

## Exciting News: DSACO's Post-Secondary Scholarships Are Back!

We are thrilled to announce that DSACO's Post-Secondary Scholarships, made possible through the generous support of the GLOW Foundation, are making a return! This initiative aims to provide crucial financial assistance to siblings, parents, cousins, or other relatives of people with Down syndrome who plan to pursue careers that will make a positive impact on the lives of people with Down syndrome.

### Who's Eligible?

Siblings, parents, cousins, or other relatives of individuals with Down syndrome are eligible to apply.

Current college students with Down syndrome are also strongly encouraged to apply.

To qualify for these scholarships, applicants must reside within one of the 23 counties in DSACO's service area.

### Application Details:

All completed applications must reach us no later than Wednesday, January 31, 2024. Please ensure that your application is comprehensive, as incomplete submissions will not be considered for the scholarship.

### Scholarship Awards:

Once applications have been received by DSACO, they are made anonymous and sent to a committee for scoring. This anonymization process is in place to ensure that all applications are evaluated without any potential bias. The Post-Secondary Scholarship Committee responsible for scoring these applications is composed of esteemed



individuals, including college professors, leaders within the disability community, and dedicated supporters from the GLOW Foundation. This diverse panel guarantees a fair and impartial assessment of each application, reflecting our commitment to providing equal opportunities for all applicants. The scholarship recipients will be selected and announced during the week of February 25th.

### How to Utilize the Scholarship:

The funds from these scholarships can be applied to various education-related expenses, including coursework, tuition, or materials needed for academic purposes—any expense approved by your educational institution.

**Questions?** Contact Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net) or call 614-263-6020 ext. 1035.

*Fall 2023*

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ADOPT-A-FAMILY



# 3/21 UPDATE

We are **ALL IN** on inclusion! As we kick off this year's ALL INcluded campaign, look for various ways we will be promoting and supporting you and your family as we launch into the new school year.

**3** Have you been wondering how to celebrate Down Syndrome Awareness Month in your child's classroom? **ALL INcluded Classroom Packets** are a great way to honor your student! With simple tips on things ALL children can do to support inclusion, we're excited to offer this to classrooms throughout our 23-county service area this October.

**2 IEP Kits are BACK!** Thanks to your feedback and interest, we are once again excited to offer this unique benefit to parents and caregivers for this upcoming school year. We know that IEPs are a great way to advocate for critical services, as well as establish inclusive education in the least restrictive environment possible for students. Even if you received a Kit last year, you will benefit from this year's kit, which has new materials and goodies crafted just for you!

**1** If you haven't taken advantage of this year's **Community Access Funds**, don't miss your chance! These funds are a great way to explore inclusive opportunities in your local community, whether it be an art class, music lessons, sports, cooking lessons... the possibilities are endless! We are thrilled to make these investments to provide your family with an opportunity to check out a local resource.



**DSACO**  
President and CEO



## Hospital Care Packages

### Providing Comfort and Support During Extended Hospital Stays

Hospital stays can be challenging, and DSACO is here to provide you with some much-needed comfort as you navigate an extended hospital stay with your loved one who has Down syndrome.

DSACO is committed to supporting you during your loved one's extended hospital stay (lasting longer than 2 nights) within our 23-county service area. We offer Hospital Care Packages thoughtfully packed in a Thirty-One Tote Bag, which include valuable information about DSACO, our latest newsletter, and the following comforting items:

- A Soft Throw Blanket
- Gentle Tissues
- Cozy Socks
- Toiletry Kit
- A Deck of Playing Cards
- Crossword & Puzzle Books
- A Gift Card to a nearby restaurant
- A Gift Card to Nationwide Children's Hospital (included if you are staying at NCH)
- DSACO Calendar and Notebook

To discover more about our Hospital Care Packages and request one for your loved one, please visit [dsaco.net/contact-us/hospitalcarepackage](https://dsaco.net/contact-us/hospitalcarepackage).

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# New Faces on the DSACO Team!



## MELINDA PRICKETT

### *Vice President of Statewide Developmental Disability Services*

Melinda Prickett joined DSACO in March 2023 as Vice President of Statewide Developmental Disability Services. She holds a Bachelor's degree in Sociology from Purdue University and is currently working on her Master's of Business Administration. Melinda's professional history was spent in youth development and girl empowerment where she led operational team members that focus on girl and volunteer membership, volunteer management, program development and execution, community partnerships, marketing and communication, customer care, business services and retail. She has experience working with teams and team members on process improvement, data analysis, goal achievement, problem-solving, strategic planning, culture, contributions, budget, contract negotiating, program and product portfolio design and implementation, product development and sourcing.

Melinda volunteers for Girl Scouts and is a co-founder and board member of a non-profit, Local Outreach Volunteers, that fulfills immediate needs for people experiencing homelessness and victims of sex trafficking. She resides in Delaware, OH with her husband (Mr. Prickett), daughter (Kenzie). In her spare time, she enjoys hiking, traveling, and spending time with family and friends.



## KATIE CUNDIFF

### *Volunteer Coordinator*

Katie Cundiff joined the DSACO team in May 2023. She completed her undergraduate degree in communication sciences and disorders and is continuing her education through Ohio University's masters of speech and language pathology graduate program.

Katie first became involved with DSACO when her brother Jack was born with Down syndrome in 2007. Inspired by her little brother, Katie has been involved with Best Buddies, Creative Foundations, Night to Shine, and has hosted advocacy talks for people with developmental disabilities. She is passionate about spreading the mission of inclusion and acceptance and is eager to serve our families in her new role.

Katie resides in Pickerington, Ohio and enjoys spending time with her family and friends. When she is not working, she serves on the worship team at her church and runs an Etsy shop selling calligraphy art prints.



## Get Pumped for Pumpkins

As the crisp autumn breeze sets in, it's the perfect time to embrace your inner Linus and embark on a trip to the pumpkin patch. This season, immerse yourself in the joy of fall and the chance to connect with other DSACO families. DSACO has arranged exciting visits to the pumpkin patch for both our early childhood and school-age groups this month. We encourage the entire family to come and partake in the festivities!

### Little Buddies Outreach Event

*Birth through Preschool*

**Saturday, October 7 | 2-4 PM**

#### Lynd Fruit Farm

9851 Morse Rd SW  
Pataskala, OH 43062

#### To register:

[dsaco.net/littlebuddiesoutreach](https://dsaco.net/littlebuddiesoutreach)

#### Little Buddies Contacts:

##### Whitney Garrett

[wpwalker86@gmail.com](mailto:wpwalker86@gmail.com)

##### Jen McGhee

[jenny.a.mcghee@gmail.com](mailto:jenny.a.mcghee@gmail.com)

### School Age Outreach Event

*Ages 5-12*

**Saturday, October 7 | 2-4 PM**

#### Van Buren Acres

5066 Keller Road  
Hebron, OH 43025

#### To register:

[dsaco.net/schoolagedgroup](https://dsaco.net/schoolagedgroup)

**Questions?** Contact Katie Cundiff at [kcundiff@dsaco.net](mailto:kcundiff@dsaco.net).

M.O.M.S. OUTREACH EVENT

## Brush Up on Your Creativity

**Saturday, November 4 | 1-4 PM**

### Brush Crazy

1299 Bethel Road  
Columbus, OH 43220

Unleash your inner artist and join us at Brush Crazy in Columbus, where a world of painting, crafting, and boundless creativity awaits.

This event presents a perfect opportunity for you to connect with fellow DSACO Moms while immersing yourself in an afternoon of canvas painting, wood crafting, ceramic design, glass artistry, and more. You can drop by Brush Crazy anytime between 1 PM and 4 PM to embark on your selected project. We'll provide step-by-step instructions and an experienced team to ensure your creative vision becomes a reality.

DSACO is delighted to cover project costs up to \$25, allowing you to explore your artistic desires without hesitation. We'll also supply snacks to keep your energy levels up! Additionally, feel free to bring your favorite beverage, including alcohol, to sip and savor while catching up with other DSACO moms!

#### To register:

[dsaco.net/events/momsoutreach](https://dsaco.net/events/momsoutreach)

**Questions?** Contact Kirsti Osborne at

[kosborne@dsaco.net](mailto:kosborne@dsaco.net).

Scan for more information





## DSACO's IEP Kits are BACK!

### Get Empowered and Prepared for the 2023-2024 School Year!

DSACO is committed to supporting parents in making their IEP (Individualized Education Program) meetings as productive and beneficial as possible. Thanks to our ongoing partnership with Ashley Barlow – a teacher, lawyer, special education advocate, and mother of a child with Down Syndrome – DSACO is delighted to once again offer IEP Kits to families. This year's kit is thoughtfully designed to boost your confidence, provide guidance, and equip both families and students as they prepare for their upcoming IEP meetings. To be eligible to receive an IEP Kit, you must be part of the DSACO family and reside in one of DSACO's 23 counties.

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

**Questions?** Contact Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net).



## ALL INcluded Classroom Packets

### Celebrate Inclusion and Awareness Inside the Classroom this October!

Celebrate Down Syndrome Awareness Month by equipping your student with an ALL INcluded Awareness Packet! These packets are thoughtfully designed to include materials that celebrate students with Down syndrome and promote awareness of the mission and vision of inclusion within the classroom.

You can pick up these informative packets during the Buddy Walk T-Shirt Pick Up days on Saturday, September 23 and Monday, September 25, and also at the Columbus Buddy Walk on October 1.

**Questions?** Contact Emily Callahan at [ecallahan@dsaco.net](mailto:ecallahan@dsaco.net).



## High School Social Group Fostering Friendship and Independence

Our High School Social Group offers a monthly, cost-free gathering designed for high school-aged teens with Down syndrome. The primary objective is to nurture friendships and promote independence within a safe and enjoyable setting. These monthly gatherings are particularly suitable for older teens who are largely self-reliant or whose parents wish to facilitate connections with their peers.

The locations for these events vary each month but consistently provide a blend of games, food, and fun. DSACO takes the lead in hosting these gatherings, with the invaluable support of our dedicated volunteers. We ensure that food and drinks are provided for the attending teens.

Families have the option to either gather in their designated space at the venue or simply drop off and pick up their teens. While the teens engage in socializing, we strongly encourage parents to take a step back and empower their children's independence by allowing our fantastic volunteers to oversee the activities. Our aim is to create an environment where our teens can relish their time together without feeling encumbered by their parents' presence.

### **Climbing Adventure Day** **Wednesday, October 18 | 6–8 PM**

Vertical Adventures  
6513 Kingsmill Dr., Columbus, OH 43229

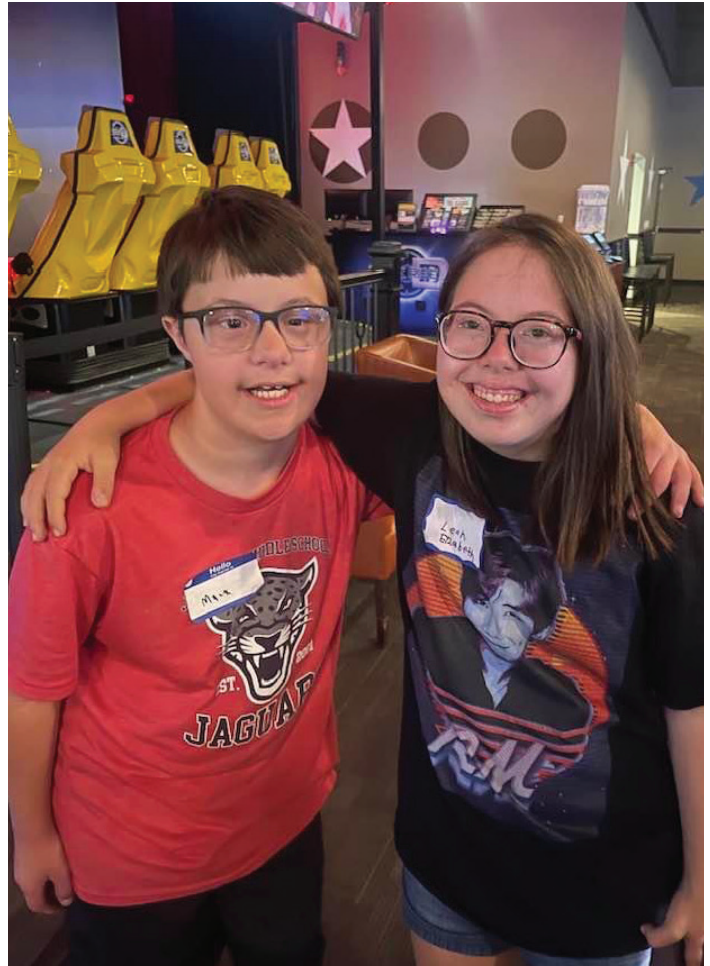
### **Bowling and Pizza** **Tuesday, November 14 | 6:30–8:30 PM**

Star Lanes Polaris  
8655 Lyra Dr., Columbus, OH 43240

### **Choose Your Own Fun!** **Friday, December 15 | 6:30–8:30 PM**

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

Spend the evening playing basketball, ping pong, tabletop shuffleboard, and MUCH more!



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

### **High School Social Group Contacts:**

**Mandy Peterson**  
[mpeterson@mvcasd.us](mailto:mpeterson@mvcasd.us)

**Mary Elliott**  
[columbuselliotts@gmail.com](mailto:columbuselliotts@gmail.com)

Scan for more  
information



## Aging & Down Syndrome Caregiver Support Group

October 24, November 28, December 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](mailto:ekrucky@dsaco.net) for assistance.

**To register:** [dsaco.net/agingsupport](https://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.

**Questions?** Contact Boo Krucky at [ekrucky@dsaco.net](mailto:ekrucky@dsaco.net).

## I Want to Date! Supporting Healthy Dating Relationships

Thursday, October 19

6:30 - 8 PM

### Virtual on Zoom

DSACO is excited to announce the return of Terri Couwenhoven, MS CSE, for an enlightening presentation and discussion on fostering healthy dating relationships! The longing for intimacy and meaningful connections is a fundamental aspect of human nature. Individuals with intellectual disabilities share these same desires, but they often encounter distinct challenges when venturing into the world of dating.

During this workshop, parents will have the opportunity to delve into the hurdles that individuals with intellectual disabilities face and gain valuable insights into the crucial role that parents and/or support providers can play. Furthermore, practical strategies for assisting self-advocates in navigating the various stages of the dating process will be explored.

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

**Questions?** Contact Kirsti Osborne at [kosborne@dsaco.net](mailto:kosborne@dsaco.net).



## Learning Never Tasted So Good Virtual Cooking Class for Adults

Meets the 2nd and 4th Wednesdays of each month

**October 11 & 25, November 8 & 29, December 13 & 27**

**5:30 – 6:30 PM**

### Virtual on Zoom

Join us for a tailored virtual cooking experience designed for adults (18+) with Down syndrome. Our online classes are held twice each month for 60-minutes and are completely free!

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, share kitchen tips, explore kitchen gadgets, and learn kitchen 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](https://dsaco.net/events/virtual-cookingclass)

**Questions?** Contact Boo Krucky at [ekrucky@dsaco.net](mailto:ekrucky@dsaco.net).



## Unlocking Health Equity Webinar Navigating Challenges for Individuals with Disabilities

**November 2 | 7 - 8:30 PM**

### Virtual on Zoom

Join Erica Harris, a representative from the University of Cincinnati Center for Excellence in Developmental Disabilities (UCCEDD), on November 2nd from 7 to 8:30 PM for an enlightening session. This discussion will delve into the health disparities faced by individuals with disabilities, their specific health promotion needs, and effective solutions to common barriers that hinder them from leading healthy lifestyles.

Don't miss the opportunity to engage with the speaker during the Q&A session at the end. Registration for this event is entirely FREE.

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

**Questions?** Contact Katie Garcia at [kgarcia@dsaco.net](mailto:kgarcia@dsaco.net).



### COUNTY OUTREACH EVENT

## Ross County Family Fun Day

**Saturday, November 11**

**10 AM - 1 PM**

### Triple Crown Family Fun Center

1 Nancy Wilson Way  
Chillicothe, OH 45601

Are you interested in connecting with other DSACO families? Join us for a delightful morning at Triple County Family Fun Center in Chillicothe, OH! DSACO is thrilled to provide you with a wristband granting access to the fantastic inflatable playground and a scrumptious pizza lunch. This event presents an excellent opportunity to socialize and build connections with fellow DSACO families.

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

**Questions?** Contact Carey Eash at [ceash@dsaco.net](mailto:ceash@dsaco.net).





# Dancing with our STARS Gala

Down Syndrome Association of Central Ohio

## 2024 Dancing with Our Stars Gala

Saturday, February 3, 2024 | 6 PM

Hilton Columbus at Easton  
3900 Chagrin Drive | Columbus

Save the date and join the Down Syndrome Association of Central Ohio at the 2024 Dancing with Our Stars Gala for an experience like no other. This signature annual event highlights more than 40 adults with Down syndrome performing professionally choreographed dance routines for the viewing pleasure of all guests.

But guests don't just watch the dancing. They get to participate, too! Attendees can join in for a dance lesson hosted by Arthur Murray Dance Studio at the beginning of the evening and can later show off their newly learned dance moves once the dance floor opens to all following the presentations and performance.

This memorable evening also features a silent auction, wine pull and gift card grab, and delightful hors d'oeuvres and dinner. Proceeds support DSACO's many critical programs and services.

### Sponsorship Opportunities are available!

For additional information, please visit [dsaco.net/gala](https://dsaco.net/gala) or contact Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net).

Gala Ticket Sales open in November at [dsaco.net/gala](https://dsaco.net/gala).



## Stars Needed!

If you are a self-advocate (18+) and you are looking for a new and exciting way to shine, then the Dancing with Our Stars Gala is for you! If you are interested in performing at the Dancing with Our Stars Gala on February 3, 2024, then DSACO wants to hear from you! You will have the opportunity to join DSACO and the Arthur Murray Dance Studio for lessons over the next few months to learn choreographed ballroom dances. Then you will show off your moves in a live performance on Gala night. No prior dance experience is necessary.

Practices take place on Saturday afternoons throughout November, December, and January. If you are interested in the 10-week commitment, please email Boo Krucky at [ekrucky@dsaco.net](mailto:ekrucky@dsaco.net).

# Celebrate the Holidays with DSACO!



## DSACO's 2023 Adopt-A-Family Program

Everyone deserves to experience the joy of the holiday season. And DSACO is providing a way to make sure we are all included. Whether you need a little help this time of year or have the means to provide assistance, you can participate in making the season a little brighter for everyone. We are thrilled to announce that this program will be offered again for the 2023 holiday season!

DSACO families in our service area who are requesting assistance are welcome to apply beginning November 1st. The deadline to apply is Sunday, November 12th. **Applications received after November 12th cannot be guaranteed.**

### Adopt-A-Family Timeline:

- Wednesday, November 1: Donor and Family Applications Open
- Sunday, November 12: Donor and Family Applications Close
- Friday, November 17: Donors and Families receive Denial/Approval Notifications
- December 5 – 7: Donor Gift Drop Off to the DSACO Office
- December 12 – 14: Family Gift Pick Up at the DSACO Office

**More Information:** [dsaco.net/adoptafamily](https://dsaco.net/adoptafamily)

**Questions?** Contact Kirsti Osborne at [kosborne@dsaco.net](mailto:kosborne@dsaco.net).



## Programa Adopta una Familia

Todos merecen experimentar la alegría de la temporada de fiestas. Y DSACO está brindando una manera de asegurarnos de que todos estemos incluidos. Ya sea que necesites un poco de ayuda en esta época del año o tengas los medios para brindar asistencia, puedes participar para hacer que la temporada sea un poco más brillante para todos. ¡Nos emociona anunciar que este programa se ofrecerá nuevamente para la temporada navideña de 2023!

Las familias de DSACO en nuestra área de servicio que solicitan asistencia pueden presentar su solicitud a partir del 1 de noviembre. El plazo para presentar la solicitud vence el domingo 12 de noviembre. **Las solicitudes recibidas después del 12 de noviembre no pueden garantizarse.**

### Cronograma del Programa Adopta una Familia:

- Miércoles 1 de noviembre | Apertura de Solicitudes de Donantes y Familias
- Domingo 12 de noviembre | Cierre de Solicitudes de Donantes y Familias
- Viernes 17 de noviembre | Los Donantes y las Familias reciben Notificaciones de Aprobación o Denegación
- Del 5 al 7 de diciembre | Entrega de Regalos de Donantes en la Oficina de DSACO
- Del 12 al 14 de diciembre | Recogida de Regalos por las Familias en la Oficina de DSACO

¡Visita [dsaco.net/adoptafamily](https://dsaco.net/adoptafamily) para obtener más información!

Si tienes alguna pregunta sobre el programa, por favor comunícate con Vanessa Armenta, al [varmenta@dsaco.net](mailto:varmenta@dsaco.net).

## Join the Festive Fun at DSACO's Annual Holiday Party!

**Saturday, December 9 | 9 AM - 12 PM**

### Star Lanes Polaris

8655 Lyra Drive  
Columbus, OH 43240

**Cost:** \$15/family

We're thrilled to invite all DSACO families to our much-anticipated annual Holiday Party on Saturday, December 9th, at the fabulous Star Lanes at Polaris.

What to Expect:

- **Breakfast:** Start the day off right with a delicious breakfast to fuel the festivities.
- **Bowling:** Get your bowling shoes on and aim for those strikes!
- **Meet Santa & Mrs. Claus:** Have your wish list ready as you visit with the jolly man in red and his delightful spouse.

It's a wonderful opportunity to celebrate the holiday season in good company. Register now to secure your spot and ensure your family doesn't miss out on this fantastic day of holiday cheer! We can't wait to see you there.

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

**Questions?** Contact Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net).

Scan for more information



# Día de Muertos

## Evento presentado por Latino Arts for Humanity

Octubre 7 | 10 AM- 6:30 PM

### Green Lawn Cemetery

1000 Greenlawn Ave.  
Columbus, OH 43223

### ¿Qué es el día de muertos?

El día de muertos es una celebración de la vida y la muerte. Si bien la fiesta se origina en México, se celebra en toda América Latina con coloridas calaveras y calacas. En 2008, la UNESCO reconoció la importancia del Día de los Muertos al agregar la fiesta a su lista de Patrimonio Cultural Inmaterial de la Humanidad. Hoy en día, los Mexicanos de todos los orígenes religiosos y étnicos celebran el Día de los Muertos, con la esencia de una fiesta reafirmando la vida indígena.

Latino Arts for Humanity nos brinda la oportunidad de celebrar esta fiesta en el Festival del Día de Muertos, ven a visitar el stand de DSACO y disfruta de un pan de muerto con nosotros.

Para más información, por favor visite la página de Facebook de Latino Arts for Humanity: [facebook.com/people/Latino-Arts-for-Humanity/100029110406636](https://www.facebook.com/people/Latino-Arts-for-Humanity/100029110406636)



**LATINO ARTS**  
FOR HUMANITY

### ENGLISH:

October 7 | 10 AM - 6:30 PM

### Green Lawn Cemetery

1000 Greenlawn Ave.  
Columbus, OH 43223

### What is the Day of the Dead?

Día de los Muertos, or Day of the Dead, is a celebration of life and death. While the holiday originated in Mexico, it is celebrated all over Latin America with colorful calaveras (skulls) and calacas (skeletons). In 2008, UNESCO recognized the importance of Día de los Muertos by adding the holiday to its list of Intangible Cultural Heritage of Humanity. Today Mexicans from all religious and ethnic backgrounds celebrate Día de los Muertos, but at its core, the holiday is a reaffirmation of Indigenous life.

Latino Arts for Humanity brings to us the opportunity to celebrate this holiday at the Day of the Dead Columbus Festival, come and visit the DSACO stand and enjoy some pan de muerto with us.

For more information, please visit the Latino Arts for Humanity Facebook page: [facebook.com/people/Latino-Arts-for-Humanity/100029110406636](https://www.facebook.com/people/Latino-Arts-for-Humanity/100029110406636)



# ¿Qué es un reclamo por lesiones?

**Noviembre 18 | 9:30 - 11:30 AM**

## **Main Columbus Metropolitan Library**

96 S. Grant Ave.  
Columbus, OH 43215

Un reclamo por lesiones generalmente se refiere al proceso de hacer una solicitud formal de compensación o beneficios debido a una lesión. Esto podría implicar presentar un reclamo a la autoridad, compañía de seguros o a un empleador para recibir cobertura de tratamiento médico, compensación financiera u otra asistencia después de una lesión.

Lo invitamos a una plática educativa presentada por Joel S. Moore Esq. Joel S. Moore ha sido abogado durante 13 años. Hasta la fecha ha enfocado su practica en las áreas de seguros y derecho de negligencia general con énfasis en vehículos motorizados, camiones y reclamos personales.

Los antecedentes de Joel son diversos. Tiene casi 10 años de experiencia como abogado litigante Senior y abogado de reclamos para compañías como Allstate, Safe Auto y Geico Insurance. También trabajó en la práctica privada para varios bufetes con sede en Columbus, donde manejo accidentes automovilísticos, responsabilidad civil y reclamos por lesiones personales.

Desayuno ligero y cuidado de niños disponible durante el evento.

**Regístrate en:** [dsaco.net/events/latinooutreach](https://dsaco.net/events/latinooutreach)

Si tiene preguntas, por favor envíe un correo a Vanessa Armenta at [varmenta@dsaco.net](mailto:varmenta@dsaco.net).

## **ENGLISH:**

**November 18 | 9:30 - 11:30 AM**

## **Main Columbus Metropolitan Library**

96 S. Grant Ave.  
Columbus, OH 43215

A claim for injury typically refers to the process of making a formal request for compensation or benefits due to an injury. This could involve submitting a claim to an authority, insurance company or an employer to receive medical treatment coverage, financial compensation, or other assistance following an injury.

Join us for this educational talk presented by Joel S. Moore, Esq. Joel S. Moore has been an attorney for 13 years. To date, he has focused his practice in the areas of insurance and general negligence law with an emphasis on motor vehicles, trucking, and premises claims.

Joel's background is diverse. He has nearly 10 years of experience serving as a senior trial attorney and claims counsel for Allstate, Safe Auto and Geico Insurance companies. He also worked in private practice for several Columbus-based law firms where he handled auto accidents, retail and restaurant liability and personal injury claims.

Light breakfast and childcare will be provided

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

## **Questions?**

Contact Vanessa Armenta at [varmenta@dsaco.net](mailto:varmenta@dsaco.net).



# Waa maxay IEP?

Oktoobar 28 | 3-5 galabnimo

## Maktabadda Weyn ee Magaalada Columbus

96 S. Grant Ave.  
Columbus, OH 43215

Ilmaha loo aqoonsaday naafonimada taas oo hoos timaada Sharciga Waxbarashada Shaqsiyaadka Naafada ah (IDEA), wuxuu xaq u leeyahay in uu helo waxbarashada dadweynaha ee ku haboon oo bilaash ah (FAPE). IEP-ga (Barnaamijka Waxbarashada Shakhsi ahaaneed) waa dukumiinti lagu qoray dugsiga si waalidiinta iyo qof kasta oo la shaqeeya ardayga u fahmaan arrimaha lagaga hadlay dukumiintiga.

Fahamidda nidaamka IEP waxa ay fure u noqon kartaa in xiriir wada shaqayneed oo wanaagsan lala yeesho dugsiga ardaygaaga ee degmada.

Fadlan nagula soo biir tababarkan waxbarasho oo ay soo jeedinayso Najma Mohamoud, Khabiirad ku takhasustay Macluumaadka dhaqamada kala duwan/ahna Tababare oo ka socota Isbahaysiga Ohio ee Waxbarashada Carruurta Naafada ah (OCECD)

Is-Diiwaangelinta ayaa loo baahan yahay in aad samaysatid ugu dambayn maalinta Jimcaha Oktoobar 20, 2023.

**Si aad isu diiwaangeliso fadlan booqo** [dsaco.net/events/somalioutreach](https://dsaco.net/events/somalioutreach)

**Su'aalo?** fadlan kala soo xidhiidh Aamina Siciid at [asaid@dsaco.net](mailto:asaid@dsaco.net).

## ENGLISH:

October 28 | 3 - 5 PM

## Main Columbus Metropolitan Library

96 S. Grant Ave.  
Columbus, OH 43215

A child identified with a disability under the Individuals with Disabilities Education Act (IDEA), has the right to have a free, appropriate public education (FAPE). The IEP (Individualized Education Program) is a document written at



school so parents and everybody working with the student can understand the issues being addressed on it.

Understanding the IEP process can be key to having a good working relationship with your student school district.

Please join us at this educational training presented by Najma Mohamoud, multi-cultural Information Specialist/Trainer from Ohio Coalition for the Education of Children with Disabilities (OCECD)

Childcare and refreshments will be provided.

**Please register by October 20:**  
[dsaco.net/events/somalioutreach](https://dsaco.net/events/somalioutreach)

## Questions?

Contact Amina Said at [asaid@dsaco.net](mailto:asaid@dsaco.net).

Scan for more information



# Community Access Funds

## Get out there and experience – everything!

There is an abundance of incredible events and activities within our communities. That's why we have introduced Community Access Funds, a program designed to offer financial reimbursement to individuals 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, Golf Academy, or Summer Learning Academy. Instead, they are allocated specifically for inclusive opportunities within the community.

### Important Dates for 2023:

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

**More information:** [dsaco.net](http://dsaco.net)

### Questions?

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

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

## Fondos de Acceso a la Comunidad

### ¡Sal y experimenta todo lo que hay!

Hay una abundancia de eventos y actividades increíbles en nuestras comunidades. Es por eso que hemos introducido los Fondos de Acceso a la Comunidad, un programa diseñado para ofrecer reembolsos financieros a personas con síndrome de Down. ¡Estos fondos se pueden utilizar para actividades inclusivas en la comunidad, con un reembolso máximo de \$250 al año!



Los Fondos de Acceso a la Comunidad cubren una amplia gama de actividades recreativas, búsquedas educativas, música\*, arte y más. Es importante señalar que estos fondos no están destinados a ser utilizados en programas específicos de DSACO, como el Campamento iCan Bike, el Campamento iCan Swim, la Academia de Golf o la Academia de Aprendizaje de Verano. En cambio, están asignados específicamente para oportunidades inclusivas dentro de la comunidad.

Por favor, ten en cuenta: Las solicitudes y los recibos deben presentarse antes del 15 de diciembre. Las solicitudes recibidas después del 15 de diciembre no pueden garantizarse. El reembolso se enviará antes del 31 de diciembre.

Comunica tus preguntas a Vanessa Armenta en [varmenta@dsaco.net](mailto:varmenta@dsaco.net).

*\*Queremos expresar nuestro agradecimiento a la familia Barbour, que generosamente proporciona actividades de Música y Artes Escénicas en memoria de Ann Barbour.*



# Medically Speaking

*with Megan Bergman, MS, CGC  
Licensed, Certified Genetic Counselor  
Maternal Fetal Medicine  
Mount Carmel Health System*

## Understanding Prenatal Genetic Testing for Down Syndrome: Guidance and Options

The journey of pregnancy is marked by anticipation and questions, especially regarding the health of the unborn child. Down syndrome, a chromosomal condition, is one of the concerns for expectant parents. In the past, the choice of genetic tests was often determined by the pregnant person's age. However, in October 2020, the American College of Obstetrics and Gynecology and Society of Maternal Fetal Medicine released updated guidelines advocating that genetic screening and diagnostic testing options be offered to all pregnant individuals, regardless of age or risk factors (ACOG Practice Bulletin No. 226. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2020;136:e48–69). With numerous tests available, seeking guidance from a prenatal genetic counselor can be invaluable in making informed decisions about prenatal genetic testing.

### **Who is a Prenatal Genetic Counselor?**

Prenatal genetic counselors, sometimes known as reproductive genetic counselors, are specialized professionals who excel in obtaining information about a person's pregnancy, medical history, and family history. They provide insights into the likelihood of certain health conditions, including Down syndrome, in the pregnancy. Additionally, prenatal genetic counselors offer families the opportunity to explore whether it is beneficial to gain

knowledge about potential health conditions before their baby's birth. The decision to undergo genetic testing varies from family to family, and prenatal genetic counselors respect these unique choices.

### **Types of Prenatal Testing:**

There are two primary categories of prenatal testing:

**Prenatal Screening Tests:** These tests utilize a maternal blood sample and sometimes an ultrasound to provide information about the likelihood of a pregnancy having Down syndrome and other health conditions. They are non-invasive and pose no risk to the pregnancy. However, they cannot definitively confirm whether a pregnancy has Down syndrome. Each screening test has varying levels of accuracy for Down syndrome and other conditions. If a "positive" screening result is obtained, further tests are necessary to confirm the diagnosis. Examples of prenatal screening tests include:

- **cfDNA:** sometimes called Non-Invasive Prenatal Testing (NIPT) or Non-Invasive Prenatal Screening (NIPS)
  - » Only requires a blood sample
  - » Can be performed anytime after 9-10 weeks of the pregnancy



- First Trimester Screen
  - » Requires a blood draw and ultrasound
  - » Can only be performed in the first trimester of pregnancy
- Quad Screen
  - » Only requires a blood sample
  - » Can only be performed in the second trimester of pregnancy

**Prenatal Diagnostic Tests:** These tests involve procedures such as chorionic villus sampling (CVS) and amniocentesis. They can provide a conclusive answer about whether a pregnancy has Down syndrome or other health conditions. However, these procedures carry a risk of miscarriage or pregnancy complications. Prenatal diagnostic tests include:

- Chromosome analysis (karyotype analysis)
- Microarray analysis

Each prenatal test has its own set of benefits and limitations. Therefore, consulting with a prenatal genetic counselor or a qualified medical professional is crucial to making informed choices. Additionally, there is a screening test for Down syndrome available to individuals undergoing in vitro fertilization (IVF) called preimplantation genetic testing for aneuploidy (PGT-A).

#### ***Considerations for Family Members:***

If a person is pregnant or planning a pregnancy and has a relative with Down syndrome, they may be offered a meeting with a prenatal genetic counselor. Although Down syndrome typically occurs by chance, in some cases, it is linked to an inherited translocation (a chromosome rearrangement). Families with an inherited translocation have a slightly higher risk of having pregnancies with Down syndrome or other health conditions. Therefore, individuals who are pregnant or planning a pregnancy may find it beneficial to determine whether their relative with Down syndrome has an inherited translocation. This information can guide discussions with a prenatal genetic counselor or doctor regarding the likelihood of their pregnancy having Down syndrome and the most suitable genetic testing



options, if desired.

For those interested in learning more about genetic testing for Down syndrome before or during pregnancy, a referral to a prenatal genetic counselor can be requested from an OBGYN, adult primary care provider, or genetics provider. Making informed decisions about genetic testing empowers individuals and families to navigate the journey of pregnancy with knowledge and confidence.

## Resource Groups

### D.A.D.S.

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

Monday, October 16

Monday, November 13

December - See you at DSACO's Holiday Party!

**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

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

Fire And Stone Pizzeria

98 N. Paint Street | Chillicothe

October 19

November 16

December - See you at DSACO's Holiday Party!

**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

2<sup>nd</sup> Wednesday of the Month | 6:30 PM

Yabo's Tacos

5915 Evans Farm Blvd. Suite H | Lewis Center

October 11

November 8

December - See you at DSACO's Holiday Party!

**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

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

Amato's Wood Fired Pizza

143 W. Center Street | Marion

October 14

November 11

December - See you at DSACO's Holiday Party!

**Amanda Long**

along51516@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

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

Tres Portillos Mexican Restaurant

435 Colemans Crossing Blvd. | Marysville

October 21

November 18

December - See you at DSACO's Holiday Party!

**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

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

The Goat

4265 Brooklands Drive | Hilliard

October 17

November 21

December - See you at DSACO's Holiday Party!

**Hannah Reid**

hannahreid329@gmail.com

For information:

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

### M.O.M.S. – Southeast

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

Zapatas Mexican Kitchen

1282 Hill Road North | Pickerington

October 11

November 8

December - See you at DSACO's Holiday Party!

**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

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

Chuy's

1481 Polaris Parkway | Columbus

October 5

November 2

December - See you at DSACO's Holiday Party!

**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 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, October 19**  
**6:30-8 PM**  
**Topic TBA**

**Grace Fellowship**  
 575 Diley Road, Pickerington, OH 43147

**Thursday, November 16**  
**6:30-8 PM**  
**It's Fun to stay at the YMCA!**

**Grace Fellowship**  
 575 Diley Road, Pickerington, OH 43147

Join us to learn more about the YMCA of Central Ohio! We'll be joined by Cassie Kranz, LSW, Association Director of Access and Ability to learn more about the programs and resources they have to offer. Cassie plans inclusive activities and works with Early Childhood Resource Network+ Programming.

**Whitney Garrett**  
 wpwalker86@gmail.com

**Jen McGhee**  
 jenny.a.mcghee@gmail.com

For information:  
[facebook.com/groups/339782022866623](https://www.facebook.com/groups/339782022866623)

**TEEN HAPPENINGS:**

**High School Social Group**

**Wednesday, October 18 | 6-8 PM**  
 Vertical Adventures

**Tuesday, November 14 | 6:30-8:30 PM**  
 Star Lanes Polaris

**Friday, December 15 | 6:30-8:30 PM**  
 Glen's Sports Barn

**TEEN & ADULT HAPPENINGS:**

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

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

**October 4**  
**November 1**  
**December 6**

**Stamping Club East (Licking County)**  
**6-7 PM**

**Licking County Board of DD (LCBDD)**  
 116 N 22nd Street, Newark, OH 43055

**October 10**  
**November 14**  
**December 12**

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

**October 11 & 25**  
**November 8 & 29**  
**December 13 & 27**

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

**October 24**  
**November 28**  
**December 26**

**Dancing with Our Stars Gala Ballroom Dance Lessons**  
**11 AM-12 PM and 12-1 PM**

**Arthur Murray Dance Studio**  
 5371 N. High St., Columbus, OH 43214

**November 4, 11, 18**  
**December 2, 16, 30**

*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

### October

- 1 Columbus Buddy Walk
- 4 Adult Stamping Club Central
- 5 Westerville M.O.M.S.
- 7 Little Buddies Outreach Event, School Aged Outreach Event
- 10 Adult Stamping Club East
- 11 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S.
- 14 Marion M.O.M.S.
- 16 D.A.D.S. Meet Up
- 17 Northwest M.O.M.S.
- 18 High School Social Group
- 19 Supporting Healthy Dating Relationships, Chillicothe M.O.M.S., Little Buddies Parent Resource Group
- 21 Marysville M.O.M.S.
- 24 Aging & Down Syndrome Caregiver Support Group
- 25 Virtual Cooking Class
- 28 Somali Outreach Group

### November

- 1 Adult Stamping Club Central, Adopt-A-Family Applications Open
- 2 Westerville M.O.M.S., Unlocking Health Equity Webinar
- 4 M.O.M.S. Outreach Event
- 8 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S.
- 11 Marion M.O.M.S., Ross County Outreach Event
- 12 Adopt-A-Family Applications Close
- 13 D.A.D.S. Meet Up
- 14 Adult Stamping Club East, High School Social Group
- 16 Chillicothe M.O.M.S., Little Buddies Parent Resource Group
- 18 Hispanic & Latino Outreach Group, Marysville M.O.M.S.
- 21 Northwest M.O.M.S.
- 28 Aging & Down Syndrome Caregiver Support Group
- 29 Virtual Cooking Class

### December

- 6 Adult Stamping Club Central
- 9 DSACO's Annual Holiday Party
- 12 Adult Stamping Club East
- 13 Virtual Cooking Class
- 15 High School Social Group
- 26 Aging & Down Syndrome Caregiver Support Group, DSACO Office Closed
- 27 Virtual Cooking Class, DSACO Office Closed
- 28 DSACO Office Closed
- 29 DSACO Office Closed

