



# SOMETHING EXTRA

The Newsletter of the  
Miami Valley Down  
Syndrome Association  
www.mvdsa.org

Volume 28, Issue 3  
Mar - Apr 2005

## Thursday, March 17, 2005 General Meeting and Bingo Night

**FOOD! FUN! FELLOWSHIP!! PRIZES for all ages!**

Light supper beginning at 6:30 pm followed by short business meeting and then:

### An evening of BINGO

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
9	27	41	59	68
14	26	43	57	70
5	23	34	55	66
7	30	36	56	67
6	29	42	58	64

**BINGO night** -- It's a perennial favorite for all ages and the possibility of prizes is always fun. For prizes we thought it might be a good way to recycle those "white elephant" Christmas gifts. For anyone who would like to donate, just bring them to the next two meetings so we can take stock and "supplement" if needed.

Baby-sitting available.

## Thursday, April 21, 2005 General Meeting

Light Supper beginning at 6:30 p.m. **followed by an important business meeting:**  
**(Job Center Cafeteria)**

You will want to come and hear the results of the Board's long-range strategic planning meeting. The officers and MVDSA Board met for nearly 6 ½ hours Sunday, February 20, to set strategies and goals for our organization. Looking toward the future of MVDSA is the subject of tonight's meeting. Come and be part of the process!

Baby-sitting available.

## Thursday, May 19, 2005 Job Center Cafeteria

Light supper beginning at **6:30 pm;**  
short business meeting and then:



**SPOTLIGHT NIGHT\*\***

### An evening to feature the talents of our DS members!!

Bring your cameras and we hope to have a video made of the evening's performance. (If you know of anyone who could do this, please call tell one of the Board members or contact the MVDSA office at 222-0744.)

\*\*See Spotlight entry form in this newsletter

\*If you are able to help with set-up *before* or clean-up of the cafeteria *after any of these meetings*, your help would be greatly appreciated. There are always items to carry back and forth to the office or shuttle to/from the cars. Thanks!

## Polar Bear Basketball 2005

What a wonderful time was had by all at the MVDSA Polar Bear Basketball games. The kids played some super ball and thoroughly enjoyed it. It appears we have some hot Special Olympics stars coming on. After the last game we rolled over to the Steeplechase clubhouse where the kids had a well-deserved pizza party, and watched a super video put together by a family member, our assistant coach, Eric. All the kids received trophies, as did the fabulous cheerleading squad and the hoop-master coaches, Tim, Eric, Nick, and Shane. Coach Tim is asking the kids to practice their hoop shots and dribbling skills in preparation for next years basketball season. I can't wait for January and February to rumble in again.

I want to thank Mama Bear (Chris Conner) for her enthusiasm, her vision, and willingness to put the program together. There are so many others who made a tremendous contribution to the success of the program. A big thanks to all of you, and especially to the kids who came out and played some great ball. It was a blast.

I have included some pictures in the newsletter. I wish we had room to include them all, as there were so many great shots. Within the next week or two all the photos I have will be posted on the web site and they will be available for downloading. I have pictures from only a few parents / family members. If other parents who took pictures wish to have them included in the website photo album, please contact the office (937) 222-0744.

### Additional thanks goes to:

**Tim Meyer** - Head Coach

**Eric Hilgefurd** - Assistant Coach

**Nick Meyer & Shane Conner** - Coaching Staff

**Allie Plennert & Katie Dunn** - Cheerleading Coaches

**Far Hills Community Church** - providing the gymnasium

**The Conner Group** – donating the jerseys and the pizza party



Photos submitted by family members

**And they call some of these people slow?** A few years ago, at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash. At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry.

The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back. . . every one of them. One girl

with Downs Syndrome bent down and kissed him and said, "This will make it better".

Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story. Why? Because deep down we know this one thing: what matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course. A candle loses nothing by lighting another.

Are you looking for a conference that presents current research in Down syndrome and practical information for helping individuals with Down syndrome maximize their potential?

Then plan to attend the "Realizing Potentials of Down syndrome from Research to Practice". This conference will provide you with the latest research updates and practical suggestions for physicians, therapists, teachers, nurses, and families. The lectures and workshops will present information across a variety of topics from infancy to adulthood.

For additional information contact:

(513) 241-6897 or (513) 636-6351 or 888-265-3565

Website address:

[www.cincinnatichildrens.org/svc/alpha/d/disabilities/down/default.htm](http://www.cincinnatichildrens.org/svc/alpha/d/disabilities/down/default.htm)

Presented by: Jane and Richard Thomas Center for Down syndrome, Cincinnati Children's Division of Developmental Disabilities.

Mark your calendar: May 20<sup>th</sup> and 21<sup>st</sup> 2005 at the Northern Kentucky Convention Center in Covington, Kentucky.

### ANYWAY

People are unreasonable, illogical, and self-centered,

LOVE THEM ANYWAY.

If you do good, people will accuse you selfish, ulterior motives,

DO GOOD ANYWAY.

If you are successful, you will win false friends and true enemies,

SUCCEED ANYWAY.

The good you do will be forgotten tomorrow,

DO GOOD ANYWAY.

Honesty and frankness make you vulnerable,

BE HONEST AND FRANK ANYWAY.

What you spend years building may be destroyed overnight,

BUILD ANYWAY.

People really need help, but may attack you if you help them,

HELP PEOPLE ANYWAY.

Give the world the best you have and you'll get kicked in the teeth,

GIVE THE WORLD THE BEST YOU'VE GOT ANYWAY.

GOD BLESS YOU

Mother Teresa

### As We Walk

Hush now, make no sound

As you walk through the forest deep

Tread lightly upon the ground

Disturb not the fields asleep

Winters came the Earth's at rest

Storing energy that will forth bring

The time I truly love the best

The beauty of an Ohio Spring

Another poem of the coming season.

### Only Spring

Off in the air

Is the sound of a bell softly ringing

And there in the sycamore

I hear a bird so sweetly singing

The sun's golden rays

Bring their warmth to the ground

The buds of the trees

Give hints of the green to be found

There is a promise

That is found in the air

A re-awakening of the earth

That only spring can declare

.

Tony Mantia

The Miami Valley Down Syndrome Association would like to welcome you to visit the office from 9 a.m. to 1 p.m., Monday through Friday. The library has been rearranged, updated and a reading area is provided. The kids play area

has been slightly enlarged (its still a small office) and the coffee pot is on. There is a part time administrative assistant to help answer questions and provide information. Stop in and say 'Hi'

### New Mothers Playgroup Info - Will meet:

The 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month

At the Living Word Church

926 E. National Rd, in Vandalia,

10 to 11 a.m.

For additional info, contact Paula at 236-2004 or at [bierpj@yahoo.com](mailto:bierpj@yahoo.com)

## Euchre Tournament - Saturday, April 9<sup>th</sup>, 2005

### The IUE Hall, 1675 Woodman Dr, Dayton, OH

This is a great opportunity to help with one of the year's big fundraisers. It is a great chance to volunteer or if you would like, to play. The Euchre Tournaments are a fun time for all.

Some positions and opportunities are still available, including, set-up and/or tear down, prize table workers, ticket sells, cooking, helping at the buffet table, scoring, pencil sharpening, decorating, poster making, general odd and end jobs. This is a great fund-raiser, and if you want to help, please call the office at (937) 222-0744. Thanks!



Doors open at 5:30 pm,

Dinner at 6:00 pm,

Play starts at 7:00 pm

A list of some of the prizes collected so far.

3 free games of bowling at Capri Bowling in Kettering

Pizza, 4 drinks, shoe rental, and 2 hours of bowling at Timer Lanes in Clayton

\$25.00 certificate to Rapp Jewelers in Englewood

\$20.00 certificate to Beaver Creek Jewelers

10 passes to Skyborn Skateland in Fairborn

Free photo session, 8x10, and 8 wallets to BK Photo in Troy

Free location shoot and an 11x14 to Leclere Photography in Beaver Creek

4 free admission tickets to the Cincinnati Zoo

4 free seats to the 2005-2006 Mighty Ducks Hockey Season in Cincinnati

Free passage for 2 on the B&B Riverboats on the Ohio River

2--1/2 price adult admissions and 2--1/2 price child admissions to the Columbus Zoo

2 free adult admissions to Blue Jacket, the outdoor drama in Xenia

1983 Hummel plate donated by Sink Jewelers

2 Mary Kay hand lotions donated by Angie Tate

2--three month free memberships to Fitworks

Certificate for a free one hour massage from the Healing Art of Massage in Kettering

Gift bag from the Fairfield Mall--includes a coupon book, notebook, paper and pen

6x6 area rug (blue) by Huber Carpet

2 Ceiling Fans

1 free adult and 1 free child admission to the Children's Museum on Indianapolis

Football from the Cincinnati Bengals autographed by Marvin Lewis head coach

Austin Kearns bobble head donated by the Cincinnati Reds

3 golf club covers donated by the Ohio State Athletic Department

\$25.00 certificate to Jays Seafood Restaurant in Dayton

4 tickets to Kings Island

\$20.00 certificate to Grub Steak in Dayton

\$20.00 certificate to Carrabba's Italian Grill in Dayton

One night stay at the Hocking Hills Homestead Cabin in Hocking Hills

One night stay at the Fairview Cabins in Hocking Hills

Misc other goodies

So far the grand prize is a weekend stay at the Blue Rose Cabins in Hocking Hills which includes a certificate to the Wicker Cabin Gifts and Collectibles store.

I wanted to give everyone an updated list of the raffle prizes that will be available at the Euchre Tournament. When you are out selling the tickets you can have this list handy to show people. Thanks, Jennifer Bridenbaugh

### MVDSA CAMPSHIP/SCHOLARSHIP GUIDELINES

1. Scholarships will be awarded annually as the Board directs and resources are available.
2. Scholarships will be for the following categories:
  - a. Camperships
  - b. Speech Therapy
  - c. Physical Therapy
  - d. Occupational Therapy
  - e. Reading Programs
  - f. Inhalation Therapy
  - g. Music Therapy
  - h. Art Therapy
  - i. Therapeutic Horsemanship Program

Any other categories will be voted on by the Board with majority ruling.

3. Amount of the scholarship is to be determined by the Board.
4. To qualify for the scholarship, the family must be a paid member(s) of the MIAMI VALLEY DOWN SYNDROME ASSOCIATION for one year prior to the scholarship award and be an active member of the association.
5. Scholarships will be paid to the provider and not to the member / parent.
6. The Board must approve the provider prior to issuance of payment.
7. The Board reserves the right to substitute providers.
8. Scholarships are awarded in May and must be used prior to August 31<sup>st</sup> of the year in which said scholarship has been requested.
9. Please call the MVDSA office, 222-0744, for the forms.

## Great News for Ohio and Indiana!

In December 2000 the NDSS Institute for Special Education Leadership sponsored an educational leadership summit in Orlando, Florida. The summit was a gathering of eighty parent leaders, advocates, self-advocates, volunteers and representatives from state and local disability organizations. Participants came together to evaluate the need for system-wide change in special education in Florida, to investigate working together to improve special education and Inclusion opportunities in the state and to receive advocacy training.

**Why is this great news for Ohio and Indiana? Because NDSS received a grant to sponsor a similar program, such as the one they held in Florida, here in Ohio and Indiana! A summit meeting is being planned for this coming April 22<sup>nd</sup> and 23<sup>rd</sup>, to be held in Columbus, exact times and place as yet to be determined. The larger Down syndrome associations across the state of Ohio have been contacted to spread the word to others about this opportunity for advocacy training, discussion, and learning how our organizations can work together to affect policy and decision making at the state level.**

The first day of the summit covered the most pressing special education issues and advocacy efforts specific to Florida. This day was the culmination of focus groups, surveys and numerous discussions with Floridians who are active in special education in the state. Many Florida advocacy organizations that assist people with Down syndrome and other disabilities and their families helped make the gathering a success.

Richard Villa, a national expert on inclusion, reinforced the importance and achievability of quality, inclusive education. Robert Silverstein, of the Center for the Study and Advancement of Disability Policy and an active participant in the creation of important federal legislation including the Individuals with Disabilities Education Act and the Americans with Disabilities Act, shared his strategies for working successfully with policy and decision makers.

On the second day of the summit, the group discussed how to take advantage of its collective power - which is significant, considering the more than 1,000 members of the participating NDSS affiliate groups and the many other groups represented.

**The program in Florida has become a great success, due to the dedicated efforts of several individuals. If you would like to read more about this, please visit the National Down Syndrome Society's website ([www.ndss.org](http://www.ndss.org)). If you would like to participate in the upcoming Ohio summit meeting, or know of someone who would like to, please contact Mary Fischer by calling the MVDSA office at (937) 222-0744.**

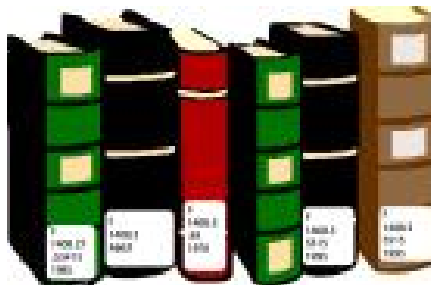
## Library Notes

We are pleased to announce that we have recently purchased a set of Love and Learning videos (kits #1 thru #7) for our library. Thanks to several requests from parents, now they can be borrowed, viewed, and tried, before a parent decides whether they want to purchase a set for themselves or not. If you know of a book or learning kit that others might be interested in, please let us know. As our library grows, we hope for it to meet the needs of our members, so don't be shy about making requests.

We are also making arrangements for members to be able to borrow books or videos by simply calling the office. We will mail the book or video to you, along with an envelope to return it in. Details are still being worked out, but this should be up and running soon!

## Buddy Walk

We are pleased to announce that our 2005 Buddy Walk will be held on Saturday, September 24<sup>th</sup>. We have moved it up to hopefully avoid the cold rainy weather and avoid a conflict with soccer tournaments. So please mark your calendars - we hope to see you there!



Editors Note: I included information about Springhill camp for several reasons. For starters, I am trying to include a list of activities that our DS members can participate in. While there are many good camps out there, we have experience with this one. We decided to let our son and DS daughter go a weeklong camp this past year. It was great. Both of them had a lot of fun. One of the many things that put us at ease was there one-on-one with special needs kids. There was a trained special needs counselor that was assigned to her full time. I asked them for a description, which is included below.

SpringHill is a nonprofit interdenominational Christ-centered Christian youth camp which celebrated its 30<sup>th</sup> anniversary in 1999. The camp is controlled by a qualified Board of Directors, and is supported by concerned individuals, organizations, corporations, foundations and over 40 denominations of Churches that are united in their efforts to meet the physical, social and spiritual needs of today's youth (7yrs to 18 yrs.) old and their families.

Our mission is to change the lives of a young person by creating environments and developing communities in which children teens and young adults experience the message of Jesus Christ within the context of personal loving relationships and memorable learning experiences.

SpringHill relates aggressively and positively to today's youth by reaching out to them with dynamic recreational alternatives such as BMX-racing, horsemanship, extreme sports our 810 zipline, kayaking, rock climbing along with our high adventure programming. We then utilize those experiences to provide teachable moments for moral development and character building. Our counselors, activity instructors, and coaches model and teach leadership skills, problem solving, communication strategies, and trust required for successful relationship building. Each summer we utilize a theme, which serves as the context for these teachable moments.

One of SpringHill's distinctive experiences is the successful use of our extensive high adventure course, and low ropes course to teach and process team building skills. Our professional program team facilitates a (team building) curriculum focusing on trust, communication and problem solving. They use ground level initiatives and obstacles, as well as several unique harnessed events, including the tandem high ropes course and our four-sided 40 ft. climbing tower, to break down barriers and enhance a cooperative learning experience for each group.

The success of SpringHill camps has been measured by growth and demand for summer camp programs from all denominations. The blessing and addition in 2000 of our second camp center near Seymour, Indiana has shown us God's divine plan for SpringHill. Each of these camp centers are situated on over 750 acres of land. SpringHill Michigan is

located near Evart, Michigan. Since opening the Michigan camp in 1969 with 256 summer campers the ministry has experienced continued growth allowing us to expand our unique housing for the youth. The addition of the 750 acre Seymour, Indiana location has allowed us to reach out to over 14,000 campers each summer. Each camp center has creative housing to excite the kids as well. For example the youth sleep in Teepees, Hilltoppers (tree houses), Walled Tents, Wigwams, Buffalo Trace (wild west town) or our log cabin village. This creative housing adds to their overall SpringHill experience.

Apart from the numerical growth, SpringHill has grown in many other ways as well. We have been recognized in several national forums for our leadership in providing inclusive programming for children with physical and mental challenges. Part of our mission at SpringHill Camps is to let every child who wants to come to camp be allowed that opportunity. You won't find a separate camp at SpringHill for kids with special needs. The SpringHill experience is designed for all children with varied abilities. We will do whatever it takes to allow your child to have a fulfilling camp experience by providing specially trained staff, adaptive transportation, and specific housing for their needs. Along with our special needs program, in 1994 SpringHill initiated our neighbors program for inner city organizations to partner with us allowing children from the inner city to come experience Jesus in a whole new exciting way.

SpringHill strives to provide quality programs and amazing facilities through careful stewardship of its financial resources. All operational expenses are covered by user camper fees, allowing donations and gifts from individuals and organizations to subsidize financially needy campers and fund our capital development projects.

SpringHill is also proud to be accredited by the American Camping Association indicating that our programs and facilities have met the industry standards for protecting the health and safety of our campers. For any further information visit our web site at: [www.springhillcamps.com](http://www.springhillcamps.com) or contact us at 1-812-497-0008.

## Talent

We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities, but its own talents.

**Eric Hoffer** (1902–83), U.S. *The Columbia Dictionary of Quotations*

## Free online resource on advocacy for the disability community

### "Making Your Case."

Dear Colleague: Tremendous work is being done throughout the country regarding people with disabilities. For all you do, thank you!

And whether you're working with boards, policymakers, individuals, agencies, founders or other stakeholders, there is always a need to clearly convey the Who, What, When, Where, and (especially) Why of your activities. Because this need is so widespread and so integral to accomplishing goals, we are pleased to announce a free, Internet-based learning program called "Making Your Case."

There is **no cost** for this interactive, self-paced learning program. It takes about three hours to complete, and is available 24 hours per day, seven days a week.

"Making Your Case" was developed after many years of research on effective advocacy methods at the local, state and federal levels, and incorporates the best that "e-learning" tools have to offer. By taking part in this free learning program, participants will be better able to:

- Effectively "tell their story" to policymakers;
- Identify which policymakers would be most helpful in bringing about positive change;
- Write effective letters and emails;
- Conduct productive meetings with policymakers;
- Give effective testimony and answers to questions; and
- Organize with others to address important issues.

"Making Your Case" was designed for use by people with disabilities, family members, and concerned citizens. The program can be accessed any time by going to [www.partnersinpolicymaking.com/makingyourcase](http://www.partnersinpolicymaking.com/makingyourcase)

We urge all interested parties to take advantage of this free resource. We would greatly appreciate your mentioning this opportunity in your next newsletter, listserv or other communications with those you serve, and forwarding this message to anyone who might be interested.

Sincerely, Colleen Wieck, Executive Director,

Minnesota Governor's Council on Developmental Disabilities

## SPOTLIGHT NIGHT

**Thursday, May 19, 2005 at the Job Center**

**Plan now for this opportunity to spotlight your child's talent!!\***

*\*(a skill you want to celebrate; be it tying one's shoes, singing the Alphabet song, a little soft shoe, or reciting a poem)*

Please fill out the attached form and bring to our March or April business meeting(s) to indicate your desire to participate. We will have a program outlining the evening's performances. You may also mail this form (by May 13) to:

MVDSA

1133 S. Edwin C. Moses Blvd, Suite 190

Dayton, Ohio 45408

Name \_\_\_\_\_ Age \_\_\_\_\_

Talent to be featured \_\_\_\_\_

Favorite activity \_\_\_\_\_

Parents' names \_\_\_\_\_



**You won't want to miss this meeting!**



MIAMI VALLEY  
DOWN SYNDROME ASSOCIATION  
1133 S. Edwin C. Moses Blvd, Suite 190  
Dayton, Ohio 45408-2094



**March Happenings**  
**General Meeting & Bingo**

Thursday,  
March 17,  
**6:30 p.m.**

**Dinner Provided**

**see page 1 for**  
**details**

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**April Happenings**

**General Meeting**

Thursday,  
April 21,  
**6:30 p.m.**

**Dinner Provided**

**see page 1 for**  
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**Publishing Information**

*SOMETHING EXTRA* is published six times a year as a membership benefit of the MVDSA. MVDSA is a not-for-profit organization of people with a common goal to provide information, support, and resources to individuals with Down syndrome, their families, and their communities.

**Policy Statement**

The MVDSA does not endorse, recommend, or support any particular regime, therapy, or treatment.

**Publisher**

Miami Valley Down Syndrome Association (MVDSA)

**Printing of Articles**

We welcome articles from parents, professionals, and other interested parties. It is up to the discretion of the editor as to what space is available, thus possibly limiting the contents. Articles should be submitted in one of two methods. The preferred method is a computer file. Articles may also be submitted in a typewritten format.

Material for consideration must be submitted to: Editor (address listed above)

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