



Special Times

Volume 24 No. 1

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NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA

Congratulations Down Syndrome Association of Minnesota on your 25th Anniversary

By Kathleen Forney

If your child with Down syndrome is 26 years old or older, you may recall a time when it seemed you and your family were terribly alone. If you were at St. Paul's Como Park last September, you were surrounded by more than 5,000 happy people celebrating the lives of people with Down syndrome at the Down Syndrome Association of Minnesota's 11th Annual Buddy Walk.

This year, 2009, as we – people with Down syndrome, their families, friends and the professionals who support us, celebrate the 25th anniversary of the Association, we pause on a singular thought – we have come so very far in such a short time!

Just 25 years ago, in 1984, a small group of parents meeting at Fraser School organized the Twin Cities Down Syndrome Association. Two years later, the Association had 85 members, mostly living in the Twin Cities metro area. Now we are the Down Syndrome Association of Minnesota (a change made in 1994 to more accurately reflect the families served by the Association) and we currently serve over 1,300 members across a vast region that includes Minnesota, western Wisconsin, northern Iowa and the eastern Dakotas.

One of the cornerstone programs of the Association is our new parent packets. In 1995 we introduced a newly designed Down Comforter Packet for New Parents and worked with hospitals throughout Minnesota to help distribute our packets to parents at the moment the diagnosis of Down syndrome is received. Fourteen years later we owe a great deal of success to this initial outreach to the 125 hospital personnel who have offered to introduce new parents to our Association through our packet. And, in 1997, with more and more families having a pre-natal diagnosis of Down syndrome, the Association developed a Down Comforter Packet specifically for them.

Our list of programs and services has grown as well over the years. Our Regional Conference, first held in 1991, now brings together both local and nationally known experts on Down syndrome. We will be holding our 12th Youth & Adult Conference and 6th Annual Grandparent Conference this spring. At our Strategic Planning session in 2003 the board recognized the need to provide services to those communities who serve our children. Our teacher outreach programs now include an annual teacher conference and a newsletter published four times a year. During that planning session, we also focused on the need to provide physicians with up to date information about Down syndrome – especially in the wake of the growth of pre-natal testing.

All in all, the Association's programs and services have grown as its membership has grown. If you have been following the articles in the newsletter over the past year, you know we wrapped up the pilot program for our adult healthcare management program and will soon be offering this service to all our members.

We continue to develop programs to meet the growing needs of our membership. Your board has just completed another strategic plan which includes even more outreach opportunities.

Most importantly, however, none of us has to feel alone. We have each other – kind and caring people who reach out, welcome and support new families, through our parent groups, parent to parent program, board services, committee or fundraising activities. We are not alone on our journey; we travel in the good company of people with Down syndrome, their moms and dads, siblings, aunts, uncles, grandparents and so very many more – all people who believe in the unlimited potential of our children and in our own ability to open opportunities for them.

Please watch your mail and newsletter as we plan a fall celebration to mark the 25th Anniversary of a fantastic organization.

Mark your calendars now! 12th Annual St. Paul Buddy Walk—September 20th, 2009
8th Annual Duluth Buddy Walk—September 27th, 2009

Down Syndrome Association of Minnesota

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Email: dsamn@dsamn.org

Thinking Differently

By David Forney

A few years ago, a group of DSAM members concerned about the quality of health care available to adults with Down syndrome formed a committee.

We called it the Adult Down Syndrome Clinic committee to reflect a huge aspiration – establishment of a medical clinic with an office and staff dedicated to serving the health-care needs of our adult children.

Nice idea, but it took a lot of time and not a small amount of frustration before we realized we were asking the wrong questions. Instead of trying to figure out to create a clinic, we should have been asking how could we more effectively address the health-care needs of our adults?

Once we got to that question, solutions started to come.

We realized that the start of applying effective health care is an assessment of health care needs.

We had a model for doing that in the Adult Down Syndrome Center in Chicago. There, a social psychologist works with an MD/family practitioner with each new patient to sort out physical health from environmental and psychological issues. Based on that assessment, a plan of care is created.

Happily, our committee included a member who does exactly that as a consultant for Fraser Homes. Nancy Hanneman is a nurse with vast experience with the health-care needs of people with cognitive disabilities. And, by her own admission, she has a special place in her heart for people with Down syndrome.

We had a bit of an epiphany – why not we asked, have Nancy work with our adult families to do the very kind of health care needs assessment that is applied in Chicago and then create a health-care management plan, complete with references to health care specialists, for each individual?

Long story, but over the past year the Association conducted a pilot test of the idea. We provided the service to 14 DSAM families and then evaluated their experiences via questionnaires and two focus groups.

Simply put, we have a terrific solution. It is not an actual clinic – perhaps that will come someday – but it is a highly effective, much appreciate health care evaluation and management service that got rave reviews from virtually all who participated in the pilot.

We spotted a few flaws in our original plan, but are attending to all now. It is the goal of the committee to make a final report to the DSAM board of directors at its March meeting and we hope to launch the service to all of our adults this spring.

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

Thank you USBank!

Thank you to the employees at U.S. Bank/U.S. Bancorp Business Equipment Finance Group for their generosity!

Each Friday the employees at U.S. Bank/U.S. Bancorp Business Equipment Finance Group donate a dollar to the charity that has been selected for that week. In exchange for that dollar, the employees get to wear jeans to work. It's a win/win for the community and the employees. The Down Syndrome Association of Minnesota was chosen as one of the charities again this year and we received \$759.30. Thanks again!

New Members

Mike Fox & Cyndy Elletson
Dorothy Gwozdziwicz
John & Melanie Kasner
Nicole Montour & Family
Rose PirkI
Debbie Tucker
Jessica & Michael Weeden

Welcome New Parents

Jen Crandall & Jo Young
Steve & Kim Gwozdziwicz
Beth & Shawn Hostad
Debra Lee VanderWyst
Bill & Sara Ward

Patron (1000+)

Frankard Foundation
John Thysell
E. Thomas & Rita Welch

Benefactor (250+)

Phyllis & James Bjork
John & Colleen Doyle
Teresa Green
George & Harriet Horner
Chris & Penny Kauffman
Perfecseal
Jim & Arlene Werner
U.S. Bank/U.S. Bancorp Business Equipment Finance Group
Jason Vogt

Contributor (100+)

Elayne Aune
Jonathan & Suzann Bartlett
John & Lisa Bartsch
Linda & Butch Bialick
John & Carole Cotton
Gail Davis
Michael & Kim Dosan
Sheila & Jack Grams
Mark Geldernick
Rich & Bonnie Larson
Dale & Judith Lindstrom
Forrest Green & Tamara Loring
Christopher & Kim Korent
Kowalski's Grand Market
Write Way Communication
Donita Soucek
Deon & Judy Stuthman
Louise Tostenrud
John & Judy Vosika
Kay & Mike Weber
Lynda Whittemore

In Honor of

Maren Anderson
The Special Ed staff at Cedar Manor
Jack P Dahlgren
Emma Dalton
John Doyle, III
Justin, Meghan, Brenden & Erin Garaghty
Zachary Richard Gette
Ava Granger
Daron Green
Patricia Holm
Samuel Husby
Wedding of Cindy Larson & Wayne Orn
Anna Kamrath
Randy Kamrath
Katie Leigh Lanners
Kevin John Myers
Sally Sawyer
Emily Waters
Blake Yungner

In Memory of

Margaret & Shirley Aune
John J. Doyle
Adele Erickson
Wendy Feuerhake
Owen Geldernick
Jarrid Grams
Elijah Haywood
Marcy Hoffman
Jeremy Mark Owens
Patricia Rogers
Dr. A.W. Waters

Giving through:

Ameriprise Financial
American Express
Ecolab
Kowalski's Grand Market "Groceries for a Good Cause"
Securian Financial Group
United Way

Calling all Self Advocates and Grandparents Spring Conferences are just around the corner

12th Annual Youth and Adult Conference will be held Saturday, May 30, 2009. This one day event will fill up fast, so watch your mail in the next few weeks for a conference registration packet. Last year 59 young adults had a fun filled day and this year conference planners Lori Turbenson, Nayef Albinali, David Forney, Tom Belka have another opportunity for you to meet up with old friends and make new ones.

This year self advocates will be electing a board representative at the conference. Nayef Albinali has filled his term of office and we will be looking for another self advocate to serve along with Tom Belka on the DSAM Board of Directors. If you are running for the self advocate position on the board, there are some forms you need to fill out—contact Catherine—either by phone 651-603-0720 or email: Catherine@dsamn.org.

Our 6th Annual Grandparents Conference will be held this Spring. Based on evaluations from last year's conference, we will be bringing back speakers on behavior, speech and language development, and financial planning to name a few.

Conference materials will be mailed out by early February. If your child's grandparents are not DSAM members, just send us their contact information and we can send materials on the conference to them.

2009 Harley Raffle Underway

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 **Communication**

Becoming Conversation Partners with Children, Teens and Adults with Down Syndrome

By James D. MacDonald

Many children, teens and adults with Down syndrome have a great deal of language, a large vocabulary and considerable information, but still have serious problems communicating and having relationships with people. Many were language delayed when they were younger and were taught words more for school performance than for natural conversations. They often learned language but not how to use it in the casual conversations that children need to build relationships.

Children communicate for three very broad reasons:

1. Instrumental: to get their needs met.
2. Self-practice: to think, play and talk by themselves.
3. Social conversations: to exchange ideas back and forth with people.

Often we are very excited when our child begins to use words to ask for things and respond briefly to our questions. However, too often we are satisfied with this kind of language and assume that he will eventually talk for many more social reasons on his own. We have known far too many children with Down syndrome who can talk, but do not engage in conversations with others.

No matter how much your child knows, he needs relationships for a full life. Many children have a great deal of knowledge but live isolated lives because they do not know the key skills in having conversations. It is very unfortunate to see a child who has been taught a lot of language only to see him use that language to mainly answer questions, perform tasks and talk to himself.

Often, when a child has been language delayed, people are happy for any words. However entertaining it may be to hear a child recite the alphabet, count numbers, sing a song or repeat a monologue from a favorite movie, it is critical that this not be the major way the child talks. If it is, others will not see him as a natural conversation partner, but more of a performer.

Observe your child. How does your child use language?

1. Mainly to get his/her needs met?
2. Self-talk to think and play?
3. To engage others in interaction?

Major strategies to help children have conversations

1. Talk about anything your child is doing or is interested in, no matter how insignificant it seems to you. Any kinds of conversations are important at first. It is less important what you talk about than the fact that you both are talking back and forth for increasingly more and longer times. In daily life, we often have conversations mainly for the social connection with someone and not primarily for information or accomplishing a task. We need to allow casual conversation time for our children especially since the major task is to make them want to return for more conversations.

2. Allow actions to be part of the conversations. Conversations do not have to be continuous talking. Let actions do the talking at times. When you are playing with your child, join into the things he is doing and make words a part of the play. Occasionally, play and interact in the activity back and forth without talking. For many children, conversations are best learned as a way to supplement or help their play rather than being the major way in interacting.

3. Think of conversations as creative social play more than as conveying information. The less work we make for a child, the more he will stay in conversation. Talk with your child about anything at all allowing him to say whatever he wants. The conversation may seem unimportant or even silly to you, but the purpose is to show your child that he can have successful conversations with you without any pressure to say anything in particular. Let him know that talking back and forth is the goal, not talking in any particular way or for any purpose other than companionship.

4. Balance your conversations by taking turns. Conversations often stop when one person dominates them. Be sure that your child knows he will have time to take his turn and be equally clear with him that he needs to allow you to take your turn. For children learning to communicate, words are their most important social toys. Just as an aspiring ball player would practice throwing and catching balls many, many times, so too, children must practice exchanging words back and forth many times a day before they learn to enjoy and stay in conversations.

Try to do only as much as your child in a conversation so that he does not learn to be passive, but has sufficient practice talking. On the other hand, be sure that the child allows you to talk as much as he does. Neither person should dominate the interaction. Your child needs to practice talking and he also needs to listen and respond to your talking. Unless he does both talking and listening, he will not be accepted in society as a desirable conversation partner.

5. Keep your child on a topic. Many children get easily distracted in conversations and need to learn to stay just a little longer on a topic. This is also a very effective way to teach a child more language. Too often conversations with children are brief and fleeting. This is understandable at first, but then it is important to keep the child talking about a topic for increasingly longer turns.

6. Respond to interruptions gently but firmly. Many children learning to communicate have difficulty not saying what is on their mind even if someone else is talking. Interrupting is normal when a child is young but can be a serious problem later on. Often a simple signal like raising your hand or looking away is effective in letting the child know he will not be successful in interrupting. Occasionally you will have to simply ignore his interruption and continue talking on your turn, then signal to him when you are done. Be careful not to talk too long a time.

7. Be sure that both you and your child have the freedom to express your own ideas. Children rarely pursue conversations with partners who do not respond to their ideas. Judgments and criticism discourage children from having conversations. Convince your child that he will not fail in conversations.

8. Make conversations out of your child's instrumental contacts for help and information. Rather than just satisfying a need or answering a request, keep the child for a few turns talking about what he is immediately interested in.

9. Turn your teaching times into brief conversations. Take homework breaks with easy conversations about what he is studying. Help him talk about what he is learning.

10. Turn your normal daily activities into conversation times, for example: meal times, watching TV and videos, doing chores around the house or yard, riding in the car (turn off the radio), all care giving activities you do with the child. Make quiet affection times into easy conversations. Talk about the child's immediate activities.

The ultimate test of whether conversations are successful is if the child stays with you and returns for more.

Reprinted from Down Syndrome News, Volume 28, Number 6

Focus on Speech

Tongue Thrusting: What is it and How does it Relate to Speech Production?

By Jennifer Connelly, MS, CCC-SLP

The child with Down syndrome can struggle with speech development just like any child can. However, some speech issues can be more prevalent in our population and take longer to remediate. Difficulties in speech production can range from severe CDA (Childhood Developmental Apraxia) to something much more mild such as a stubborn "lisp" on sounds such as "s, z, sh, ch." In any case, almost every one of our kids will struggle with speech production (called articulation) to some degree.

Characteristic of our children with Down syndrome is the tendency to posture the tongue very low and forward in the mouth. This can be due to structural issues such as the forward placement of the lower jaw, mild to severe macroglos-

sia (a larger than average tongue size), and/or a deep palatal arch, and which can then be exacerbated by upper respiratory issues. Nasal congestion, ear infections, and upper respiratory issues demand that the child posture the tongue very low and forward in order to achieve a larger posterior airway space. This vicious cycle then affects not only speech production, but encourages a swallowing problem commonly referred to as "tongue thrusting."

Tongue thrusting is a condition whereby the tongue rests against or between the teeth – most commonly the anterior teeth, especially when accompanied by congestion issues. This constant forward pressure of the tongue can translate into major orthodontic bills as the pressure will negatively affect normal bite development, palatal structure, and jaw growth. When the child swallows, all sixteen muscles of this very strong and complex structure called the tongue, aggressively push against the teeth. On average, we swallow about 2,000 times a day, so it becomes easy to realize the damage this type of swallowing (in conjunction with the constant forward rest posture) can accomplish.

The following speech sounds demand that the tongue elevate and retract: "s, z, sh, ch, l, n, t,d, and r." Many times there is a strong correlation between the tongue thrusting issues and concurrent speech conditions. Certainly tongue thrusting can occur in the absence of speech issues and likewise, speech issues can occur in the absence of tongue thrusting. However, when the two issues present themselves concurrently (as often happens) it is very beneficial to point out to the child and parent the similarities of resting the tongue against the upper palate and behind the teeth and also using that directive when correcting all those "tongue tip" sounds.

Finally, the term "tongue thrusting" is commonly, but erroneously used to describe the fronting of speech sounds like "s, z, sh, ch." It should be remembered that tongue thrusting is a condition of the rest posture and the movement patterns of the tongue during the swallow. "Lisping," or fronting of the speech sounds in the movement of the tongue during the execution of those sounds. The tongue thrust will cause damage to the developing bite and oral bone structure, while the speech distortions will not.

Typically, the condition of tongue thrusting is best corrected outside of school setting with a professional specifically trained in what is called "orofacial mycology." In my practice, a parent is present during all sessions and actively involved in carrying out practice sessions at home between sessions. Practice must be consistent, and patience is critical if positive change is to be realized. Depending on the maturity of the child, tongue thrusting is best addressed and corrected when the child is age eight or above, is able to follow verbal directions, and can carry through with home practice.

About the author: *Jennifer Connelly is a licensed speech pathologist specializing in orofacial mycology (aka "tongue thrusting therapy). She is the owner and founder of Verbal Design Services, Inc. with offices in both Eagan and Bloomington.*

APPLICATION FOR *Opening Hearts...Changing Minds* DSAM CALENDAR

The search is on for people with Down syndrome to grace the pages of our *Opening Hearts...Changing Minds* 2010 calendar. We want to create a calendar that represents the diversity of our membership. Please fill out this application and send it and a photo to DSAM by March 20th, 2009. If you have submitted pictures in the past and were not chosen, please try again. We only have twelve months and selecting the twelve out of 60 or 70 submissions is a very difficult task. If you have any questions about the type of picture or the "hows" of taking a good shot, please call our office and one of our staff can assist you. **Please do not send pictures smaller than 3 X 5. Digital photos need to be 300 dpi or greater.**

INFORMATION ABOUT APPLICANT:

Name:	
Address:	
City/State/Zip:	Home Phone:
Date of Birth:	Person Submitting Photo:
Favorite Activities:	
Grade / School/ Employment	
Number of Siblings, Names and Ages:	
Tell us a Little About the Person: Please use a separate sheet for more space	

Please attach a photo of the applicant. Things to remember:

Photo can be a snapshot or professionally taken; digital pictures are harder to enlarge to the size of our calendar, picture can be taken with siblings, friends or pets, picture will not be returned to you.

I give DSAM permission to use this photograph in other publications: _____

TELL US ABOUT YOURSELF:

Parents'/Guardians' Name:	
Address (If different from child's):	
City/State/Zip:	Home Phone:
Relationship to Applicant:	Email Address:
Member of DSAM?	

Please Note: Application is not a guarantee that an individual or photo will be selected for the 2010 calendar.

Return application to: Down Syndrome Association of Minnesota
656 Transfer Road
St. Paul, MN 55114

Questions, please call: (651) 603-0720 or (800) 511-3696

Deadline for submitting your photo: March 20, 2009

Thank You for your interest in the *Opening Hearts...Changing Minds* Calendar

Welcome new board members!

DSAM welcomes two new board members, Carmela Sterling and Jenny Robinson.

Carmela Sterling has been a member of DSAM for several years and her son, P.J., is 7 years old. She also serves the Board of Partnership Resources Inc. (PRI) and has worked for other non-profits; including: Fraser, Spare Key, PRI, and St. David's. Carmela hopes to work with DSAM to provide ongoing support for families. Also, she believes DSAM needs to provide more communication to parents, and Carmela will leverage her experiences from other boards and non-profits to help with fundraising.

Jennifer Robinson has been a member since 1998 when her daughter Julia was born. Jennie is very interested in helping the ongoing health initiatives for adults with Down Syndrome; especially working with the medical community in identifying doctors and other professionals having unique talents and interests for adults with Down syndrome.

The Greening of DSAM

In late December 2008 we send a bright yellow double postcard to all our members asking them to respond with their preferences of electronic or paper copies of our Membership Directory and *Special Times* newsletter. We want thank those members who have already responded with their choices. Please be aware that if we receive no response we will send your directory electronically and a paper copy of the newsletter via the postal system. The directory will no longer be in the booklet form. It will be on standard 8 1/2 x 11" paper that can be produced in our office as needed.

All members with email addresses on file will automatically receive the directory in a PDF format when it is ready and notifications when the newsletter is available on our website www.dsamn.org.

To make your preferences, known please contact Kate at kate@dsamn.org, by phone at (651) 603-0720 or (800) 511-3696, or by returning your postcard.

We would like to thank all of you who can help us be more environmentally friendly and fiscally responsible.

Parent Connection

A DSAM member is looking for a child seat called Hippo made by Britex. If you have one and are no longer using it or know of someone who has one they are no longer using, please call the DSAM office.

STORIES TO SHARE

Maximizing your child's potential and independence

By Jessica Hancock

There are moments in our lives that we have been exceptional, what we may call at our greatest potential. How wonderful is it when someone believes in us, and can see us as endless possibility. It helps us to strive for the best and helps build our self-esteem. Raising your child and treating your sibling as everyone else will pay off in adulthood.

As children with Down syndrome grow up, there are challenges that they will face that are different from others. Once they arrive in the school system, they will be put in "different" classes, and as they get older the children see their differences. Kids can be so cruel to anyone that is "different", calling names, teasing, mimicking. It is hard seeing anyone you love get picked on, especially your own child.

Being a sibling of someone with Down syndrome you have different challenges as well. Explaining what Down syndrome is, and why it takes longer for him to learn was common. Or why he loves to dress up, wear a suit to school. I experienced being my brother's advocate in school, as we were only a year apart. My parents taught me all about what Down syndrome is at a young age and how to treat others. This prepared me to advocate for my brother in the school system.

Treating your child with Down syndrome as "normal" as possible will be worth every effort you put into it.

Appearance is important. Dress your child as other kids their age dress.

Advocate for them to be in regular classes of their interest (biology, botany, sign language) in school

Be aware of the children that are kind to your child, and help foster that friendship. Meet their parents.

Include your other children in advocating for their sibling. They may be your greatest ally!

Create punishments that are appropriate for each child. It may be different for each.

Include your child in family meetings, chores, and other family responsibilities

Give choices. Let it be known that their opinion matters.

Encourage volunteerism. Doing good for others teaches us that life is not all about us. It also teaches compassion, and benefits everyone.

(Continued on page 9)

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
Carrie Blom (651) 686-4453
ccblom@msn.com
Krista Specht (952) 217-5581
kristaspecht@hotmail.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

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

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
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
3rd 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 #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
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) 208-4495
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

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

11/2008

(Continued from page 7)

Provide opportunity for your child to learn to express themselves through many different avenues (i.e. talking, writing, drawing, dancing, and acting)

People with Down syndrome have become more "normalized" in society than 30 years ago, but we still have a long way to go. There unfortunately are people in this world that won't believe in our loved one that will see their deficits. It is our responsibility as parents, siblings, and loved one's to lead by example. It is our job every day to believe in our loved one, to push your child to do more for themselves, to hold expectations for them that you know they can achieve, to share their greatness with others, and to do our best at picking them up when they need it.

Fundraiser Reminder!

Dunn Bros. cards are now in! Dunn Bros has provided DSAM with 500 free Community Giving Cards. With every purchase you make at Dunn Bros, using your card, 10% of your coffee bean and beverage purchases go back to DSAM. Call the office and we will have one sent out to you.

Join the Club!

Ages: High School Age Girls

This six session program is for high school girls with Down syndrome. Join us for the opportunity to engage in social and leisure activities within a small group setting. We will focus on developing friendships and social skills within a supportive environment. Special guests from the community will assist us as we explore a variety of activities together. Please come to the first class with two items (for example, a photo and a favorite thing) that will help you tell something about yourself. This program is led by a speech-language pathologist assisted by trained volunteers.

Cost is \$120.00

Golden Valley: 763-520-0431

Class limit 8 students

Days/Times: Wednesdays 4:00 – 5:00 pm

June 24 – July 29, 2009

**Fundraising Opportunity!
RocketLife**

DSAM member Steve Lebens' is a partner in a firm called RocketLife, which is an easy-to-use photo product creation software; it designs and builds everything from photo books to mugs, posters, calendars and more. All of these products can be created from a link on the DSAM website—people use their own digital pictures to create the products they desire. DSAM would receive a portion of the proceeds from each item ordered through RocketLife. Visit the DSAM website for a link to the RocketLife product.

We just had a wonderful experience building our memory books and mouse pads and are thrilled that the Down Syndrome of Minnesota received a portion of the sales.

~Steve, Shakopee, MN

**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

February

February 11 Executive Committee Meeting

Marcy

March 10 Board of Directors Meeting

May

May 2 Grandparent Conference

May 12 Executive Committee Meeting

May 30 Youth & Adult Conference

June

June 14 Annual Picnic & Harley Raffle

Fish Fry

Due to many scheduling conflicts, the DSAM 2009 Fish Fry will NOT be happening this year. The Osseo American Legion has changed their policy regarding reservations and it seems we missed our opportunity to get onto their schedule for this year. We have looked at other venues, but cannot find the right combination of timing, facilities and affordability that the Osseo location has offered. We are planning other great events so stay tuned!

Library & Resources

Babies with Down Syndrome, Edited by Susan Skallerup, Third Edition.

Completely revised and updated in a new, third edition, this is the trusted guide for new parents who have welcomed a baby with Down syndrome into their lives.

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 for more information.

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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