credit the strong brother-sister bond we share, as the main contributor, due to my ability to motivate Hannah to make healthier choices. Hannah’s passion and dedication to my class project was another contributor to her success. Lastly, the overall support from our family was beneficial. I hope by sharing Hannah’s story, other individuals with Down syndrome and their families can share in her success and pursue the benefits of a healthy lifestyle as well.

DSACO's Conference for Adults with Down Syndrome

Mohican Lodge & Conference Center

Perrysville, OH | August 5 - 7, 2016

With the summer Olympics just around the corner, our annual adult conference will carry an Olympic theme to it this year as we search for the "gold" in everyone! We are really excited about holding the conference at a new location. The accommodations are wonderful and there will be plenty of opportunities for some fun new activities on Saturday after the conference sessions but before dinner. You won't want to miss them!



Some great topics are planned for our adults including money management, learning about apps for your iPads, improving your social skills, dating and managing stress. Parents will have the opportunity to open a new STABLE account and meet the new doctors working at the Adult Clinic.

Of course, the Saturday night dance and Friday night pool party are always a hit! And on Sunday, we'll choose the name for our self advocate Buddy Walk team name! If you have a suggestion, be sure to stick around for that vote!

Registration materials have been sent. If, for some reason, you did not receive them, please contact the DSACO office. Materials are also available at www.dsaco.net.

Walking Club Keeps Everyone Moving

Monday evenings at 7:00 p.m. | Now - September

Antrim Park | 5800 Olentangy River Rd.

Anyone 18+ years old is welcome to attend, including parents, siblings and providers—because fitness is more fun with friends! Meet on the deck overlooking Antrim Lake (off lower parking lot). Please arrive a few minutes early as parking can be a challenge.

Why we walk at Antrim Park—It's centrally located and has easy access off RT. 315. One lap around the lake is 1.2 miles which is a nice distance for most and those who walk at a faster pace or want to get in a bit more exercise can easily add a lap. There's a nice deck overlooking the lake where those who do not want to walk with the group can sit and simply enjoy the view.

We invite you to join us this summer for a bit of exercise and some friendly conversation. If you are interested, contact Marge Barnheiser at mbarnheiser@dsaco.net.

First Connect Mentorship Training

Saturday, July 23, 2016 | 10 a.m. - 2 p.m., Lunch will be provided

DSACO Office

First Connect is offered to new or expectant parents of babies with Down syndrome. The program matches new or expectant parents with trained parent mentors sharing similar life circumstances. If you are interested in volunteering as a parent mentor, please join us for our training session!

Interested parents will be sent an application packet to be completed and returned by July 15, 2016. Please contact Regina Parker at rparker@dsaco.net or 614.263.6020 for more information.



Sexuality & Individuals with Developmental Disabilities

Saturday, October 8, 2016 | 9:00 a.m. - noon

DSACO Office | Fee: \$10/person

Program is intended for parents and caregivers

Terri Couwenhoven has been working in the field of sexuality since leaving college. Early in her career, requests for sexuality programming for people with intellectual disabilities were emerging and Terri quickly learned how much she enjoyed working with this population. In 1989 her first child, Anna, was born with Down syndrome. Merging her expertise in the area of sexuality with her interest and passion for supporting people with cognitive disabilities

seemed a natural fit!

In 1996 she started TC Services - a business that involves resource development and training for individuals with developmental disabilities (of all kinds) and the people who support them. Since that time, she also served as Clinic Coordinator for the Down Syndrome Clinic at Children's Hospital of Wisconsin. In this job, she serves families who have loved ones with Down syndrome of all ages.

Terri is the author of several books including *A Girl's Guide to Growing UP: Choices and Changes in the Teen Years*, *Teaching Children with Down Syndrome About Their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals*, *Boys' Guide to Growing UP: Choices and Changes During Puberty* and her latest, *Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities*.

Terri's session will integrate best practice research for teaching sexuality to individuals with cognitive disabilities. Teaching strategies along with key foundational concepts are presented. Examples of resources and ideas for teaching at home, school, or in the community will be shared. No matter the age of your son/daughter, you won't want to miss this presentation.

A book signing will follow the presentation. Books will be available for purchase. **To register, go to www.dsaco.net.**

Dating 101

Saturday, October 8, 2016 | 4:00 - 9:00 p.m.

Location TBD | Fee: \$10, includes dinner

Program is intended for teens and adults with Down syndrome

This 2-hr workshop, featuring Terri Couwenhoven, is designed as an introduction to dating and starting a sweetheart relationship for teens and young adults with cognitive disabilities who are interested in, or have had some experience dating. Participants will learn dating basics as well as how to evaluate whether a dating relationship is healthy or unhealthy. It is a fun and highly interactive session that will keep everyone's attention!

After the workshop, there will be dinner along with activities for the teens and adults. Exact activities will depend on the location but could include bowling or a swim party.

More information will be coming soon! **Watch for all the details and registration at www.dsaco.net.**



Archery Lessons

Johnstown Community Sportsman's Club
Second & Fourth Wednesdays | 6 -7 p.m.
Fourth Saturdays | 12 - 3 p.m.



Archery lessons are being given free of charge at the Johnstown Community Sportsman Club. Interested parties can attend any time during the specified time period and stay as long as they like within that time period. A parent, guardian or caregiver must stay with them. All needed equipment will be furnished.

If you have any questions, contact Chuck Downey at 740-862-9818 or at sancha1978@hotmail.com.

Transportation Survey

The Ohio Developmental Disabilities Council, Disability Rights Ohio, Services for Independent Living and the Government Resource Center have developed a survey about transportation for people with disabilities. The Ohio Colleges of Medicine's Government Resource Center is helping DD Council and their partners with the survey.

If you are a person with a disability, a family member, a provider of transportation services or anyone with a stake in the transportation system in Ohio, please participate in this survey by going to ddc.ohio.gov/transportation-survey.

The answers to this survey are confidential, and your direct answers to each question will not be shared. You can choose not to answer any questions in the survey, and taking the survey will not impact the current services you receive.

If you have any questions about this survey or encounter any technical problems, please contact Colin Odden at colin.odden@osumc.edu or 614.685.9357.



IMPACT Safety
 A program of LifeCare Alliance

IMPACT Safety Class to be Offered to Teens and Adults

Saturday, September 24 | 9:00 - 11:30 a.m.

DSACO office | Fee: \$10

Open to persons 13+. Space is limited to 14 participants.

IMPACT Safety has a history of successfully teaching personal safety and self-protection skills to people with cognitive, physical, or emotional disabilities. Through IMPACT workshops, teens and adults are offered a safe and secure environment for "learning by doing" through role-play and positive examples. The workshops are taught by an instructor team that is trained and skilled in working with people of all ages and abilities. DSACO has offered this workshop in the past and believes it to be an important tool for all of our teens and adults as they navigate the transition of living and working in the community. Feedback from previous participants has been overwhelmingly positive.

Register at www.dsaco.net.



Acting Classes Offered

Columbus Children's Theater offers a wide variety of classes during the summer that focus on acting, voice and/or dance. Children and teens of all abilities and interests are welcome into the classes.

DSACO's Ann Barbour Memorial Scholarship can be used for these classes.

Check out the great variety of classes at columbuschildrenstheatre.org

When Down Syndrome and Autism Spectrum Disorders Meet Self-Stimulatory Behavior

What is Self-Stimulatory Behavior? You are probably more familiar with the term stimming. Self-Stimulatory Behavior or stimming is the repetition of physical movements, sounds, or repetition of words or phrases. We all stim from time to time. Have you ever tapped your pencil or clicked your pen? These behaviors are considered stimming. Most of us are conscious of and can control our stims. However, an individual with autism may find it difficult to stop or even be aware of what they are doing or the reactions of others to their stimming.

Why do autistic individuals stim? It is not completely clear why stimming almost always goes along with autism. Research reveals that stimming helps individuals manage their strong emotions such as anger, fear, anxiety or overwhelming input overload (too much light, noise, etc.).

The repetitive motion of stimming can be soothing. Dr. Temple Grandin explains that she stimmed to calm herself. She notes, "It may counteract an overwhelming sensory environment, or alleviate the high levels of internal anxiety these kids typically feel every day." Keep in mind that many individuals with autism deal with extreme levels of anxiety due to an overload of sensory inputs and many times they may not have the ability to communicate their needs or wants.

So how is stimming managed? Stimming is very ritualistic in nature so if there is no threat of danger, there is no reason to hinder the behavior. Because stims are a way to manage the sensory and emotional input, controlling the behavior can be tricky. Therefore, it is important to do your research. There is a myriad of information available. Consulting your child or loved one's medical professional is always a great place to start.

Information sources: The Cleveland Clinic and Mendability.com

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.

DS-ASD Chatroom (New Day and Time)

Are you a parent of a child with the co-occurring diagnosis of Down syndrome and autism spectrum disorder (DS-ASD)? The Down Syndrome Association of Central Ohio wants you to know that you are not alone. Join other parents whose child has received this co-occurring diagnosis for a monthly chat.

Parents meet once a month, online, to chat, share, and lend support to each other. Our chats are held on the second Tuesday of each month from 7 – 8 p.m.

A co-occurring diagnosis of DS-ASD can be particularly challenging. If your child has received this co-occurring diagnosis or you suspect something more than Down syndrome and would like to connect with other parents on this journey, join us for a chat!

If you want to know what autism looks like in a child with Down syndrome, please go to www.ds-asd-connection.org for more information. **To join DSACO's monthly DS-ASD chat, please contact the DSACO office by emailing rparker@dsaco.net.**



Columbus Buddy Walk®

Sunday, October 2, 2016 | 9:00 a.m. - 1:00 p.m.

MAPFRE Stadium

Join the Down Syndrome Association of Central Ohio (DSACO) as we unite for a common cause and raise funds at the 2016 Columbus Buddy Walk®. Whether you have Down syndrome, know someone who does, or just want to show your support—take the first step and donate or register today! Help us spread the word; all are welcome for our day of celebration! **Register at www.columbusbuddywalk.org!**



Important Dates to Remember:

Tuesday, July 12 >> Team Captains Meeting “Apps & Cpts” will take place on Tuesday, July 12th beginning at 6 p.m. in the Heineken Lounge at Mapfre Stadium. Appetizers will be provided and you’ll have the opportunity to meet & mingle with other team captains, learn the basics of the Buddy Walk® website from Ds-Connex, get fresh ideas from veteran team captains and have the opportunity to ask questions regarding the Columbus Buddy Walk. **To RSVP, please email ebrihlhart@dsaco.net.** All team captains in attendance will be entered into a drawing for a \$25.00 Dewey’s Pizza Gift Card, plus we will have other great giveaways on site!

Friday, September 2 >> Incentive Deadline - the last day teams are able to submit donations to DSACO’s office to be counted towards team incentives. This is also the last day teams can have friends and family register and be guaranteed their t-shirt size and/or a customized t-shirt (*should the team meet at least the Bronze Buddies’ Tailgate Incentive Level*).

Sunday, September 18 >> T-Shirt Pick Up Day! Stop in the DSACO Offices on Sunday, September 18 to pick up your team’s t-shirts. *All teams who pick up their t-shirts on Sept. 18 will receive a dozen donuts at the Columbus Buddy Walk, courtesy of The Little Donut Shop.*

September 19-23 >> T-Shirt Delivery - Teams who have met the Silver Buddies’ Tailgate Incentive Level and up, will have their team’s customized t-shirts delivered to the Team Captain’s home the week of Sept. 19-23.

Sunday, October 2 >> 2016 Columbus Buddy Walk® - Tailgate set-up will begin at 7 a.m., no earlier. Registration will open at 9 a.m. at MAPFRE Stadium.



2016 Columbus Buddy Walk® T-Shirt Design!

THANK YOU to everyone who submitted a t-shirt design for the 2016 Columbus Buddy Walk® T-Shirt Design Contest! All submissions were very creative and well put together. The winning t-shirt design, submitted by Kim Vega, will be featured on the official Columbus Buddy Walk® t-shirts at this year’s event!

Be sure to get yours and register for the Columbus Buddy Walk® before Friday, Sept. 2nd at www.columbusbuddywalk.org

County Outreach Celebration Wrap Up

Effective earlier this year, DSACO extended our service area to include Vinton, Jackson, Meigs, Gallia and Lawrence Counties. To kick off this effort, on June 11th, DSACO hosted a County Outreach Breakfast at Bob Evans Farm in Rio Grande, Ohio to introduce ourselves to families, community organizations and the local school systems. AEP Ohio sponsored the event, which included a complimentary pancake breakfast prepared by Chris Cakes. During the two hour celebration we offered face painting, balloon artistry, crafts and door prizes for families. The goal of the event was to share information about DSACO and learn how we can best meet the needs of each individual county.



We were pleased to meet several families from the area who joined us for the morning and shared information about the programs they would like to see in their community. President & CEO, Kari Jones took notes at the event and in the upcoming months DSACO will begin to look into ways to implement programs to meet the needs of the families.

SSPDS (Students Supporting People with Down Syndrome)

Expanding to Ohio University's Campus



The Ohio State University SSPDS group is currently working with DSACO and a few Ohio University students to facilitate a similar program at the Ohio University main campus in Athens, Ohio. The OU group hopes to partner with OSU to develop guidelines and by-laws that resemble OSU's student group. OU will tailor their activities to meet the needs of the families in Athens and surrounding counties. The initial goal of the OU group is to start small by hosting one event in the first year for families, and build from there.

To date, several OU students have expressed an interest in joining the student organization. The one obstacle in the start-up efforts has been finding an academic advisor to oversee the group. **If any members can help us connect with an OU staff member they think might be willing to supervise the group, please contact Kim Baich at kbaich@dsaco.net or call the DSACO office at 614-263-6020.**

The OSU SSPDS group has been instrumental in helping our families by providing activities, babysitting services and support during DSACO events. We look forward to expanding those services and activities in the Athens area.

Thanks to the help of Allison Mowry, Noah Nelson, Amberle Quackenbush, Adam Paynter and Alexandra Warner—the OU SSPDS group is in the beginning phase of development. DSACO is thrilled to have so many dedicated and motivated students paving the way at OU. **We will keep you updated as the organization evolves—questions regarding the organization can be sent to Kim Baich at kbaich@dsaco.net.**

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

- ⇒ July 25, 2016
- ⇒ August 22, 2016
- ⇒ September 26, 2016

Little Buddies Contacts:

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

Spanish Speaking Resource Group

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

Location unless otherwise indicated:

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

- ⇒ July 11, 2016 | Please RSVP by July 9
- ⇒ August 1, 2016 | Please RSVP by July 29
- ⇒ September 12, 2016 | Please RSVP by September 10

Spanish Speaking Resource Group Contact:

Arlene Raya	araya@dsaco.net (614) 263-6020
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School-aged Social Group

Social group for school-aged kids with Down syndrome.

Meets once per quarter.

- ⇒ Saturday, August 6, 2016 | 4:30 p.m.—6:30 p.m.
Summer Cookout and Social

Location:

Memorial Pavilion at Jeffrey Mansion Park
165 N. Parkview Avenue | Bexley, OH 43209

Please RSVP to andreabartosch@live.com, with number attending, by August 3

School-aged Social Group Contact:

Andrea Bartosch	andreabartosch@live.com (614) 395-1095
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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 9, 2016
- ⇒ August 13, 2016
Veterans Park
1121 S. Houk Rd | Delaware, OH 43015
- ⇒ September 10, 2016

Weekend Play Group Contacts:

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



Welcome Nathan Vega as the new coordinator for D.A.D.S.

Nathan and his wife, Kim, first became active in the Down syndrome community after the birth of their oldest child, Urban, in 2008. Nathan's passion to contribute to the community developed through interactions with other parents and seeing his own son's growth and empowerment. Nathan, a career technologist, recently left IBM to join a startup, the Columbus Collaboratory, where he'll deliver advanced analytics and cognitive solutions. Outside of parenting and working, Nathan spends his five minutes of free time thinking about relaxing at the pool, watching football, and playing video games.

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 24, 2016
- ⇒ September- To Be Determined

Adult Stamping Club Contact:

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

Teen Social Group

Teenagers with Down syndrome are welcome to attend.

Meets every other month, in various locations throughout the community.

- ⇒ July 24, 2016 | 3:30 - 5:30 p.m.
Picnic at the Park!
Highbanks Park | 9466 Columbus Pike, Lewis Center
RSVP by July 22 with number of people attending and side dish you plan to bring
- ⇒ September | No Meeting

Teen Social Group Contacts:

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

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

Eastside Play Group

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

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

Location unless otherwise indicated:

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

- ⇒ July - Check www.dsaco.net for more information
- ⇒ August - Check www.dsaco.net for more information
- ⇒ September 17, 2016 | 10:30 a.m. - Noon

Eastside Play Group Contact:

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

DS-ASD Chatroom

A co-occurring diagnosis of Down syndrome and Autism Spectrum Disorder can be challenging. If you are interested in joining the chat, the group meets **online** every **2nd Tuesday of the month 7 – 8 p.m.**

- ⇒ July 12, 2016
- ⇒ August 9, 2016
- ⇒ September 13, 2016

DS-ASD contact:

Regina Parker rparker@dsaco.net
614-263-6020

D.A.D.S. Group—Allows dads a chance to get to know each other and learn a bit from one another.

- ⇒ July | No Gathering
- ⇒ August 1, 2016 | 6 p.m.
- ⇒ September 6, 2016 | 6 p.m.

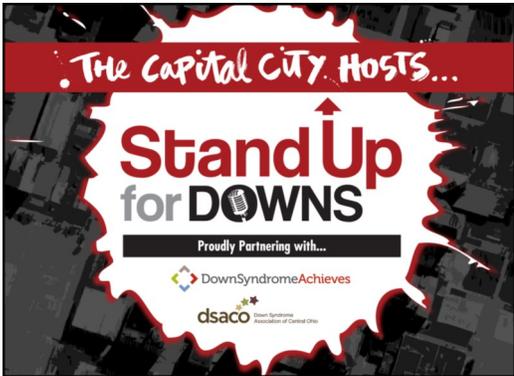
Location unless otherwise indicated:

Winking Lizard Tavern
1416 West 5th Ave. | Columbus, OH 43212

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.





Stand Up for Downs Comedy Night

Friday, July 29 | 7:00 p.m.

The Ivory Room at 2 Miranova Place

Stand Up For Downs (SUFD), in partnership with DSACO and DS Achieves, will be producing a night of comedy and rocking music to raise money for all three organizations. The headliner of the event will be Ohio's own, Mike Polk Jr. After the comedy portion of the evening, Ohio's premier show band, My Sister Sarah will perform. Tickets include an open bar, food stations from Cameron Mitchell Restaurants, comedy, music, live and silent auction, and one of the best views in downtown Columbus.

Tickets are \$125 and can be purchased at www.standupfordowns.org. DSACO members can use the discount code "DSGROUP" to receive a \$15 discount. Self Advocates are complimentary and can use the discount code "SELFADVOCATE" when purchasing.

DSACO's Golf Classic | Monday, July 18

DSACO's Golf Classic is officially sold out for golfers, but there are other ways to support the event!

Purchase a \$100.00 "Ticket to Paradise" donation for your chance at being randomly chosen to win a one week vacation on Fripp Island, South Carolina, in a 3 bedroom/2 bathroom home. The winning name will be randomly chosen the morning of Monday, July 18th at DSACO's Golf Classic – the winner does not need to be present to win and will be contacted, if not present, on Tuesday, July 19th. Only (50) \$100.00 donations will be accepted for this giveaway.

Hole Sponsorships are also available for purchase—Corporate (\$500) and Fore My Buddy (\$250) Hole Sponsorships are available and include a logo or photo of your loved one with Down syndrome on one (1) hole at DSACO's Golf Classic.

Support DSACO's Golf Classic today at www.dsaco.net/golf



DSACO's 2017 Faces in the Community Calendars will be available for purchase at the Columbus Buddy Walk on October 2nd, as well as on www.dsaco.net beginning October 3rd!



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.

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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 _____

Summer Learning Academy

July 11 - August 11
Bethel United Methodist Church

Columbus Buddy Walk "Apps & Cpts"

Tuesday, July 12 | 6 - 8 p.m.
Heineken Lounge at MAPFRE Stadium

DSACO Golf Classic

Monday, July 18
The Country Club at Muirfield Village

First Connect Mentor Training

Saturday, July 23 | 10 a.m. - 2 p.m.
DSACO Office

July _____

Stand Up For Downs Comedy Night

Friday, July 29 | 7:00 p.m.
The Ivory at 2 Miranova Place

August _____

2016 Conference for Adults with Down Syndrome

August 5-7
Mohican Lodge & Conference Center

September _____

IMPACT Safety Training

Saturday, September 24
DSACO Office

October _____

Columbus Buddy Walk

Sunday, October 2
MAPFRE Stadium

Terri Couwenhaven Workshops

Saturday, October 8

