

October - December 2016

Awareness | Acceptance | Inclusion

## Down Syndrome Awareness Month Library Packages



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.

### Get Involved! Deadline is October 7!

If you are interested in securing a Library Awareness Package for your child's school, please send the following information to [info@dsaco.net](mailto:info@dsaco.net). (Please put "LIBRARY" in the subject line)

- 1) Name and address of the school you would like DSACO to send an awareness package to
- 2) Name of the student who should be recognized
- 3) 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.

## Down Syndrome Awareness Stories Needed

In honor of Down Syndrome Awareness Month, DSACO is asking you to share your stories about how your child with Down syndrome has been a positive influence in our community! During the month of October, DSACO will begin sharing your stories on our website. The power of sharing your story is immeasurable! Imagine the impact of such a story to a new parent, a teacher, or a physician who happens upon the DSACO website. Instantly, they are filled with a very positive image of people with Down syndrome.

If you have not yet shared your story with us, it's not too late! We'd like to highlight as many as possible, so please send us yours today. We know many of you have had such a moment - a time when you knew your son or daughter changed someone's impression of what Down syndrome meant.

**Please send your story to Evanthia Brillhart, [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net).**

*While we will do our best to recognize every story, DSACO maintains discretion to choose not to share it based on quantity of stories and relevancy to the framed subject matter. By submitting a story, you authorize DSACO to edit your story for relevance and length and share your story on [dsaco.net](http://dsaco.net) and other DSACO social media platforms.*

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### STAY CONNECTED WITH DSACO!

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

 **@DSACO\_Cbus**

 **@DSACO\_Cbus**

## 3-2-1 Update



We recently asked you to tell us your stories of AWARENESS, ACCEPTANCE and INCLUSION so we can share them during October's Down Syndrome Awareness Month. So, here's mine.

Last month, on a whim, I found myself at WWE SummerSlam in Brooklyn, New York, with my brother, Alex. Even though I'm not a huge wrestling fan, I often take Alex to events because of his love and dedication to WWE.

This trip was different -- we actually *met* dozens of pro wrestlers and WWE staff members. And they were INCREDIBLE! Every person who passed by made an effort to talk to my brother ... including superstar Randy Orton, who chatted with Alex for a good 15 minutes. (Feel free to Google him.) Maybe everyone went out of their way because Alex has Down syndrome. Or maybe it's because they could see his true passion for WWE, just like any other crazy fan.

Raising awareness and providing inclusive opportunities for people with Down syndrome is about recognizing that we're more alike than we are different, and it doesn't have to be a big deal. It can be sharing a story. It can be joining a school team. It can be finding a community job. And, yes, it can be making some new friends at SummerSlam.

Here's what's new at DSACO during Down Syndrome Awareness Month:

**3) Follow us on social media and [DSACO.net](http://DSACO.net).** All month long we'll be telling amazing stories of awareness, acceptance and inclusion in our community. I encourage you to share your best stories, even if it's one you hear from a friend or family member.

**2) Book bundles and goodie bags are available.** DSACO wants to help you raise awareness by putting together book bundles and goodie bags that you can take to your child's school. Just give us some information (see page 1) and we'll take care of the rest!

**1) Coming soon: Down Syndrome Awareness license plates.** Thanks to an effort led by State Senator Joe Uecker (along with local State Senators Kevin Bacon and Jim Hughes), a Down Syndrome Awareness Ohio license plate bill will be available just in time for Down Syndrome Awareness Month! And have you SEEN the design? Visit [www.dsaco.net](http://www.dsaco.net) or [www.downsyndromeohio.org](http://www.downsyndromeohio.org) to check it out.

### Meet DSACO's New Program Coordinator



Rachel Berens joined DSACO in August 2016. As a part-time Program Coordinator, she is responsible for managing the iCanBike Camp and the Learning Program Online™. Rachel is also responsible for expanding social, recreational, and academic services to more geographically distant locations within DSACO's service area. Rachel graduated from Ohio University with a Bachelor's degree as a Moderate-Intensive Intervention Specialist in 2014. Her professional work history includes founding and directing No Limits Athletics Tennis Camp (an inclusive sports camp for school-aged individuals) and working as an Elementary

Intervention Specialist in Fairfield County. She has a 19-year-old sister with Down syndrome and lives in Columbus. In her free time, she enjoys reading, hiking, playing and coaching tennis, and volunteering at the Decorative Arts Center of Ohio.



(1) Jenny Cunningham-Fox, Stephanie Leppert and Allison Foose accepted the 2016 Global Foundation Education Grant award on behalf of DSACO on July 21st in Orlando, FL. (2) Program Director, Marge Barnheiser represents DSACO at the ADA Resource Fair on July 28th at the Columbus Commons. (3) The Sansone Family, along with other DSACO members, had the opportunity to attend the OSU Buckeye Football game on Saturday, September 10 as part of the Buckeyes Care program put on by The Kroger Co. (4) DSACO board member, Jamey Chinnock's employer, The GPD Group hosted a golf outing in August and donated a portion of the proceeds to DSACO. (5) zulily invited three DSACO members to participate in a photoshoot for Matilda Jane Clothing on September 2nd.

## DSACO's Faces in the Community Calendar



DSACO's 2017 Faces in the Community calendar is now for sale! Purchase yours today online at [www.dsaco.net/calendar](http://www.dsaco.net/calendar) or visit the DSACO office. Calendars are \$10/each and can be shipped to you for an additional fee.

Thank you to all the families that submitted photos for the 2017 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 part of the National Down Syndrome Congress (NDSC) convention in Orlando this summer, I attended the conference for an international group of medical professionals called the Down Syndrome Medical Interest Group (DSMIG-USA). The DSMIG-USA really highlighted for me what an exciting time it is for Down syndrome! The DSMIG-USA had speakers from a variety of disciplines discuss medical care topics including dental care, educational approaches, scales to evaluate motor development and updates on many other areas of interest. In addition to the wonderful speakers, there were abundant research posters on diverse topics and working groups focusing on adult health care and regression. As part of the working group for adult health care guidelines, I researched and critically reviewed articles related to blood disorders (anemia, thrombocytopenia and macrocytosis) in Down syndrome. I found that there were very few studies on blood disorders in adults with Down syndrome! During my presentation, an interesting point was made about distinguishing iron deficiency and iron deficiency anemia. A study from Duke University Medical Center has shown that iron deficiency can be present before signs of anemia are seen. Some audience members suggested that all patients with Down syndrome should therefore have annual iron studies in addition to the routine blood work for anemia. Iron deficiency can contribute to ADHD and sleep disturbances as well as neurocognitive function, but can be solved with something as simple as an iron supplement. As the investigation continues, it will be interesting to know if many patients have undiagnosed iron deficiency and if it can have any other effects on overall health. After spending time at DSMIG-USA with so many other people who care about helping individuals with Down syndrome I feel truly inspired.

Spread the word about DSMIG-USA: <http://www.dsmig-usa.org/> and invite any medical professionals to join!

### DSACO Introduces New Medical Advisory Committee

To help address the many medical issues related to Down syndrome, DSACO recently created a **Medical Advisory Committee**. The committee is comprised of various medical professionals in the central Ohio area with an interest in Down syndrome. The overall goals of the committee are to aid in communication among the health systems in central Ohio to increase medical outreach, provide guidance about any medically-related programming and educate the community about the medical side of Down syndrome.

The Medical Advisory Committee met for the first time in August. The initial meeting allowed the medical professionals to learn about the current medical outreach that DSACO provides and discuss the need to have a protocol in place for families when a Down syndrome diagnosis is delivered. It is DSACO's goal that every family receives the diagnosis with compassion and leaves the hospital with current and up-to-date information about what a Down syndrome diagnosis means, along with information on local organizations that can provide support.

**We are very excited to welcome and introduce the following members of the DSACO Medical Advisory Committee:**

**Carl Backes Jr., MD**

**Barry Halpern, MD**

**Eileen Maher, MD**

**Richard Baltisberger, MD**

**Nancy Haninger, CNM, MSN**

**Stephanie Santoro, MD**

**Thomas Harmon, MD**

## Down Syndrome Awareness Story Highlights

In response to DSACO's outreach for stories that promote acceptance, awareness and inclusion, Andrea Bartosch—mother of Will, and Alli Martin—mother of Norah, submitted their stories about their children and the inspiration they have been to their communities.



Will has a lot of friends at school and sometimes it is hard for his teacher or aide to transition him down the hall because his 'fans' all want to give him a hug or grab a high-five. Sometimes the hugs can be distracting, so his teacher decided to read the class a book about Down syndrome—to help his classmates treat Will just like they treat their other peers they pass in the hall.

The girl in the book has a friend with Down syndrome and she learns that her friend is her age even though she's smaller and, although her friend can't do some things the same as she can, she can do others even better! At the end of the book Will's teacher asked if anyone had questions and no one raised their hand. She assumed this was because they had missed the point of the book. So she asked if they knew anyone with Down syndrome like in the book...pretty much every kids' hand shot up! They understood, they just didn't have any questions!

**Andrea Bartosch | Mom of Will, age 6—1st grader**

The 2016 Columbus Buddy Walk® is our very first Buddy Walk® that we get to participate in. My family and I are so thrilled and have been working so hard to fundraise and add members to our team, Norah's Force! When DSACO advised they were going to have Buddy Walk® yard signs, I was so proud to display one in my front yard. Not only was I proud, but my neighbors and good friends on our street displayed one too.

Unfortunately, not everyone shares the same pride and someone reported our Buddy Walk® yard sign, along with 5 of my neighbors, to our HOA. I was really disappointed knowing someone felt the need to do that, rather than feeling good knowing a really special little girl had so much support. I posted on my neighborhood Facebook page just to make people aware and I was completely shocked by the outpouring of love and support from neighbors, most of whom I had never even met. People who didn't know my family wanted to display yard signs in their yards to show us support; so I delivered over 40 yard signs that week. There were people who were wanting to donate to our team, help raise awareness, and who even wanted to walk with us. I heard many people say that they were telling people they knew about this sign being reported, as they were really bothered by it, thus continuing to spread awareness about the walk and Down syndrome.

Although this situation wasn't ideal, it ended up doing more good than bad. We were able to educate and raise awareness about the Buddy Walk® to individuals who had never heard of it before, create new friendships, but most importantly it showed us the incredible support we have in our community. #Norahsforce

**Alli Martin | Mom of Norah, age 1**





## 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](http://www.dsaco.net).**

## Dating 101 - Note Location, activities and change of time!

Saturday, October 8, 2016 | 3:00 - 8:00 p.m.

Westerville Rec Center | 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 session with Terri, participants will have dinner followed by access to the pool, the climbing wall, and the Teen Scene room which includes TV, games, pool table and foosball table! **Register at [www.dsaco.net](http://www.dsaco.net).**



## Medicaid Rule Changes, STABLE accounts vs. Trusts, QITS and More

Thursday, October 13

7:00 - 8:30 p.m. | DSACO Office

**FREE seminar but registration is required**

Bill Browning, a certified elder law attorney and Certified Specialist in Estate planning, trusts and probate laws will discuss recent changes to Medicaid rules - specifically those related to increasing the minimum asset level from \$1,500 to \$2,000 and some procedural changes which may require explanation and assistance for families. Even for families who have children in the Medicaid program and on Medicaid waivers, there are changes which they must consider. Mr. Browning will explain the purposes of a QIT (Qualified Income Trust) and when it is needed. **Register at [www.dsaco.net](http://www.dsaco.net).**



### Fall Session of P.A.L.S.

Tuesdays, October 11 - November 15

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

**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 an opportunity to make friends, develop skills for adult life, and discuss topics important to them. 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 great opportunity to meet new friends! **Register at [www.dsaco.net](http://www.dsaco.net).**

### Quarterly "Ask the Specialist" Physician Panels Kick-Off

Monday, November 7

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

**Fee: \$10 per person, includes light dinner**

There are so many times that parents just wish they could pick up the phone and ask one quick question to a specialist. But that isn't often an option...until now! We may not have a hotline to the specialists but we are offering a quarterly opportunity for parents to ask that burning question. Once a quarter, we will assemble a group of local specialists who will offer their time and expertise to address questions related to their profession. We'll try to cover everything from eye and skin care to sleep apnea and aggressive behavior. Each panel will be composed of different medical experts.

We are very excited about this program and know it will be helpful for many of you! The first panel will address ENT, eye, dental and skin questions. **Register at [www.dsaco.net](http://www.dsaco.net).**



## SSPDS Halloween Dance

Friday, October 28

7:00 - 9:00 p.m. | Ohio Union,  
1739 N High St. Columbus, OH 43210

The Students Supporting People with Down syndrome group at Ohio State are hosting their annual Halloween Party! Feel free to dress up in costumes. There will be Halloween-themed games and dancing! Water, soft drinks and snacks will be provided. **RSVP to Ryan Judd at [judd.ryan@ymail.com](mailto:judd.ryan@ymail.com).**



## Your Night Out!

Friday, October 7 | Friday, October 21

Friday, November 4 | Saturday, November 12

***There will not be any Y.N.O. in December due to exams and break***

SSPDS's free childcare program is still running and is bigger than ever now that the students are back for the school year! Parents of children with Down syndrome, ages 12 and under, can sign up to receive free childcare for one weekend evening per month. SSPDS will send two free of charge, capable babysitters who love to support and celebrate kids with Down syndrome, to each household.

Email Eva Juszczuk at [juszczuk.1@buckeyemail.osu.edu](mailto:juszczuk.1@buckeyemail.osu.edu) for more details.

*\*Dates are subject to change so please check in with Eva.*



## DSACO receives 2016 Global Down Syndrome Foundation Educational Grant

The Global Down Syndrome Foundation selected DSACO to receive the 2016 Education Grant for our new *The Learning Program Online* program. The announcement was made at the NDSC Convention in Orlando, FL.

*The Learning Program Online* began in September but it is not too late to register and get caught up!

If you have any questions or would like to register, please contact Rachel Berens at [rberens@dsaco.net](mailto:rberens@dsaco.net).

## Online "Charm" School

Everyone appreciates good manners but sometimes we all need reminders and a bit of practice. DSACO has purchased a series of videos from The Etiquette Factory that can be viewed at any time from your home. Better yet, get a small group together and learn all about proper etiquette together!

There are 142 (yes, 142!) short videos to watch addressing everything from proper introductions and the importance of good posture to cell phone and social media etiquette. Videos are most appropriate for middle school ages and older. Each video is just a couple of minutes in length and includes discussion questions and optional homework assignments.

Our contract limits access to 25 people so don't delay! There is no fee for this program but you will need to register online to gain access.

Go to [www.dsaco.net](http://www.dsaco.net) to register.

## College Fair

Sunday, November 6

1:00 - 4:00 p.m. | Rosa Ailabouni Rm.  
3rd floor // Ohio Union

The Ohio State University

The College Fair will provide information about college opportunities for people with disabilities at several in-state and out-of-state colleges.

## Transition Tool Kit for DS-ASD Parents



ATTENTION DS-ASD PARENTS! Do you have a child on the journey from adolescence to adulthood? Not sure what to do when the school bus no longer arrives each morning? To help ease your fears and to help you and your child prepare for this important Rite of Passage, Autism Speaks has announced the launch of Version 2.0 of the popular Transition Tool Kit and it is available to parents free of charge.

We all know that our thoughts about the future can be daunting. You may feel overwhelmed just thinking about the whole process. Please keep in mind that while the process will take some time, the sooner you start the better. Remember that each young adult with DS-ASD deserves a happy, fulfilling adult life. They deserve to be part of their journey toward independence. It is the hope of Autism Speaks that the Transition Tool Kit will help you during this critical time. The transition timeline is different for each state so be sure to check out the state specific timeline that best meets your needs to help you navigate the process successfully.

The free kit will provide you with suggestions and options to consider as you set out on this journey toward finding your child's own unique path to adulthood. Some highlights of the kit include:

- ⇒ Planning for Transition
- ⇒ Promoting Self-advocacy
- ⇒ Living Independently
- ⇒ Employment and Other Options

**For your free copy of the Autism Speaks Transition Tool Kit, please go to: [autismspeaks.org/family-services/tools-kits/transition-tool-kit](http://autismspeaks.org/family-services/tools-kits/transition-tool-kit)**

Information source: Autism Speaks e-Newsletter

### 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](mailto:rparker@dsaco.net), if you have questions or would like assistance.

### Parents: Don't forget to join the DS-ASD Chatroom

Meets online every 2nd Tuesday of the month 7:00 – 8:00 p.m. *(New Day & Time)*

October 11, 2016

November 8, 2016

December 13, 2016

If you are interested in joining the chat, please contact Regina Parker at [rparker@dsaco.net](mailto:rparker@dsaco.net) or 614-263-6020

**DSACO's Annual Holiday Party****Sunday, December 4, 2016****1:00 - 4:00 p.m. | Grange Insurance Audubon Center****505 W Whittier St, Columbus, OH 43215****Fee: \$10 per family, includes lunch**

Don't miss DSACO's Annual Holiday Party this year! Grange Insurance Audubon Center offers a new, fun atmosphere, while being centrally located. The natural landscape of the Scioto Audubon Metro Park surrounds the center and will provide ample outdoor space to play in the snow and build snowmen, should there be snow on the ground!

Santa Claus will arrive at 2:30 p.m., so remember to bring a wrapped gift for each child who should receive a present from Santa Claus. Enjoy music, dancing, s'mores, lunch and hot chocolate while exploring the Center!

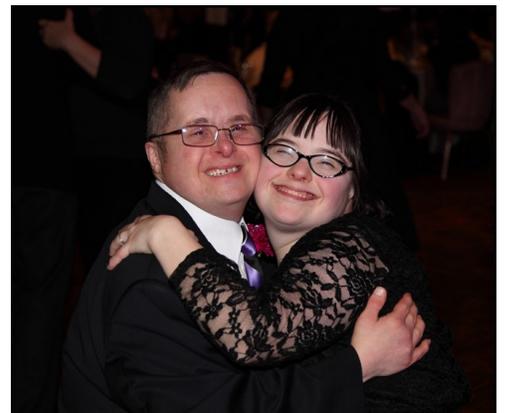
**Register at [www.dsaco.net/holidayparty](http://www.dsaco.net/holidayparty) today to reserve your spot!**

**Save the Date****Saturday, February 4, 2017****Villa Milano Banquet Center****[www.dsaco.net/gala](http://www.dsaco.net/gala)****Call for Dancing with Our Stars  
Gala Committee Members!**

Are you interested in being on the planning committee for the 2017 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 Wednesday, October 12th at 6:00 p.m. at the DSACO Offices.

If you plan to attend, please email  
Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net)



## Columbus Buddy Walk® by The Numbers:



> 4,500 people pre-registered for the 2016 Columbus Buddy Walk®



> \$350,000 raised days before the 2016 Columbus Buddy Walk®



The Columbus Buddy Walk® celebrated it's 15th birthday in 2016



Number of Columbus Buddy Walk® teams that have celebrated all 15 years as a team

## 2016 Top 10 Fundraising Teams:

*\*As of September 21, 2016*

1. Mighty Mallory | \$25,126
2. Team Alex | \$9,466
3. Paul's Pals | \$8,786
4. Team Davis | \$8,289
5. Bell Cats | \$8,071
6. Perfect CADENCE | \$7,946
7. Team Ethan | \$7,473
8. Dexter's Wonder Walkers | \$7,063
9. Oh! Henry | \$6,272
10. Team L J | \$6,160

## Thank you to our 2016 Columbus Buddy Walk® Sponsors!

### Presenting Sponsor



### Gold Sponsors



### Silver Sponsors



### Bronze Sponsors

- Browning & Meyer Co., LPA
- Central Ohio Newborn Medicine, Inc.
- Cricket Wireless
- Crowe Horwath LLP
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- Haman Midwest
- Kohl's
- Lindsay Honda/Lindsay Acura

### Friend Sponsors

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- Central Columbus Civitan Club
- Cake Creations
- City Barbeque
- Columbia Gas of Ohio
- Eastman & Smith Ltd.
- F.O.P. Capital City Lodge #9
- F.O.P Foundation Lodge #9
- GBQ
- Germain Automotive Partnership
- Giant Eagle Market District
- Hickman & Lowder Co.
- Hollywood Casino at Columbus
- J. Gumbo's Delaware
- Just Smiles Family Dentistry
- The Kroger Co.
- Lawrence Orchard
- The Little Donut Shop
- Ohio State Eagles
- The Reida Family
- SarahAnn's Learning Unlimited
- Sato Foundation
- Sims Brothers Recycling
- Starbucks

**NEW THIS FALL! M.O.M.S.****(Mothers Offering Mothers Support)**

Join one or join all for a night out , a morning coffee or a quiet afternoon. DSACO moms will have the opportunity to share stories, needs, concerns and ideas. If you are interested in being added to the M.O.M.S. Facebook group, please email us at [info@dsaco.net](mailto:info@dsaco.net).

**POWELL // Morning Group**

⇒ 2nd Wednesday of the month | 9:30 a.m.  
Target Starbucks | 10560 Sawmill Pkwy.

**Group Contacts:**

Susie Jones                [susiejones429@yahoo.com](mailto:susiejones429@yahoo.com)  
Kim Vega                    [kimvega@gmail.com](mailto:kimvega@gmail.com)  
(617) 512-3392

**WESTERVILLE // Evening Group**

⇒ October 20, 2016 | 6:00 - 8:00 p.m.  
Cardone's Restaurant and Bar | 377 West Main St.

⇒ November 17, 2016 | 6-8 p.m.  
Lomas Del Sol Mexican | 6047 S. Sunbury Rd.,

**Group Contact:**

Adrienne Sturgeon    [adriennesturgeon@gmail.com](mailto:adriennesturgeon@gmail.com)  
(724) 998-4192

**CLINTONVILLE // Evening Group**

⇒ 3rd Thursday of the month | 6:30 p.m.  
The Wine Bistro | 4416 N. High Street

**Group Contact:**

Angela Buddendeck    [Cookieparty@yahoo.com](mailto:Cookieparty@yahoo.com)  
(937) 313-1306

**CHILLICOTHE // Sunday Afternoon Group**

⇒ 3rd Sunday of the month | 3:00 p.m.  
Max & Erma's | 10 River Trace | Chillicothe

**Group Contact:**

Lauren Rauber            [laurenrenee82@msn.com](mailto:laurenrenee82@msn.com)  
(740) 418-9750

**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](mailto:bcfrost816@yahoo.com)  
(614) 307-0232  
  
Alli Martin                 [allimartin111@gmail.com](mailto:allimartin111@gmail.com)  
(614) 571-4242

**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.*

⇒ October 3, 2016 | 6 p.m.  
Gallos Tap Room  
5019 Olentangy River Rd. | Columbus, 43212

⇒ October Outing to MLS Game. Date TBD

⇒ November 7, 2016 | 6 p.m.  
Winking Lizard  
1416 West 5th Ave. | Columbus, OH 43212

⇒ December 5, 2016 | 6 p.m.  
Location TBD

**D.A.D.S. Group Contact:**

Nathan Vega                [nathanvega@gmail.com](mailto:nathanvega@gmail.com)

>>To be added to the D.A.D.S. Group email list, please request at [info@dsaco.net](mailto:info@dsaco.net).

**Interested in coordinating a M.O.M.S. group in the Hilliard/Dublin area?**

DSACO is seeking one or two moms that would be interested in coordinating an evening M.O.M.S. (Mothers Offering Mothers Support) group in the Hilliard/Dublin area.

**Please call the DSACO office at 614-263-6020 or contact Barb Leman at [info@dsaco.net](mailto:info@dsaco.net) for more information.**

## 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

⇒ October 24, 2016

⇒ November 28, 2016

⇒ December *No meeting. Happy Holidays!*

### 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 Saturdays of the month 10:30 a.m. - Noon**

Location unless otherwise indicated:

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

⇒ October 15, 2016 | 10:30 a.m. - Noon

⇒ November 19, 2016 | 10:30 a.m. - Noon

⇒ December 17, 2016 | 10:30 a.m. - Noon

### Eastside Play Group Contact:

Renee Wolfe	renewolfe0812@yahoo.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 15, 2016

Miller Country Gardens (Buying pumpkins to decorate)  
2488 St. Rt. 37 | Delaware, OH 43015

⇒ November 12, 2016

⇒ December 4, 2016

2016 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.*

**Meets once per quarter.**

⇒ Saturday, October 22, 2016 | 4:00 p.m.—6:00 p.m.

Circle S Farms

9015 London Groveport Rd. | Grove City, OH 43123

Admission is \$8/person (under 2 Free)

Website for a list of activities:

[www.circlesfarms.com](http://www.circlesfarms.com)

### School-aged Social Group Contact:

Andrea Bartosch	andreabartosch@live.com (614) 395-1095
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## Teen Social Group

The teen group will be taking a break during this last quarter of 2016.

**Watch for meeting dates in the January 2017 newsletter!**

## RESOURCE GROUPS

### 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 5, 2016
- ⇒ November 2, 2016
- ⇒ December 7, 2016

#### Adult Stamping Club Contact:

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

### 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

- ⇒ October 6, 2016 | Please RSVP by October 4
- ⇒ November 7, 2016 | Please RSVP by November 5
- ⇒ December 5, 2016 | Please RSVP by December 3

#### Spanish Speaking Resource Group Contact:

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

### 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.**

- ⇒ October 11, 2016
- ⇒ November 8, 2016
- ⇒ December 13, 2016

#### DS-ASD contact:

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



Kari Jones	President & CEO	kjones@dsaco.net
Marge Barnheiser	Program Director	mbarnheiser@dsaco.net
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Kim Baich	Program Coordinator	kbaich@dsaco.net
Regina Parker	Program Coordinator	rparker@dsaco.net
Rachel Berens	Program Coordinator	rberens@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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Julie Hurley  
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United Way of Summit County  
US Bank Foundation  
Wells Fargo Community Support Campaign

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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

### October \_\_\_\_\_

**Columbus Buddy Walk**

Sunday, October 2  
Mapfre Stadium

**Columbus Crew Soccer Clinic**

Wednesday, October 5 | 6 - 7 p.m.  
Mapfre Stadium

**Terri Couwenhaven Workshop**

Saturday, October 8 | 9 a.m. - 12 p.m.  
DSACO

**Dating 101**

Saturday, October 8 | 4 - 9 p.m.  
Westerville Rec Center

### October \_\_\_\_\_

**Fall Session of P.A.L.S**

Tuesdays, October 11 - November 15  
DSACO

**Medicaid Rule Changes, STABLE  
Accounts vs. Trusts, QITs and More**

Thursday, October 13  
DSACO

### November \_\_\_\_\_

**"Ask the Specialist" Physician Panel**

Monday, November 7  
DSACO

**First Connect Mentor Training**

Saturday, November 12  
DSACO

### December \_\_\_\_\_

**DSACO's Annual Holiday Party**

Sunday, December 4  
Grange Insurance Audobon Center

### January \_\_\_\_\_

### February \_\_\_\_\_

**2017 Dancing with Our Stars Gala**

Saturday, February 4  
Villa Milano Banquet Center

See a full calendar listing of all upcoming events at [dsaco.net/events](http://dsaco.net/events).

STAY CONNECTED

