



Special Times

Volume 25 No. 4

August 2010

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA



One Great Day, Two Great Walks September 26th, 2010 Duluth & St. Paul, MN

We hope that you have marked your calendars and are getting ready to raise awareness for Down syndrome in St. Paul and Duluth on September 26th for the Step Up for Down Syndrome Walk. You should have received your Step Up for Down Syndrome Walk mailer. If not, please visit our website, www.dsamn.org today to download a Step Up for Down Syndrome packet.

The 13th Annual Walk in St. Paul will be held at the Midway Pavilion at Como Park and the 9th Annual Walk in Duluth will be held at the DECC, both on September 26th. Thousands are expected at each event to help raise awareness about individuals with Down syndrome and to promote their achievements.

Combined, over 6,500 people participated in these two walks in 2009 and over \$200,000 was raised for DSAM's programs and services just last year. Our fall walks have proven to be the single most important source of revenue for DSAM, and this year we hope to make the events more exciting and fun-filled than ever.

The funds you raise cover approximately half of DSAM's operating budget. Thanks to the support of our walkers, year after year, we are able to provide Down Comforter Information Packets for new and expectant parents, grandparent packets, parent support events, *Special Times*, *Voices and Choices* newsletters, and the Youth & Adult conference, just to name a few. Nearly

everything we do is possible due to the success of these events.

One change this year is DSAM's switch to GreaterGiving online fundraising. Please visit dsamn.ejoinme.org/StepUp2010 to create your own fundraising page. It is easy and fast. You can personalize your page with your story, images and video. Widgets are also available for your facebook page or blog.

We look forward to seeing you all on September 26th!

Fall Conferences

We have two great conferences planned for this coming fall. We hope that you will be able to join us!

Adult Matters Conference September 11th, 2010 Radisson Roseville



This full day conference is directed towards parents, teachers, medical providers, group home staff, employment supports of young adults and adults with Down syndrome sixteen and up. Speakers and topics lined up are: National Speakers: Joan Medlen on nutrition, Dennis Maguire and Brian Chicoine on mental health and wellness, Department of Human Services to speak about waivers and services, parent panel discussing

housing options,

Educators Conference Minneapolis – October 12th Marriot West, Minneapolis, MN Brainerd – October 13th Craguns, Brainerd, MN

More information on the educators conference can be found on page 9.

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Special Points of Interest

Adult Matters Conference

September 11th, 2010
Roseville, MN

Step Up for Down Syndrome Walks
September 26th, 2010
Duluth & St. Paul, MN

Annual Educators Conference

October 13th - Minneapolis
October 14th - Brainerd

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of Minnesota**

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

Focus on Volunteers:

ARE YOU READY TO STEP UP FOR DOWN SYNDROME?



On September 26, people will gather at Como Park for our Annual Step Up for Down Syndrome Walk. There have two very familiar faces at the Walk in Como Park for many years now: Doug Lesser and John Ginther.

In 1999 (the second year of the walk) Doug Lesser joined the committee. His main responsibility? Handing out shirts at the walk. He survived that experience and the following year, he

stepped up and co-chaired the walk and the following year, 2001 until this year when he officially “retired”, Doug chaired the walk committee.

John Ginther joined the walk committee in 2004 and in 2010 stepped up as Committee Chair.

The committee is relatively small for one that accomplishes as much as this one does...eight people and our Executive Director handle all the details pertaining to this spectacular family celebration! The committee chair is definitely a “working position”. Both Doug and John have worked with Kathleen for endless hours every year assuring that all the details are buttoned down. We thank them for their years of service – we are grateful for the many volunteer hours you have both put in over the years.

As we continue our acknowledgment of our volunteers this issue, I’d like to introduce you to Brenda Donahe. Brenda lives in Owatonna, MN and has an eleven year old daughter, Abby, who has Down syndrome. Brenda has been the chair of the DSAM calendar committee since 2003. Our early attempts at producing a calendar left a lot of room for improvement. Over the years, Brenda has researched and determined the best software to use for calendar production; helped select all the photos used in the calendar; handled all the contacts with families whose photos have been chosen; checked dates; entered bios; located a printer who had experience with calendar production ... was pretty much the Brenda show with support from our Executive Director, Kathleen Forney. Our calendar is above all else a public awareness tool. Certainly we sell them each year but they are also donated to all our hospital contacts who make our new parent outreach/hospital program the success it is. A DSAM heartfelt thanks for your years of hard work Brenda!



Welcome New Parents

Shane & Shannon Davis
Michelle & Joel Pritchard
Daryn & Shannon Sylvester
Laura & Thomas Ampe
Debbie & Bill Hancock
Sally & Brian Ensminger

New Members

Katherine & Nicolas Diaz
Dennis & Sheila Ingolfsland
Lee & Karen Shervheim
Warren & Elizabeth Lane
Eureka Jordan & Hattie V Rivers
Michael Stevens & Amy Grabow
Lizbeth Finestack
Tom & Chris Burke

Patron (1000+)

Knights of Columbus – Apple Valley and Bloomington Marian
Councils

Benefactor (250+)

Frank & Regina Maguire
Phyllis & James Bjork
Tanya & Michael Husby's "Free Will Sale"

Contributor (100+)

Kowalski's Grand Market
Maple Grove Women of Today
Linder's Greenhouses
Murray County IEIC Help Me Grow group
Jenny Alders

In Memory of

Henry Bruce
Karan Speck
Joe W. Gehlen
Yvonne R. Burbage
Mavis Wright
Anne Elizabeth Sippel

In Honor of

Fr. Paul Kubista's Ordination
Annabelle Hilson's birthday

Employee/Community Giving and Matching

Allina Heath System
Travelers Foundation
Network for Good
Causes on Facebook
Ecolab Foundation - Community Leadership program
Securian Foundation
Wells Fargo
Ameriprise Financial
Thompson Reuters



Fourth Annual Joey Hebert Classic

By Craig Parker

On August 2nd over 150 people gathered at Deer Run Golf Course in Victoria, MN for the 4th Annual Joey Hebert Golf Classic. It was a wonderful day filled with golf, food, silent and live auctions, all to benefit the Down Syndrome Association of Minnesota.

Between my role on the board of DSAM and as a neighbor of the hosts, Colleen and Alvin Hebert, I know that the golf outing is the culmination of many months of planning and hard work.

For me, one of the great things about this event is watching it all come together. The Hebert's are blessed with great family, neighbors, co-workers and others who each play an important role in making the event come together. They are organizing a block party for contributions to the silent auction, creating center pieces, organizing the silent auction items, greeting us at check-in, making sure no one goes thirsty on the golf course, and doing many other things behind the scenes to make the day go smoothly. Everywhere I turned on the golf course, I ran into neighbors, friends, sponsors, and Colleen and Alvin's family members.

Maybe in this sense, the Golf Classic isn't just a day of golf. It's a community coming together. A day out for co-workers. A family gathering. Some are there for the golf (or the appearance of playing golf). Some to enjoy dinner and drinks and do some bidding on the numerous auction items. All are there to show their support for the Hebert family and for all individuals with Down syndrome.

The Joey Hebert Golf Classic has raised over two hundred thousand dollars over the past four years. But just as important, this event has become another opportunity for us to gather and celebrate the lives of those with Down syndrome. For this reason, I can't say enough thanks to Alvin, Colleen, their family, friends, and neighbors that all come together to make the Joey Hebert Golf Classic an amazing success.

Helping Children Cope with Everyday Activities

By Kaari Cox, MS, BCBA

Getting a haircut. Brushing teeth. Walking into a busy store. Wearing new clothes. Eating a variety of foods. These and other everyday activities can pose a challenge to some children with Down Syndrome or other developmental difficulties. Children may resist, very strenuously, any attempt to get them to participate in these activities, and eventually, some children's resistance becomes so intense and persistent that parents or teachers give up on having the child participate in that activity. Often, too, parents, teachers and other caregivers are reluctant to push the child to participate, because they suspect that sensory sensitivity (to noise, tactile input, texture, etc.) is at the root of the child's refusal, and they are not sure whether or not the child can actually tolerate the activity.

So, how do children develop these resistant behaviors? A phenomenon that Behavior Analysts refer to as "shaping" probably is instrumental in the process. Shaping means that a behavior is gradually changed by being reinforced, and in this case it works like this: The child has a sensory sensitivity to a particular activity. When someone tries to get her to participate in that activity, she resists a bit. The adult tries a little harder, the child resists more strenuously, and the adult gives up. Next time, the adult decides "this time I'll stick with it." He tries harder, child resists harder, adult thinks maybe this activity really is too hard or uncomfortable for the child and gives up. Over time, the child may become extremely resistant to anything that remotely resembles the original activity, but only a very small part of the resistance is actually caused by the sensory sensitivity. The rest of the resistance is learned (shaped) behavior, and we need to peel away these layers of learned behavior before we can determine the true level of sensory sensitivity. Once we determine the child's true sensory sensitivity, we can then address the sensory issue.

Fortunately, just as shaping works to cause a child's behavior to escalate, we can also use shaping to change the child's behavior in a positive direction. We do this by systematically requiring the child to tolerate a tiny bit of the activity, then a little more, then a little more, and so on, and rewarding the child's increasing tolerance. The keys to making this shaping process work are: focus on changing the child's behavior rather than on completing the activity; start with asking for a level of participation that is relatively easy for the child, and increase the level of participation very slowly; follow through and insist that the child complete the level of participation you have asked for; and reward the child for every small step.

The first step to implementing this shaping procedure is to pre-teach a routine and a structure that you will use when working on a behavior. Before you begin trying to change your child's behavior you will need to familiarize her with a simple system that shows her "how much work" she will need to do. I often use a small pegboard with 2-6 holes for pegs, depending on the child's age and the difficulty of the activity we will

be attempting. You could also place 2-6 blocks on the table, with a bucket to drop them into, or use a "token board" with 2-6 spaces to Velcro tokens or stickers. You will need to teach your child that she will work at a particular task until all the pegs are in the pegboard, blocks are in the bucket, etc. To do this, give her a simple task (anything from stacking blocks to imitating words to reading flashcards) and, when the child stacks a block, answers a question, etc., put a peg in the pegboard. When all the pegs are in, tell her she is done working, and give her a reinforcer. Repeat until the child clearly understands that the pegs tell her when she is done, and that a full pegboard signals getting something that she likes.

Now, pick a task that your child has difficulty with. It may be easier to start with a simple task that occurs in your home (toothbrushing, tasting new foods, etc.) rather than a "bigger" task such as going to the store. Think about what part of the task your child would do without too much protest. Walk into the bathroom? Touch the toothbrush? Touch a new food? Allow a new food on her plate? If you're not sure, guess low rather than high! This is the first task your child will need to do that will earn her a peg. But before you start, there is one more critical step!

Before you begin, pause for a moment, take a deep breath, and think positively about how the lesson will go. Visualize yourself remaining calm and cheerful but firm, and your child responding positively. Just as athletes need to put themselves in the proper frame of mind for a big competition, so you need to mentally prepare yourself for working with your child on a difficult task. If your child has been displaying resistance to this activity for months or even years, both parent and child probably approach any attempt at participating in said activity with understandable tension! So, remind yourself that completing the activity is not the goal of today's session—you're not focusing on getting the hair cut or the teeth brushed. Changing the child's behavior, however small of a change, is the goal. Relax, and tell yourself that you and your child can do this!

The steps for using shaping to teach your child to tolerate a disliked activity, then, are:

- Pick your activity and your starting point.
- Have the peg system at hand, as well as something your child really enjoys (edible, DVD, small toy, etc.). This will be the reinforcer (reward) that your child will get when all the pegs are in.
- Tell your child, in short, simple phrases, what she will do. "First touch toothbrush, then peg." Keep your voice confident and cheerful.
- Physically prompt your child to do what you have told her. If you have made the task easy enough, you might only have to demonstrate the behavior, or help her hand-over-hand. If she's extremely resistant, though, you need to follow through and physically help her complete the task. It is critical that your child complete the task as asked, even if you need to physically help her, otherwise you continue

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Voices & Choices

A NEWSLETTER FOR AND BY SELF ADVOCATES

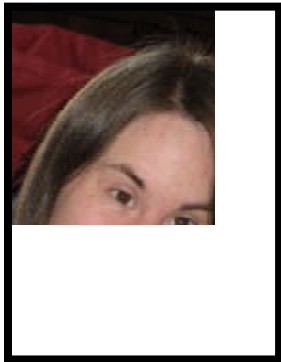
On Being Bitten By A Horse

By Jake Sawyer

When I was young I got bitten by a horse. My mom saw it. She grabbed my finger really hard so it will stop bleeding, went to the doctor. I had a cast on it. Went to the hospital because there was a bone sticking out of my finger, they have to shorten it, they put me to sleep. They put my cast back on. It happened a long time ago. My finger doesn't hurt at all. We were visiting our friends on French Lake road. I'm going to remember it very well. The horse who bite my finger his name was pointer and the finger he bit my pointer finger so he is in big trouble.

Winter Memory

By Lori Turbenson



I remember living in Andover, we used live on Gladiola street. Me, my sister, Amy and brother Erik made things out of snow in winter time. Me and Amy, had made snow angels. We had snowmen; made of 3 snowballs according to size, sticks for hands and of course a face. Me and Erik made snow mummies, he used a sled, I was his assistant to put the snow in the sled and he would form it into a mummy, he pushed the sled somewhere in the yard and dumped it out to make it into a mummy, he

wanted to make that mummy out of snow. That's how to make a snow mummy. It involved a shovel and the sled.

Ameriprise

By Tom Belka



I work at my job and I like my job so much. In my job we got a workout gym, Lunch Room, break Room, Quiet Room, bath Room. I am in doc ops it is very nice big Room and I got my own desk. My work is downtown. I am in the website with my co-workers that's in the big Room with doc ops. So this year it will be nine years. I got security guards. I got gift store. We got Meeting Rooms.

About My Friend Kyle

Jule Moenche

Once upon a time there is a young charming gentleman name Jule. He met this new man named Kyle Roth. He is a student at Augustana college. He is a senior this year. He is graduation in May this year. Next year he is teaching sign language for the people who are deaf. Kyle is new director for the Friends Link program where we get together as a group of friends and we do a lot of activities as friends we do go to dances and go to sports and karaoke and also the grill out for supper. I know Kyle a lot better. We have a lot in common. We had

a lot of thing to do together. We both love to do sign language together and we love to watch Harry Potter and Princess Bride. Kyle and I have the same age. We are 23 years old right now. Kyle is married to his wife Melissa. Melissa is 22 years old. Melissa grew in Mitchell, South Dakota. Kyle grew in Eithan South Dakota. I have this place where my dad owned called The Prairie House. We go there on weekends. So this is the real thing that me and Kyle have in common. Kyle's town is right close to me at The Prairie House. This is Eithan that I am talking about. Ethan is close to my Prairie House. That is how we got in common. Kyle introduced me to his wife Melissa. She is also a new director for Friends Link program. Me and Kyle really loves pop. My hope is that Kyle gets a half root beer and I get a half sprite and we mix it half and half. I play guitar and he plays the saxophone. My dream is being in the band. Kyle is a kind of brother to me. He is a very looking dudeman. That is how I know Kyle more better. He is one of my favorites. That is my brother Kyle thanks again. That is all I want to say about my brother Kyle.

Activities I like
By Eric Wheeler

Dare David Bauman
 I like Best friend
 I miss you. I am going to national games
 Have play in July 15
 Going to Linx Neb

Bocce Ball How to Play:



watch MVF and I watch Friday night smack Down

Sunday night I watch WWE RAW online.

Call for Volunteers

Are you a self advocate interested in volunteering at the Step Up for Down Syndrome walk? The Self Advocate Service Club is looking for volunteers to help with set up and help during the day at the food and sock drive, as well as at the Spotlight on Success tent at the Step Up for Down Syndrome Walk.

If you are interested in participating, please contact Catherine at the DSAM office, by phone (651) 603-0720 or by email catherine@dsamn.org

Call for Articles

Are you a self advocate and would you like to publish an article in the *Special Times* newsletter? Do you have a special accomplishment or story you would like to share? Did you read a great book that you would like to review? Please contact Catherine, catherine@dsamn.org, if you would like to have an article published in the newsletter!

Social Opportunity through Friendship Ventures

Friendship Club Events take place once a month, usually the 3rd weekend of each month at Camp Friendship and Eden Wood Center. They are usually help on a Sunday from 2-4. The events are low cost local activities.

Events are available to self advocates 16 and up. On September 19th participants will gather at Camp Friendship or Eden Wood to bake together.

Please visit the Friendship Ventures website, www.friendshipventures.org or call (952) 852-0101 for more information on the Friendship Club.

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to shape the behavior in the wrong direction. This is why it is so critical to start with an easy task!

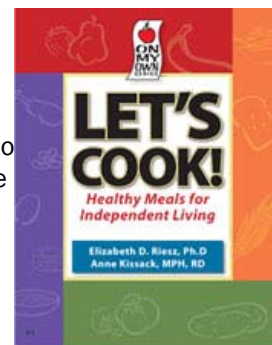
- As soon as she completes the task, say “great! Here’s a peg” and put a peg in.
- If you had to physically prompt your child to complete the task, repeat this task for the next peg, or even try to make the task a bit easier. Do not make the task more difficult until your child completes the easier step willingly, with no physical help!
- Continue until all the pegs are in, then celebrate and give your child the reinforcer! This is a good place to stop for this session.
- In subsequent sessions, you will gradually increase the difficulty of each step (put the toothbrush in mouth, brush teeth to the count of 3, etc.). You can also increase the length of time or the number of repetitions needed to earn each peg (allow hair to be cut while someone counts to 3 for each peg; take 3 bites of food for each peg, etc.) Eventually, you may be able to stop using the pegs entirely. The frequency of sessions, and the rate at which you increase the difficulty of the tasks, will vary depending on the child.
- Be sensitive to signs that your child is approaching her sensory sensitivity. For example, if a child is generally compliant with haircutting but flinches, pulls away, etc. when her hair is sprayed with water, then the wetting of the hair may be a sensory issue. Once you determine these sensory issues, you can avoid them (cut the hair dry), work around them (wet the hair with your hands, not a spray bottle), or consult an Occupational Therapist on techniques for reducing the sensory sensitivity.

The above steps are merely a general outline for approaching children’s difficulties with everyday activities. There are certainly issues which may arise that call for modifications of the procedure. For example, for children who are too large or too aggressive to be physically prompted safely and effectively, the procedure may not be effective. Very young children or those with less-developed cognitive skills may need to be reinforced after every task, as well as when all the pegs are in. It is not only OK to modify behavioral interventions to meet individual needs, it is critical to do so – the best behavioral interventions are the ones that start with sound behavioral principles and a good understanding of the child’s behavior, and then change and develop as necessary to meet the child’s needs. By using such interventions, we can help children develop functional, appropriate behaviors—and help increase children’s ability to participate in and even enjoy formerly difficult activities.

Book Review

Let’s Cook! Healthy Meals for Independent Living

Let’s Cook! Health Meals for Independent Living is a result of many voices – individuals who have an intellectual or developmental disability and who love to cook. This book is for those who wish to gain independence and realize a sense of accomplishment in preparing their own meals.



Designed by and for adults with special needs, Let’s Cook! promotes and reinforces life skills for teens and adults with special needs for ages 13 and up. A step-by-step cookbook, Let’s Cook! supports people with developmental disabilities, helping them gain confidence in the kitchen and acquire skills for food preparation and meal planning. Included in Let’s Cook!: kitchen safety; healthy meal planning; more than 50 health recipes; developing nutrition competencies and skills and affirming self-reliance.

Visit Appletree Press, Inc, www1.appletree-press.com, for more information about Let’s Cook!

The DSAM library has two copies of Let’s Cook! available for checked out. Copies will be available for purchase at our Adult Matters Conference or by calling the office for \$5 off of list price.

Call for Book Reviewers

Have you read a great book that you think other members of DSAM would enjoy and fund useful? Write a book review for the newsletter!

Email Catherine at catherine@dsamn.org if you are interested!

Member Classifieds

We have a case each of Adult Size Large (men and women) Protective Underwear; also a case of Topliner Booster Pads (12 per package), plus a couple of extra packages. Free of charge, you will need to pick them up at the DSAM office, we will not ship.

Please call the DSAM office, (651) 603-0720 if you are interested.

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) 682-7468
Sheri.jorgensen@co.wright.mn.us
Penny Kauffman (763) 498-7173, (763) 222-9125
pckauffman@comcast.net

Chisago City

Call for meeting time & location.
Lorraine Skordahl
us4skordahls@fronier.net

Duluth

St. Paul Episcopal Church
1710 E Superior St, Duluth
3rd Monday, 6:30-8:00pm

Eau Claire, Wisconsin

Janet Carlson (715) 836-9243
cjcar5@msn.com

Elk River

Handke Family Center Rm. 112
1170 Main St. NW, Elk River
1st Wed, 7:00-9:00pm
Julie Mielke (763) 856-1078
mielkman@hotmail.com
Heather Coudron (763) 274-1710
woodland132@yahoo.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, call for time
Childcare provided
Suzanne Ducharme (218) 327-5570
sducharme@isd318.org

Hastings

McAuliffe Elementary
1601 W 12th St, Hastings
4th Mondays, 6:30-8:30
Informal meetings in summer, please call
Jennifer Strode: (763) 291-5308
jstrodehk@hotmail.com

LaCrosse, WI & SE Minnesota Area

Children of the Heart Group
Call for meeting times & location
Rachael Pierce (608) 786-4277
www.dscoth.org

Lino Lakes

Galilee Baptist Church
0 North Road, Circle Pines
3rd Monday 7:00-9:00pm
Does not meet during the summer
Susan McMullan (651) 407-6550
SusanMMcMullan@aol.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.
George & Janet Linkert (612) 245-1030
georgemattthew@linkert.name

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 p.m. Social, 7:00 Meet
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

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

Stillwater

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

Virginia

Our Savior's Lutheran Church
1111 8th St. S
3rd Tuesday, 6:00-8:0p.m.
Jody Koschak (218) 741-8493
jodyhaavisto@msn.com

Willmar

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

6/2010

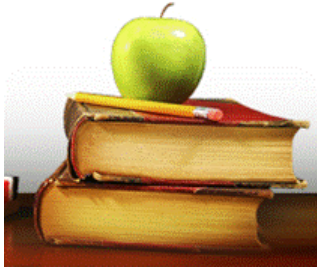
**More Than Shared Classrooms:
Strategies for Educating Students with Disabilities**

Presented by: Michael Remus

October 13th - Minneapolis

October 14th - Brainerd

Michael Remus is a national consultant and author of several books on inclusion. Michael has served in various roles such as, a general education teacher, special education teacher, school principal, college instructor, school district special education director, Kansas State special education director and is also the parent of four children, two of whom have disabilities.



Most of Michael's professional career has been spent in the field of education and in training parents and educators how special education works.

Currently the Director of Special Education for Deer Valley Schools, AZ, he continues to consult with school districts, provide individual assistance and training to parents and educators on special education issues and serves as a consultant to other districts. He is co-author of five books for parents on how special education works and of two training curriculums based on these books.

Some of the topics covered in this workshop:

- Best practices on teaming and communication
- Least restrictive environment service options
- Creating meaningful and measurable IEP's
- Effective accommodations and curriculum adaptations
- Positive behavior support plans and interventions

Who Should Attend This Workshop?

- Education professionals:
- Regular, Special Ed Teachers & Paraprofessionals
- Any school service provider who interacts with students with intellectual disabilities
- Parents

Interested in Serving on the DSAM Board?

We're looking for a few good people. The Board of Directors of DSAM will have six open seats in the upcoming election. Please give some thought to running for one of the vacancies. Terms are three years in length.

What will be expected of you? First, you need to be a member in good standing of DSAM. Second, you will be expected to attend the six regularly scheduled Board meetings each year. Third, Board members should plan to attend DSAM events: Pancake Breakfast, Step up for DS Walk, Holiday Party, Summer Picnic. Finally, because the DSAM Board is a working Board, members are asked to volunteer to work on a committee or at one of the events.

Ideally the Board reflects the membership of our organization. So if you are a parent, grandparent, sibling, teacher, care provider, professional or self-advocate -- you have something to contribute to our Board!

If you would like to apply for a Board vacancy, or if you would like to ask a few questions, contact Kathleen Forney at the DSAM office at 651-603-0720 or 1-800-511-3696 or by e-mail: kathleen@dsamn.org. Applications are due back to the office no later than October 11, 2010.

**Down Syndrome Association of Minnesota
Membership Application**

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Name of person with DS: _____ Date of birth: _____

Relationship to person with DS: _____

Do not include me in the Member Directory

Please send me newsletter only

Type of Membership:

New Renewal Gift for: _____

Patron \$1000+ Regular (ind. or family) \$20

Benefactor \$250+ Alternative (\$0-19) \$ _____

Contributor \$100+ Additional donation \$ _____

Mail a check with registration to: DSAM, 656 Transfer Road, St. Paul, MN 55114 or

Charge \$_____ to my credit card:

Name on card: _____

CC Number: _____

Exp. Date: ____ / ____

Calendar

September

September 11 Adult Matters Conference
September 14 Board of Directors Meeting
September 26 St. Paul & Duluth Step Up for Down Syndrome Walks

October

October 12 Executive Committee Meeting
October 13 Educator Conference - Minneapolis
October 14 Educator Conference - Brainerd

November

November 7 Annual Pancake Breakfast
November 9 Board of Directors Meeting

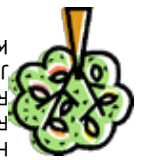
Library

Let's Cook! Health Meals for Independent Living by Elizabeth Riesz and Anne Kissack. This book will also be available for purchase, \$5 off list price, at our Adult Matters Conference on September 11th.

There are still several Woodbine House titles available for 20% off list price. Please visit www.dsamn.org/merchandise for a list of available titles and prices.

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. 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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