

Celebrating A New Chapter in Adult Literacy

Over the past four months, DSACO's Adult Literacy Pilot program has been generating page-turning results. Nine adult learners with a range of reading abilities and a variety of goals signed on to participate in the pilot. And we're excited to report that it has been one of our most rewarding success stories to date!

One learner who works at a restaurant shared that he was not familiar with many of the menu items. His tutor, seeing an opportunity to make this learner more confident at work, developed strategies to teach word recognition and vocabulary development using the restaurant menu. Frittata, anyone?

Another learner came in primarily to work on comprehension. His tutor, an Orton Gillingham certified intervention specialist, helped to identify foundational gaps that have been standing in the way of his full understanding of the text he reads. Tackling core skills is intensive and can be challenging—but well worth the effort, especially when you can see the results on the learner's face. In her



final report, the tutor wrote, "He loves bringing the characters to life and is eager to be the one to read aloud." This is a true testament to the strength of the learner-tutor relationship and the trust that has been built over their time together.

Janelle, the parent of adult learner Michelle, perhaps said it best: "This isn't an easy process, but we are making strides that we thought would never be attainable. What Michelle has accomplished is no small feat, but it certainly gives her confidence that she can learn even more. It's a great experience for Michelle and she continues to look forward to each new session."

With our pilot program in the books, DSACO would like to extend our

gratitude – and share our pride – with all our participants, their families, and the tutors in the program. Joining an initiative like this requires a tremendous amount of vulnerability, courage, and determination. We sincerely believe that there is so much unlocked potential in many of our adults, and we are humbled to play a role in unleashing it.

The waitlist application for DSACO's Adult Literacy Program is now open at dsaco.net. We do not anticipate the ability to serve additional learners until 2023, but we encourage you to fill out the waitlist application now so that we can contact you when funding and capacity allow.

With questions, please contact **Rachel at rheber@dsaco.net**.

Summer 2022

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& EVENTS

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OUTREACH

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2022 COLUMBUS
BUDDY WALK

3/21 UPDATE

Summer is in full swing—and we have so many opportunities to keep you busy and engaged all season long! What are we most excited about? Well, I can't speak for everyone else, but here are my top picks:



Kari Jones with her brother, Alex, at the 2FGR Run for Down Syndrome

3 IEP KITS! If you know DSACO, you know we LOVE kits. MOMS Kits, Date Night Kits, Up for Fun Activity Kits; they're accessible to our entire service area thanks to the free shipping DSACO provides. And who doesn't love getting something in the mail? This summer parents and caregivers will have the opportunity to register for our new IEP Kits and receive them as their students' IEP dates approach. We can't wait to equip you with a little emotional and technical support as you navigate these big meetings!

2 ADULT LITERACY PROGRAM. Reading is a skill that we believe is fundamental to a more independent and fulfilled life—and that's why we are thrilled to see the amazing results coming out of our Adult Literacy pilot program. As many of you know, this program hits close to home for me because of the tremendous impact it can have for people with Down syndrome, like my brother Alex, who loves living out on his own. I'm excited to see this program continue to take shape and continue to enhance more lives!

1 RECHARGE TIME. In an ongoing pursuit to manage a healthy work-life balance and mental health, I will be taking a short sabbatical later this summer. While I love the way my personal and professional life often intertwine, (which I often affectionately refer to as my "work-life blob,") I recognize that it cannot and should not be a badge of honor to work 24/7. The pandemic has taken a toll on so many of us, and I am not immune to that impact. I look forward to some time away with family to reset. And I look even more forward to returning refreshed and ready to dream more, build more, and do more with renewed energy and perspective.

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President and CEO

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Down Syndrome Association of Central Ohio

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Office Hours:

Monday - Friday

9:00 AM - 5:00 PM

**Building closes at 3:00 PM on
Fridays during the summer*



2022 Golf Classic

Reverse Raffle

DRAWING TAKES PLACE:

Monday, July 18

COST: \$50 per ticket **-or-** 3 for \$100

Join in the fun FORE good by purchasing your way into DSACO's upcoming Reverse Raffle! Only 400 numbered tickets will be sold, increasing your odds of winning awesome prizes! The last ticket drawn will win the grand prize of a YETI Tundra 65 Hard Cooler filled with \$300 worth of alcohol (including rare bottles of bourbon), plus a \$500 cash prize (total value of \$1,100)! **You do not need to be present to play or win!**

For more information and to register, please visit dsaco.net/golfclassic.

2022 Adult Conference

Let's Fill Our Buckets!

August 19 - 21

Cherry Valley Hotel
2299 Cherry Valley Road SE
Newark, OH

COST: \$50

Registration Deadline: Friday, July 29

Mark your calendars and plan to get away for a weekend of luxury, friends, and tons of fun. In 2022, DSACO is hosting our annual Adult Conference in person at the recently renovated Cherry Valley Hotel (formerly Cherry Valley Lodge). This charming hotel offers king size beds in every room with common areas beautified by lush botanical gardens, a stunning arboretum, and an 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.

Register ONLINE at dsaco.net/adult-conference.

For registration assistance, contact Boo Krucky, Program Coordinator of Teen & Adult Services, at ekrucky@dsaco.net or at 614.263.6020 ext. 1070.



2022 Adult Topics:

- Supported Decision-Making
- Planning Your Future
- Remote Supports and Assistive Technology
- Movies with Meaning
- Brain Boosting Activities

2022 Parent Topics:

- Promoting Independence of People with Down Syndrome with Stephanie Santoro, M.D., Clinical Geneticist at MassGeneral Hospital and Assistant Professor at Harvard Medical School
- Brain Health – Bringing It Home
- Remote Supports and Assistive Technology

Ready, Set, Go to Your Next IEP Meeting with Confidence!

Introducing IEP Kits

Whether you've been to an IEP meeting before or just heard the stories, you probably know that the process can be a bit overwhelming. DSACO wants to help make these important meetings as productive and beneficial as possible. Through our ongoing partnership with Ashley Barlow—teacher, lawyer, advocate, and mom of a child with DS—we are thrilled to provide IEP kits designed to encourage and empower families and students getting ready for an IEP meeting.

Watch for the IEP Kit request form coming from DSACO at the end of July. The form will explain how to register. Beginning in August 2022, registered families will receive a complimentary IEP kit approximately one month before



their student's scheduled IEP meeting. All families receiving a kit will also receive a survey. Please complete the questionnaire to help DSACO expand and improve this important new program.

Questions or suggestions?

Please contact Emily Callahan at ecallahan@dsaco.net or by phone at 614-263-6020 ext. 1035.

iCan Swim Camp – Volunteers Needed

July 18 - 22

Pickaway County Family YMCA
440 Nicholas Dr. | Circleville

DSACO is looking for a few more volunteers for the iCan Swim Camp. Volunteers must be at least 15 years old and able to attend all five days during the same session time. Volunteers provide physical, emotional, and motivational support to their assigned swimmer. Volunteers must be able to swim and be comfortable in the water.

Interested in volunteering?

Please visit dsaco.net/icanswim.



D.A.D.S. Group Outreach Event:

Clippers Game

Friday, August 5
7:05 PM

Huntington Park
330 Huntington Park Ln | Columbus

Are you looking for a fun Friday night to connect with other DSACO Dads? If so, DSACO wants to take you out to the ball game at Huntington Park. Watch the Columbus Clippers take on the Rochester Red Wings and enjoy a Friday night in the city. Fathers will receive a ticket and \$10 in Clippers Cash to spend during the game.

The event is free, but registration is required, and spots are limited!

Register by July 21 at dsaco.net.



D.A.D.S. Group Contacts:

Brian Stumpo
bstumpo@columbus.rr.com

Justin Whitley
whitleyj@icloud.com

Potty-Training Seminar

Saturday, August 6
9:30 AM - 12:30 PM

Hilliard Library | Meeting Room 1A
4500 Hickory Chase Way | Hilliard

COST: \$10 per family

Emily Carruthers, M.A., with Collaborative Educational & Behavioral Consulting, will use the principles and procedures of Applied Behavioral Analysis to teach DSACO parents how to implement a successful potty-training intervention. Participants will learn about identifying their child's readiness, reinforcement strategies, visual interventions, schedules, and the importance of consistency.

A light breakfast and refreshments are included. Register by August 3 at dsaco.net/pottytraining.

For more information, please contact Kirsti Osborne at kosborne@dsaco.net.





New Parent Brunch

Saturday, July 23
10:00 AM - 12:00 PM

Mozart's Cafe
4784 N. High Street | Columbus

We are excited to welcome and celebrate our new parents! This event is designed for parents who have babies with Down syndrome born in 2021 and 2022. Enjoy brunch and get to know your fellow DSACO new parents.

Invitations will be sent out soon.

School Aged Social Group Outreach Event:

Pool Party

Thursday, August 11
5:00 - 8:00 PM

Camp Mary Orton Pool
7925 N. High Street | Columbus

DSACO wants to host one last pool party before summer ends and school starts. Individuals with Down syndrome (ages 5 - 12) and their immediate siblings are invited to make a splash with us at the Camp Mary Orton pool. Dinner is included!

The event is free, but registration is required, and spots are limited!

Register by August 8 at dsaco.net/schoolagedpoolparty.

School Aged Group Contacts:

Jenny Gatchell
jennygatchell@icloud.com

Erin Peebles
erinmpeebles@gmail.com





8 Week Beginners Sign Language Program

Mondays, September 19 - November 7
6:30 - 8:00 PM

Virtual

COST: \$50

DSACO's education scholarship can be used to cover the cost of this program.

Columbus Speech and Hearing (CSH) is offering a sign language class designed especially for DSACO parents. This eight-week class will provide a foundation for communication via sign language. In addition to learning signs that will easily fit into your child's routine, lessons will include the importance of sign language as a tool for communication with your child, best practices for incorporating signs into daily activities, and insight from speech and hearing professionals regarding milestones and red flags in your child's speech, language, and hearing development.

While the class is not a traditional American Sign Language (ASL) class, it does provide foundational skills that interested participants can continue building upon in future CSH ASL courses.

Need to miss a week? No worries. Class recordings will be available for viewing for a full week after each class.

Spots are limited, so please register before Thursday, September 15 at www.dsaco.net. For more information: Kirsti Osborne at kosborne@dsaco.net.

SuperSIBS 4-Part Series

With Brian Donovan

TEEN SIBLINGS

Ages 12-16

Tuesdays

September 6

September 20

October 4

October 18

TWEEN SIBLINGS

Ages 8-11

Tuesdays

September 13

September 27

October 11

October 25

7:00 PM | Virtual

DSACO is so excited to welcome back Hollywood actor/director and sib Brian Donovan to facilitate two separate sibling workshops for our teen and tween DSACO siblings. Brian has been in Hollywood for 30 years and is the director of the award-winning documentary, *Kelly's Hollywood* (currently on Amazon Prime). The film highlights Brian's relationship with his sister Kelly, who was born with Down syndrome.

Brian will lead our sibs on exploratory discussions about the good, the bad, and everything in between about being a sib. This is our sibs' chance to be the star of the show and let it out with support and without judgement.

Registration is free for DSACO members and can be found at www.dsaco.net.





Book Bundles are Back!

Request Your Books for Down Syndrome Awareness Month 2022

Celebrate Down Syndrome Awareness Month by sending age-appropriate books and an awareness package to your student's school. Materials will be delivered or mailed to the school to display during the month of October. DSACO will send the Book Bundle on behalf of the students in the school who have Down syndrome and their families. There is no cost to you to have a Book Bundle and awareness package sent to your child's school.

Watch for the registration link on the DSACO website starting **August 1**. Registration must be completed by August 31. To nominate your child's school/teacher to receive a Book Bundle and awareness package, please provide the following information when you register:

- Name of the student to be recognized
- The student's grade level (*Elementary, Middle or High School*)
- Name and address of the school receiving the Book Bundle
- Name and email address of the teacher receiving the Book Bundle (*Optional*)
- A personal note from your student and/or family to send along with your package (*Optional*)

Got a great read in mind?

If you have a book recommendation for this year's Book Bundle, please contact Emily Callahan at ecallahan@dsaco.net or by phone at 614.263.6020 ext. 1035.

SAVE *the* DATE

October 2 | 9:00 AM - 2:00 PM

2022 Columbus Buddy Walk®

Fortress Obetz

2015 Recreation Trail
Obetz, OH

The Columbus Buddy Walk is more than a walk, it's a family reunion! Whether you have Down syndrome, know someone who does, or just want to show your support, we invite you to join us for the biggest celebration of the year on October 2!

Create your team, register to walk, or donate today at columbusbuddywalk.org.

New Parent Welcome Ceremony at the 2022 Columbus Buddy Walk

DSACO is excited to recognize and celebrate all our new babies and families at the 2022 Columbus Buddy Walk. If you welcomed a new baby with a DS diagnosis during the past year, please watch for an invitation and more details to come regarding this special celebration. We look forward to honoring YOU and hope you will join us on this special day!

December 10 | 9:00 AM - 12:00 PM

2022 Holiday Party

Ohio History Center

800 E 17th Avenue
Columbus, OH

You're invited to DSACO's Annual Holiday Party. Enjoy breakfast, crafts, and a visit with Santa at the Ohio History Center. Bring the whole family for a fun morning with the DSACO community. And spend some time exploring the Center's many exhibits featuring everything Ohio, from life in the 1950s, to the nature of our great state, to Ohio through time.

For more information visit dsaco.net.



Black and African American Outreach Group Cookout at Linden Park

July 30
2:00 – 6:00 PM

Linden Park
1254 Briarwood Ave. | Columbus

Down syndrome uniquely affects Black and African American families. Let's discuss the disparities we face as a community while sharing some great food and good fun. Please join the Black and African American Families of DSACO for a cookout at Linden Park. Bring your beautiful families for food, games, music, and casual conversation about this incredible journey we are embarking on together. We can't wait to meet all of you and share our experiences as we build new and lasting relationships.

Please register by Friday, July 22, at www.dsaco.net.

If you have any questions, please feel free to reach out to Martin Hopkins at mhopkins@dsaco.net or by phone at 614.263.6020 ext.1080.

Join our new Facebook group for DSACO's African American Community.
facebook.com/groups/3405662016225747

Black and African American Outreach Group Virtual Meeting

September 16 | 7:30 - 8:30 PM

Virtual on Zoom

Staying connected and engaged is important! Mark your calendars for the next Black and African American Resource Group virtual meeting and join your fellow DSACO families for some great conversation. Each family that registers and attends will be entered in our raffle for a \$35 gift card!

This event is free, but registration is required.

If you have any questions, please contact Martin Hopkins at mhopkins@dsaco.net or by phone at 614.263.6020 ext. 1080.

Reunión Virtual Familias Latinas de DSACO

14 Julio
6:30 – 7:30 PM

Virtual en Zoom

Sigamos conociendo y creando lazos de apoyo en nuestra comunidad, los espero en la próxima reunión virtual del Grupo de Familias Latinas de DSACO.

Con su registro y asistencia podrán participar en la rifa de una tarjeta de regalo de \$35 dólares.

¡No olviden unirse al grupo FAMILIAS LATINAS DE DSACO en Facebook!

Picnic de Verano

3 de Agosto
10:00 AM - 2:00 PM

Griggs Reservoir Park - Shelterhouse 6
3100 Thoburn Ave. | Columbus

¡Queremos celebrar con ustedes este verano, DSACO se complace en invitarlos a nuestro picnic para Familias Latinas!

Está comprobado que las actividades al aire libre reducen los niveles de estrés, ven y desconéctate de la rutina disfrutando esta mañana conociendo y conviviendo con otras familias Latinas, tendremos lotería, actividades para los niños, pinta caritas y tatuajes. DSACO proveerá la comida y bebidas no alcohólicas.

Este evento es gratuito para nuestro miembro con Síndrome de Down y su familia inmediata (papás y hermanos), su registro es indispensable antes del 3 de agosto.

Si están interesados en asistir y necesitan apoyo para transporte, o tiene alguna pregunta, comuníquese con Vanessa Armenta por correo a varmenta@dsaco.net o por teléfono al 614-263-6020 ext. 1060





Medically Speaking

with Dr. Murugu Manickam

The Newest AAP Guidelines for Down Syndrome: What's Changed—and What Hasn't

Since 2001, the American Association of Pediatrics (AAP) has published expert guidelines for the care of children with Down syndrome. This was one of the first times that the AAP created specific guidance for pediatricians for specific conditions, and the guidelines have since become a role model for many other disorders. The recommendations were updated in 2011 and recently updated again in April 2022. I know from having seen behind the curtain that this process started in 2016.

I think the most important fact is that the guidelines did not substantially change, a testament to Dr. Marilyn Bull who spearheaded the 2001 and 2011 guidelines. Many of the screens recommended then continue to be on the list today, including early screens done following diagnosis (checking the blood count, checking thyroid function, and checking the heart) as well as screens recommended throughout childhood. The 2011 guidelines introduced the annual check for thyroid status, getting a sleep study by age 4, as well as some guidelines for symptomatic screening. All of these remain in the 2022 guidelines.

One of the most substantial changes in 2022 does not directly affect most of you, but it is exceedingly important, and some of you had an important role in bringing the change about. Based on Dr. Stephanie Santoro's work with

DSACO and families in Ohio, new recommendations on how to talk to families about a diagnosis have been incorporated into the guidelines. These recommendations will surely make a difference for new families as they begin their journey.

Of course, we have learned more and more about the care of children with DS over the past several years. Some of the most recent data has now been incorporated in the guidance. Highlights include:

- **Annual x-ray screening for neck bone instability is no longer recommended.** This has been practice, but not codified until now. We have seen data that x-rays both under-report and over-report vertebral instability. It is much more important to consider the symptoms: neck pain, loss of fine motor skills (such as handwriting or stumbling while walking), and pins and needles in the hands/feet, all of which are reasons to prompt a screening. But regular screening provides little value and exposes children to unnecessary x-rays. Special Olympics has moved away from requiring this screening for athletes.
- **Screening for anemia/low iron in children with DS.** This is probably the most substantial change. Iron deficiency anemia is common and often underdiagnosed because the main screen used is the

blood count—both looking at the number of red blood cells and their size. Usually, iron deficiency anemia causes the red cells to be small. However, children with DS have slightly larger red cells as a baseline, so the size is not a good marker. Based on a consortium that includes NCH and OSU, it was found that checking the iron levels directly was much more accurate and could prevent the side effects of anemia such as fatigue, sleep issues, and other health problems. The new recommendations are to check either:

- Ferritin (a way that iron is stored) AND total iron binding capacity OR
- Transferrin (another way iron is carried and increases when iron levels are low) AND CRP (because transferrin can go up with any inflammation).

Since most children with DS should be getting annual CBC and thyroid studies, it should not require an extra blood draw to check these levels.

- **Symptom workups.** The new guidelines include some more specific information about working up specific symptoms such as work up for celiac disease, changes to behavior, and concerns about exploitation.

In combination with the Adult DS Guidelines published last year, these guidelines provide the most up-to-date information about the care for people with Down syndrome. Our friends at the Western Pennsylvania DS Association with Dr. Kishore Vellody have an excellent podcast with Dr. Bull reviewing the guidelines. Check it out at: <https://www.chp.edu/our-services/down-syndrome/podcasts>.

How You Can Help

Being part of research studies will move guidelines like this forward, so I would encourage you to volunteer if appropriate for you and your family. The consortium to which OSU and NCH belong is providing valuable information about rheumatoid arthritis, diabetes risk, and immunizations that will be reflected in the next set of guidelines.

DSACO is working with various physicians' group around the Columbus area and more broadly to disseminate this information. The guidelines are available through DSACO. Please encourage your healthcare providers to reach out, and we can provide information as they might need.



Based on Dr. Stephanie Santoro's work with DSACO and families in Ohio, new recommendations on how to talk to families about a diagnosis have been incorporated into the guidelines. These recommendations will surely make a difference for new families as they begin their journey.



New Parent Couples Counseling

Having an unexpected Down syndrome diagnosis can bring along many different emotions. DSACO wants to help you get connected with a licensed professional who can guide you through this journey. DSACO offers couples counseling to parents of children with Down syndrome who are less than one year old. The counseling is uniquely designed to support you in adjusting to your child's diagnosis and working through those early emotions.

DSACO will cover the cost of three counseling sessions with a professional who is committed to working alongside us as we help support you during your child's first year. Sessions will take place virtually to help accommodate for childcare or time constraints.

If you feel this may be beneficial to you, or you and your partner, please visit our website for more information or contact Courtney Frost at cfrost@dsaco.net.

What's Your Reason to Walk?

Join us at the 2022 Columbus Buddy Walk®!

DSACO families are gearing up for the **2022 Columbus Buddy Walk** taking place **Sunday, October 2, 2022, at Fortress Obetz from 9AM - 2PM**. No matter if this is your first year or your 20th, there are limitless reasons why the Buddy Walk is a can't-miss event. With so much to celebrate and plenty of entertainment for one and all, we can't wait to see everyone in person this year.

Here's what some of our Team Captains shared about why they walk and what makes the Buddy Walk special to them.

LUCKY BUDDIES AVA & FIONA

The Lucky Buddies Ava & Fiona team has been walking the walk for several years. This unique Buddy Walk team is a co-team. Gabrielle Bachman, mom of Ava, says that her favorite part of the Buddy Walk is getting to see so many other great DSACO families along with her own family, friends, and supporters, all in one setting. During the Buddy Walk fundraising season, many generous friends, family, and businesses donate to the team. Lucky Buddies Ava & Fiona has hosted a garage sale and lemonade stands to help raise money. Both of the team's families participate in many of DSACO's programs throughout the year.

THE XANDER EXPERIENCE

The Xander Experience team is celebrating its 21st Buddy Walk this year! This is a day that is and always has been all about Xander. The team makes it a point to have his favorite foods and all his favorite people on site for the walk. Just a few of the fundraising initiatives hosted in past years include backyard BBQs with a donation jar, selling pulled pork and drinks at the neighborhood yard sale, and finding ways to get co-workers involved. The Xander Experience has counted on DSACO programs for many types of support over the years. Most recently, Xander participated in the Adult Literacy Pilot, where he met with a tutor to keep building his reading skills. The family has attended the Adult Conference, where they benefited from a wealth of new

information. As Xander transitions to adulthood, he and his family continue to look to DSACO for information and support as he works toward independent living. The best advice they can give to new Buddy Walk teams is to HAVE FUN!! Enjoy the day celebrating your loved one.

CALENDAR of EVENTS

August 9

Team Captain Meeting at Fortress Obetz

September 1

Last day to be guaranteed a t-shirt with registration

September 24

Team Captain T-Shirt Pick Up Day at the DSACO office from 10:00 AM - 2:00 PM

September 30

Last day to register online

Register at:

www.columbusbuddywalk.org

SUPERGIO

The SuperGio team experienced its first year at the Buddy Walk last year. They weren't sure they were going to make it because Gio had open heart surgery just the month before. But they were all able to attend and so grateful they did. Having their entire family, friends, DSACO families, and cheerleaders from all over central Ohio support-

ing Super Gio on the team's trek around the field brought tears to his mom's eyes. And everyone had goosebumps the entire time. As first-time fundraisers, the SuperGio team leveraged social media, sending the team's fundraising link out to all their family and friends. They also reached out to some local coffee shops who generously sponsored Gio by donating breakfast for the team. SuperGio walks to give back to an organization that has given so much to them. When the family was at the hospital with Gio for his open-heart surgery, they received a delivery with many meaningful items to use during their stay and a beautiful heart charm necklace as a symbol of hope. Their advice to other teams? "Aim for the highest goal possible and do not ever doubt that you will hit it! Keep letting the community know how amazing DSACO is and how all donations benefit our awesome kids and their families."

Register your team today!

Whatever your reason, and whether this is your first walk or your 21st, we hope you will join us to celebrate the EXTRAordinary person with Down syndrome in your life. Register today at columbusbuddywalk.org.



SuperGio McGee and his sister, Alex, at the 2021 Columbus Buddy Walk



Keep letting the community know how amazing DSACO is and how all donations benefit our awesome kids and their families.

– Jenny, Gio's Mom



A Little Extra Learning Goes a Long Way

A Learning Aid Ohio Success Story



Logan and his tutor, Sylvia, working on letter tracing.

For the past six months, Logan, a soon-to-be third grade student in Champaign County, has been using the Learning Aid Ohio program to book one-to-one tutoring sessions with learning provider Sylvia K. Even after a jam-packed day at school, Logan's mom Stephenie says that Logan eagerly waits at the door for Ms. Sylvia to arrive. "She is so intuitive. She uses a lot of different strategies and materials to keep Logan motivated and engaged. She has a structured lesson plan for each session, which addresses sight words, reading, and math."

Sylvia and Stephenie aren't the only ones seeing Logan's love of learning flourish. Logan's intervention teacher shared with mom that she sees a marked improvement in his performance at school. A few tangible highlights include the mastery of a set of sight words and a bump up in reading levels. With the help of Sylvia's expertise and some fun manipulatives such as foam blocks, Logan has also made strides in addition and subtraction.

One thing that really stands out about this tutoring relationship is the shared commitment to collaboration. When Stephenie was approved for a Learning Aid Ohio grant, she shared the good news with Logan's teachers. She asked for their advice on what topics should be covered in the supplemental tutoring sessions. She relayed this to Sylvia, who embraces the opportunity to maximize her time with Logan and work on those specific areas. "We are all a team working together to make sure Logan meets his goals," Sylvia says. "I feel so blessed to work with this family and be a part of this team."

Like many families, Stephenie and Logan enjoy a bedtime story together each evening. "Now that he is more confident in his reading, Logan will jump in and excitedly read aloud the words that he knows."

The Learning Aid Ohio team can't wait to follow along and see what the next chapter holds for Logan, Stephenie, Sylvia, and the entire team!

Please visit the website at learningohio.com for more information.
Send any questions to learningohio@dsaco.net.

While the state-funded grant packages through Learning Aid Ohio have a qualifying income threshold, DSACO reserves a portion of funding each session specifically for our families who may not meet this threshold.

DSACO *in the* COMMUNITY



On Tuesday, May 31, five DSACO golfers participated in the 2022 Special Skills Golf Invitational at Wedgewood Golf & Country Club. The event hosted a total of 80 golfers from 19 organizations across 15 Ohio counties. The golfers visited four different teaching zones designed to improve a range of golfing skills: Fitness, Short Game, Putting, and Driving Range.



Thanks to a partnership with Corey Logan, owner of Punch Fitness in Westerville, DSACO members with a DS diagnosis had the unique opportunity to jump into the ring. Participating DSACO members learned the basics of boxing techniques on Tuesday, May 17, and enjoyed Hip-Hop Fitness on Saturday, May 21.

Wild Times!

Thank you for joining us at the annual Summer Picnic at the Columbus Zoo & Aquarium on June 11. Here are a few of our favorite photos!

Photos taken by Kyle McKay Photography.



Little Buddies Parent Resource Group Has a NEW Location!

Little Buddies Parent Resource Group is a monthly group for expecting and new parents or families of children with Down syndrome in the Central Ohio area. We offer support and information for families prenatally through preschool.

We are excited to re-launch in-person meetings beginning in July with our Picnic in the Park! Starting in August, we will meet in-person every month at our new Little Buddies location.

Bring the family and join us at:

Grace Fellowship: The Chapel
575 Diley Road
Pickerington, Ohio 43147

D.A.D.S.

Meets Monthly | 6 PM

Monday, July 11

Friday, August 5 | D.A.D.S. Clippers Game

Monday, September 13

Brian Stumpo

bstumpo@columbus.rr.com

Justin Whitley

whitleyj@icloud.com

Contact Brian, Justin or visit DSACO DADS Facebook group for meeting details.

facebook.com/groups/273810587540605

M.O.M.S. – Athens Pop-Up

Saturday, July 23 | 4:00 PM

Shade on State Street

994 East State Street | Athens

DSACO M.O.M.S. are invited to a pop-up meeting in Athens to meet and connect with other local moms! Food and non-alcoholic beverages are covered by DSACO.

Erica Williams

ecopela1@kent.edu

Gena Hendrickson

rascals5420@yahoo.com

Contact Erica, Gena or visit DSACO MOMS Facebook group for meeting details.

facebook.com/groups/297727160607506

M.O.M.S. – Chillicothe

Thursday, August 25 | 6:30 PM

Tumbleweed

1150 North Bridge Street | Chillicothe

Keely Wescott

redmnm0607@hotmail.com

Michelle Wallace

michelle_rn@outlook.com

Contact Keely, Michelle or visit DSACO MOMS Facebook group for meeting details.

facebook.com/groups/297727160607506

M.O.M.S. – Marion

2nd Saturday of the month | 7:00 PM

Saturday, July 9

Saturday, August 13

Saturday, September 10

Chelsea Johnson

chelseamjohnson1217@gmail.com

Dawn Brookes

dawn.m.brookes@gmail.com

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 | 6:00 PM

Saturday, July 16

Saturday, August 20

Saturday, September 17

Katie Furr

katiel617@hotmail.com

Lauren Roush

lauren.roush1107@gmail.com

Contact Katie, Lauren or visit DSACO MOMS Facebook group for meeting details.

facebook.com/groups/297727160607506

M.O.M.S. – Northwest

3rd Tuesday of the month | 6:30 PM

Tuesday, July 19th

Tuesday, August 16th

Tuesday, September 20th

Kelly Kuhns

kellykuhns4@gmail.com

Hannah Reid

hannahreid329@gmail.com

Contact Kelly, Hannah or visit DSACO MOMS Facebook group for meeting details.

facebook.com/groups/297727160607506



Expecting Extraordinary

Have you seen our new Instagram page? Here at DSACO, we are always looking for new and interesting ways to connect to new parents. We know that when you first receive your child's diagnosis, you may not know what to expect. And while every journey is different, we are certain that you can expect something extraordinary.

Our new Instagram page will take you through the journeys of some of our parents. They share the highs, the lows, and all the in betweens. Make sure to give us a follow so you don't miss a thing! You can find us on Instagram @expectingextraordinary.

If you are interested in sharing your own extraordinary story, email Courtney Frost at cfrost@dsaco.net.

M.O.M.S. – Southeast

2nd Wednesday of the month | 6 PM

Wednesday, July 13
Wednesday, August 10
Wednesday, Sept 14

Yirha Torres
dtcfamily4@gmail.com

Whitney Garrett
wpwalker86@gmail.com

Contact Yirha, Whitney or visit DSACO MOMS Facebook group for meeting details.

[facebook.com/groups/297727160607506](https://www.facebook.com/groups/297727160607506)

M.O.M.S. – Westerville

1st Thursday of the month | 6:30 PM

Thursday, July 7
Thursday, August 4
Thursday, September 1

Beth Stanley
bethstanley321@gmail.com

Lucy Pagán
lucillepagan@gmail.com

Contact Beth, Lucy or visit DSACO MOMS Facebook group for meeting details.

[facebook.com/groups/297727160607506](https://www.facebook.com/groups/297727160607506)

Little Buddies Parent Resource Group

Thursday, July 21
5:30 – 7:30 PM

Sycamore Creek Hilltop Shelter
363 Evening Way
Pickerington, OH 43147

Little Buddies Picnic in the Park! Join us for a fun family picnic. Dinner will be provided. Enjoy the fresh air and get together with other DSACO families for a special night at the park. We will have activities for the kids and a park area for them to enjoy.

Thursday, August 18
6:30 – 8:00 PM

Grace Fellowship: The Chapel
575 Diley Road
Pickerington, OH 43147

Speaker TBD

Little Buddies Contacts:

Tori Whitley
tnwhitley7@icloud.com

Whitney Garrett
wpwalker86@gmail.com

Contact Tori, Whitney or visit the Little Buddies Down Syndrome Parent Resource Group on Facebook for meeting details.

[facebook.com/groups/339782022866623](https://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 | 6:30 PM

Old Worthington Library
OWL Meeting Room
820 High St.
Worthington, OH 43085

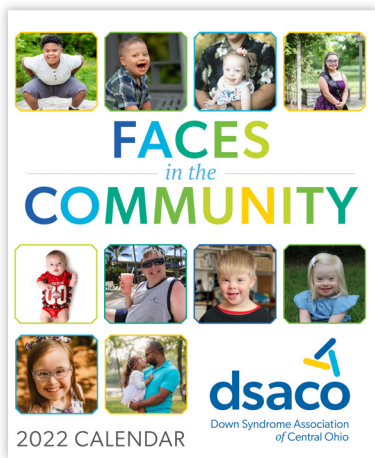
Wednesday, July 6
Wednesday, August 3
Wednesday, September 7

Stamping Club Contact:

Sue Leppert
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
Familias Latinas de DSACO
DSACO Families with Medcially Complex Needs
DSACO's Black and African American Outreach Group
Little Buddies - Down Syndrome Parent Resource Group
DS-ASD Parent Resource Group



Send Us Your Smiles: 2023 Faces in the Community Calendar Photo Submissions

DSACO is now gathering photos for the 2023 Faces in the Community Calendar. We'd love to see your smiles included!

Once again, many local photographers are offering DSACO families FREE photography sessions this spring & summer.

Please visit dsaco.net/calendar for a growing list of these generous photographers or how to submit your own photos for DSACO's 2023 calendar! Deadline for submissions is August 1, 2022.

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:

