



Special Times

Volume 23 No. 1

January/February 2008

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA

It's Conference Time Again!

2008 Regional Conference

Building For the Future

The Down Syndrome Association will host its 8th Regional Conference on Saturday, April 5. The conference will be held on the St. Paul campus of the University of Minnesota. This year's conference promises to surpass the last seven! Nationally recognized experts confirmed are Dennis McGuire from the Adult Down Syndrome Center in Chicago, Dr. Libby Kumin and Dr. George Capone from Kennedy Krieger Institute. We will be holding workshops on Nutrition, IEP's, Financial Planning, Educational Best Practices and Medical care among others.

Please mark your calendar now and watch your mail the end of January for registration materials.



11th Annual Youth & Adult Conference

The Association's very popular Youth & Adult Conference will take place April 26th, 2008. It is a one-day event with exciting workshops, opportunities to voice your ideas at the microphone, a delicious lunch and a dance to finish off the day. Last year 51 self advocates attended. You will receive registration information in the mail. If you know of or are a self advocate interested in serving on the planning committee, please contact Catherine at 651-603-0720 or Catherine@dsamn.org.

5th Annual Grandparents Conference

Our 5th Annual Grandparents Conference will take place on Saturday, May 4th from 8:30 to 1:30. The conference will be held at the Crystal Evangelical Church and will include a half day of workshops including breakfast and lunch. Please mark your calendar now and plan on joining us for this conference on May 4th.

Watch your mail for additional information. If your parent's are not members and you think they might be interested in attending the conference, just give us a call and we will forward information to them.



15th Annual Picnic & Harley Raffle

A 2008 Black Road King Classic FLHRC will be the Grand Prize at our 15th 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 8, 2007 at the DSAM picnic.



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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*

Goodbye... and Hello

It's that time of year again when the Down Syndrome Association of Minnesota welcomes new board members and bids a fond farewell to those members who are retiring from board service.

This year, Chuck Salter and Ken Rivera leave our board after many years of service. Both have served on the Executive Board – Ken most recently as President of the Board. Both have brought extensive gifts and skills to our board – every morning when we enter our office we are thankful for Ken Rivera's architectural skills – Ken helped bring the staff's visions for our new, enlarged office space to completion. Chuck has not only served on the Executive Board as Treasurer but has also served on the Development and Nominating Committees. We will miss you both on the first Tuesday of the month but hope to continue to see you at many DSAM events throughout the year!

We welcome back Terri Yira, Dana Cronin, Dan Galles and Laura Plys who successfully ran for a second three-year term. And we welcome newly elected Jessica Hancock and Craig Parker to our board. As you will recall from the ballot, Jessica has a 24 year old brother who has Down syndrome and wants to work on programs that would provide support for adult siblings. Craig is a dad to three year old Wesley and brings strong skills in marketing to our board. Both Jessica and Craig also see themselves actively working with the staff as we implement programs to work with the medical and educational communities.

Down Syndrome Association awarded \$10,000 Grant from Cargill

Cargill's Black River Management Group recently awarded DSAM a \$10,000 grant for our 2008 educational initiative. DSAM member Alvin Hebert and Black River staff member Jason Vogt presented the Association's proposal to the Management Group's Charitable Committee recently.

We are deeply grateful for the support from Cargill; financial support which will allow us to build on our very successful educator initiatives which began in 2007. With the funding from Cargill, the Association will be hosting another Educator Conference in the Fall of 2008. Trying to reach as many teachers as possible, we will be holding the conference in three different locations around the state.

The National Down Syndrome Congress wishes to extend its deep appreciation to the Down Syndrome Association of Minnesota's Board Member Mike Tvrdick, Nicole Medvec, the Mall of America, Bubba Gump Shrimp Company, DSAM Member Sara Lebens and the Hyatt Regency, Minneapolis for their generosity and support of the More Alike Than Different campaign.

Their efforts and donations helped keep the cost of TV advertising production to a minimum, allowing the NDSC to apply more resources toward getting the message that people with Down syndrome are more alike than different to as large an audience as possible.

New Members

Marilyn Barnstorf
Julie & Mike Carlson
Gary & Rebecca Davis & Children
Martha Dworak
Mark & Amy Ellison
Marcia Hutchins
Christopher & Kimberly Korent
Kathy Langer
Judy & Dale Lindstrom
Earl & Renee Miller
Randy & Julie Vath
Tracy Velandier

Patron (1000+)

Frankard Foundation
Kathleen Holiday & William McKeown
Black River Asset Management LLC
John Thysell

Benefactor (250+)

Jonathan & Suzann Bartlett
Bemis
R.G. & E.A.W. Gunderson
George & Harriet Horner
Steven & Anne Kohler
Allen & Kathleen Lenzmeier
Mark & Mary Maher
Judith & David Willits

Contributor (100+)

Allianz
Paula & Daniel Arland
J & L Bartsch
Buffalo Lake Community Fund
Community Shares Minnesota
Kimberly & Michael Dosan
Mary Ann Doyle
Daniel & Leslie Finch
Jack & Bessie Fiterman Foundation
Steven & Karla Geumuenden
Jack & Sheila Grams
Herman & Gayle Heinecke
Kowalski's Market
Diane McLaughlin
Natural Resource Group
Gary & Mary Nessbaum
Rebecca & Steven Schroeer
Stillwater Knights of Columbus
Deon & Judy Stuthman
Thompson & Company
Charles & Lynda Whittemore

In Memory of

Phil Colombo
Jeff Grantham
Carly May Harris
Margaret Hebrink
Jennifer Kranz
Stephanie Lambert
Burdell Magnuson
Sean Maher
Janet Marek
Robyn Monroe
Jeremy Mark Owens
Ray Schmidt
Judy Schroeer
Jared Smasal Jr.
Max Stinnett

In Honor of

Jim Dittel Jr.
Chloe Hays
Pat Radireng
Erik & Nicole Sjowal
Olivia Yager's 1st Birthday

Employee Giving

Ameriprise Financial Employee Giving
Recreation Equipment, Inc
Securian Foundation
UnitedHealth Group
Wells Fargo Community Support Campaign

National Awareness Campaign for Down Syndrome

We reported in a previous issue that the National Down Syndrome Congress has launched a national awareness campaign for Down syndrome....."We're More Alike Than Different". If you were at the Buddy Walk, you might have noticed 5,000 people walking around with the theme on our shirts this year. We also had a group of people with Down syndrome carrying the "We're More Alike Than Different Campaign" banner as we made our way around Lake Como.

The Down Syndrome Association of Minnesota has contributed \$10,000 to the matching campaign. NDSC has until July 31 to raise \$250,000 which will be matched dollar for dollar by a NDSC member family. If you are interested in learning more about the campaign or in making a personal donation, please visit the NDSC website at www.ndsccenter.org.

DSAM members Lori Turbenson, David Forney, Matt Pickford, Carlos Tabb and Nayef Albinali appear in print ads which are available for placement as PSA's in local newspapers. If you have contact information for your local newspapers, give us a call and we will send them a PDF of one of the ads.

NDSC has also begun the process of filming 30 second spots for the television campaign. Minneapolis hosted four self advocates from around the country who were chosen for the TV spots. They joined DSAM self advocates Lori, David, Matt and Nayef for a fun filled day at Mall of America.



Christi Hockel, Walnut Creek, CA; Mark Hublar, New Albany, IN; Matt Pickford, Moria Ann Rossi, Jacksonville, FL; Lori Turbenson, Christopher Scott, Houston, TX; David Forney, Nayef Albinali

Parents: You Have a Teaching Role

Parents, siblings, peers, and friends all influence a child's social development. For young children, however, parents are the most important teachers.

Many children can learn by parents' unconscious examples. They watch what their parents do, listen to what they say - and imitate them. As a result, parents may wish to hone their good habits and change some others.

Barbara Nichols of PACER's Parent to Parent Support Project, funded by The McKnight Foundation, offers ways parents can help young children's social development by example and Intent.

It's a given, she adds, that while learning, a child will make mistakes. Example and intent is at work there, too. **Example:** Treat the child the way you would want to be treated. **Intent:** Tell the child what he or she should do differently and why.

BUILDING SOCIAL SKILLS

By example: Treat family members kindly, cooperate with neighbors, and talk to the person at the checkout counter. Practice politeness by holding open doors, helping someone with a heavy package, or in the way you answer the telephone.

With intent: Explain that we live in the world with other people, and how we treat each other is important. Call attention to your actions and tell how behavior affects others. Practice social skills with your child through roleplaying. Offer examples of being honest and playing the game fairly.

SHOWING RESPECT FOR OTHERS

By example: Interact positively with friends and acquaintances of other ages, abilities, cultures, economic groups, or religions. Obey the rules of the road when driving. Care for common or public areas by disposing of trash or recycling. Treat others' personal property carefully.

With intent: Tell your child why it is important to be considerate of others. Illustrate your points. Talk with your child about ways to show respect.

MAKING CHOICES

By example: Practice making decisions thoughtfully. Discuss upcoming purchases or other decisions with appropriate others.

With intent: Talk with your child about consequences of choice. For example, why you would choose your red shirt (it's warmer) over the green one - or, if you do a particular chore now, you can watch a favorite television show later. Encourage your child to make simple choices, such as whether to wear white or brown socks. Gradually expand the options.

ASKING FOR WHAT YOU NEED

By example: Practice polite behavior. Many children pick up parents' habit of using "please" and "thank you."

With intent: Tell your child that some ways of asking are more successful than others. Explain that most people find a polite request is more effective than a demand. Have your child practice positive ways of asking.

DEMONSTRATING STRENGTHS

By example: In addition to meeting responsibilities, do what you enjoy, whether it be keeping a journal or dancing to jazz music. Your child may hear others compliment you and see how good it makes you feel.

With intent: Encourage your child to try varied activities to identify something he or she would like to know more about or become more skillful at.

FACING CHALLENGES

By example: Deal with difficulties, whether they be mending a relationship or fixing a drippy faucet. Most people eventually learn that procrastination can lead to crisis.

With intent: Talk about how you learned to play ball, even when you didn't catch the ball the first - or second - or third time you tried. Read stories to your child about others who experienced challenges. This may be a time you can discuss the child's challenges because of a disability. Explain that people have successful lives because they focus on what they do well.

LEARNING

By example: Show that you like to learn. Express curiosity about the strange plant that sprouted in your yard. Ask questions about the engine on your neighbor's motorcycle. Keep reading materials in your home - and use them.

With intent: Create opportunities for your child to learn through pictures, hands-on activities, reading, and listening. Explain that everyone has their own way of learning, and that your child does, too. Help your child understand the ways that learning is easier for him or her. Attending school events, library programs, neighborhood or community programs, etc., offer opportunities for children to learn.

SHARING THE IMPORTANCE OF RELATIONSHIPS

By example: Even at very young ages, children want friends. Seeing your behavior teaches your child how to interact with friends and relatives.

With intent: Greet neighbors when you see them outside. Visit grandparents. Plan a potluck or other event with another family. Speak kindly about your friends and the important people in your life. Help your child identify playmates, as well as adults (including family members or others) your child can ask for help.

ENCOURAGING HUMOR

By example: Laugh. Research finds that the old adage "Laughter is the best medicine" is true. It makes you (and others) feel better. Children notice attitudes.

With intent: Share something from your day that you think was funny. Tell jokes. Laugh at yourself – everybody does something foolish once in awhile.

GIVING BACK TO THE COMMUNITY

By example: Volunteer for neighborhood projects - even for an hour. Donate money or items to organizations that help others. Learn about your community's needs and respond.

With intent: Let your child help you decide what to donate to the local food shelf. Bring him to deliver a meal to a sick neighbor. Talk with your child about the pleasures of giving and sharing.

Reprinted from PACESETTER, published by PACER Center, www.pacer.org



Home Alone

By Kathy Meeks

Many of us have watched at least some of the Home Alone movies. We've laughed at the antics of McCaulay Culkin's character as he protects himself and his home from bungling burglars. But for parents of children with special needs, the decision to leave a child home alone is often confusing and frightening.

A website about fire prevention contains the following information from a checklist. Before leaving any child home alone, first ask the following questions:

Physical Readiness

Can your child?

1. Lock and unlock the doors and windows of your home.
2. Perform everyday tasks such as fixing a sandwich or using the phone

Mental Readiness

Can your child?

1. Tell time
2. Understand what stranger and emergency mean
3. Recognize danger and know how to stay safe
4. Solve small problems on his or her own but know when and how to get help
5. Consider how his or her actions affect others

Social Readiness

Does your child?

1. Talk easily to you about what happens at home or school and about his or her feelings
2. Feel confident enough to contact another adult if a problem arises

Emotional Readiness

Does your child?

1. Feel confident and secure when alone
2. Seem willing to stay alone
3. Know how to handle fear, loneliness and boredom

Several experienced parents offered these words of wisdom. Boredom can become an issue if a child is left alone for too long. Two shared instances where teenagers who had never shown any interest in driving suddenly decided to move the car out of the driveway when their parents weren't home. They recommend never leaving keys lying around to offer a temptation.

Several parents described a process of first leaving their child alone inside while they would do outside activities such as gardening or yard work. Following success at this level, a parent might run a short errand, gradually building up the time that they were left alone. Having trustworthy neighbors often helps give parents a secure feeling. One mother said she always checks to make sure a neighbor is available during specific times that her child stays home alone.

Most parents agree that cell phones make it much easier to communicate with their children. Some popular models allow preprogramming important telephone numbers in speed dial, requiring the touch of just one button. It's also possible to limit phone calls from a cell phone, avoiding nasty surprises when the cell phone bill arrives.

Leaving any child home alone is something every parent needs to evaluate on an individual basis. Hopefully, these guidelines may help with this important decision.

By Kathy Meeks. Reprinted partially from The DSANI Star, newsletter of the Down Syndrome Association of Northeast Indiana. www.dsani.org.

Register soon!

The 36th National Down Syndrome Congress
National Convention

July 11-13, 2008

Seaport Hotel
Boston, MA

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

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* 2009 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 14th, 2008. 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 2009 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 14, 2008

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

STORIES TO SHARE



Hello. My name is Stacy Lilya. My husband Mike and I are proud parents of 2 children. My son was born November 1, 2006. He was born with Down syndrome. This past year has been amazing and I want to share my story with you.

During my last pregnancy my husband and I went for a level 2 ultrasound as I was considered to have a "high risk" pregnancy due to my age. We were so excited; we were going to find out the sex of our baby. The sonographer stated excitedly that we were having a boy and was pointing out our son's head, arms, legs, his heart and of course the anatomy that proved that he was a boy. Then the sonographer suddenly got dead silent for the rest of the procedure; left the room telling us the doctor would be in soon. We were so scared—left alone in the room thinking the worst. The doctor returned in about 14 minutes. He said solemnly that the ultrasound showed that our baby had indicators for Down syndrome. He discussed the option of having an amniocentesis so we could find out with certainty if our baby had Down syndrome.

Overwhelmed with the news, we scheduled the amniocentesis and left the clinic with no information on what Down syndrome was. We were scared, unhappy and left to our own preconceived ideas. Instead of celebrating the news that we were having a baby boy, we sat together in stunned disbelief and tried to make sense of what it all meant. We later cancelled the amniocentesis as we both agreed that we would be having our baby boy no matter what because his was our gift. The more we read on the Internet the more anxious we became. We did not read any information that was positive. There was no doubt that our OB/GYN cared about our baby as he had us come in every month for ultrasounds to monitor our son's development; what he didn't do was give us information or resources on Down Syndrome.

As my son was put into my arms for the first time, I didn't even worry if he had Down syndrome. I just held my baby boy and fell deeply in love. The nurses took our baby to his bassinet, silently cleaned him up and gave him a thorough check up. The silence said it all! I just looked at my husband and we nodded to each other as we knew that our son had Down syndrome. I told the nurses that we had been told of the chance of having a baby with Down syndrome and asked if they thought he had it. There was a sigh of relief from the nurse as she said yes.

The next 10 days were overwhelming as our son was sent to the specialty care unit for monitoring and to stabilize his respiratory status as he was born with heart defects ASD and PDA. The specialty care unit is where we received the formal diagnosis from a specialist from the Children's Hospital. We were told from this specialist in a brief and informal manner and even in front of a visitor that our baby had Trisomy 21. Again, a doctor left us to figure out what Trisomy 21 meant. The nurses that cared for our baby were the first ones to give us real support. A nurse at the specialty care unit provided me with a folder called the Down Comforter packet which had all kinds of updated information and facts on Down Syndrome. Receiving the "Down Comforter" packet was instrumental in getting our questions answered, having our anxieties addressed, receiving support and most importantly realizing we were not alone. Also included in the Down Comforter packet was a program called "Parent-to-Parent-Connection", so I called the Down Syndrome Association and spoke this kind, gentle, supportive woman who was eager to listen. She also shared her story...thanks Kathleen. Kathleen connected me to a mom who lived close to us.

Her name was Monica; her daughter with Down syndrome, Colleen, was five. Monica was amazing. I invited her over to visit us and meet our son. She was so nice and supportive. She answered all of our questions and concerns. She even brought Landon a gift! We even got the opportunity to get our families together as Monica invited us over for good food and conversation. It was an awesome experience to see our children play together. Colleen was so taken with Landon and wanted to hold him and touch him. I could tell they had an instant bond. During the evening Michael and I felt a sense of familiarity with this family, like we had seen them before...and we had. After we learned about our chance of having a son with Down syndrome, we started noticing children with Down syndrome everywhere we went. One Sunday Michael and I were sitting in the cry room at church when this girl sat next to me. She was so beautiful and so interested in me so we kept smiling to each other; it was Colleen and her family! That was God at work. Monica and the Down Syndrome Association have been a big support for Michael and me. It was at that time we felt like we could start celebrating the birth of our son, Landon John, not our baby boy who has Down syndrome.

My daughter has an articulation delay and my son has trisomy 21, but that is not who they are. They are individuals; beautiful, energetic and eager to learn and always giving unconditional love. We may be given knowledge about our challenges before birth or after birth and sometime during our lives we may be faced with a disability or an undesirable challenge. Life is not perfect. We may not get what we wish for or what we desire but we learn and grow from our achievements and our challenges. We all deserve the same opportunity to live our life no matter what. So that is my story as brief as I can be. All I know is life with a child with Down syndrome as been more rewarding that I ever could have imagined. Mike, Lindsay and I are so blessed to have Landon in our 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 6:30-8:30pm
Carrie Blom (651) 686-4453
ccblom@msn.com
Krista Specht
Childcare \$3/child

Bemidji

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

Buffalo

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

Chisago City

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

Duluth

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

Eau Claire, Wisconsin

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

Fargo - Moorhead

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

Grand Rapids Area

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

Lino Lakes

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

Mankato/St. Peter

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

Maple Grove

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

Minneapolis

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

Minneapolis—Latino Parent Group

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

Minnetonka

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

Owatonna

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

River Falls, Wisconsin

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

Rochester

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

Roseville Area Parent Group

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

Spring Lake Park

Spring Lake Park ECFE
Woodcrest Elementary
800 Osborne Rd, Room A, Fridley
3rd Tuesdays, January—May
Jen Meinert (763) 783-5615
jmeine@district16.org
Stacy Lilja
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 after April 1st
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

Washington Learning Center
Call for information
Sara Bakker (320) 978-9115
bakkersara@yahoo.com

01/22/2008

People First Language

By Catherine McDonnell-Forney

What is people first language?

The words that we use and how we use them reflect our thoughts and our cultural beliefs. The idea behind people first language is that people are not defined by their disability, but by the other 99% of what makes them unique individuals.

Why use people first language?

The hope is that you won't adopt people first language just to be politically correct or to "fit in." But to actually rethink the words you use and how you use them. In the end, to learn to be respectful of all people, no matter what their disability or differences are. I want you to think about what your attitudes are towards people who are different than you.

I hope that, in the end, you will accord each and every person you meet with an appropriate level of respect and individuality that you would expect for yourself or someone else who does not have a hugely apparent disability. We all have disabilities to varying degrees. Should I be defined by my eye glasses? My eye glasses are incidental to my own abilities, dreams and goals.

Here are some pointers:

- The correct name of this diagnosis is Down syndrome. There is no apostrophe. The "s" in syndrome is not capitalized.
- A person, child or adult is a "person, child, adult with Down syndrome", not the "Down syndrome person" or a "Down's."
- Children with Down syndrome grow up to be adults with

Down syndrome. They do not remain children. Please do not treat adults with Down syndrome like children.

- A person "has" Down syndrome. They do not "suffer from," "a victim of," "are diseased with," or "afflicted by" Down syndrome.
- All people with Down syndrome are not the same. People with Down syndrome are individuals. Everyone has their own unique qualities and strengths.

Some examples:

Put people first, not their disability:

- "Tom has Down syndrome," not "Tom is a Down's" or "Tom is Down's."
- A "person with a disability," not "a disabled person."

Do not use value judgments:

- David does not "suffer from" Down syndrome. David has Down syndrome.
- A person "with" autism, not "afflicted with" autism.
- A person who had a stroke, not a stroke "victim."

Emphasize abilities, not limitations:

- A person "uses a wheelchair," not "wheelchair bound"
- A child "receives special education services," not "in special ed."

Adopt preferred language:

- A "cognitive disability" or "intellectual disability" is preferred over "mentally retarded."
- "Typically developing" or "typical" is preferred over "normal."

**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

January

January 8 Board of Directors Meeting

February

February 12 Executive Committee Meeting

March

March 11 Board of Directors Meeting

April

April 5 2008 Regional Conference

April 26 11th Annual Youth & Adult Conference

May

May 3 5th Annual Grandparent Conference

June

June 8 Annual Picnic & Harley Raffle

June 10 Executive Committee Meeting

Library & Resources

If you have over due books out, please return them. Remember that the Lending Library is for all members to use.

Save the date....

On April 27th the MJM Foundation will be holding their annual silent auction. Please watch your newsletter for more information!

The 11th Annual Buddy Walk in Saint Paul will be held on Sunday, September 21st, 2008. We hope to see you all there!

The 6th Annual Buddy Walk in Duluth will be held on Sunday, September 28, 2008.

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

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Special Times