

President

Amber Thomas

President@mvdsa.org

Vice President

Erin Hannan

Vice.President@mvdsa.org

Treasurer

Mike Lee

Treasurer@mvdsa.org

Recording Secretary

Jennifer Bridenbaugh

Recording.Secretary@mvdsa.org

Historian

Patty Dixon

Historian@mvdsa.org

Newsletter Editor

Paul and Shannon Sutter

Editor@mvdsa.org

Office Administrator

Cathy Shane

Office@mvdsa.org

Buddy Walk Chair

Amber Thomas

BuddyWalk@mvdsa.org

Proud Supporters of:



It's that time of year again- we're gearing up for our 17th Annual Euchre Tournament. Last year we had over 150 players and a wonderful time, and we're hoping to be even bigger and better this year. This year's event is scheduled for Saturday, March 24th, 2007 and will be held at the Union Hall, 1675 Woodman Dr., Kettering. If you love to play Euchre, then this is the event for you! If you're not a Euchre player, but want to help MVDSA raise funds, this is a great event to participate in, and no experience is necessary! It will be a night of delicious food, prizes, and fun for all.

Doors will open at 5:30p.m., and the dinner buffet line will open at 6:00. Play will begin at 7:00p.m., and raffle tickets will be sold throughout the evening, until shortly before the large prize drawing. We typically have between 130-200 players, and serve dinner, beverages, and snacks to them as well as all volunteer workers.

The Euchre Tournament is one of our top fundraisers, second only to the Buddy Walk. It not only helps us raise funds for our organization, but also helps raise community awareness of Down syndrome. Our membership has really grown this past year, and as our organization grows, so do our expenses. Our mailing list has doubled, and we may receive more requests for scholarships this spring than ever before. Since we strive to be able to grant scholarships to all who apply, we need as many donations and volunteers as possible to help make this fundraiser a success.

We need volunteers, for small jobs both before and during the event. We also need prizes for the raffle drawing. If you can help in any way, or if you have unwanted and unused gifts from the holidays, please give me a call. You can either leave a message at 937-548-9011 or e-mail me at kidsncows_7@hotmail.com. Volunteer meetings are kept to a minimum, and if we get enough volunteers, the jobs needing done won't be overwhelming. We will also need help at the tournament- either decorating, setting up and/or tearing down, scoring, checking players in, helping in the kitchen, bar tending, selling tickets, and distributing the prizes. There are so many open spots for volunteers, you can take your pick! If you would like to help, but can't make it that evening, perhaps you could donate a covered dish. We need a large variety of covered dishes donated for that evening. Even if you don't have time to cook, donating some buns, canned items or cake mixes, etc. would sure be a big help.

Soon all members will be receiving packets of raffle tickets to sell. You will receive instructions on prices and procedures at that time. I hope you will choose to participate. So please mark your calendar for March 24th, and come help make this a successful and enjoyable evening.

Sincerely,

Mary Fischer





On December 3rd, Jacqui Smith and her helpers planned an incredible Christmas Party for MVDSA. Jacqui and her crew provided multiple activities for children of all ages and a DJ that played a variety of wonderful Christmas songs. Every person in attendance also had a chance to win one of several themed baskets. Everyone enjoyed the fun, fellowship and food which was provided by the members. And what would a Christmas party be without a visit from Old St. Nick himself? While he visited with each person and gave them a special treat, a photographer took pictures and had them printed before each person left.

Thank you Jacqui for the time, effort and dedication to this wonderful event.



Sincere thanks to the Cerny Family. They made a donation to MVDSA along with a Christmas card that read:

Dear MVDSA Families,

Our love and best wishes to all. May God continue to shower His choicest blessings on everyone — now and into the New Year!

The Cerny Family — Barbara, Charles, Oksana, Audra, Elaine and Lawrence

Balls and Strikes and Pizza Oh my! Bowling Night at Timberlanes in Clayton was enjoyed by even the youngest participant. Thank you to everyone for a wonderful evening of fun and fellowship.



Library News

Vicki Frasure donated 3 VHS videos to the MVDSA library. She obtained them through the Down Syndrome Educational Trust & the Sarah Duffen Center in England. They are titled "*Understanding Down Syndrome: Learning to Talk*", "*Understanding Down Syndrome: Learning to Read*", and "*Development of Language and Reading Skills*".

F.Y.I.

Self Advocacy Training Opportunity

The Arc of Ohio is seeking local partners for a self advocacy Leadership Academy to be held in the spring of 2007.

The training includes 4 sessions, usually held every other week, from 10:00 AM to 2:15 PM. Topics include:

- assertiveness
- conflict resolution & mediation
- choices and self determination
- advocacy strategies and organizing for action
- current issues in Ohio

The Arc of Ohio will provide a trainer and will pay for lunch. ODMR/DD CEUs will be available for any staff who attend the training to support the involvement of self advocates.

The local host will:

- secure a location for approximately 30 persons, classroom or similar style;
- arrange for the delivery of lunch;
- assure the participation of at least 15 self advocates who are eligible for county board of MR/DD services;
- provide verification of eligibility;
- assist in recruiting 8 – 10 additional self advocates from area counties.

Organizations interested in serving as a local host for the Leadership Academy should contact:

Joan Arnold, Associate Director
The Arc of Ohio
jarnold@rrcol.com

Attention All MVDSA Members—please e-mail pictures of your children for a picture montage to be featured at the Self-Advocate Event planned for April 2007.

RJohnson37@woh.rr.com

The National Down Syndrome Congress held its 34th Annual Convention in Atlanta July 21st - 23rd. The program was inspiring as we heard from self-advocates who attend college, have gotten their driver's license, have attained black belts in Karate, helped establish Golf for Life and have gotten married! Several physicians and therapists presented topics such as research with Alzheimer medications, sleep apnea, using person first language, speech apraxia, and prenatal diagnosis. The convention also had a program for teens and adults with Down syndrome and separate workshops for their siblings. Dr. Brian Skotko presented his sibling research and his research regarding the poor manner in which physicians provide information regarding the diagnosis of Down syndrome. Exhibitors included 321 Down Street Press, Brad Hennefer Golf for Life Foundation, Dad's Appreciating Down Syndrome of Indianapolis, GiGi's Playhouse, the Kennedy-Willis Center Pathfinder Village, SMILE for Down Syndrome, Special Reads for Special Needs, the T21 Club, TalkTools, Woodbine House and several others. The evenings concluded with dinner and dancing! If you would like to review any information from the conference, please contact Lisa Johnson.



The D.A.D.S. group wants to pump you up. On Friday, January 5 from 7-9 p.m., the D.A.D.S. group will be sponsoring and evening of fun for the whole family at Pump It Up in Miamisburg. The address is 685 Precision Court. In an effort to adequately prepare for the evening, please RSVP to Stefan Bridenbaugh at 937-884-5325. To get to Pump It

Up from the MVDSA office, take I75 South to exit 44/St. Rt. 725. Turn right onto 725 and then immediately left onto Byers. Go about a mile and turn right onto Technical. Go a very short distance and turn left onto Precision Court. You can't miss it.

RELIV—MAXIMUM NOURISHMENT FOR YOUR BODY

Recently Laurie and I started taking RELIV, a food supplement. It contains all the vitamins, minerals and trace minerals your body needs daily. The children's supplement is especially beneficial for brain development. It also has ingredients to help focusing and is good for ADHD. It is a food product and can be taken with any medications.

It is possible to have RELIV subsidized in full by MRDD. Education specialists, including Ann Anzaloni, are recommending it for children they see.

This is also a business opportunity, which offers willable income to your children and grandchildren.

Contact me, Barb Schramm at 937-885-2281 if your interested in learning more about RELIV. It's worth an hour of your time.

The 2006 National Association for Down Syndrome (NADS) Conference "Sharing A Vision" was held in Chicago on November 4th. The program began with a video of self-advocate, Stefan Xidas, singing the national anthem at the start of a White Sox game! Self-advocate, Jeffrey Stone, also presented "Putting the Vision to Work" which was essentially his life story and his future goals. He was an articulate, humorous and inspiring young man. Dr. William Cohen, Director of the Down Syndrome Center of Western Pennsylvania, shared his experiences and his visions for the future. The conference then broke into workshops divided by age of interest. Topics covered included: communication skills, ENT concerns, reading, IEP's, sensory integration, sexuality, health and social issues for teens and adults, post secondary programs, behavioral concerns, legal and future planning and toilet training. Dr. Brian Chicoine, Medical Director of the Adult Down Syndrome Center of Lutheran General Hospital also presented. If you would like to review any information from the conference, please contact Lisa Johnson or Michele Powell.

Michele Powell and I took advantage of being in the Chicago area and visited GiGi's Playhouse. For those of you not familiar with GiGi's Playhouse, it is a not-for-profit Down syndrome awareness center. They have multiple locations and offer activities, resources, educational programs and support for individuals with Down syndrome, their families, and the community. More specifically:

- They offer activities for newborns, adults and everything in between! The activities are all volunteer run and offered at no charge to the families. Provide encouragement, support and up-to-date resource information to new parents of babies with Down syndrome
- Help pregnant mothers with their Down syndrome diagnosis
- Provide a "place" for support groups, meetings, activities, etc...
- Network with parents and professionals
- Provide free literacy classes and create individualized reading materials
- Offer programming for children and adults with Down syndrome
- Offer extended programming for siblings, family, and the community
- Share research, literature, books, information and resources
- Raise awareness through community events
- Help educate schools, churches and hospitals
- Present at national conferences
- Provide multicultural play groups

Support all families touched by Down syndrome

Wouldn't it be nice to see a center like this in the Dayton area?

Lisa Johnson



The next couple meetings of the DADS group will be on Tuesday, January 9, and February 13, 2007 at 7pm. The DADS meetings are held at the Little York Pizza Tavern at Little York Road and Poe Avenue.

If you are a father of a child with Down Syndrome and are looking for a place to share your story or find others willing to share in the joy of fatherhood, please join our mailing list and know you are welcome to attend our meetings. We look forward to hearing from you. If you have any questions, please call Stefan Bridenbaugh at 937-884-5325.

Calling all Moms. Do you need a break to bond with other Mothers? Join us on the 1st Thursday of every month for Moms Night Out. We will be meeting at a restaurant to be determined on Miller Lane on January 4th at 6:30. In February we will meet on the 1st at the Greene in Kettering. If you have any questions, call Jenny Turner at 859-0532.

Are you a "logistics minded" person that is interested in the future of the Miami Valley Down Syndrome Association? There is a great "one time" opportunity for you to volunteer your services. It is time for a By-Laws Review to take place and we need a committee that is up for the challenge. If it sounds like a challenge you could handle, please contact the office by February 12th so the MVDSA Board can get a committee together soon.

Calendar of events



Mom's Night Out
January 4th
See above for more
information

Pump It Up
With the D.A.D.S. group
On January 5th
See page 4 for details

D.A.D.S. Meeting
January 9th
February 13th
See page 6 for more
information

Euchre Tournament
March 24th
See front page for more
information

Happy
New
Year

www.mvdsa.org

Representing people with Down syndrome across Ohio

Postsecondary Education Conference: Opening Doors to Students with Intellectual Disabilities

SAVE THE

**MAY 18, 2007****Meet and Greet Reception****7:00 p.m.- 9:00 p.m.****MAY 19, 2007****Conference****9:00 a.m.- 4:00 p.m.****Fawcett Center, Columbus Ohio**

Students with intellectual disabilities have made such significant progress in education due to the impact of the Individuals with Disabilities Education Act (IDEA). A generation ago, when IDEA was first implemented, many children with intellectual disabilities were not even allowed to attend school. Today, these students are ready to raise the bar again and move on to higher education, to post-secondary schools and colleges.

Students in some areas of the country are experiencing wonderful opportunities at colleges and universities that are opening doors to employment and independent living. Come and hear these administrators, teachers, families and students talk about their experiences and find out for yourself whether postsecondary education could work for you and your local college.

Who Should Come?

- Students and their families interested in postsecondary education
- Colleges who want to learn how postsecondary education is working elsewhere in the US
- School systems who are going to be approached to provide postsecondary education while the student defers graduation
- Everyone interested in how this is funded

Location Details

[Ohio State University: Fawcett Conference Center](#)

2400 Olentangy River Rd, Columbus, OH 43210

The Fawcett Center is situated just 15 minutes northwest of Port Columbus International Airport and within a 10-minute drive of downtown Columbus. The Fawcett Center is conveniently located for easy access to all of the Columbus area's many attractions.

Points of interest in the Greater Columbus area include the Ohio Theater, the Martin Luther King Center, the Columbus Zoo, the Ohio Center of Science and Industry, the Wexner Center, and the newly renovated State Capitol Building.

General Meetings

January

Please join us on Thursday evening, January 18th. We will be having pizza at 6:30 followed by a quick business meeting at 7:00. The presentation this evening is a split topic. First we will be hearing about "Sign Language—an aid to communication" with "Puberty Issues for individuals with Down Syndrome" to follow. A little something for everyone. As always, childcare will be provided.

February

Please join us on Thursday evening, February 15th. We will be having pizza at 6:30 followed by a quick business meeting at 7:00. A presentation will follow. Childcare will be provided.

I just wanted to share a new, at least to us, teaching method that is working well for my sons. As you may know, my sons Brandon, age 8, and Michael, age 10, both have a dual diagnosis of Down syndrome/Autism. We had suspected this to be true for quite some time, and received the official diagnosis this year. Apparently, many children with Down syndrome will exhibit some autistic tendencies. All we knew was that Michael and Brandon "marched to their own drummers" and weren't making much progress- especially in academics.

Then we discovered the Rapid Prompting Method, RPM for short, as taught by a lady named Soma Mukhopadhyay, who developed this method to help teach her son Tito, who has autism. We traveled to Austin, Texas for a four day camp at her clinic this past August. Each day she worked with each of my boys for two 40 minute sessions. Since the sessions are intense, two sessions a day are quite enough for each child. By the second session on the first day, Brandon was answering questions about an Aesop's fable that she was reciting to him. I was astounded! By the end of the week, Michael was also answering questions, although because he is so apraxic, it is much harder for him to choose the answers.

Each child has their own method of learning. Brandon is an auditory learner, while Michael is a visual learner. "RPM is used to teach academics, and communication is also taught in the process. Despite behaviors, the academic focus of every RPM lesson is designed to activate the reasoning part of the brain so that the student becomes distracted by and engaged in learning. RPM is distinct from other methods as it is based upon how the brain works. The aim is to bring the student to maximum learning through the open learning channel and to elicit the best (not simply to test) out of the child to enable maximum output in that given time. As a student's cognitive and motor proficiency increases, the sophistication of a student's response also improves. RPM uses prompting to initiate a student's independent response, without physical support. In addition to teaching letter-chart pointing, RPM also utilizes stencils and other drawing exercises to lead to independent handwriting." (source www.halo-soma.org).

If your child is struggling to learn, it may be worthwhile to check out the above-listed website. In the short 3 months that we have been working with Michael and Brandon, who had never even been able to indicate a yes or no response, we are now working on a mix of 1st and 2nd grade academics and getting to know, for the first time, what neat little guys they truly are!

Mary Fischer

Happy Birthday!

January

Connor Smith	9
Ashley Bowers	17
Benjamin Hecht	18
Polly Zimmerman	20
Cassie Middlestetter	21
Brent R. Lockwood	23
Edward Wagner	24
Robbie Berkey	31

February

Ellie Lykins	2
Crislyn Sayger	6
Colin Connor	11
Melania Mescher-Foreman	14
Troy Campbell	15
Peter Roll	21
Kim Benham	22
Rae Lynn Howard	22
Jennifer Lee Cales	23
Daniel Johnson	23
Benjamin Grabner	24
Michael Gladis	26
Brock Gregory Dixon	29

Welcome



To our newest Members

Doug & Ann Jones and their son Nate
P.O. Box 356
Springboro, Ohio 45066

Jeff & Kristin Lykins and their daughter Ellie
2766 Miami Village Drive
Miamisburg, Ohio 45342

Josh & Sally Patton and their son Ryan
2537 Hillsdale Drive
Beavercreek, Ohio 45431

Thomas & Kathleen Wittberg and their son Paul
813 Gainsborough Road
Dayton, Ohio 45419



MIAMI VALLEY
DOWN SYNDROME ASSOCIATION
1133 S. Edwin C. Moses Blvd, Suite 190
Dayton, Ohio 45408-2071

NONPROFIT ORG
US POSTAGE PAID
DAYTON OH
PERMIT NO. 28

January Happenings

- ◆ Mom's Night Out
- ◆ Pump It Up
- ◆ D.A.D.S. Meeting
- ◆ General Meeting

February Happenings

- ◆ Mom's Night Out
- ◆ D.A.D.S. Meeting
- ◆ General Meeting

Editor: Paul and Shannon Sutter — Editor@mvdsa.org — 937.222.0744 www.mvdsa.org — MVDSA, 1133 S. Edwin C. Moses Blvd, Suite 190, Dayton Ohio 45408-2071

Publishing Information: SOMETHING EXTRA is published six times a year by MVDSA.

Mission Statement: 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.

Areas Served: Clark, Darke, Greene, Miami, Montgomery, Preble, Shelby, and Warren counties.

Printing of Articles: We welcome articles from parents, professionals, and other interested parties. Material for consideration must be submitted to the MVDSA, 1133 S. Edwin C. Moses Blvd, Suite 190, Dayton Ohio 45408-2071, or send to Editor@mvdsa.org.

Reprints: Contents may be reproduced if credit is given to the author and SOMETHING EXTRA, the newsletter of the Miami Valley Down Syndrome Association.