

**Directions:**

From the North: Take Hwy 169 South. Exit onto Rockford Road, turn West. Follow Rockford Road to Larch Ln N, turn South. Turn West on Old Rockford Road.

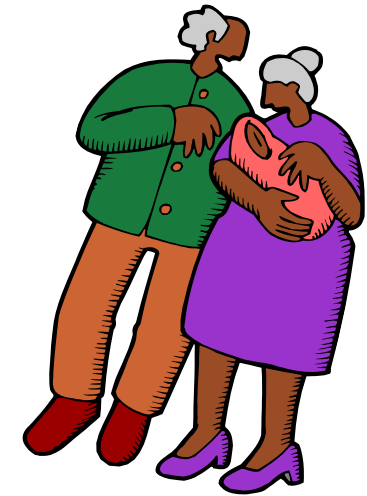
From the South: Take Hwy 169 North. Exit onto Rockford Road, turn West. Follow Rockford Road to Larch Ln N, turn South. Turn West on Old Rockford Road.

From the West & East: Take Hwy 394 to Hwy 169. Take 169 North to Rockford Road exit. Turn West. Follow Rockford Road to Larch Ln N, turn South. Turn West on Old Rockford Road.

Non-Profit Org  
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 PAID  
 Minneapolis, MN  
 Permit No. 31376



**7th Annual  
 Grandparent Conference**



**When: Saturday, May 1st, 2010**

**8:00 am to 1:30 pm**

**Where: Mount Olivet Lutheran  
 Church of Plymouth**

**12235 Old Rockford Road**

**Plymouth, MN 55441**

## Schedule

- 8:00—8:30 Check in. Coffee & Juice
- 8:20 Welcome, Kathleen Forney,  
Executive Director
- 8:30—9:30 **General Session I**  
Understanding Siblings of Children with  
Disabilities  
*Dr Joan Blaska*
- 9:30—10:00 Break: Coffee & Conversation
- 10:00—11:15 **General Session II**  
Promoting Physical Health  
*Dr. Jim Moore*
- 11:15—12:00 **General Session III**  
DSAM Updates & Resources  
*Kathleen Forney*
- 12:00—1:30 **Lunch**

## Workshop Descriptions

### Understanding Siblings of Children with Disabilities

*Dr. Joan Blaska*

Dr. Blaska will remind us of the potential positive effects for siblings who have a brother or sister with a disability. She will also share research findings based on sibling interviews regarding their needs and feelings. There is a strong body of research about siblings; let's hear what they are telling us so we can be supportive of their needs as well as the needs of our children with disabilities.

Dr. Blaska is a professor emeritus from St. Cloud State University. She brings to her presentations the unique combination of her Ph. D. studies, working in the field of special education for over 35 years, teaching at the university for almost 20 years, conducting her own research and the experience of parenting a child with a disability.

### Promoting Physical Health

*Dr Jim Moore*

Dr. Moore will discuss disorders sometime encountered in people with Down syndrome, the critical role of lifelong exercise and physical activity in promoting health and wellbeing, the useful contributions of physical therapists and other health professionals and the importance of diet and nutrition.

Dr. Moore practices Pediatric Developmental Behavioral Health and Pediatrics at the Down Syndrome Clinic at Children's Hospitals and Clinics in Minneapolis. Dr. Moore has been treating children with Down syndrome for many years.

### Down Syndrome Assn of MN Updates & Resources

*Kathleen Forney*

Kathleen will be discussing current programs and services as well as those new services contained in the Strategic Long Range Plan. Jerry Cooper, facilitator of the new Twin Cities grandparents group will also give an overview of the new group.

## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Number attending: \_\_\_\_\_

Box lunch includes: Potato chips, a cookie and a sandwich. Please indicate your sandwich choice:

\_\_\_\_ Turkey Club

\_\_\_\_ Roast Beef

\_\_\_\_ Tuna

Please send your registration to:

Down Syndrome Association of Minnesota

656 Transfer Rd

St. Paul, MN 55114

Attn: Grandparent Conference

Or email [dsamn@dsamn.org](mailto:dsamn@dsamn.org) indicating the name of the person who will be attending and their lunch choice.

*We wish to continue to provide this conference as a gift to our grandparents. While there is no registration fee, it costs the Association \$15 per attendee. Conference donations will be gratefully accepted to offset our costs, but are not necessary!*