



# Special Times

Volume 24 No. 3

May/June 2009

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA



Alvin, Colleen, Chloe, Joey & Harper Hebert

## Special Points of Interest

16th Annual Picnic & Harley Raffle

Sunday June 14, 2009  
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.

Hi everyone!

It's Joey Hebert writing again, first to say "thank you" for your generosity and support over the past two years. Second to tell you how excited I am that my parents, Alvin and Colleen, are hosting the **3rd Annual Joey Hebert Classic on Monday, August 3rd, 2009 at the Deer Run Golf Club.** I can't wait to see you there!!!

With your help we have been able to raise over \$85,000 in just two years. Your donations go directly to the Down Syndrome Association of Minnesota (DSAM) to benefit children like me. I can't believe how generous all of you have been.

As most of you know, the event is a great time! What could be better than a day of golf, prizes, an amazing silent auction, awesome food, and fun with family, friends, neighbors and colleagues? So ... please grab your calendars and "**save the date**" to join us for year number 3!

For more information on the Joey Hebert Classic for Down Syndrome (JHC4DS) and the Down Syndrome Association of MN, please visit our website at [www.jhc4ds.net](http://www.jhc4ds.net). We will be sending invitations in the mail too, so stay tuned.



## Two great Walks! Two great locations!

Mark your calendars now for DSAM's major fundraising events this Fall.

Walk with your friends in Saint Paul on Sunday, September 20<sup>th</sup> at Como Park or join our Duluth families for a Walk on Sunday, September 27<sup>th</sup>! Same great food, entertainment, games. New activities being added this year. Watch your mailbox for a separate mailing next month.



## Inside This Issue

Letter from the President	2
Focus on Oral Hygiene	4
Opportunities in the Community	5
Adult Health-care Management Service	5
Spring 2009 New Parent Breakfast	6
Story to Share	7
Parent Groups	8

## **Down Syndrome Association of Minnesota**

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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

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](http://www.dsamn.org)  
Email: [dsamn@dsamn.org](mailto: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*

## **Letter from the President**

*By Terri Yira*

Happy Spring! It is a busy time of year at the Down Syndrome Association. Several of our Board members, myself included, and Kathleen recently returned from an Affiliates in Action Conference in Washington DC. This conference has been held for the last three years, as an opportunity for affiliate groups from around the country to get together to listen to speakers on relevant topics/ programs and to share information and resources between our organizations.

This year, the event added a Capitol Hill component. For one beautiful day in late February, Down syndrome organizations from around the country converged on Capitol Hill to meet with our state Representatives and Senator Klobuchar. Our mission was to encourage funding for the Kennedy-Brownback bill (which provides for dissemination of accurate information to and through our health-care providers on Down syndrome to expectant and new parents in the wake of a diagnosis), as well as to request that they sign on and support the ABLE bill (which would allow individuals with disabilities to maintain more than \$2,000 in their names without detriment to their government assistance). Our group of seven broke into two teams to assure that all of our Minnesota elected officials were met with and we had an amazing time. We truly did feel welcomed and heard by those that we met with, and we have seen a good response as many of them have signed on to support the legislation!

The conference also gave us an opportunity to meet executive directors and board members from across the country – hear what programs are working for them, and share programming that is working for us. Representatives from 85 organizations, representing 34 states were there. The energy of all these individuals is amazing, and the willingness of every organization from the largest to the smallest to share all of their programming is truly a testament to the unity of our cause. There were also a number of self-advocates in attendance, and honestly that was my favorite part. The power, the determination, the talents of all of these self-advocates was so inspiring and makes me look forward to the future for my daughter with such hope and anticipation!

Thank you for your continued support of DSAM, and for all you do in your own communities to promote inclusion and acceptance. We could not successfully carry out our mission without you!

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## **PR Intern joins DSAM for the summer**

Max Maher, a public relations major at Drake University, has offered his services to DSAM for the summer. He brings experience writing press releases, creating media kits, and has even offered to bring the Executive Director her coffee...unfortunately (well, fortunately for Max) she doesn't drink coffee! While in school Max developed a video for a non-profit organization in Des Moines, Amanda the Panda, which offers support for families grieving the loss of a loved one; they offer a retreat called "Camp Amanda". Max's beautiful video is a snapshot into a wonderful organization.



As we move forward with our plans for our major events in the fall, we welcome Max's creative talents!

**New Members**

Lloyd & June Anderson  
Amanda & Eric Bertuleit  
Ramona Bjornstad  
Shelly & Robert Drinkman  
Lisa & Nicholas Faust  
Sheila Frost  
Andrew & Amanda Gislason  
Merlin & Nancy Holtz  
In the Company of Kids  
Penny Jensen  
Tracy & Anisha Knatcal  
Jeffrey & Patricia Kunkel  
Joel & Teresa Lockbaum  
Lori Lukumbusha  
Hammer Residences – Tim Nelson  
Bruce & Kim Potter  
Elizabeth & Richard Vlasak

**Welcome New Parents**

Nicole Arnold & Ashuan Lindsey  
Petra & Michael Cripe  
Whitney & Travis Hacker  
Jill Krumenn  
Kristina & Brian Lepel  
Karen & Todd Nelson  
Sunny & Tracy Pitt  
Laura Watson

**Benefactor (250+)**

Michael & Carole Casey

**Contributor (100+)**

David Colwell  
Murray County Central Schools

**In Memory of**

Char Colwell  
Lavon Olson

**In Honor of**

Sphian Cosette Wright's 2<sup>nd</sup> birthday  
Al & Faye Mantei

**Employee Giving through:**

AIG Matching Grants  
Ameriprise Financial Employee Giving  
Cheveron Humankind Employee Funds  
Community Shares of Minnesota  
The GE Foundation  
ING  
Network for Good  
Recreational Equipment, Inc  
United Way  
United Way of Olmstead County, Inc  
Securian Foundation  
UnitedHealth Group  
Wells Fargo Community Support Campaign

**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 12th 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 leadership 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](http://www.mngts.org/partnersinpolicymaking).



**Dunn Bros. Coffee Fundraiser**

We'd like to thank the participants in the Dunn Bros Community Giving RoastmastersRewards program. We received our first donation from the Dunn Bros Coffee shops you have visited over the past four months. Thank you and keep up the good work!

We'd like to remind you that we still have cards available, and any new member who registers their card will be emailed a coupon for a FREE CUP OF COFFE (or half-off any beverage). So, if you haven't done so already, you can easily register your card online at: [http://www.cardmarketingservices.com/dunnbros/signup\\_franchisees/](http://www.cardmarketingservices.com/dunnbros/signup_franchisees/)



**2009 Harley Raffle Tickets Still Available!**

A **2009 Black Heritage Softail Classic FLSTC** will be the Grand Prize at our 16th Annual Harley Raffle to benefit the Down Syndrome Association of Minnesota. Tickets are now on sale at \$300 each and only 100 will be sold. Drawing will be held June 14, 2009 at the DSAM picnic.



## ***Focus on*** **Oral Hygiene**

### **Early Preventive Dental Care**

*By Dr. Jonathan Sierk, DDS*

Early preventive dental care is very important to the health of children with Down syndrome. A child's first dental visit can cause anxiety for parents, the child and dentist alike. The purpose of this article is to explain why early dental care is important for children with Down syndrome, to describe the typical first dental visit for young children, and finally to give suggestions about what can be done to make a child's initial visit to the dentist a positive experience.

#### **The purpose of early preventive care**

Proper care for the teeth and surrounding structures can prevent dental problems from developing. Children with Down syndrome have unique medical and dental concerns that make them more susceptible to diseases of the teeth and gums. These patients tend to have reduced immune responses that can exacerbate conditions in the oral cavity. It is important to develop good habits early in life so they become part of the daily routine of self-care.

The American Academy of Pediatric Dentistry recommends that children see a dentist within six months of the eruption of their first tooth. Early visits to a dentist serve many purposes. The treating dentist will identify the risk of the patient developing dental cavities and gum disease. In addition, the dentist will instruct the patient and family in the most appropriate ways to care for the child's teeth at home. Parents will be able to address specific concerns they have about their child. The dentist and family will put together a plan to address urgent dental needs and active disease. Finally, a long-term plan for care will be implemented. Most people are instructed to visit the dentist every six months, but this may not be appropriate for everyone. Some patients with Down syndrome may benefit from a more frequent schedule of visits to prevent as many dental problems from developing as possible. For these reasons it is important that you visit a dentist that has experience treating patients with Down syndrome.

#### **The first office visit**

The dentist and staff should make the patient as comfortable as possible at a child's first visit. It is important that your dentist establish a positive rapport with all patients before beginning an examination or treatment. This can be difficult to accomplish with very young patients, but for older children it can be a very effective tool to set the tone for an appointment. Often patting a child gently on the shoulder or arm before an invasive examination of their head and mouth can warm the patient up to having a stranger in their personal space. Each child is unique, and their specific needs should be addressed during their visit.

Your child's teeth will be examined and probably cleaned at the first visit. Additional services like x-rays and fluoride treatments may be accomplished, depending on the age and cooperation level of your child. Nearly all children under age two will require a parent to help with a dental examination. Sometimes young patients will cooperate while in a parent's lap. But often at an early age the parent or caregiver will need to help the dentist with examining the child by reclining the child in their laps and holding the patient's hands.

After information has been gathered, the family and dentist will decide if any dental treatment is needed at that time. They will discuss what medical concerns may be interacting with the teeth and mouth and what needs to be done, or what further tests are needed. The dentist will anticipate what problems the patient and family may encounter in the near and long term and counsel them on ways to deal with the concerns.

Many patients with Down syndrome have a very relaxed approach to medical settings and have positive experiences at the dental office. Often these patients can be treated very easily in the traditional dental setting. Usually all that is needed is a little more time and attention to make them comfortable. The patient and dental staff will have to exercise patience with one another to make the first visit a successful one.

#### **Preparing your child**

The key to positive dental visits for children with Down syndrome and children in general is to start at a young age. Patients will get more comfortable with new experiences after more exposure to them.

Children with Down syndrome tend to get their teeth later than average and because of this some parents may feel that visiting the dentist is not a priority. Because the permanent teeth tend to come in later as well, it is very important to maintain the baby teeth as long as possible and early preventive care can help accomplish this.

Communication between the family and dental staff is extremely important. Often children with Down syndrome understand what they hear better than is realized. Because their expressive language may not be as developed as their comprehension, parents and caregivers play a critical role in explaining their child's language skills to the dental office staff.

Some parents may be apprehensive about how their child or the dentist will react to the office situation. You should choose a dentist who has experience working with children with Down syndrome and who has a warm office environment to ensure the best experience possible for your child. Because children react better to dental visits in the morning when they are fresh, it's a good idea to schedule your child's first dental visit in the morning.

Books and videos are available that can expose your child to what to expect at the dentist's office. A calm, relaxed approach by parents and caregivers also sets a positive tone for the appointment. Children can sense if parents and the dental staff are uncomfortable and that may cause some apprehension for them. Parents can calm nervous children by clearly explaining in non-threatening language what to expect at the dental visit. For example you can say, "The dentist will count and clean your teeth. After that, he will take some pictures of your teeth to make sure they are healthy."

If you pick the right office for your family, get your child comfortable at an early age and schedule morning visits, the dental office does not have to be a source of anxiety for you or your child.

### **Planning leads to positive experience**

With the right planning, preparation and office environment, children with Down syndrome can have positive initial dental visits. Early preventive dental care must take into account the unique medical and dental concerns of all patients. A comfortable dental environment makes for a happy patient and allows the dentist and caregivers to focus on the medical concerns of the patient rather than the anxiety often associated with a trip to the dentist.

*This article is the second in a series by Dr. Jonathan Sierk about oral health care for children with Down syndrome. Dr. Sierk is a pediatric dentist in Highlands Ranch, Colorado, who treats many children with Down syndrome and focuses on the unique medical concerns of these patients. He is on staff at the Children's Hospital of Denver where he is an adjunct clinical professor. He can be reached with further questions or comments at 303.865.4066 or by email at Jon@SierkPediatricDentistry.com.*

## ***Opportunities in the Community***

If you or someone you know with an intellectual disability is interested in the outdoors, Wilderness Inquiry's Gateway to Adventure Program might be just the ticket.

Wilderness Inquiry is a non-profit organization that provides outdoor adventures for people of all ages, backgrounds, and abilities. The Gateway Program is specifically designed for adults with intellectual disabilities including those with Down's Syndrome, autism and traumatic brain injuries. The goal of Gateway is to introduce individuals with intellectual disabilities to outdoor recreation activities and provide skills and opportunities for successful integration into outdoor recreation and other community experiences that include peers without disabilities.

In a welcoming environment, individuals with intellectual disabilities learn how to enjoy a wide range of outdoor activities, such as camping, canoeing, and hiking. Participants gain the social skills needed to enjoy the wilderness in an inclusive group setting with peers who do not have an intellectual disability.

Outdoor adventures provide many benefits for individuals with intellectual disabilities. Just ask Brian who participated on a 3-day canoeing and camping trip on the Namekagon River with Wilderness Inquiry. Brian described his experience this way:

*I enjoyed seeing the bald eagles and counting the blue jays in the morning. The food was GREAT and so was working with my trip mates to prepare it & clean-up. I am proud that I learned how to canoe and set up a tent. I wasn't sure I could do it, but I did!*

Gateway offers local introductory canoeing workshops (free of charge), day trips, and overnight trips. There are opportunities for individuals and groups. Scholarships and financial aid are available for those who qualify. For a complete listing of scheduled activities for 2009 please visit: [www.wildernessinquiry.org/gateway](http://www.wildernessinquiry.org/gateway).

For more information, please contact

Megan Ihlenfeld, Gateway to Adventure Coordinator

Wilderness Inquiry

808 14th Ave SE

Minneapolis, MN. 55414

Phone: (612)-676-9422

Email: [meganihlenfeld@wildernessinquiry.org](mailto:meganihlenfeld@wildernessinquiry.org)



### **Association Launches Adult Health-care Management Service**

*By David Forney*

We have reached a very important milestone on our way to assuring the best possible health care for adults with Down syndrome in our region. The Down Syndrome Association of Minnesota has launched the new adult Health-care Management Service.

Available to all member families, the new service is on the very cutting edge of contemporary health care. Families who enroll in the program will receive a comprehensive assessment of the health-care needs of their sons or daughters with Down syndrome, a thorough consultation with a broadly experience nurse consultant and a complete health-care management plan. The plan, prepared for each participant,

*(Continued on page 6)*

*(Continued from page 5)*

will address the full scope of each adult's needs, providing observations that will span from basic health-care needs such as personal hygiene and nutrition on to serious and chronic medical conditions.

Each participating family will start by completing a health-care history for their family member with Down syndrome. After the history has been reviewed by our health-care consultant, each family will meet with the consultant to discuss concerns. Importantly, adult self advocates participate fully in the consultation – indeed each is the primary focus of the discussion. Based on that interview an individualized plan is finalized, complete with referrals to medical and psychosocial professionals.

The new service is provided by Nancy Hanneman, a registered nurse who has served for many years as the health-care consultant for Fraser Homes, one of our region's largest providers of residential services for people with cognitive disabilities. Nancy brings our families an acute understanding of the health-care need of adults with Down syndrome and access to a network of other health-care professional experienced in treating their needs.

The Health-care Management Service is the result of more

than four years of research and planning by our Adult Health-care committee. It was evaluated through a year-long trial conducted in 2008 among 15 Association member families.

Follow-up surveys and focus group interviews demonstrate that participants placed high value on both the experience and the plans they received. They told us they found Nancy to be a true professional who helped them gain a solid measure of control over the health-care needs of their sons and daughters. Importantly, they also commented that Nancy helped their self advocated gain a better understanding of the role they must play in their own health care.

The service is but the first of what the committee plans as a wide ranging program of health-care services including expansion of the number of qualified health-care professionals available to our families, a growing body of up-to-date health-care information and health and well-being workshops for self advocates and their families. Indeed, most recently, the committee met with a leading area hospital in a preliminary discussion of the establishment of an adult Down syndrome clinic.

If you would like complete information on the Health-care Management Service, please contact the DSAM office.



### **Spring 2009 New Parent Breakfast**

We had so many families attend our new parent breakfast this Spring that we needed three pictures to capture everyone! Thanks to board member Kathy Nelson who hosted the event with our Executive Director, Kathleen Forney. The new parent breakfasts are a very informal, fun morning for folks to come together and swap new baby stories, pictures and just admire each other's little ones! A warm DSAM welcome to the Ward, Coudron, Gwozdiewicz, Holzengel, Hostad, Mayclin and Samarani, Crandall and Young, and Kabanuk families.

## STORIES TO SHARE

### Parent Groups

By Carmela Sterling

My son P.J. is now 7 years old and I have just agreed to join a number of families for a meeting. yes a PARENT GROUP! Something I never thought I would want to do. This was not out of need for my family or myself; we are perfectly fine being the only ones in our circle of friends with a kid with Down Syndrome! There are groups for everything these days. I actually never cared for the typical setting of this kind of gathering. Until now.



The group gathers in a meeting room at a church; it was snowing like crazy outside but something pulled me from the comfort of my house with my cute little boy in tow to make this meeting. Child care was available during the meeting and even though I was a little reluctant to leave him with someone new I broke out of my shell that night and so did he. The parents who attended were so diverse: there were comedians in the group, a few story tellers, some with years of experience, and some new comers to this adventure. Sitting on the table were sweets; a welcome treat, adding to the friendly atmosphere. The topics for the night were focused on the common thread of Down syndrome; the issues and delights that come with it. The conversations went on for hours with still so much we all wanted to talk about, my surprised self included.

At the beginning of that night I had no idea that I would have a new group of friends that were easy to connect to. We all have someone in our life that we love dearly who has Down syndrome and the best part about it all: I like these people, a lot! On that first night we networked everything from therapists, doctors, health issues, and even solutions! As it turns out this was not just a meeting to monopolize my time; this was a meeting of like minds building a community for our families. From that first meeting to the many that I have attended since, this is what I have learned: stay open, remain teachable, connect for the benefit of others and you will be surprised and pleased at how much you have to give and how much you'll get back! I have been rewarded with the opportunity to share what I have experienced with my son, how my family has adapted to his needs, how he has changed our lives, and the positive impact of this new world

Down syndrome has opened us to.

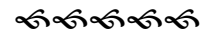
My thoughts and feelings about parent groups changed entirely based just on that very first meeting. Meeting once a month with this parent group is worth every minute; from staying in touch with what is happening in our world of Down syndrome to making life long friends, not only for me, but also for PJ. He will embrace this new circle of friendship in his life because they "get it" and that makes this parent group meeting entirely worthwhile. Carmela and Family!



### Welcome New Board Member

The Down Syndrome Association of Minnesota Board of Directors extends a warm welcome to its newest member, Nick Faust. Nick and his wife Lisa live in Duluth and are members of our Down Up North parent group. We are grateful for your gift of time and talents, Nick. Welcome aboard.

Nick fills the seat vacated by the resignation of Laura Plys in January of this year. Laura had been representing our families from the northern part of the state since 2005. She will be missed!



### 6th Annual Grandparent Conference

Sixty-three grandparents joined us on May 3rd for the 6th Annual Grandparent Conference. Grandparents came from as far away as Iowa, Grand Forks, Albert Lee and the far northeastern part of the state.

Speakers Wendy Selnes, Amy Carstensen, Tom Tanghe and Catherine McDonnell-Forney were a hit! Grandparents also had a chance to network with each other, brag and share pictures and enjoy a lunch.

A few of our grandparents have expressed interest in a grandparent support group. Granddad Jerry Cooper has agreed to help facilitate such a gathering. If you are interested in meeting periodically with other grandparents, please call or email Kathleen at the DSAM office (Kathleen@dsamn.org). We will pass your information on to Jerry who will contact you.

Thanks to all our wonderful DSAM grandparents! Our children are blessed to have all of you in their lives.

## 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 6:00-8:00pm  
Jennifer Lee (651) 463-2226  
Jennifer\_lee@charter.net  
Gretchen Martin-Miller (952) 403-6722  
gretchen.martinmiller@gmail.com  
Childcare \$3/child

### **Bemidji**

ECFE 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  
pckauffman@comcast.net

### **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  
Laura Plys (218) 728-3400  
laurasplys@aol.com

### **Eau Claire, Wisconsin**

Call for meeting times & location.  
Janet Carlson (715) 836-9243  
jcar5@msn.com

### **Faribault & Martin County Area**

United Hospital District Classroom  
515 South Moore St, Blue Earth  
Use main entrance on south side of bldg.  
4th Thursday, 6:00–8:00 pm  
Andrea Miller (507) 848-0229  
James Miller (507) 848-0224  
dssgFmc@hotmail.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  
Suzanne Ducharm (218) 327-5570  
sducharm@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  
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  
3rd Tuesday, 6:30-8:15pm  
No summer meetings  
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 #11  
1st Saturday, 12:30–3:30 p.m.  
Gladis Rosales (651) 487-5365  
Tinas.Cleaning.Services@hotmail.com  
Childcare provided

### **Minnetonka**

Cross of Glory Baptist Church  
4600 Shady Oak Rd, Minnetonka  
2nd 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  
Jenny Wazlawik (715) 262-8333  
wazlawikj@centurytel.net  
Terri Yira (715) 381-3015  
terri\_y@comcast.net  
Susan Erickson (715) 381-9825  
wsrm@baldwin-telecom.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) 208-4495  
Haftr\_803@msn.com  
JoAnna Harris  
joanna0909@mac.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**

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

02/2009

## DSAM Website Features

We have recently added a few new pages to the website.

We have added a dedicated fundraising page, where you can view all of the on-going and up-coming fundraising opportunities that are available.

We have revamped the Parent Group page. You can now find out who will be speaking at various parent groups. We have also added a map of all parent groups so you can find the closest parent group to your home.

Recently we added an Adult Issues page. You can find information about the Health-care Management program on this page, as well as health care guideline and other articles of interest.

For those not familiar with the website, we do have a bulletin board that we would like to encourage all of you to use. It's an excellent resource for networking and sharing information with other families.

If there is anyway that we can improve the website, please let us know!



## Save the Date!

**The 3rd Annual Joey Hebert Classic**  
August 3rd, 2009

**12th Annual St. Paul Walk**  
September 20th, 2009

**8th Annual Duluth Walk**  
September 27th, 2009

### Register soon!

The 37th National Down Syndrome Congress  
National Convention  
July 31–August 2, 2009  
Sacramento, CA

DSAM scholarship dollars are available, please contact  
Kathleen Forney, (651) 603-0720 or [kathleen@dsamn.org](mailto:kathleen@dsamn.org)  
for more information.

## Going Green

Help us save money and paper! Remember: You can request to receive *Special Times* by email! Just send your request to [Kate@dsamn.org](mailto:Kate@dsamn.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

<b>May</b>	
May 30	Youth & Adult Conference
<b>June</b>	
June 9	Executive Committee Meeting
June 14	Annual Picnic & Harley Raffle
<b>July</b>	
July 7	Board of Directors Meeting
<b>August</b>	
August 3	3rd Annual Joey Hebert Classic
August 11	Executive Committee Meeting

## Library & Resources

### **Thicker than Water: Essays by Adult Siblings of People with Disabilities**, Edited by Don Meyer

This absorbing collection offers other siblings the catharsis of discovery and shared experiences. **Thicker than Water** provides fascinating reading for siblings, parents, caregivers, and anyone who shares a long-term relationship with a person with special needs or wonders what that experience may be like.



There are over 200 titles in the DSAM library. DSAM members can check out two books for two weeks. If you are interested in checking out books from the library, visit our website at: [www.dsamn.org/library/books](http://www.dsamn.org/library/books).

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.

Address Service Requested

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

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