



CELEBRATABLE!

Celebrating Down Syndrome Awareness Month

Did you know that October was first designated as National Down Syndrome Awareness Month in the 1980s and has been recognized every October since? It is a time to celebrate people with Down syndrome and raise awareness about the importance of acceptance and inclusion.

This month let's focus on celebrating the abilities and accomplishments of our loved ones with Down syndrome that make them unstoppABLE! From academic achievements to athletic pursuits, people with Down syndrome are breaking barriers and proving that they can lead fulfilling and productive lives. By highlighting their successes, we challenge the misconceptions and stereotypes often associated with Down syndrome.

As we lean into October, let's continue to raise awareness, challenge stereotypes, and work towards a more inclusive society. By embracing the abilities and celebrating the achievements of people with Down syndrome, we can create a world where everyone can thrive and reach their full potential.

Join us in celebrating Down Syndrome Awareness Month and let's continue to build a world where differences are celebrated, and everyone belongs.



WAYS TO CELEBRATE!

1. **Penn Station Round Up Campaign** – October 7-21
2. **Pick up a DSACO Classroom packet** to give to your child's teacher—see more on page 3.
3. **Share** DSACO's daily Down syndrome awareness facts on social media with the following hashtags: #DSAAwareness #DSACOCOMMUNITY #unstoppABLE
4. **Host a Fundraiser** to celebrate (see more at dsaco.net/waystogive)
5. **Donate** to DSACO to propel our mission forward (dsaco.net/donate)

DID YOU KNOW?

Down Syndrome Awareness Ohio has its own license plate. Purchasing a plate raises awareness and benefits DSACO!

Visit oplates.com



3/21

Is there any better way to kick off Down Syndrome Awareness Month than with BIG NEWS that Nationwide Children's Hospital will be making significant enhancements to their Down syndrome clinic? We are excited to share what's in store for the families we know—and the families we don't—who will very soon have access to a comprehensive, multi-disciplinary clinic for their children with Down syndrome!

3 DSACO leadership has been working closely with Nationwide Children's Down Syndrome Program leadership to enhance the current Down Syndrome Program at Nationwide Children's Hospital to better meet the needs of patients, parents, and the community. In alignment with the Hospital's effort to Leading the Journey to Best Outcomes for Children Everywhere, we have worked collaboratively to develop a new Mission and Vision for the clinic, which will lead to significant expansion of the current Down Syndrome Care model.

2 Nationwide Children's Down Syndrome Program's mission is to partner with families to achieve the fullest potential for children and young adults with Down syndrome through comprehensive medical, behavioral, and developmental care. With a vision of creating a world-class program that enriches the lives of people with Down syndrome.

1 So, what does this mean for healthcare for our loved ones with Down syndrome? It means multidisciplinary care to include expanded clinical services and therapies in one visit. There will also be a focus on age-based clinical care, with specialists available for:

- Newborns & Toddlers Clinic
- Child Clinic
- Adolescent Clinic
- Transition Clinic

It also means that DSACO will have a formal partnership with the clinic to include a representative that will connect families with the vast resources and services available through DSACO, as well as other disability-specific community resources.

While additional enhancements to the program will come in the future, we're thrilled about this evolution, which is—in major part—**thanks to your voices** and advocacy that has led to this exciting outcome!



DSACO
President and CEO



DSACO Welcomes New Event Manager, Mari Cox!

Mari holds a Public Relations degree from Capital University and brings a wealth of personal and professional experience to DSACO. Her background includes crafting impactful initiatives across various settings, including professional and nonprofit organizations, elementary, secondary, and post-secondary education.

Most recently, Mari served as the Programs Coordinator for Special Olympics Ohio, where she collaborated closely with TOPS students and elite athletes at The Ohio State University. She is also well-known online as “Caden’s Mom,” referring to her son Caden, who made history as the first person with Down syndrome to play and score in a college football game. Throughout Caden’s life, Mari has been a fervent advocate for inclusion, promoting accessibility and opportunities in academics, extracurricular activities, community involvement, and life skills.

In addition to her advocacy work, Mari is a proud mom to Zane, a strength and conditioning football coach at Tiffin University, and Caden, who is currently a student intern with the Ohio State football strength and conditioning coaching staff.

Post-Secondary Scholarships Are Back!

DSACO is excited to announce the return of its Post Secondary Scholarship program, generously supported by the GLOW Foundation and the Hughes Family! These scholarships provide essential financial assistance to people with Down syndrome and/or relatives of people with Down syndrome who plan to pursue careers positively impacting their lives.

Who's Eligible?

- Siblings, parents, cousins, or other relatives of people with Down syndrome.
- Current college students with Down syndrome are strongly encouraged to apply.
- Applicants must reside within one of the 23 counties in DSACO's service area.

Application Details

- Completed applications must be submitted by Friday January 31st at 5 PM.
 - Applications submitted via mail must be postmarked by January 31st.
- Please ensure that your application is comprehensive, as incomplete application submissions will not be considered.

What's Included in an Application

- Completed DSACO Post Secondary Scholarship form
- Official transcripts from current institution (university or high school)

- Two letters of reference: can be personal or professional
 - Reference letters should speak to commitment to the Down syndrome community and passion for advocacy
- Two-page essay following one of the outlined prompts.

Scholarship Scoring Process

- Once received, applications are anonymized and sent to a committee for scoring to ensure an unbiased evaluation.
- The Post Secondary Scholarship Committee consists of esteemed individuals, including college professors, leaders within the disability community, and dedicated supporters from the GLOW Foundation.
- Scholarship recipients will be selected and announced during the week of February 24th.

How to Utilize the Scholarship

Scholarship funds can be applied to various education-related expenses, such as coursework, tuition, or materials needed for academic purposes as approved by your academic institution.

DSACO looks forward to supporting your academic journey and celebrating your future contributions to the Down syndrome community.

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

Down Syndrome Awareness Packet

Celebrate Inclusion and Awareness in the Classroom This October!

Join us in celebrating Down Syndrome Awareness Month by equipping your classroom with one of DSACO's UnstoppABLE Classroom Awareness Packets! These thoughtfully designed packets include materials that celebrate students with Down syndrome and promote the mission and vision of inclusion within the classroom.

You can pick up these informative and celebratory packets during the Buddy Walk T-Shirt Pick-Up days and at the Columbus Buddy Walk on Sunday, September 29th.

For any questions, please contact Emily Callahan at ecallahan@dsaco.net or 614-263-6020 ext. 1035!

Let's work together to create a more inclusive and aware community!

Scholarship support is generously sponsored by:



COMMUNITY



Family Outreach Event
**Join Us for a Day
of Fun at Bob Evans
Farm Festival!**

Saturday, October 12, 2024 | 10 AM – 12 PM

Bob Evans Farm
10854 State Route 588 Rio Grande, OH 45674

DSACO is committed to serving families across our service area, and we are excited to invite all southern Ohio DSACO families to the Bob Evans Farm Festival on Saturday, October 12! This special event offers a wonderful opportunity to enjoy the beautiful fall weather, participate in festival activities, and connect with other families in the Down syndrome community.

As part of the event, DSACO will cover entry fees and provide ride wristbands, granting DSACO families unlimited access to all the fun rides throughout the day.

Don't miss out on this day of fun and festivities! This event is free for DSACO families but registration is required. Register here: dsaco.net/events/countyoutreach

Questions? Please contact Mari Cox at mcox@dsaco.net.

Register here!



ADULTHOOD

Adult Virtual Cooking Classes:
**Learning Never
Tasted So Good**

October 9 & 23, November 13, December 11

5:30 – 6:30 PM

Virtual on Zoom

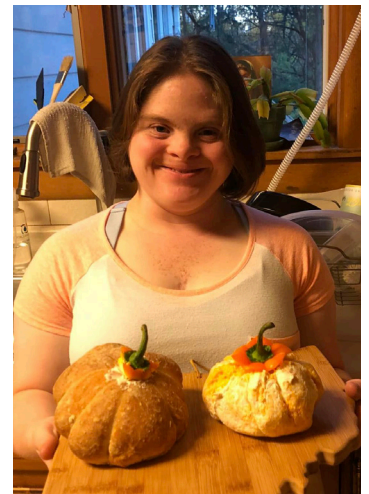
Age Group: Adults, 18+

Join us for an engaging virtual cooking experience tailored specifically for adults (18+) with Down syndrome. Our virtual cooking classes typically take place on the second and fourth Wednesday evenings each month, conducted via Zoom from 5:30 to 6:30 p.m. Participation is completely free!

During each 60-minute session, DSACO will provide step-by-step instructions through Zoom. We'll guide you through the cooking process while discussing:

- Cooking terms
- How-to ideas
- Useful kitchen gadgets
- Food and kitchen safety

Our recipes are simple, requiring only basic ingredients commonly found in most kitchens and no complex tools. We'll also include gluten-free recipes or provide gluten-free options to cater to different dietary needs.



To secure your spot, please register at least one week in advance of the class you wish to join. Register here: dsaco.net/events/virtualcookingclass

Questions? Please contact Boo Krucky at ekrucky@dsaco.net

Register here!



ADULTHOOD

Celebrating Creativity and Friendship



Stamping Club East

Second Tuesdays | October 8, November 12, December 10

6 – 7 PM

Licking County Board of Developmental Disabilities

116 N 22nd Street, Newark, OH 43055

Fee: FREE

Age Group: 16+

Let's get crafty at Stamping Club! Stamping Club East is a social group for individuals with a developmental disability and/or Down syndrome 16 years and older. They will create one-of-a-kind greeting cards to give to family and friends. Once per quarter they will also create cards to send to a special organization. All necessary supplies for making the cards are provided.

For any Licking County resident who may need transportation to Stamping Club East, you may utilize Licking County Transit. To schedule a ride, first notify transit at 740-670-5185 (option 1) and share with them that you receive services from LCBDD. Transit will then speak with the riders' service coordinator to verify this information. This is only a one-time registration call, after that they can call for a ride anytime and only be charged \$2 each way. (Otherwise, it is \$4 each way.) Transit is open to schedule Monday through Friday from 7am to 2pm.

Please register at least a week in advance of the meeting date, so there will be enough supplies.

The classes are free, but registration is required as space and supplies are limited.

To register: dsaco.net/events/adult-stamping-club-east

Gail Hubert | hubert3879@gmail.com

Wanda Krupp | kruppsx4@gmail.com

Stamping Club Central

First Wednesdays | October 2, November 6, December 4

6:30 – 8 PM

Westerville Public Library

126 S State St, Westerville, OH 43081

Fee: FREE

Age Group: Adults, 18+

Get creative with the Stamping Club! This social group for adults with Down syndrome 18 years old and older works on paper crafting skills to create one-of-a-kind greeting cards to give to family and friends. All necessary supplies are provided.

Please email Sue and Sandie to register at least a week in advance of the meeting date, so there will be enough supplies:

Sue Leppert | sdlbuckeye@aol.com

Sandie Trask-Tyler | trasktyler@gmail.com

Dancing with our STARS Gala

Down Syndrome Association of Central Ohio

Saturday, February 1, 2025 | 6 PM

Hilton Columbus at Easton

3900 Chagrin Drive, Columbus, OH 43219

This signature annual event highlights more than 40 adults with Down syndrome performing professionally choreographed dance routines for the enjoyment 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 later show off their newly learned dance moves once the dance floor opens to everyone following the presentations and performances.

This memorable evening will also feature a silent auction, wine pull, and delightful hors d'oeuvres and dinner. Proceeds support DSACO's many impactful programs and services.

Sponsorship Opportunities Available!

For additional information, please visit dsaco.net/gala.

Don't miss out on this incredible opportunity to celebrate inclusion and support people with Down syndrome!

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 1, 2025, 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.

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

Saturday, December 7 | 9 AM – 12 PM

Star Lanes Polaris

8655 Lyra Drive, Columbus, OH 43240

Fee: \$15/family

We're thrilled to invite all DSACO families to our much-anticipated annual Holiday Party on Saturday, December 7th, 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

Questions? Contact Mari Cox at mcox@dsaco.net



ADULTHOOD

Aging & Down Syndrome Caregiver Support Group

October 22, December 3, January 7, 2025

6 – 7 PM

Virtual on Zoom

For parents/caregivers of adults (40+) with Down syndrome

DSACO continues its partnership with the Central Ohio chapter of the Alzheimer's Association to host a monthly online support group for caregivers of aging people with Down syndrome.

What to Expect:

- Emotional support from peers
- Sharing of experiences and resources
- Focus on Alzheimer's and dementia, given their prevalence in the Down syndrome community

This group welcomes all caregivers of adults with Down syndrome aged 40 and older.

We use Zoom to accommodate caregivers across our entire service area. If you need assistance with virtual participation, please contact Boo Krucky at ekrucky@dsaco.net. Join us to connect, share, and support one another on this caregiving journey.

Please register at least 2 weeks prior to the group you'd like to join: dsaco.net/events/agingsupport

Once registered you'll receive an email confirmation of your registration, an introductory phone call from one of the co-facilitators, and then a Zoom link will be emailed to you.

Questions? Please contact Boo Krucky at ekrucky@dsaco.net



Connecting Parents of Adults: Food and Fellowship

Third Thursday of each month (No December meeting)

6 PM – 8 PM

BASH! By Young + Wild

679 High St B, Worthington, OH 43085

Parents of adults (18+) with Down syndrome

Are you a parent or caregiver of an adult with Down syndrome? Join our Connecting Parents of Adults gathering! We typically meet on the third Thursday of the month.

This monthly gathering offers DSACO dads, moms, and other caregivers* of adults with Down syndrome a space to exchange stories, discuss needs, address concerns, brainstorm ideas, and share laughs.

Whether you attend one session or all, it promises a meaningful evening out. DSACO will cover the expenses for food and non-alcoholic beverages.

*If lack of care for your loved one prevents you from attending, please contact Boo Krucky at ekrucky@dsaco.net to discuss alternatives.

Registration deadline: Please RSVP at least 2 days prior to the scheduled gathering.

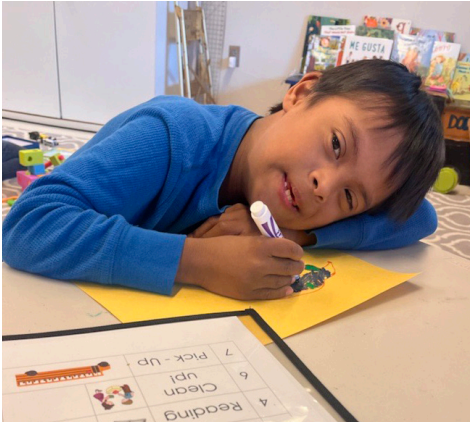
To Register: Follow RSVP instructions on our event page here: dsaco.net/connectingparents

Connecting Parents of Adults contacts:

Cathy Gibson | catgibson@msn.com

Paula Dymek | jpdymek@outlook.com

Missy Jones | missy.jones@safelite.com



Hispanic Outreach What's an IEP?

November 2 | 10 AM- 12 PM

Columbus Metropolitan Library
96 S Grant Ave, Columbus, OH 43215

Known by its acronym in English as IEP, the Individualized Education Program is a legal document under the law, developed for every child in a public school in the United States who needs special education. It is created through a team effort between the child's parents and specialized district staff who are knowledgeable about the child's needs.

Illiana Martinez, a multicultural specialist from the Ohio Coalition for the Education of Children with Disabilities, will offer a talk in Spanish to help us better understand this document and to prepare us for our children's upcoming IEP meeting.

This event is free, but registration is required by October 25, 2024.

We will provide childcare and breakfast.

If you have any questions, please contact Vanessa Armenta by email at varmenta@dsaco.net or by phone at 614-263-6020 ext. 1020.

¿Que Es El Programa Educativo Individualizado?

Noviembre 2 | 10 AM- 12 PM

Columbus Metropolitan Library
96 S Grant Ave, Columbus, OH 43215

Por sus siglas en ingles IEP, el Programa Educativo Individualizado es un documento legal bajo la ley, se desarrolla para cada niño en una escuela pública en los Estados Unidos que necesita educación especial. Se crea, a través de un equipo entre los padres del niño y el personal del distrito especializado que están informados sobre las necesidades del niño.

Illana Martinez, especialista multicultural de la Coalición de Ohio por la Educación de Niños con Discapacidades nos ofrecerá una plática en español, con la finalidad de conocer y entender mejor este documento, además de prepararnos para la próxima reunión del IEP de nuestros hijos.

Este evento es gratuito pero su registro es necesario antes del 25 de Octubre, 2024.

Tendremos cuidado de niños y desayuno.

Si tienen alguna duda por favor contacten a Vanessa Armenta por correo a varmenta@dsaco.net o por teléfono al 614-263-6020 ext. 1020

Somali Outreach You Are Invited to Somali Moms Night Out

Friday, November 15 | 7- 9 PM

Qamaria Yemeni Coffee Co.
8911 S Old State Rd, Lewis Center, OH 43035

Please join other DSACO Somali moms for a much needed night out of fun, food, sharing stories, needs and concerns with us!

DSACO will cover the cost of food.

Please register by Nov 11, 2024, at dsaco.net/events

Questions? Please contact Amina Said at asaid@dsaco.net.

Waxaad Ku Casuuman Tahay Habeenkeenna Hooyooyinka Soomaaliyeed Ee Banaanka

Jimco, Nofeembar 15 | 7-9 fiidnimo

Qamaria Yemeni Coffee Co.
8911 S Old State Rd, Lewis Center, OH 43035

Fadlan nagu soo biir hooyooyinka Soomaaliyeed ee DSACO si aad uga qayb gashaan habeen u baahanahay madadaalo, cunto, sheekooyin, baahiyo iyo welwel nala wadaaga!

DSACO waxay dabooli doontaa kharashka cuntada.

Fadlan iska diiwaan geli kahor Nofeembar 11, 2024, dsaco.net/events

Su'aalo? Fadlan la xiriir Amina Said: asaid@dsaco.net.



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!

Proceso de envío:

El reembolso se realiza trimestralmente según el calendario de fechas límite a continuación:

P4 | Envíe el formulario con recibos antes del 15 de diciembre para el pago antes del 30 de diciembre

Tenga en cuenta: Las solicitudes enviadas después de la fecha límite del 15 de diciembre se considerarán en el próximo ciclo de aplicaciones. Estas solicitudes serán revisadas y aprobadas antes del 31 de marzo.

Comunica tus preguntas a Vanessa Armenta en 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.*

Community Access Funds: Experience Everything!

Our communities are rich with incredible events and activities. To help you make the most of these opportunities, we've introduced Community Access Funds, a program offering financial reimbursement to people with Down syndrome.

These funds can be utilized for inclusive activities in the community, with a maximum reimbursement of \$250 per year!

Important Dates for 2024:

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

Please note: Applications submitted after the December 15th deadline will be considered in the next application cycle. These applications will be reviewed and approved by March 31st.

Questions? Please contact Kirsti Osborne at kosborne@dsaco.net

Special thanks to the Barbour family for their generous support of Music & Performing Arts activities in memory of Ann Barbour.



Holiday Joy is for Everyone!

Everyone deserves to experience the joy of the holiday season, and DSACO is committed to making sure no one is left out. Whether you need a little assistance this time of year or have the means to provide support, you can help make the season brighter for everyone. We are thrilled to announce that our Adopt-A-Family Program will return for the 2024 holiday season!

In 2023, generous donors and local community organizations, including Bottoms Up Diaper Bank, Project Linus, TJMAXX, and Bath & Body Works, provided gifts, handmade blankets, essential items, and gift cards to 92 families, all with a child with Down syndrome.

DSACO families in our service area who are seeking assistance can apply starting November 1st, with the application deadline set for Sunday, November 12th. Please note that applications received after November 12th cannot be guaranteed.

Adopt-A-Family Timeline:

- **Friday, November 1** | Donor and Family Applications Open
- **Tuesday, November 12** | Donor and Family Applications Close (Applications received after November 12th cannot be guaranteed)
- **Monday, November 18** | Donors and Families receive Approval/Denial Notifications
- **December 9–11** | Donor Gift Drop-Off at the DSACO Office

- **December 16 –18** | Family Gift Pick-Up at the DSACO Office (Families will not be able to pick up gifts after Wednesday, December 18th)

Application for Support

We are happy to support you and your family this holiday season. While we strive to assist all families, please note that DSACO cannot guarantee approval for all applications. Review the guidelines below before applying.

Eligibility

We are currently able to serve families in the following counties: Athens, Coshoc-ton, Delaware, Fairfield, Fayette, Franklin, Gallia, Hocking, Jackson, Knox, Lawrence, Licking, Madison, Marion, Meigs, Morgan, Morrow, Muskingum, Perry, Pickaway, Ross, Union, and Vinton.

Expectations

People with Down syndrome (of all ages), all children in the household (17 years old and younger), and parents/guardians are eligible to participate in the Adopt-A-Family program. Please provide a detailed wish list for all eligible family members residing in the home, including sizes for clothing and shoes (suggested range is \$35-\$50 per person). Please note that DSACO will not accept gift cards as wish list items.

Communication

Please be responsive to DSACO's attempts to contact you. Failure to respond could forfeit your opportunity to receive gifts for your family.

Gift Delivery Guidelines

Families will have three options to pick up their gifts (December 16, 17, or 18). You will receive a separate link to sign up for the specific date and time for gift pick-up.

Thank You Cards

Families receiving support this season are encouraged to complete a Thank You card for the donor. Cards will be available during gift pick-up!

For more information, please visit dsaco.net/adoptafamily. If you have any questions regarding the program, please contact Kirsti Osborne, LSW, at 614.263.6020 ext. 1045 or kosborne@dsaco.net.

In 2023,
92 families
were supported by
the Adopt-A-Family
Program



¡La Alegría Festiva es para Todos

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 2024!

En 2023, los donantes y las organizaciones comunitarias brindaron regalos, mantas hechas a mano, artículos de necesidad básica y tarjetas de regalo a 92 familias, todas ellas con un niño con síndrome de Down.

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:

- **Viernes, 1 de noviembre** | Apertura de Solicitudes de Donantes y Familias
- **Martes, 12 de noviembre** | Se cierran las solicitudes para donantes y familias (Las solicitudes recibidas después del 12 de noviembre no están garantizadas)
- **Lunes, 17 de noviembre** | Los Donantes y las Familias reciben Notificaciones de Aprobación o Denegación

- **Del 9 al 11 de diciembre** | Entrega de Regalos de Donantes en la Oficina de DSACO
- **Del 16 al 18 de diciembre** | Recogida de Regalos por las Familias en la Oficina de DSACO (Las familias no podrán recoger regalos después del miércoles 18 de diciembre)

¡Visita dsaco.net/adoptafamily para obtener más información!

Si tienes alguna pregunta sobre el programa, por favor comunícate con Vanessa Armenta, al varmenta@dsaco.net.

Creating a Calm Space for Kids During the Holidays

The holiday season, while joyful, can bring unique challenges for both caregivers and children. The disruption of daily routines and an abundance of festivities may lead to stress, anxiety, and social fatigue. Here are some strategies to create a calm space for your children during this hectic time:

Take Time for Mindful Moments

Set aside peaceful quality time with your child. Engage in quiet activities together, such as:

- Creating arts and crafts
- Listening to an audiobook
- Taking a walk

Avoid Schedule Overload

Limit your child to one demanding event per day when possible. A flexible schedule allows for necessary downtime to refresh and recharge.

Establish a Code Word

Create a special signal or code word for your child to use in large gatherings when they need to step away. This provides comfort and assurance that they can seek your support if feeling overwhelmed. Practice using the code word in non-stressful situations to empower your child to use it when needed.

Slow Down

Resist the urge to rush, as it often increases stress for everyone. Be patient and allow extra time for preparations and errands, especially with younger children.

Set a Calm Example

Children are sensitive to their parents' stress levels. Create a relaxed environment by maintaining a calm demeanor yourself.

Remember, creating a calm space during the holidays can be challenging. Whether you're caring for toddlers, teenagers, or any age in between, DSACO is here to help. We're providing access to caregiver support from Cariloop at no cost. To get paired with your own dedicated Care Coach, contact Kirsti Osborne at kosborne@dsaco.net.



medically speaking



with Dr. Savannah Craig, DDS



Oral Health Tips for People with Down Syndrome

Oral Health is important for all people as it impacts systemic health. Individuals with complex medical histories, developmental delays, and other special considerations, such as those with Down syndrome, may require additional assistance and attention when caring for their oral health. People with Down syndrome are more susceptible to periodontal disease, so flossing and brushing along the gum line are most important to lower the risk of periodontal (gum) related issues. Water picks, floss picks, and other devices can be very helpful for maintaining gum health in patients.

People with Down syndrome commonly have cardiac conditions and may require an antibiotic prior to dental treatment. Provide your dentist with your family doctor's information and a thorough, updated medical history so they have all the information necessary to provide you or your loved one with the best possible care.

Here are some Oral Hygiene Tips and Tricks that I share with my patients of all ages so we can work to prevent dental problems from occurring. My goal is to only see you for a quick check during your cleaning!

Oral Hygiene Tips and Tricks

“Brush at night to keep your teeth; brush in the morning to keep your friends.”

Ideally, we should brush our teeth twice a day for two minutes each time. However, life's challenges can sometimes make it difficult to maintain this routine. The most important time to brush and floss is at night before bed!

Don't Rinse After You Brush

Rinsing after brushing your teeth washes away all the important ingredients in your toothpaste that help keep your teeth healthy and cavities at bay. Instead, brush, spit, and go to bed! Avoid rinsing with water after brushing to get the full benefit of your toothpaste.

You Don't Have to Brush Your Teeth in the Bathroom

You can find creative ways to incorporate oral hygiene into your daily routines! Some parents brush their children's teeth in front of the TV or while their child is strapped into their car seat. Find what works best for

your family to fit brushing and flossing into your routine.

You Cannot Brush Your Own Teeth Until You Can Tie Your Own Shoes

If a child doesn't have the dexterity to tie their shoes, they likely don't have the dexterity to brush their teeth properly. While it's important to allow your loved one to practice brushing their own teeth, they will still need assistance—especially for nighttime brushing—to ensure their teeth are adequately cleaned.



Bonus Tip

The correct way to brush your teeth is to angle your toothbrush at a 45-degree angle toward your gums and brush with small circles along the area where your gums meet your teeth. Be sure to clean all the way to the backs of your teeth and along the inside by your tongue, too!

New HR Manager Joins ElevateDD



Serra joined ElevateDD as HR Manager in April 2024. She graduated from OSU with a bachelor's degree in psychology, then obtained her master's degree in Gerontology from Miami University. Throughout her career, Serra has been passionate about serving nonprofit organizations and her community. Her goal in life, both personally and professionally, is to live the best life possible and to help others do the same.

In her free time Serra enjoys gardening, hiking & camping, pretending she knows what she's doing with home renovations, and spending time with her dogs.

How to prepare your loved one with Down syndrome or with other special considerations for their first dental visit:

Use Media to Make Dental Visits More Familiar and Comfortable

Find ways to explain to your child what will happen during their dental visit before they set foot in the office. TV shows, YouTube videos, songs, visual schedules, and other media are great ways to introduce the dentist from a fun and playful perspective.

Schedule the First Dental Visit Before Age 3

Ideally, we want everyone exposed to a dental office as early as possible. Having positive dental experiences at a young age sets us all up for success as we get older.

Lower Your Expectations for the First Visit

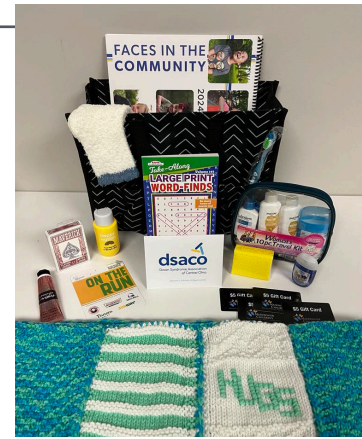
As your dentist, we know it's not easy to bring your family to our office, and many patients want to accomplish as much as possible during the first visit. However, the first visit is typically about getting to know your loved one and ensuring they feel comfortable in our office. It might take multiple exposures to the dental office

before they allow the dentist to examine them, and that's okay. We want to create positive experiences and not make the dentist seem like a scary place.

Bring Along Comfort Items

Stuffed animals, sunglasses, iPads, and headphones are all wonderful things to bring along to a dental visit to help your child feel more comfortable in this new environment. Sometimes we can model sitting in the chair with a stuffed friend, a doll, or even their caregiver so your loved one doesn't feel scared about what is expected of them in this new setting.

Dr. Savannah Craig, originally from Chicora, PA, has become an honorary Buckeye through her higher education. She holds a BS in Biology from Baldwin Wallace University and earned her DDS from The Ohio State University. Dr. Craig further advanced her education with a General Practice Residency at Prisma Health Richland in Columbia, SC, where she received training in Implant placement and IV Sedation.



Hospital Care Packages: Comfort During Challenging Times

DSACO understands that hospital stays can be difficult. We're here to provide comfort and support to families navigating extended hospital stays with their loved ones with Down syndrome.

For stays longer than two nights at any hospital in our 23-county service area, DSACO offers Hospital Care Packages. These packages, delivered in a reusable tote bag, include:

- Blanket handmade with love
- Tissues
- Cozy Socks
- Toiletry Kit with additional toothbrush
- Deck of Playing Cards
- Crosswords & Puzzle Books
- Bath and Body Works hand sanitizer, lotion, and body wash
- Gift card to a surrounding restaurant
- Gift card to Nationwide Children's Hospital (only included if you are staying at NCH)
- DSACO Calendar

To request a package or learn more, visit dsaco.net/contact-us/hospitalcarepackage

For questions, contact Kirsti Osborne at kosborne@dsaco.net.

Resource Groups

D.A.D.S.

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

October 14

Gallo's Tap Room Bethal
5019 Olentangy River Rd.

November 11

Buca di Beppo Downtown,
343 N Front St.

December—See you at the DSACO
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

3rd Thursday of the Month | 6 PM

Rooster's

Chillicothe, OH

October 17

November 21

December—See you at the DSACO
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

2nd Thursday of the Month | 6:30 PM

Yabo's Tacos

5915 Evans Farm Blvd Ste H
Lewis Center, OH 43035

October 10

November 14

December—See you at the DSACO
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

2nd Saturday of the month | 7 PM

Mi Jalapeños

1360 Mount Vernon Ave
Marion, OH 43302

October 12

November 9

December—See you at the DSACO
Holiday Party

Dawn Brookes

dawn.m.brookes@gmail.com

Amanda Long

along51516@gmail.com

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

M.O.M.S. – Marysville

3rd Saturday of the Month | 6 PM

Tres Potrillos Mexican Restaurant

435 Colemans Crossing Blvd,
Marysville, OH 43040

October 19

November 16

December—See you at the DSACO
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

3rd Tuesday of the month | 6:30 PM

The Goat

4265 Brooklands Dr., Hilliard, OH 43026

October 15

November 19

December—See you at the DSACO
Holiday Party

Hannah Reid

hannahreid329@gmail.com

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

M.O.M.S. – Southeast

2nd Wednesday of the month | 6 PM

October 9 | Rooster's

November 13 | Zapatas

December—See you at the DSACO
Holiday Party

Yirha Torres

dtefamily4@gmail.com

Whitney Garrett

wpwalker86@gmail.com

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

M.O.M.S. – Westerville

1st Thursday of the month | 6:30 PM

Las Margaritas

706 N. State St., Westerville, OH 43081

October 3

November 7

December—See you at the DSACO
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 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.

October—Behavior Strategies

Join us as we talk about common behavior issues! DSACO will be joined by a Clinical Psychologist and Behavior Support Specialist from Nisonger to talk about some of the most common behavioral problems for our young ones with Down syndrome. We are excited to learn more from their expertise in this area, with plenty of time for questions from parents! Dinner and childcare will be provided.

November–The Art of Music

We're heading back to The Art of Music for some fall fun! Join us for an enriching class that combines art and music, perfect for our Little Buddies! We're offering two classes to accommodate as many of our families as possible, you won't want to miss this one! Each child will leave with their very own fall-themed craft! Registration is required.

December– see you at the Holiday Party!**SOUTHEAST****Thursday, October 17 | 6:30–8 PM****Behavior Strategies**

575 Diley Rd. Pickerington, Ohio 43147

Thursday, November 14**4:30–5:30 PM OR 6–7 PM****The Art of Music**129 Orangetown Dr. N
Lewis Center, OH 43035**Whitney Garrett**

wpwalker86@gmail.com

Jen McGhee

jenny.a.mcgee@gmail.com

NORTH**Monday, October 14 | 6:30 – 8 PM****Behavior Strategies**

6770 N. High St. Worthington, OH 43085

Thursday, November 14**4:30–5:30 PM OR 6–7 PM****The Art of Music**129 Orangetown Dr. N
Lewis Center, OH 43035**Jessica Huber**

jesshuber86@gmail.com

Cory Guindon

righterc@gmail.com

High School Social Group

Fun, Friendship, and Festivities for All!

These monthly events are most appropriate for older teens who are mostly independent and want to connect with peers. Locations vary, but always include games, food, and fun! DSACO hosts these events with volunteer support and provides food

and drinks unless otherwise mentioned. Families are welcome to gather in their own space at the location or drop off and pick up. To foster independence, parents are encouraged to allow our volunteers to facilitate the outing without hovering.

**Halloween Fun & Dinner
Friday, October 18 | 6–8 PM**Glen's Sports Barn
11283 Fancher Rd, Westerville, OH 43082**Bowling and Pizza Night
Tuesday, November 12 | 6:30–8:30 PM**Star Lanes Polaris
8655 Lyra Dr, Columbus, OH 43240**Bingo & Pizza Party!
Wednesday, December 4 | 6:30–8 PM**Taranto's Pizzeria
1282 E Powell Rd, Lewis Center, OH 43035

To Register: Events are free but registration is required. Please register one week before event at dsaco.net/hssocialgroup

Mandy Petersonmpeterson@mvcgsd.us
740-501-8206**Mary Elliott**columbuselliotts@gmail.com
614-301-8461**Teen Happenings:
High School Social Group****Friday, October 18 | 6–8 PM**

Glen's Sports Barn

Tuesday, November 12 | 6:30–8:30 PM

Star Lanes Polaris

Wednesday, December 4 | 6:30–8 PM

Taranto's Pizzeria

**Both Teen & Adult Happenings:
Stamping Club-East (Ages 16+)
October 8, November 12, December 10
6–7 PM**Licking County Board of Developmental
Disabilities (LCBDD)**Adult 18+ Happenings:****Adult Stamping Club-Central****October 2, November 6, December 4
6:30–8 PM**

Westerville Library

Cooking with YOU...and Who?**October 9 & 23, November 13, December 11
5:30–6:30 PM**

via Zoom

Improv (continued from September)**October 7, 14, 21, 28, November 4, 11
6:30–8 PM**

Ruling Our eXperiences (ROX)

Stay Connected!

Stay up-to-date on all the events in your area by visiting dsaco.net.

 dsaco.cb.us dsaco.cb.us**Facebook Groups:**DSACO's Black and African American
Outreach Group

DSACO D.A.D.S.

DSACO "Lending" Library

DSACO Little Buddies-Down Syndrome
Parent Resource Group

DSACO M.O.M.S.

DSACO Parents of Adults with
Down syndrome

DSACO School Aged Group

Mamas Latinas De DSACO

DSACO Families with Medcially
Complex Needs

Our Mission: To support families, promote community involvement, and encourage a lifetime of opportunities for people with Down syndrome.

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 and a community of ElevateDD. Contributions are fully tax-deductible.

CALENDAR *of* EVENTS

October

Down Syndrome Awareness Month!

- 2 Adult Stamping Club–Central
- 3 Westerville M.O.M.S. Meet-Up
- 7 Improv
- 8 Stamping Club–East
- 9 Adult Virtual Cooking Class
- 9 Southeast M.O.M.S. Meet-Up
- 10 Delaware M.O.M.S. Meet-Up
- 12 Family Outreach Event
- 12 Marion M.O.M.S. Meet-Up
- 14 Little Buddies - North
- 14 D.A.D.S. Meet-Up
- 14 Improv
- 15 Northwest M.O.M.S. Meet-Up
- 17 Little Buddies – Southeast
- 17 Chillicothe M.O.M.S. Meet-Up
- 17 Connecting Parents of Adults
- 18 High School Social Group

- 19 Marysville M.O.M.S. Meet-Up

- 21 Improv

- 22 Aging & Down Syndrome Support (40+)

- 23 Adult Virtual Cooking Class

- 28 Improv

November

- 1 Adopt-A-Family Applications Open

- 2 Hispanic Outreach Meet-Up

- 4 Improv

- 6 Adult Stamping Club–Central

- 7 Westerville M.O.M.S. Meet-Up

- 9 Marion M.O.M.S. Meet-Up

- 11 D.A.D.S. Meet-Up

- 11 Improv

- 11 Little Buddies – North

- 12 Adopt-A-Family Applications Due

- 12 High School Social Club

- 12 Stamping Club–East

- 13 Adult Virtual Cooking Class

- 13 Southeast M.O.M.S. Meet-Up

- 14 Delaware M.O.M.S. Meet-Up

- 15 Somali Moms Night Out

- 16 Marysville M.O.M.S. Meet-Up

- 19 Northwest M.O.M.S. Meet-Up

- 21 Chillicothe M.O.M.S. Meet-Up

- 21 Connecting Parents of Adults

- 21 Little Buddies – Southeast

December

- 3 Aging & Down Syndrome Support (40+)

- 4 High School Social Club

- 4 Adult Stamping Club–Central

- 7 Holiday Party

- 10 Stamping Club–East

- 11 Adult Virtual Cooking Class

- 15 Community Access Funds
Submission Due

DEC 25 – JAN 2 DSACO Office Closed