

Expecting Extraordinary

With Every Down Syndrome Diagnosis, A New Extraordinary Journey Begins

AVA'S STORY

Taking the Scenic Route

At 13 weeks pregnant, we went into our doctor appointment excited to find out the gender. As soon as the doctor said, "I'm sorry, but this says it was positive for Down syndrome," it felt like the air was sucked out of the room. From that moment, we were constantly told about all of the challenges and health issues our baby might face, which caused a lot of anxiety for us throughout my pregnancy.

Ava arrived via emergency c-section, but as soon as we got to hold her, all of the other worries went away. Everyone that met her instantly fell in love. Initially, it was hard for me not to worry about milestones since it felt like every doctor and therapist focused on them. I now know that she'll reach them all, but I am happy to let her take the scenic route and get there on her own time. I also struggled with wondering if all of the dreams I had for her were still possible, but the thing is, those were just that...my dreams and not hers! Ava already has wonderfully amazing (toddler-sized) dreams of her own, and I know she can accomplish anything she puts her mind to.

It also helped to read other parents' stories and to connect to other DSACO families. If I could go back, I'd tell myself that everything was going to be more than ok. I'd remind



myself that her diagnosis doesn't define her. She's already accomplished so many incredible things, and I wish we knew then just how beautifully bright Ava's light was going to shine. She has a great sense of humor, is so sweet, a little stubborn, gives the best cuddles, and makes our lives better every day.

To any new parent, I would first say "congratulations!" Give yourself grace as you work through all of your emotions, but also remember to breathe in each moment and look for the beauty in it. Know that your child is capable of doing incredible things. I would also encourage you to reach out and connect with some

other local families, as there is an amazing community ready to walk alongside you in your journey!

~ Ava's mom



@EXPECTINGEXTRAORDINARY

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 between. Make sure to give us a follow so you don't miss a thing! You can find us on Instagram @expectingextraordinary.

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MEDICALLY SPEAKING
with Dr. Katie Frank, PhD, OTR/L

Spring 2023



3/21 UPDATE

We're getting OUT! Whether it's one of our outreach events in your community, offering funds to afford access to activities, or creating new spaces for you to connect with one another, we're here to meet you wherever you are!

3 We know that networking with families in your community is so important, which is why we're creating more opportunities where you live! In addition to our regularly scheduled events like the Summer Picnic and Resource Groups, this spring we're hosting new events in Marion, Lancaster, and Newark. Check out our full lineup on dsaco.net/events.

2 Check out our NEW Community Access Funds and learn about all the ways your family can benefit from this resource! With this revamped program, we've done our best to make it as easy as possible for your family to access up to \$250 for enriching opportunities in your backyard!

1 Here at DSACO, we are all about serving the WHOLE family. That's why this spring, we're excited to offer a new virtual support group for caregivers who are managing Alzheimer's and dementia with their loved ones with DS. Check out page 10 for more details!



DSACO
President and CEO



DSACO *in the* COMMUNITY

Nationwide Children's Hospital invited DSACO to host a table at the Congenital Heart Disease Awareness event held February 18 at the hospital's main campus in downtown Columbus. DSACO's Program Coordinator of Medical Outreach, Katie Garcia, met with families, patients, and healthcare providers to help raise awareness on the prevalence of heart conditions in individuals with Down syndrome and the importance of heart health advocacy. Thanks, NCH, for making us a part of this important event!

Get Out There and Experience – Everything!

Introducing Community Access Funds that Help You Pursue Your Passions

There are SO many incredible events and activities in and around our communities. That's why DSACO developed Community Access Funds – a program that provides financial reimbursement for participation fees spent on inclusive activities in the community. Individuals with Down syndrome qualify for up to \$250 per year to help fund the activities of their choice!

Community Access Funds can be used for recreational activities, education, music*, art, and more. However, they 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 specially set aside to encourage our loved ones with Down syndrome to get involved in inclusive opportunities and be part of their communities to the fullest!

**Music & Performing Arts activities are generously supported in memory of Ann Barbour*

NEW!



Reimbursement Schedule for 2023 Activities:

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

Questions?

Contact Kirsti Osborne at kosborne@dsaco.net.

Learn More: dsaco.net

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)
- Speech camp
- Art classes
- Music classes*
- Dance*
- Instrumental lessons*
- Voice lessons*
- Theater classes*



Make it a CAN-DO Kind of Summer with DSACO!

iCan Bike Camp

June 19-23

Worthington Kilbourne High School

1499 Hard Rd.

Columbus, OH 43235

DSACO's iCan Bike Camp is returning to Worthington Kilbourne High School! In partnership with iCan Shine, DSACO is excited to offer this opportunity to individuals with a disability in the Central Ohio area. This week-long camp is perfect for those who are **at least 8 years of age** by the start of camp, have a disability, and want to learn how to ride a bike without training wheels.

The iCan Bike team's highly trained staff is hands-on in ensuring all campers are riding the correct bike for their size, strength, and ability while making sure every camper has the proper volunteer assistance at all times. Each rider works with two assigned volunteer spotters who will walk and run alongside the camper as they learn how to ride!

Camp is full at this time, but we encourage you to visit dsaco.net/icanbike to join our waitlist.

Questions? Contact Steve Potts at spotts@dsaco.net.



iCan Swim Camp

July 24 – 28

Pickaway County Family YMCA

440 Nicholas Dr.

Circleville, OH 43113

Cost: \$150 per swimmer

DSACO is pleased to once again partner with the Pickaway County Board of Developmental Disabilities to present the 2023 iCan Swim Camp. This weeklong program, also in partnership with iCan Shine, is designed to help people achieve their aquatic goals and learn valuable water safety skills.

Swimmers must be **at least 3 years old** by the start of camp and have a disability. Swimmers will attend the same session time Monday–Friday and parents must remain for the entirety of the session each day. Financial assistance may be available for those who qualify.

To register: dsaco.net/events/icanswim

Questions? Contact Steve Potts at spotts@dsaco.net.



Jump Start Clinic

Make a splash with DSACO at Goldfish Swim School

Cost: \$125 per swimmer

Come swim with us! Goldfish Swim School offers unique Jump Start Clinics specially designed to introduce kids to the water and teach the fundamentals of water safety. Once again this summer, Goldfish Swim School is hosting exclusive clinics just for DSACO at three different locations!

The clinics offer 1:1 30-minute sessions for each swimmer for four consecutive days. The 1:1 ratio provides a personal, private lesson, offering the right amount of support and safety for your swimmer.

All 30-minute sessions are scheduled between 9 AM–12 PM. Swimmers attend all four sessions at the same location and time each day.

Dublin

6175 Shamrock Ct Suite G
Dublin, OH 43016

July 11–14 (Tuesday-Friday)

Westerville

765 Brooksedge Blvd
Westerville, OH 43081

July 18 – July 21 (Tuesday-Friday)

Lewis Center

7838 Green Meadows Dr N
Lewis Center, OH 43035

July 25 – July 28 (Tuesday-Friday)

Spots are LIMITED at each location.
Registration opens April 3, 2023.

To register:

dsaco.net/event/swimclinic

Questions? Contact Steve Potts at spotts@dsaco.net.

YOU Can Volunteer!

iCan Bike and iCan Swim Volunteers Needed

Volunteers must be at least 15 years of age before the start of camp. iCan Bike volunteers must be physically capable of running alongside the assigned rider as they learn to ride. iCan Swim volunteers must be able to swim and be comfortable in the water.

Volunteers will attend the same session(s) all five days, Monday–Friday, and work with the same rider or swimmer to help ensure the camper’s safety.

Volunteers provide physical, emotional, and motivational support to their assigned camper throughout the week—and they experience the thrill and joy of success right alongside the campers they help.

Sign up to volunteer for iCan Bike:
dsaco.net/icanbike

Sign up to volunteer for iCan Swim:
dsaco.net/icanswim

Questions? Contact Steve Potts at spotts@dsaco.net.





DSACO Summer Learning Academy

Maintain Your Student's Academic Skills and Avoid Summer Slide

Monday, June 12 – Thursday, July 13

9 AM – 12 PM

COST: \$150 per student

DSACO's award winning Summer Learning Academy (SLA) is returning for Summer 2023. Each classroom is staffed by two certified educational professionals and one classroom support specialist, supporting up to 8 students with Down syndrome and other developmental disabilities. Students enrolled in SLA receive 60 hours of direct academic instruction throughout the five weeks to address math and literacy IEP goals and enhance social skills. Students will have access to free, one-way transportation home from the program each day.

REGISTRATION

Registration opens Friday March 24th and closes Friday, April 14th. Families will be notified of their student's enrollment status no later than Friday, April 21st.

Please note that submitting an application does not mean that your student is guaranteed enrollment at an SLA location.

Have questions or need financial assistance? Contact Emily Callahan at 614-263-6020 ext. 1035 or ecallahan@dsaco.net.

CLASSROOMS & GRADE LEVELS:

Columbus/Franklinton

Specific location TBD
Grades 1st through 4th

Circleville

Specific location TBD
Grades 1st through 4th

Marion

Garfield Elementary
Grades 1st through 4th

Mount Vernon

New Hope Early Education Center
Grades 1st through 4th

Newark

Specific location TBD
Grades 1st through 4th
Grades 5th through 7th

Worthington

Bethel International United Methodist Church
Grades 1st through 3rd
Grades 4th through 6th

Whitehall

Etna Road Elementary
Grades 1st through 4th

Get Connected to the Fun!

DSACO's spring and summer calendars are chock full of opportunities to play, laugh, learn, and connect. Every quarter, we offer aged-based outreach events as well as opportunities for families and family members to come together and celebrate being part of our larger DSACO family. Mark your calendar and plan to join us this season for these exciting events.



Little Buddies Outreach Event

Saturday, May 6 | 2 – 4 PM

AHA! A Hands-on Adventure Children's Museum

1708 River Valley Circle South
Lancaster, OH 43130

Parents of children with Down syndrome from birth through preschool are invited to join our Little Buddies Playgroup for a fun afternoon of adventure and learning! At AHA! Children's Museum, you can unleash your imagination, creativity, and sense of discovery in the 8,000 square foot facility. With over 60 hands-on exhibits, children from 6 months to 8 years will love becoming explorers, scientists, engineers, and artists.

Free admission for DSACO families and siblings ages 8 and under. Join DSACO in our private room for snacks, drinks, and a chance to meet other families.

Registration information coming soon! Space is limited and registration is required.

School Age Outreach Event

Spring Picnic in the Park

Sunday, May 21 | 1 PM

Huber Village Park

362 Huber Village Blvd
Westerville, OH 43081

Come explore the fantastic fenced-in playground at Huber Village Park. Lunch will be provided in the pavilion.

Registration information coming soon! With questions, please reach out to the group contacts!

School Aged Group Contacts:

Erin Peeble
serinmpeebles@gmail.com
614-353-8026

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

Marion County Family Outreach Event

Saturday, April 29 | 12 PM – 2 PM

Bluefusion Fun Center

1340 Mount Vernon Ave
Marion, OH 43302

Get your game on at Bluefusion Fun Center! Join other DSACO families for a fun-filled afternoon of bowling and arcade games followed by lunch. DSACO provides shoe rentals, bowling, arcade games, and lunch for the whole family.

The event is free, but registration is required!

To register:

dsaco.net/events/countyoutreach

Go Wild at the DSACO Summer Picnic

Saturday, June 10 | 10 AM-2 PM

Columbus Zoo & Aquarium, Waters Edge Plaza

4850 Powell Road
Powell, OH 43065

COST: \$20 per family

Join the DSACO team and more than 150 DSACO families for our Annual Summer Picnic. The Columbus Zoo & Aquarium has plenty of wild fun planned for this much-anticipated family event. Family tickets are for people with Down syndrome and their parents and siblings only, please.

With your \$20 family registration, you get:

- Admission tickets for your immediate family (individual with Down syndrome, parents, and siblings)
- Parking Pass
- All-day access to the zoo*
- Lunch provided from 12-1PM
- Music, crafts, and face painting
- Visits from zoo animals after lunch

REGISTRATION

**If you are a Zoo member, please indicate during registration as you will not receive tickets and instead use your membership for admission into the zoo. We use registration to plan lunch count, so please reserve even if you have a zoo membership.*

Tickets will be mailed out the week of May 22

Register by Friday, May 20 at: dsaco.net/summerpicnic

Questions? Contact Evanthia Brillhart at ebrillhart@dsaco.net or 614.263.6020 ext. 1015.



Sip. Savor. Stretch. Repeat.

DSACO M.O.M.S. Outreach Event

Sunday, June 4 | 2:30 – 4:30 PM

Buckeye Lake Winery

13750 Rosewood Dr. NE
Thornville, OH 43076

Let the gouda times roll! DSACO Moms are invited to spend a Sunday afternoon relaxing at Buckeye Lake Winery and Vineyard. Enjoy delicious appetizers, wine, and non-alcoholic beverages and the chance to meet and connect with other DSACO Moms. Then really Zen out at the optional meditative yoga class taught by fellow DSACO mom, Casandra Barnes! This is exactly the type of afternoon every DSACO mom deserves.

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

Register by Thursday, May 31 at:

dsaco.net/momsoutreach

Questions? Contact Kirsti Osborne at kosborne@dsaco.net or 614.263.6020 ext. 1045.



Explore a Lifetime of Opportunities

DSACO connections are for life! And we have lots of exciting events planned this season just for our teen and adult members. Check out what's in store and make plans to have some fun, try something new, and meet new friends. We can't wait to see you there!



Celebrate Summer with a Splash

Teen and Adult Inclusive Pool Party

Friday, June 16 | 7–8:30 PM

Highlands Park Aquatic Center

245 Spring Road
Westerville, OH 43081

Join DSACO's inclusive pool party at Highlands Park Aquatic Center. Invite friends and family, and bring your towel. All are welcome!

Register by Friday, June 9:

dsaco.net/events/teenpoolparty

Explore Your Creativity

Stamping Club – Now in Two Locations

Adult Stamping Club is a hands-on social group for individuals with a developmental disability and/or Down syndrome ages 16 years and older. We get together to develop paper crafting skills and create one-of-a-kind greeting cards to give to family and friends. We provide the supplies. You provide the creativity!

Stamping Club is so popular that it's now available in two locations!

Stamping Club–Central

First Wednesdays

April 5, May 3, June 7 | 6:30-8PM

Locations vary based on availability—typically on the north end of Columbus

Stamping Club Central Contacts:

Sue Leppert
614.354.0658
sdlbuckeye@aol.com

Sandie Trask-Tyler
614.593.5703
trasktyler@gmail.com

To register for these free classes, email Sue and Sandie at least one week in advance of the meeting date.

Stamping Club–East

Second Tuesdays

April 11, May 9, June 13 | 6-7 PM

Licking County Board of Developmental Disabilities (LCBDD)

116 N 22nd Street
Newark, OH 43055

Stamping Club East Contacts:

Gail Hubert
614.570.7559
hubert3879@gmail.com

Wanda Krupp
740.334.3417
kruppsx4@gmail.com

Robin Bussey
740.322.6951
robin.bussey@lcountydd.org

To register for these free classes, email a contact above at least one week in advance of the meeting date.

Licking County residents needing transportation to Stamping Club East can use Licking County Transit. To register for transportation, call transit at 740-670-5185 (option 1) and share that you receive services from LCBDD. Transit will speak with the rider's service coordinator to verify this information. After registering, riders can call for a ride anytime. The fee for registered riders is \$2 each way. (Non-registered riders pay \$4 each way.) Transit is open to schedule Monday through Friday from 7 AM–2 PM.

New! Aging & Down Syndrome Caregiver Support Group

April 25, May 23, June 27 | 6-7 PM

Virtual

Are you a caregiver for an aging individual (40+) with Down syndrome? DSACO is starting a resource support group to address the unique concerns of people in this role. Through a partnership with the Central Ohio chapter of the Alzheimer's Association, we will host a monthly online support group for caregivers. Each session will provide emotional support as well as experience and resource sharing. We will focus on Alzheimer's and dementia due to the prevalence of these diseases in the Down syndrome community.

HOW TO JOIN US

We will meet via Zoom to include caregivers across our entire service area. If you have questions about participating virtually, please email ekrucky@dsaco.net for assistance.

To register: dsaco.net/agingsupport

You will receive an email confirmation of your registration and an introductory phone call from one of the co-facilitators. A Zoom link will be emailed to you before each meeting.



Calling All High Schoolers!

Food! Games! Fun! Sounds like the perfect high school get together. Every month, the DSACO High School Social Group plans an exciting outing at a different location for high school age teens with DS. These events are perfect for older teens that are mostly independent and looking to connect with peers.

Families are welcome to stay or drop off and pick up. Parents are strongly encouraged to foster independence. Volunteer support is provided. The goal is to help teens enjoy time together and build confidence in their ability to interact with friends on their own.

Glow Putt Mini Golf and Dinner Tuesday, April 18 | 6:30-8 PM

Glow Putt
161 Granville St, Gahanna, OH 43230

Light up the night at the coolest glow-in-the-dark indoor mini-golf course in Columbus!

Choose Your Own Fun! Friday, May 12 | 6:30-8:30 PM

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

Spend the evening playing basketball, indoor soccer, ping pong, tabletop shuffleboard, and MUCH more, the choice is yours!

Make a Splash Friday, June 16 | 7-8:30 PM

Highlands Park Aquatic Center
245 S Spring Rd, Westerville, OH 43081

Outdoor Teen & Adult Inclusive Pool Party: Need we say more?! No food included for this event.

Hosted by DSACO with the support of volunteers. Food and drinks provided by DSACO. Events are free for teens but registration is required.

To register: dsaco.net/events/hssocialgroup

Questions? Contact Boo Krucky at ekrucky@dsaco.net.



Social Security Disability 101

Thursday, May 25 | 6 – 7:30 PM

Virtual

Please join Social Security Public Affairs Specialists Theresa Busher and Kelly Draggoo for an informative session on the nuts and bolts of both Social Security Disability Insurance (SSDI aka SSD) and Social Security Supplemental Security Income (SSI) benefits. This program will cover:

- Updates to contacting Social Security
- How to qualify for benefits
- Social Security’s application process
- The medical disability determination under Social Security
- And much more!

This program is free for DSACO families, but registration is required to receive the Zoom link.

To register: dsaco.net

Questions? Contact Kirsti Osborne at kosborne@dsaco.net.

2023 Down Syndrome Golf Academy

June 14–August 9 | 6:30 – 8 PM

Blacklick Woods Golf Course

7309 E Livingston Avenue
Reynoldsburg, OH 43068

Cost: \$100

DSACO is pleased to continue offering The First Tee® Program through the Down Syndrome Golf Academy. The program focuses on learning all aspects of the game of golf while encouraging character-building and developing the inner strength, self-confidence, and resilience that are important in golf—and every other aspect of life. Each week, golfers will enhance their skills in a safe, supportive, and empowering environment.

The program is open to golfers of all skill levels (including beginners) ages 12+

Registration opens April 19, 2023. Golf Academy is limited to the first 12 golfers.

To register: dsaco.net/golfacademy

Questions? Contact Steve Potts at spotts@dsaco.net or (614) 263-6020 ext. 1020

Cook Up Something Amazing with Virtual Cooking Classes

Meets the 2nd and 4th Wednesdays of each month

April 12 & 26, May 10 & 24, June 14 & 28 | 5:30 – 6:30 PM

Virtual – Zoom Session

Hungry to try something new? Then join DSACO twice each month for our 60-minute online cooking classes designed for adults (18+) with Down syndrome.

Follow step-by-step instructions for delicious recipes in your own kitchen. We provide recipes in advance and feature gluten-free options. Learn cooking terms, ideas, gadgets, and safety while making something tasty!

You’ll need access to a computer, laptop, or screen with a camera in your kitchen. And it’s a great idea to invite a support person to be on-hand to join in the fun—and taste the results!

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Ramadan

Ramadaan waxaa u dabaaldagaya in ka badan 1.9 bilyan oo muslimiin ah oo ku nool dacallada caalamka. Waxaa la og yahay in bisha ramadaan ka mid tahay bilaha ugu barakeysan Islaamka. Islaamku waa diin, dadka diintaan raacsanna waxaa la yiraahdaa Muslimiin.

Qur'aanka kariimka ah waxa la soo dejiyey bisha Ramadaan, waxaana lagu soo dejiyey Nebi Muxamed (NNKH).

Inta lagu jiro bishan barakeysan waxaa muslimiinta laga rabaa inay soomaan qorrax-soo baxa ilaa qorrax dhaca. Waxyaabaha la iska rabo waxaa ka mid ah ka fogaanshaha cuntada, biyaha, iyo ka fogaanshaha beenta/xanta. Soonku waa mid ka mid ah shanta tiir ee Islaamka, oo ay ka mid yihiin:

- Shahada (iimaanka ku dhawaaqida)
- Tukashada 5 jeer maalintiiba
- In la soomo bisha Ramadaan
- Bixinta Zakada, Aadida Xajka ugu yaraan hal mar inta aad nooshahay haddii aad awooddo.

Shantan tiir ayaa ah aasaaska Islaamka.

Ramadaan waxa loola jeedaa in lagu caawiyo dadka ilaahay rumaysan si ay ruux ahaan u kobcaan oo ay xidhiidh adag ula yeeshaan Ilaahay. Inta lagu guda jiro habeenkii iyo maalinti, muslimiintu waxay ku qaataan waqtigooda tukashada iyo akhrinta quraanka si ay ugu dhowadaan allaha abuuray.

Soonka in la iska furo marka qorraxdu dhacdo waxaa loo yaqaanaa Afur. Muslimiintu waxay u dabbaaldegaan ayaga oo asaxaabtooda, qoysaskooda iyo dariskooda la cuna cunto ballaaran. Waa munaasibad farxadeed oo kulmisa dadka ilaahay rumaysan oona nadiifisa naftooda.

Ramadaan Mubaarak ka socota qoyskayaga kuna socota qoyskiina.!

English:

Ramadan is celebrated by over 1.9 billion Muslims all over the world. It is known to be one of the holiest months in Islam. Islam is a religion, and the followers of this religion are called Muslims.

The Holy Quran was brought down to earth during the month of Ramadan and revealed to Prophet Muhammad (PBUH).

During this holy month Muslims are required to fast from sunup to sundown. This includes abstaining from food, water, and abstaining from lying/gossiping. Fasting is one of the Five Pillars of Islam, which include:

- Shahada (proclaiming faith)
- Praying five times a day
- Fasting during the month of Ramadan
- Paying charity, Going to Pilgrimage (Hajj) at least once in your lifetime if you're able.

These five Pillars are the fundamentals of Islam.

Ramadan is meant to help believers grow spiritually and have a stronger connection to Allah (God). During the day and night, Muslims spend it praying and reciting Quran to draw them closer to the Creator.

The breaking of the fast at sundown is called Iftar. Muslims celebrate by having big feasts with friends, families, and neighbors. It is a joyous occasion that brings believers together and cleanses one's soul.

Ramadan Mubarak from our family to yours!



Eid Mubarak from DSACO

April 29 | 5:30 – 7:30 PM

Chuck E Cheese

2711 Martin Rd
Dublin Ohio 43016

Please join us at Chuck E Cheese for an Eid party extravaganza filled with fun, games, and food. This is the perfect opportunity for your children to make new friends in the community and for you to meet other parents. Mark your calendars and see you there!

Register before April 14:

dsaco.net/events/somalioutreach

Questions? Contact Amina Said at asaid@dsaco.net.

Iska diiwaan geli Xafaddan bilaashka ah ka hor bisha Abriil 14keeda dsaco.net/events/somalioutreach

BLACK AND AFRICAN AMERICAN OUTREACH EVENT

Pizza Party in the Park

Sunday, May 7 | 3– 6 PM

Windsor Park Dream Field Shelter

4408 Broadway
Grove City

Interested in meeting other Black and African American families involved with DSACO? On Sunday, May 7th, your family is invited to a pizza party in the park! Families will meet at the Dream Field Shelter and have access to the Dream Field Playground. The Dream Field Playground is an innovative play space and inclusive playground at Windsor Park, designed to meet the needs of people of all ages and abilities!

A family photographer will also be on-site offering free 15-min photography sessions to your family.

Register by Thursday, May 4th: dsaco.net

Questions? Contact Kirsti Osborne at kosborne@dsaco.net.



¿Le preocupa que su hijo se esté quedando atrás? ¿Le gustaría promover su independencia?

Abril 15 | 10 – 11:30 AM

Casa Speech – Downtown

523 East Engler St.
Columbus, OH 43215

Las terapias del habla y ocupacional son diferentes para cada niño y familia, ayudan al desarrollo de habilidades con adultos y niños de su edad.

Acompañenos a esta plática en persona con Cassandra Guarneros, en donde aprenderemos un poco más sobre las terapias y su importancia.

Cassandra es patóloga bilingüe del habla y el lenguaje y orgullosa propietaria de Casa Speech. Ella apoya a niños en el área de Columbus desde 2015 y le apasiona ayudar a las personas en su comunidad y más allá.

Este evento es gratuito para familias de DSACO, coffee break y cuidado de niños disponible. Su registro es necesario antes del 3 de abril. Para más información por favor visite dsaco.net/events/latinooutreach.

Are you worried that your child is falling behind? Would you like to promote their independence?

April 15 | 10 – 11:30 AM

Casa Speech – Downtown

523 East Engler St.
Columbus, OH 43215

Speech and occupational therapies are different for each child and family, they help the development of skills with adults and children their age.

Join us for this in-person conversation with Cassandra Guarneros, we will learn a little more about therapies services and why are they so important.

Cassandra is a bilingual speech-language pathologist and proud owner of Casa Speech. She has been supporting children in the Columbus area since 2015 and is passionate about helping people in her community and beyond.

This event is free for DSACO families, coffee break and babysitting available. Your registration is required, for more information please visit dsaco.net/events/latinooutreach.



¡Diversión, Comida y Boliche!

Domingo 21 de Mayo | 4–6 PM

AMF Sawmill Lanes

AMF Sawmill Lanes
Columbus, OH 43235

La próxima reunión del grupo de Familias Hispánicas/Latinas será en persona. Los invitamos a disfrutar de una tarde de boliche mientras convivimos con más familias.

Este evento es gratuito para familias de DSACO, su registro es necesario antes del 5 de Mayo. Para más información por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net o visite dsaco.net/events.



Fun, Food and Bowling!

Sunday, May 21 | 4–6 PM

AMF Sawmill Lanes

AMF Sawmill Lanes
Columbus, OH 43235

The next meeting of the Latino/Hispanic Families group will be in person. Come and have fun with us bowling meeting with families in the community.

This event is free for DSACO families, registration is required before May 5th. For more information, please email Vanessa Armenta at varmenta@dsaco.net or visit dsaco.net/events.





Medically Speaking

*with Dr. Katie Frank, PhD, OTR/L
Occupational Therapist, Adult Down Syndrome Center*

What is Occupational Therapy?

Occupational therapy is a health profession concerned with how people function and perform meaningful activities in their respective roles. "Occupation" is any activity in which one engages throughout the day. Occupational therapists (OTs) can help a person perform expected, needed, or desired activities using any or all of the following strategies:

- Teaching or re-teaching a skill
- Providing accommodations
- Modifying the environment

How do OTs help?

OTs can address a wide range of skills and can help with many life circumstances. Some of the most common needs and issues OTs help with include:

- Fine motor skills and coordination
- Life skills
- Physical activity
- Puberty

- Self-care skills
- Sensory processing
- Social skills and relationship development
- Transitions and routine

When should you work with an OT?

It's not uncommon for individuals with Down syndrome to work with an OT throughout the different phases of their lives. You may want to consider consulting an OT for an adolescent or adult with Down syndrome if:

- You notice self-stimulatory behaviors (rocking, hand flapping, etc.).
- Your loved one has strong preferences or sensitivities (to light, texture, taste, smell, sound, or movement).
- Your loved one is a picky eater.
- Your loved one has poor fine motor and coordination skills.
- Your loved one is having difficulty completing basic activities of daily living (ADLs) such as dressing, showering, and

toileting.

- Your loved one is overweight.
- Your loved one needs to learn job skills.
- Your loved one has questions about healthy relationships and sexuality.
- Your loved one needs to learn or practice appropriate social skills.
- Your loved one has difficulty transitioning between activities.
- Your loved one needs assistance establishing a routine.
- Your loved one has anxiety towards medical procedures, dental visits, haircuts, blood draws, or other activities that need to occur periodically.

How do I get a referral?

If you are interested in pursuing occupational therapy services, you will likely need a referral from your primary care provider. It's also a good idea to check with your insurance provider to ensure OT services are covered under your plan.

SAVE *the* DATE

May 18

2FGR Run for Down Syndrome

Dublin, OH

The 2FGR Run for Down Syndrome is proud to be holding its 14th annual 3K, 5K, and 10K run and walk to benefit the Down Syndrome Association of Central Ohio! This isn't your typical race. It's an event that's fun for the entire family, runners or otherwise! Each year we welcome food trucks and vendors from all around Central Ohio to provide food and fun for everyone in attendance. The event is especially known for its bounce houses and fun for children of all ages (including children at heart). To date, the 2FGR Run for Down Syndrome has raised more than \$600,000 to support DSACO's mission of helping families and creating opportunities for people with Down syndrome. This year, we are excited to be featured as one of RUNColumbus' 2023 events! RUNColumbus is an organization that has created a point-based race series so you can compete against others or yourself in a yearlong series of races.

To register: 2fgr.org/run

July 17

Golf Classic

The Country Club at Muirfield Village

DSACO will hold its annual Golf Classic at the prestigious Country Club at Muirfield Village. This year's event promises to be a great day of golf, networking, and fun, all while raising awareness and funds for individuals with Down syndrome and their families. The tournament will feature a four-person scramble format with prizes awarded to the top teams, longest drive, and closest to the pin. With a beautiful course, exciting challenges, and the chance to make a difference in the community, DSACO's annual Golf Classic is a can't-miss event for any golf enthusiast or supporter of a great cause. Registration opens May 1.

To register: dsaco.net/golfclassic

October 1

Columbus Buddy Walk

Fortress Obetz

The Columbus Buddy Walk is set to take place on Sunday, October 1st, at the Fortress Obetz. This annual event is organized by DSACO and is a celebration of individuals with Down syndrome and their families. The event includes a short walk, music, food, and fun activities for all ages. This year's walk promises to be bigger and better than ever, with an expected turnout of thousands of participants!

To register: columbusbuddywalk.org

November 9-11

NDSS Adult Summit is Coming to Ohio + New DSACO Adult Mini Conference

Cincinnati, OH

Exciting news! This year the National Down Syndrome Society Adult Summit is coming to Ohio! Individuals with Down syndrome 14+ and their families are invited to join DSACO and others from around the region for the NDSS Adult Summit in Cincinnati, Ohio on November 9-11. Spots are limited so please register early! **When registering, please use the code DSACO for a 25% discount.** Early bird discount ends May 1.

To register: ndss.org/adult-summit

NEW this year only...

DSACO Adult Mini Conference! Although we're headed to Cincinnati in lieu of our typical 3-day Adult Conference in 2023, we are bringing you an abbreviated version we're calling "DSACO Adult Mini Conference." Adults aged 18+ and their parent/caregiver will gather this summer for a one-day event to laugh, learn, connect, and DANCE! Date and location are coming soon!! Stay tuned for more details.

Resource Groups

D.A.D.S.

Meets once per month | 6 PM
(Food will be ordered at 7 PM)

Monday, April 3
Monday, May 1
Monday, June 12

Brian Stumpo

bstumpo@columbus.rr.com

Justin Whitley

whitleyj@icloud.com

For information:

facebook.com/groups/273.810.587540605

M.O.M.S. – Athens

Saturday, May 20 | 1:00 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

M.O.M.S. – Chillicothe

3rd Thursday of the Month | 6:30 PM

April 20
May 18
June 15

Keely Wescott

redmnm0607@hotmail.com

Michelle Wallace

michelle_rn@outlook.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Delaware

2nd Wednesday of the Month | 6:30 PM

Wednesday, April 12
Wednesday, May 10
Wednesday, June 14

Crystal Vitullo

crystalmowry@gmail.com

Allison Schwab

allieb1220@gmail.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Marion

See you at the Family Outreach Event
on April 29th!

Chelsea Johnson

chelseamjohnson1217@gmail.com

Dawn Brookes

dawn.m.brookes@gmail.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Marysville

3rd Saturday of the Month | 6 PM

Saturday, April 15

Saturday, May 20

Saturday, June 17

Katie Furr

katiel617@hotmail.com

Lauren Roush

lauren.roush1107@gmail.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Northwest

3rd Tuesday of the month | 6:30 PM

Tuesday, April 18

Tuesday, May 16

Tuesday, June 20

Hannah Reid

hannahreid329@gmail.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Southeast

2nd Wednesday of the month | 6 PM

Wednesday, April 12

Wednesday, May 10

Wednesday, June 14

Yirha Torres

dtcfamily4@gmail.com

Whitney Garrett

walker86@gmail.com

For information:

facebook.com/groups/297.727.160607506

M.O.M.S. – Westerville

1st Thursday of the month | 6:30 PM

Thursday, April 6

Thursday, May 4

Thursday, June 1

Lucy Pagán

lucillepagan@gmail.com

Jackie Johnston

jackierosejohnston@gmail.com

For information:

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.

Thursday, April 20

6:30-8 PM

The Gab Lab:

Learning Language Through Play!

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. To register: dsaco.net/events/littlebuddies

Thursday, May 18

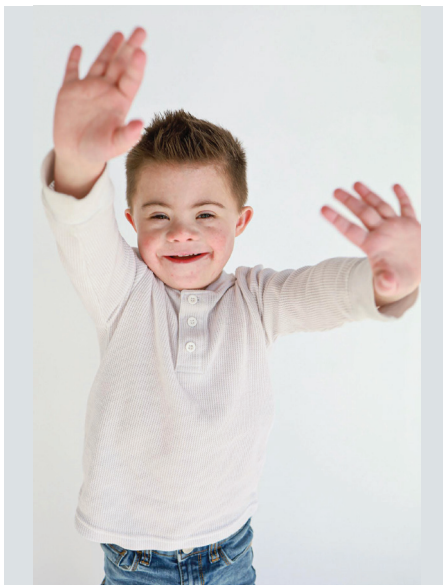
No meeting this month, we hope to see you at the 2FGR run for Down syndrome!

Thursday, June 15
6:30-8 PM

All About the Buddy Walk with Evanthia Brillhart, Director of Marketing & Events
Virtual

Zoom with us to learn all you need to know about the 2023 Columbus Buddy Walk! Evanthia will walk us through the event timeline, so you know what to expect and how to make it the best event for your team! You'll have a chance to ask questions and learn more about how to prepare and what walk day will look like. Get ideas on fundraising, tailgating, walk day expectations, and more!

For information:
facebook.com/groups/339.782.022866623



TEEN HAPPENINGS:

High School Social Group

Tuesday, April 18 | 6:30-8 PM
Glow Putt

Friday, May 12 | 6:30-8:30 PM
Glen's Sports Barn

Friday, June 16 | 7-8:30 PM
Highlands Park Aquatic Center

TEEN & ADULT HAPPENINGS:

Teen & Adult Inclusive Pool Party
Friday, June 16 | 7-8:30 PM
Highlands Park Aquatic Center

Save the Date
NDSS Adult Summit (Ages 14+)
Thursday, Nov 09- Saturday, Nov 11, 2023

Adult Stamping Club (Columbus)
6:30-8 PM

April 5
May 3
June 7

Stamping Club East (Licking County)
6-7 PM

April 11
May 9
June 13

Improv (Class is currently full.)
6:30-8 PM
April 3, 10, 17, & 24

Cooking with YOU...and Who?
5:30 - 6:30 PM

April 12 & 26
May 10 & 24
June 14 & 28

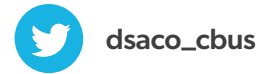
Aging and Down Syndrome Caregiver Support Group
6-7 PM

April 25
May 23
June 27

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:



Facebook Groups:

- DSACO D.A.D.S.
- DSACO "Lending" Library
- DSACO M.O.M.S.
- DSACO Parents of Adults with Down syndrome
- DSACO Little Buddies - Down Syndrome Parent Resource Group
- Familias Latinas De DSACO
- DSACO Families with Medically Complex Needs
- DSACO's Black and African American Outreach Group

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

April

- 3 D.A.D.S. & Improv
- 5 Adult Stamping Club Central
- 6 Westerville M.O.M.S.
- 10 Improv
- 11 Adult Stamping Club East
- 12 Virtual Cooking Class, Southeast M.O.M.S.,
Delaware M.O.M.S.
- 15 Hispanic & Latino Outreach Program,
Marysville M.O.M.S.
- 17 Improv
- 18 High School Social Group,
Northwest M.O.M.S.
- 20 Littles Buddies, Chillicothe M.O.M.S.
- 24 Improv
- 25 Aging & Down Syndrome Caregiver
Support Group
- 26 Virtual Cooking Class
- 29 Marion County Family Outreach Event

May

- 1 D.A.D.S.
- 3 Adult Stamping Club Central
- 4 Westerville M.O.M.S.
- 6 Little Buddies Outreach Event
- 7 Black and African American Outreach Event
- 9 Adult Stamping Club East
- 10 Virtual Cooking Class, Southeast M.O.M.S.,
Delaware M.O.M.S.
- 12 High School Social Group
- 16 Northwest M.O.M.S.
- 18 2FGR Run for Down Syndrome,
Chillicothe M.O.M.S.
- 20 Athens M.O.M.S., Marysville M.O.M.S.
- 21 School Age Outreach Event,
Hispanic & Latino Outreach Event
- 23 Aging & Down Syndrome Caregiver
Support Group
- 24 Virtual Cooking Class
- 26 Social Security Disability 101 Webinar
- 29 Office Closed for Memorial Day

June

- 1 Westerville M.O.M.S.
- 4 M.O.M.S. Outreach Event
- 7 Adult Stamping Club Central
- 10 Summer Picnic
- 12 Summer Learning Academy Starts,
D.A.D.S.
- 13 Adult Stamping Club East
- 14 Virtual Cooking Class, Southeast M.O.M.S.,
Delaware M.O.M.S., Golf Academy
- 15 Little Buddies, Chillicothe M.O.M.S.
- 16 Teen and Adult Outreach Event
- 17 Marysville M.O.M.S.
- 19 iCan Bike Camp; Office Closed for Juneteenth
- 20 iCan Bike Camp; Northwest M.O.M.S.
- 21 iCan Bike Camp, Golf Academy
- 22 iCan Bike Camp, Chillicothe M.O.M.S.
- 23 iCan Bike Camp
- 27 Aging & Down Syndrome Caregiver Support
Group
- 28 Virtual Cooking Class

