

Oct.—Dec. 2017

Awareness | Acceptance | Inclusion



DSACO launches partnership with CarePartner to save families time and money

After a successful pilot with 5 DSACO families earlier this year, we are pleased to announce an unprecedented partnership with CarePartner, a division of QuantumHealth, that provides coordination to patients and their families. CarePartner's professionally trained Care Coordinators help navigate the complexities of healthcare, which leads to better health outcomes that reduce costs for families. Want to know some examples of ways CarePartner may be able to help your family? Examples of areas they can provide support include, but are not limited to:

- ⇒ Claims Issues
- ⇒ Billing & Negotiations
- ⇒ Assistance with Benefit Coverage
- ⇒ Financial Assistance with Rx Copays
- ⇒ Pharmacy Issues
- ⇒ Therapy Coverage
- ⇒ Caregiver Support/Respite
- ⇒ Insurance Appeals

"Most parents don't know what they don't know when it comes to battling insurance companies," said Regina, a DSACO parent who participated in the pilot. With this new partnership established, DSACO families will be able to apply for an annual scholarship that fully covers the cost of this unique resource. As a true third-party patient advocate, CarePartner's team members will give, at minimum, one of the most valuable resources back to families: time. Jenn, another parent whose family participated in the pilot added, "I've spent hours on the phone with my insurance company over previous issues and was poised to do the same to get speech therapy covered for our son. CarePartner said they would handle this for us. It was such a huge relief because I work full time and don't have time to sit on hold with the insurance company. It was a big load off my shoulders."

We are grateful for the support of a generous donor, who has afforded DSACO the ability to offer this opportunity to its members in the form of a HealthCare Coordination Scholarship. Applications for participation will be on a first-come, first-served basis and will be accepted beginning on October 1, 2017.

Additional information about this scholarship can be found on DSACO's website at www.dsaco.net/scholarships.

Inside This Issue:

- 2. Membership News**
- 3. DSACO in the Community**
- 4. Medically Speaking**
- 5. DSACO Spotlight**
- 6. Programming**
- 7. Programming**
- 8. Advocacy & Awareness**
- 9. Neustro Rinconcito**
- 10. Fundraising Events**
- 11. Upcoming Events**
- 12. Resource & Activity Groups**
- 13. Resource & Activity Groups**
- 14. Resource & Activity Groups**
- 15. Special Thanks**

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



DSACO President and CEO, Kari Jones, with Dr. Stephanie Sherman and Dr. Huntington Potter

With so many new opportunities at your fingertips, we look forward to becoming even more connected during October's Down Syndrome Awareness Month and beyond! Don't miss out on some of these new offerings:

3) We are thrilled to be rolling out a partnership with CarePartner-- which includes our new HealthCare Coordination Scholarship! Having personally participated in the program for only one month, I have seen immediate value in what CarePartner offers. Battling insurance and provider claims seemed to become a never-ending pursuit for my family, but in just one week the CarePartner team was able to save me nearly \$2,500 in medical bills and countless hours of time that would have been spent spinning in circles! Although they can't guarantee results like this in every situation, you'll enjoy the support and guidance of an expert that truly has your best interests at heart.

2) Thanks to the huge success of DSACO's recent Research Symposium, we have worked to coordinate and launch Research Scholarships! These scholarships will help pay travel expenses for those who want to participate in regional or national research studies. As Dr. Huntington Potter said during the Symposium: "We are in a renaissance period for Down syndrome research." We're happy to support you in being a part of it!

1) We have some wonderful programs that are just getting going — a Speakers Bureau, Fire Safety Program, and a SIBS Group — and each will help enrich your family's advocacy and empowerment. Have any other ideas? We encourage you to complete our Membership Survey (see below for details) to share your thoughts. We'd love to hear them!

Membership Survey - Your Input is Needed!

Every three years, DSACO distributes a survey to its membership to get input regarding our services and gain your insights into certain "trends" in regards to our programming. Your feedback is invaluable and, while we cannot address every request, we learn a great deal about what programs you value as well as programs that are no longer of interest.

This is your chance to let your voice be heard! Please take the time to complete the survey and share your perspective - no one else has it! DSACO strives to provide the very best services for our members and the community. The survey will be made available to all of our members through a variety of means including email, Facebook and by searching our website at www.dsaco.net. Please just one survey response per household. This survey is open to DSACO members only!



DSACO Welcomes New Fall Intern, Annie Rae Hansen!



Annie is very excited to join the DSACO team for a fall internship. At heart she is a person who loves others and enjoys helping them. She and her dad volunteer at church to prepare weekend backpacks of food for children in need at a nearby elementary school.

Annie is a graduate of John Glenn High School in New Concord, Ohio and has completed a certificate program at the Mid-East Career and Technology Center in the Business Employability program where she learned office skills and had community work experiences at the hospital gift shop, the senior citizen center, a local nursing home, a pet shop, and the Wilds.

Annie was in the high school choir for four years, has played Miracle League Baseball for eight years, took dance for nine years, and is currently participating in Special Riders. She helps at the local John and Annie Glenn Museum. Annie has an older brother and sister and is the proud aunt to two nieces and two nephews.



(1)



(2)



(3)



(4)



(5)

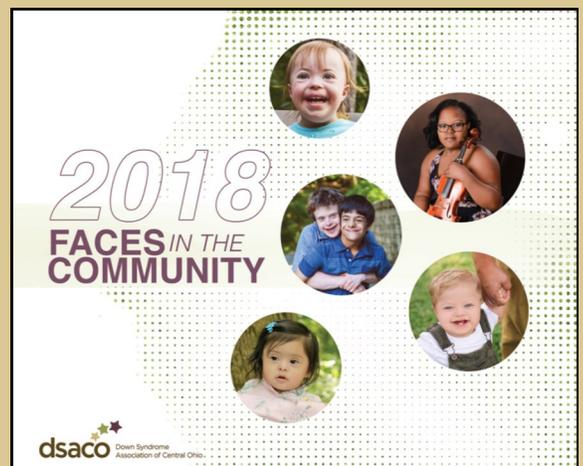
(1) DSACO hosted Rachel Coleman with Signing Time at a concert on July 15. (2) DSACO board member, Dr. Stephanie Santoro attended the DSAIA Conference in Sacramento on July 20—July 23. (3) DSACO Spanish Speaking Outreach Coordinator, Arlene Raya, hosted a summer picnic for DSACO’s Spanish Speaking families in June. (4) DSACO Program Coordinator, Kim Baich with Deana Gordan, Director of Public Sector Campaigns for the State of Ohio at the Combined Charitable Campaign on August 30. (5) Susan and Kyle McKay, along with DSACO team members, attended a rally at the Statehouse to protest budget cuts to Medicaid.

DSACO’s Faces in the Community Calendar

DSACO’s 2018 Faces in the Community calendar is now for sale! Purchase yours today online at www.dsaco.net/calendar or visit the DSACO office. Calendars are \$10/each and can be shipped to you for an additional fee.

DSACO would like to thank all the generous photographers who offered free photography sessions for DSACO families and to zully for generously donating their time to design the calendar. Thank you to all the families that submitted photos for the 2018 calendar*. We hope you enjoy this year’s calendar!

**DSACO had such an impressive reception of photos, that not all photos that were submitted could be selected.*



MEDICALLY SPEAKING, *By Stephanie Santoro, MD*



As the school year begins, I thought it would be useful to provide information about an educational topic: Individualized Education Plans (IEP). The Individuals with Disabilities Education Act requires that schools evaluate children either through 1) parent request by calling or writing the director of special education or the principal of the child's school, or 2) if the school system determines that an evaluation is necessary. An evaluation should be conducted by a multidisciplinary team or group, which must include at least one teacher or other specialist with specific knowledge in the area of the suspected disability. If parents disagree with the results of the evaluation, they may choose to obtain an independent evaluation at public or private expense. If the professional chosen meets appropriate criteria set up by the state, then the school must consider his/her evaluation in developing an IEP. The above standards also apply for a child who already receives special education services. A re-evaluation must take place at least every three years.

Books/Resources for teachers are available at:

www.woodbinehouse.com/Teacher-Resources.74.0.0.2.htm

Information is available online:

www.ndss.org/Resources/Education

And, to provide you with expert advice, the following is written by Shalonda Brooks, PhD a psychologist at Nationwide Children's Hospital:

Be proactive:

You are the expert on your child and you know them best. Inform teachers of your child's strengths and weaknesses. This may include how to handle problems, the best way to communicate with your child, what motivates your child, and things that can be a trigger for your child. Set up a system to communicate with your child's teacher at minimum on a weekly basis.

Also, do you know what's in your child's IEP? IEP's, as the name implies should be personalized for your child. **Did you know** you can request a meeting to review your child's IEP? IEP's by nature are reactive in that they are often used to address deficits. However, by initiating a meeting you can help focus the goals on increasing skills, stay on top of your child's needs and their progress. The Ohio Operating Standards for the Education of Children with Disabilities states that ..."family and child's

preferences and interests are an essential part of the planning process." **Remember** you are an equal partner and this is a working document. Here are some services/accommodations that may be appropriate or ways to modify the classroom/curriculum to maximize learning.

- ⇒ Speech Therapy and Occupational Therapy
- ⇒ computer aided technology
- ⇒ supports (peer buddy or an aid)
- ⇒ using a multilevel curriculum (participate in same curriculum with same objective but at different levels depending on student need)
- ⇒ co-teaching (special education teacher works alongside general education teacher) or parallel teaching models (special education teacher works within the same classroom as general education teacher in a small group)

No limits:

Research has taught us many things about the cognitive and learning profiles of children with Down syndrome. For example, kids with Down syndrome may learn more slowly than typically developing peers. They may also have trouble retaining the information over time. We also know children with Down syndrome have some language difficulties. In particular they exhibit better receptive language versus expressive language (so they understand more than they can clearly communicate). Children with Down syndrome also tend to have better visual-spatial processing than verbal memory skills. This information can be helpful in modifying how concepts are taught and how they are tested (for example, present information visually, frequent re-teach and review, teach at the level of receptive language skills not expressive language skills). But a word of caution: **each child is unique** and it is dangerous to make assumptions based solely on a diagnosis or disability. "Specifically, it can blind others to an individual's strengths and abilities and cause them to see only the person's disability...Without a student's strengths and abilities in view, it is easy to limit expectations, 'overaccommodate,' or ignore ways in which strengths and abilities can be employed to motivate and support a student's learning."

Attention DSACO Members! College Scholarships are Available!

DSACO proudly launched its Family Scholarship program in 2004. Since its inception, more than \$100,000 has been awarded to 56 worthy applicants. We are always deeply impressed with these inspiring individuals who strive to impact the lives of those with Down syndrome. This scholarship allows DSACO an opportunity to meet and support family members and persons with Down syndrome who are truly leaders and advocates of the future.

The Family Scholarship is intended to assist siblings, cousins or other relatives of individuals with Down syndrome who are planning to pursue careers in which they will directly benefit those individuals with Down syndrome. People with Down syndrome who are enrolled in a college program are also eligible and strongly encouraged to apply.

The 2018 DSACO Family Scholarship applications will be available on the DSACO website (www.dsaco.net) in December. Scholarships are awarded at DSACO's World Down Syndrome Day Scholarship Dinner, scheduled for March 18, 2018.



DSACO Family Scholarship Recipient Spotlight - Jessica Prokop



After graduating from undergrad in 2013, Jessica completed a second-degree accelerated BSN program at Kent State University, with the intention of pursuing an advanced practice nursing degree. After becoming an RN and working as a nurse, however, she realized that becoming a physician was her true calling. She is currently a third-year medical student at The Ohio State University College of Medicine. Jessica will graduate with her MD in May of 2019. While she is unsure of which specialty she will pursue, she knows that her focus will be on the care of adults with developmental disabilities. Currently she is considering pursuing specialties in Neurodevelopmental Disabilities, Down syndrome or Autism, and Psychiatry with a focus on Developmental Disabilities.

Check out some of Jessica's accomplishments:

- ⇒ Jessica founded The Ohio State University Students Supporting People with Down Syndrome group (SSPDS). This group heightens awareness, educates students, and advocates on behalf of individuals with Down syndrome and their families while incorporating volunteerism.
- ⇒ Conducted research in the healthcare disparities of Ohioans with developmental disabilities. First author on a manuscript entitled "Health Care Disparities of Ohioans with Developmental Disabilities Across the Lifespan" that will be published in *Annals of Family Medicine* in September 2017 and was recently featured in the *Columbus Dispatch*.



Research Symposium Spawns NEW Scholarship to Support Research Participation

On August 26th, DSACO proudly hosted a Research Symposium that brought together local, regional and national researchers - all of whom are hoping to improve the lives of those with Down syndrome. This event was so inspiring that it prompted us to launch a new scholarship program aimed at providing financial assistance to our members who want to participate in research studies that focus on Down syndrome. Some studies offer financial compensation to participants while others do

not. DSACO wants to empower members to get involved and participate in research! **You will find all of the details, guidelines, and application forms for this new program on our website at www.dsaco.net/scholarships.**

Did you miss this event? Videos of the presentations are available upon request. Please contact Marge Barnheiser at mbarnheiser@dsaco.net to get your copy!

Quarterly “Ask the Specialist” Panel

Thursday, November 16, 2017 - NEW DATE!

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 issues are concerns at a very young age, parents also need to be vigilant of related issues that may arise later in life.

Register at www.dsaco.net.



First Connect Parent Mentor Training

Wednesday, November 15, 2017

6:00- 8:30 p.m. | DSACO Office | dinner will be provided

DSACO offers new parents of babies with Down syndrome the opportunity to connect with trained parent mentors who share the same or similar life circumstances through our First Connect Parent Mentor Program.

Our First Connect Parent Mentors:

- ⇒ Are trained volunteers available to listen, share resources, and provide current and valuable information to a new or expectant parent
- ⇒ Have a child with Down syndrome who is at least 2 years old
- ⇒ Will commit to one year of service to a new parent

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 November 1st. **For more information about First Connect or to request an application, please contact Carey Eash at ceash@dsaco.net or call 614-263-6020.**

Online Etiquette Access Renewed!

Life Skills for You by The Etiquette Factory is a series of 142 short videos available online to enhance etiquette. The videos address everything from proper introductions and the importance of good posture to cell phone etiquette. Videos are most appropriate for middle school ages and older. Each video includes discussion questions and optional “homework” assignments. Access is limited to 25 people so don’t delay! There is no fee for this program.

Register online at www.dsaco.net.



Speaker’s Bureau for Self Advocates Being Formed - Join Us!



Do you enjoy speaking to a group? Do you feel you have something to share with others about living with Down syndrome?

DSACO will be starting a Speaker’s Bureau of self advocates and we’d love to have you be a part of it! Occasionally, we are asked to have a self advocate come and talk to a community group and other times, we’d just like to share some of the awesome self advocates that are a part of DSACO!

Not everyone is comfortable talking in front of an audience - we understand! But with a little preparation and training, you might find a talent you didn’t think you had.

Contact Marge Barnheiser at mbarnheiser@dsaco.net NO LATER THAN October 30 if you are interested. Ages 18+.

DS/ASD Panel to Address Co-occurring Diagnosis at OCALICON

Thursday, November 16, 2017

12:45 p.m. | Greater Columbus Convention Center

OCALICON 2017

OCALI and DSACO are exploring how we can best support both parents and professionals in understanding these co-occurring conditions. One of the strategies determined to be helpful is raising awareness. To that end, DSACO will be hosting a panel discussion at OCALICON to help parents and professionals become more informed. The session is scheduled for **Thursday, November 16, at 12:45pm**. Families can check in at 11:30 a.m., visit the exhibit hall, and attend the session at 12:45 p.m. - all **FREE of charge!**

This session will provide a place for families and educators to explore the unique challenges presented by this dual diagnosis. The panel will include a parent of a child with Down syndrome (DS) and the diagnosis of Autism Spectrum Disorder (ASD), a developmental pediatrician who has diagnosed children with these co-occurring conditions, a transitional physician to address how the co-occurring diagnosis impacts teens, and a special educator with experience serving these children. This session will explore the challenges faced by physicians in diagnosing and treating DS/ASD, by teachers in addressing the academic and social needs of these students, and by families who can often feel like they don't belong in either world.

Register at www.dsaco.net.



Fall Session of P.A.L.S.

Tuesdays, October 17 - November 28, 2017 (no meeting Nov. 21)

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

Fee: \$10 for the 6 week session

Led by facilitator Nichele Lyndes, MSW, LSW, P.A.L.S is a weekly series of fun meetings for teens ages 14-23. P.A.L.S. gives teens and young adults an opportunity to network with peers, develop skills for adult life, and discuss topics that are relevant to them in this stage of life.

Discussion topics may include: having a disability, social appropriateness, the art of conversation, setting goals, healthy eating, gaining independence, and how to deal with grief and loss. Don't miss this amazing opportunity to meet new friends and learn some important skills.

Register at www.dsaco.net.

DSACO Crew Soccer Clinic

Tuesday October 10, 2017 | Rain Date: Wednesday October 11, 2017

6:00 - 8:00 p.m. | Clinic: 6:00 - 7:00 p.m. | Pizza Party at 7:00 p.m.

MAPFRE Stadium (formerly Crew Stadium)

For ages 7+ (siblings ages 7+ are welcome to participate)

Join Columbus Crew S.C. players and Special Olympic coaches for a one-hour clinic and pizza party afterwards.

RSVP to Kim Baich at kbaich@dsaco.net by October 9. Please include all names and ages of all children participating.



Down Syndrome and Fire Prevention Week - Awareness Meets Safety

National Fire Prevention Week is observed the week of October 9. This year's theme for Fire Prevention Week is **Every Second Counts – Plan 2 Ways Out!**

So, why is DSACO promoting Fire Prevention Week? It's important because there really is no way to predict what any of us would do in the event of a fire. We can't predict when or where it might happen. As adults, we like to think that we would be calm, clear thinking and effective. But what about our kids? What would they do – hide, cry, cover their ears, run to find you? None of this is meant to alarm or frighten but rather to encourage us all to help our family be prepared in a time of emergency.

So what can you do? Plenty! Have a family chat about what to do and where to go, check your smoke alarms and fire extinguishers. Practice a fire drill in a relaxed manner and have a Plan B! Think about "what ifs". Take the family and visit your local fire department and help the EMTs get to know your child(ren).

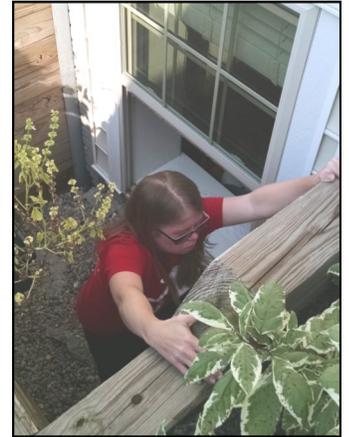
Many counties and local townships have a Special Needs Registry. This is used to assist EMTs in responding to any sort of emergency at your home. It helps them know your child so they can better serve. Ask your local fire department or check out the list of known registries on DSACO's website to locate and sign-up for this service. If there isn't a registry in your area, ask what you can do to get one started!

For our part, DSACO will be arranging informational meetings in the community. The goal is to help our families learn from the experts how to best prepare for an emergency whether it is a fire, flood, power outage, medical emergency or any other situation that might involve emergency services. We'll also be reaching out to remind area EMTs of an online training aimed at helping them become more familiar with the disability community and what their special needs might entail.

DSACO wants to help our families get prepared! We are aware that being prepared for an emergency is thought about with the best of intentions but then life gets in the way and it doesn't happen! So here's your enticement:

Send us a photo or video that reflects your family taking some sort of action to prepare – practicing a fire drill, visiting the local EMTs, etc. – and we'll enter your name into a drawing for one of five \$100 gift cards!

Send your photo or video to Marge Barnheiser at mbarnheiser@dsaco.net no later than October 30th.



Aly Barnheiser practices exiting through a lower level window.

More Down Syndrome Awareness Month Activities!

DSACO celebrates October as National Down Syndrome Awareness Month in so many ways. The Buddy Walk® is huge in raising awareness and captures the attention of so many in the community! In addition, this year book bundles will be distributed to 55 classrooms and school libraries. Down syndrome awareness license plates are now available (have you gotten yours?) due to the efforts of DSACO and other Ds groups in Ohio. DSACO's staff are making outreach visits and bringing free resources to each of our 23 counties - meeting with staff at the County Board of Developmental Disabilities (Early Intervention and Adult Services), Help Me Grow, local school districts, hospitals and even public libraries to bring current information and make connections with as many people and families—as possible.

This year, DSACO will be stepping things up and hitting the airwaves!



Through the sponsorship of AIR FORCE ONE, DSACO will participate in its first ever NBC4 CALL 4 in October! This 90-minute segment is all about Down Syndrome Awareness! In addition to featuring DSACO's opportunities for support throughout Central and Southern Ohio, we will feature the Down Syndrome Adult Clinic at Nisonger Center as well as the Down Syndrome Clinic at Nationwide Children's Hospital. **This exciting collaboration will take place on October 24 from 5:00 - 6:30 p.m. on NBC4—so make sure to tune in!**

Nuestro Rinconcito by Arlene Raya

En cada columna de “Nuestro Rinconcito” vamos a tratar de algo que tiene que ver con nuestros hijos. Para esta edición una mamá ha mandado la excelente pregunta siguiente:

¿Cuáles son las opciones después de la secundaria y a qué edad empiezan a trabajar? ¿Cuándo sean adultos qué programas hay y cómo podemos mantenerlos incluidos en la sociedad?

Primero, debes saber que tu hijo(a) tiene el derecho de permanecer en la secundaria hasta los 22 años. En general, es bueno que se quede allí hasta esa edad para que reciba toda la educación posible y que alcance su máximo potencial. Hay unas excepciones, de las cual hablaremos abajo.

En los años de secundaria, o sea, en los grados 9-12, la ley dicta que tienen que ofrecer a sus estudiantes con discapacidades intelectuales entrenamiento de trabajo. Por ejemplo, en el distrito donde estaba mi hija iban dos días por semana (unas 2 horas cada día) a tiendas, supermercados, gimnasios y otros sitios en la comunidad para practicar trabajar. Así aprendieron lo que era tener un trabajo—que tienes que seguir haciendo tu tarea asignada en el trabajo, que no puedes de repente parar de trabajar, y como debes hablar con tu jefe y compañeros de trabajo. Esas son las habilidades más importantes para mantener un trabajo. Antes de graduarse muchos de los estudiantes en la clase de mi hija ya habían conseguido sus trabajos para después de la graduación (con la ayuda de las maestras).

También en la secundaria, y aun en el la escuela intermedia, ofrecen oportunidades de aprender trabajos allí dentro de la escuela. Por ejemplo, en la escuela intermedia de mi hija su clase estaba encargada de vender los suministros escolares en la tienda de la escuela.

Además del entrenamiento de trabajo en la secundaria, hay varios programas vocacionales en la comunidad que ofrecen entrenamiento de trabajo donde puede acudir tu hijo(a) después de la secundaria. Para que tu distrito escolar pague la matrícula del programa, sin embargo, es necesario que tu hijo(a) salga de su secundaria antes de cumplir 22 años (normalmente estos estudiantes salen a los 18 o 19 años). No pueden graduarse formalmente de la secundaria, pero sí pueden tener una graduación social. Estos programas vocacionales son muy buenos y conozco a varias personas que salieron de ellos y consiguieron buenos trabajos (los programas ayudan con la colocación). La maestra o el maestro de tu hijo(a) y/o el(la) Coordinador(a) de Transiciones en tu secundaria tendrá una lista de estos programas.

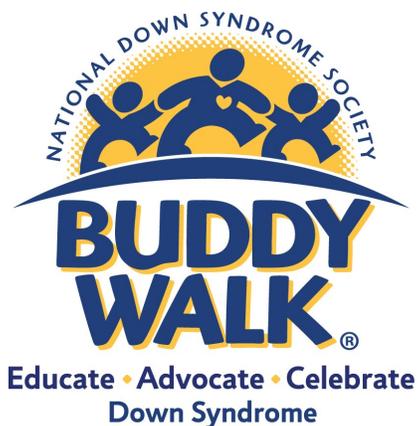
En cuanto a conseguir un trabajo para después de la secundaria, también puedes estar pensando si quizás hay alguien (un amigo personal, un familiar, o tu jefe) que conoces que estaría de acuerdo en dar un trabajo a tu hijo(a). Ten en cuenta que en tales casos el condado ofrece un(a) entrenador(a) de trabajo personal que ayudará a tu hijo(a) a estar independiente en ese trabajo.

Dicho todo eso, no es muy común que uno de nuestros hijos trabaje a tiempo completo (aunque, sí, he conocido a algunos que lo han logrado). Más común es que trabajen 2-4 horas quizás 2 ó 3 días semanalmente.

Así para llenar los otros días pueden acudir a uno de los programas para adultos con discapacidades intelectuales. Cada uno ofrece algo distinto y lo más importante es ver cuál ofrecería lo que le gustaría más a tu hijo(a). Hay estudios de arte, otro sitio donde presentan obras de teatro, otros sitios donde tienen énfasis en deportes y ejercicio físico, otros sitios donde hay programas sociales y excursiones en la comunidad, etc. Hay una gran variedad de estos programas y puedes investigarlos bien antes de escoger uno. La maestra o el maestro de tu hijo(a) y/o tu Coordinador(a) de Servicios del condado tendrán una lista de estos programas.

Todos estos programas están pagados por un Waiver. Si alguien quiere saber más de los Waivers, podemos tratar de este importantísimo tema en otra columna.

En cuanto a tu última pregunta de cómo mantener a tu hijo(a) incluido(a) en la sociedad después de graduarse de la secundaria, pues además de un trabajo en la comunidad, debes seguir incluyendo a tu hijo(a) cuando sale la familia para eventos o excursiones en la comunidad, vacaciones familiares, ir a la biblioteca pública, ir a parques, ir a fiestas, etc. También puedes inscribirle en, por ejemplo, una clase de ejercicio para personas “normales”. Pero, también es importante saber que siempre tendrán sus amigos que también tienen necesidades especiales, y ellos llenarán una parte muy importante de sus vidas. Concluyo diciéndote que tu hijo(a) encontrará su propio camino en la vida lleno de amigos, nuevas experiencias y constante aprendizaje. ¡La vida solamente empieza al graduarse de la secundaria! Seguramente te va a sorprender.



2017 Columbus Buddy Walk® by The Numbers:



> 4,700 people pre-registered for the 2017 Columbus Buddy Walk®



> \$370,000 raised days before the 2017 Columbus Buddy Walk®



DSACO and the Columbus Buddy Walk® had the most media coverage, to date. This year's media partners included: 10TV, Dispatch Media Group, Sunny95, Lamar and Gateway Film Center

2017 Top 10 Fundraising Teams: *As of September 19, 2017

- | | |
|-------------------------------|--------------------------------------|
| 1. Mighty Mallory \$17,113 | 6. Bell Cats \$7,642 |
| 2. Mar's Stars \$13,874 | 7. Paul's Pals \$7,609 |
| 3. Team Alex \$11,315 | 8. Dexter's Wonder Walkers \$6,983 |
| 4. Finn and Friends \$9,661 | 9. Team Erin \$6,033 |
| 5. Team Ethan \$8,643 | 10. Oh! Henry \$6,001 |



Save the Date

SATURDAY, FEBRUARY 3, 2018
 RENAISSANCE COLUMBUS DOWNTOWN
www.dsaco.net/gala

Call for Dancing with Our Stars Gala Committee Members!

Are you interested in being on the planning committee for the 2018 Dancing with Our Stars Gala?

Commitment would be one meeting per month, plus additional time spent on a committee position.

The first Committee meeting is on **Thursday, October 12 at 6:00 p.m.** at the DSACO Offices.

If you plan to attend, please email
 Evanthia Brillhart at ebrillhart@dsaco.net

Self Advocates (18+) we need you! DSACO is currently looking for Self Advocates to perform at the Dancing with Our Stars Gala on February 3, 2018. Join DSACO and Arthur Murray Dance Studio to learn choreographed dances throughout the next few months to be performed at the Gala. **If you are interested in this 10 week commitment —please email Evanthia Brillhart at ebrillhart@dsaco.net—spots are limited to the first 15 ladies and first 15 men who confirm availability and participation!** Please note, practices are typically every Saturday beginning at noon and mandatory. No prior dance experience is necessary!



2nd Annual New Parent Brunch

Saturday, November 4th | 10:00 am – 1:00 pm

Mozart's | 4784 High St. | Columbus, OH 43214

ATTENTION NEW PARENTS!!!

DSACO cordially invites you and your immediate family to attend our 2nd Annual New Parent Brunch. This will be a great opportunity to learn more about DSACO, the resources available to you and meet other new parents.

Please RSVP by October 26 to Carey Eash at ceash@dsaco.net or call 614-263-6020.

DSACO's Annual Holiday Party

Sunday, December 3, 2017

1:00 - 4:00 p.m. | Ohio History Center

800 E. 17th Ave. | Columbus, OH 43211

Fee: \$10 per family, includes lunch

Don't miss DSACO's Annual Holiday Party this year! Join us for music, dancing, holiday crafts and lunch at the Ohio History Center. Bring the whole family for a fun, interactive day filled with exhibits exploring everything from life in the 1950s to extinct and endangered Ohio species to an exquisite collection of restored Civil War battle flags.

Santa Claus will arrive at 2:30 p.m.

Register at www.dsaco.net/holidayparty today to reserve your spot!



Volunteer Appreciation Event

Thursday, October 26 | 6:00 – 8:00 p.m.

DSACO Office

We appreciate everything our volunteers do for us, whether it be leading one of our many resource and activity groups, putting together office furniture, sitting on an event committee, or helping out at any of our numerous events and programs. To thank you for your volunteerism, we are inviting you to our Volunteer Appreciation Event on October 26 at the DSACO Office. Come join the DSACO Staff and other volunteers to mingle, enjoy some small bites and win some prizes. We'd love to show you just how much we appreciate you and everything you do for DSACO.

Formal invitation will be sent out to volunteers, if you have any questions or you'd like to RSVP, please email Evanthia Brillhart at ebrillhart@dsaco.net.

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

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

POWELL // Evening Group

⇒ 2nd Tuesday of the month | 7:00 p.m.
Gallo's | 240 N. Liberty 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.

October 5

Rusty Bucket | 400 Polaris Parkway, Westerville

November 2

The Wine Bistro | 925 N. State St., Westerville

December 7

Giammarco's | 6030 Chandler Ct., Westerville

Group Contact:

Mandy Peterson mandy_6862@yahoo.com
 (740) 501-8206

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

⇒ Due to lack of attendance, we will evaluate how this group might look going forward. If you have any ideas, please email them to info@dsaco.net.

**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.

Get-togethers will be at:

Old Skool Clintonville | 2941 N High St., Columbus, OH 43202

⇒ October 2, 2017 | 6 p.m.

⇒ November 6, 2017 | 6 p.m.

⇒ December 4, 2017 | 6 p.m.

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 | 6:00 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

- ⇒ October 23, 2017 | Topic TBD
- ⇒ November 27, 2017 | Topic TBD
- ⇒ December, 2017 | No meeting during the Holiday Break

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

⇒ October 21, 2017 | 1:30 p.m.—3:30 p.m.

AHA Children's Museum

313 South Broad Street | Lancaster, OH 43130
Admission free for DSACO members 8 and under!

RSVP to Renee by October 18.

⇒ November 18, 2017 | 12:30 p.m.—2:30 p.m.

Jolly Hoppers Indoor Bounce House and Play Center

730 S. Ewing Street | Lancaster, OH 43130

DSACO will provide this experience to our kids with Ds and their siblings under the age of 8. Pizza and drinks will be provided. "Hoppers" must wear socks!

RSVP to Renee by November 15.

⇒ December 2017 | Join us at the DSACO Holiday Party

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

- ⇒ October 14, 2017 Join us at the Pumpkin Patch!
Miller's Country Gardens
2488 St. Rt. 37 West | Delaware, OH 43015
- ⇒ November 11, 2017
- ⇒ December, 2017 Join us at the DSACO Holiday Party

Weekend Play Group Contacts:

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

School-aged Social Group

Social group for school-aged kids with Down syndrome.

Join us for an afternoon of Skating fun!

⇒ Sunday, November 12, 2017 | 4:30 - 6:30 p.m.

Skate America
4357 Broadway | Grove City, OH 43123

Private Group Party includes:

- ◆ Skate Mates Available
- ◆ Lower Music

Children with Down syndrome and their siblings ages 5-12 are welcome to enjoy this event.

RSVP by November 6, 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

- ⇒ October 4, 2017
- ⇒ November 1, 2017
- ⇒ December 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 from 6:30—8:00 p.m. on the dates listed:

Location unless otherwise indicated:

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

- ⇒ October 16, 2017
- ⇒ October 30, 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
Barbara 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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In honor of
Iris' Birthday
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In honor of
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SPECIAL THANKS

The following volunteers were
kind enough to donate their
time to assemble new storage
units for the DSACO office.

Chad Decker
Andrew Garcia
Kenneth McHattie
Brian Stumpo

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

October

Columbus Buddy Walk®

Sunday, October 1 | 9:00 a.m.- 3:00 p.m.
 MAPFRE Stadium

DSACO Office Closed—Columbus Day

Monday, October 9

DSACO Crew Soccer Clinic

Tuesday, October 10 | 6 - 8 p.m.
 MAPFRE Stadium

Fall Session of P.A.L.S

October 17—November 28 | 6:30 –8 p.m.
 DSACO Office

Volunteer Appreciation Event

Thursday, October 26 | 6 –8 p.m.
 DSACO Office

November

2nd Annual New Parent Brunch

Saturday, November 4 | 10 a.m. - 1 p.m.
 Mozart's

First Connect Mentor Training

Wednesday, November 15 | 6 - 8:30 p.m.
 DSACO Office

Ask the Specialist Panel

Thursday, November 16 | 6:30 - 8 p.m.
 DSACO Office

DS/ASD Panel at OCALICON

Thursday, November 16 | 12:45 p.m.
 Greater Columbus Convention Center

DSACO Office Closed—Thanksgiving

November 23-24

December

Annual Holiday Party

Sunday, December 3 | 1 - 4 p.m.
 Ohio History Center

DSACO Office Closed

December 25 - January 2

