

## Join Us at the "ALL INcluded" Adult Conference!

Experience a Weekend of Connection, Learning, and Fun for Adults with Down Syndrome

August 23-25, 2024

Cherry Valley Hotel

2299 Cherry Valley Rd. SE | Newark, OH 43055

Ages: 18+

Join us for an unforgettable weekend at the DSACO Annual Adult Conference, where you're not just invited – you're ALL INcluded! If you're 18 years of age or older and have Down syndrome or are a parent/guardian of an adult with Down syndrome, mark your calendars for **August 23rd-25th, 2024**. Thanks to the generous support from Resch, Root, Philipps & Graham, we're gearing up for an extraordinary experience at the Cherry Valley Hotel in Newark, Ohio.

Get ready for a weekend packed with connection, learning, and fun! From Friday through Sunday, we're bringing together a community of individuals for a memorable gathering. But that's not all – the highlight of Saturday night will be our Glow Disco, so make sure to pack your dancing shoes!

We're thrilled to announce our esteemed guests, **Brian Chicoine, MD, and Katie Frank, PhD, OTR/L**, from the Adult Down Syndrome Center in Chicago, Illinois. These nationally recognized experts will share their insights and expertise in supporting adults with Down syndrome, ensuring that our conference offers invaluable knowledge and resources.



Whether you're seeking to expand your knowledge or simply looking to connect with others who share your experiences, the "ALL INcluded" Adult Conference is the place to be. Stay tuned for registration details – this is your chance to seize an opportunity for personal growth, forge meaningful connections, and revel in the festivities.

Don't miss out on this enriching event. Join us as we come together to celebrate our community, learn from experts, and create lasting memories at the DSACO Annual Adult Conference 2024. We can't wait to welcome you with open arms!

**For more information:** [dsaco.net/adultconference](https://dsaco.net/adultconference)

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MEDICALLY SPEAKING  
with Dr. Mark Wells

Spring 2024



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# 3 / 21 UPDATE

We are thrilled to launch ElevateDD and provide the advocacy your families need, while allowing DSACO to remain focused on the Down syndrome community. It's a new chapter in our long story of advocacy, education, and innovation. Check out the article on page 3 for more information and to see what we're advocating for next: accessible and equitable child care for children with developmental disabilities. This important work is based on your voices, needs, and advocacy. Thank you for being part of advocacy for our community and the entire developmental disability community! We've come so far, and we've got a lot more to go. We will continue to remain true to who we have always been, while also focusing on new advocacy opportunities on the horizon.

**3** As we have done for many, many years, we're excited to continue offering our Summer Learning Academy program throughout 10 Central Ohio classrooms this summer! This program has been one of our flagship examples of pushing advocacy in elevating the awareness and needs of students with Down syndrome and other developmental disabilities by addressing summer learning loss. Since program inception over 15 years ago, we have been able to expand the program as we illustrate not only the need, but the positive academic impact the program has on students who participate.

**2** DSACO's annual Summer Picnic is another great example of something DSACO has invested in for decades; creating spaces where networking, connecting, and FUN can happen! It's no secret to us that providing families with opportunities to relax and meet old friends (and new ones!) is a great way to create a sense of community that cannot be quantified, yet has significant power in supporting a family throughout the lifespan.

**1** There will be more to share later this year, but DSACO is excited about the growing and strengthening in our partnership with Nationwide Children's Hospital. DSACO leadership has been advocating for many years for more comprehensive care within its Down Syndrome Clinic, and we're eager to share the developments being shaped and introduced on the road ahead! For now, you can turn to page 16 to hear from Dr. Mark Wells, the Clinic's newest leader, who has a clear passion for the Down syndrome community and will play an integral role with what's to come!



**DSACO**  
President and CEO

## Community Access Funds - Experience Everthing!

Community Access Funds, a program designed to offer financial reimbursement to people with Down syndrome, is available to DSACO families! These funds can be utilized for inclusive activities in the community, with a maximum reimbursement of \$250 per year!

Community Access Funds can be used for recreational activities, education, music\*, art, and more.

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

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# ElevateDD Advocacy Platform Supports DSACO Families

By now, you have likely heard about ElevateDD, an advocacy platform that will allow us to continue elevating the voices of people with developmental disabilities, elevating the needs of families, and elevating advocacy issues to leaders and decision makers. This is a new space for advocacy work that had been happening through DSACO.

For the past 40 years, DSACO has been advocating for and supporting people with Down syndrome and their families. This advocacy work has inspired programs like Learning Aid Ohio and Adult Literacy Ohio, which have extended to serve all people with developmental disabilities statewide. And while DSACO wants to grow in advocacy, it also wants to remain focused on the Down syndrome community.

“It has been a goal to grow this advocacy, and our Governing Board is excited to take this step by establishing the ElevateDD platform,” said Kari Jones, President & CEO of ElevateDD.

ElevateDD advocacy supports those served through DSACO, Learning Aid Ohio, and Adult Literacy Ohio, and continues to advocate further for the needs of the developmental disability community. It will also collaborate with partners to educate decision makers regarding unmet and emerging needs.

“Over the years, we’ve earned the responsibility of shaping and leading programs that benefit not only our DSACO community, but people across Ohio with developmental disabilities,” said Jones. “ElevateDD will continue this important work.”

DSACO families and the developmental disability community will be the organization’s driving force. “We listen to what they need and then elevate their voices to illuminate existing opportunities and launch innovative solutions,” said Jones.

**Learn more at [www.elevatedd.org](http://www.elevatedd.org).**



## ElevateDD

### **ElevateDD's Next Focus: Child Care**

Currently, ElevateDD is focused on child care for children with developmental disabilities. Families with children with developmental disabilities often need specialized care for their children, which can be difficult to find and can come at a higher cost.

Based on insights provided by families about their experiences with child care, we created a report illustrating this significant issue. The report will provide guidance to child care programs and policymakers on how to best support families with a child with a developmental disability.

**Learn more at [www.elevatedd.org](http://www.elevatedd.org).**

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*With Support from The GLOW Foundation and The Hughes Family*

# DSACO Announces 2024 Post-Secondary Scholarship Awardees



**ABIGAIL BLACK** (pictured with her brother, Nick) is pursuing Pre-Physical Therapy/Exercise Science with aspirations to become a Physical Therapist. Abigail aims to empower people with Down syndrome to achieve greater independence and lead fulfilling lives through her career in physical therapy.



**ALEXANDRIA CREE** (pictured with her daughter, Ain'e) is enrolled at The Ohio State University, pursuing an alternative teaching licensure to become a Certified Educator. Through her licensure, Alexandria is committed to embracing diversity and empowering children of all abilities to express themselves through various mediums such as writing, performance, and visual arts.



**GRACE KEMPER** (pictured with her brother, Connor) is attending Bowling Green State University, with plans to study Interior Design. Grace is dedicated to specializing in design solutions that enhance accessibility and improve the quality of life for individuals with disabilities through her expertise in building regulations, adaptive techniques, and specialized equipment.



**ADDIE KEARNS** (pictured with her brother, Alex) is studying Journalism, News & Information with a minor in Communications at Ohio University, with plans to become a Broadcast Journalist. Addie is passionate about fostering fair representation and accurate portrayal of people with disabilities in the media, aspiring to inspire positive change through her career in Broadcast Journalism.



**CADEN COX** is a self-advocate at The Ohio State University TOPS Program, studying sports management and aspiring to become a strength and conditioning coach. Caden aims to instill a sense of self-worth and demonstrate the valuable contributions people with Down syndrome can make by embracing their uniqueness.



**MIA CHELLINI** (pictured with her brother, Cooper) is currently enrolled at The Ohio State University. She plans to pursue her Doctorate in Physical Therapy at the University of Dayton. Mia is committed to advocating for inclusive healthcare practices and ensuring that people with Down syndrome are actively included in discussions addressing healthcare disparities.



# 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 four 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.

Spots are LIMITED at each location. **Registration opens April 10, 2024.**

**To register:**  
dsaco.net/event/swimclinic

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



### LOCATIONS & DATES:

**Dublin**  
6175 Shamrock Ct Suite G  
Dublin, OH 43016

**June 11 - 14** (Tuesday-Friday)

**Westerville**  
765 Brooksedge Blvd  
Westerville, OH 43081

**June 18 - 21** (Tuesday-Friday)

**Lewis Center**  
7838 Green Meadows Dr N  
Lewis Center, OH 43035

**July 9 - 12** (Tuesday-Friday)

**Upper Arlington**  
2199 Riverside Dr  
Columbus, OH 43221

**July 16 - 19** (Tuesday-Friday)



## Get Ready with DSACO's IEP Kit!

### Empowering Families for Successful IEP Meetings

Don't miss out on your chance to prepare for your IEP meeting with DSACO's exclusive kit! We're here to support you every step of the way. Sign up now at the link below to receive your invaluable resources.

**To register:**  
dsaco.net/iepkit

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

**100%**  
of parents and caregivers said they would recommend an IEP Kit to others.



# Summer Learning Academy Returns

Maintain Your Student's Academic Skills and Avoid Summer Slide

Monday, June 10 – Thursday, July 11

9 AM – 12 PM

**COST:** \$200 per student

DSACO is gearing up for the commencement of its yearly Summer Learning Academy! This 5-week program offers students with an Individualized Education Plan (IEP) the chance to tackle summer learning regression. Through targeted academic instruction, participants will work on two of their IEP goals – one in math and the other in literacy.

Every classroom is equipped with two certified educators and one classroom support specialist to foster academic enrichment, social-emotional growth, and assistance with behavioral and personal care needs. Additionally, students will enjoy complimentary one-way transportation home from the program each day.

DSACO's Summer Learning Academy is set to begin on Monday, June 10th, and will continue through Thursday, July 11th. The program operates exclusively from Monday to Thursday, spanning from 9 AM – 12PM.

## REGISTRATION

**Registration opens Friday March 22 and closes Friday, April 12.** Families will be notified of their student's enrollment status no later than Friday, April 19.

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

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

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



## CLASSROOMS & GRADE LEVELS:

### Columbus

Grades 1st through 4th

### Marion

Grades 1st through 4th

### Mount Vernon

Grades 1st through 4th and 5th through 7th

### Newark

Grades 1st through 4th and 5th through 7th

### Pickerington

Grades TBD

### Worthington

Grades 1st through 3rd and 4th through 6th

### Whitehall

Grades TBD



## Dive into Summer Fun at DSACO's Little Buddies and School Aged Pool Party!

**Saturday, June 8 | 7-8:30 PM**

**Highlands Park Aquatic Center**

245 S Spring Road  
Westerville, OH 43081  
Age: 0-12 years old

**MORE INFO**



Get ready for an unforgettable evening as our Little Buddies and School Aged Groups unite once again for an epic pool party at Highlands Park Aquatic Center! Join us for a private event exclusively for DSACO families, where the whole crew can splash, slide, and soak up the sun together.

From leisurely floats in the lazy river to thrilling rides down water slides, there's excitement around every corner. Whether you're cooling off in the pool or exploring the splash area, there's endless fun for everyone to enjoy!

Don't miss out on this opportunity to create lasting memories with your DSACO family. Grab your swimsuits and sunscreen, and join us for a splashtastic celebration at the Little Buddies and School Aged Pool Party. See you there!

Registration is required to attend and the deadline to register is Wednesday, June 5.

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

**Questions?** Contact Courtney Frost at [cfrost@dsaco.net](mailto:cfrost@dsaco.net).

## Fairfield County Family Outreach Event

**Saturday, May 4 | 10 AM – 12 PM**

**Picture Perfect Ranch**

1214 Rockmill Road NW  
Lancaster, OH 43130

Join us for a delightful morning at Picture Perfect Ranch in Lancaster, Ohio, as DSACO extends its reach to families across our service area. Get ready for an unforgettable experience surrounded by mini horses, mini donkeys, alpacas, goats, pigs, highland cows, and adorable dogs!

During this special event, families will have the chance to interact with the animals, feed them, and cuddle with the sweet babies on the ranch. But that's not all – the fun continues with giant outdoor games, a photobooth for capturing precious moments, and even an adult bounce house!

Don't miss out on this picture-perfect day of joy and connection. The event is free for DSACO families, but spots are limited. Be sure to register by Wednesday, May 1st, to secure your spot.

**To register:**

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

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

**MORE INFO**



## Join us for a Grand Slam Summer Picnic!

Sunday, June 30 | 1:05 PM

### Huntington Park

330 Huntington Park Ln.  
Columbus, OH 43215

**COST:** \$15 per family

*\*Please note, parking is not included*

Gear up for a fantastic day as DSACO hosts its much-awaited Summer Picnic; and this year, we're adding a thrilling twist – catch the Columbus Clippers take on the Omaha Storm Chasers in an exciting baseball showdown! We're thrilled to bring together DSACO families for a day filled with memorable moments.

With your \$15 family registration, you get:

- Admission tickets for your immediate family (person with Down syndrome, parents, and siblings) to the baseball game
- Clippers Cash for lunch to use at any food establishment in the park
- Opportunity to run the bases after the game

Remember, registration is mandatory for all attendees, including both adults and children. Little ones aged 2 and under don't need admission tickets unless you prefer they have their own seat. Although parking isn't included, you can explore available options at [www.arenadistrict.com/map](http://www.arenadistrict.com/map).

To ensure a comfortable experience for all, registration is reserved for people with Down syndrome, their parents/caregivers, and siblings due to venue capacity limitations. We sincerely appreciate your cooperation and eagerly anticipate sharing this special day with you!

**Register by Friday, June 14 at:** [dsaco.net/summerpicnic](http://dsaco.net/summerpicnic)

**Questions?** Contact Evanthia Brillhart at [ebrillhart@dsaco.net](mailto:ebrillhart@dsaco.net) or 614.263.6020 ext. 1015.

MORE INFO



## Get Ready to Glow at DSACO's Mom Prom

Saturday, May 11 | 6-9 PM

### Combustion Brewery & Taproom

80 W Church St, Suite 200  
Pickerington, OH 43147

Mark your calendars for May 11th and prepare to dance the night away at DSACO's inaugural MOM PROM!

Whether you're donning your fanciest attire or opting for casual chic, the Mom Prom guarantees an evening filled with laughter, love, and unwavering support. This isn't just a party – it's a celebration of the incredible bond shared by moms of people with Down syndrome.

So, **let's glow, girls!** Registration is free for DSACO moms, but be sure to secure your spot by May 3rd. Join us for a night of glowing celebration – it's an event you won't want to miss!

**To register:** [dsaco.net/events/momsoutreach](http://dsaco.net/events/momsoutreach)

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

MORE INFO







## New! Connecting Parents of Adults Pilot Group

In response to parent feedback at our 2023 Adult Mini Conference, we've launched a pilot group for parents of adults with Down syndrome (age 18+). This monthly gathering provides a supportive platform for DSACO dads, moms, and caregivers to share stories, discuss needs, brainstorm ideas, and enjoy some laughs. Whether you join us for one session or all, it's sure to be a meaningful evening out. DSACO will cover the expenses for food and non-alcoholic beverages.

**For more information:**  
[dsaco.net/events](https://dsaco.net/events)

### Connecting Parents of Adults Contacts:

**Cathy Gibson**  
[catgibson@msn.com](mailto:catgibson@msn.com)

**Paula Dymek**  
[jpdymek@outlook.com](mailto:jpdymek@outlook.com)

## Explore Your Creativity with Adult Stamping Club

Adult Stamping Club is a hands-on social group for adults with a developmental disability and/or Down syndrome. 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—Central (18+)

First Wednesdays

**April 3, May 1, June 5 | 6:30-8 PM**

**Westerville Public Library**  
126 S State St, Westerville, OH 43081

#### Stamping Club Central Contacts:

**Sue Leppert**  
614.354.0658  
[sdlbuckeye@aol.com](mailto:sdlbuckeye@aol.com)

**Sandie Trask-Tyler**  
614.593.5703  
[trasktyler@gmail.com](mailto: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 (16+)

Second Tuesdays

**April 9, May 14, June 11 | 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](mailto:hubert3879@gmail.com)

**Wanda Krupp**  
740.334.3417  
[kruppsx4@gmail.com](mailto:kruppsx4@gmail.com)

**Robin Bussey**  
740.322.6951  
[robin.bussey@lcountydd.org](mailto:robin.bussey@lcountydd.org)

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



## Making Waves: Teen & Adult Inclusive Pool Party

**Saturday, July 6 | 7 - 8:30 PM**

**Highlands Park Aquatic Center**

245 S Spring Road  
Westerville, OH 43081

**Age:** 13+



Join us in welcoming summer with a burst of excitement! We extend a warm invitation to teens and adults with Down syndrome, along with their families and friends, to join us at Highlands Park Aquatic Center for an inclusive pool party! Immerse yourself in a serene, nature-inspired setting designed for carefree enjoyment under the sun. The Aquatic Center boasts a thrilling array of amenities, including speed and body slide towers, a toddler pool with a simulated-rock slide, a playful spray playground, and a relaxing lazy river. With such diverse options available, you and your loved ones are guaranteed to experience endless fun and laughter!

**Register by Monday, July 1 at:**

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

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

## 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 Down syndrome. 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.

**Trampoline Jumping and Pizza**  
**Monday, April 8 | 5:30–7:30 PM**

Big Air Trampoline Park  
1400 Polaris Pkwy, Columbus, OH 43240

**Choose Your Own Fun!**  
**Friday, May 3 | 6:30–8:30 PM**

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

**Bowling and Pizza**  
**Tuesday, June 11 | 6:30-8:30 PM**

Star Lanes Polaris  
8655 Lyra Dr, Columbus, OH 43240

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/hssocial-group](https://dsaco.net/events/hssocial-group)

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



## Swing Into Success with DSACO's Golf Academy

Wednesdays, June 12–August 21

6:30 – 8 PM

### Blacklick Woods Golf Course

7309 E Livingston Avenue  
Reynoldsburg, OH 43068

**Cost:** \$20

DSACO is delighted to announce the continuation of The First Tee® Program through the Down Syndrome Golf Academy. This exceptional program is designed to teach all facets of golf while fostering character development, inner strength, self-confidence, and resilience – essential qualities not just for the game, but for life itself. Every week, participants will have the opportunity to hone their golfing skills in a nurturing and empowering setting.

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

Registration opens in April. Golf Academy is limited to the first 15 golfers.

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

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



## Get Cooking with DSACO's Virtual Cooking Classes!

Meets the 2nd and 4th Wednesdays of each month

**April 10 & 24, May 8 & 22, June 12 & 26 5:30 – 6:30 PM**

### Virtual – Zoom Session

Explore the world of culinary delights with DSACO's bi-monthly 60-minute online cooking classes tailored specifically for adults (18+) with Down syndrome. Dive into step-by-step instructions for mouthwatering recipes right from the comfort of your own kitchen. We provide advance recipes and offer gluten-free options to accommodate various dietary needs.

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/virtualcookingclass](https://dsaco.net/virtualcookingclass)

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



## Aging & Down Syndrome Caregiver Support Group

**April 23, May 28, June 25 | 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 people (40 years old or older) with Down syndrome are welcome to participate.

We will meet via Zoom to include caregivers across our entire service area.

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

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



## Unlocking Potty Training Success

Saturday, April 13 | 10 AM - 12 PM

### Westerville Recreation Center

350 North Cleveland Ave  
Westerville, OH 43082

**Cost:** \$10/family

Are you ready to embark on the potty training journey with your child? Join us for an insightful workshop led by Emily Carruthers, M.A., from Collaborative Educational & Behavioral Consulting. Emily will utilize the principles and procedures of Applied Behavior Analysis (ABA) to guide DSACO parents through implementing a successful potty-training intervention.

During this workshop, participants will gain valuable knowledge on various aspects of potty training, including identifying their child's readiness, reinforcement strategies, visual interventions, schedules, and the importance of consistency.

Whether your child is showing signs of readiness for potty training or you're simply interested in preparing for the future, this workshop is tailored for you!

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

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

MORE INFO



## Empowering Tweens: Introducing Puberty Packs

**Age:** 9-13

**Cost:** \$10 covers the cost of shipping

Navigating puberty can be a transformative and sometimes challenging experience for any individual. At DSACO, we recognize the importance of tailored support, particularly for tweens with Down syndrome. That's why we're excited to introduce our Puberty Packs, a thoughtful and inclusive solution designed to support the unique needs of individuals with Down syndrome during this crucial stage of life.

With compassion and expertise, we've carefully curated each Puberty Pack to address the specific challenges and concerns that may arise during puberty. Our comprehensive selection of products and resources aims to provide comfort, confidence, and practical support throughout this journey.

Central to each Puberty Pack is the booklet "Growing Up: A Guide to Puberty for Young Folks with Down Syndrome." Developed by the Maine Down Syndrome Network, this accessible educational resource offers invaluable guidance and knowledge to empower readers as they navigate puberty with dignity and confidence.

By offering tailored support through our Puberty Packs, we aim to ensure that tweens with Down syndrome feel supported, understood, and empowered every step of the way as they embark on this transformative journey of growth and self-discovery.

**Register by May 17:** [dsaco.net/pubertypacks](https://dsaco.net/pubertypacks)

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

MORE INFO



SOMALI OUTREACH EVENT

## You're Invited to celebrate Eid Al Adha!

Saturday, June 22 | 5:30 - 7:30 PM

### Rockin' Jump

1220 County Line Rd  
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!

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

### Register before June 7:

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

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

### Somali:

### Waxaa lagugu martiqaaday inaad u dabaaldegto Ciidul Adxaa!

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!

Haddii aad wax su'aalo ah qabtid, fadlan kala soo xidhiidh Aamina Siciid at [asaid@dsaco.net](mailto:asaid@dsaco.net). Tani waa xaflad bilaash ah oo loogu talagalay qoysaska DSACO (Waalidiinta iyo walaalaha waa la soo dhaweynayaa).

Fadlan isdiiwaangeli ka hor Juun 7-keeda, wixii macluumaad dheeraad ah fadlan booqo [dsaco.net/events/somalioutreach](https://dsaco.net/events/somalioutreach).

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

BLACK AND AFRICAN AMERICAN OUTREACH EVENT

## Embrace Wellness: Breathing First for Caregivers

Sunday, April 21 | 1-3 PM

### Location to be determined

Wellness is a continuous journey that demands dedication and steadfastness. Making small, incremental changes over time can yield significant enhancements in your overall well-being.

Join us for a mindful afternoon dedicated to exploring the development of a personalized self-care strategy through the 7 elements of B.R.E.A.T.H.E., led by Tifani Kendrick.

During this session, participants will engage in grounding and regulation exercises incorporated into a yoga practice that encompasses breathwork, meditation, reflective journaling, and affirmations. These practices are designed to foster relaxation, as well as deepen connection to the present moment, offering potential benefits beyond measure.

Light refreshments will be graciously provided by DSACO, and childcare services will be available upon request.

For more information about Tifani, please visit her website at [www.tkinspires.com](http://www.tkinspires.com). Join us on this transformative journey towards holistic well-being.

**Register by April 10:** [dsaco.net/africanamericangroup](https://dsaco.net/africanamericangroup)

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

MORE INFO



## Reunión del grupo de apoyo de Familias Hispanas/Latinas

18 de Mayo | 12 - 2 PM

### Columbus Metropolitan Library

96 S Grant Ave  
Columbus, OH 43215

### Evento gratuito para familias de DSACO

Lo invitamos a participar en la próxima reunión del grupo de apoyo en persona, en este espacio nos encanta compartir experiencias y posibles necesidades en común.

Como invitados nos acompañara Howard Hanna Real Estate Services con una plática completamente en español sobre el proceso de renta y compra de vivienda. Al considerar la decisión de rentar o comprar una propiedad es fundamental tener en cuenta no solo el aspecto financiero sino también los factores externos que influyen en los precios de alquiler y las tasas hipotecarias además de la importancia de mantener un buen historial crediticio debido a como puede afectar este proceso.

DSACO ofrecerá una comida ligera y cuidado de niños durante la reunión. Su registro es necesario antes del **10 de Mayo, 2024**

**Para mayor información:** [dsaco.net/latinooutreach](https://dsaco.net/latinooutreach)

**¿Preguntas?:** Por favor envíe un correo a Vanessa Armenta a [varmenta@dsaco.net](mailto:varmenta@dsaco.net)

**English:**

**May 18 | 12 - 2 PM**

### Columbus Metropolitan Library

96 S Grant Ave  
Columbus, OH 43215

Free event for DSACO families

We invite you to participate in the upcoming in person resource group meeting, where we can share experiences and needs.



As guest speakers, we have Howard Hanna Real Estate Services offering a discussion about the process of renting and buying a home. When considering the decision to rent or purchase a property, it is essential to consider not only the financial aspects but also the external factors that influence rental prices and mortgages rates and how maintaining a good credit history could shape this process.

A light lunch will be provided by DSACO, and childcare will be available per request. Please register before **May 10, 2024.**

**For more information:** [dsaco.net/latinooutreach](https://dsaco.net/latinooutreach)

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

**MORE INFO**



## Día de Diversión Familiar en COSI para Familias Hispanas/Latinas

Sábado 20 de abril | 11 AM - 1 PM

### COSI Centro de Ciencia y Tecnología

333 West Broad Street  
Columbus, OH 43215

Los invitamos a una celebración familiar en COSI, este museo ofrece una amplia gama de exhibiciones interactivas que son perfectas para todas las edades.

DSACO cubrirá el costo de entrada y snacks para su familia. Por favor tome en cuenta que el estacionamiento NO está incluido, si utilizan el estacionamiento subterráneo debajo de COSI tendrán una tarifa general de \$10 por todo el día.

Este evento es gratuito para familias de DSACO (papás y hermanos), su registro es necesario a más tardar el viernes 5 de abril, 2024.

**Para mayor información:** [dsaco.net/latinooutreach](https://dsaco.net/latinooutreach)

**¿Preguntas?:** Por favor envíe un correo a Vanessa Armenta a [varmenta@dsaco.net](mailto:varmenta@dsaco.net)

**English:**

Saturday, April 20 | 11 AM - 1 PM

### COSI Science and Technology Center

333 West Broad Street  
Columbus, OH 43215

We are thrilled to invite you to a family-friendly celebration at COSI. The museum offers a wide range of interactive exhibits that are perfect for all ages.

DSACO will cover the cost of admission and snacks for your family. Please note that the parking is not included, if you decide to use the underground car park below COSI the general parking fee will be \$10 for the entire day.

**For more information:** [dsaco.net/latinooutreach](https://dsaco.net/latinooutreach)

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

## ¡Estamos muy emocionados de invitarlas al grupo Spanish Speaking M.O.M.S!

Lunes 29 de Abril, 2024 | 6 PM

### Buffalo Wild Wings

2386 Taylor Square Dr  
Reynoldsburg, OH 43068

Este grupo permite a las mamás de habla hispana de DSACO tener la oportunidad de compartir historias, necesidades, inquietudes e ideas. Únanse a nosotras para una divertida tarde de plática y relajación.

DSACO cubrirá el costo de alimentos y bebidas no alcohólicas.

Spanish Speaking M.O.M.S se reunirá trimestralmente, para más información por favor visite [www.dsaco.net/events](https://www.dsaco.net/events)

### Contacto del grupo:

Yirha Torres | 661-609-3231



## Medically Speaking

*with Dr. Mark Wells, M.D., M.A.*

*Primary Care Pediatrics, Nationwide Children's Hospital*

Mark Wells, M.D., M.A., one of the newest additions to the Down Syndrome Clinic at Nationwide Children's Hospital, extends his warm regards. Dr. Wells resides in Columbus with his wife and their family, which includes two sons, a daughter, and a tuxedo cat named Arabella. Having completed his pediatrics residency at Nationwide Children's in 2021, he has since been practicing in primary care at the same institution.

Throughout his residency, Dr. Wells found himself drawn to various specialties, including genetics, physical medicine, and developmental pediatrics. His interest in working with children and young adults with Down syndrome grew,

whether it was in the complex care clinic or while rounding on the in-patient pulmonary unit. When presented with the opportunity to join the Down Syndrome Clinic at Nationwide Children's Hospital, Dr. Wells eagerly accepted.

As one of the providers in the Down Syndrome Clinic, Dr. Wells is enthusiastic about his role. Additionally, he is honored to serve as one of the medical advisory committee members with DSACO. Dr. Wells encourages and appreciates any feedback to help enhance the program at Nationwide Children's Hospital, striving to make it the best it can be.

## Caregiver Support Powered by Cariloop

DSACO families receive unlimited guidance from experienced Care Coaches throughout their caregiving journey, at no cost. May is Mental Health Awareness Month, and Cariloop is here to assist. Care Coaches can help you understand diagnoses like anxiety, depression, and bipolar disorder, access resources for grief and loss, find therapists and psychiatrists locally or virtually, verify insurance coverage, and prepare for difficult conversations about mental health.

If you or someone you know is in a mental health crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 (1-800-273-TALK) or text 988 for free support.

DSACO offers access to Cariloop's caregiver support at no cost. To get paired with your own dedicated Care Coach today reach out to **Kirsti Osborne** at [kosborne@dsaco.net](mailto:kosborne@dsaco.net).

For more information: [dsaco.net/families/parents-caregivers](https://dsaco.net/families/parents-caregivers)





# SAVE *the* DATE



**May 23**

## 2FGR Run for Down Syndrome

**Dublin, OH**

Join us for the 15th annual 2FGR Run for Down Syndrome, a remarkable event featuring 3K, 5K, and 10K runs and walks, all in support of DSACO! Far from your typical race, this event promises fun for the entire family, whether they're running enthusiasts or not.

Each year, 2FGR bring together food trucks and vendors from across Central Ohio to offer delicious food and entertainment for all attendees. From bounce houses to activities suitable for children of all ages (and those young at heart), there's something for everyone to enjoy.

In the past 15 years, the 2FGR Run for Down Syndrome has raised a combined total of over \$600,000 to further DSACO's mission of supporting families and fostering opportunities for people with Down syndrome.

**To register:** [2FGR.org/run](https://2FGR.org/run)

**July 15**

## 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](https://dsaco.net/golfclassic)



**September 29**

## Columbus Buddy Walk

**Fortress Obetz**

The Columbus Buddy Walk is set to take place on Sunday, September 29, at the Fortress Obetz. This annual event is organized by DSACO and is a celebration of people 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](https://columbusbuddywalk.org)

## Resource Groups

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

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

Monday, April 1 | Hounddog's Pizza  
Monday, May 13 | Hofbrauhaus Columbus  
Friday, June 14 | TopGolf

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

**Justin Whitley**  
whitleyj@icloud.com

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

### **M.O.M.S. – Chillicothe**

4<sup>th</sup> Thursday of the Month | 6 PM

**Roosters**  
10 N Plaza Blvd, Chillicothe

Thursday, April 25  
Thursday, May 23  
Thursday, June 27

**Keely Wescott**  
redmnm0607@hotmail.com

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

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

### **M.O.M.S. – Delaware**

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

**Yabo's Tacos**  
5915 Evans Farm Blvd. Suite H | Lewis Center

Thursday, April 11  
Thursday, May 9  
Thursday, June 13

**Crystal Vitullo**  
crystalmowry@gmail.com

**Allison Schwab**  
allieb1220@gmail.com

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

### **M.O.M.S. – Marion**

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

**Mi Jalapenos**  
1360 Mount Vernon Ave, Marion

Saturday, April 13  
Saturday, May 11 - See you at Mom Prom!  
Saturday, June 8

**Amanda Long**  
along51516@gmail.com

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

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

### **M.O.M.S. – Marysville**

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

**Tres Potrillos Mexican Restaurant**  
435 Colemans Crossing Blvd, Marysville

Saturday, April 20  
Saturday, May 18  
Saturday, June 15

**Katie Furr**  
katiel617@hotmail.com

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

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

### **M.O.M.S. – Northwest**

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

**The Goat**  
4265 Brooklands Drive | Hilliard

Tuesday, April 16  
Tuesday, May 21  
Tuesday, June 18

**Hannah Reid**  
hannahreid329@gmail.com

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

### **M.O.M.S. – Southeast**

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

**Zapatas Mexican Kitchen**  
1282 Hill Road North | Pickerington

Wednesday, April 10 | Zapatas  
Wednesday, May 8 | Roosters  
Wednesday, June 12 | Zapatas

**Yirha Torres**  
dtcfamily4@gmail.com

**Whitney Garrett**  
wpwalker86@gmail.com

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

### **M.O.M.S. – Westerville**

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

**Local Cantina**  
667 N Cleveland Ave | Westerville

Thursday, April 4  
Thursday, May 2  
Thursday, June 6

**Lucy Pagán**  
lucillepagan@gmail.com

**Jackie Johnston**  
jackierosejohnston@gmail.com

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

### **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

**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.

For information:  
facebook.com/groups/339782022866623

**NEW! Little Buddies - North**

**Monday, April 8 | 6:30 - 8 PM**

**All Saints Lutheran Church**  
6770 N High St | Worthington

*Celebration of our NEW Location!*

**Monday, May 13 | 6:30 - 8 PM**

**All Saints Lutheran Church**  
6770 N High St | Worthington

*Let's Talk about Teeth!*

Join us for a discussion on oral health for your child with Down syndrome!

**June - No Meeting**

*We'll see you at the pool party!*

**Jessica Huber**  
jesshuber86@gmail.com

**Cory Guindon**  
righterc@gmail.com

**Little Buddies - Southeast**

**Saturday, April 27 | 10:30 AM - 12:30 PM**

**AHA! Children's Museum**  
1708 River Valley Circle South | Lancaster

*Playdate at AHA! Children's Museum!*

**Thursday, May 16 | 6:30 - 8 PM**

**Grace Fellowship**  
575 Diley Road | Pickerington

*Let's Talk about Teeth!*

Join us for a discussion on oral health for your child with Down syndrome!

**June - No Meeting**

*We'll see you at the pool party!*

**Whitney Garrett**  
wpwalker86@gmail.com

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

**TEEN & ADULT HAPPENINGS:**

**High School Social Group**

**Monday, April 8 | 5:30-7:30 PM**  
Big Air Trampoline Park

**Friday, May 3 | 6:30-8:30 PM**  
Glen's Sports Barn

**Tuesday, June 11 | 6:30-8:30 PM**  
Star Lanes Polaris

**Teen & Adult Inclusive Pool Party (13+)**  
**Saturday, July 6 | 7-8:30 PM**  
Highlands Park Aquatic Center

**Adult Stamping Club Central (18+)**  
**6:30-8 PM**  
Westerville Public Library

**April 3**  
**May 1**  
**June 5**

**Stamping Club East (16+)**  
**6-7 PM**  
Licking County Board of DD (LCBDD)

**April 9**  
**May 14**  
**June 11**

**Improv (Class is currently full.)**  
**6:30-8 PM**  
Ruling Our eXperiences (ROX)

**April 1, 8, 15, & 22**

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

**April 10 & 24**  
**May 8 & 22**  
**June 12 & 26**

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

**April 23**  
**May 28**  
**June 25**

**DSACO's Adult Conference (18+)**  
**August 23 - 25**  
Cherry Valley Hotel

*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:



**Our Mission:** The Down Syndrome Association of Central Ohio (DSACO) was incorporated in 1984 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

- 1 D.A.D.S. & Improv
- 3 Adult Stamping Club Central
- 4 Westerville M.O.M.S.
- 8 Improv, High School Social Group, Little Buddies North
- 9 Adult Stamping Club East
- 10 Virtual Cooking Class, Southeast M.O.M.S.
- 11 Delaware M.O.M.S.
- 13 Marion M.O.M.S., Potty Training Seminar
- 15 Improv
- 16 Northwest M.O.M.S.
- 20 Marysville M.O.M.S., Hispanic & Latino Outreach Event
- 21 Black & African American Outreach Event
- 22 Improv
- 23 Aging & Down Syndrome Caregiver Support Group
- 24 Virtual Cooking Class
- 25 Chillicothe M.O.M.S.
- 27 Little Buddies Southeast
- 29 Spanish Speaking M.O.M.S.

### May

- 1 Adult Stamping Club Central
- 2 Westerville M.O.M.S.
- 3 High School Social Group
- 4 Fairfield County Family Outreach Event
- 8 Virtual Cooking Class, Southeast M.O.M.S.
- 9 Delaware M.O.M.S.
- 11 M.O.M.S. Outreach Event
- 13 Little Buddies North, D.A.D.S.
- 14 Adult Stamping Club East
- 16 Little Buddies Southeast
- 17 Deadline to Register for Puberty Packs
- 18 Marysville M.O.M.S., Hispanic & Latino Resource Group
- 21 Northwest M.O.M.S.
- 22 Virtual Cooking Class
- 23 2FGR Run for Down Syndrome, Chillicothe M.O.M.S.
- 27 Office Closed for Memorial Day
- 28 Aging & Down Syndrome Caregiver Support Group

### June

- 5 Adult Stamping Club Central
- 6 Westerville M.O.M.S.
- 8 Marion M.O.M.S., Little Buddies & School Aged Pool Party
- 10 Summer Learning Academy Starts
- 11 Jump Start Dublin Starts, Adult Stamping Club East, High School Social Group
- 12 Virtual Cooking Class, Southeast M.O.M.S., Golf Academy Starts
- 13 Delaware M.O.M.S.
- 14 D.A.D.S. Outreach Event
- 15 Marysville M.O.M.S.
- 18 Northwest M.O.M.S., Jump Start Westerville Starts
- 19 Office Closed for Juneteenth, Golf Academy
- 22 Somali Outreach Event
- 25 Aging & Down Syndrome Caregiver Support Group
- 26 Virtual Cooking Class, Golf Academy
- 27 Chillicothe M.O.M.S.
- 30 Summer Picnic

