



Special Times

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NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA

Join Us For Two Great Buddy Walks This Fall!



DSAM 2008 Buddy Walks

By Kathleen Forney

I hope you are planning on joining us this year for one of the country's largest Buddy Walks. Last year we had over 6,500 people celebrating at our walks held in St. Paul and Duluth. This year's Buddy Walks promise to be even bigger and better. **I hope you have your calendar marked for the following dates: September 21, Como Park, Saint Paul; September 28, DECC, Duluth.**

Last year there were over 275 walks held throughout the world promoting awareness of Down syndrome. As with most organizations, the Buddy Walk is also a very important fund-raising event - providing needed revenue for DSAM's programs and services.

I am often asked how the Buddy Walk money is used. Our Buddy Walk provides about one half of our operating budget each year. It helps fund Down Comforter Information Packets for new and expectant parents, grandparent packets, the very newsletter you are now reading, *Voices & Choices* (the newsletter written by and for young adults with Down syndrome), *Solutions* (the newsletter written for educators). If you belong to one of our 23 parent groups, re-

ceived a welcome gift box as a new parent, attend any of our social events or various conferences, you are benefiting from funds raised during our Buddy Walk.

And, while this event has and always will be a day of promoting awareness of Down syndrome and celebrating for our families, as you can see it is also an important tool in our revenue stream. One of the major initiatives the Association has embarked on is informational outreach both to the medical and the educational communities. Honestly, we need your financial help as we continue to build our programs and services. Please plan to participate - and join us either in Saint Paul or Duluth - or both for a fabulous fun-filled day.

Brochures, pledge sheets and registration materials will be sent out the end of July. They will be available on line by mid-July.

So, get your team together! Call your family, friends, co-workers, neighbors; raise funds and get involved! Come and join us for two fabulous days of celebration!

We have a wonderful slide show up on our website highlighting ten years of Buddy Walks. For a trip down Buddy Walk memory lane visit: www.dsamn.orgbuddy_walk_slideshow



Special Points of Interest

2nd Annual
Joey Hebert Classic
August 4th, 2008
Deer Run Golf Club
Victoria, MN

11th Annual
Muddy Waters Open
September 7th, 2008
Lone Spur Golf Course
Eagan, MN

11th Annual
St. Paul Buddy Walk
September 21st, 2008
Como Park
St. Paul, MN

7th Annual
Duluth Buddy Walk
September 28th, 2008
Pioneer Hall
Duluth, MN

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of Minnesota**

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Special Times

Managing Editor, Kathleen Forney

Regional Correspondents:

Diane Brendemuhl, Northwestern Region,
218-236-5501
Jeanne Prittinen, Northeastern Region,
218-741-1597
Brenda Donahe, Southeastern Region,
507-451-0367

Staff

Kathleen Forney, Executive Director
Teisha Magee
Catherine McDonnell-Forney
Kate Pickford
Marcy Rede
Connie Gunderson Warner

Down Syndrome Association of Minnesota
656 Transfer Road
St. Paul, MN 55114
Phone: 651-603-0720 or 800-511-3696
Fax: 651-603-0726
Website: www.dsamn.org
Email: dsamn@dsamn.org

*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
By Kathleen Forney**

Dear Members,

I hope you are all enjoying your summer!

I wanted to take this opportunity to update you on our medical initiative, which was last reported in the March/April issue of *Special Times*. Since then, we have sent out informational letters to physicians throughout the state of MN who deal with women's health.

Four hundred and forty eight ob-gyn's were sent a specific mailing. As you may recall, the American College of Obstetrics & Gynecology Practice Bulletin 88 advised ob-gyn's to refer their patients who had a positive screen or test for Down syndrome to a local or national organization for additional resources. In order for the physicians to feel comfortable referring someone to our Association, I wanted to give them a snapshot of who we are, what we do and the resources we have available for expectant parents. We sent them each a Down Comforter Information Packet for Expectant Parents, a copy of the brochures, Sharing the News, Light at the End of the Tunnel and the NDSC Down syndrome brochure along with a cover letter explaining some of our programs and contact information. As a result of the mailing, we have had a few clinics who have called the office requesting copies of the packets to have on hand for their patients. And, thanks to the efforts of DSAM Board Member, Rochelle Hilson, we were able to make a presentation at her doctor's clinic—OBGYN West.

On June 20 and June 23, Nancy Schamber (DSAM member and nurse midwife) and I made presentations at the Richfield and Eden Prairie offices of Ob Gyn West. The presentations were well received and we are hopeful that we will be able to make other presentations throughout the state.

We have recently sent out a follow up letter to those same 448 physicians reminding them to review the material we sent and advising them that we are available to make presentations at their offices. Thanks to the physicians at Ob Gyn West, we had some positive comments about the presentations to mention in the follow up letter.

It should be noted that our new parent outreach program is as successful as it is because for the past fifteen years we have built relationships with the staff from the 125 hospitals who take part in this program. It is the hospitals who assure that parents receive the Down Comforter packet for new parents, enabling parents to then reach out to us to access our other programs and services. This is the model we are hoping to utilize as we strengthen our relationships with the physicians around the state and move forward with our medical initiative.

Prenatal testing is most certainly not going to go away. It is our responsibility to educate the physicians with reliable information about the lives of people with Down syndrome. Nancy Schamber mentions in her presentation that while most physicians see only the negative stages of grief that a family goes through when they learn their child will or does have Down syndrome, they often don't get to see the final stage—acceptance. Acceptance of their child for who they are and the gifts and strengths they bring to their families.

Physicians often don't have any idea of how rich and full the life of an adult with Down syndrome can be, consequently they often don't have positive information to share with their patients. It is our job to educate them and help them understand that folks with Down syndrome "are more alike than different"

New Members

Michael & Patricia Lobash
Terry & Lisa Hamar
Dave & Kim Hocker
Doug & Angie Seberg
Jim & Arlene Werner

Patron (1000+)

Siemen's Caring Hands Foundation
Knights of Columbus: Bloomington, Marian, Apple Valley
& St. Louis Park Councils

Benefactor (250+)

Linders Greenhouses, Inc

Contributor (100+)

Circle of Women of St. John the Baptist Catholic Church
Michael & Carole Casey
Kowalski's Market

In Memory of

Gladys Penkert Schoerer Schmidt
Gerald Mayer

In Honor of

Krejchik Family

Employee Giving through:

Community Shares of Minnesota
America's Charities
Ameriprise
United Health Group
ING
United Ways of New England
Greater Twin Cities United Way

**11th Annual Muddy Open
September 7th, 2008
Lost Spur Golf Course
Eagan, MN**

Join Libby and Steve Waters at their 11th Annual Muddy Open golf tournament! This year's golf outing will be held at the Lost Spur in Eagan on Sunday, September 7th, 2008 .

Please send your check for \$67.00 per golfer which includes- 18-hole green fees and cart, PLUS awards and a buffet at O'Gara's Bar and Grill following the tournament. Not a golfer? Join us for the buffet and beverages afterwards at O'Gara's. Please send \$13.00/adult and \$6.00/child.

We will be holding raffles and other contests to help raise money for the Down Syndrome Association of Minnesota. (www.dsamn.org) We do have hole sponsorships available. Contact Steve or Libby for details.

The tournament format is a scramble with 2 divisions – the open division for the competitive golfers and the recreational division for those of you out for sun and fun. To guarantee your foursome's spot, please contact Steve and Libby at (651) 405-6651 or the DSAM office (651) 603-0720 to get a registration form. Please RSVP to save your spots for golf and for the buffet to make sure we have enough food by **August 31st**!

Please join us for this great event on September 7th!



**2nd Annual Joey Hebert Classic
August 4th, 2008
Deer Run Golf Club
Victoria, MN**

It's almost time for the 2nd Annual Joey Hebert Classic – a golf tournament to benefit the Down Syndrome Association of Minnesota. The tournament will be held August 4th, 2008 at the Deer Run Golf Club in Victoria and all proceeds from the tournament go to DSAM to support our programs.

The tournament will start at noon with a box lunch, golfing on a beautiful course followed by a steak and chicken dinner and a silent auction with lots of great things to bid on! The cost per person is \$150. Don't golf but want to enjoy a great meal and benefit the Association? It is just \$50 if you want to attend the dinner and silent auction.

If you'd like to receive more information about the Golf Tournament or if you have an item you would like to donate to the silent auction or want to consider being a hole sponsor, you can contact Alvin & Colleen via email at jhc4ds@embarqmail.com, by phone at 952- 443-4183 or visit their website at www.jhc4ds.net.

Please don't hesitate to give them a call if you'd like to just learn more about the tournament, sign up to golf, sponsor a hole or provide an item for the silent auction.

Dance with DSAM!

Save the date!

**Sunday, November 2nd, 2008
2:00—5:00 pm**

Medina Entertainment Center



Health Care Management Program

Meet Nancy the Nurse

By Kathy Holiday

Nancy Hanneman brings a wealth of knowledge and experience to DSAM's pilot study to offer nurse consulting services to our members. She has been a registered nurse since 1976 and in August of 1984 began work with Health Counseling Services as a nurse consultant to Fraser Group Homes. For the past 24 years she has been working with people with disabilities.



When a family elects to enroll in DSAM's pilot study, they complete a health care questionnaire and it is mailed to Nancy. With that overview in hand, Nancy prepares for her first meeting with the individual with Down syndrome and their parents or guardians. She reviews their health issues and writes a plan of care. During the initial meeting, Nancy soothes any fears the self-advocate may have about meeting with a nurse, telling them, "There will be no sticks, pokes or shots! I'm not that kind of nurse." During the relaxed two-hour meeting, Nancy reviews the care plan with the self-advocate, answers any questions and directs the family to any needed resources or care providers. A follow-up meeting with Nancy can be scheduled, but many families opt to follow-up by phone or e-mail.

Nancy has been presenting families with a healthcare binder to assist them in creating a lifelong health record; compiling a list of medications, vitamins and over-the-counter drugs; keeping their health history handy; going to their doctors with observations and questions; and having a place to record the advice given at appointments. The binder contains a calendar and Nancy encourages self-advocates and families to record not only their medical appointments, but reminders for routine cares. (If you are interested in purchasing a healthcare binder, call the DSAM office at (651) 603-0720).

Nancy reports that many of the self-advocates take advice from her better than from a family member because she plays a different role. If "Nancy the Nurse" tells them they need to clip their toenails once a week, they listen! When asked about her experience with DSAM's pilot study thus far, Nancy commented, "It's been fun for me to have this opportunity to meet these young people and their families. Parents are doing a great job!"

There are still opportunities to take part in our pilot study. Call the DSAM office and ask for Kathleen and materials will be mailed to you. There is no cost for Nancy's nurse consulting services during the pilot study, but families are still responsible for the costs of the medical care they pursue.

Focus on Siblings

Meeting the Unique Concerns of Brothers & Sisters of People with Special Needs

By Donald Meyer

*The Sibling Support Project of the Arc of the U.S.,
Seattle, WA*

In the United States, over five million children have disabilities or special health concerns. Most have brothers and sisters. Throughout their lives, these brothers and sisters will share many—if not most—of the same concerns that parents of children with special needs experience, as well as issues that are uniquely theirs. These concerns are well known to their parents and have been documented in the research and clinical literature. Among the concerns mentioned by authors, parents, and siblings themselves include:

- a life-long and ever-changing need for information about the disability or illness (Lobato, 1990; Schorr-Ribera, 1992; Powell & Gallagher, 1993).
- feelings of isolation when siblings are excluded from information available to other family members (Bendor, 1990), ignored by service providers (Doherty 1992), or denied access to peers who share their often ambivalent feelings about their siblings (Meyer & Vadasy, 1994);
- feelings of guilt about having caused the illness or disability, or being spared having the condition (Koch-Hattem, 1986),
- feelings of resentment when the child with special needs becomes the focus of the family's attention or when the child with special needs is indulged, overprotected, or permitted to engage in behaviors unacceptable by other family members (Podeanu-Czehotsky, 1975; Bendor, 1990);
- a perceived pressure to achieve in academics, sports, or behavior (Coleman, 1990);
- increased caregiving demands, especially for older sisters (Seligman, 1979); and
- concerns about their role in their sibling's future (Fish & Fitzgerald, 1980; Powell & Gallagher, 1993).

Increasingly, opportunities experienced by these brothers and sisters are also being acknowledged (Meyer & Vadasy, 1994; Powell & Gallagher, 1993; Turnbull & Turnbull, 1993). A short list of opportunities observed by parents and brothers and sisters could include:

- the insights a sibling will have on the human condition as a result of growing up with a brother or sister with special needs: "She taught me how to love without reservation; without expectation of returned love. She

taught me that everyone has strengths and weaknesses. Martha is no exception. She taught me that human value is not measured with IQ tests." (Westra, 1992, p.4)

- the maturity many brothers or sisters develop as a result of successfully coping with a sibling's special needs: "I have a different outlook on life than many other people my age. I understand that you can't take anything for granted. And you have to be able to look at the positives...With Jennifer, there are negatives, but there's so much more that is good." (Andrea, age 19, in Binkard et al., 1987, p. 19);
- the pride brothers and sisters report in their sibling's abilities: "Jennifer has probably achieved more than I have. She's been through so much. She couldn't even talk when she started school; now she can, and she can understand others. She's really fulfilling her potential. I'm not sure the rest of us are." (Cassie, age 18, in Binkard et al., 1987, p. 17)
- the loyalty brothers and sisters display toward their siblings and families: "I'm used to being kind to my brother and sister, so I'm kind to everybody else. But, if someone starts a fight, I will fight. I won't put up with anyone teasing Wade or Jolene." (Morrow, 1992, p.4)
- and the appreciation many brothers and sisters have for their good health and own families. "Living with Melissa's handicaps makes me so much more cognizant of my own blessings. She provides a constant reminder of what life could have been like for me if I had been my parents' oldest daughter. This encourages me to take advantage of my mental capacities and to take care of my healthy body." (Watson, 1991 p. 108)

Acknowledging siblings' many unique opportunities is not to view their experience from Pollyanna's perspective—many of these benefits are hard-earned. In short, siblings' experiences closely parallel their parents' experiences.

Within the family, siblings will likely spend more time with the child with special needs than any other person, with the exception of the child's mother. And, because the sibling relationship is generally the longest-lasting relationship in the family, brothers and sisters are likely to experience these concerns for a long period of time. Sibling issues are, consequently, lifespan issues: preschool age siblings will grapple with issues not faced by their peers in the community; so will siblings who are senior citizens. Yet, many brothers and sisters grow up without resources—such as access to support programs and sources of information—that would help them in their roles, and that many parents may take for granted.

Below are suggestions for parents and service providers to minimize siblings' concerns and maximize their opportunities:

1. Provide brothers and sisters with age-appropriate information. Most brothers and sisters have a life-long, and ever-changing need for information. Parents and service providers have an obligation to proactively provide siblings with helpful information. Agencies representing specific disabilities and illnesses should be challenged to prepare materials

specifically for young readers.

2. Provide siblings with opportunities to meet other siblings of children with special needs. For most parents, the thought of "going it alone," without the benefit of knowing another parent in a similar situation is unthinkable. Yet, this happens routinely to brothers and sisters. Sibshops and similar efforts offer siblings the same common-sense support that parents value. They let brothers and sisters know that they are not alone with their unique joys and concerns.

3. Encourage good communication with typically developing children. While good communication between parent and child is important, it is especially important in families where there is child with special needs. An evening course in active listening can help improve communication among all family members. Also, books, such as *How to Talk So Kids Will Listen and Listen So Kids Will Talk* and *Siblings Without Rivalry* (both by Adele Faber and Elaine Mazlich) provide helpful tips on communicating with children.

4. Encourage parents to set aside special time to spend with the typically developing children. Children need to know from their parents' deeds and words that their parents care about them as individuals. When parents carve time out of a busy schedule to grab a bite at a local burger joint or window shop at the mall with the typically developing child, it conveys a message that parents "are there" for them as well.

5. Encourage parents and service providers to learn more about siblings' experiences. Sibling panels, books, newsletters and videos are all excellent means of learning more about sibling issues. A bibliography is available from the Sibling Support Project.

6. Encourage parents to reassure their typically developing children by planning for the future of the child with special needs. Early in life, brothers and sisters worry about what obligations they will have toward their sibling in the days to come. Parents should be encouraged to plan for the future and share these plans with their children. When brothers and sisters are "brought into the loop" and given the message that they have their parents' blessing to pursue their dreams, their future involvement with their sibling will be a choice instead of an obligation.



A Fun Summer Project!

Get prepared for school in the fall! Download "A Book About Me!" from our website (www.dsamn.org/educators) and have fun filling it out with your child!

Help your new teacher learn all about your child!



Focus on **Independent Living**

Emergency Preparedness at Home for People with Disabilities: Guidelines

Adapted with permission from "Emergency Preparedness at Home for People with Disabilities," published by the Center for Disability and Special Needs Preparedness, Washington, D.C. Retrieved June 6, 2007 from their Web site at www.disabilitypreparedness.org. They may also be reached at 202/338-7158, x 201

Protecting yourself at home when disaster strikes requires planning by both you and others who live with you for at least 72 hours. This checklist can help you get started.

Get Information

- Find out how you would be warned of an emergency. If the warning is by means not accessible to you, suggest or arrange alternatives.
- Determine aid that might be available to you in an emergency. Contact your local fire department or emergency management office to see if they maintain a register for people with disabilities so help can be provided quickly in an emergency.

Create a Plan

- Talk to your landlord, service provider, family and/or roommates to discuss what plans are in place for emergencies that might occur.
- Discuss provisions that have been made to assist you in an emergency.
- Discuss what preparations you can make to prepare yourself for different kinds of emergencies.
- Learn what you will need to know for each of these emergencies (e.g., how to evacuate or shelter-in-place, where emergency equipment is located, where a designated meeting place is, where you will be evacuated to, etc.).
- Learn what to do for each kind of emergency. For example, if you use a wheelchair, can you access the "safe area" for a tornado (usually the basement), or do you need to go to an alternate place?
- Be self-reliant. Assume responsibility for your safety even if your building has a plan that takes into account your disability.
- Learn escape routes and how to exit the building without help if necessary.
- Establish two evacuation routes in case the primary one is blocked.
- Practice evacuating the building on your own as well as in the building's drills.
- Determine alternative "safe areas" with input from the

fire marshal.

- Arrange how your family can contact you and how you can contact them if you must leave your home suddenly.
- Find a secure place to store things you may need that can be easily accessed in an emergency.
- Obtain and use health and information cards with critical information such as your ID, people to contact, and any medical issues affecting you.
- Determine any special aid you may need from emergency responders in relation to your disability.
- Acquire a cell phone with a GPS. Program in emergency numbers so they can be activated without speech. Consider acquiring a medical alert system that will allow you to call for help if you are immobilized.

Prepare a Disaster Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to carry container such as a backpack or duffel bag. Tailor this kit to your specific needs. Your emergency kit should include these items:

- Battery-powered radio, flashlights, lighter, candle, matches and extra batteries.
 - A first aid kit, medications and copies of prescriptions.
 - Water purifying tablets.
 - Change of clothing, sturdy shoes, and rain gear.
 - Personal hygiene items.
 - Special equipment you may need such as augmentative communication equipment, insulin supplies, cane, food and water for sight dog, etc.
 - Hearing aid batteries.
- The style and serial numbers of medical devices you use.
- Blanket and a sleeping bag.
 - A list of family, physicians, and a relative or friend who should be notified if you are injured, along with a back-up contact person living outside the immediate area. Important documents including contacts, ID cards, and bank account numbers, as well as cash.

Reprinted with permission from Impact: Feature Issue on Disaster Preparedness and People with Disabilities (Spring/Summer 2007) published by the Institute on Community Integration at the University of Minnesota

STORIES TO SHARE

The Hokey Pokey... That IS what it's all about!

By Craig Parker

It's tough for me to choose one story to tell about my son, Wesley. He has amazed us with so many great achievements big and small. They all seem to have some story and lesson to go with them. For example, when he started to point to letters inside the cover of one of his favorite books and make the sounds for those letters I found out that he understood so much more than I realized and I'd better try to keep up!



However, this story is about a couple of the lessons that Wes has taught me: The importance of persistence and living in the moment.

Wes has been a fan of music and dancing from his very early days. One of his favorites is the Hokey Pokey. Our physical therapist started singing the Hokey Pokey with Wes a while back so he'd learn to stand on one foot. Then we moved on to using the same beloved song to work on learning his body parts. Every now and then you may have to remind him to dance, but once you get him started he cannot be stopped. Regardless of whether he gets the right part in, he **always** has fun.

We were recently at a family wedding and what did the DJ play? The Hokey Pokey! Wes had suffered through some slow songs on the sidelines waiting for "a big song" even though it was way past his bedtime. He rushed to join the circle and my wife helped him along getting the right body part in with the song. (He has the clapping and turning part down pat!) The greatest thing about the dance was with each new body part; he inched closer to the center of the circle. By the end of the Hokey Pokey he was in the center of the circle showing everyone his dance moves, and there were smiles and cheers all around the room!

Wes doesn't have a shy bone in his body. He is the most loving person I have ever known and he's only 3 ½ years old! His ability to stop and enjoy every moment to its fullest and to work so hard to accomplish the things he has is truly an inspiration to me and I believe to others he meets.

My wife tells me there is a T-Shirt that states "What if the Hokey Pokey is what it's all about?" On that night, for me, it was.

Jonah Michael David

A brother to a select few, a blessing to many.

By Anna Plys

They say that "big blessings come in very small packages" and that "some of the best things in life are worth waiting for." Well, between the 6 lb. 7 oz. small package that was "in the belly of the whale" for three days of labor, I would say both those sayings are exactly right.

My brother Jonah Michael David Plys was born on September 2nd 1999 to a family of what would soon become seven, and had double those arms waiting to accept him with love. Down syndrome was at the bottom of the list of adjectives we used when describing our brand new baby brother. To the rest of the world, that may be a label that they would place on him, but to us he was our little brother and we weren't going to treat him as anything other than that.

As he is now eight, I look back at all the times when it seemed the world placed a bar of what he would accomplish, and I laugh at what little faith they had in him. He has thrown that bar out and surpassed even the things they thought he would never accomplish. This past fall they sent Jonah home with a reading list. It probably had a hundred words on two pages. My eyes filled with tears as he confidently went down the list and read me every single word. For the kid who they said may never be able to walk or not be able to read, boy did he prove them wrong! And I am so proud of him!

You may be wondering by this point, who is this person speaking of Jonah. Well I am his proud big sister and best friend Anna. Whether we are singing and dancing to High School Musical soundtrack in the kitchen, wrestling, playing soccer, reading stories, snuggling up to a movie, throwing rocks at the beach, or laughing, laughing, and way more laughing, Jonah blesses my life every minute I am with him.

It's in his sweetness that he blesses my heart as he prays for me, and literally wipes away the tears when he sees I'm having a bad day. It's in his humorous spirit that he yells "AWKWARD!!!!" when there is any moment of silence at the dinner table. It's in his complete and utter ability to love that he has drawn in so many people as his friends and blesses them each time he sees them.

Everyone has their own special needs: they may not be funny, able to love, able to laugh, able to forgive, to learn, to sing, to BELT High School Musical, to worship, to pray, to run, to read, to write, to dance, or cheer at curling games, or play soccer, or listen, or be creative - but my brother Jonah can do all of these things and do them exceptionally. He may be labeled by doctors as having "special needs," but who doesn't have needs special to them? Jonah may need extra help with math someday, just like you or I may need extra help forgetting the past or learning to be disciplined. But if you take a chance to look past those things, he is way more like you and I than he will ever be different. When you realize that, then you can see how he throws away limits set on him by others and succeeds in everything he does — and blesses everyone in the process.

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 6:00-8:30pm (Starting Aug)
Carrie Blom (651) 686-4453
ccblom@msn.com
Krista Specht (952) 217-5581
kristaspecht@hotmail.com
Childcare \$3/child

Bemidji

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

Buffalo

Discovery School
301 NE 2nd Ave, Buffalo
3rd Monday, 6:30-8:00pm
Sheri Jorgensen (763) 682-0756
Sheri.jorgensen@co.wright.mn.us
Penny Kauffman (763) 498-7173

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
3rd Monday, 6:30-8:00pm (2nd Mon in Dec.)
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

Call for meeting time & location
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
O 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

Wilder Complex
3328 Elliot Ave, So. Door #2
1st Monday, 5:30-7:30 p.m. (begin 10/6)
Jeneane Butrum (612) 668-5132
Jeneane.butrum@mpls.k12.mn.us

Minneapolis—Latino Parent Group

Wilder Complex
3328 Elliot Ave, So. Door #2
2nd Saturday, 12:30—3:30 p.m.
Gladis Rosales (651) 487-5365
Childcare provided

Minnnetonka

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

Call for information
Jane Mullenbach (507) 444-0323
jjmully@smig.net

River Falls, Wisconsin

Have a Heart Farm
W10356 Hwy 29, River Falls, WI
3rd Monday, 6:30 Social, 7:00 Meeting
(No Dec. Meeting)
Jenny Wazlawik (715) 426-1613
Terri Yira (715) 381-3015
terri_y@comcast.net
Susan Erickson (715) 381-9825
wsrerrickson@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
Hafr_803@msn.com

Spring Lake Park

Spring Lake Park ECCE
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

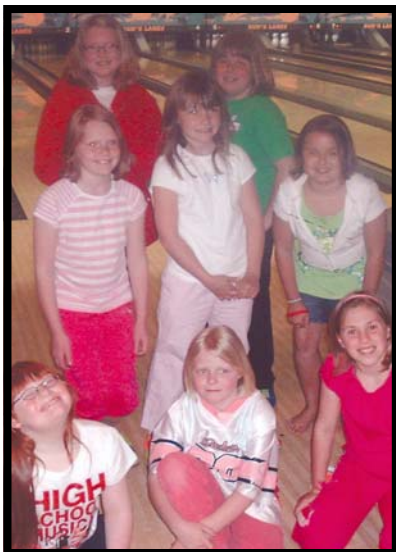
Willmar

Call for information
Jamin Johnson-Schneider
(320) 354-4888
jamin@wciservices.org

6/24/2008

Birthday Party honors 2008 Buddy Walk by Collecting Donations Instead of Presents!

Jessica Ullom and her friend Katelyn Steckbauer joined together on Sunday, May 18th, 2008, to celebrate each of their birthdays together with friends at Bud's Lanes in River Falls, WI.



Katelyn had walked with Jessica and her family last October at the 2007 Buddy Walk sponsored by the Down Syndrome Association of Minnesota at Como Park in St. Paul. When the coordinated their birthday parties, Katelyn wanted to collect donations for the 2008 Buddy Walk instead of getting gifts herself from the party goers. Jessica Joined Katelyn's idea of donations. The girls collected \$161.39.

Bowlers included: (From left to right) Jessica Ullom, Alexi Nelson, Maddie Bond, Ashley Keisler, Nicole Smith, Taylor Cobain, Lauren Kasten and Katelyn Steckbauer.

What a Label can tell you

This is just a quick reminder to look at the label on this newsletter. The date you see on there is your membership renewal date. Please take a moment to confirm that your membership is up to date. We would like to remind you that there is a limited income category that is available for use if you would find that would be useful. We want to make sure we are reaching all who want to continue to receive our services. Also, if you no longer wish to receive our mailings etc. please contact us and we will remove your contact information. We are exploring the idea of sending more of our mailings via email, so please make sure your email(s) are up-to-date. To check if your email and other information is correct, please feel free to contact Kate at kate@dsamn.org.

Families enjoy the 1st day of summer together

On the first day of summer we had breakfast with four wonderful families who took the award for "traveled the most distance to a new parent breakfast."

They arrived from Menominee, Stillwater, Zimmerman, and Sauk Rapids. Lots of miles – and lots of smiles! Michelle Neikirk hosted the fun morning with Connie Warner. A warm welcome to the Husby, Sithyvon, Mieke, and Opsahl families!



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

July

July 8 Board of Directors Meeting

August

August 4 2nd Annual Joey Hebert Classic

August 12 Executive Committee Meeting

September

September 7 11th Annual Muddy Open

September 9 Board of Directors Meeting

September 21 11th St. Paul Buddy Walk

September 28 7th Duluth Buddy Walk

October

October 14 Executive Committee Meeting

Library & Resources

Do you have library books out? Remember, the library is for all members, so return your books in a timely fashion!

Do you have a favorite book that isn't in our lending library? Feel free to share favorite titles and authors with us!

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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Down Syndrome Association
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656 Transfer Road
St. Paul, MN 55114
(651) 603-0720 or (800) 511-3696
dsamn@dsamn.org
www.dsamn.org

Special Times