



Special Times

Volume 24 No. 4

July/August 2009

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA

Get your Walking Shoes Ready and Step Up for Down Syndrome!

By Max Maher



We hope you are getting ready to huddle up your team, raise some funds, and get your

walk on, because preparations for the 12th Annual Down syndrome awareness walk are underway. **Please plan to join us September 20 in Como Park, St. Paul as we Step Up for Down Syndrome.** Double-check your calendars and make sure you have it marked. You can get information on our website (www.dsamn.org) today or watch your mail for your Step Up For Down Syndrome walk packet.

Members in the metro area won't be the only ones walking. A walk will be held in Duluth only one week later: **September 27 at the DECC.** 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 and over \$250,000 was raised for the DSAM's programs and services just last year. Our fall walks have proven to be the single most important source of our revenue, and this year, we hope to make the events more exciting and fun-filled than ever!

One new addition to the St. Paul walk will be the **Step into the Spotlight** tent. Participants with Down syndrome have been encouraged, in advance of the walk, to share their stories of success. The tent will feature a display of these accomplishments.



Every year, we continue to be amazed by how inspiring these walks are. The support offered by the community truly is palpable, as the

events serve as a warm reminder that our family members and friends with Down syndrome are more alike than different.

The funds you raise cover approximately half of our operating budget. Thanks to the consistent support of our walkers, we are able to provide Down Comforter Information Packets for new and expectant parents, grandparent packets, parent support events, our *Special Times*, *Solutions*, and *Voices & Choices* newsletters, and youth and adult conferences, just to name a few things. Nearly everything we do is possible due to the successes of these events. Please, make yourself a proud part of those successes and plan to walk with us!

Online fundraising is available now at <http://www.firstgiving.com/dsamn> for you and your team's convenience. Create your team page now and start gaining pledges instantly!

Brochures, pledges sheets, and hard-copies of registration materials will be sent out toward the end of July. Online versions of these materials will be available around mid-July.

Don't delay—formulate your team and start scoping out donors for these incredible events! We look forward to seeing you as we step up this September!

Special Points of Interest

3rd Annual
Joey Hebert Classic
August 3rd, 2009
Deer Run Golf Club

12th Annual
Muddy Waters Open
September 13, 2009
Lone Spur Golf Course
Eagan, MN

12th Annual
Step Up for
Down Syndrome Walk
September 20th, 2009
Como Park
St. Paul, MN

8th Annual
Duluth Buddy Walk
September 27th, 2009
Pioneer Hall, DECC
Duluth, MN

SAVE THE DATE!

A BLACK AND SILVER NIGHT

**Down Syndrome Association of Minnesota
25th Anniversary Celebration
November 7, 2009
Marriott Minneapolis West**

Join us to celebrate the accomplishments of the Association and those whose dreams laid the cornerstone on which we built 25 years of programs and services for our families

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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*

From the Executive Director

By Kathleen Forney

Dear Members,

I hope this issue of *Special Times* finds you all enjoying our brief but beautiful Minnesota summer, a time when it seems one of the greatest challenges is choosing the recreational option that is most fun to enjoy with friends and family.

While your staff and board are certainly enjoying the nice weather, we are also focused on fall and early winter DSAM events. Our primary focus is gearing up for our annual Down syndrome awareness walks in Saint Paul and Duluth. We are hoping to top 7,000 walkers this year, all advocating and supporting folks with Down syndrome. We hope to see you at one of these exciting events. Watch your mail for additional information!

We are also planning for our **3rd Annual Educator Conference**. We look forward to your help promoting this conference to your child's teacher again this year. To make it more accessible to all teachers throughout the state, we will be holding a conference in **Saint Paul on October 20 and a conference the following Thursday, October 22 in Grand Rapids, Minnesota**. We will be sending brochures out to all our families as well as those teachers on our mailing list. Please mark your calendar now if you plan to attend and feel free to forward information on to your child's teacher. Information including registration will also be available on the DSAM website by the end of July.

Perhaps the most exciting even we are all working on is the **25th Anniversary Celebration, "A Black and Silver Night"**. Twenty five years ago this year a group of parents had a dream—to support one another on their journey of raising a child with Down syndrome. They dreamed big. And others who followed added to those dreams. We are now a strong regional organization supporting parents when they have or are expecting, a child with Down syndrome, grandparents, extended family, teachers, medical professionals and people with Down syndrome themselves.

We hope you will join us on **Saturday, November 7**, as we pay tribute to those whose dreams helped build the Down Syndrome Association of Minnesota into the organization it is today. You should have received a Save the Date card by now and more information will be sent the end of the summer. Please visit the DSAM website for updates.

I'd also like to welcome the seventeen families who have had new babies since the beginning of the year. We have also been contacted by six expectant parents in that same time frame. Our Down Comforter program is as successful as it is because of the wonderful medical professionals in the 125 hospitals and clinics around the state who see that parents are given the information they need—at the time the diagnosis is made. Our program would not have such successful without these dedicated medical professionals.

Enjoy the rest of the summer!

We hope to see you at one of our events this fall!

**Come Celebrate with us as we
Step Up For Down Syndrome**

New Members

Stephanie Dorman
Shaun & Tracy Holtz

Welcome New Parents

Steve & Molly Exsted
Andrew and Amanda Gislason
Raymond & Andrea Grefsheim
Katie & Dustin Lawrence
Julie & Dan O'Connell
Lynn & Kevin Prodoehl
Tracy & Darren Swenson
Sarah & Matthew Wolfe

Patron (1000+)

Bloomington Marion Council 3827 - Knights of Columbus
Kraus-Anderson Construction Company

Benefactor (250+)

Apple Valley Council 9096 - Knights of Columbus
James & Phyllis Bjork
Linder's Greenhouses, Inc

Contributor (100+)

Kowalski's Market

In Memory of

Liberty Davidson
Barb Gott
Elijah Green-Haywood
William Bottila
Brian Hughes
Jared Smasal, Jr.

Employee Giving through:

AIG
Ameriprise Financial Employee Giving Assurant
Greater Twin Cities United Way
ING
Morgan Stanley
Thomson Reuters
Verizon
Wright County United Way



It's almost time for the 3rd Annual Joey Hebert Golf Classic— August 3, 2009, Deer Run Golf Club, Victoria, MN. The tournament will start at noon with a box lunch followed by golfing on a beautiful course. The day will end with a steak and chicken dinner and a silent auction. Cost per person is \$150. Don't golf but still want to join in this great event and support the Down Syndrome Association? Then please join us for dinner. Have an item you'd like to donate to the silent auction? Please call DSAM members Alvin or Colleen Hebert at 952-443-4183 or email at jhc4ds@embarqmail.com. You can get all the details and a registration form at the website www.jhc4ds.net.

We hope to see you there!

Focus on
Building Friendships

Building a Circle of Friends for Your Child With Down Syndrome

By Debbie Horn. Debbie is a member of the Down Syndrome Guild of Greater Kansas City. She wrote this article for their newsletter "Connections."

The social lives of children with Down syndrome has been a hot topic in recent months and one that is at the forefront of every parent's concern for their child. By relating my own experience with my son Matthew, who is nine years old and is in the third grade, I hope I can provide some input for other families and possibly even put some minds at ease. As for Matthew, I can honestly say that he has a very age appropriate social life and his friends are very important to him. If you're a parent of a child who is not getting social invitations, you're probably thinking as I was a couple of years ago: how can that be?

The day I realized that my son's social life was entirely in my hands was the day that Matthew started having a social life. I have to say (and expose a part of me that is embarrassed), that before I started this journey a couple of years ago, I just could not bring my self to call a mom -- especially one I didn't know -- and ask if her child could come over to play with Matthew. I was afraid she might not want her child around Matthew and I would be able to sense that in her words or worse yet, her child would not want to come over. I have come to realize that was just MY fear and it was really not based on

**12th Annual Muddy Open
September 13th, 2009
Lost Spur Golf Course**

Join Libby and Steve Waters at their 12th Annual Muddy Open golf tournament! This year's golf outing will be held at the Lost Spur in Eagan on Sunday, September 13th, 2009 .

Please send your check for \$77.00 per golfer which includes- 18-hole green fees and cart, PLUS awards and a buffet at O'Gara's Bar and Grill following the tournament. Not a golfer? Join us for the buffet and beverages afterwards at O'Gara's. Please send \$13.00/adult and \$6.00/child.

We will be holding raffles and other contests to help raise money for the Down Syndrome Association of Minnesota. (www.dsamn.org) We do have hole sponsorships available. Contact Steve or Libby for details.

For more information please contact Steve and Libby at (651) 405-6651 or the DSAM office (651) 603-0720 or go to www.dsamn.org download a registration form. Please RSVP to save your spots for golf and for the buffet to make sure we have enough food by **August 31st!**

any thing I had experienced. I had to be willing to risk being uncomfortable and even being hurt if it meant that Matthew could have friends.

Early on, I remember thinking that Matthew was really a homebody and didn't show an interest in kids. But now I realize that was because he didn't know what it was like to have a social life. Now, every day when I pick Matthew up from school, he wants to invite someone over. If you had told me that Matthew could be this way a couple of years ago, I would have said "no way, he's shy and it's not his personality." I couldn't have been more wrong. He just didn't know what he was missing. So Matthew and I began our journey together, and here are some things we do to help Matthew and his peers spend time together:

- **Volunteer at School – A LOT!** When Matthew was in first and second grade, I volunteered in his class, working with the kids on sight words, math facts and reading. I spent time with every child in the class. They got to know me and I got to see them interact with Matthew. Those who came in and said things like "I sat by Matt at lunch" or "I played with Matthew at recess" were the kids I invited over first. The kids are always anxious to talk to me about Matthew. This will happen, I guarantee it.

- **Birthday Parties-** I haven't met a child yet that doesn't want to come to a birthday party. You don't need to spend a lot of money. I often have Matthew's party at home and we play games in the backyard. Inviting the kids to Matthew's party directly increased the number of party invitations Matthew received.

- **Theme Parties:** We have had several cookie making parties for Matthew's girl friends and pizza making parties for the guys. Matthew enjoys cooking and so do all the other kids.

- **Organized Play Dates-** I have set up an email data base of Matthew's classmates. When we have a nice day coming up, I will send out an email that we are going to play at the park after school. We always have a good turnout and it gives me an opportunity to get to know the mom's a little better.

- **Peer Presentation-** Each year, I present a program to Matthew's class about Down syndrome and Matthew, in particular. I can't stress enough how this has helped Matthew at school. The very day of the presentation, Matthew has a couple of new friends.

- There are always children who don't understand why Matthew looks and acts different. I spend a little time telling the children how Down syndrome affects Matthew, and the rest of the time telling them about all the things that Matthew likes to do. And I make sure to focus on things that I know they all enjoy.

- In the latest presentation, I did a power point, which included pictures of Matthew catching a big fish, mountain climbing and horseback riding. I could tell that many of them

probably thought that Matthew didn't do things like that. I always mention that, like all kids, Matthew loves to go to other children's houses and LOVES birthday parties-just planting the seeds. My goal is to make them realize how much Matthew is like them, even though he has Down syndrome.

- **Lunch Club-** Once a week, I go to the school at lunch time and bring a game (making sure to choose one that Matthew is good at) and a special desert. Matthew gets to pick four to six friends and we go eat and play a game in a different part of the building. This is a fun time for Matthew, and each week, the children beg to be chosen. It never ceases to amaze me that even the children who show little interest in Matthew want to participate in lunch club; I see it breaking down the barriers. Even the most ornery of kids will make sure that Matthew gets his turn in the game, and they love to see Matthew win.

- **Social Club-** Twice a month, I host a social club – or **Club Matthew** – at School. We include approximately 15 children and we meet in the art room because they have big tables set up there. The children are hand picked by me to ensure a good balance. I even include Matthew's brother and a couple of his friends.

We meet for one hour, and during that time, I do a twenty minute social lesson, snack time and game time. I have covered a number of topics in my social lessons, from manners to social conversation. Again, I always make sure to bring games that Matthew will enjoy and that he is good at.

The first year, I supplied the snacks and now the parents supply them on a rotating schedule. I can recall a couple of children I invited that were not close to Matthew when we started and now really look out for him and want to spend more time with him. It's incredible to see how he touches lives. It never ceases to amaze me how the toughest of kids will show a soft side to Matthew when given an opportunity and encouragement.

- **Another Child's House:** When Matthew does get a return invitation, it's important to ensure he will be safe where he's going. Matthew is a runner, so that is always my biggest concern. Some families know him well and I don't worry too much. But if he gets an invitation to a new place, I make sure the parent understands his vulnerability. I usually ask them to lock the door to deter him from leaving. Although "elopement" is a big problem for Matthew, he has never tried to leave a friend's house. I can only surmise that he is having such a good time, that he doesn't want to leave.

I often stay at birthday parties and "HELP" the mom. I've never felt like a mom didn't want me there or that she was uncomfortable. I've gotten to know several moms that way. If you're not comfortable with an invitation, politely decline, but be ever so thankful for the invite and turn around and invite that child over to your home. I always go that extra mile to let a parent know how much I appreciate the invitation. It is a BIG deal.

Voices & Choices

A Newsletter For & By Self Advocates

2009 Youth & Adult Class Creative Communication

This year at the 2009 Youth & Adult conference, Nayef Albinali, Jackson Bean, Holly Colwell, Donny Smith, Ryan Teed, Lori Turbenson and Dan Wheat took Creative Communication, taught by David Forney. David spoke to the attendees about different means of communication. The attendees then wrote a short essay of their choosing.

About Me

By Holly Colwell

I lived on my own apartment for 15 years. I graduated from Edina High School and I'm 39 years old. I was a figure skater at the Special Olympics in the International Games in Reno, Nevada and won a silver medal as a Special Olympian and a famous guy, his name is Patrick Swayze from Dirty Dancing. I have a special friend, his name is Neil. We spend time together. My dad and I are going to New York City on June 4th through the 8th. And lots of shows to see and sight seeing too. I have 2 PCA's now. Their names are Marcy and Melissa. We do things together like cooking, exercising, games and do different things we can do. When I was growing up I was in the Edge Program with a group of friends and with John Rynders.



My Favorite Band By Ryan Teed

My favorite band is Black Sabbath. I like the song called Ironman. It is cool and awesome and is really true heavy metal.



Music Inspiration in My Family Life By Lori Turbenson

Music inspiration has been apart of my life, through my family there always has been music and I grew up listening to music and dancing to music. MY family is a musical family. My mom had played the piano and guitar, was always into singing. Dad played music to entertain himself, while building with woods or tools. I have a sister, who plays the cello and likes to sing, my brother Erik was a singer. I have musical relatives. Aunt Sally likes to sing in the kitchen, while she's cooking. I have two uncles who play two different size accordions, got two cousins, one played the violin and the other one sings. My grandma Opal played and organ and sang. I am also a signer. My niece Ellen dances now. Grandpa Carl played an accordion. I



even took choir up through high school grades up through 12th grade and took singing and voice lessons. My sister sang and sang beautifully. That's how I grew up in the musical family as my inspiration. It's all inherited.

Growing Up

By Nayef Albinali

When I was a baby I lived in a duplex with my mom and dad. After that I went to Rubenlind. When I was a kid we went to a different house to live with my grandma. From there I went to Dowling.

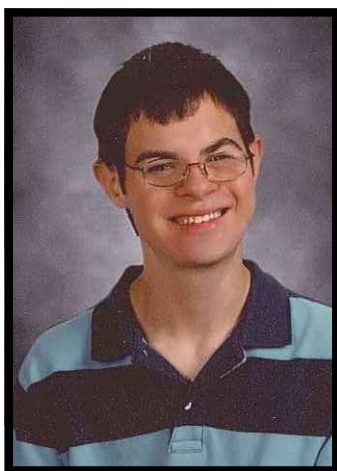


I graduated from there and then I went to Anthony Middle School where I first saw my fiancé and then I went to Washburn and saw Mack and Tom there. I graduated from there. I lived with my cousin for a long time and moved back home and now I am living in my first apartment and I am now an uncle of my cousin's baby, he was born on August 15.

Graduation

By Jackson Bean

I was sad when I found out my seniors were about to graduate from high school. I was sad for many days I didn't go to graduation. Then my tears turned to happiness when I found my seniors again in the lunchroom. Then I burst into tears because I was happy when I found them and now I am invited to a senior graduation party.



Super Hero Story

By Donny Smith

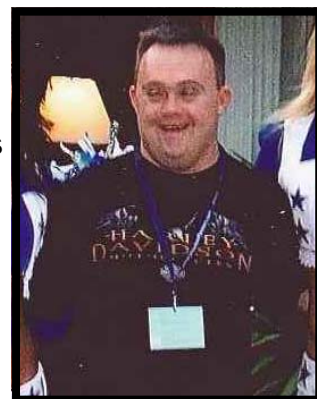
A long time ago there was a gladiator named Alexander the Great. He fought the wasteland of Creek, the Demon horse named Sender Horse/Mondor. They had a fight at the Creek, hero's of bravery and tears and blood fight and fight fight, but the war has begun to end the battleground and the segue's fight to end the way. They lost the war but the battle never ends long time ago.



About Me

By Dan Wheat

I graduated from Duluth East high school, class of 1994. I live in Duluth with my mom and dad. I like this class. My best friend is Matt Bubb, he is 33. I have a friend Erin who is 42, Matt who is 21 and Liz who is 32.



Are you a self-advocate and have a story, recipe or poem to share? Send it to Catherine@dsamn.org to have it published in the next issue of *Voices & Choices*!

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Now, you're probably thinking, I don't have that kind of time, and I understand that. I am a stay-at-home mom and I realize that many of you have to work every day. But I would recommend starting by picking one thing and trying it. Do a peer presentation and have a birthday party. It's a great start!

So, are things perfect now? Is everything easy? Does Matthew have 100 friends? **No.** We still issue 10 invites to every one return invite Matthew receives. But these strategies DO work! And don't think they work because Matthew is extraordinarily social or well behaved. He's not, and it's not always the perfect scenario. Sometimes Matthew exhibits inappropriate social behavior, so we continue to work on it. Managing this part of Matthew's life is just as challenging as his academic life. But I'm convinced that, in both areas, he is better off with my involvement than without it.

Some parents believe that a child has to be verbal or able-bodied to employ these social strategies. But it doesn't matter if your child is non-verbal or in a wheelchair. This is about giving other children the OPPORTUNITY to know your child. That's all we can do. It all boils down to math, plain and simple. The more effort you put into your child's social life, the more your child and his peers will get out of it. Maybe it isn't fair that it requires so much effort, but it is so worth it.

Focus on Inclusion

Using High School Athletics to Promote Inclusion

By Nancy Hennefer, Cherry Hill, NJ

In *Forrest Gump*, a popular 1994 comedy-drama, Forrest says, "Momma says life is like a box of chocolates, you never know what you are going to get." In many respects, that is very true of raising a child who has Down syndrome or any disability for that matter. When our son, Brad, was born 20 years ago, we never envisioned his incredible accomplishments or the life that he now leads.

To our knowledge, Brad is the first individual with DS to play two varsity sports through all four years of high school. Brad earned four varsity letters playing golf at Cherry Hill High School East in New Jersey. He also played on the basketball team all four years and earned a varsity letter in his senior year. Over time, Brad acquired quite a following and attracted media attention with features on *Good Morning America*, ABC, CBS, NBC and Comcast; and in *Sports Illustrated* and *The New York Times*. "Google" his name or see video clips on his website at www.golfforlife.org.

Brad has always loved sports. We have pictures of him swinging a golf club at age three and joke now that we stood

back pretty far as he swung his new weapon. For Brad, standing back and giving him that opportunity has made all the difference in his life.

We often get asked what we did "different" with Brad. I don't profess to have all of the answers and no one size fits all, but Brad has had a lot of "behind the scenes" preparation. I can share my ideas of what has worked for Brad. While they may not work for everyone, I hope other families will find them beneficial.

Top Ten Tips for Successful Inclusion in Athletics

1. Abandon all preconceived stereo-types. Focus on the ABILITY portion of your child's disability.

2. Think of sports as "physical therapy." The added bonus of positive peer mentors make it fun! We always looked for opportunities for physical development alongside typical peers.

3. Start young while in preschool and kindergarten. Brad learned basic, socially appropriate playground rules with his typically developing peers—take turns, line up, wait your turn, etc. Brad learned quickly that if he didn't behave and follow the rules, other children would avoid him and he was not included in recess activities. His playground peers were some of his best teachers. When it came to behavior, our rule of thumb was that if we observed behaviors that we did not want to see as a teenager or adult, we did not permit those behaviors with young children.

4. Work collaboratively with your school district. We have always worked collaboratively with our school district, picked our battles carefully and never let the relationship turn adversarial. While we realize everyone's circumstances are different, we do believe that our strong relationship with school administration had a positive influence on Brad's ultimate success in high school. We always viewed Brad's progress as a 21-year journey in our district. We tried to view some of the daily challenges with that context.

5. Take advantage of community recreation programs. We enrolled Brad in our township's summer community recreation programs with typical peers. We did not always feel the need to tell them in advance that he had DS. Instead, we volunteered to help out once he was enrolled.

6. Participate in Special Olympics. If there are no appropriate Special Olympics training programs in your area, then start your own. We started Special Olympics programs such as an "Independent" in golf, basketball and power lifting. The programs are now funded through our local NDSC affiliate parent group.

7. Participate in elementary and middle school athletics. Brad has always participated in regular physical education classes to the best of his ability. This was supplemented with

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PARENT GROUPS

Attend a Parent Group meeting near you to meet other parents of children with Down syndrome, share information and experiences, discuss common issues or concerns, and find support. **Please call the facilitator for information, as times and locations are subject to change.** Information is also available at the Down Syndrome Association office: 651-603-0720 or 800-511-3696. **Special Note: Contact group facilitators for summer meeting schedules.**

Apple Valley

Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
3rd Monday 6:00-8:00pm
Jennifer Lee (651) 463-2226
jennifer_lee@charter.net
Gretchen Martin-Miller (952) 403-6722
gretchen.martinmiller@gmail.com
Childcare \$3/child

Bemidji

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

Buffalo

Discovery School
301 NE 2nd Ave, Buffalo
3rd Monday, 6:30-8:00pm
Sheri Jorgensen (763) 682-0756
Sheri.jorgensen@co.wright.mn.us
Penny Kauffman (763) 498-7173
pckauffman@comcast.net

Chisago City

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

Duluth

St. Paul Episcopal Church
1710 E Superior St, Duluth
3rd Monday, 6:30-8:00pm
Nick Faust (218) 786-9276
nick@downupnorth.org

Eau Claire, Wisconsin

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

Faribault & Martin County Area

United Hospital District Classroom
515 South Moore St, Blue Earth
Use main entrance on south side of bldg.
4th Thursday, 6:00–8:00 pm
Andrea Miller (507) 848-0229
James Miller (507) 848-0224
dssgFmc@hotmail.com

Fargo – Moorhead

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

Grand Rapids Area

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

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
Susan McMullan (651) 407-6550
SusanMMcMullan@aol.com

Mankato/St. Peter

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

Maple Grove

Maple Grove Community Ctr.
12951 Weaver Lake Rd., Maple Grove
3rd Tuesday, 6:30-8:15pm
No summer meetings
Lisa Bartsch (763) 391-6634
ljbartsch@aol.com

Minneapolis

Wilder Complex
3328 Elliot Ave, So. Door #2
1st Monday, 5:30-7:30 p.m. (begin 10/6)
Jeneane Butrum (612) 668-5132
Jeneane.butrum@mpls.k12.mn.us

Minneapolis—Latino Parent Group

Wilder Complex
3328 Elliot Ave, So. Door #11
1st Saturday, 12:30–3:30 p.m.
Gladis Rosales (651) 487-5365
Tinas.Cleaning.Services@hotmail.com
Childcare provided

Minnetonka

Cross of Glory Baptist Church
4600 Shady Oak Rd, Minnetonka
2nd Monday, call for time.
George & Janet Linkert (952) 472-1641
georgemathew@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 Social, 7:00 Meeting
Jenny Wazlawik (715) 262-8333
wazlawikj@centurytel.net
Terri Yira (715) 381-3015
terri_y@comcast.net
Susan Erickson (715) 381-9825

wsrmbaldwin@telecom.net

Rochester

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

Roseville Area Parent Group

Brimhall Elementary School
1744 North County Road B, Roseville
4th Monday 6:00-7:45p.m.
Tracy Hafeman (763) 208-4495
Haftr_803@msn.com
JoAnna Harris
joanna0909@mac.com

Spring Lake Park

Spring Lake Park ECFE
Woodcrest Elementary
800 Osborne Rd, Room A, Fridley
3rd Tuesdays, Jan–May, 6:30-8pm
Jen Meinert (763) 783-5615
jmeine@district16.org
Stacy Liliya
Michael.stacy@earthlink.net

St. Cloud Area

Hope Covenant Church
336-4th Ave. S, St. Cloud
3rd Thursday, 6:00pm
Cindy Owen
cower@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 (651) 647-5771
johnjenmck@comcast.net

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

Winona

Goodview Elementary School
5100 W 9th St, Winona
Call for meeting times
Bruce Potter (507) 523-3311
Karen Bunkowski (507) 457-6264

(Continued from page 7)
physical therapy.

8. Being part of a team is more important than playing time. As Brad got older, we wanted him to continue experiencing the joy of being part of a team. We did not set out for him to actually play at the high school level. We first approached the school about Brad being a manager and participating in practices for physical therapy and social interaction. Participation at any level is beneficial. Playing time may be an added benefit, but it was not our initial expectation.

9. Be prepared to devote your personal time to high school activities. In four years, our family *did not miss one* practice or game. Basketball games and practices were six days a week for two or three hours each. Since we were pioneers in uncharted territory, we wanted to be there to make sure Brad was successful. We did not demand or expect an aide to be assigned. If Brad needed additional assistance, we did not want the coaches to take time away from his teammates. For basketball, the school obtained a waiver adding a spot to the team roster so that Brad did not take one away from a deserving teammate.

10. Think of physical fitness and weight management as like skills. In high school, Brad took physical education class that focused on weight training. He worked in the weight room five days per week with the other athletes. As a family, we routinely go to the gym, where Brad independently performs his own exercise routine. It has become one of his life skills.

Just remember, wherever you happen to be on this journey that we all share with our family member who has DS, "you never know what you are going to get." What we "got" was slowly revealed to us over a 20 year journey. I'm sure the

best is yet to come.

For more information about Brad go to: <http://www.golfforlife.org/>. Re-printed from Keeping Up, newsletter of the Down Syndrome Association of Central Ohio

Save the Date!

2009 Educator Conference

Metro Area: October 20, 2009
Grand Rapids: October 22, 2009

Watch your mail for more information!

Don't miss this exciting conference!

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

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DOWN SYNDROME ASSOCIATION of MINNESOTA MEMBERSHIP APPLICATION

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ADDRESS _____

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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+
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\$ _____

Calendar

July

July 7 Board of Directors Meeting

August

August 3 3rd Annual Joey Hebert Classic

August 11 Executive Committee Meeting

September

September 8 Board of Directors Meeting

September 13 12th Annual Muddy Open

September 20 St. Paul Step Up for Down Syndrome

September 27 Duluth Buddy Walk

October

October 13 Executive Committee Meeting

October 20 Educator Conference—Twin Cities

October 22 Educator Conference—Grand Rapids

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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