



Special Times

Volume 25 No. 1

January/February 2010

NEWSLETTER OF THE DOWN SYNDROME ASSOCIATION OF MINNESOTA

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

2010 Regional Conference

Down Syndrome: The Movie
Lights! Camera! Action!

The Down Syndrome Association will host its 9th Regional Conference on Saturday, April 10. The conference will be held on the St. Paul campus of the University of Minnesota. Nationally recognized, as well as local experts, will be presenting on wide range of topics on Down Syndrome. This conference is great opportunity for new parents, parents of teens and adults, educators, doctors, etc.

Please mark your calendar now and watch your mail for more information and registration materials.

13th Annual Youth & Adult Conference

The Association's very popular Youth & Adult Conference will take place May 8th, 2010. 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.

Planning Event

Are you 14 or older and interested in helping plan the 13th Annual Youth & Adult Conference? Join us on February 13th at Eden Wood, Friendship Ventures location in Eden Prairie. We will brainstorm ideas for the conference and plan some events that will be hosted in collaboration with Friendship Ventures. Following the brainstorming event, you will be welcome to attend the Valentines day dance that evening at Eden Wood (\$6 fee for the dance).

Please contact Catherine at the DSAM office, (651) 603-0720 or catherine@dsamn.org, if you are interested in participating!

Celebrating Major Improvements in Quality of Life: DSAM on Its 25th Anniversary

By: John Rynders

Experiencing DSAM's 25th Anniversary Event was sheer delight. Expressions of happiness and stories of accomplishment permeated the atmosphere. To me, it represented a jubilant celebration of improvements that have occurred for – and by – individuals with Down syndrome in the quality of life.

At the closing ceremony of the event I was completely taken by surprise to hear Kathleen Forney announce that DSAM had established an endowed student scholarship at the University of Minnesota in my name. To be honored by DSAM, an organization that so ably supports parents and their children with Down syndrome – several of whom have become like extended family to me, particularly those from Project EDGE – is humbling to say the least, and ex-tremely gratifying.

Savoring memories of the evening's festivities on the drive home, I began to recall my experiences as a special education teacher back in the 1960's. Several of my students had Down syndrome. I was a "rookie" back then, teaching in a residential institution: The Northern Wisconsin Colony and Training School.

In the March edition of *Special Times* I will share some of my teaching experiences at the institution. Reading them should produce an even greater desire to celebrate DSAM's accomplishments on its 25th Anniversary.

John Rynders, Professor Emeritus, Department of Educational Psychology/Special Education Programs, The University of Minnesota.

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Special Points of Interest

DSAM Dance
March 21, 2010
Medina Ballroom
Hamel, MN

9th Regional Conference
April 10, 2010
U of MN
St. Paul, MN

13th Youth & Adult Conference
May 8, 2010
Marriott West
Minneapolis, MN

Annual Picnic and Harley Raffle
June 13, 2010
Columbia Park
Minneapolis, 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 Executive Director

Dear Members,

Are you one of those folks who look back in reflection when the New Year looms or are you a forward thinker who focuses on the possibilities of the coming year. At this time of year, I end up being in both camps....I am responsible for preparing the Association's budget every year so must look forward but to do so we also find ourselves taking a good look at all we accomplished in the year ending.

As I did that look back, I realized that 2009 was a year that simply cannot be forgotten.

We entered the year very unsettled. The financial market had just crashed. Friends, members and neighbors were losing jobs. Experts predicted a return of the Great Depression and, the prospects for the year ahead seemed at times pretty bleak.

I am not sure there is a better testament to the strength of our community than what actually happened.

Our 12th annual Youth & Adult Conference was a hit; we had 55 young adults in attendance. The third Annual Joey Herbert Golf Tournament hit its fund raising projection and then just kept going and going. A bit more than a month later, our Walks in St. Paul and Duluth drew record crowds – more than 7,000 pride-filled and happy people turned out on two fantastic days. And, no sooner than we had put away the tents and signs, it seemed, we were caught up in the near perfect social event – a Black and Silver Night – our 25th Anniversary gala.

We welcomed 80 new families to the Association throughout the year and quite a few of those new members with little babies attended our new parent breakfasts.

Thanks to the hard work of staff, board, development committee and the wonderful generosity of our members, we ended 2009 in a very healthy financial position.

Just think what 2010 can bring if we came through what was supposed to be a really bad year in such wonderful shape.

Well folks, it is going to be just amazing.

Newly seated board members joined us at our January meeting. We welcome Dave Reedstrom, John Kupris and Karen Swanson while bidding farewell to Kathy Nelson and Steve Wevley. Steve has represented our families from the Alexandria area for the past 3 years and Kathy has been the board member most focused on adult issues. It was under her leadership (along with co-chair Kathy Holiday) that the Healthcare Management Program came to fruition. I am sure we will continue to see Steve and Kathy's faces at DSAM events. We thank them both for their service.

Time is going to fly by this spring – it seems that our 9th Regional Conference is just around the corner – a traditional DSAM event that, this year, will have very specific tracks for families with newborns onto those dealing with adult issues. Mark your calendars now – if you haven't already for Saturday, April 10 and join us for what promises to be day packed with information.

(Continued on page 9)

New Members

Heidi & Chris Reuter
Michele & Steve Olson
TSE, Inc.
Jim & Phyllis Hanson
Angie Maldonado
Claude Hughes
John & Carolyn Forney

Welcome New Parents

Kristen & Gary Brechler
Marie & Josh Cady
Bryan Laundre & Christine Kenyon
Hugh & Pat Maetzold
Jennifer & Dave Patrick
Bill & Kim Polhmann
Heather Weigand & Family

Patron (1000+)

Frankard Foundation
North Star Imaging, Inc
John Thysell
Anonymous
Mark & Mary Maher

Benefactor (250+)

George & Harriet Horner
Chris & Penny Kauffman
Mary Terry
Jerry & Kay Cooper
Lisa & John Bartsch
Anonymous
Joe & Gail Hoey
Sydney & Jeff Johnson
Anne O'Connor
Sharon & Tom Bottensek
Marilyn Kapter
Kristine & Mike Haas
Michael Sullivan
Jim & Marge Wazlawik
Denise McGee
Aaron & Cheryl Larson
Tim & Amy Haugen
Becky & John Errigo
Perfecseal Mankato
Kim Murdych
Rose PirkI
Robert Beach
Phyllis & James Bjork
John & Colleen Doyle

Contributor (100+)

Bill & Kim Hannon
Stephen W. Forseth
Donita Soucek
John & Betsy Holcomb
Georgiann & Joseph Errigo
Chris Feinman
Steve & Jennifer Krummen
Jared, Jessica, Alison & Lillian Smasal

Jera & Paul Barthol
Linda & Butch Bialick
Marion Zenker
Genaya & Chad Syverson
Amy Patton
Mary & Tom Harding
Jeff Striker

In Memory of

Sean Maher
Wendy Feuerhake
Gretchen Lund
Marie Nistler
Aunt Jean
Jeremy Mark Owens
Jared Smasal Jr
Rebecca Hensel
David Morrissey

In Honor of

Madyson Bartsch	Henry Stark
Max Sammon	Ryan Hanson
Nolan Hilson & Family	Andrew Nathe
Patricia Ann Holm	Jeffrey M. Schommer
The Blues Team	Beau Exsted
Matthew Dehmer	Cecilia Brudevold
Sophia	Kyle Goergen
Olivia Yager	Sebastian NelHoff
Winston Joseph Yerxa	Landon Holtz
Emma Jo Tessman	Laura Nelson
MacKenzie Haugen	Mackenzie Binder
Anthony Gratz	Dylan Prodoehl
Gracie Theis	LuAnn Glaser's birthday
Kyle Kauffman	Josie Marshall
Adrienne Jean Bayer	Ryan John Errigo
John Doyle III	Evan Lee
Connor Holcomb	Mary Shelhamer
Brayden Roesner	Caleb Taylor
Terrance O'Brien	Riley Hannon
Logan Vath	Sophie Grace Wynne
Jonathan Krummen	The Sawyers
Charles Travis	Catherine McDonnell-Forney
Nathan Patrick	& Nicholas Schroetter
Katie Lanners	Kathleen & David Forney
Paul A. Barthol III	David-Michael Forney
Avery Ashlyn Holznagel	Meg Forney & Jon Fagerson
Abigail Cushing	

**And a special thank you to those who participated
in the Minnesota Give to the Max day!**

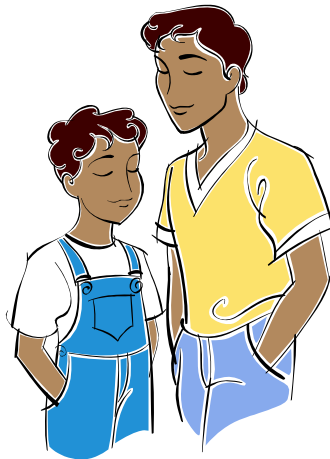
Focus on Teen Siblings

Teen Siblings and Down Syndrome

Growing up with a brother or sister with Down syndrome can be fun, but sometimes you might find it difficult. Remember that all siblings feel this way about each other sometimes. You may feel lots of different emotions about your sibling with Down syndrome. You may feel: happy, sad, annoyed, embarrassed, jealous, guilty, proud, or protective over them. Occasionally, you may find that you worry about your sibling. Sometimes it helps to tell someone how you are feeling. Other siblings, parents and even your sibling with Down syndrome may have felt the same way too. As a sibling, you may already be aware the people react in different ways to your brother or sister. Sometimes your sibling may be treated in a way that makes you feel embarrassed or angry. Try some of the strategies and tips listed below to help you through your emotions.

Need to let off some steam?

- Go for a run or walk or catch the latest movie with your friends.
- Write down everything you are feeling in words or draw a picture of how you feel. You may want to keep a journal and share your thoughts with someone or throw them away when you feel better.
- Write down all the positive things that people have said about your brother or sister with Down syndrome.
- Find a sibling support group in your area or visit on an online site for siblings.



How to Deal with Other People's ATTITUDES

- Try to educate people about Down syndrome.
- Try not to become defensive, though it isn't always easy.
- Try to control your own anger. Remember, their attitude is likely due to ignorance, it's not personal.
- Try to remember your own attitudes and actions. Maybe you had some of the same thoughts before you had a sibling with Down syndrome.

Enjoying your relationship with your sibling who has Down syndrome

- Don't feel guilty if you need some space! You are also an individual with your own needs.
- Stop being hard on yourself, you can't be perfect all the

- time, even it feels as though you have to be.
- Accept your sibling for who he/she is.
- Talk about your feelings with others.
- Try doing lots of fun things with your sibling
- Remember that all siblings argue at some point, whether they have Down syndrome or not.
- Talk to someone who might understand how you are feeling
- Tell your parents and other family members what you are comfortable helping out with and what you think your sibling should be doing independently or with other family members help.

Remember that your sibling is very similar to you in many ways but may require additional support or time to do the same things you do.

Excerpts from Fasten Your Seatbelt, the first book written exclusively for teens with a brother or sister with Down syndrome. By Brian Skotko, the brother of a young woman with Down syndrome, and Sue Levine, a social worker focused on sibling issues for the past 30 years. Reprinted, with permission, from *Connections*, the newsletter of the Down Syndrome Guild of Greater Kansas City.

Note from the editor: DSAM has copies of Fasten Your Seatbelt available in the member library.



Announcing 2010 Harley Raffle

Black 2010 Road King FLHR with cruise control
Sunday June 13, 2010 – Drawing @ 4:00 p.m.
Picnic from 4-8 p.m., Food @ 5:00 p.m.
Columbia Park
800 Columbia Boulevard
Minneapolis, Minnesota
\$300 per ticket – Only 100 Tickets to be Sold

Visit www.dsamn.org/harley to download an order form

Welcome New Board Members

John Kupris is the parent of a ten year old daughter with Down syndrome. He has over twenty years of experience working with non-profit organizations. His knowledge of fund raising and organizational planning where specific skill sets that impressed the nominating committee. In addition, he has helped develop direct communications, promotions and marketing for conventions, trade shows and special events. He lives to be of service to others and is eager to apply his talents to the DSAM community.

David Reedstrom and his family live in Mankato, MN and have been members of the Down Syndrome Association of MN for over 20 years. Three years ago David started working with Arnie Gruetzmacher as a partner at Disability Planning Specialists, and is currently a member of ARC Southwest and served as treasurer until the end of 2009. David's daughter Victoria is 29 years old, and he is excited about the opportunity to give back to the association by working as part of the board of directors. His interests include; adult issues, tapping into resources available through other advocacy organizations, and events committee work.

Karen Swanson is the mother of 22 month old twins, one of whom has Down syndrome. She is a licensed physical therapist and athletic trainer and has 25 years of experience dealing with patients, parents/families, medical and healthcare providers. Karen has been an active member of the Duluth Down Up North parent group since the birth of her twins. The nominating committee felt Swanson would be a strong resource in assisting the DSAM Board in its outreach efforts to greater Minnesota.

Re-elected members, Mike Tvrdik, Bob Hei and Rochelle Hilson will be serving another three years on the board.



2010 Membership Directory & Special Times

As we make every effort to control costs we want to remind all of our members that the paper version of the Membership Directory will only be mailed out to those members who specifically request them each year. All members with emails will automatically be sent a copy in a searchable PDF form that can easily be printed on home printers or just saved on your computer. To request a paper copy of the directory call Kate at 651-603-0720 / 800-511-3696 or email her at kate@dsamn.org.

Don't forget that *Special Times* is also available electronically. Sign up and you will receive an email with a direct link to the newsletter.

Thank you for your help as we control our costs and help the environment!

Indoor Soccer Camp

February 27th

1:00—3:00 p.m.

New Brighton, MN

My name is Chris Kinghorn and I am doing an Eagle Project on February 27th 2010 from 1 to 3PM in New Brighton. I am putting on a free soccer camp for children with special needs. All abilities and interest levels are encouraged to participate. The camp is for kids between the ages of 8-14 (accommodations can be made). If you have any questions please contact me at number or email listed below. **Please RSVP by February 19th 2010.**

Email: aukinghorn@aol.com

Phone: (651) 481-9359



Need some ideas for planning summer activities?

Friendship Ventures

In addition to their regular programs for kids and adults with disabilities, Friendship Ventures will have two sessions specifically for people with Down syndrome at Camp Friendship in Annandale, MN:

18+ years old, June 20—25

8—21 years old, August 15—20

For more information visit www.friendshipventures.org

Down Syndrome Foundation

Will have their annual Down syndrome Camp at Camp Knutson on Trout Lake near Brainerd.

10—21 years old, June 13-17

For more information: www.downsyndromefoundation.org/camp-info/

Wilderness Inquiry

Wilderness Inquiry has trips available year round for all ages, you can go as a family or by yourself. For the schedule of trips visit: www.wildernessinquiry.org

Don't forget about the Gateway to Adventure program. Gateway provides participants with the opportunity to learn and practice the kinds of skills and behaviors typically needed to have a safe, enjoyable, integrated outdoor experience. Gateway takes an extra step to ensure participants are given the additional pre-trip assistance and support needed to be as fully accepted and integrated as possible during the trip.

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* 2011 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 April 15, 2010. 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 let us know the age the person is in the photo if it is not a current image!

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 2011 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: April 15, 2010

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

Stories to Share

You Can Do It, Sam!

By Tanya & Mike Husby



Two years ago, the dynamics of our family really changed with the arrival of our third son, Sam. Along with his designer genes and the need for a colostomy for his first 9 months of life, he turned our world upside down. For our two other children I read every parenting book possible. I kept track of milestones on my own check off charts; I made wellness visits months in advance; I followed the 'rules' when introducing the proper foods in color and texture and in which order. I never realized how much I missed from my first two sons, as I was always focused on accomplishing their next milestone, until the arrival of Sam.

We were guided by the best doctor at Children's Hospital, Dr. Andrea Lampland, who to this day I give thanks and blessings for. She was straight forward and honest. I remember her explaining, 'Sam will do well and will do everything, but on his own schedule. He will just need a little extra time and practice.' I took those words and began using them as my mantra for days, weeks and then months to come. We began to surround Sam with as many positive people and resources as we could.

Within the first four weeks of Sam's life we were blessed again with Mary Kragness, his Physical and Occupational therapist from our local Birth to Three program. She has become part of our family. She works with Sam once a week and will be the first one to cheer for his accomplishments. She has yet to take any credit for Sam's development. She believes it is due to Sam's perseverance and motivation to keep up with his brothers. We would set goals for Sam and within 4 weeks he would meet goals that were aimed for 3 months or beyond. With Mary's dedication, and Sam's willingness to keep trying, Sam began walking before his second birthday; he is now manipulating a spoon, fork and usually a

cup on his own; and doing it all with an award winning smile.

Sam is our red-headed, charismatic, energetic son. He has already taught this family numerous things in a little over two years. First thing being, always surround yourself with positive people who lift you up and push you forward. Second, if at first you don't succeed try and try and try again. And lastly, life is too short to be mapped out by a daily planner. Enjoy every day you are given and be thankful for what you have.

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### Fun at the Holiday Party!



We strive to have at least one "Stories to Share" in every issue of the newsletter. We would like to invite you to share your own cause for celebration! The event doesn't have to be momentous for anyone other than your family, but other readers are likely to relate and share your joy. Submitting something doesn't guarantee it will be included, but we know that you want to celebrate – and we want to hear about it! Please contact Catherine, [catherine@dsamn.org](mailto:catherine@dsamn.org), if you are interested in submitting a story.

## PARENT GROUPS

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

### **Apple Valley**

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

### **Bemidji**

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

### **Buffalo**

Discovery School  
301 NE 2nd Ave, Buffalo  
3rd Monday, 6:30-8:00pm  
Sheri Jorgensen (763) 682-7468  
sheri.jorgensen@co.wright.mn.us  
Penny Kauffman (763) 498-7173  
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

### **Elk River**

Handke Family Center Rm. 112  
1170 Main St. NW  
1st Wed, 7:00-9:00pm  
Julie Mielke (763) 856-1078  
mielkman@hotmail.com  
Heather Coudron (763) 274-1710  
woodland132@yahoo.com

### **Faribault & Martin County Area**

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

### **Fargo - Moorhead**

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

### **Grand Rapids Area**

Itasca Resource Center  
1209 SE 2nd Ave, Grand Rapids  
3rd Wednesday, 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.dscotch.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 (612) 245-1030  
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 p.m. Social, 7:00 Meet  
Jenny Wazlawik (715) 262-8333  
wazlawikj@centurytel.net  
Terri Yira (715) 381-3015  
terri\_y@comcast.net  
Susan Erickson (715) 381-9825  
wsrm@baldwin-telecom.net

### **Rochester**

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

### **Roseville Area Parent Group**

Brimhall Elementary School  
1744 North County Road B, Roseville  
4th Monday 6:00-7:45p.m.  
Tracy Hafeman (763) 208-4495  
Haftr\_803@msn.com  
JoAnna Harris joanna0909@mac.com

### **St. Cloud Area**

Hope Covenant Church  
336-4th Ave. S, St. Cloud  
3rd Thursday, 6:00pm  
Cindy Owen, cowen@arcmidstate.org  
(320) 251-7272 or (877) 251-7272

### **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 Monday, 6:30-8:00pm  
Childcare provided  
Jan Kramer (651) 439-7037  
ozkramer@cpinternet.com  
Megan Sundgaard (651) 430-2013

### **Virginia**

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

### **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

11/2009

(Continued from page 2)

Our 7th annual Grandparents and 13th Youth & Adults conferences will follow immediately.

We will, of course, gather at midsummer for our annual picnic and pig roast and, then, on September 26th we will hold our annual Step Up for Down Syndrome Walks in both St. Paul and Duluth. (This is the first year both walks will be held on the same Sunday due to limited park availability in St. Paul this year)

Can we top the Black and Silver Night? Want to? It'll be tough, but if you enjoyed dressing to the nines and strutting your stuff, give us a call – all it took to make it happen in 2009 was a small band of dedicated, hard working volunteers. We can do it again.

One thing I learned through this wonderfully tough year is that I can count on a generous and supportive community in all we do. I am both very proud and humbly grateful for this wonderful family we call DSAM.

### Celebrate World Down Syndrome Day!

Hosted by the Buffalo parent group, the DSAM Dance will be held March 21st at the Medina Ballroom in Hamel, MN. We hope that you will join us to celebrate World Down Syndrome Day! Watch your mail for more information.



### Metro Grandparents Group

Meets the 3rd Thursday of the month (next meeting will be February 18th) at 9 a.m. at the Edina Perkins at France Ave and I-494. Questions? Call Jerry Cooper at (952) 432-9769 or email jerrycooper@frontiernet.net

### Save the Date!

2010 NDSC Convention  
July 16th–July 18th

Disney's Coronado Spring Resort  
Walt Disney World, Florida

For more information visit: [www.ndsccenter.org](http://www.ndsccenter.org)

Scholarships available, contact Kathleen at [kathleen@dsamn.org](mailto:kathleen@dsamn.org) or by phone (651) 603-0720



### Program Preview from NDSC

Friday's Opening Plenary Session is sure to create a magic moment in your life as the NDSC presents, **We're More Alike Than Different: What Self Advocates Want the World to Know**. This session is being presented by self advocates, **Zandria White**, Charlotte, NC, **Aaron Anderson**, Des Moines, IA and **Jennifer Cunningham**, Worthington, OH and will be moderated by NDSC Vice President **Carlene Mattson**.

Saturday's Plenary Session will feature **Elizabeth Harry**, Ph.D., Professor, Department of Teaching and Learning, School of Education, University of Miami and Author, Coral Gables, FL. Her keynote, entitled, **Growing Wings with Melanie: A Mother's Journey** will highlight excerpts from her memoir about her daughter, Melanie, who had cerebral palsy. This evocative presentation will include music, poetry and photographs from *Melanie, Bird with a Broken Wing*, and will outline the path Beth took from learning of Melanie's challenges to becoming a teacher, researcher and advocate.

### 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  
 Alternative \$\_\_\_\_\_  
 Additional Donation Enclosed  
 \$ \_\_\_\_\_

## Calendar

### February

February 9 Executive Committee Meeting

### March

March 9 Board of Directors Meeting  
March 21 Winter Dance at the Medina Ballroom  
World Down Syndrome Day

### April

April 10 Regional Conference  
April 13 Executive Committee Meeting

### May

May 8 Youth & Adult Conference  
May 11 Board of Directors Meeting

## Library & Resources

Do you have a favorite book you think sound be in our member library! We are always looking to expand our library and have the best information for our members and are happy to receive your input!

Do you have books checked out from the member library? Remember that you may check out books for two weeks and then you need to return them so they are available for other members!

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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