



Special Times

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September/October 2008

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA



Congratulations to Alvin and Colleen Hebert (seen here with Joey, Chloe and Harper), their friends and family for a hugely successful 2nd Annual Joey Hebert Classic for Down Syndrome golf tournament. To date the event has grossed over \$70,000—monies which will be used to support the Association's programs and services.

Closer Than You Might Think

By David Forney

Alvin Hebert and I are pretty much different.

He lives in the suburbs—I'm a city guy. He works for a mighty big company. My employer couldn't be smaller. He is young. My mirror tells me daily I am over the hill. His kids are tots; mine grown.

Recently, however, I got a lesson in how much that young suburban dad has in common with this old city dog.

We are both capable of being engulfed by our emotions.

Strange experience that – being all grownup and finding yourself standing before a crowd suddenly unable to speak, knowing that if you don't pull yourself together quick you're gonna have tears rolling down your cheeks.

Alvin and I share that and share the reason – gratitude.

Alvin and Coleen started the Joey Hebert Classic as a fund raiser for our Association last year. We, they, everybody were blown away by the success of the first outing.

I wrote a year ago about how affirming being a part of that is.

In the year since, I have found myself at podiums from Puerto Rico to Phoenix and Washington, DC to Minneapolis launching into what is now a pretty well refined presentation on the national awareness campaign for Down syndrome – We're More Alike Than Different.

By now I ought to get it, but the silly speech still gets me. Just about the time I start into

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Have you registered yet?

Come and celebrate with us on Sunday, September 21, at Como Park East or Sunday, September 29 at the DECC in Duluth.

While the deadline for ordering t-shirts has passed, we want to remind you to register for one of the country's largest Buddy Walks. We need your registration numbers in order to guarantee enough food for everyone in attendance.

Special Points of Interest

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

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

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

Educator Conference
October 7, 2008
Grand Rapids, MN
October 9, 2008
St. Paul, MN

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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

Letter from the President

Terri Yira

Dear Members:

We have one open seat on the Board of Directors.

Our fifteen member board is composed of parents, professionals and self advocates. They help shape the vision of our organization, identify long-range needs of our membership and the community we serve and also work with our Executive Director to define strategies, programs and resources.

We are currently recruiting to fill a vacancy we have on our board. Briefly, our expectations for our directors are that they be a member in good standing of the Down Syndrome Association of Minnesota, attend the six regularly scheduled full board meetings a year; represent the organization at our social and fundraising events and, since we are a working board, volunteer to work on a committee, project or at one of our events.

Each of us has unique perspectives, whether we are parents, grandparents, relatives, friends or self advocates. Our Association's goal as we fill board seats from year to year is to strive for a balance that reflects the membership of Down Syndrome Association of Minnesota.

If you are a member of the Association and would be interested in exploring a position on the Board of Directors, or if you have questions about the responsibilities of board members, please contact Kathleen Forney at the office 651-603-0720 or by email Kathleen@dsamn.org. Kathleen will send an application out to you; after the application is reviewed, you will be contacted by a member of our Nominating Committee, chaired this year by Bob Hei.

From the President,

Terri Yira

Give to DSAM through United Way

You can help support the Down Syndrome Association of Minnesota by participating in your company's United Way campaign. In 2007 DSAM received over \$10,000 through United Way giving.

Although DSAM is not a United Way-funded agency, you can designate DSAM to be a recipient of your gift made through payroll deduction or as an outright donation. Greater Twin Cities United Way, or any other United Way organization, will honor a designation to DSAM.

All you need to do is put **“Down Syndrome Association of Minnesota”** and our **address on your pledge form** (under “My Choice” section, choose “designate gift to a specific 501(c)(3) org” and write in DSAM) and United Way will send your contribution to us. If you have questions about the process, please contact Marcy at (651) 603-0720 or Marcy@dsamn.org. You can download a United Way pledge form from our website: www.dsamn.org/donate

Thank you for supporting DSAM through your United Way giving!

New Members

Fred & Angel Busch
Tim Manz & Lisa Dressler Manz
Suzette Oltmanns & Kyle Cooke

Welcome New Parents

Simmy Joy & Joy Moolan
Carmelena Barber
Joe & Lisa Gaulrapp
Kara & Chris Jones
Binode Borade & Family
Troy Buckley & Family

Patron (1000+)

Knights of Columbus—Marian Council
Mark & Mary Maher in memory of Sean

Benefactor (250+)

Phyllis & James Bjork
Ecolab Foundation

Contributor (100+)

Community Shares of Minnesota
Dave & Kim Hocker
Kowalski's Market

In Honor of

Susan Lee & Greg Hurlebaus
Jeanine Saffert's Birthday

Employee Giving through:

Ameriprise Financial Employee Giving
ING
UnitedHealth Group
United Way
Securian Foundation
Wells Fargo Community Support Campaign

Join us for these great fall conferences

“Teaching Tools for Students with Intellectual Disabilities”

Susan Peoples
October 7, 2008
8:30 – 3:30

Wendigo Lodge
Grand Rapids, MN
&

October 9, 2008
8:30 – 3:00

Continuing Education and Conference Center
St. Paul, MN



The *Teaching Tools for Students with Intellectual Disabilities* workshop will provide an overview, appropriate for special and regular classroom teachers, parents, family members, paraprofessionals, and medical professionals, of the specific learning needs and characteristics of children with Down syndrome

and other developmental delays and to define their academic impact. Watch your mail for more information.



“Champions of Innovation”

The Arc of Minnesota State Convention

October 10-11, 2008

Alltel Center – Mankato, MN

The Down Syndrome Association of Minnesota is a title sponsor of this year's Arc State Convention. Be sure to mark the date on your calendar and be sure to join us for this exciting weekend. There will be specific workshops tracks on topics relevant to Down syndrome, highly regarded experts on topics of parenting and adult children (including parents of children with Down syndrome and autism): Susan Peoples, Wendy Selnes, Mitzi Curtis and Janet Jacobs.



Other workshop topics include protecting oneself from abuse, assistive technology, quality assurance, registering to vote and exercising one's right to vote, creating collaborations to assist victims of crime, transportation, handling behavior challenges, getting ready for the 2009 legislative session. Additional information can be obtained by calling the Arc of Minnesota at (800) 582-5256 or email mikeg@arcmn.org.

Educators Contact Updates



Are there educators in your child's life you'd like to have notified directly about the upcoming Educator's Conferences? Many of the contacts we were given by parents last year are no longer effective. If you would like your child's teachers notified directly about Susan Peoples' "Tools for Teaching Students with Intellectual Disabilities" workshops, please get their correct email addresses and/or mailing addresses and send them to Kate at kate@dsamn.org or call 651-603-0720.

NDSC Convention

By Kara Parker

What did I learn at the NDSC convention in Boston? We set out for the convention intending to attend a variety of seminars which pertained to the specific needs for our 3 year old son. We also wanted the opportunity to hear some amazing speakers who “write the books” that are the reference manuals to life with a child with Down syndrome. I’d say we accomplished that and so much more.

In Chicago on a layover waiting for the flight to Boston is where the convention started for me. I turned my head to see a maroon baby spoon and knew before I even saw the child they were “one of us”. I asked the mom if they were heading to the conference and sure enough, they were. A friend was made. On the flight, there was a young man who sat in front of us who also has Down syndrome. He was a joy and entertained our little boys when they grew fidgety. We talked quite a bit with his parents, and by the end of the flight we were old pals.

And the weekend went on much the same with great conversations with other parents.

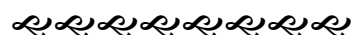
There were plenary sessions full of awesome, world renowned speakers. We heard Brian Skotko speak about prenatal diagnosis and learned ways that we as parents can be empowered to make a difference. We listened as amazing self advocates spoke about their accomplishments and we dreamed of a great future for our children. There were spectacular video spots that will be used in the “We’re More Alike Than Different” campaign.

The choices for workshops spanned the spectrum from a new parent’s survival guide to mock IEP’s to federal legislation. There was something for everyone, but I stuck to what I need to know for the moment. I attended a session on parenting siblings of children with Down syndrome and it was truly remarkable. It was somehow more meaningful considering the research was completed by someone who has lived it. There was a detailed session on the brain and Down syndrome and the differences there might be for our children. The information was invaluable though I’d have to send you to the expert in Spain for a recap. I attended a wonderful session on behavior in Down syndrome for toddlers. The speaker was a doctor/parent of a 20 something with DS and had excellent insight and great suggestions.

I would like to say that those things that I learned from the “experts” made the trip worthwhile. They did. But the knowledge that I took home is the sheer value of the community of Down syndrome. It’s the part of the conference that the President of NDSC referred to as the “family reunion” that was so important. It was truly like showing up at a gigantic family reunion where you know about 3 people, mostly the people in your immediate family, but still everyone there seems to know something about you and how you live your life.

I felt a rekindled awe in the fellowship of this community. I was taken back when we found a helpful hand as we struggled with two small children and one large stroller on a city bus...those parents had name tags just like ours. There was joy in the faces of parents of older children and teens as they watched us start on our journey in this world of Down syndrome. There was a willingness just to stand and chat with a stranger waiting for a table at a restaurant about the intimate details of life with a child who has Down syndrome.

Aside from the cozy feeling of family, I have been left with one thought. One particularly empowering speaker spoke words that I have not forgotten, “If not you, then who?” If not you as parents and loved ones of people with Down Syndrome, then who is going to make a difference? Never before have I felt that person needed to be me. But it does. That’s what I’d say I learned in Boston at the NDSC conference.



Networking Effort to Do After School Programming

Karen Seeling McInnis, Lakeville DCD Teacher and long-time DSAM member

The Lakeville C.A.R.E.S Team is working to create learning and social opportunities for children with special needs in the Lakeville area for after-school hours, summers, and/or weekends. Lakeville C.A.R.E.S (Community Adaptive Recreation & Education) Team consists of parents, educators, Community Education staff, and Lakeville Parks & Rec staff committed to providing a full-range of recreational and educational experiences for the elementary and secondary students with special needs.

Lakeville Public School's special education staff and parents have chosen to bravely step up and challenge society and the system for the sake of their children. It has been hard work, and we have had to work on changing attitudes and perceptions on: the low number of activities actually available the development of classes and experiences, the inclusion, and the high class staffing ratio needed.

First, we got a small group of teachers and parents together to expand on the sports offerings. We sent out a survey to parents in the school district as to what classes to have, what are good times for classes, and what may hinder participation in the class. Then we went out in the community to find a few more committee members. We got Community Education staff and Parks & Recreation staff to come and help out. The C.A.R.E.S Team decided to meet 3 - 4 times during the school year to research, develop, schedule, and then promote any adapted sports/Special Olympics, adaptive classes, and/or active participation with a volunteer (or PCA), in any general offerings of the Community Education or Parks and Recreation systems. We want to offer the full spectrum. C.A.R.E.S. is one of the only committees in the state that works to provide these after-school opportuni-

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Focus on Inclusion

The National Down Syndrome Society created a list of action steps to help guide parents through the ins and outs of social inclusion.

1. If you believe it is appropriate for your child to be educated to any extent in regular-education classes, it is important to start inclusion as early as possible.

2. If your child may benefit from being held back a year, start him or her in kindergarten a year late. You don't want to hold your child back later, after friendships have been formed with classmates.

3. The teacher (and paraeducator if applicable) should receive training or at least be aware of the importance of facilitating friendships. The best way to do this is to put a social goal on the IEP and specifically request staff training.



4. In the younger grades, talk to your child's class (and all the classes that will be at lunch or recess with your child) if there are obvious modifications or adaptations required for your child's assignments, if your child requires any special equipment or if your child has significant communication issues. Explain Down syndrome and its affect on your child in very simple terms. Explain the need for adaptations and/or equipment as being the same as a person needing glasses or, braces. Then spend time talking about all the ways your child is just like them: loves pizza, movies, sports etc. You only need to do this for a couple of years. After that, the other students who have been in the same class with your child will start sharing this information with new students. Everyone Counts: Teaching Acceptance & Inclusion, the new NDSS disability awareness curriculum for grades K-6, is an excellent resource for lesson plans, activities and discussions. For more information, contact NDSS at (800) 221-4602 or info@ndss.org.



5. Consider sending a letter to parents of your child's classmates that provides the information you shared with the students. Communicate your willingness to answer any questions they may have about this information and about inclusion. This may also

help when it comes to arranging activities with classmates outside of school.

6. Ensure that a few of your child friends or supportive acquaintances are in his or her class every year. This is especially important during transition years to middle school and high school. The students who know and are supportive of your child will model positive relationships and promote the expectation that your child will continue to be an important part of the group. The fact that your child's friends may be in "gifted" or higher level classes in middle and high school should not be an obstacle. Many of these classes have a greater focus on group discussions than the regular classes and may be the best classes in which to promote your child's communication goals. Modified materials for these classes can be found as easily as for the regular classes.

7. Ensure that your child is a full participant in all class and school activities.

- No matter how challenging the task, there is always a part that your child can do. The teacher should be looking for the objective in the assignment that is most meaningful for your child and adapt the assignment and materials accordingly. Example: groups of students are playing a math game based on prime numbers – the adapted assignment is for your child to keep score using a calculator.
- Your child should always partner with the students for group activities. The aide or teacher can help but they shouldn't be your child's partner.
- Your child should participate in any homework or projects that will be presented to the class or hung up on the walls. If the workload needs to be reduced, cut out homework and assignments that are not shared with the class. Any work on below grade level skills should be done when students are working independently at their desks rather than during a group activity.



- Paraeducators (aides) should be seen as helpers for all the students, not just your child. They should play as small a role as possible at lunch, recess, PE, art and music. Class work should be adapted to let your child work as independently as possible.

- To the extent possible, your child should participate in after-school and weekend activities like carnivals, math night, plays, concerts, dances, clubs and sports events.
- As the students get older the friends will naturally provide support at these events for your child instead of having an adult present, or the adult can observe from a distance. Remember how you felt when your parents hovered around. This is difficult because it can involve taking some risks. It is important to ensure that your child receives as much information as possible about risky behaviors. The school health classes do a good job

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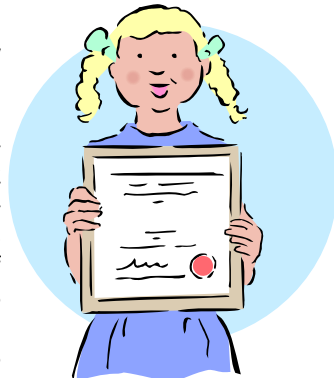
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at starting this dialogue.

- If your child likes sports but cannot participate on a school team, he or she can be a manager. It is easier to make friends in small cohesive groups like teams and clubs than in the classroom.
- Explore volunteer opportunities that are available to students at school, like putting up decorations or collecting canned goods.

8. Out of school activities

- Consider having your child join scouts and community sports teams to provide additional opportunities to meet with classmates outside of school. Involvement in youth groups and religious-education classes sponsored by your place of worship also achieves this goal and provides social inclusion in your religious community.
- Arrange community-service opportunities with other classmates.
- Provide one-one time with a variety of classmates outside of school. Initially, you may need to be proactive and initiate these get-togethers. This is not necessarily an issue with the other students' interest in your child. Often it is their parents who are uncomfortable because they have exaggerated ideas about your child's needs. Inviting the other parent along can help with this issue.



- 9. If friendships are still not developing you can explore school activities that facilitate friendships such as a peer-mentoring program. One example of this type of program is "Circle of Friends." For a fact sheet on "Circle of Friends" see <http://www.unr.edu/educ/ndsip/factsheets/circle.friends.pdf>. Another excellent resource is the "Promoting Social Success" curriculum available from Brookes Publishing (<http://www.brookespublishing.com/store/books/siperstein-6741/index.htm>).



Did you know?

When new parents of a baby with Down syndrome call DSAM, you probably already know we congratulate them on the birth of their baby, talk with them, answer questions, provide resources, and connect them with another parent if they are interested.

"Did you know?" We send a new parent gift box which in-

cludes: the books: *A Parents Guide to Down Syndrome and Gifts – Mothers Reflect on How Children with Down Syndrome Enrich Their Lives*, a DVD *With Knowledge Comes Hope*, our 2008 "Opening Hearts...Opening Minds" calendar, Grandparent packets, newsletter, the 2008 membership directory, and a DSAM logo receiving blanket for their new baby.

Our Association offers a one year complimentary membership. The membership includes access to our Resource Lending Library, the Special Times newsletter published six times a year, and notices about upcoming workshops and events. The National Down Syndrome Congress (NDSC) offers new parents a complimentary one year membership too.

So if you are contacted by a new parent and they haven't called us yet—encourage them to call so that they can receive these gifts.



(Continued from page 1)

thanking people for all they have done to

make a dream of mine come true, I choke. My eyes tear up — I simply can't speak. I'm toast.

It was sort of fun to watch that happen to another dad at the banquet capping the Second Annual Joey Herbert Classic. Alvin stepped to one of those nasty podiums and started to tell us how much had been raised – some \$70,000 to date – an unbelievable increase over last year!

Thank you was on his mind, but he started with an apology for the choke.

Sweet!

Hey Alvin, in case you did not know it, those come because we care. About our sons. About all people with Down syndrome and their families. And they come because when we asked, our friends, families and people we had never met before showed they too care.

Alvin and Coleen have terrific family, friends, and colleagues who have now helped two years in a row put on a terrific golf tournament. People from all around the region played, contributed to the live and silent auctions and helped to raise money. I can tell you that those very same people live all across the country and they give because they care.

Knowing that is one of the great gifts that comes when somebody with Down syndrome pops into your life.

Makes us a community despite our differences.

It can choke you up.

STORIES TO SHARE

The Dance Recital

By Rochelle Hilson

Nolan is 2 ½ years old and is the youngest of our 3 children. His older siblings, Annabelle (7) and Sean (5) have been active with dance classes over this past school year and recently performed several numbers in their dance recitals. Needless to say, over the weeks leading up to the recitals, our family, including Nolan, watched several performances of Annabelle and Sean as they practiced for their respective recital dances.



Nolan was a wonderful member of their audience. He watched quietly and intently as each performed and clapped and cheered immediately when each performance had ended. Often, Nolan would try and participate by finding a prop or dancing nearby.

We were a little nervous about bringing a 2 ½ year old to the recitals as they were scheduled to last 2 to 3 hours during his prime bed time, but we wanted him to enjoy the live performance.

The night of the performances went smoothly. Costumes looked great and the family arrived to watch as the anxious performers lined up with their respective classmates. We were all amazed, especially Nolan. He watched and clapped as each number ended. He even gently swung his arms during some of the slower ballet numbers. After he dozed off, he continued to clap. Overall, a wonderful experience, but not quite done for our family.

A few weeks after the recitals, Annabelle asked if we would watch her put on a 'dance show'. Nolan joined grandma and I in the living room. Annabelle put on her show, and when she was done, we all clapped and cheered. Nolan hopped down from my lap and walked to the middle of the room. He doesn't say more than 'ma' and 'da', but his actions were very clear. It was his turn to perform.

Annabelle presented 'Nolan Larry Hilson' to his audience, and without any cues or music, he put on a solo performance. He moved around the room, arms out wide, being extra sure to make eye contact with his audience. Grandma and I watched every move and cheered emphatically when he was done.

I'm not sure who was more proud at that moment, but we look forward to many more dance recitals.



Congratulations to Beau Karlen!

DSAM member Beau Karlen was chosen as one of four Minnesota delegates to join Team USA for the 2009 Special Olympics World Winter Games. The games will be held in Boise, Idaho, February 6-13. Beau who is a member of the St. Croix Valley Lumberjacks will be representing Team USA in snowboarding. Beau is an all around athlete; he plays golf and earned letters in track and football in high school. He also received the Zephyr Spirit Award in 2005 from his high school. We wish you the best Beau.



The Association was fortunate to have an extra set of hands this summer! For five weeks, DSAM member Carlos Tabb worked with us on Thursdays from 9 to 3. Carlos helped prepare quite a few mailings this summer: Down comforter packets for new parents that were sent to all the ob/gyn's in the area; Buddy Walk mailings for the St. Paul and Duluth walks, our July/August issue of the newsletter and our membership dues letters. He also did a wonderful job of keeping our offices neat and tidy while he was here. Carlos and his family relocated to Puerto Rico about three years and we are fortunate that he comes back to Minnesota to spend summers with us.

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

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

Fargo - Moorhead

Call for meeting time & location
Diane Brendemuhl (218) 236-5501
wbrendemuhl@hotmail.com

Grand Rapids Area

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

Lino Lakes

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

Mankato/St. Peter

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

Maple Grove

Maple Grove Community Ctr.
12951 Weaver Lake Rd.
Maple Grove
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 #2
2nd Saturday, 12:30—3:30 p.m.
Gladis Rosales (651) 487-5365
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) 780-9086
Hafr_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

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ties. It hasn't been easy—it is hard to find staff to teach the classes or run the Club since we usually need more than one person to help that drives the cost up. In Lakeville, we have switched many activities away from Special Olympics to more integrated after school "Elementary Clubs". The Clubs are on our Lakeville teacher's contract and we do bowling in the Fall, cross- country skiing and snowshoeing in the winter, and golf in the spring. The students and staff have invited their classroom peers to come along each week which makes the number more than double! For example, we take over 24 students to the bowling alley! We try to fill in with classes between sports: we do a cooking class, a safety camp, art series, a nature camp, and three summer classes.

We have this worked with Lakeville's Nicole's Dance Studio and have our first ever adapted dance class with our students paired with a non-disabled experienced dancer; the students had a recital at our People's Fair and had a recital in May! We have had for many years have had an adapted aquatics class available every Community Ed session throughout the year. We also had restarted our high school "Best Buddies" program this year in the format of our successful nine year run of "Just Friends" Club.

We are truly lucky to be in Minnesota, but there is still a long way to go. Minnesota and the Minnesota State High School League have led the way in the nation to provide after-school sports to for students with cognitive and physical impairments. I applaud them and as a special education teacher, I also applaud the job the Minnesota Special Olympics has done to get students ready for the adapted athletics AND for providing lifelong sports and fitness to our students!

October is Down Syndrome Awareness Month

Here's some suggestions on things you can do to promote awareness of Down syndrome

Bring your family and friends to a Buddy Walk near you.

Contact your local newspaper about placing one of the NDSC "More Alike Than Different" print PSA's. Give us a call at the office for details.

Thank your teachers for all they have done for your child with Down syndrome — encourage them to attend the 2008 Teacher Conference in October.

Thank your pediatrician for his or her support. Take the time to ask them if they are familiar with the Down Syndrome Healthcare Guidelines.

Send a note with a photo to your obstetrician letting him know not only the challenges but the joys you have had raising a child with Down syndrome.

Consider making a presentation on Down syndrome to
~ your child's classroom
~ your community of faith

FREE TO A GOOD HOME

An IBM Wheelwriter 5 typewriter (ribbons are still available on line). You can show your children an old fashioned keyboard. It can be useful when filling out forms!

You must pick it up at the DSAM office before the end of September. After that is will be donated to Goodwill

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

September

September 7 11th Annual Muddy Open
September 9 Board of Directors Meeting
September 21 11th St. Paul Buddy Walk
September 28 7th Duluth Buddy Walk

October

October 14 Executive Committee Meeting
October 7 Teacher Conference—Grand Rapids
October 9 Teacher Conference—St. Paul
October 10-11 ARC State Convention

November

November 11 Board of Directors Meeting

December

December 6 Annual Holiday Party
December 9 Executive Committee Meeting

Library & Resources

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

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

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

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