



Dancing with our STARS Gala

Down Syndrome Association of Central Ohio

Saturday, February 5 | 6 PM

**Archie M. Griffin Ballroom
at the Ohio Union**

1739 North High Street
Columbus, OH 43210

How YOU can attend:

Individual Registration | \$100

Individual registration includes dinner and complimentary parking, courtesy of Creative Options.

Table of Ten | \$1000

Table of ten includes dinner and complimentary garage parking, courtesy of Creative Options.

Details and registration at:

dsaco.net/gala

Can't attend? Please consider making a 100% tax deductible donation at:

dsaco.net/gala

Join The Down Syndrome Association of Central Ohio as we celebrate our 11th annual Dancing with Our Stars Gala presented by ADS and the GLOW Foundation! Experience an evening like no other as we highlight more than 30 adults with Down syndrome performing professionally choreographed ballroom dance routines for the viewing pleasure of all guests.

DSACO is thrilled to honor Marge Barnheiser as our 2022 Honoree at the Dancing with Our Stars Gala. In October of 2020, after 33 years of service, Marge retired from DSACO. Her lifelong commitment of giving back to thousands of people with Down

syndrome, their families, and the community professionals who serve them, will be celebrated. We are truly proud to honor her legacy at the 2022 Dancing with Our Stars Gala. This event will feature:

- Opportunity to participate in a dance lesson hosted by Arthur Murray Dance Studio
- Hors d'oeuvres and dinner
- Silent auction
- Wine pull
- Gift card grab

4

Winter 2022

PROGRAMMING
& EVENTS

12

Feature Story
CUSTOMIZING LEARNING
TO MEET STUDENT NEEDS

14

MEDICALLY SPEAKING
with Dr. Praveena Dhawale

3/21 UPDATE

Advocacy plays a huge role in the work we do at DSACO but it isn't something you hear about every day.

In November 2021, I was thrilled to accept an appointment to the Ohio Developmental Disabilities Council by Governor DeWine. That is just one avenue for us to advocate on behalf of families. As we lean into the new year, I would like to share some other opportunities in which YOU can help us and join in the fun of advocacy!



Left to right: Scott Fuller and Kari Jones with daughter, Evelyn, Alex Jones, Jeff Jones

3 Every year DSACO joins hundreds of advocates for Developmental Disability Advocacy Day at the Ohio Statehouse. Whether you are new to advocacy or are a seasoned pro, this year's event, which will be held March 2, is a great way to tell your personal story and help affect positive change for Ohioans with disabilities.

2 We will be back—IN PERSON—for this year's World Down Syndrome Day celebration! This year we are excited to share that the event, with its ever-popular Proud to Be Me Fashion Show, will be center court at Polaris Fashion Place on Sunday, March 20. With the heavy foot traffic from shoppers, this event will raise more awareness in the community than ever before!

1 DSACO team members sit on dozens of committees, boards, workgroups, and commissions—at the local, state, and federal level—in order to advocate on behalf of the families we serve. Together, our seat at the table represents you, your family, and a solution-focused approach to the challenges our community faces. That's why it's more important than ever that we continue to hear your stories so we can continue to influence positive change. Our team meets weekly to discuss challenges our families share. It's DSACO's job to fill the gaps in our system, but we can't do it without hearing from you. If you do nothing else for advocacy, please take the first step in sharing your story so we can take the lead for you!

DSACO
President and CEO

Scholarship Opportunities



Did you know that DSACO offers various scholarships to members in our service area to encourage community involvement? Did you know that they renew EVERY year? Below are just a few of the many opportunities available for members who live in the DSACO service area.

RECREATION SCHOLARSHIP | \$200 ANNUALLY

DSACO's Recreation Scholarship program provides financial assistance to individuals with Down syndrome to participate in recreational activities. These activities may include, but are not limited to, organized sports, summer camps, exercise classes, gymnastics and dance lessons.

ANN BARBOUR MUSIC & PERFORMING ARTS SCHOLARSHIP | \$200 ANNUALLY

Ann Barbour Memorial Scholarships are available to individuals with Down syndrome to fulfill their goals in pursuing education in music and the performing arts. Scholarship options include, but are not limited to, piano lessons, college coursework in performing arts, theater classes, and singing lessons.

CONFERENCE SCHOLARSHIP | \$200 PER INDIVIDUAL OR \$400 PER FAMILY ANNUALLY

The Conference Scholarship Fund of the Down Syndrome Association of Central Ohio is designed to assist members who wish to attend conferences of subject matter that are informative and useful to them and/or their family.

EDUCATION SCHOLARSHIP | \$200 ANNUALLY

DSACO's Education Scholarship program provides financial assistance to individuals with Down syndrome to participate in educational activities. These activities might include, but are not limited to, private tutoring, auditing college courses, purchase of educational electronic applications, DSACO's Summer Learning Academy tuition, dedicated communication devices, and fees related to Occupational, Physical and Speech therapies as prescribed by a professional.

A complete listing of our available scholarships and applications can be found on our website www.dsaco.net (search by age group of individual with DS). If you have any additional questions, please contact DSACO at info@dsaco.net or 614-263-6020.

**Please note, household income is not a determining factor in eligibility. We encourage all DSACO members to apply & benefit from these opportunities!*



A Family Series by DSACO Compelling Conversations with Charting the Lifecourse

Session One: Making Safe Supported Decisions

Saturday, March 5 | 9:15 AM–11:15 AM

DSACO Office

Families often worry about their loved ones with a disability being taken advantage of or being abused. Often these individuals are not taught how to recognize what abuse is or know when it has happened to them. Families need to think, talk, and plan how to keep their loved one safe. Individuals with disabilities may need help to understand issues, express preferences, and know who can support them in making safe choices.

Join us for conversations about

- Exploring ways to identify services or community supports that can help your loved one be a safe decision maker



- Building a network that can support your loved one to develop decision making skills
- What resources and supports are available to develop and share your safety plan

For more information email: Kirsti Osborne at kosborne@dsaco.net.

To register: dsaco.net/chartingthelifecourse

This class is free, but spots are limited!

American Sign Language 101

Wednesday, January 26 | 6 PM-7:30 PM

DSACO Office

Columbus Speech & Hearing is working with DSACO to share the benefits of sign language. This one-time class is for any DSACO parents who would like to learn about signing with their child. A Columbus Speech & Hearing ASL instructor will guide you through the who, why, where, how, and when to teach and use signs with your child. This is a great introduction to sign language for families but is not a formal ASL class.

To register: dsaco.net/asl101

For more information: Kirsti Osborne at kosborne@dsaco.net

This class is free, but spots are limited!

Couples Date Night Kit

Fee: \$10

Deadline to Register: Friday, January 21

Pick-up: Wednesday, February 9 | 2 PM–7 PM

DSACO office

Every relationship is hard, but the challenges of parenting can increase the amount of stress on a marriage. That's why we've put together a fun kit for DSACO parents to enjoy a date night in and connect with their partner! Kits will be ready in time for Valentine's Day!

Kits will be Valentine's Day themed and will include:

- Massager and Candle
- Chocolate and Adult Beverage**
- Conversation Cards
- Paint and Sip Activity
- Additional games and activities

To register, you must have a child with Down syndrome and live within our 23-county service area.

*Shipping is available ONLY for those who select that option at time of registration.

**Only those who select to pickup their kits at the DSACO office on Wednesday, February 9th, will receive alcohol (due to shipping restrictions).

To register: dsaco.net/coupleskit

For more information: Kirsti Osborne at kosborne@dsaco.net.



Little Buddies and School-Aged Group Pool Party

Saturday, February 27 | 5:30 PM–7:30 PM

Westerville Community Center – Indoor Pool

350 Cleveland Avenue

Westerville, OH 43082

No matter the weather outside, it's always swimsuit weather at the indoor pool at the Westerville Community Center! Individuals with DS (ages 12 and under) and their immediate siblings are invited to an indoor pool party! Spots are limited and registration is required.

To register: dsaco.net/schoolagedgroup

Little Buddies Playgroup Contacts:

Chrissy Bailey | ctriskett@gmail.com | 614-648-2098

Beth Gelfius | bfgelfius@gmail.com | 614-781-6093

Jessica Dury | jessica@dury.ws | 419-733-3760

School-Aged Group Contacts:

Erin Peebles | erinmpeebles@gmail.com | 614-353-8026

Jenny Gatchell | jennygatchell@icloud.com | 614-595-6195



Virtual Adult Cooking Class

"Cooking with You... and WHO?"

Wednesdays

January 12 & 26, February 9 & 23, March 9 & 23

5:30 PM–6:30 PM*

Virtual on Zoom

Fee: Free OR \$25 Charter Membership (includes an apron)

DSACO is inviting adults with Down syndrome to join us (virtually) twice a month for our virtual cooking class! This 60-minute class is hosted by a guest chef and provides step-by-step instructions on how to prepare a simple recipe from the convenience of your own kitchen. Basic cooking terms, preparation ideas, gadgets, and kitchen safety are all emphasized with the goal of fostering independence and empowering individuals with the skills they need to be successful in the kitchen. A recent survey of DSACO participants showed:

- 100% of respondents said they feel more confident preparing food in their own kitchen.
- 95% of respondents said they are more motivated to cook a meal on their own or with a family member.
- 85% said they are more confident they can safely prepare their own meals.

For more information: dsaco.net/virtualcookingclass

Participants must have access to a computer, laptop, or screen with a camera in their kitchen. A support person is highly encouraged.

****Please note the start time has changed from 5:00 to 5:30 PM for the new year!***



Teens and Adults with DS Pool Party

Sunday, March 13
5:30 PM–7:30 PM

Westerville Community Center–Indoor Pool

350 Cleveland Avenue
Westerville, OH 43082

No matter the weather outside, it's always swimsuit weather at the indoor pool at the Westerville Community Center! Individuals with DS (ages 13 and up) and their immediate siblings are invited to an indoor pool party! Spots are limited and registration is required by March 10.

To register: dsaco.net/teengroup

Teen Group Contacts:

Lisa McCarty
liserahmcc@yahoo.com
614-578-4398

Michelle Ruben
meechruben@gmail.com
614-638-6219



Impact Safety for Teens & Adults

Saturday, March 5 | 9 AM–12 PM

Fee: \$15.00

Ages: 14+

DSACO Office

Looking to improve your confidence and learn to be more aware of your surroundings? IMPACT Safety has a history of successfully teaching personal safety and self-protection skills to people with disabilities. IMPACT's goal is to provide participants with the tools to make choices and take action that will increase their emotional and physical safety.

This program teaches a full spectrum of personal safety skills that include:

- Awareness of self, others, and location
- Setting boundaries with acquaintances and strangers
- Strategies for dealing with bullying or verbal attack
- Identifying ways to get help
- Staying safe while riding public transportation
- Negotiating personal safety with caregivers

To register: dsaco.net/impactsafety

For more information: Steve Potts at spotts@dsaco.net

SAVE *the* DATE

March 2

Developmental Disability (DD) Awareness & Advocacy Day

The Developmental Disability (DD) Advocacy and Awareness Day is an annual event that has taken place for over a decade at The Ohio Statehouse in early March to kick off DD Awareness Month. The event was created to educate and empower Ohioans with developmental disabilities, their family members, and other community allies to come together on a single day to advocate policy issues which impact the lives of people with developmental disabilities.

For more information:
[facebook.com/OhioDDAwareness](https://www.facebook.com/OhioDDAwareness)

March 20

World Down Syndrome Day Celebration

Polaris Fashion Place
 1500 Polaris Pkwy.
 Columbus, OH 43240

Save the date for DSACO's 2022 World Down Syndrome Day Celebration! Join us, as we celebrate inclusively with the community-at-large at Polaris Fashion Place.

For more information: [dsaco.net](https://www.dsaco.net)

June 13–July 14

Summer Learning Academy

DSACO's Summer Learning Academy (SLA) is returning for Summer 2022! With 9 different classroom locations in Central Ohio, the program will run from Monday, June 13th – Thursday, July 14th from 9 AM – 12PM!

Applications for enrollment will open on March 25, 2022.

For more information:
 Emily Callahan
ecallahan@dsaco.net
 614-263-6020 ext. 1035.

August 19-21

DSACO Adult Conference 2022

Cherry Valley Hotel
 2299 Cherry Valley Road SE.
 Newark, OH 43055

Adults 18+ are invited to join the Down Syndrome Association of Central Ohio (DSACO) for a weekend of learning new skills, creating friendships, and having a ton of fun!! Back by popular demand, this year's conference will be held at the Cherry Valley Hotel & Event Center in Newark, Ohio. This charming, newly renovated hotel has king size beds in every room, with beautiful common areas surrounded by gorgeous botanical gardens, a stunning arboretum, and inviting indoor pool.

Join adults with Down syndrome from all over the state to connect with old friends, make new ones, and learn valuable skills along the way.

Registration will open in June 2022.

For more information: Kim Baich at
kbaich@dsaco.net



Celebrating New Arrivals

When a family welcomes a new baby with Down syndrome, we love to celebrate! Our New Parent Welcome Package is one of the ways we welcome and congratulate our new families. Each bag is filled with helpful resources and information on all the programs we offer here at DSACO, our amazing Faces in the Community calendar, books, as well as some gifts for baby!

For more information: Courtney Frost at
cfrost@dsaco.net





DIA DE REYES

El Día de los Reyes Magos se celebra cada 6 de enero en varias partes del mundo, algunos de los países que lo celebran son: España, México, Puerto Rico, Perú, Argentina, Republica Dominicana, Uruguay, Cuba, Venezuela, Alemania, Portugal, Austria, Polonia, etc.

Sucede 13 días después del nacimiento de Cristo, la historia cuenta que desde el Oriente viajaron tres Reyes para homenajear y llevar regalos al recién nacido niño Jesús. Los reyes fueron guiados por una estrella hasta la pequeña ciudad de Belén, lugar donde nació Jesús.

La tradición dice que los tres Reyes Magos llevan regalos a los niños, al igual como con Jesús. Los niños deben escribir una carta a los Reyes Magos indicando que regalos quieren para ese día y deben explicar por qué los merecen. Además de los regalos a los niños, el elemento más común en esta fiesta es la rosca de reyes o roscón de reyes, un bollo dulce en forma circular, que parece una corona, decorada con fruta confitada y azúcar.

Aunque la celebración en cada país puede variar, es muy similar, por ejemplo:

En México, quien encuentre la figura del niño Jesús es bendecido y debe llevarla a la iglesia más cercana el 2 de febrero (Día de la Candelaria). Esta persona tiene la responsabilidad de organizar una cena.

En Puerto Rico, en "La Víspera de Reyes" (la víspera del Día de Reyes), los niños puertorriqueños participan en el corte de pasto/hierba que luego se colocará en una caja que colocarán debajo de su cama. A los niños se les pide que escriban una lista de deseos, que luego se coloca encima de la caja. Con la magia de los reyes el contenido de la caja se convierte en regalos.

En Argentina, los niños se aseguran de colocar un par de zapatos, pasto/hierba y un tazón de agua para los camellos y el pan debajo de su árbol de Navidad. A la mañana siguiente, los niños se despiertan con regalos debajo del árbol.

Para los cubanos, la celebración del Día de Reyes comienza cuando las familias decoran su árbol de Navidad y sacan sus belenes. Colocan las figuras de los reyes más lejos de la exhibición y las acercan al pesebre a medida que se acercan al día.

Esta tradición reúne y brinda alegría a muchas familias...
¡FELIZ DIA DE REYES!



THREE KINGS DAY

The Day of the Three Kings is celebrated every January 6 in different countries around the world, some of those that celebrate it are: Spain, Mexico, Puerto Rico, Peru, Argentina, Dominican Republic, Uruguay, Cuba, Venezuela, Germany, Portugal, Austria, Poland, etc.

It happens 13 days after the birth of Christ, the story tells that Three Kings traveled to honor and bring gifts to the newborn baby Jesus. The kings were led by a star to the small town of Bethlehem, where Jesus was born.

Tradition says that the Three Kings bring gifts to children, just like with Jesus. Children write letters indicating what gifts they want for that day and explain why they deserve them. In addition to the gifts for children, the most common element in this tradition is the Rosca de Reyes or Roscón de Reyes, a sweet bun in a circular shape, which looks like a crown, decorated with candied fruit and sugar.

Although the celebration in each country may vary, it is very similar, for example:

In Mexico, whoever finds the figure of the baby Jesus (hidden in the Rosca) is blessed and must take it to the nearest church on February 2 (Candlemas Day). This person has the responsibility of organizing a dinner with friends and family.

In Puerto Rico, on "La Víspera de Reyes" (The Eve of Three Kings Day), Puerto Rican children participate in the grass cutting that will be placed in a box under their bed. Children are asked to write a wish list, which is then placed on top of the box. By the magic of The Three Kings the content of the box transforms into gifts.

In Argentina, children make sure to place a pair of shoes, grass/ and a bowl of water for camels and bread under their Christmas tree. The next morning, the children wake up with gifts under the tree.

For Cubans, the celebration of Three Kings Day begins when families decorate their Christmas tree and pull out their nativity scenes. They place the figures of The Kings farther away from the exhibit and bring them closer as they approach the day.

This tradition gives joy and brings together many families...
HAPPY THREE KINGS DAY!

La Salud Mental De Nuestros Hijos

Febrero 24 | 5:50 PM-6:50 PM

¿Qué es la salud mental?

Es el estado de equilibrio que debe existir entre las personas y el entorno sociocultural que los rodea, incluye el bienestar emocional, psíquico y social e influye en cómo piensa, siente, actúa y reacciona una persona ante momentos de estrés. ¿Y cómo es que el estrés afecta a nuestra salud? El estrés produce cambios químicos que elevan la presión arterial, la frecuencia cardíaca y las concentraciones de azúcar en la sangre. También suele producir sentimientos de frustración, ansiedad, enojo o depresión.

¿Sabían ustedes que los niños Hispanos tienden a tener problemas de salud mental más frecuentemente que otros niños?

Los invitamos a esta plática virtual impartida por la Dra. Ariana Hoet PhD, Psicóloga Pediatra en el departamento de Psiquiatría y Salud Conductual de Nationwide Children's Hospital.

Esta plática gratuita será virtual, su registro es necesario para obtener el enlace para la reunión.

Si tienen alguna duda por favor contacten a Vanessa Armenta por correo a varmenta@dsaco.net o por teléfono al 614-263-6020 ext. 1060

Reunion Virtual Grupo De Familias Latinas De DSACO

Enero 13 | 6:30 PM-7:30 PM

Marquen la fecha en su calendario para nuestra próxima reunión virtual. Durante esta reunión tendremos una invitada especial sorpresa, si quieren saber de quien se trata los invitamos a registrarse, con su asistencia podrán participar en la rifa de una tarjeta de regalo.

Cualquier duda por favor envíen un correo a varmenta@dsaco.net.

Les recuerdo nuestro grupo en Facebook:

MAMAS LATINAS DE DSACO

Customizing Learning to Meet Student Needs

Learning Aid Ohio Testimonial

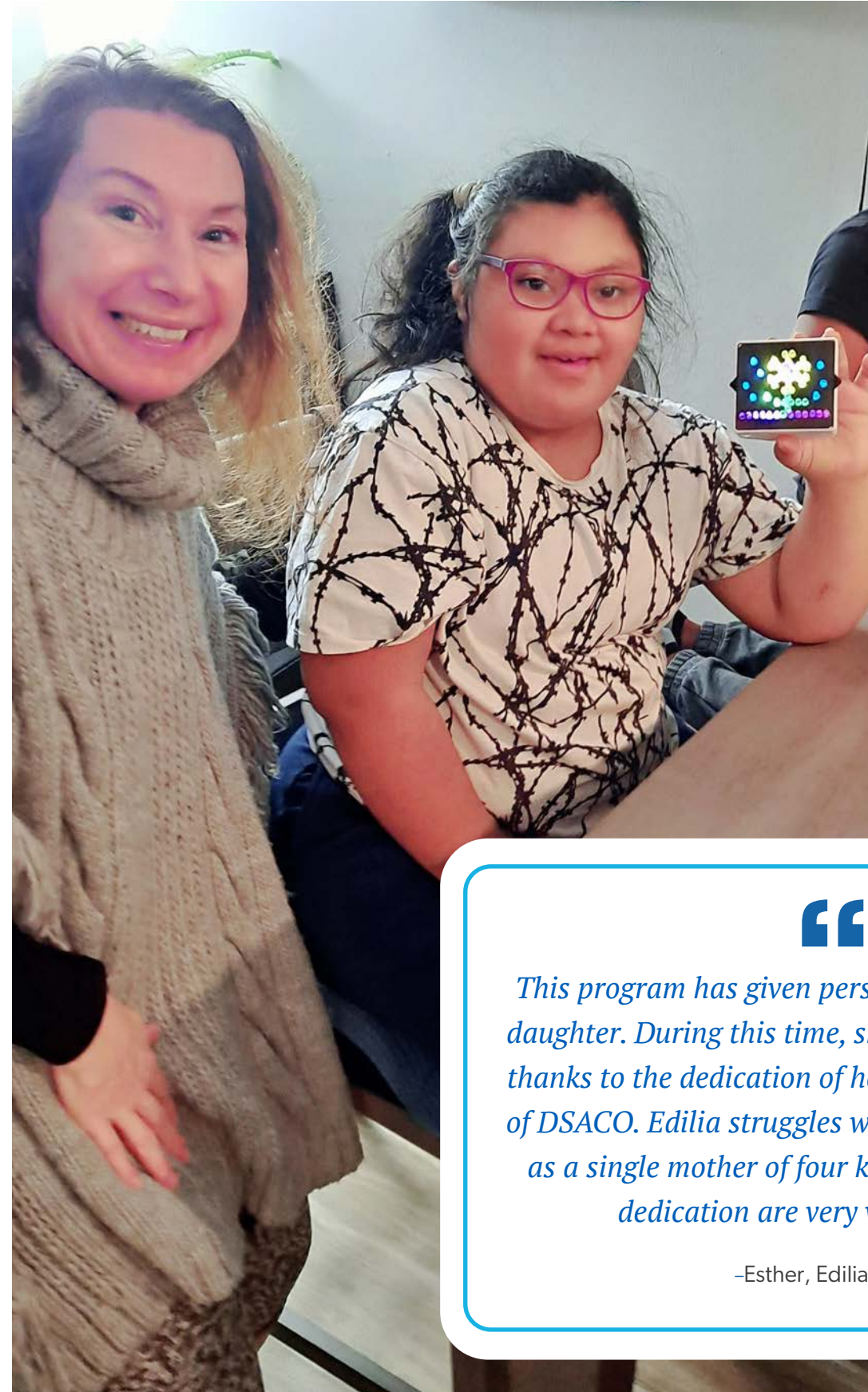
When Learning Aid Ohio tutor Stephanie L first started working with Edilia, she described their sessions as a tug-of-war. Sitting at the dining table in Edilia’s home, Stephanie would do most of the talking and Edilia would occasionally offer up eye contact or perhaps a whispered word. Like many teenage students, Edilia was testing out boundaries. Today, Edilia greets Stephanie at the table with a smile, eager and confident in tackling whatever exciting and engaging lesson Stephanie has planned for their session. She has made gains in academic growth and looks forward to her sessions, as do her siblings who have come to view Stephanie as a welcome addition to their family.

Thanks to generous supporters like CoverMyMeds, Edilia has benefited from Learning Aid Ohio (LAO) for over a year. LAO is a grant-funded program which aims to provide in-person, supplemental learning support for students with IEPs and Section 504 Plans. Developed in response to the pandemic, LAO connects families with qualified tutors who provide 1:1 support to help students stay on track toward their academic goals, specific to their individual needs. The network includes a variety of professionals, including but not limited to intervention specialists, speech therapists, occupational therapists, and general education teachers. LAO has served over 2000 students in 72 out of 88 Ohio counties and paid out over 2 million dollars to tutors for 1:1 educational support since the inception of the program in October of 2020.



Edilia, like so many students, learns best from the comfort of her home and with a tutor who is invested in relationship-building and individualized lesson planning and delivery. Her progress is most evident in her positive attitude about learning – she is having fun, grasping concepts, and thriving in her sessions. Edilia’s mom, Esther, says it best: "This program has given personalized support to my daughter. During this time, she has come a long way, thanks to the dedication of her tutor and the support of DSACO. Edilia struggles with communication, and as a single mother of four kids, the extra help and dedication are very valuable for us." Thank you CoverMyMeds for your generous support! Without it, this intentional focus on Columbus City School students would not be possible.

For more information on Learning Aid Ohio, visit the website www.learningohio.com.



2000 + students served

72 Ohio counties

2 MIL + paid to tutors serving students



This program has given personalized support to my daughter. During this time, she has come a long way, thanks to the dedication of her tutor and the support of DSACO. Edilia struggles with communication, and as a single mother of four kids, the extra help and dedication are very valuable for us.

-Esther, Edilia's Mom



Medically Speaking

with Dr. Praveena Dhawale

The Importance of Routine Well Child Checks (Before, During, and After a Pandemic)

The COVID pandemic has created a lot of issues, among them being a disruption to routine health care. Understandably, parents have been nervous to bring kids in to our offices for fear of exposure to COVID. For parents of children with Down syndrome, this fear can often be even higher. But it is still important for all children to have their routine well child check ups done on time, even more so during this pandemic. As a pediatrician AND a mother, I have seen both sides of the struggle and I wanted to write a little bit more about why it's important to be seen and what kinds of things a lot of practices are doing to make a trip to the doctor feel safe!

Even if your child has been relatively healthy, it is still important to come in for routine visits because there are a lot of things that happen at a check up. First of all, we get to see your child getting bigger and growing up which is part of the fun! It's a chance to have your child's overall growth and development looked at. For a child with Down syndrome, this can be especially critical because we want to make sure they are achieving everything they need to. Sometimes we pick up on other medical issues that may not have been obvious as well. Addressing any of these issues early is the key!

A check up is also a key time to receive vaccines. The vaccines currently recommended are crucial to keeping your child safe from many different diseases, like whooping cough and measles. There has been a concern that so many kids missed their routine vaccines in the past two years, that there could be a resurgence of some of these previously unseen illnesses. Seasonal vaccines against influenza and now COVID can also be offered if your child is old enough to receive them.

So what kinds of things have doctor's offices been doing to keep you safe? Many have designated a certain time of day to see healthy well check ups and separate times for children with illnesses to come in. All health care facilities generally require masking for all kids over the age of 2 years old. We have also limited seating in the waiting areas to promote social distancing. Patients are typically screened in advance to know if they have any risk of COVID or have had any exposures, so we can avoid them coming in during routine office hours. At our office, we have also been cleaning nonstop in our waiting areas and in each room between patients.

Please feel comfortable scheduling your child for their check up if they are due. Your physicians and the staff at their offices are ready and waiting to take excellent care of your children and will be doing everything they can to protect you and your family.

DSACO Partners with Case Western University School of Medicine for the LIFE-DSR Study

We are excited to announce that we have found a new partnership for the LIFE-DSR study! Due to unforeseen circumstances, DSACO will no longer be partnering with the OSU Nisonger Center for this project. Case Western Reserve University, School of Medicine in Cleveland, has graciously stepped up to help us continue our mission of advancing the science to improve the health and lifespan of people with Down syndrome.

What is the LIFE-DSR study? The Longitudinal Investigation For the Enhancement of Down Syndrome Research (LIFE-DSR) is a multi-year, coordinated research study by academic professionals to track and analyze the medical and physical data of 270 adults with Down syndrome. Study participants must be 25 years or older. There is a great need for participants age 35 and older.

Scientists want to learn more about how adults with Down syndrome change as they age. They particularly want to develop tools to measure the changes that are associated with Alzheimer's disease for people with Down syndrome. Scientists experienced in research are conducting the study, along with participating doctors, and the LuMind Foundation.

If you have ever asked: "How can I make a difference?" participating in LIFE-DSR is a great way to help researchers learn more about Down syndrome. New discoveries and breakthroughs in care can- and will- happen, but it will take an ongoing partnership between you, your loved one with Down syndrome, and the dedicated staff who have made Down syndrome medical research a professional priority.

For more information on the LIFE-DSR study, email Kim Baich at kbaich@dsaco.net, or visit:

dsaco.net/research-opportunities



Post-Secondary Scholarships Open NOW

Thanks to the generous support of the GLOW Foundation, DSACO is again offering college scholarships to assist siblings, parents, cousins or other relatives of individuals with Down syndrome who are planning to pursue careers in which they will positively impact the lives of individuals with Down syndrome. People with Down syndrome who are enrolled in a college program are eligible and encouraged to apply!

This year DSACO will be awarding six scholarships.

5 – \$5,000 | 1 – \$2,500

Applications are live on DSACO's website (dsaco.net) and must be received by the Scholarship Committee no later than January 31st at 5 PM. Incomplete applications or applications received after the deadline will not be considered for the scholarships.

Scholarship recipients will be notified the week of March 1st and recognized March 20th for World Down Syndrome Day.

Funds may be used to pay for education expenses such as coursework, tuition, or materials purchased for academic needs – any expense approved by the university.

For more information, contact Emily Callahan at ecallahan@dsaco.net or 614-263-6020 ext. 1035.



Top to Bottom, Left to Right:

La Mega- Program Manager of Diversity Outreach, Vanessa Armenta, honored La Mega Media, (103.1 FM), the largest Hispanic media platform in the state of Ohio, with a 2021 Extraordinary Volunteer award.

The Art of Music- Thanks to the Ann Barbour Music and Performing Arts Scholarship, fifteen children from DSACO participated in a six-week session called "Holiday Hoopla" at the Art of Music, LLC in Lewis Center.

Columbus Buddy Walk 2021- Thanks to everyone who participated in the 2021 Columbus Buddy Walk! More than \$570,000 was raised to support DSACO and we had numerous people celebrate with us both virtually and in person at Fortress Obetz on October 3, 2021.

Gov Residence Roundtable- Our President & CEO, Kari Jones, was honored to join leaders from across the state to participate in a small group discussion with Governor Mike DeWine regarding issues Ohioans with developmental disabilities face.

DSACO *in the* COMMUNITY



DSACO Launching Pilot Project to Promote Adult Literacy

The ability to read is hugely instrumental in health outcomes, housing access, workforce advancement, and ultimately quality of life. Committed to providing a lifetime of opportunities, DSACO is pleased to announce the development of an Adult Literacy Pilot Project, focused on building upon existing reading abilities and addressing foundational gaps in skills to promote improved literacy outcomes.

The goal of this pilot project is to facilitate connections with highly qualified tutors to provide 1:1, in-person instruction based on the specific needs and goals of the adult learner. Over the course of 13 weeks, adult learners will meet with their tutors twice a week to work on their specified goals.

Low literacy impacts all facets of life, from navigating the grocery store to employability – to getting lost in the magic of a good book! This pilot project aims to provide meaningful educational experiences for adults 18+ of all skill levels who are motivated to improve their reading skills.

For information, contact Rachel Heiber at rheber@dsaco.net or 614-263-6020 ext. 1040.



DSACO's New Medically Complex Facebook Group

DSACO's Families with Medically Complex Needs Facebook Group is specific to DSACO families whose children have medically complex needs, including, but not limited to:

- Significant chronic condition in two or more body systems
- Progressive or life limiting chronic condition
- Malignancies requiring active treatment

This is a great way to communicate with other parents to answer questions, celebrate milestones or learn what's available for children with medically complex needs in our Down syndrome community. Don't miss out on an opportunity to communicate instantly with other parents who understand!

Interested in joining? Look for us on Facebook by searching "DSACO Families with Medically Complex Needs", or reach out to Kirsti Osborne, kosborne@dsaco.net. Membership requires approval from the administrator and involves answering a few questions before being accepted.

D.A.D.S. Meets Bi-Weekly | Virtual and In-Person

Monday, January 10 | In Person
Tuesday, January 25 | Virtual

Monday, February 7 | In Person
Tuesday, February 22 | Virtual

Monday, March 7 | In Person
Tuesday, March 22 | Virtual

Brian Stumpo
bstumpo@columbus.rr.com | 614-419-7093

Contact Brian or visit DSACO DADS Facebook group for meeting details.
www.facebook.com/groups/273810587540605

M.O.M.S. – Marion 2nd Saturday of the month | 7 PM

Saturday, January 8
Saturday, February 12
Saturday, March 12

Chelsea Johnson
chelseamjohnson1217@gmail.com
740-751-9079

Dawn Brookes
dawn.m.brookes@gmail.com
231-833-0047

Contact Chelsea, Dawn or visit DSACO MOMS Facebook group for meeting details.
facebook.com/groups/297727160607506

M.O.M.S. – Marysville 3rd Saturday of the Month | 6 PM

Saturday, January 15
Saturday, February 19
Saturday, March 19

Katie Furr
katiel617@hotmail.com

Lauren Roush
lauren.roush1107@gmail.com

Contact Katie, Lauren or visit DSACO MOMS Facebook group for meeting details.
www.facebook.com/groups/297727160607506

M.O.M.S. – Northwest 3rd Tuesday of the month | 6:30 PM

Tuesday, January 18
Tuesday, February 15
Tuesday, March 15

Kelly Kuhns
kellykuhns4@gmail.com | 614-348-1147

Rebecca Decker
familyloveforever@yahoo.com

Contact Kelly, Rebecca or visit DSACO MOMS Facebook group for meeting details.
www.facebook.com/groups/297727160607506

M.O.M.S. – Southeast 2nd Wednesday of the month | 6 PM

Wednesday, January 12 | Zapatas Mexican Kitchen
Wednesday, February 9
Wednesday, March 9

Yirha Torres
dtefamily4@gmail.com | 661.609.3231

Contact Yirha or visit DSACO MOMS Facebook group for meeting details.
www.facebook.com/groups/297727160607506

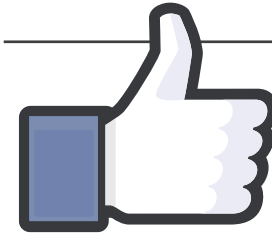
M.O.M.S. – Westerville 1st Thursday of the month | 6:30 PM

Thursday, January 6 | 101 Beer Kitchen
Thursday, February 3 | Bru Burger
Thursday, March 3 | Atlas Tavern

Mandy Peterson
mandy_6862@yahoo.com | 740-501-8206

Beth Stanley
bethstanley321@gmail.com | 859-433-3233

Contact Mandy, Beth or visit DSACO MOMS Facebook group for meeting details.
www.facebook.com/groups/297727160607506



Looking for Seasoned Parents to Join DSACO's Parents of Adults with Down Syndrome Facebook Page!

Last year DSACO sent a survey to all our parents of adults with Down syndrome and discovered that there was a need for a dedicated Facebook page for parents of adults. DSACO Parents of Adults with Down Syndrome Facebook page was launched in early 2021 and currently has a 120+ members. This private Facebook group provides a safe, effective, and efficient way to get fast answers from DSACO staff and other parents. The forum has helped numerous families find physician/specialist referrals, learn about

employment opportunities, hear advocacy updates and much more! The more members we have the bigger the impact we can make for our loved ones and in the community.

Interested in joining? Look for us on Facebook by searching DSACO Parents of Adults with Down Syndrome, or reach out to Kim Baich, kbaich@dsaco.net. Membership requires approval from the administrator and involves answering a few questions before being accepted.

Little Buddies Parent Resource Group

Monday, January 24
6:30 PM – 8:30 PM | Virtual

Kirsti Osborne, LSW, MSW
Director of Family Engagement
DSACO 101

Whether you are brand new to the DSACO family or have been with us for a few years, you'll definitely learn something new about the many amazing resources DSACO has to offer in this informative DSACO 101 overview. Kirsti oversees DSACO's different resource groups and is a wealth of knowledge on all things DSACO, including programs and groups for kids of all ages and all members of the family—moms, dads, and sibs, too. Join us to get the skinny on these groups, learn about DSACO scholarships and programs, and get a sneak peek at upcoming opportunities for 2022. Discover all the ways you can get connected and benefit from everything DSACO has to offer.

Monday, February 28
6:30 PM – 8:30 PM | Virtual

Joe Fox, League Director
The Miracle League of Central Ohio

The Miracle League of Central Ohio offers access to a unique baseball field for athletes with mental and physical challenges in the Central Ohio area. Every summer, the Saturday League gives players from ages 3 to 18 the chance to get into the game in the way

that works best for them. Every player gets a buddy and the opportunity to bat, run the bases, and play in the field. And everyone's a winner, every game. Find out more about this fun way to introduce your child to baseball, connect with other families, and enjoy America's favorite pastime, Miracle League style. Bonus: DSACO offers recreation scholarships to cover the cost of league fees!

Monday, March 28
7:00 PM – 8:00 PM | IN PERSON

Art of Music Studios
129 Orangetown Dr N
Lewis Center, OH 43035
Dawn Byus, Music Therapist, The Art of Music

Join your DSACO family for an interactive session hosted by the director of The Art of Music, an innovative program that uses a combination of music and art to help develop the whole child. Art of Music offers six-week sessions for kids ages 1-21 where kids sing, dance, and create while developing a whole array of critical skills including fine motor and communication, self-esteem, and self-expression. Dawn will treat us to a mini session, LIVE AT THE ART OF MUSIC STUDIO IN LEWIS CENTER! So, bring your littles and the whole family, and plan to join in the fun. (If you are interested in signing up for a six-week art and music session, you can use a DSACO scholarship to cover the cost!)

Little Buddies Contacts:

Tori Whitley
tnwhitley7@icloud.com | 614-937-3554

Whitney Garrett
wpwalker86@gmail.com | 740.590.0739

Contact one of the co-facilitators or visit the Little Buddies-Down Syndrome Parent Resource Group on Facebook for meeting details.
www.facebook.com/groups/339782022866623

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.

1st Wednesday of the month at 6:30 PM

Wednesday, January 5
Wednesday, February 2
Wednesday, March 2

Stamping Club Contact:

Sue Leppert
614.354.0658 | sdlbuckeye@aol.com

Facebook Groups:

DSACO D.A.D.S.
DSACO "Lending" Library
DSACO MOMS
DSACO Parents of Adults with Down syndrome
DSACO School Aged Group
Mamas Latinas De DSACO
DSACO Families with Medcially Complex Needs

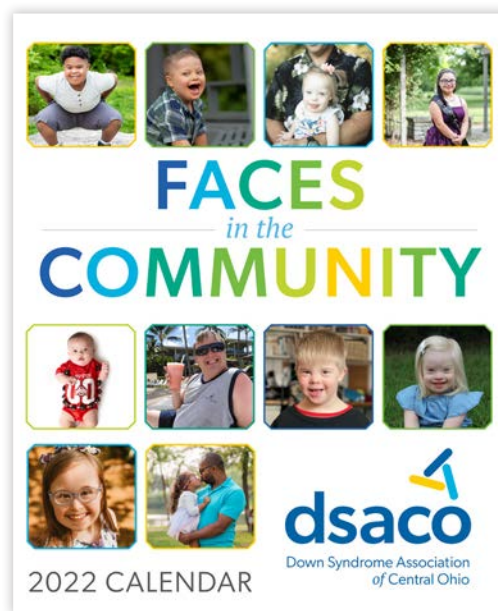
NON-PROFIT ORG.
U.S. POSTAGE
PAID
COLUMBUS, OH
PERMIT NO. 5164

Return Service Requested

2022 CALENDARS ARE NOW ON SALE

We are excited so many of you chose to be included in the 2022 "Faces in the Community" calendar!

Purchase yours today at
dsaco.net/calendar.



Stay Connected!

Stay up-to-date on all the events in your area by visiting dsaco.net.

We are also active on social media! Find us by searching these platforms:



Our Mission: The Down Syndrome Association of Central Ohio (DSACO) was incorporated in 1984 with one purpose in mind: to accomplish our mission. We exist to support families, promote community involvement, and encourage a lifetime of opportunities for people with Down syndrome. We believe this can be achieved by providing families and individuals living with Down syndrome with meaningful, convenient, and unique opportunities to discover independence and to celebrate their achievements.

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 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 510(c)(3) non-profit organization. Contributions are fully tax-deductible.

