



Special Times

Volume 23 No. 3

May/June 2008

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA



Dear Down Syndrome Association Members,

My name is Joey Hebert and if you attended the 1st Annual Joey Hebert Classic for Down Syndrome golf tournament (JHC4DS), I'd like to thank you. It was a huge success. Not only was it a day of fun and excitement, but we raised over \$35,000! Your support makes a real difference for people like me who have Down syndrome. Now, I'd like to invite you to this year's tournament.

My parents are hosting the **2nd Annual Joey Hebert Classic for Down Syndrome** to be held on August 4, 2008 at Deer Run Golf Club in Victoria, MN. All proceeds will benefit the Down Syndrome Association of Minnesota.

So....please grab your calendars and "save the date" for an incredible day of golf fun, food and prizes. Even if you don't golf, consider joining us to hear the featured speaker at the dinner!

Here's some fabulous news. Brad Hennefer from Golf for Life (www.golfforlife.org) is going to our featured speaker. Brad has Down syndrome and he and his family have developed a program that will help people with Down syndrome learn about or improve their golf game!

For more information, please visit our website at www.jhc4ds.net.

I hope to see you on August 4th. It's going to be a fabulous day!

Joey, Colleen & Alvin (my parents) and Chloe & Harper (my sisters)

Voices & Choices - 11th year!

Sixty self advocates attended the Youth & Adult Conference on April 26th.

The conference planning committee, Nayef Albinali, Tom Belka, David Forney, JT McElhatton, Jake Walinski and Lori Turbenson worked with staff member Catherine McDonnell-Forney to plan their 11th annual conference.

This year we brought back popular workshops Clay and Photography and introduced new workshops: Paper Arts, Healthy Relationships and You, and Introduction to Improvisation! Old favorites, such as Independent Living, Creative Communication, Health and Fitness, Understanding Sexuality and Staying Safe were well attended.

Thank you to our speakers: Annie Kosel, Rachel Quinn, Lindsey Hoskins, David Forney, Bryan Peterson, Nayef Albinali, Matt Pickford, Lori Brink, Janna Schnieder, Damian Johnson, Ben Lee, Janelle Peterson, Jake Walinski and Tom Tanghe!

Special thanks to our volunteers Kielyn Anderson, Deb Beautant, Alida Bican, Sarah Cox, Jill Curtis & friend, Monica Eisle, Eileen Foley, Kathleen Hancock, Jessica Hancock, Brenda Kavanagh, Julie Neiss, Jennifer Neiss, Kathy Nelson, Ann Richter, Nancy Schamber, Nick Schroetter, Jason Vogt & Treva Vogt. We simply couldn't hold the conference without you!



Special Points of Interest

15th Annual Picnic & Harley Raffle

Sunday June 8, 2008
Drawing @ 4:00 pm
Picnic 4-8 pm
Food @ 5:00 pm

Columbia Park
800 Columbia Blvd
Minneapolis, MN

Mark your calendar now and plan to join us for this fun filled afternoon in the park.

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of Minnesota**

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*It is the mission of the Down
Syndrome Association of
Minnesota to provide
information, resources and
support to individuals with Down
syndrome, their families and their
communities*

**From the Executive Director
Kathleen Forney**

Dear Members,

It was wonderful seeing so many of you at our 8th Regional Conference last month. I owe a great deal of thanks to the committee chair, Kathleen Holiday. It is always a challenge trying to meet the needs of the entire membership of our Association at these conferences. Some of us who attend are parents of adult children and some are just starting on their journey; our specific needs are very different but the need for continual education throughout our children's lives is most important. We appreciate all your positive feedback on the workshops! And, we have already compiled a list of the topics and suggestions you made for the next conference.

We are deeply grateful to the family, friends and co-workers of Alvin and Colleen Hebert who participated in the 1st Annual Joey Hebert Classic for Down Syndrome last year. It is thanks in no small part to the tremendous outpouring of their financial support that we were able to bring to our families here in Minnesota such nationally known experts in their fields as Drs. Libby Kumin, George Capone and Dennis McGuire at our conference. As it becomes more and more costly for parents to travel to national conventions, it is important for us as we plan our Regional Conferences to try to bring some of those very same speakers to our members. We extend once again our heartfelt thanks to everyone who attended the golf tournament last year. Their financial support is most appreciated. (Information about the 2nd Annual Joey Hebert Classic can be found on our website www.dsamn.org)

In February of this year, board members Terri Yira, Kathy Nelson and I attended the second annual Affiliates in Action (AIA) meeting in Scottsdale, AZ. This is an annual conference held for Executive Directors and Board members of Down syndrome organizations across the country; this year we had 175 folks representing 63 groups from 32 states. The networking, sharing of resources and presentations were exciting and Terri, Kathy and I came back with so many new ideas and plans we hope to share with you in the coming months.

(Continued on page 7)



**Carly May Classic
Memorial Golf Tournament
Supporting the Carly May Foundation
Heritage Links Golf Course
Lakeville, MN**

The First Annual Carly May Classic Memorial Golf Tournament is right around the corner. The tournament will be held Saturday May 31st, 2008 at the Heritage Links Golf Course in Lakeville. The purpose of this event is to remember Carly Harris and honor her life. All proceeds from this event will directly support the Carly May Foundation which helps families that have a child with Down Syndrome and/or a chronic illness. For more information and to register and/or donate please go to www.carlymayfoundation.org and click on the printable registration form under the "events" link.

The tournament will start with a lunch, 18 holes of golf followed by a buffet dinner and a silent auction. The cost per person is \$150; \$40 if you just want to attend the dinner and silent auction. If you are interested in donating an item or service for the silent auction you can contact Maria & Jaime Harris via email at mariaharris@earthlink.net or by phone at 952-432-2060. Please join us rain or shine for a wonderful day to remember a special little girl and help support our families. Register Early, Space is limited!!!!

New Members

Jill & Sithyon Chau
Stephanie & Donald Childress
Tanya Brown
Courtney Dalton
Louise Duren
Dan & Anne Gainey
Tracy Getty
Sharon Gieseke
Matthew & Erin Gray
Roxanne & Mike Hoppe
Jessica Hancock
Debbie Hanuman
Peter & Tara King
Bonnie & Rich Larson
Danna & Steve Mickelson
Roxanne & Roger Overton
Diane & David Peitz
Kevin & Ann Purnell
Mike & Gayla Rahn
Randy & Jennifer Strode
Jerry & Rita Tuccitto
John & Sandra Vornbrock
Kamia White

Patron (1000+)

Steve & Cindy Calvin
Cargill, Incorporated

Benefactor (250+)

Dave & Ellie Bilderback
Arnie & Donna Gruetzmacher
Peggy, Greg & Dellá Olson
The Employees of Marshall:
“Dress Down Day”

Contributor (100+)

Al & Faye Mantei

In Memory of

Ray Carlson
Gladys Schmidt
Carol Tanner
Rose Vigil

Employee Giving through:

ALG
Ameriprise
Bristol-Myers Squibb Company
Chevron Employees “People Making A Difference” Campaign
GE Foundation
Honeywell Hometown Solutions
ING
McKesson Corp
Otter Tail Power Company
REI
Thompson West
United Way

Opportunities for Families

Karen Gaffney to speak in Twin Cities at a free Opportunity Partners event. Karen Gaffney, an amazing young woman with Down syndrome, will be in the Twin Cities to share her inspirational presentation, “Imagine the Possibilities,” on Wednesday, May 14 at 6:30 p.m.

This free event, sponsored by Opportunity Partners, will be held at Oak Grove Middle School in Bloomington, and is open to the public. Families with youth in transition would especially benefit from this event. Karen is an accomplished motivational speaker who enjoys sharing her incredible story and message of hope. Through determination, commitment and positive expectations, she has overcome challenges and limitations to achieve incredible goals.

For reservations or for more information, contact Jill Audette at (952) 930-4298 or jaudette@opportunities.org. Information is also available at www.opportunitypartners.org.



Minnesota Governor’s Council on Developmental Disabilities—Leadership Training Program

This year we are pleased to announce that we received a grant from the Minnesota Governor’s Council on Developmental Disabilities (GCDD) to partially cover the cost of our 11th Annual Youth & Adult Conference. This grant helped us keep the fee to attend low and allowed us to offer scholarships to those who needed them.

We would like to inform DSAM members about the GCDD’s **Partners in Policymaking**, a leadership training program designed for parents of young children with developmental disabilities and adults with disabilities. The program teaches leaderships skills, and the process of developing positive partnerships with elected officials and others who make policy decisions about services use by Minnesota families.

For more information about this program, either call the DSAM office (651) 603-0720, (800) 511-3696 or go to the Partners in Policymaking website: www.mngts.org/partnersinpolicymaking.



Mark your Calendars!

Our 2008 Buddy Walk dates have been confirmed.
Save these dates!

Saint Paul—Sunday, September 21, 2008—Como Park
Duluth—Sunday, September 28, 2008

Register soon; space is filling quickly!

The 36th National Down Syndrome Congress
National Convention
July 11-13, 2008
Seaport Hotel
Boston, MA

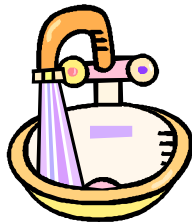
Toilet Training A Child with Special Needs

Parents often find that toilet training their child can be a frustrating process. Some children may toilet train quickly and easily, but for many children it can take time. If a child has special needs, it can be even more difficult. Parents know that every child is unique and different. Advice from other family members or friends may or may not be helpful. Typically, children can achieve toilet training by 2 to 3 years of age, regardless of special needs. Toilet training increases a child's self-esteem and independence, especially as he or she enters school or daycare. It can also be a stressful situation. However, only you and your child can determine whether they are ready to learn.

Is your child ready to begin?

There are several steps to follow to help clear the way:

- Have your child seen by your pediatrician for a medical check-up to make sure he or she is healthy before you determine readiness to potty train. Continence can depend on whether or not your child has a disease or disorder that affects the bowel or bladder.
- Also, be sure and let your nurse practitioner or doctor know if your child complains of pain when urinating, the urine has blood or pus in it, the urine smells foul or different, your child is always dribbling urine, or has a really hard time starting to urinate. These problems need to be addressed before toilet training begins or at any time in the process.
- Additionally, pain on urination or defecation can hinder the readiness process. The skin covered by a diaper can become red and irritated. This may cause pain when your child urinates, and may cause him or her to withhold urine. It is important to always keep the diaper area clean and dry so your child will not want to hold the urine.
- Often, children feel inhibited about having a bowel movement outside of a diaper. If they are pressured to have bowel movements only in the toilet before they are ready, they may stop having bowel movements altogether. Likewise, if it hurts to have a bowel movement because of hard stools, your child is not going to want to pass it. This can lead to a vicious cycle. Slightly changing your child's diet may help, but check with your child's physician first. Fruits like pears, prunes, and peaches, which are high in fiber, can soften stools. Parents know which foods will work for their child.



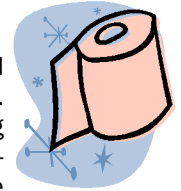
Sometimes, medication is necessary for constipation to keep stools soft. Laxatives most commonly used are stool softeners like docusate sodium, osmotic laxatives like lactulose, and stimulants like Senokot syrup. Other children may respond to suppositories or enemas. Again, it is important to

always check with your nurse practitioner or pediatrician to see what medicine (if any) is appropriate.

The Readiness Checklist can help you determine if your child is ready to begin the toilet training process.

Readiness Checklist

Your child's readiness to toilet train is related to his or her level of growth and development. The following items are organized according to motor, cognitive, and language development as well as toileting skills. Some of the items in the list may not apply to your child. The more items that do apply, the more likely your child is to begin toilet training.



MOTOR

- My child can sit with or without support
- My child attempts to squat without losing his/her balance
- My child is walking without help
- My child is able to help dress and undress his/her self.

COGNITIVE

- My child searches for his/her toy
- My child imitates me and/or others
- My child plays make-believe
- My child is able to sit down and play quietly for about five minutes

LANGUAGE

- My child understands simple requests like, "Where is Mommy?"
- My child is able to show his/her needs using words, signs, or gestures.
- My child has a name for urine and bowel movements
- My child tells me when his/her pants are wet or soiled

TOILETING

- My child is able to stay dry for at least an hour
- My child is aware of what a potty or toilet is for
- My child is aware of being wet or soiled
- My child's bowel movements are solid and well-formed
- My child is not currently experiencing a stressful situation like birth of a new sibling or changes in childcare arrangements.

Environmental factors

Begin training when your child is starting to learn cooperation, and when there is not a lot of stress at home. For instance, do not start toilet training around the holidays, when weaning him or her from a bottle, or soon after bringing

home a new brother or sister. Also, from a practical point of view, it may be easier to start potty training when it is warm outside because your child will be wearing less clothing. One of the first steps of toilet training includes keeping a diary for about three to five days. The diary should note when your child goes (either bowel movement or urine), when she or he is soiled, and what and when your child drinks. This will show you your child's toileting pattern and help clue you in as to when to have him or her start sitting on the potty. Even if your child is fully trained, accidents often happen. Accidents may occur when your child is excited, fearful, absorbed in play, or awakened from a bad dream. They may also occur if there is any change in home routines, like the birth of a sibling, a move, or starting school. When your child is sick, expect accidents until he or she is better. However, if there are repeated, unexplained accidents, there is the possibility of an allergic reaction or an illness. In this case, you need to contact your nurse practitioner or doctor.

Your child is ready – now what?

After you and your child have determined that it is time to potty train, take him or her to the store and buy a potty. After choosing and buying the potty chair, start having him or her sit on the potty, clothes on, while you sit on the toilet. You can give your child a snack or read aloud to keep him or her sitting on the potty in order to establish a daily routine. Then, during the next week or so, ask your child if it is all right to take his or her diaper off while on the potty. In the next couple of weeks, take your child to the potty after a bowel movement and place it in the potty. This lets him or her know that this is where the bowel movement belongs. Do not flush it in front of your child (for some children, it may be fun to watch it flushed, but others may be frightened and confused about where it went.) Flush the bowel movement when your child loses interest and leaves the room.

If you meet with resistance to any of these steps, just back up and forget training for a couple of days.

The next step is to offer to remind your child to go to the potty every hour. When he or she goes, leave it there and offer congratulations. Nighttime training should begin only when your child is dry during naps or dry for at least six hours.

Whatever system you decide to use, reward your child's successes with a lot of praise. It is important to be encouraging and positive. Occasionally, there will be accidents. The important thing is how you handle them. It is okay to show mild disappointment, but never scold, punish, or make a really big deal out of it. Tell your child it is okay and he or she will go in the potty next time.

Tools for toilet training

There are many helpful techniques that may aid parents in the training process: "Role modeling" may allow your child to learn by imitation.



- Try an "open-door policy" in the bathroom so your child may see other family members using the toilet.
- Try placing a nonabsorbent cloth in your child's diaper so he or she can be aware of feeling wet.
- Small rewards may be given to encourage the child to sit on the potty longer or after they have successfully used the toilet. For instance, one parent put a basket on the top of the refrigerator full of inexpensive trinkets she had wrapped like tiny presents. Each time the child used the toilet she would give him a prize. You can help make the toilet-training process fun for both you and your child.
- There are many products available that can help with toilet training. There are also musical potties and potty charts with fun and colorful stickers. Another idea is to put a couple of drops of food coloring in the toilet bowl and have your child guess what the color of the water will change to after he or she urinates. Buy underwear with your child's favorite cartoon character. Make it a game where your child tries to keep the character from getting wet. Day-time wetting alarms (a sensor in the child's pants that signals when wet) may help the child notice when he or she is wet.

Overcoming difficulties

The type of difficulty your child has with toilet training (bowel training, bladder training, or both) and the potential to achieve control depends on your child's special need and whether it is a physical or cognitive difficulty and the degree to which your child is affected. For some children, it may be difficult to reach the toilet and actually sit on it. Parents may have to help with positioning and keep their child in position while on the toilet. Other children have difficulties with communicating that they need to go, or parents have difficulty with communicating the ideas associated with toilet training. There are some adaptations to the toilet area to help your child with a physical disability sit on the toilet. For older or taller children, there are raised seats along with safety rails to aid the child with positioning on the toilet. For toddlers, several brands of potty chairs have backs that can support a child leaning back. Positioning your child differently on the toilet seat may also help. Some experts have suggested that children straddle the toilet seat or potty chair. Seating the child sideways on the toilet may also be helpful.

Communication

When communication is the problem, it may be easier on you to show your child where the bowel movement goes (in the potty) and allow him or her to watch you and other family members using the toilet. It may be necessary for children who have communication problems to work directly with a healthcare professional, such as a nurse or therapist, to help you with setting and achieving these goals.

(Reprinted from Exceptional Parent Magazine. Written by Claire Keeler who is a pediatric nurse practitioner who was a fellow at the University of Cincinnati University Affiliated Program. She conducted a study on toilet training children with special needs.)

Focus on Adult Health

Health-care Management Service Pilot Launched

By David Forney

After more than two years in the planning, a pilot study of the Down Syndrome Association of Minnesota Health-care Management Service has been initiated.

A nurse consultant, who brings us decades of experience working with adults with Down syndrome, has been retained by the Association. She is working with several families to help them define the health-care needs of their adult sons and daughters with Down syndrome.

The needs of those participating in the pilot study range from families in need of validation that the services they currently access are appropriate on to those who have been badly frustrated in securing a wide range of services.

The goal of the six-month pilot is to determine if the service is of value to our families; early indications are that it is surpassing expectations.

Each participating family has been asked to complete a questionnaire detailing the health-care history and needs of their adult son or daughter with Down syndrome. That is followed by a meeting with the consulting nurse which includes the parents or guardian and the self-advocate. At the conclusion, each family is provided with a detailed health-care management plan, complete with referrals to health care providers for follow up. The nurse-consultant will stay in contact with each family to answer questions, deal with problems and document the effectiveness of plan implementation.

Our nurse-consultant is working closely with the Adult Health-care committee to gauge the value and effectiveness of the service. All participating families have agreed to complete an evaluation questionnaire and we intend to follow up with other techniques. The current plan is to complete the pilot study and evaluation early this fall and launch the service to all Association members soon thereafter.

For that to happen, we need more participants. The committee seeks ten to twelve additional families who feel a need for support in providing enhanced health care for their adult son or daughter with Down syndrome. All families are welcome – while the service may benefit those dealing with complex health-care issues, it is of equal value to those who wish to ensure they are attending properly to the needs of an essentially healthy adult.

The service is free to pilot study participants. If you would like to receive a very thorough evaluation of the health-care services you now access for your adult son or daughter, are coping with complex medical needs or fall anywhere between those poles, please contact Kathleen at the DSAM offices. And, please be assured, all personal information you provide will be kept strictly confidential.

Books from the Regional Conference

There are a very limited number of books still available from our Regional Conference on April 5th. We are offering them at significantly less than retail cost. Requests must be received by May 21. Here is a list of the titles of the books that are still available:

<i>Classroom Language Skills for Children with Down Syndrome</i>	\$16
<i>Discovery: Pathways to Better Speech</i>	\$25
<i>Gifts</i>	\$10
<i>Gross Motor Skills for Children with Down Syndrome</i>	\$16
<i>Teaching Children with Down Syndrome About Their Bodies</i>	\$20
<i>Teaching Math to Children with Down Syndrome</i>	\$20
<i>Teaching Reading to Children with Down Syndrome</i>	\$16

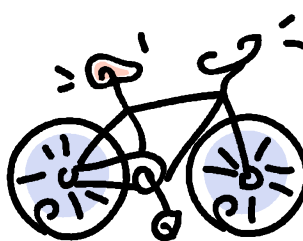
A 7% sales tax will be added to the cost of your purchase and if you can not pick up books at the office postage will also be added. Also, if you wish to charge your purchase there will be a \$3.00 service fee.

The number of books available at this conference price is limited; if you see a title you are interested in please act FAST!



Looking for some summer fun?

Kids on 2 Wheels is a non profit organization that teaches children with disabilities to ride two wheeled bikes. They have had experience working with children with Down syndrome so if this is something you would like to explore with your child, give them a call.



Participants must be ambulatory and want to ride a two-wheeled bike independently; they must also be able to follow directions. Camps run for a week (Monday – Friday) for 75 minutes a day. One volunteer is assigned to each child and will work with him/her for the entire week.

Two bike camps are set up for this summer – week of July 28 in Shoreview and the week of August 4 in St. Paul. Cost is \$300/participant. Some scholarships are available; Hennepin County waivers are accepted also.

Please visit their web site (www.kidson2wheels.org) or contact Katy Ross at KatyRMinn@aol.com

STORIES TO SHARE

The Joy of Maddie

By Terri Yira

I recently attended the Regional Conference that DSAM held in April. I had the pleasure of once again listening to Dennis McGuire talk about how the world would be different if it were run by individuals with Down syndrome. As with every time I have heard him speak - he made me smile, made me laugh, made me cry and reminded me of all the gifts our daughter Madeline has brought to our lives. You see ... for the 8 years she has been with us, she has ruled our world. We can laugh and joke about that, try to deny it and say that we are still in control, but the reality is ... at the very least she has changed those things we used to feel we had control of! We work hard to maintain a balance in our family - to sometimes feel like we get to have control, to sometimes let our son feel like he is in control, but it is uniquely tempered with the over-riding aura of our lovely daughter. Even our son will tell you - if she's not having fun - NO one is having fun! The beauty of that is that she LOVES to have fun and she has taught us a great deal about the meaning of fun. Her brother also says, "I think I am glad Maddie has Down syndrome, because she is so cute and funny!" Indeed she is.

I have heard other parents of children with Down syndrome say that they raised them exactly the same way they raised their other children. I so admire that, and I aspire to that, but honestly I can't say that for my own family. We DO



We DO make adjustments in our life because of Maddie's differing abilities. We do change our routine and our plans from time to time to accommodate what is going to work best for her, but in doing that - I think we also find a place that is perhaps best for all of us. We slow down, we take more relaxed vacations, we plan ahead a bit more and we choose activities that will be most enjoyable for both our children, and in doing so - I hope that we create memories that will forever be relaxing and happy ones for our kids. Maddie has taught us that trying to squeeze the very most in to every day isn't always the best way to live your life - sometimes - squeezing the very least in to your day makes it all go that much more smoothly and be that much more fun!

Maddie has so many gifts and I really do learn more from her every day than I will ever be capable of teaching her. She has the right perspective on what is most important in life - her family, her friends (and she makes more of those EVERY

day), her education, honesty, love, compassion, empathy, laughter and HUGS - lots and lots of hugs! She can be easily frustrated or angered at times, but she forgives and/or forgets even faster. She does not hold a grudge and does not worry or stress about much of anything - these are things I only hope she can teach me in my lifetime! She also has a memory like an elephant and if you have promised to go to a friend's house, grandma's house, McDonalds, Target or out for ice cream (among just a few), you will be going NO matter what else might come up. She loves to sing and dance, and can keep baby-sitters busy for hours singing, dancing, playing play-doh, playing babies, coloring, playing outside ... they earn every penny they are paid and they adore her!!

For Maddie there is contentment and joy in just *being*. I hope that in my lifetime I too can learn contentment and joy in *JUST BEING*. I know that being her mother has at least started me down that path!

(Continued from page 2)

Breakout sessions were held on diversity, board development, marketing, fundraising, new parent outreach, adult programming, and educational outreach to name a few. I made a presentation on the success of our Grandparent program and also sat on a Buddy Walk panel comprised of four groups who hold the largest Buddy Walks (along with friends from Down syndrome organizations in Kansas City, Cincinnati and Memphis). Just about every group who attended this year brought information on their innovative fundraising techniques, program successes and materials to share with each other.

It has been a privilege to serve on the AIA planning committee these past three years. The committee is made up of folks from around the country who share a passion for making the world better for individuals with Down syndrome!

Both the DSAM Regional Conference and the AIA meeting demonstrate something quite exciting—our community is, increasingly, a national movement. Locally we are connecting directly with experts from around the country. At the same time we are reaching out and connecting with peer organizations to exchange ideas and improve the services we deliver to our families.

Libby Kumin, in her keynote, asked us to recognize that the pioneers of our movement are still very much with us. Not so very long ago, DSAM was a purely volunteer organization, operating on kitchen tables and with a resource library that moved about from one garage to another. The founders are still active and several were with us the day of the Regional Conference. Now we are connected and very much a part of a movement that counts thousands of people around the country!

Finally, we here at the Down Syndrome Association of Minnesota wish all of you a fun filled summer. If you are out and about, stop in and visit us! Visitors, young and old, are always welcome. Our toy box and library are waiting!

PARENT GROUPS

Attend a Parent Group meeting near you to meet other parents of children with Down syndrome, share information and experiences, discuss common issues or concerns, and find support. **Please call the facilitator for information, as times and locations are subject to change.** Information is also available at the Down Syndrome Association office: 651-603-0720 or 800-511-3696. **Special Note: Contact group facilitators for summer meeting schedules.**

Apple Valley

Shepherd of the Valley
Lutheran Church
12650 Johnny Cake Ridge Road
3rd Monday 6:30-8:30pm
Carrie Blom (651) 686-4453
ccblom@msn.com
Krista Specht
Childcare \$3/child

Bemidji

Bemidji ECFE
Bemidji Community Service Bldg
3rd Wednesday, 10:15am
Randy Jurek (218) 759-0097
(800) 450-7338
Jurek_randy@yahoo.com

Buffalo

Buffalo ECFE Building
1235 First Avenue, Buffalo
3rd Monday, 6:30-8:00pm
Sheri Jorgensen (763) 682-0756
Sheri.jorgensen@co.wright.mn.us

Chisago City

Call for meeting time & location.
Lorraine Skordahl (651) 257-8078
us4skordahls@fronier.net

Duluth

Hampton Inn Conference Room
310 Canal Park Drive, Duluth
2nd Monday, 6:30-8:00pm
Laura Plys (218) 728-3400
laurasplys@aol.com

Eau Claire, Wisconsin

Call for meeting times & location.
Janet Carlson (715) 836-9243
cjcar5@msn.com

Fargo – Moorhead

Hope Lutheran Church
2900 Broadway Fargo, ND
Call for meeting information
Diane Brendemuhl (218) 236-5501
wbrendemuhl@hotmail.com

Grand Rapids Area

Itasca Resource Center
1209 SE 2nd Ave, Grand Rapids
3rd Wednesday, 9:30-11:30am
Childcare provided
Dawn Magnusen (218) 327-5570
dmagnusen@isd318.org

Lino Lakes

Galilee Baptist Church
0 North Road, Circle Pines
3rd Monday 7:00-9:00pm
Susan McMullan (651) 407-6550
SusanMMcMullan@aol.com

Mankato/St. Peter

Bethel Baptist Church
1250 Monks, Mankato, MN
1st Tuesday, 7:00pm
(during school year)
Laura Doherty (507) 934-2014
laura1252@msn.com

Maple Grove

Maple Grove Community Ctr.
12951 Weaver Lake Rd.
Maple Grove
4th Tuesday, 6:30-8:15pm
Lisa Bartsch (763) 391-6634
ljbartsch@aol.com

Minneapolis

Sullivan School ECFE
3100 E 28th St, Minneapolis
1st Monday, 5:30-7:30 p.m.
Bldg. is locked - call for information
Jeneane Butrum (612) 668-5132
Jeneane.butrum@mpls.k12.mn.us
No January meeting

Minneapolis—Latino Parent Group

Centro Cultural Chicano
1915 Chicago Ave. S, Minneapolis
4th Friday 4:00-6:00pm
Gladis Rosales (651) 487-5365
Childcare & dinner provided

Minnetonka

Cross of Glory Baptist Church
4600 Shady Oak Rd, Minnetonka
4th Monday, call for time.
Tim & Ann Bremer (952) 939-0350
tim.bremer@goodrich.com
bremerann@hotmail.com

Owatonna

2nd Thursday 6:30pm
Call for location
Brenda Donahe (507) 451-0367
bdonahe@mrsgerrys.com

River Falls, Wisconsin

Have a Heart Farm
W10356 Hwy 29, River Falls, WI
3rd Monday, call for time.
Jenny Wazlawik (715) 426-1613
Terri Yira (715) 381-3015
terri_y@comcast.net
Susan Erickson (715) 381-9825
wsrerickson@sbcglobal.net

Rochester

Calvary Evangelical Free Church
5500 25th Ave. NW, Rochester
Meets quarterly
Call for meeting time & date
Debbie Monahan (507) 287-2032
dmonahan@arcse-mn.org

Roseville Area Parent Group

Brimhall Elementary School
1744 North County Road B
Roseville
4th Monday 6:00-7:45p.m.
Tracy Hafeman (763) 780-9086
Haftr_803@msn.com

Spring Lake Park

Spring Lake Park ECFE
Woodcrest Elementary
800 Osborne Rd, Room A, Fridley
3rd Tuesdays, Jan—May, 6:30-8pm
Jen Meinert (763) 783-5615
jmeine@district16.org
Stacy Lilya
Michael.stacy@earthlink.net

St. Cloud Area

Hope Covenant Church
336-4th Ave. S, St. Cloud
3rd Thursday, 6:00pm
Cindy Owen
cowen@arcmidstate.org
(320) 251-7272 or (877) 251-7272

St. Paul

St Matthew's Episcopal Church
2136 Carter Ave, St. Paul
3rd Thursday, 7:00pm
Jennifer McKeown
johnjenmck@comcast.net
(651) 647-5771

Stillwater

Rutherford School
115 Rutherford Rd, Stillwater
2nd Tuesday, 6:30 gather,
7:00-8:30pm meeting
Childcare provided
Jan Kramer (651) 439-7037
ozkramer@cpinternet.com
Megan Sundgaard (651) 430-2013

Willmar

YMCA
1000 Lakeland Dr SE, Willmar
2nd Tues, 5:30-7:30pm
Childcare provided
Jamin Johnson-Schneider
(320-235-5310 x 216)
jamin@wciservices.org

5/2/2008

Down Syndrome Association Welcomes new Families at Spring New Parent Breakfast

We held our New Parent Breakfast on March 15th and had a great turnout. This event gives new parents the opportunity to come together and share the stories of their new family members that have Down Syndrome. Stacy Lilya, her husband Mike, and staff member Kate Pickford hosted the event. Before the first bagel was consumed and the first cup of coffee sipped, parents were already introducing themselves to each other and swapping stories, information and resources about their new little ones! Thanks to everyone for coming. It was a great morning.



DSAM supports the “We’re More Alike than Different” Campaign

WHO’S A BIGGER BASEBALL FAN, YOU OR ME?

You’ll find that people with Down syndrome have a passion for knowledge and learning that can rival anyone you’ve met before. To learn more about the rewards of knowing or raising someone with Down syndrome, contact your local Down syndrome organization. Or visit www.dsamn.org today.

It is the mission of the Down Syndrome Association of Minnesota to provide information, resources and support to individuals with Down syndrome, their families and their communities. We offer a wide range of services, programs and materials at no charge. If you are interested in receiving one of our information packets for new or expectant parents, please email Katbleen@dsamn.org or

For more information please call: (651) 603-0720 • (800) 511-3696

NATIONAL DOWN SYNDROME CONGRESS

Down Syndrome Association of Minnesota

WE'RE MORE ALIKE THAN DIFFERENT.

We’re More Alike Than Different

Recognize this guy? DSAM member, Carlos Tabb, is the focus of an ad run by DSAM promoting the “We’re More Alike than Different” advertising campaign developed by the National Down Syndrome Congress

The Association ran the ad in the March issue of Minnesota Health Care News which is a publication of Minnesota Physician Publishing, Inc. Look for it the next time you are at your doctor’s office.

The NDSC has also run an ad featuring DSAM member, Nayef Albinalli in American Teacher, Contemporary OB/GYN, Instructor and Ob. Gyn. News.

For more information about the campaign, please visit the NDSC website www.ndsccenter.org

**DOWN SYNDROME ASSOCIATION of MINNESOTA
MEMBERSHIP APPLICATION
NEW MEMBERSHIP RENEWAL GIFT MEMBERSHIP
CHECK IF YOU DO NOT WANT TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ COUNTY _____

PHONE _____ Email _____

NAME & DATE OF BIRTH OF PERSON WITH DOWN SYNDROME _____

Relationship to person w/Down syndrome: _____

If this is a gift membership, list the recipient’s information above and list your name here

MAIL THIS APPLICATION WITH YOUR CHECK

Down Syndrome Association of Minnesota, 656 Transfer Road, Saint Paul, MN 55114

MEMBERSHIP LEVELS	
Patron	\$1000.00+
Benefactor	\$250.00+
Contributor	\$100.00+
Regular	\$20.00
Limited income	\$_____
Additional Donation Enclosed	\$_____

Calendar

May

May 3 5th Annual Grandparent Conference
May 31 1st Annual Carly May Harris Classic Golf Tournament

June

June 8 Annual Picnic & Harley Raffle
June 10 Executive Committee Meeting

July

July 8 Board of Directors Meeting

August

August 4 2nd Annual Joey Hebert Classic
August 12 Executive Committee Meeting

September

September 21 11th St. Paul Buddy Walk
September 28 7th Duluth Buddy Walk

Library & Resources

The following books have been purchased and will be available to check out of the Lending Library:

Victoria's Day, by Maria de Fatima Campos. The book chronicles a typical day in the life of four year old Victoria, who lives with her parents in London, England and also has Down syndrome.

Road Map to Holland: How I Found My Way Through My Son's First Two Years With Down Syndrome, by Jennifer Graf Groneberg. Join the author on her journey through the first two years of her sons life.

You're Welcome: 30 Innovative Ideas for the Inclusive Classroom, by Patrick Schwartz & Paula Kluth. A great resource for teachers who want to make their classroom more welcoming for all students

This newsletter reports items of interest relating to Down syndrome and will provide a forum for others. *Special Times* does not promote or recommend any therapy, treatment, educational setting, etc. We will not espouse any particular political or religious view. Individuals or organizations referred to do not necessarily endorse this publication or its editor. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook attitude. The editor reserves the right to make corrections as appropriate and in accord with established editorial practice in material submitted for publication.

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Special Times