

## An Unforgettable Evening

### Where Our Stars Shine Bright

Whether you have attended (and danced the night away) or only heard about DSACO's Dancing with Our Stars Gala, we hope you can join us this year! This one-of-a-kind event puts the heart and soul of our mission on center stage. Come watch a professionally choreographed ballroom dance featuring 50 adults with Down syndrome who have worked tirelessly to perfect their skills and prepare for their opportunity to perform live, just for you!

**2023 DSACO Impact Award Honoree: Derek Graham, Principal at Resch, Root, Philipps & Graham**



Come mix, mingle, and dance with our stars and our incredible community as we also enjoy:

- Hors d'oeuvres, a chef-prepared three course dinner, and dancing
- Ballroom dancing lessons hosted by Arthur Murray Dance Studio
- Thoughtfully curated silent auction, wine pull, and gift card grab
- Cash bar with specialty drinks

You'll also learn more about DSACO programs and initiatives that empower people with Down syndrome. What are you waiting for? Come enjoy an evening surrounded by stars—and be a part of making them shine bright all year long!

A hotel block is available at the Hilton Columbus at Easton for the night of the event. Hotel rooms will be offered at a rate of \$189.00 plus taxes. Information regarding booking can be found at [dsaco.net/gala](https://www.dsaco.net/gala).

*Dancing*  
with our **STARS** Gala

Down Syndrome Association of Central Ohio

**Saturday, February 4**

**6 PM** | Cocktail Reception

**7 PM** | Dinner & Program

**Hilton Columbus at Easton**

3900 Chagrin Dr. | Columbus

**How YOU can attend:**

**Individual Registration | \$150**

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

**Table of Ten | \$1500**

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

Details and registration at:

**[dsaco.net/gala](https://www.dsaco.net/gala)**

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

**[dsaco.net/gala](https://www.dsaco.net/gala)**

3

NEW COMMUNITY ACCESS  
FUNDS

4

PROGRAMMING  
& EVENTS

12

MEDICALLY SPEAKING  
with Dr. Stephen Beetstra

Winter 2023



# 3 / 21 UPDATE

In the fall of 2022, DSACO conducted stakeholder interviews, hosted round-table discussions, and distributed family surveys. Our goal was to gain meaningful insights as we work to develop our next Strategic Plan. The feedback was significant, and we are excited to dig into the work ahead.

**3** As we have done in the past two Strategic Plans, we will prioritize and focus on increasing equity in serving historically marginalized and underserved families. We will continue a concerted focus on Black and African American families, Hispanic and Latino families, and Somali families. Additionally, we aim to ensure equitable services and supports for families in Appalachian Ohio and other rural service areas.

**2** The feedback was loud and clear regarding teens and adults with Down syndrome: We have more work to do in serving their needs! We hear you and we agree. Although we have recently launched new offerings for teens, like our High School Social Group, we will be working to strategically develop new programs – and leverage existing resources – to strengthen services to our teens and adults with Down syndrome.

**1** DSACO has always prioritized developing programs that fulfill unmet needs caused by “system gaps.” Over the past few years, we created Learning Aid Ohio, Adult Literacy, and (coming soon!) a major childcare initiative. Throughout the next few years, DSACO will be working with educators, medical professionals, employers, and other professionals who serve our loved ones to ensure that we are constantly advocating for solutions to the unmet needs our families face on a regular basis.



**DSACO**  
President and CEO

## Post-Secondary Scholarships NOW OPEN!

Did you know that DSACO offers college scholarships to assist siblings, parents, cousins, or other relatives of individuals with Down syndrome who are planning to pursue careers that will positively impact the lives of individuals with Down syndrome? Thanks to the generous support of The GLOW Foundation and the Hughes family, people with Down syndrome who are enrolled in a college program are also eligible and encouraged to apply!

This year DSACO will be awarding six scholarships: Five \$5,000 scholarships and one \$2,500 scholarship.

Email your application and all materials to Emily Callahan (information below) with attention to “DSACO Post-Secondary Scholarship Committee” by January 30 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 1 and recognized March 21 for World Down Syndrome Day. Funds may be used to pay for education expenses such as coursework, tuition, or materials purchased for academic needs approved by the university.

To apply:  
[dsaco.net/postsecondariescholarship](https://dsaco.net/postsecondariescholarship)

For more information: Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net) or 614-263-6020 ext. 1035.

**NEW!**



# Community Access Funds

## New Name for DSACO's Financial Reimbursement Program

There are SO many incredible events and activities in and around our communities. That's why we developed Community Access Funds – a program that provides financial reimbursement to anyone with Down syndrome for funds spent on inclusive activities in the community – for up to \$250 per year!

This Fund, which replaces Music & Arts, Recreation, and Education Scholarships, can be used when trying something new or continuing something you love. It covers recreational activities, education, music\*, art, and more. Funds are not meant to be used on DSACO-specific programs, such as iCan Bike Camp, iCan Swim Camp, or Summer Learning Academy. These funds are budgeted to be used in the community on inclusive opportunities.

**Reimbursements will happen quarterly based on the deadline schedule below:**

**Q1** | Submit form & receipts by March 15 for payment by March 31

**Q2** | Submit form & receipts by June 15 for payment by June 30

**Q3** | Submit form & receipts by September 15 for payment by September 30

**Q4** | Submit form & receipts by December 15 for payment by December 31

Contact DSACO with questions at [info@dsaco.net](mailto:info@dsaco.net), and look for more information on our website at [dsaco.net](http://dsaco.net).

*\*Music & Performing Arts activities are generously provided by the Barbour family in memory of Ann Barbour*

### Activities that qualify for reimbursement include:

- Sports
- Swim lessons
- Gym memberships
- Personal trainer
- Gymnastics
- Summer camps
- Martial arts
- Education-based apps
- Auditing college courses
- Physical/Speech therapies (as prescribed)
- Dedicated communication devices
- Speech camp
- Art classes
- Music Classes\*
- Dance\*
- Instrumental lessons\*
- Voice lessons\*
- Theater classes\*

## Be an Empowered Advocate

### 2022-2023 DSACO IEP Kits

DSACO created IEP Kits to help you feel more equipped and prepared for your student's IEP meeting. Each kit includes uplifting and empowering supplies, tips and tricks, and supporting materials.

Register now to receive an IEP Kit for your student's spring and summer IEP meetings. These kits are based on the academic calendar and mailed out the month leading up to your student's IEP meeting. To receive an IEP Kit for the current academic year, please submit a registration and complete the pre-IEP Kit survey at [dsaco.net/iepkit](https://dsaco.net/iepkit).

For more information: Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net) or 614-263-6020 ext. 1035.



## Gain Momentum at Summer Learning Academy (SLA)

### Enrollment Opens in March 2023

Are you looking for ways to help your child make progress in math, literacy, and social skills over the summer? Consider DSACO's Summer Learning Academy! Our certified teachers use one-on-one and small group instruction to help students work on their math and literacy IEP goals and minimize summer learning loss. Space is limited and each application is reviewed on an individual basis.

The DSACO Summer Learning Academy program has earned national accolades at the 2019 Down Syndrome Affiliates in Action conference and has received support from the Ohio Department of Developmental Disabilities and Ohio Department of Education.

This program is open to students in grades 1-4 and grades 4-7 (in some locations) and applications open March 24. To officially apply for an SLA classroom, you must complete a student application and submit a copy of your student's most recent IEP. Incomplete applications will not be accepted. More information about specific classroom locations will be coming soon!

To register: [dsaco.net/sla](https://dsaco.net/sla)

For more information: Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net) or 614-263-6020 ext. 1035.

# Adult Literacy Highlight

“\* Gol \* den Man \* tell \* ... Golden Mantella... look, it’s a Golden Mantella!”

Paula Dymek did a double take at the aquarium as her son, Jake, confidently sounded out the name of a small frog native to Madagascar. This trend continued across several types of species, with Jake reading the different names aloud as he strolled the marine halls of the Newport.

A year ago, Jake might have had a different experience on this day-trip because he had not yet met Carrie Romine, a certified academic language practitioner (CALP) and life-long literacy enthusiast. The two have dedicated the last 10 months to one-on-one tutoring sessions through DSACO’s Adult Literacy Program. This program is designed to improve literacy outcomes and enhance overall quality of life.

Jake had a specific end game in mind with his participation in the program: he wanted to read to younger children. Once this goal was voiced, Carrie

immediately started tailoring her instruction to include a focus on volume, fluency, and expression. She also leveraged connections through her school district to facilitate a monthly opportunity for Jake to read aloud to a classroom.

The Adult Literacy Program truly meets learners where they are and provides the resources and one-on-one support to build upon literacy and self-advocacy skills.

If you or a loved one would like more information, please visit [dsacoliteracy.com](http://dsacoliteracy.com).



*Jake has NEVER shown this much confidence. He is loving the growth in his reading, word recognition, and writing skills. With the help of his tutor, he has requested vacation days at work and written thank you notes to friends. We are thrilled and Jake is super proud of himself.*

– Paula Dymek, Jake’s mom





## Transition to Adulthood Series

Tools and Conversations to Get You Where You Want to Go

Thursdays, February 16 and 23

6:30 - 8:00 PM

Virtual on Zoom

This Zoom series will focus on teens and young adults as they transition from high school into adulthood. It will focus on settings such as college, work, trade school, moving out, relationships, and more.

We would love family members to attend these two sessions together so you can learn and share with each other! Both classes are so valuable, but you will still learn a lot if can only attend one class.

### Session 1: February 16: "This Is Me!"

As you leave school and meet new people, make it fun and easy for others to get to know you! During this session, we'll create a One Page Person-Centered Description that you can personalize to show who YOU are as a person. Join us to begin developing your One Page Description and identify ways you can use it to introduce yourself and show people the real you!

### Session 2: February 23: "Dream It. Live It."

Do you dream about a fulfilling life? This class will introduce tools for capturing your dreams and for sharing that vision with the people in your life. We will talk about Life Domains, the Vision tool and the Trajectory, which are tools to organize your thoughts so you can share them with others and plan for a life you love!

Classes are free, but registration is required. To register: [dsaco.net](https://dsaco.net)

For more information: Boo Krucky at [ekrucky@dsaco.net](mailto:ekrucky@dsaco.net) or Kirsti Osborne at [kosborne@dsaco.net](mailto:kosborne@dsaco.net)



## Teens & Adults Outreach Event

Inclusive Swim & Gym

Sunday, February 26

5:00 - 7:00 PM—Specified gym area

5:30 - 7:00 PM—Leisure pool and slides

### Westerville Community Center

350 Cleveland Avenue  
Westerville, OH 43082

Come join the fun at our "Inclusive Swim & Gym" event the Westerville Community Center!

Individuals with Down syndrome (ages 13 and up) and their friends and families are invited to the event!

To register: [dsaco.net/events/teen-group](https://dsaco.net/events/teen-group) by Thursday, February 23

### Teen Group Contacts:

**Lisa McCarty**  
[liserahmcc@yahoo.com](mailto:liserahmcc@yahoo.com)

**Michelle Ruben**  
[meechruben@gmail.com](mailto:meechruben@gmail.com)

**Andrea Bartosch**  
[andreabartosch@live.com](mailto:andreabartosch@live.com)

## Adult Improv Classes

February 13 – April 17

Mondays 6:30 – 8:00 PM

DSACO Offices

Cost: \$100/10-week session

The fun continues with our Adult Improv Classes! DSACO will again offer a winter session of improv classes for individuals with Down syndrome, ages 18 and up. Our much-loved instructor, Jake Lees, is returning to use interactive and creativity-inspiring activities that will have a positive impact on eye contact, listening skills, quick thinking, voice projection, and teamwork.

Returning or new-to-improv participants are welcome! Class size is limited to ten participants (first come, first served.) Register early as this is sure to fill up quickly. Email Boo Krucky at [ekrucky@dsaco.net](mailto:ekrucky@dsaco.net) to reserve your spot!



World Down Syndrome Day (WDSO) is a global awareness day on March 21, that has been officially observed by the United Nations since 2012. According to the Down Syndrome Institute, *“World Down Syndrome Day creates a single global voice advocating for the rights, inclusion, and well-being of people with Down syndrome.”*

The date for WDSO, being the twenty-first day of the third month (3/21), was selected to signify the uniqueness of the triplication (trisomy) of the twenty-first chromosome that results in Down syndrome.

Join DSACO and The Ohio State University’s Students Supporting People with Down Syndrome (SSPDS) at the 2023 World Down Syndrome Day Celebration on Sunday, March 19 at Easton Town Center.

This year’s event will feature:

- Proud to Be Me Fashion Show
- Inclusive celebration with DSACO families & the community
- Activities for all ages



Registration is free and will open in February 2023 at [dsaco.net/wdsd](https://dsaco.net/wdsd).

If your child/adult with Down syndrome is interested in participating in the Proud to Be Me Fashion show, hosted by The Ohio State University’s SSPDS group, please visit [dsaco.net/wdsd](https://dsaco.net/wdsd) to complete the application.

## Guardianship and Estate Planning with Derek Graham

Saturday, February 25

10:00 - 11:30 AM

### Southeast Library

Meeting Room  
3980 S. Hamilton Rd.  
Groveport

Attorney and DSACO parent, Derek Graham, Esq., will provide an overview of guardianship and estate planning, with a focus on information important to people with disabilities and their families.

He will cover the following topics:

- Special Needs Estate Planning (why it is so important and when you should do it)
- Medicaid and Social Security (what benefits are available and why they are so important)
- When guardianship of an adult is necessary
- The various types of guardianship
- Alternatives to guardianship

This class is free to DSACO families, but registration is required. **Please register by Thursday, February 23.**

To register: [dsaco.net](https://dsaco.net)

For information: Kirsti Osborne at [kosborne@dsaco.net](mailto:kosborne@dsaco.net)



## DSACO D.A.D.S. Outreach Event

### Bowling Night at Rule 3

Saturday, March 11

5:00 - 8:00 PM

### Rule 3 Entertainment

650 Windmill Drive  
Pickerington

Are you looking for a fun Saturday night to connect with other DSACO D.A.D.S.? Join us at Rule 3 Entertainment for a night of bowling, food, and camaraderie! This event is free for DSACO fathers to attend, but registration is required.

To register: [dsaco.net](https://dsaco.net) by March 9

For information: Kirsti Osborne at [kosborne@dsaco.net](mailto:kosborne@dsaco.net)



## Pool Party

Little Buddies and  
School Aged Group

Sunday, March 5

5:30 - 7:30 PM

**Westerville Community Center**

350 Cleveland Avenue  
Westerville, OH 43082

No matter the season, it's always swimsuit weather at the indoor pool at the Westerville Community Center! Individuals with Down syndrome (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/events/schoolagedgroup](https://dsaco.net/events/schoolagedgroup) by Thursday, March 2



## Get Your 2023 Faces in the Community Calendar

Start the new year off right with a 2023 Faces in the Community Calendar from DSACO! The Faces in the Community Calendar features an entire year's worth of smiling faces with a whole lot of cuteness each and every month.

Calendars are \$20 each and include shipping.

To order your calendars, please visit [dsaco.net/calendar](https://dsaco.net/calendar).

*Due to an overwhelming response for photos, not all photos submitted could be included.*

## Knox County Family Fun Day

Saturday, January 28

1:00 - 3:00 PM

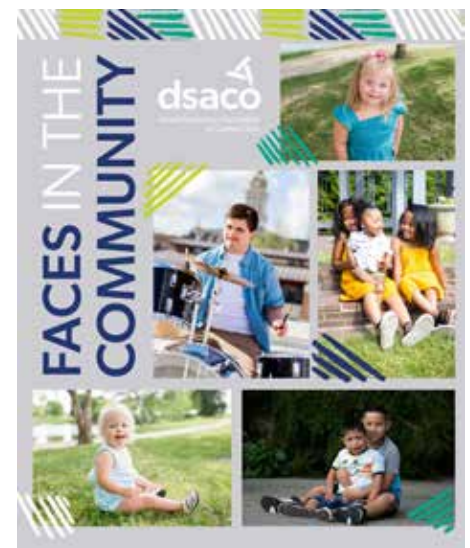
**Colonial City Lanes**

110 Mount Vernon Ave.  
Mount Vernon

Join DSACO and other DSACO families from Knox County and beyond for a fun afternoon at Colonial City Lanes Bowling Alley. Enjoy bowling, lunch for the whole family, and connecting with other families. Shoe rental is included.

The event is free, but registration is required!

To register: [dsaco.net](https://dsaco.net)



# Rosca de Reyes

## El 6 de Enero se celebra el Día de Reyes!

La tradición de la Rosca de Reyes es celebrada por varios países como Venezuela, Colombia, República Dominicana, Argentina, México, Uruguay, Puerto Rico, Paraguay y Cuba. En los Estados Unidos, muchas comunidades latinas e hispanas conmemoran el Día de los Reyes Magos para honrar sus propias culturas y costumbres.

La Rosca de Reyes o Roscón de Reyes, un pan dulce de forma circular, que parece una corona, decorado con fruta confitada y azúcar.

Si su familia desea celebrar el Día de Reyes, ¡Regístrese a más tardar el 28 de diciembre para recibir una Rosca de Reyes!

La Rosca será entregada en la oficina de DSACO el jueves 5 de enero de 10:00 AM- 5:00 PM.

Si tiene alguna pregunta, comuníquese con Vanessa Armenta al [varmenta@dsaco.net](mailto:varmenta@dsaco.net) o llámenos al 614.263.6020 ext.1060



## Welcome Amina Said

### Leading Our Somali Outreach

Amina Said joined the DSACO team in October 2022 to lead the Somali outreach work for the organization. She is passionate about health advocacy, which is what brought her to DSACO.

Amina is originally from southwest Michigan, but has lived in Columbus, Ohio with her husband and two children for the past 10 years. Amina is also a Western Michigan University alum. During her free time, she enjoys spending time with family, traveling, and binge-watching her favorite reality TV shows.

# SAVE *the* DATE



Photo credit: Abbey Rudolph

May 18

## 2FGR Run for Down Syndrome

Join runners from across Central Ohio for the annual 2FGR Run for Down Syndrome. DSACO is thrilled to once again be the beneficiary of this incredible and empowering event. Participation fees and location information can be found at [2fgr.org](http://2fgr.org).

June 10

## Summer Picnic

10 AM – 2 PM

### Columbus Zoo & Aquarium

Waters Edge Plaza  
4850 Powell Road  
Powell, OH 43065

Save the date to join the DSACO team and more than 1,000 DSACO members for our Annual Summer Picnic. The Columbus Zoo & Aquarium will host, with plenty of wild fun planned! Registration will open in April.

June 19-23

## iCan Bike Camp

June 18 | Parent orientation and volunteer training

We will return to Worthington Kilbourne High School for iCan Bike Camp in 2023! This program helps students build confidence, skills, and a first taste of independence. Save the date for your student (ages 8 and up) and watch for registration to open in the spring.

July 24-28

## iCan Swim Camp

July 23 | Parent orientation and volunteer training

The 2023 iCan Swim Camp will be held at the Pickaway County Family YMCA in Circleville. This program (for ages 3 and up) teaches the foundation for safely enjoying the water and promoting as much independent movement in the water as possible. Registration will open in the spring, so watch for the announcement!





# Medically Speaking

*with Stephen Beetstra, DDS MHSA  
Dental Program Director, the Nisonger Center  
The Ohio State University*

## Tooth Talk

I wanted to address three questions that I often I get asked by parents of children with Down syndrome:

1. When are my child's teeth going to come?
2. When are they going to fall out?
3. Do they have the right number?

Typically, a child starts getting teeth between six and 12 months of age and has a full set of primary teeth by 30 months. If you have a child with Down syndrome and they don't have all their teeth by 30 months, do not worry. Children with Down syndrome usually have a significant delay in the eruption of their primary teeth. It is not uncommon to see primary teeth erupting when the child is seven years of age or later.

What does that mean for their permanent teeth if they got their primary teeth late? A patient who had delayed primary teeth eruption will have delayed permanent teeth eruption. So, it is common for an individual who had delayed primary teeth eruption to begin losing teeth around 10, which can last into their late teens. Individuals who are not diagnosed with Down syndrome begin losing their primary teeth in the five-to-seven-year-old range and usually have all their permanent teeth (apart from wisdom teeth) by age 14. As with anything, there can be significant variation and timing.

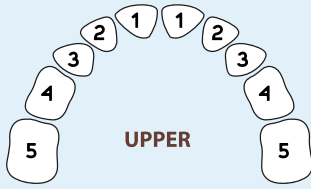
I once had twins with Down syndrome as patients. One had most of their permanent teeth in before the other lost their first tooth. They both ended up with the same number of teeth but were on a significantly different timeline. Therefore, it is necessary to take radiographs to determine when the teeth will erupt.

Congenitally missing teeth is very common in individuals with Down syndrome. The teeth most often missing are upper lateral incisors, lower incisors, canines, permanent bicuspids, and permanent wisdom teeth. Often, when you see that beautiful smile, you notice significant spacing. This spacing is usually caused by congenitally missing teeth. If a child is missing some permanent teeth, we usually will try to keep the primary teeth to maintain the space. If needed, we crown them to help keep the teeth for a lifetime. Sometimes keeping those teeth is not possible due to resorption or cavities. In those cases, if the patient has good oral hygiene, implants are a viable option.

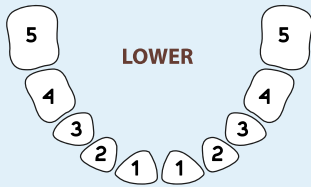
Knowing which teeth are present or missing can help you and your dentist create a treatment plan for your child to optimize their oral health. I recommend that your child start seeing a dentist as soon as the first tooth is erupted. Bring your child to your or their siblings dental visits to help them acclimate to the dental setting. Familiarity to the surrounding often helps in relieving stress and improve behavior.

## Typical Tooth Eruption Timetable

PRIMARY

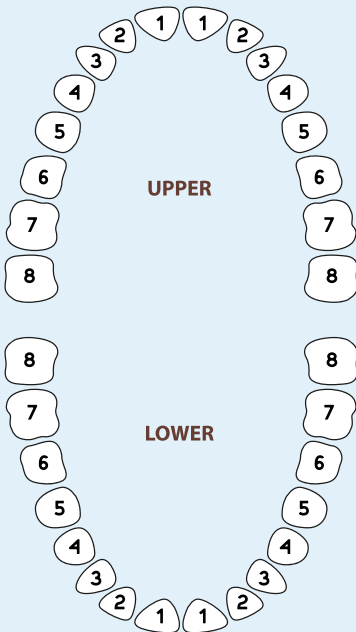


- UPPER**
- 1 8-12 months
  - 2 9-13 months
  - 3 16-22 months
  - 4 13-19 months
  - 5 25-33 months

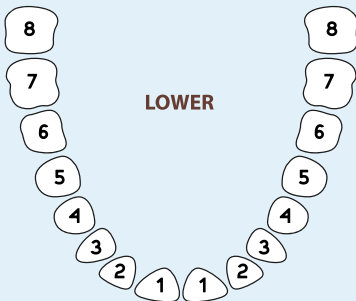


- LOWER**
- 1 6-10 months
  - 2 10-16 months
  - 3 17-23 months
  - 4 14-18 months
  - 5 23-31 months

PERMANENT



- UPPER**
- 1 7-8 years
  - 2 8-9 years
  - 3 11-12 years
  - 4 10-11 years
  - 5 10-12 years
  - 6 6-7 years
  - 7 12-13 years
  - 8 17-21 years



- LOWER**
- 1 6-7 years
  - 2 7-8 years
  - 3 9-10 years
  - 4 10-12 years
  - 5 11-12 years
  - 6 6-7 years
  - 7 11-13 years
  - 8 17-21 years

Remember, dental cavities are infections that are preventable. They occur through a combination of a bacterial transmission between caregiver and child, consumption of refined sugar, and poor oral hygiene. Therefore, I recommend limiting consumption of sodas, energy drinks, sports drinks, and candy. I also encourage you to help them brush with fluoridated toothpaste twice daily. Through your hard work, you can help maintain that smile for a lifetime.



national down syndrome society®

## Down Syndrome Advocacy Conference

# Be Part of the Greater Movement

April 17-19 | Washington, D.C.

Are you interested in developing the skills to be a successful self-advocate? Do you want to affect change for your community? Do you want to meet new friends, mentors, and more?

If your answer is YES to any of the questions above, then you may be interested in attending the Down Syndrome Advocacy Conference.

Replacing the Buddy Walk on Washington event, this conference is an incredible opportunity to get more involved. It includes an optional pre-conference learning day, a legislative training day with information on NDSS's legislative priorities and advocacy trainings, an opportunity to advocate to Members of Congress on Capitol Hill.

Hear from amazing guest speakers including Heather Avis of The Lucky Few and Matthew Schwab of Matthew Schwab Speaks.

Scholarships are available thanks to DSACO's Marge Barnheiser Advocacy Scholarship Fund. To apply, please visit: [dsaco.net/get-involved/advocacy](https://dsaco.net/get-involved/advocacy).

Check out conference details at [ndss.org/down-syndrome-advocacy-conference](https://ndss.org/down-syndrome-advocacy-conference).

Contact our Program Coordinator of Public Policy, Allison Kerman Miller at [amiller@dsaco.net](mailto:amiller@dsaco.net) if you are interested in receiving more information as it becomes available.

## Resource Groups

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### **D.A.D.S.**

Meets once per month | 6 PM

Monday, January 9  
Monday, February 6  
Monday, March 6  
Saturday, March 11 | 5:00 PM

**Brian Stumpo**  
bstumpo@columbus.rr.com

**Justin Whitley**  
whitleyj@icloud.com

For information: [facebook.com/groups/273.810.587540605](https://www.facebook.com/groups/273.810.587540605)

### **M.O.M.S. – Athens**

Saturday, February 11 | 1 PM

Larry's Dawg House  
410st Union Street, Athens

**Erica Williams**  
ecopela1@kent.edu

**Gena Hendrickson**  
rascals5420@yahoo.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Chillicothe**

Thursday, February 16 | 6:30 PM

Tumbleweed  
1417 N Bridge Street, Chillicothe

**Keely Wescott**  
redmnm0607@hotmail.com

**Michelle Wallace**  
michelle\_rn@outlook.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Delaware**

2nd Wednesday of the Month | 6:30 PM

Wednesday, January 11  
Wednesday, February 8  
Wednesday, March 8

**Crystal Vitullo**  
crystalmowry@gmail.com

**Allison Schwab**  
allieb1220@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Marion**

2<sup>nd</sup> Saturday of the month | 7 PM

Saturday, January 14  
Saturday, February 11  
Saturday, March 11

**Chelsea Johnson**  
chelseamjohnson1217@gmail.com

**Dawn Brookes**  
dawn.m.brookes@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Marysville**

3<sup>rd</sup> Saturday of the Month | 6 PM

Saturday, January 21  
Saturday, February 18  
Saturday, March 18

**Katie Furr**  
katiel617@hotmail.com

**Lauren Roush**  
lauren.roush1107@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Northwest**

3<sup>rd</sup> Tuesday of the month | 6:30 PM

Tuesday, January 17  
Tuesday, February 21  
Tuesday, March 21

**Hannah Reid**  
hannahreid329@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Southeast**

2<sup>nd</sup> Wednesday of the month | 6 PM

Wednesday, January 11  
Wednesday, February 8  
Wednesday, March 8

**Yirha Torres**  
dtcfamily4@gmail.com

**Whitney Garrett**  
wpwalker86@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **M.O.M.S. – Westerville**

1<sup>st</sup> Thursday of the month | 6:30 PM

Thursday, January 5  
Thursday, February 2  
Thursday, March 2

**Lucy Pagán**  
lucillepagan@gmail.com

**Jackie Johnston**  
jackierosejohnston@gmail.com

For information: [facebook.com/groups/297.727.160607506](https://www.facebook.com/groups/297.727.160607506)

### **Little Buddies Parent Resource Group**

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. Dinner and childcare are provided.

### **The Gab Lab: Learning Language Through Play!**

Thursday, January 19  
6:30-8:00 PM

The Gab Lab  
575 Diley Road Pickerington, Ohio 43147

Our friends at The Gab Lab will be joining us for a private class, taught by a certified speech-language pathologist. Parents can expect to leave this class with tangible tools and the confidence to help their littlest talkers communicate. The Gab Lab classes incorporate music, play, sensory experiences, and evidence-based language development techniques to promote the growth of your child's receptive and expressive language skills. Space is limited. Register at [dsaco.net/events/littlebuddies](https://www.dsaco.net/events/littlebuddies).

### **All About Therapies: Speech, Occupational, And Physical!**

Thursday, February 16  
6:30-8:00 PM  
575 Diley Road Pickerington, Ohio 43147

Specialized Speech Technologies Inc. is a team of pediatric specialists, including speech, occupational, and physical therapists. Their dedicated team, which serves families in the Columbus area, have three of their specialists to talk about their outpatient and school-based services that they offer.

**Potty Training:101**

**Thursday, March 16**  
**6:30-8:00 PM**

**Virtual**

Are you and your child ready to start the potty-training process? Are you looking for guidance on how to start, what it might look like, and how to be consistent? Then you don't want to miss this!

Emily Carruthers, M.A., with Collaborative Educational & Behavioral Consulting, will be sharing the principles and procedures of Applied Behavioral Analysis that help to implement a successful potty-training intervention. Whether your child is ready to potty train, or you're just interested in learning more for the future, this one's for you!

For information: [facebook.com/groups/339.782.022866623](https://www.facebook.com/groups/339.782.022866623)

**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. All necessary supplies are provided. Please email Sue and Sandie at least a week in advance of the meeting date so they will be sure to have enough supplies. Locations (typically on the north end of Columbus) vary based on availability.

**1st Wednesday of the month | 6:30 PM**

**Wednesday, January 4**  
**Wednesday, February 1**  
**Wednesday, March 1**

**Sue Leppert**

[sdlbuckeye@aol.com](mailto:sdlbuckeye@aol.com)

**Sandie Trask-Tyler**

[trasktyler@gmail.com](mailto:trasktyler@gmail.com)

**Stamping Club East – COMING SOON!!**

Our Columbus area Stamping Club has been such a success that we are expanding to a second location, which we will refer to as Stamping Club East!! Stamping Club East will meet in Licking County once a month beginning in March of 2023.

Look for more information soon!

**High School Social Group**

The high school social group is a monthly gathering for high school age teens with DS. The goal is to build friendships and foster independence in a safe and fun environment. These monthly events are most appropriate for older teens that are mostly independent and have a desire to (or their parents have a desire for them to) connect with peers. The locations vary each month, but always include games, food, and fun! Food and drinks provided by DSACO.

**Friday, January 13**  
**6:30 PM – 8:30 PM**

Glen's Sports Barn  
 11283 Fancher Road  
 Westerville, OH 43082

Everyone will choose how they want to spend the evening: playing basketball, indoor soccer, ping pong, tabletop shuffleboard, and MUCH more.

**Inclusive Swim & Gym**  
**Sunday, February 26**  
**5:00-7:00 PM**

Westerville Community Center  
 350 Cleveland Avenue  
 Westerville, OH 43082

Individuals with Down syndrome (ages 13 and up) and their friends and families are invited to the event!

To register: [dsaco.net/events/teengroup/](https://www.dsaco.net/events/teengroup/) by Thursday, February 23.

**Facebook Groups:**

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

**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:



**dsaco.cbush**



**dsaco\_cbush**



**dsaco\_cbush**

**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.



*Return Service Requested*

## CALENDAR *of* EVENTS

### January

- 4 Adult Stamping Club
- 5 Westerville M.O.M.S. Meet-Up
- 9 D.A.D.S. Monthly Meet-Up
- 11 Southeast M.O.M.S. Meet-Up
- 11 Delaware M.O.M.S. Meet-Up
- 13 High School Social Group
- 14 Marion M.O.M.S. Meet-Up
- 17 Northwest M.O.M.S. Meet-Up
- 19 Little Buddies Parent Resource Group
- 21 Marysville M.O.M.S. Meet-Up
- 28 Knox County Family Fun Day
- 30 Post-Secondary Scholarship App Due

### February

- 1 Adult Stamping Club
- 2 Westerville M.O.M.S. Meet-Up
- 4 Dancing with Our Stars Gala
- 8 Southeast M.O.M.S. Meet-Up
- 8 Delaware M.O.M.S. Meet-Up
- 9 D.A.D.S. Monthly Meet-Up
- 11 Athens M.O.M.S. Meet-Up
- 11 Marion M.O.M.S. Meet-Up
- 16 Little Buddies Parent Resource Group
- 16 Chillicothe M.O.M.S. Meet-Up
- 16 Transition to Adult Series Session 1
- 18 Marysville M.O.M.S. Meet-Up
- 21 Northwest M.O.M.S. Meet-Up
- 23 Transition to Adult Series Session 2
- 25 Guardianship & Estate Planning
- 26 Teen & Adult Inclusive Event

### March

- 1 Adult Stamping Club
- 2 Westerville M.O.M.S. Meet-Up
- 5 Little Buddies & School Age Outing
- 6 D.A.D.S. Monthly Meet-Up
- 8 Southeast M.O.M.S. Meet-Up
- 8 Delaware M.O.M.S. Meet-Up
- 11 Marion M.O.M.S. Meet-Up
- 11 D.A.D.S. Quarterly Outreach Event
- 16 Little Buddies Parent Resource Group
- 18 Marysville M.O.M.S. Meet-Up
- 19 World Down Syndrome Day Celebration
- 21 Northwest M.O.M.S. Meet-Up
- 24 Summer Learning Academy

