



COLUMBUS BUDDY WALK T-SHIRT DESIGN



ALL INcluded at the Columbus Buddy Walk

Sunday, October 1, 2023

9 AM - 2 PM

Fortress Obetz

2015 Recreation Trail | Obetz

The Down Syndrome Association of Central Ohio (DSACO) is thrilled to announce the much-anticipated 2023 Columbus Buddy Walk®! This is an incredible opportunity for us to come together, unite for a common cause, and raise vital funds. Whether you have Down syndrome, know someone who does, or simply want to show your support, now is the time to go **ALL IN** by donating or registering today!

Let's spread the word and celebrate the amazing people with Down syndrome who inspire us every day. The event promises to be a day filled with fun and family-friendly activities that everyone can enjoy. Get ready for a memorable experience featuring a DJ, music, spirited cheerleaders, exciting inflatables, a delightful toddler zone, mouthwater-

ing food trucks, and even a chance to explore and interact with fascinating vehicles at the touch-a-truck exhibit.

This event serves as a platform to celebrate the incredible accomplishments of people with Down syndrome while also supporting the vital work of DSACO, including supporting inclusion for people of all abilities. We invite you to go **ALL IN** by creating a team, registering to walk, donating, or becoming an event sponsor.

Join us at the 2023 Columbus Buddy Walk® and be **ALL IN** on a day that celebrates the remarkable achievements and unwavering spirit of the Down syndrome community.

To register or donate: columbusbuddywalk.org

Summer 2023

3

CAREGIVER SUPPORT BY
CARILOOP

4

PROGRAMMING
& EVENTS

9

ADULT MINI CONFERENCE



3 / 21 UPDATE

For nearly 40 years, DSACO has built programs and services based on the needs we hear our families express. More recently, we have received interest from the broader developmental disability community to expand our reach. While all DSACO money raised stays with our 1,200+ families, it is important to know that we are exploring ways to creatively fund these new programs and spread the love of learning to all those with a need. Ultimately, we build our learning programs for you—because of you. Our top priority is to ensure we can sustain these valuable programs for our families year after year.

3 Learning Aid Ohio started with an idea in the summer of 2020, with a commitment to invest \$125,000 of DSACO’s reserve funds for free tutoring to what we expected would be 50-60 families. Through support from the Governor’s Children’s Initiative, the Ohio Department of Developmental Disabilities, and the Ohio Department of Education, we have now been afforded the opportunity to serve hundreds of students with Down syndrome, as well as thousands of children with developmental disabilities in need of critical supplemental learning resources.

2 Adult Literacy Ohio was born out of our vision and belief that we should be advocating for access and resources than can support someone with Down syndrome in living up to their fullest potential. Last year, DSACO invested over \$100,000 in a pilot program to evaluate literacy outcomes through our model. Although we have over \$50,000 set aside for adults with Down syndrome for 2023, we’re equally excited that the Ohio Department of Developmental Disabilities has awarded us funds to expand this work to not only adults with Down syndrome, but those with other developmental disabilities as well.

1 The IEP Kit Program is our latest endeavor in which DSACO has invested over \$30,000 to date. We have been thrilled with our survey feedback from this new offering and are actively exploring ways to underwrite this valuable resource that’s already been provided to hundreds of DSACO families.



We are humbled to be in a position to make these investments to explore and innovate—all thanks to you, your friends, and our community donors who trust us to do the work. We look forward to dreaming up, building out, and implementing new programs and services in the future thanks to all the ways you so generously support us!

A handwritten signature in blue ink that reads 'Kari Thomas'.

DSACO
President and CEO

Caring for Our Caregivers: Introducing Caregiver Support Powered by Cariloop



Introducing Cariloop: Your NEW Dedicated Caregiver Support Platform. We understand that caregiving can often become overwhelming, especially when balancing work and other responsibilities. With Cariloop, you can access unlimited support from experienced Care Coaches who will guide you through every aspect of your unique caregiving journey – at absolutely no cost to you!

Cariloop offers comprehensive support from prenatal to end-of-life care. Here are a few ways in which Care Coaches can assist DSACO families:

- Finding and evaluating backup care and daycare providers.
- Locating assisted living facilities and exploring in-home care options.
- Understanding insurance coverage and care-related expenses.
- Navigating legal requirements for caregiving.
- Providing mental health support and connecting you with resources suitable for all ages.

The Care Coaching team comprises a diverse group of care professionals, including nurses, social workers, facility administrators, educators, pediatric specialists, and more. Their collaborative approach and prompt responsiveness ensure that DSACO families receive the necessary support in every caregiving situation. Cariloop Care Coaches alleviate the burden of caregiving tasks, enabling you to reduce stress and be fully present at both work and home.

The Caregiver Support Powered by Cariloop program is completely free for DSACO families. **To obtain your enrollment code**, please reach out to Kirsti Osborne at kosborne@dsaco.net!



Send Us Your Smiles

Be Part of our 2024 Faces in the Community Calendar

DSACO is now gathering photos for the 2024 Faces in the Community Calendar. We'd love to see your smiles included! Send us your own snapshots -or take advantage of a free professional family photo session to capture the perfect picture!

Families are invited to submit two (2) high-resolution images for inclusion in the calendar. Please visit dsaco.net/calendar to see a growing list of generous local photographers offering free photo sessions this summer or to find out how to submit your own photos for the 2024 calendar.

To submit photos: dsaco.net/calendar

DEADLINE TO SUBMIT PHOTOS: August 1, 2023

EARLY CHILDHOOD

SCHOOL AGE

TEENS

ADULTS

Get Connected to the Fun!

DSACO extends far beyond our office walls. We are a community of families throughout central Ohio who share a unique bond. At DSACO, we prioritize supporting the families we serve by fostering connections and building a community that offers care and support. In addition to our ongoing resource groups (refer to pages 18-19), we organize special events each season, providing opportunities for moms, dads, siblings, and entire families to gather, connect, and forge meaningful relationships.

We warmly invite you to join us! Please save the dates and join your DSACO family for the exciting events lined up this season.



LITTLE BUDDIES & SCHOOL AGE QUARTERLY OUTREACH EVENT

Dive into Summer Fun!

Saturday, July 8 | 7- 8:30 PM

Highlands Park Aquatic Center

245 S. Spring Road
Westerville, OH 43081

Ages: Birth - Middle School

Join DSACO on Saturday, July 8th, for an exciting pool party that celebrates the spirit of summer! The Little Buddies and School Age groups are coming together to host a fantastic mid-summer pool party exclusively for people with Down syndrome (ages birth - middle school) and their immediate families. Please note that spots are limited, and registration is required to secure your spot.

***If any siblings have friends who would like to volunteer, kindly ask them to reach out to Emily Callahan at ecallahan@dsaco.net or Courtney Frost at cfrost@dsaco.net.*

Don't miss out on this wonderful opportunity to make a splash and enjoy a memorable evening. Grab your swimsuits and join us for a splashing good time!

To register: dsaco.net/events/schoolagedpoolparty

Scan Me!



COUNTY OUTREACH EVENT

Join us for Tee Time in Hocking County

Saturday, July 29 | 2 - 4 PM

Hocking Hills Mini Golf

26792 US Rt. 33
Rockbridge, OH 43149

Join us for a memorable day of family fun at Hocking Hills Mini Golf on Saturday, July 29th, starting at 2 PM! This exciting event is exclusively for DSACO families, providing an opportunity to connect, bond, and create lasting memories in a beautiful outdoor setting.

Whether you're a seasoned pro or new to the game, mini golf is perfect for all skill levels.

The event is free, but registration is required!

To register:

dsaco.net/events/countyoutreach

Questions? Contact Evanthia Brillhart at ebrillhart@dsaco.net.



Welcome to our Family!

Join DSACO for a New Parent Celebration

Saturday, August 5 | 10 AM - 12 PM

Better Together Playnasium

5089 York Rd SW
Pataskala, OH 43062

We are so excited to celebrate the newest addition to your family--and ours! DSACO extends a warm invitation to families who have welcomed a child with Down syndrome in the past year to join us for a delightful brunch on Saturday, August 5th, from 10 AM to 12 PM.

This special occasion provides an opportunity for new parents to connect and socialize with others who share similar experiences. Families will enjoy exclusive access to the Better Together Playnasium—a sensory-friendly play space located in Pataskala that embraces the values of inclusion and acceptance for all children.

To register:

dsaco.net/events/newparentcelebration

Questions? Contact Courtney Frost at cfrost@dsaco.net.



D.A.D.S. OUTREACH EVENT

Taking D.A.D.S. Out to the Ball Game

Saturday, August 26 | 5:05 PM

Huntington Park

330 Huntington Park Lane
Columbus, OH 43215

DSACO wants to take fathers and male guardians out to a ball game at Huntington Park! We're even buying the peanuts and cracker jacks! Watch the Columbus Clippers play baseball, eat some ballpark food, connect with DSACO D.A.D.S. (Dads Appreciating Down Syndrome), and enjoy a Saturday night in the city.

You will receive a ticket to the game as well as \$10 Clippers Cash to spend during the game!

This event is free to DSACO Dads and male guardians, but registration is required. Please register by Thursday, August 10th.

D.A.D.S. Contacts

Brian Stumpo

bstumpo@columbus.rr.com

Justin Whitley

whitleyj@icloud.com

To register:

dsaco.net/events/dadsnightout



Make a Great Impression with Stamping Club

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 explore our creativity, 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—East

Ages: 16+

Second Tuesdays

July 11, August 8, September 12 | 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, register at dsaco.net.

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.



Stamping Club—Central

Ages: 18+

First Wednesdays

July 5, August 2, September 6 | 6:30-8 PM

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.

Aging & Down Syndrome Caregiver Support Group

July 25, August 22, September 26 | 6-7 PM

Virtual

Join us for the DSACO Aging & Down Syndrome Caregiver Support Group, held monthly via Zoom. This support group, in partnership with the Central Ohio chapter of the Alzheimer's Association, is specifically designed for caregivers of aging individuals with Down syndrome.

During each session, caregivers will find emotional support, as well as opportunities to share their experiences and resources. Given the higher prevalence of Alzheimer's and dementia in the Down syndrome community, these topics will receive special focus. All caregivers of aging individuals (40 years old or older) with Down syndrome are welcome to participate.

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.

Bowling and Dinner

Wednesday, July 19 | 6:30–8:30 PM

Star Lanes Polaris
8655 Lyra Dr, Columbus, OH 43240

Choose Your Own Fun!

Friday, August 11 | 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!

Acres of Fun

Sunday, September 24 | 4-6 PM

Lehner's Pumpkin Farm
2920 State Route 203, Radnor, OH 43066

Enjoy more than 35 activities included with admission. 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.

Scan Me!



Time to Get Cooking!

Virtual Cooking Class for Adults

Meets the 2nd and 4th Wednesdays of each month

July 12 & 26, August 9 & 23, September 13 & 27

5:30 – 6:30 PM

Virtual on Zoom

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!

To register: dsaco.net/events/virtual-cookingclass

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



TEEN QUARTERLY OUTREACH EVENT

Kick off Pumpkin Season with DSACO

Sunday, September 24 | 4-6 PM

Lehner's Pumpkin Farm

2920 OH-203

Radnor, OH 43066

Get ready to immerse yourself in the joy of fall with DSACO's Teen Quarterly Outreach Event! Whether you're a fan of pumpkin spice or not, we guarantee you'll have a blast at Lehner's Pumpkin Farm. This event is open to our teens and their families, offering an excellent opportunity to embrace the season, connect with other DSACO families, and partake in festive autumn activities.

To register: dsaco.net/events/teenoutreach

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

STABLE Account Webinar

Thursday, August 3 | 6-7:30 PM

Virtual

Join the Ohio Treasurer's Office for an informative session on STABLE accounts! A STABLE account is a specialized investment and savings account administered by the Ohio Treasurer's Office, designed to benefit eligible individuals with disabilities. By utilizing STABLE accounts, individuals can save and invest funds for qualified disability-related expenses, such as education, housing, and transportation. Importantly, STABLE accounts allow individuals to maintain eligibility for federally funded benefits like Medicaid and Supplemental Security Income (SSI) while saving money.

During this program, we will cover the following topics:

- Program features of STABLE accounts
- The process of eligibility, enrollment, and fund management within a STABLE account
- Real-life experiences shared by STABLE account owners
- Strategies to effectively manage multiple STABLE accounts
- An interactive Q&A session

To register: dsaco.net/stableaccounts

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





We Are Limitless: Get Inspired at our Adult Mini Conference

Saturday, August 12 | 8 AM - 4:30 PM

Embassy Suites Dublin

5100 Upper Metro Place

Dublin, OH 43017

COST: \$15/person

Discover a world of limitless possibilities at this year's Adult Mini Conference. If you're 16 years old or older and have Down syndrome, we cordially invite you and your parents or caregivers to join us on Saturday, August 12th, at the Embassy Suites Dublin. Prepare yourself for a day of friendship, learning, and pure enjoyment. With the generous support of Resch, Root, Philipps & Graham, we have an exciting day planned for you!

Kicking off the conference is an awe-inspiring keynote speech from Caden Cox, the trailblazer who made history as the first person with Down syndrome to score during a college football game. Be inspired by his remarkable journey and embrace the power of overcoming challenges.

Throughout the day, we have thoughtfully curated four breakout sessions tailored to cater to various interests

and participants. Whether you're a person with Down syndrome, a parent, or a caregiver, there's something for everyone.

SESSIONS INCLUDE:

- Envision a future you love
- Curate a personalized playlist of motivational songs
- Emergency preparedness information and resources
- DSACO-led focus group to share insights and connect with fellow parents
- Future planning with Derek Graham
- Dance celebration

The cost to attend the conference is just \$15 per person (please register for each person who plans to attend in your family). This all-inclusive package covers all sessions, necessary supplies, a continental breakfast, a boxed lunch, and an afternoon snack. We want to ensure your experience is seamless and unforgettable from start to finish

Don't miss this extraordinary opportunity to connect with other adults with Down syndrome, expand your knowledge, and create lasting memories at the "We Are Limitless" Adult Mini Conference 2023!

To register: dsaco.net/events/adult-conference

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

DSACO is Going ALL IN for 2023-2024 IEP Kits

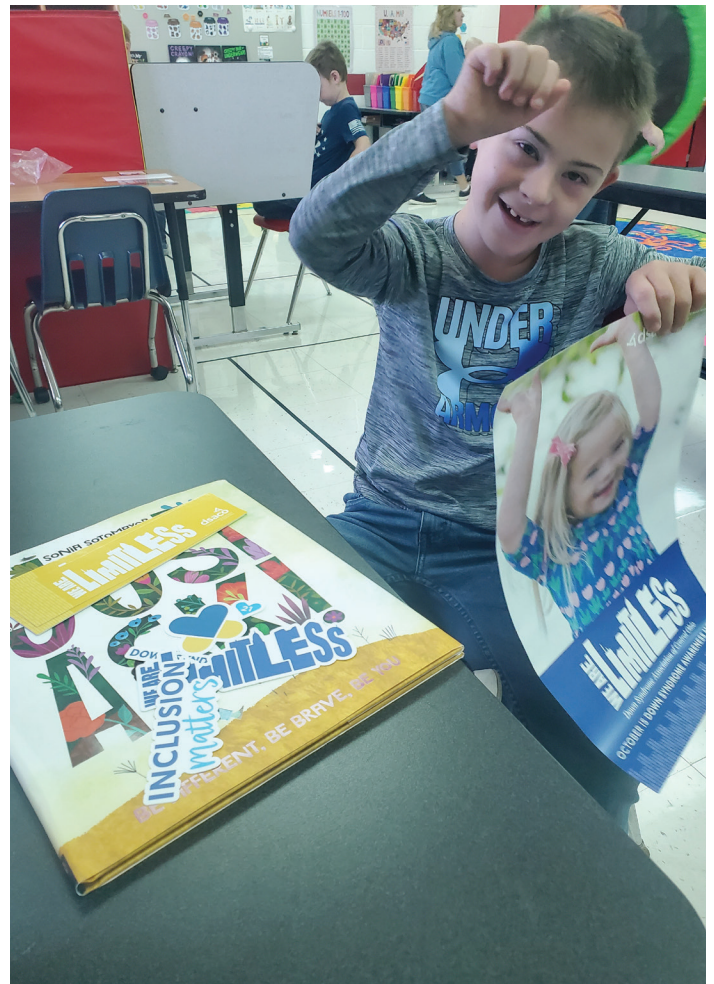
Claim Your IEP Kit Today!

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.

These kits are based on the academic calendar and mailed out the month leading up to your student's IEP meeting.

Registration opens in July: dsaco.net/iepkit

Questions? Contact Emily Callahan at ecallahan@dsaco.net or 614-263-6020 ext. 1035.



New Date for DSACO's Book Bundles!

DSACO's Book Bundles are rescheduled for **March 2024**, in celebration of World Down Syndrome Day! To enhance awareness and the celebratory spirit surrounding this special day, DSACO has decided to move its Book Bundles event to March 2024. Stay tuned for further details at the beginning of 2024!

If you have any suggestions for Book Bundles, such as book recommendations, resources, or materials, please feel free to send them to Emily Callahan at ecallahan@dsaco.net!

A LOOK *ahead*

October 19

I Want to Date! Supporting Healthy Dating Relationships

Virtual on Zoom

DSACO is thrilled to announce the return of Terri Couwenhoven, MS CSE, for an informative webinar on supporting healthy dating relationships! The desire for intimacy and meaningful connections is a fundamental aspect of being human. People with intellectual disabilities share these same desires, but often face unique obstacles when entering the world of dating.

During this workshop, parents will have the opportunity to explore the challenges that individuals with intellectual disabilities encounter and gain insight into the vital role that parents and/or support providers can play. Additionally, practical strategies for assisting self-advocates in navigating the various stages of the dating process will be discussed.

Don't miss out on this valuable event! Mark your calendars and join us virtually on Zoom for an informative session on Thursday, October 19, from 6:30 to 8 PM.

To register: dsaco.net

November 9–11

NDSS Adult Summit is Coming to Cincinnati!

Cincinnati, OH

We invite individuals with Down syndrome ages 14 years and older, along with their families, to join the National Down Syndrome Society in Cincinnati, Ohio, for the Adult Summit. This exceptional event being held in close proximity to us offers a unique opportunity for our community to participate.

When registering, please use the code DSACO for a 25% discount.

To register: ndss.org/adult-summit



December 9

DSACO's Annual Holiday Party

Star Lanes Polaris

Join DSACO's Annual Holiday Party on Saturday, December 9, at Star Lanes Polaris! This festive event is exclusively for families who have a loved one with Down syndrome and their immediate family members. Start your day with a delicious breakfast, followed by a fun-filled bowling experience. And don't forget to bring your holiday spirit, as Santa and Mrs. Claus will be there to spread joy and capture memorable moments with your family. It's a wonderful opportunity to celebrate the holiday season together!

Registration will open in October.

Celebrate Hispanic Heritage Month

Desde mediados de septiembre celebramos la cultura y las contribuciones de los estadounidenses con raíces en España, México, América Central, América del Sur y los países hispanohablantes del Caribe.

En 1968, el Congreso autorizó al presidente Lyndon B. Johnson a que proclamara la Semana Nacional de la Herencia Hispana, que incluía 15 de septiembre.

Veinte años más tarde, el 17 de agosto de 1988, el presidente Ronald Reagan reiteró un reconocimiento más amplio de los estadounidenses de origen hispano y para ello el Congreso aprobó una ley que extendió la celebración por un periodo de 31 días al que se denominó Mes Nacional de la Herencia Hispana – desde el 15 de septiembre al 15 de octubre, fecha significativa por el aniversario de la independencia de algunos países latinoamericanos como Costa Rica, El Salvador, México, Guatemala, Honduras y Nicaragua.

¡Feliz mes de la herencia hispana!

English:

Starting on September 15, we celebrate the culture and contributions of Americans with roots in Spain, Mexico, Central America, South America, and the Spanish-speaking countries of the Caribbean.

In 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week, which fell on the week of September 15.

Twenty years later, on August 17, 1988, President Ronald Reagan reiterated a broader recognition of Hispanic Americans. For this purpose, Congress passed a law that extends the celebration for a period of 31 days – from September 15 to October 15. National Hispanic Heritage Month now includes significant dates marking the anniversary of the independence of some Latin American countries such as Costa Rica, El Salvador, Mexico, Guatemala, Honduras, and Nicaragua.

Happy Hispanic Heritage Month!



Reunion Virtual Familias Hispanas/ Latinas de DSACO

Julio 6 | 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.

Regístrate en: dsaco.net/events/latinooutreach

English:

July 6 | 6:30 -7:30 PM

Virtual on Zoom

Let's continue creating bonds of support in our community. I look forward to seeing you at the next virtual meeting of the DSACO Latino Families Group.

With your registration and attendance, you will be able to participate in the raffle of a \$35 gift card.

To register: dsaco.net/events/latinooutreach

Questions?

Contact Vanessa Armenta at varmenta@dsaco.net.

Scan Me!



Picnic Anual para Familias Hispanas/ Latinas de DSACO

Agosto 19 | 10 AM - 2 PM

Windsor Park Dream Field Shelter

4408 Broadway
Grove City, OH 43213

Los invitamos al picnic anual de Familias Hispanas/Latinas de DSACO! Nos encantaría contar con su presencia y disfrutar de una mañana tranquila y relajada en donde podrá disfrutar de una comida, lotería, pinta caritas y juegos, además de conversar y conectar con otras familias.

Este evento es gratuito para familias de DSACO (papás y hermanos), su registro es necesario a más tardar el 9 de agosto.

Si tiene preguntas por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net.

Regístrate en: dsaco.net/events/latinooutreach

English:

August 19 | 10 AM - 2 PM

Windsor Park Dream Field Shelter

4408 Broadway
Grove City, OH 43213

We invite you to DSACO's annual picnic for Hispanic/Latino Families! We would love to have your presence and enjoy a quiet and relaxed morning where you can enjoy a meal, lottery, face painting and games, as well as connecting with other families.

This event is free for DSACO families. Registration is required by August 9th.

To register: dsaco.net/events/latinooutreach

Questions?

Contact Vanessa Armenta at varmenta@dsaco.net.

EID AL ADHA



Waxaa lagugu martiqaaday inaad u dabaaldegto Ciidul Adxaa!

June 30 | 5:30 – 7:30 PM

Rockin' Jump

1220 County Line Road
Westerville, OH 43081

Waxaan jeclaan lahayn inaan kula ciidno adiga iyo qoyskaagaba Ciidul Adxaa! Fadlan nagula soo biir Rockin Jump halkaas oo aan ku yeelan doono maalin ay ka buuxdo oo ay madadaalo, ciyaaro, iyo cunto! Aan sii wadno samaynta saaxiibo cusub oo bulshada dhexdeeda ah!

Tani waa xaflad bilaash ah oo loogu talagalay qoysaska DSACO (Waalidiinta iyo walaalaha waa la soo dhaweynayaa).

Aad ayaan ugu faraxsanahay inaan awoodno inaan la dabaaldegno maalintan farxadda leh qoysaskayada DSACO! halkaa aan isku aragno!

Fadlan isdiiwaangeli ka hor Juun 15-keeda:

dsaco.net/events/somalioutreach

Su'aalo? fadlan kala soo xidhiidh Aamina Siciid at asaid@dsaco.net.

English:

You're invited to celebrate Eid Al Adha

June 30 | 5:30 – 7:30 PM

Rockin' Jump

1220 County Line Road
Westerville, OH 43081

We would love to celebrate Eid Al Adha with you and your family! Please join us at Rockin' Jump where we will have a full day filled with fun, games, and food! Let's continue making new friends in the community!

This is a free event for DSACO families (parents and siblings are welcome).

We are so excited to be able to celebrate this joyous day with our DSACO families! See you there!

Please register by June 15:

dsaco.net/events/somalioutreach

Questions?

Contact Amina Said at asaid@dsaco.net.

Scan Me!



BLACK AND AFRICAN AMERICAN OUTREACH EVENT

Build Some Memories at Legoland

Sunday, September 10 | 2 PM

LEGOLAND Discovery Center Columbus

157 Easton Town Center
Columbus, OH

We extend a warm invitation to our Black and African American families to join us for a fun-filled afternoon at: LEGOLAND Discovery Center! DSACO is thrilled to offer a memorable day filled with interactive attractions for your family to enjoy together.

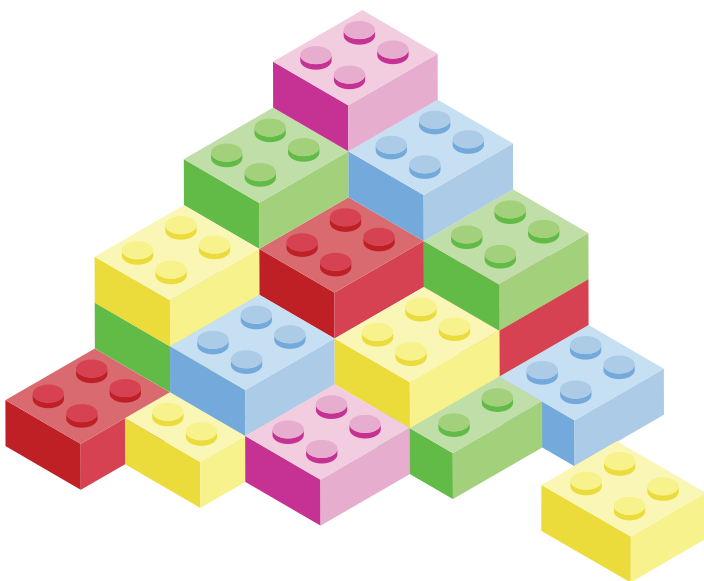
Please note that this activity is exclusively reserved for DSACO members, including persons with Down syndrome and immediate family members residing in the same household.

This event is FREE; however, tickets are limited, and advance registration is required.

Register by September 4th: [dsaco.net /our-events](https://dsaco.net/our-events)

Questions?

Contact Vanessa Armenta at varmenta@dsaco.net.





Medically Speaking

with *Cara Frasco Lai, OD, MS, FCOVD, FAAO*
Diplomate in Binocular Vision, Perception and Pediatric Optometry

Do you see what I see?

Many parents are surprised to learn that young children do not need to read letters on an eye chart for a pediatric eye doctor to assess their eye health, visual acuity, and the potential need for glasses.

Eye and vision issues are quite common (60-80%) in children and adults with Down syndrome. Variations in eye formation (such as cataracts and blocked tear ducts), focusing abilities (requiring glasses), eye coordination (misalignment and lazy eye), and visual processing by the brain can all be observed. Early detection of these concerns through pediatric screenings and regular comprehensive eye exams can significantly improve visual outcomes for individuals with Down syndrome.

InfantSEE is a national program where participating optometrists provide a comprehensive eye examination to infants from 6-12 months of age at no cost to the family. All children should receive an infant eye examination, not only children with Down syndrome or when parents see problems.

DID YOU KNOW? 80% of individuals with Down syndrome need glasses.

When may my child need glasses?

All children have a refractive error, which refers to the need for a prescription in their vision. Infants typically have slight farsightedness (hyperopia) and mild astigmatism within the normal range. Glasses are prescribed when a child falls outside the normal range for their age. As children grow, so does the size of their eyes, which affects their prescription. Consequently, a child may have good vision one year but require glasses the next due to the elongation of the eye, leading to nearsightedness (myopia) and blurry distance vision.

Certain forms of blurry vision can be identified in infancy, while others may require glasses during preschool years. Children with Down syndrome tend to show less reduction in prescription with growth compared to their typical peers. Additionally, some elementary-age children with Down syndrome may benefit from bifocal lenses. These students may have a reduced "autofocus" ability, leading to difficulties with clear near vision. Research has demonstrated

that children aged 8-18 with Down syndrome experienced improved literacy skills after wearing bifocal lenses.

Why may my child need glasses?

Glasses may be prescribed to enhance clarity of vision (nearsightedness, farsightedness, astigmatism), correct eye alignment (strabismus), or facilitate binocular vision (amblyopia). Higher prescriptions and imbalances in prescription (greater in one eye) are also common. Failure to address these high and/or unequal prescriptions through glasses can impede visual development.

Amblyopia refers to poor vision, often in one eye, caused by misaligned eyes (strabismus) or unequal prescriptions. Although vision can be improved at any age, early treatment typically yields better results. Research over the past two decades has shown that part-time patching of the good eye (2 hours/day) or weekend use of dilating eye drops in the good eye (atropine 1%) can lead to improved vision.

All children should receive an eye examination by an optometrist or ophthalmologist during infancy, in

Instead of penalizing one eye to strengthen the fellow, the future of amblyopia treatment is binocular.

The FDA recently approved the Luminopia One device for children 4-7 years of age with amblyopia. The child watches a modified TV show in a virtual reality (VR) headset for 1 hour each day. The picture in the good eye is blurred to encourage the brain to use the weaker eye.

the preschool years, and yearly when in school. These eye examinations are even more important for patients with Down syndrome, given the higher rates of eye conditions that reduce vision and quality of life for individuals in this population.

TIPS *before* EYE EXAMS

- Check to see if the eye doctor routinely examines patients with developmental disabilities.
- Ask if you can bring snacks, videos, or your child's favorite stuffed animal to the appointment.
- Watch a YouTube video about getting an eye examination - *Dr. Cara recommends Little Angel (Eye Doctor Checkup), Peppa Pig (episode 94), plus many others on YouTube.*



Access Your Community

Community Access Funds Help Open the Door to More Inclusion and More Fun

There are so many incredible events and activities within our communities. That's why we have introduced Community Access Funds, a program designed to offer financial reimbursement to people with Down syndrome. These funds can be utilized for inclusive activities in the community, with a maximum reimbursement of \$250 per year!

Community Access Funds cover a wide range of recreational activities, educational pursuits, music*, art, and more. It is important to note that these funds are not intended for use with DSACO-specific programs such as the iCan Bike Camp, iCan Swim Camp, or Summer Learning Academy. Instead, they are allocated specifically for inclusive opportunities within the community.

Important Dates for 2023:

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

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

More information: dsaco.net

Questions?

Contact Kirsti Osborne at kosborne@dsaco.net.

**We would like to express our gratitude to the Barbour family, who generously provide Music & Performing Arts activities in memory of Ann Barbour.*

Resource Groups

D.A.D.S.

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

Monday, July 10
Monday, August 7
Monday, September 11

Brian Stumpo
bstumpo@columbus.rr.com

Justin Whitley
whitleyj@icloud.com

For information:
[facebook.com/groups/273810587540605](https://www.facebook.com/groups/273810587540605)

M.O.M.S. – Chillicothe
3rd Thursday of the Month | 6:30 PM

Thursday, July 20
Thursday, August 17
Thursday, September 21

Keely Wescott
redmnm0607@hotmail.com

Michelle Wallace
michelle_rn@outlook.com

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

M.O.M.S. – Delaware
2nd Wednesday of the Month | 6:30 PM

Wednesday, July 12
Wednesday, August 9
Wednesday, September 13

Crystal Vitullo
crystalmowry@gmail.com

Allison Schwab
allieb1220@gmail.com

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



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

Saturday, July 8
Saturday, August 12
Saturday, September 9

Chelsea Johnson
chelseamjohnson1217@gmail.com

Dawn Brookes
dawn.m.brookes@gmail.com

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

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

Saturday, July 15
Saturday, August 19
Saturday, September 16

Katie Furr
katiel617@hotmail.com

Lauren Roush
lauren.roush1107@gmail.com

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

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

Tuesday, July 18
Tuesday, August 15
Tuesday, September 19

Hannah Reid
hannahreid329@gmail.com

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

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

Wednesday, July 12
Wednesday, August 9
Wednesday, September 13

Yirha Torres
dtcfamily4@gmail.com

Whitney Garrett
wpwalker86@gmail.com

For information:
[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 6
Thursday, August 3
Thursday, September 7

Lucy Pagán
lucillepagan@gmail.com

Jackie Johnston
jackierosejohnston@gmail.com

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

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, July 20
6-8 PM

Summer Picnic in the Park!
Sycamore Creek Park Hilltop Shelter
Hilltop Drive, Pickerington, OH 43147

Join us for a picnic in the park! Bring the whole family and enjoy dinner in the park while the kids play. DSACO will provide the food, drinks and fun! We will have access to a quiet playground right next to the shelter house, and we'll have bubbles wands and other fun activities for the kids!

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

Thursday, August 17
6:30-8 PM

Sleep Training 101
575 Diley Road, Pickerington, OH 43147

Don't snooze on this one! Sleep is an essential part of life for you and your child, but it can come with some challenges along the way. Whether your child is still learning to sleep through the night, or your toddler has decided he/she no longer needs it, this one's for you! Emily Carruthers, M.A. will be joining us to help you get the sleep you both need!

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

Thursday, September 21
6:30-8 PM

Topic TBD
Virtual

For information:
facebook.com/groups/339782022866623



Scan Me!



TEEN HAPPENINGS:

High School Social Group

Wednesday, July 19 | 6:30-8:30 PM
Star Lanes Polaris

Friday, August 11 | 6:30-8:30 PM
Glen's Sports Barn

Sunday, September 24 | 4-6 PM
Lehner's Pumpkin Farm

TEEN & ADULT HAPPENINGS:

Adult Mini Conference (Ages 16+)
Saturday, August 12 | 8:30 AM - 4:30 PM
Embassy Suites Dublin

Save the Date
NDSS Adult Summit (Ages 14+)
Thursday, Nov 9- Saturday, Nov 11
Cincinnati

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

July 5
August 2
September 6

Stamping Club East (Licking County)
6-7 PM

July 11
August 8
September 12

321go! Pilot Program
6-7:30 PM
July 10, 17, 24, 31
August 7, 14, 21, 28

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

July 12 & 26
August 9 & 23
September 13 & 27

**Aging and Down Syndrome
Caregiver Support Group**
6-7 PM

July 25
August 22
September 26

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

July

- 5 Adult Stamping Club Central, Golf Academy
- 6 Westerville M.O.M.S., Hispanic/Latino Family Outreach Event
- 8 Little Buddies/School Age Outreach Event, Marion M.O.M.S.
- 10 321go! Pilot Program
- 11 Adult Stamping Club East, Jump Start Swim Clinic
- 12 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S., Golf Academy, Jump Start Swim Clinic Starts
- 15 Marysville M.O.M.S.
- 17 Golf Classic, 321go! Pilot Program
- 18 Northwest M.O.M.S.
- 19 Golf Academy, High School Social Group
- 20 Little Buddies Parent Resource Group, Chillicothe M.O.M.S.
- 24 iCan Swim Camp Starts, 321go! Pilot Program
- 25 Aging & Down Syndrome Caregiver Support Group
- 26 Virtual Cooking Class, Golf Academy
- 29 Hocking County Family Outreach Event
- 31 321go! Pilot Program

August

- 1 Calendar Photo Submission Deadline
- 2 Adult Stamping Club Central, Golf Academy
- 3 STABLE Account Webinar, Westerville M.O.M.S.
- 5 New Parent Celebration
- 7 321go! Pilot Program
- 8 Adult Stamping Club East
- 9 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S., Golf Academy
- 11 High School Social Group
- 12 Adult Mini Conference, Marion M.O.M.S.
- 14 321go! Pilot Program
- 15 Northwest M.O.M.S.
- 17 Little Buddies Parent Resource Group, Chillicothe M.O.M.S.
- 19 Marysville M.O.M.S., Hispanic/Latino Family Picnic
- 21 321go! Pilot Program
- 22 Aging & Down Syndrome Caregiver Support Group
- 23 Virtual Cooking Class
- 26 D.A.D.S. Outreach Event
- 28 321go! Pilot Program

September

- 1 Buddy Walk Fundraising Incentive Deadline
- 6 Adult Stamping Club Central
- 7 Westerville M.O.M.S.
- 9 Marion M.O.M.S.
- 10 Black and African American Outreach Event
- 12 Adult Stamping Club East
- 13 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S.
- 16 Marysville M.O.M.S.
- 19 Northwest M.O.M.S.
- 17 Little Buddies Parent Resource Group
- 21 Chillicothe M.O.M.S.
- 23 Buddy Walk T-Shirt Pick Up Day #1
- 24 Teen Outreach Event
- 25 Buddy Walk T-Shirt Pick Up Day #2
- 26 Aging & Down Syndrome Caregiver Support Group
- 27 Virtual Cooking Class

