



Count Me In for the 2025 Columbus Buddy Walk®

Each year, the Columbus Buddy Walk brings our community together in a vibrant celebration of inclusion, acceptance, and love, and 2025 will be no exception! The Columbus Buddy Walk will take place on Sunday, October 5 at Fortress Obetz, and we invite you to be a part of it. Our theme for this year, **Count Me In**, captures the spirit of unity and belonging that defines everything the Columbus Buddy Walk stands for.

Whether you're a family member, friend, self-advocate, or supporter, your presence makes a difference. When you say "Count Me In," you're not just joining a walk, you're showing up for the 1200 people with Down syndrome in Central Ohio and helping DSACO provide the vital resources, program-

ming, and advocacy that empower them to thrive.

The day will be filled with music, games, food, and meaningful moments, including our leisurely walk, team celebrations, and opportunities to connect with others in the community. It's a family-friendly event where every step helps create a more inclusive world.

Registration for the 2025 Columbus Buddy Walk is now open! Start your team, share your story, and help us raise the funds that fuel life-changing support all year long.

Let's get ready to walk together, celebrate together, and make it known: **Count Me In.**

New This Year

- Earn a team star on the Walk of Fame!
- Accumulate Buddy Bucks to spend at the DSACO Swag Store!
- Participate in a Tailgate Celebration Challenge!

Stay tuned for details as we roll out these fun new initiatives!

Summer 2025

3

PROGRAMMING
& EVENTS

7

DIVERSITY
OUTREACH

8

MEDICALLY SPEAKING
with Dr. Brian Chicoine

3/21

Dear DSACO Families,

As we enter the heart of the year, there's a lot swirling around us: uncertainty in our communities, changes in our schools and healthcare systems, and the day-to-day challenges of parenting and caregiving. But amidst it all, I want you to know one thing you can always count on: DSACO is here for you.

That's the spirit behind our 2025 Buddy Walk theme: **"Count Me In."** And it's not just a tagline, it's a promise. You can count on us to show up, speak up, and stand beside you—every step of the way.

We want you to know you can count on DSACO to:

3 ADVOCATE: Over the past few months, DSACO has been at the table, at the Ohio Statehouse and in Washington, D.C., making sure the voices of people with Down syndrome are heard loud and clear. We've met with legislators, spoken on key issues, and shared stories to help bring awareness to the greater community so that everyone knows how these issues impact people with Down syndrome and their families.

2 INNOVATE: We are proud to be deeply involved in the new Down Syndrome Program launching later this year at Nationwide Children's Hospital. This innovative, interdisciplinary clinic is designed to meet the complex needs of people with Down syndrome, from birth through adulthood, and DSACO has helped shape it every step of the way.

1 CREATE COMMUNITY: Whether it's at our Summer Social, age-group meetups, or skill-building programs, we are committed to building spaces where everyone feels like they belong. We hope you'll take advantage of the many ways to connect, celebrate, and grow with your DSACO family this summer.

In a world where so much feels uncertain, I hope these three things remind you that you are not alone.

DSACO is here. Count on us.

Count me in,



Carey Eash
Vice President, DSACO



Summer Social

Columbus Clippers Game

Sunday, July 13 | 1:05 PM

Huntington Park
330 Huntington Park Ln
Columbus, OH 43215

Fee: \$15/Family
Parking is not included

Join us for an exciting day with other DSACO families and enjoy a game against the Louisville Bats. For \$15 per family, you'll receive admission tickets to the game, Clippers Cash for food for the whole family, and access to the Pepsi Party Deck.

Registration is required for all attendees, including adults and children, and space is limited to people with Down syndrome, their parents/caregivers, and siblings. Although parking isn't included, you can explore available options at arenadistrict.com/map.

Registration deadline: June 30

Questions?

Contact Mari Cox at
mcox@dsaco.net.

Programming & Events Color Key

● DIAGNOSIS
 ● EARLY CHILDHOOD
 ● SCHOOL AGE
 ● TEENS
 ● ADULTHOOD
 ● COMMUNITY



DSACO's New Parent Celebration

A new baby is a cause for celebration!

Saturday, August 2 | 10 AM – 12 PM

COSI

333 West Broad Street
Columbus, OH 43215

Free but registration is required.

A new baby is a cause for celebration! DSACO is excited to invite our families who have welcomed a child with Down syndrome in the past year to join us for brunch on Saturday, August 2, from 10 AM to 12 PM at COSI.

Join us for a delicious brunch and enjoy time connecting with other new parents. Additionally, general admission to COSI is included for you and your family! Feel free to spend the rest of your day exploring all that COSI has to offer.

Registration deadline: July 18

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

Summer Park Playdates

Friday, June 20 and Friday, July 11

9:30 – 11:30 AM

Inclusive Playground at Blendon Woods Metro Park

4265 E Dublin Granville Rd
Columbus, OH 43230

Join the School Age group for two fun mornings at the new inclusive playground at Blendon Woods. Families are invited to drop by any time between 9:30 AM and 11:30 AM to play and enjoy time outside with friends. All ages are welcome, along with siblings and family members. Families may also bring their own snacks or lunch to enjoy.

Questions? Contact Sara Rainey at srainey@dsaco.net.

The Inclusion Toolkit: Back-to-School Strategies for Success

Saturday, August 2 | 9 AM – 12 PM

Virtual

Join DSACO for a morning designed to prepare you and your school-aged child for a successful school year. Speakers will cover topics surrounding common school behaviors, strategies for transitions, and IEPs.

Questions?

Contact Sara Rainey at srainey@dsaco.net.



Pumpkin Patch Playdate

A fall outing for Little Buddies, School Age, and Teens!

Sunday, September 21 | 3 – 5 PM

Two Locations:

Van Buren Acres

5066 Keller Rd., Hebron, Ohio 43025

Lehner's Pumpkin Farm

2920 OH-203, Radnor, OH 43066

Free but registration is required.

Age Group: Little Buddies, School Age, and Teens

Celebrate the arrival of fall with DSACO at our Pumpkin Patch Playdate for Little Buddies, School Age, and Teens! To make it easier for families across the area, this event will be hosted at two convenient locations: Van Buren Acres and Lehner's Pumpkin Farm.

Join us for an afternoon of festive autumn fun, meaningful connections with other DSACO families, and memory-making activities. It is the perfect way to enjoy the season together!

Registration deadline:
Sunday, September 14

Questions?

Contact Kirsti Osborne at kosborne@dsaco.net.

DSACO Golf Classic & Chopper Dropper

Monday, July 21 | 12:30 PM

The Country Club at Muirfield Village
8715 Muirfield Dr, Dublin, OH 43017

Prepare to swing into action for a worthy cause at the DSACO Annual Golf Classic! Come join us on the stunning fairways of The Country Club at Muirfield Village for a day of golf and impactful contributions to the Down syndrome community. Come out to have fun for a purpose, networking and playing while supporting a cause all at once! Participation fee is \$300/person, and includes green fees, a cart, a swag bag, lunch, beer & hard seltzers on the course, and dinner and live music after the round!

Registration is now open.

Don't miss getting your Chopper Dropper Golf Ball package – 1 (one) golf ball \$25 or 5 (five) golf balls \$100. Funds go to supporting DSACO programs/resources. You do not need to be present to win. Please note: numbers for balls will be randomly assigned, and you may not request a specific number.

We can't wait to see you out on the course for a day of fun, fundraising, and awareness-building. Thank you for your support!

Questions? Contact Mari Cox at mcox@dsaco.net.

IEP Kits

Are you a parent or caregiver navigating the complex world of Individualized Education Plans (IEPs)? DSACO has exciting news for you! We are thrilled to announce the upcoming relaunch of our IEP Kits for the 2025-2026 school year! Updated annually, our IEP Kits provide innovative strategies to help you advocate for your student, ensuring they receive the support and services they need to thrive.

One kit will be provided per DSACO family. Kits will be mailed out the first week of August for the 2025-26 school year.

Registration closes July 11.

Questions?

Contact Sara Rainey at srainey@dsaco.net.



Beginner Golf Clinic

Monday, July 21 | Sessions from 1 – 4 PM

The Country Club at Muirfield Village
8715 Muirfield Dr, Dublin, OH 43017

Join us for an exciting beginner golf clinic on Monday, July 21, with sessions running from 1:00 PM to 4:00 PM at the Country Club at Muirfield Village in Dublin, OH. This incredible event, hosted in partnership with DSACO's Golf Classic and Golf Galaxy, is specifically designed to introduce kids, teens, and adults with Down syndrome to the wonderful world of golf. Whether they've never swung a club before or are looking to enhance their skills, this clinic is the perfect opportunity for young enthusiasts to get a taste of the game.

No prior experience or equipment is necessary to participate in this clinic. We'll provide all the necessary golf clubs and equipment, so your child can simply come and enjoy the experience. We believe in creating a supportive and inclusive environment, so siblings are more than welcome to join in the fun too.

Questions? Contact Sara Rainey at srainey@dsaco.net.



Count Me In: Adult Conference 2025

Let's connect, grow, and celebrate!

August 8 – 10 | 6 PM on 8/8 – noon on 8/10

Deer Creek Lodge & Conference Center
22300 State Pk Rd 20, Mt Sterling, OH 43143

Fee: \$50 per person

If you have Down syndrome and are 18 years old or older, we hope you and your parents will join us for this year's Adult Conference! Thanks to the generous support from our friends at Philipps & Graham, LLC, we'll gather from Friday, August 8 through Sunday, August 10, at the Deer Creek Lodge & Conference Center in Mount Sterling for a weekend of friendship, learning, and fun!

The weekend will be full of connecting activities and informative breakout sessions. Friday evening, we will kick things off with a bonfire, s'mores, and some get-to-know-you activities. On Saturday, we will host four breakout sessions tailored to distinct groups: sessions designed specifically for adults with Down syndrome, others for parents or caregivers, and some created for everyone. We're especially excited to bring back nationally recognized presenter Katie Frank, PhD, OTR/L from the Adult Down Syndrome Center in Chicago as well as one of our local favorites, Derek Graham, Esq. To wrap up the day, adults with Down syndrome will enjoy a dance while parents have their own informal get-togethers!

The cost for the conference is \$50 per person. That covers all sessions and supplies, s'mores on Friday, breakfast, lunch, and dinner on Saturday, and breakfast on Sunday. DSACO families can book their own discounted hotel room at Deer Creek Lodge & Conference Center by using the discount code "DSACO." One room per family, please.

Registration deadline: July 17

Questions?

Contact Boo Krucky at
ekrucky@dsaco.net.

Adult Improv Class Series

Two locations for twice the fun!

Dates listed below | 6:30 – 8 PM

Fee: \$100 for 10-class series

Age Group: 18+

Registration opens August 11

Improv Southeast Class Series:

Led by returning instructor, Jake Lees.

Mondays | September 8 - November 17
(no class on October 13)

Combustion Brewery and Taproom

80 W Church St. Suite 101, Pickerington, OH 43147

Improv Central Columbus Class Series:

Led by returning instructor, Dylan Liptak.

Tuesdays | September 9 - November 11

Ruling Our eXperiences (ROX)

1335 Dublin Rd # 18A, Columbus, OH 43215

Mark your calendars for the end-of-the-session performance!

Tuesday, November 18 | 6:30 – 8 PM

(doors open at 5 PM)

The Funny Bone

145 Easton Town Ctr, Columbus, OH 43219

Details for purchasing tickets for the Funny Bone performance will be shared at a later date.



Buddy Walk Dance Team

September 7, 14, 21, 28 | 2 – 3 PM

DSACO upper parking lot

510 E. North Broadway, Columbus, OH 43214

If you are 18 or older, have Down syndrome, and would like to be part of the Buddy Walk Dance Team, these practices are for you! No dance experience needed.

The final performance will be the morning of Sunday, October 5, at the Columbus Buddy Walk.

Register by emailing Boo Krucky at ekrucky@dsaco.net, before September 1.



Supporting Healthy Sexuality for Your Loved One with Down Syndrome

Save the date!

**Tuesday, October 21
6 - 7 PM**

Virtual

People with Down syndrome are naturally social and seek meaningful, healthy relationships. However, building these connections is a skill that often needs to be taught. This free webinar for DSACO parents and guardians will explore the importance of sexuality education, key topics to cover, and effective ways to approach these conversations. Participants will also gain access to valuable resources, including visual aids, recommended books, and free online tools.

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



Aging & Down Syndrome Caregiver Support Group

Connect and share online!

Fourth Tuesdays | June 24, July 22, August 26

6 - 7 PM

Virtual

Age Group: All caregivers of aging people (40 years old or older) with Down syndrome are welcome to participate.

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 receive special focus.

Questions? Please reach out to Boo Krucky at ekrucky@dsaco.net.

Nutrición y Bienestar Familiar

Sábado 9 de Agosto | 12 – 2 PM

¡Nos complace invitarle cordialmente a participar en una plática informativa en español sobre nutrición, dirigida por una especialista en el tema. Durante esta sesión, se abordarán estrategias prácticas para mejorar los hábitos alimenticios con recomendaciones para una alimentación equilibrada y fomentar el bienestar integral de su familia. Además de tener acceso a recursos locales y materiales educativos.

Presentado por:

- Nora Hesse
- Family and Consumer Sciences
- College of Food, Agricultural, and Environmental Sciences
- OSU Extensión, Franklin County

Este evento es gratuito, pero su registro es necesario antes del 1 de Agosto. Lunch y cuidado de niños disponibles durante la plática.

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

ENGLISH:

Nutrition and Family Wellness

Saturday Aug 9, 2025 | 12 – 2 PM

We are pleased to cordially invite you to participate in an informative nutrition session in Spanish, led by a specialist in the field. During this session, practical strategies will be shared to help improve eating habits, with recommendations for a balanced diet and to promote the overall well-being of your family. You will also gain access to local resources and educational materials.

Presented by:

- Nora Hesse
- Family and Consumer Sciences
- College of Food, Agricultural, and Environmental Sciences
- OSU Extension, Franklin County

This event is free for DSACO families, but registration is required by August 1.

Lunch and childcare will be provided during the session.

If you have questions or would like to register, please email Vanessa Armenta at varmenta@dsaco.net.

Picnic Anual Para Familias Latinas

Reserva la fecha



Septiembre 13

10 AM- 2 PM

Somali Picnic

Save the date



September 20

5:30 - 8 PM



medically speaking



with Dr. Brian Chicoine, MD
Medical Director, Advocate Medical Group,
Adult Down Syndrome Center



Sleep Apnea and Down Syndrome

Sleep apnea is the temporary stoppage of breathing while sleeping. Sleep apnea is common in people with Down syndrome. Untreated sleep apnea can cause daytime sleepiness, headaches, changes in behavior and mood, reduced quality of life, and other health conditions. Untreated sleep apnea is also associated with an increased risk of developing Alzheimer's disease in people with Down syndrome.

While we may feel relaxed while we are sleeping, our bodies are busy performing many functions. Sleep helps us recharge, recover from injuries and illnesses, store memories, maintain healthy brains, and more.

There are different stages of sleep (1, 2, 3, and REM), and each stage has its own level of sleep (light, intermediate, or deep sleep). Typically, our bodies cycle through the stages of sleep multiple times throughout the night.

The amount of sleep we need changes throughout our life. In general, adults need seven or more hours of sleep per night.

When people have sleep apnea, they stop breathing for periods of time during their sleep. Sleep apnea disrupts normal sleep cycles and causes low oxygen levels when breathing is paused.

Symptoms of sleep apnea include:

- Daytime sleepiness
- Snoring
- Pauses in breathing
- Nighttime arousal and/or awakening
- Headaches
- Changes in behavior and mood (aggressive behavior, anxiety, depression, etc.)

Despite the increased risk of developing sleep apnea, it is often not diagnosed or treated adequately in people with Down syndrome. The symptoms and signs of sleep apnea are often not obvious from observation alone. Testing (such as a sleep study) is needed to make the diagnosis but some people with Down syndrome have difficulty complying with the testing. Sleep apnea is also often not treated adequately in people with Down syndrome because of difficulty complying with treatment.

To diagnosis sleep apnea, a health care professional will take a history (ask questions about a person's health) and perform a physical exam. Since symptoms may be difficult to observe, people with Down syndrome and their families may not notice symptoms, such as pauses in breathing. It is important to assess for other symptoms such as changes in behavior, loss of skills, and mood changes. Based on the history and physical exam, the health care professional may order a sleep study or refer the individual to a sleep physician for further evaluation and testing.

The American Academy of Pediatrics recommends that all children with Down syndrome between three and four years of age be screened for sleep apnea with a sleep study. Sleep apnea can develop at any age so, even if a person with Down syndrome had a sleep study as a child, a health care professional may recommend that they get another sleep study.

Treating Sleep Apnea:

Continuous positive airway pressure (CPAP or BiPAP) is the most common treatment for sleep apnea. It involves wearing a mask over the mouth and/or nose. A flexible tube connects the mask to a machine that forces air under pressure to the airway to keep the airway open when the person breathes in.

While some people with and without Down syndrome have difficulty using CPAP or BiPAP, others use it quite effectively. The Resource Library QR Code (below) has links to visuals and videos that can be used to support successful use of a CPAP or BiPAP device.

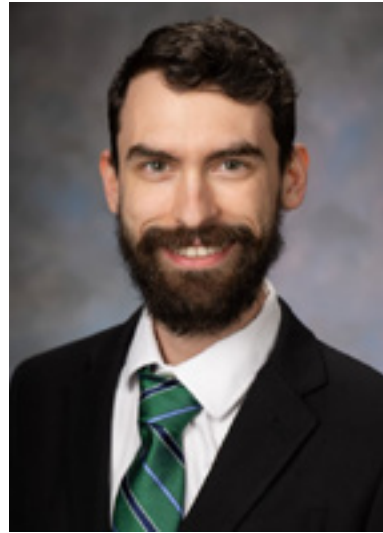
Other treatment options include:

- Positional therapy: Since sleep apnea often worsens when sleeping on the back, various methods can encourage side-sleeping to reduce symptoms.
- Oral appliances: Devices worn in the mouth to help keep the airway open during sleep.
- Tonsil and adenoid removal: A surgical option primarily for children, though typically less effective in adults.
- Upper airway stimulation: This involves surgical implantation of a small device that stimulates the hypoglossal nerve, causing the tongue to move forward and open the airway. A remote control is used to turn on the device when going to sleep and turn off the device upon waking.
- Medications: for promoting weight loss, persistent sleepiness, and potential off label uses.
- Weight loss: In some individuals, losing weight can reduce sleep apnea.
- Nasal treatments: For individuals with nasal congestion, options such as saline drops, nasal steroids, or decongestants can reduce the congestion resulting in airway narrowing.

Maintaining a healthy weight and reducing nasal congestion may also help lower the risk of developing sleep apnea.

Nationwide Children's Hospital Department of Pediatrics Citizenship Award

Congratulations Dr. Wells



DSACO would like to congratulate Dr. Mark Wells on being honored with the Nationwide Children's Hospital Department of Pediatrics Citizenship Award!

The successful candidate for this award is a positive role model who routinely extends their work above and

beyond expectations, a well-regarded team player who consistently demonstrates a great attitude and positive demeanor. This faculty member stands out as a highly valued member of the faculty and elevates morale and esprit de corps. This award may also recognize exceptional humanism in both local and national communities.

Out of 700 faculty members, Dr. Wells earned this prestigious award where his work with the new NCH Down Syndrome Program was highlighted. Dr. Wells also serves on DSACO's Medical Advisory Committee where he shares his expertise in collaboration with our medical outreach efforts.

We are proud to have Dr. Wells as a part of our medical outreach efforts, and even more importantly, as a medical professional who ensures his patients with Down syndrome receive the highest care possible.



Nationwide Children's Hospital Down Syndrome Program Expanding Services

Having access to comprehensive, reliable care is important for people with Down syndrome and their families. While we are fortunate to have this care available through Nationwide Children's Hospital, DSACO received valuable feedback from families and we are proud to partner with NCH to make the Down Syndrome Clinic better than ever!

Nationwide Children's is now offering a new care model. Patients with Down syndrome will have visits that include multispecialty care tailored specifically to their age:

- 0-4 years of age: Developmental Behavioral Pediatrics, Speech, OT/PT
- 4-10 years of age: Developmental Behavioral Pediatrics, Speech, OT/PT, Psychology
- 10-17 years of age: Developmental Behavioral Pediatrics, OT, Psychology, Adolescent Medicine
- 17-21 years of age: Medical pediatrics, Psychology, Adolescent Medicine, OT

The program, led by co-medical directors Patricia Nash, MD, and Murugu Manickam, MD, will offer appointments Monday and Thursday mornings (whereas previously, appointments were offered just once monthly).

Program enhancements also include a dedicated patient navigator and nurse to help patients and families with scheduling and appointments across the hospital system as well as the addition of audiology services.

DSACO is also excited to have someone from our organization on site at the clinic to assist patients and families in accessing community services and support.

For more information, please contact Nationwide Children's Hospital at **614-722-4692**.

DSACO *in the Community*



At the end of April, DSACO was thrilled to have two self-advocates, along with their parents, attend the National Down Syndrome Society Advocacy Conference in Washington DC!

Self advocates Stephanie Leppert and Malayna Pelegreen, along with their mothers, represented DSACO and the Down syndrome community at the advocacy event.

DSACO's Program Coordinator of Teen & Adult Services, Boo Krucky, joined our families to support them in their advocacy efforts.

We are so proud of Stephanie and Malayna for sharing their stories with our congressional leaders. The impact of their advocacy will be felt for years to come!



Community Access Funds

Get out there and experience everything!

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

Important Dates for 2025:

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

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

Contact Kirsti Osborne at kosborne@dsaco.net with any questions.

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

Fondos de Acceso a la Comunidad

¡Sal y experimenta todo lo que hay!

Hay una abundancia de eventos y actividades increíbles en nuestras comunidades. Por eso, DSACO ofrece los Fondos de Acceso Comunitario, 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:

P3 | Envíe el formulario con recibos antes del 15 de septiembre para el pago antes del 30 de septiembre

P4 | Envíe el formulario con recibos antes del 15 de diciembre para el pago antes del 31 de diciembre

Envía tus preguntas a Vanessa Armenta en varmenta@dsaco.net.

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



Send Us Your Smiles

Be part of our 2026 Faces in the Community calendar!

DSACO is now gathering photos for the 2026 Faces in the Community calendar. We'd love to see your smiles included! Send us your own snapshots or take advantage of a free professional family photo session to capture the perfect picture! Families are invited to submit two (2) high-resolution images (no filters or cropping please) for inclusion in the calendar. Please visit dsaco.net/calendar to see a growing list of generous local photographers offering free photo sessions this summer or to submit your own photos.

DEADLINE TO SUBMIT PHOTOS: **August 1, 2025**

Questions? Contact Carey Eash at ceash@dsaco.net.

SustainABLE Monthly Giving Program

Are you ready to say "Count me in!" to do something that will strengthen the DSACO community every month of the year? Join the SustainABLE Monthly Giving Program!

Your monthly giving will sustain our incredible programs, services, and operations. A gift of \$21 or more, symbolizing the extra 21st chromosome, will be used to carry out the DSACO mission. It shows your commitment to the Down syndrome community in Central Ohio.

Connection Groups

D.A.D.S.

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

July 7

Borgata Pizza Café Worthington

2285 W. Dublin Granville Rd, Worthington, OH 43085

August 4

Hofbräuhaus Columbus

800 Goodale Blvd, Columbus, OH 43212

Brian Stumpo

bstumpo@columbus.rr.com

Justin Whitley

whitleyj@icloud.com

M.O.M.S. – Chillicothe

3rd Tuesday of the Month | 6 PM

Rooster's

Chillicothe, OH

July 15

August 19

Keely Wescott

redmnm0607@hotmail.com

Michelle Wallace

michelle_rn@outlook.com

M.O.M.S. – Delaware

2nd Wednesday of the Month | 6:30 PM

Yabo's Tacos

5915 Evans Farm Blvd Ste H
Lewis Center, OH 43035

July 9

August 13

Crystal Vitullo

crystalmowry@gmail.com

Allison Schwab

allieb1220@gmail.com

M.O.M.S. – Marion

The Marion M.O.M.S. group is currently on "pause." Stay tuned for updates and in the meantime, check out one of our other locations.

M.O.M.S. – Marysville

Please check the M.O.M.S. Facebook group for details on upcoming meetings.

Katie Furr

katiel617@hotmail.com

Lauren Roush

lauren.roush1107@gmail.com

M.O.M.S. – Northwest

3rd Tuesday of the month | 6:30 PM

The Goat

4265 Brooklands Dr., Hilliard, OH 43026

June 17

July 15

NO AUGUST MEETING

Hannah Reid

hannahreid329@gmail.com

M.O.M.S. – Southeast

2nd Wednesday of the month | 6 PM

July's meeting will take place on the 3rd Wednesday

July 16 | Rooster's

August 13 | Zapatas

Yirha Torres

dtefamily4@gmail.com

Whitney Garrett

wpwalker86@gmail.com

M.O.M.S. – Westerville

1st Thursday of the month | 6:30 PM

July's meeting will take place on the 2nd Thursday

July 10 | City Barbecue Polaris

August 7 | Local Cantina Westerville

Lucy Pagán

lucillepagan@gmail.com

Jackie Johnston

jackierosejohnston@gmail.com

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 provided.

Little Buddies - North

2nd Monday of the month | 6:30 PM

All Saints Lutheran Church

6770 N. High St., Worthington, OH 43085

July - No meeting | we'll see you at the DSACO Summer Social on July 13!

August 11 | Topic: TBD

Jessica Huber

jesshuber86@gmail.com

Cory Guindon

righterc@gmail.com

Little Buddies - Southeast

3rd Thursday of the month | 6:30 PM

Grace Fellowship

575 Diley Rd. Pickerington, OH 43147

July - No meeting | we'll see you at the DSACO Summer Social on July 13!

August 21 | Topic: TBD

Whitney Garrett

wpwalker86@gmail.com

Jen McGhee

jenny.a.mcghee@gmail.com

Teen Connections:

High School Social Group

Does your high schooler with Down syndrome want to connect with peers and make new friends? DSACO's free monthly High School Social Group is the perfect place! Each gathering is designed for teens who are mostly independent and eager to enjoy a fun, safe, and social environment. Every month features a different location filled with games, food, and activities!

Pizza and Bingo

Tuesday, July 8 | 6:30 – 8 PM

Taranto's Pizzeria

1282 E Powell Rd, Lewis Center, OH 43035

Sports, Games, Fun and Dinner

Friday, August 15 | 6 – 8 PM

Glen's Sports Barn

11283 Fancher Rd, Westerville, OH 43082

Mandy Peterson

mpeterson@mvcasd.us
740-501-8206

Mary Elliott

columbuselliotts@gmail.com
614-301-8461

To Register: Events are free but registration is required.

Both Teen & Adult Connections:

Stamping Club-East (Ages 16+)

July 8 and August 12 | 6 – 7 PM

Licking County Board of Developmental Disabilities (LCBDD)

Adult 18+ Connections:

Adult Stamping Club-Central

July 2 and August 6 | 6:30 - 8 PM

Westerville Public Library

Cooking with YOU...and Who?

July 9 and July 23, August 13, and August 27

5:30 – 6:30 PM

via Zoom

Connecting Parents of Adults Group

For August, we look forward to connecting at the Adult Conference!

Deer Creek Lodge & Conference Center

August 8 - 10

Aging & Down Syndrome Caregiver Support Group

June 24, July 22, August 26 | 6 - 7 PM

Via Zoom

Stay Connected!

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



Facebook Groups:

DSACO's Black and African American Outreach Group

DSACO D.A.D.S.

DSACO "Lending" Library

DSACO Little Buddies Parent Resource Group

DSACO M.O.M.S.

DSACO Parents of Adults with Down syndrome

DSACO School Aged Group

Familias Latinas De DSACO

DSACO Families with Medically Complex Needs

DS-ASD Parent Resource Group, courtesy of DSACO

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.

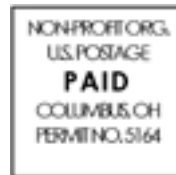
DSACO is a 501(c)(3) non-profit organization and a community of ElevateDD. Contributions are fully tax-deductible.





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Return Service Requested



CALENDAR of EVENTS

June

- 15 Community Access Fund Applications Due
- 17 Chillicothe M.O.M.S.
- 17 Northwest M.O.M.S.
- 20 Summer Park Playdate
- 24 Aging & Down Syndrome Caregiver Support Group
- 25 Cooking with You... and Who?
- 30 Summer Social Registration Closes

July

- 2 Stamping Club Central
- 7 D.A.D.S.
- 8 High School Social Group
- 8 Stamping Club East
- 9 Cooking with You... and Who?
- 9 Delaware M.O.M.S.
- 10 Westerville M.O.M.S.
- 11 IEP Kit Registration Closes
- 11 Summer Park Playdate

- 13 Summer Social
- 15 Chillicothe M.O.M.S.
- 15 Northwest M.O.M.S.
- 16 Southeast M.O.M.S.
- 17 Adult Conference Registration Closes
- 21 Golf Classic and Beginner Golf Clinic
- 22 Aging & Down Syndrome Caregiver Support Group
- 23 Cooking with You... and Who?

August

- 1 Deadline to Submit Calendar Photos
- 2 New Parent Celebration
- 2 Back to School Strategies for Success
- 4 D.A.D.S.
- 6 Stamping Club Central
- 7 Westerville M.O.M.S.
- 8-10 Adult Conference
- 9 Latino Resource Group
- 11 Little Buddies Parent Resource Group – North

- 11 Adult IMPROV Registration Opens
- 12 Stamping Club East
- 13 Cooking with You... and Who?
- 13 Southeast M.O.M.S.
- 13 Delaware M.O.M.S.
- 15 High School Social Group
- 19 Chillicothe M.O.M.S.
- 21 Little Buddies Parent Resource Group – Southeast
- 26 Aging & Down Syndrome Caregiver Support Group
- 27 Cooking with You... and Who?