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Something extra

January/February Volume 34, Issue 1

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Easter Seals 2011 Names National Adult Representative –Jennifer Bleidistel

When Jennifer Bleidistel was born with Down syndrome in 1974, doctors painted a bleak picture for her parents, Adrian and Elmer, saying it would be best for her to spend her life away from her family, in an institution. Instead the Bleidistels took Jennifer home and raised her alongside their five sons. Surrounded by a loving, nurturing family, Jennifer lived up to their high expectations for her and thrived. She could read by the start of kindergarten, and as she grew, she attended local public schools and participated in sports."

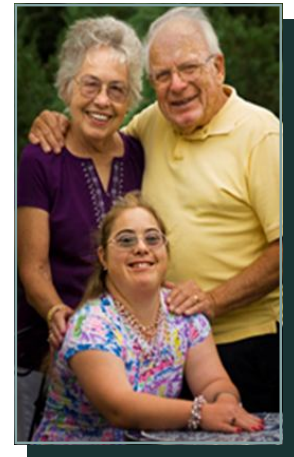
"She was a big surprise even then," her mother says. "It was like watching a little miracle." As she approached adulthood, Jennifer, like many young people with disabilities, faced an uncertain future. She wanted to work but knew she would need help navigating the job search process. Fortunately, Easter Seals employment services provided just the support Jennifer

needed in the form of Pam Strong, an Easter Seals career coach, who worked closely with Jennifer to assess her interests and strengths and prepare her for employment.

In time, Pam helped Jennifer secure a position that suited her perfectly. Recently, Jennifer celebrated her 10th anniversary as a teacher's assistant at the Infant Toddler Center at California State University, Dominguez Hills, where she cares for and teaches young children, many of whom have disabilities or other special needs. Taking the bus to and from work, Jennifer spends her days at the center reading to the children, guiding art projects, changing diapers, and helping in any other ways she can.

Regarded like any other employee, she attends all staff training workshops and has completed college-level child development courses. In many ways, Jennifer's experience as a person with a disability is

what makes her most effective at her job. "The children love her," says Nancy DiCristina, the center director, "and she inspires hope in other parents who have children with disabilities." "Since opening the door for Jennifer, Pam has continued to follow up with her, providing regular guidance. "She is a real friend," Jennifer says. "I'm very grateful to Pam and I do thank Easter Seals for giving me a nice job."



Jennifer Bleidistel with her parents, Adrian & Elmer

Buddy Walk in D.C. February 7 & 8, 2011

The Buddy Walk on Washington will be a powerful way for us in the Down syndrome community to send a strong message regarding important national policy goals, including improvements for education, research, healthcare. It is also a way to meet and create positive relationships with

policy makers. We can also educate elected officials about the strengths and needs of their constituents with Down syndrome and lastly to connect with other Down syndrome advocates from around the country & learn new strategies for successful advocacy. If you are planning on attending let

us know, we would love to share your experience with our entire association.





Buddy Walk 2011

Moist wipes are even better. May the best griller win! For more fundraising ideas visit www.fundraiserinsight.org

Each year the number of Buddy Walk supporters & families grow, and that's why we need **YOU!**

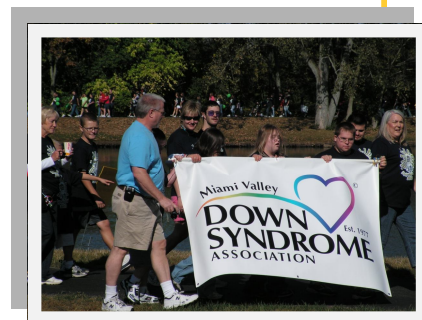
We are still looking for 3 to 4 Buddy Walk Chair Coordinators. Please contact the office at 937.222.0744 or e-mail us at office@mvdsa.org.

If you possess great people skills, enjoy fundraising, are highly organized, have attention to detail, enjoy planning social events, and working on a TEAM, then we need YOU to join the 2011 Team. We will have the following committees—Corporate Sponsor Fundraising, Registration & T-Shirts, Venue & Set up, Entertainment, Volunteers.

No Experience is necessary, we will train!! All you need is an enthusiasm, time and the willingness to help make a better organization for our kids.

FUNDRAISING IDEAS

Fire up the grills this summer and break out your best barbecue recipes! Everyone loves a barbecue. Anything cooked on a grill is delicious—even vegetables—and it's a great venue for socializing and getting to know your neighbors, family & friends better. Amp up the fun with a little competition to find out who has the top grill skills. You might want to make it a rule that bottled, brand barbecue sauces are not allowed. Contestants need to be original! Ask members of your group to act as judges. Create categories for different meats and vegetables, and categories for mild and spicy sauces. Require contestants to pay an entry fee, and then you can charge spectators by the plate. Don't forget the beverages and easy side dishes like chips. Above all, don't forget the napkins.



The Year in Review of Buddy Walk 2010

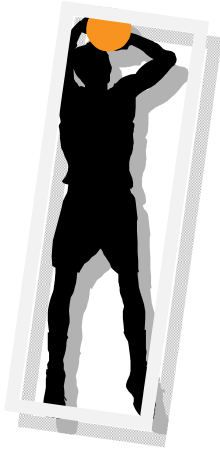
As of December 9th, 2010, we have raised \$85,205.71 for the 2010 Buddy Walk. Way to go!! The cut-off date for donations for the 2010 Buddy Walk is over, but it's never too early to begin planning fundraising ideas for Buddy Walk 2011.

The Top 5 teams the day of the Buddy Walk 2010 were:

1. Kayley's Krew - \$8,926
2. Robyn's Walk-N-Rollers - \$6,354
3. Brady's Bunch - \$5880
4. Regan's Renegades - \$5550
5. Pete's Posse - \$5,500



Basketball Clinic for kids with Special Needs



The UD women's basketball team will hold its clinic for special-needs individuals of all skill levels and age groups after a game against Duquesne at 2 p.m. Saturday, Jan. 15. The tip-off is 2 p.m., and the clinic will run from 4:30 to 6 p.m. The UD coaches and players have been holding the event for several years, and attendance topped 200 last season. "I don't know who's happier during it, the kids or the parents watching their kids," said Dave Gleason of the Montgomery County Board of Developmental Disabilities Services. "It's really been a great relationship (with UD). The ladies are absolutely gold with the kids. It's priceless to watch them in it." Tickets to the game are free, and the clinic is open to the public. For info, call Ginger Muse at (937) 457-2822.



General Meetings for January & February

January General Meeting:

January 20th, 2010 We will be having Carolyn Russ speak about Juice Plus Vitamins: The next best thing to fruits & vegetables. Good nutrition takes time and planning. Clinically proven Juice Plus+[®] helps you bridge the

gap between the 7 to 13 servings of fruits and vegetables recommended by The United States Department of Agriculture (USDA) and the nutrition you actually get with your busy schedule. MVDSA will be providing the

February General Meeting:

February General Meeting: February 17th, 2010 Bingo Night! More information to come.

We need your help!!

In the future issues of the MVDSA newsletter, we will have a focus on a family. We would like to place one of our outstanding families in the spotlight. We would need a picture of the family or of the person with Down syndrome and then hear your story. We can learn from each other what others have tried & had success

and failures. If you are interested in being one of our featured families. Please drop us an e-mail at office@mvdsa.org.

HAVE YOU READ ANY GOOD BOOKS ABOUT DS?

If you have, we want to hear from you. What did you like about the book, what did you

find useful, have you been able to implement anything from the book.

HAVE YOU ATTENDED ANY HELPFUL SEMINARS OR CONFERENCES?

We'd like to hear about it — share your experiences with your friends at MVDSA.

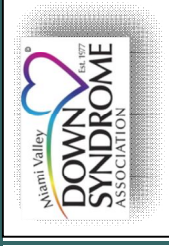


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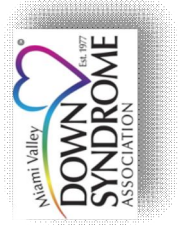
MVDSA Events for January 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10 - Board Meeting at the Job Center at 7p	11-D.A.D.S. Little York Tavern 7p-9p	12	13	14	15—UD Basketball Clinic
16	17	18	19	20 - General Meeting at 6:30pm	21 - Hangin' Teen Event—Bowling at Capri Lanes 6:45	22
23	24	25	26	27 - Mom's Night Out: Amber Rose 6:30pm	28	29
30	31					



MVDSA Events for February 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 - National Buddy Walk in D.C.	8 - D.A.D.S Little York Tavern 7p -9p	9	10	11	12
13	14 - Board Meeting at the Job Center at 7pm	15	16	17 - General Meeting at 6:30pm	18	19
20	21	22	23	24 - Mom's Nite Out: Las Pirmides at 6:30pm	25	26
27	28					



Teens & Young Adult Page

Dad's Appreciating Down Syndrome

Gatherings are held on the second Tuesday of every month from 7:00-9:00 pm. For questions or to RSVP, please contact Mike Lee at 937-848-8607 or mikeandlouann04@sbcglobal.net.

January 11th -
Little York Tavern
from 7 - 9pm.

February 8th -
Little York Tavern
from 7 - 9pm.

Mom's Night Out

Please RSVP to
Michele Powell
at
michelempowell@yahoo.com
or
937-320-0382 if
you plan on
attending.

January 27th -
Amber Rose in
Dayton

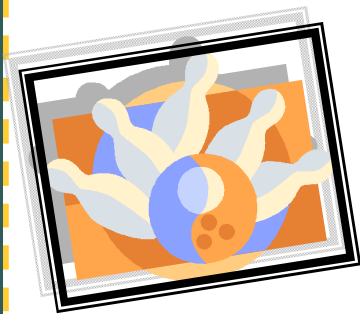
February 24th -
Las Piramides in
Centerville

HANGING TEEN!!

A Social Group for teens with Special Needs. This is an activities-based peer group with parent support! Please call Jacqui Smith (Connor's Mom) the Tuesday before the activity. They will need a headcount if you plan on attending. Call Jacqui at (937)723-8966 or e-mail jacquibs@live.com

Teen Night Out

January 21st at 6:45 pm.
Capri Lanes on South
Dixie. The cost is \$11.00
for 2 games and shoes.
They have great pizza –
make a night of it.



Health Watch

Why does obesity occur more often in adults with Down syndrome?

Sometimes it is the result of untreated hypothyroidism. There is a suggestion that people with Down syndrome may have a lower level of metabolism, i.e. their bodies may consume less calories and therefore store more. More generally, it is due to the intake of **too many calories in relation to the level of physical activity**. Treatment strategies involve lowering portion size, emphasizing healthy ingredients that increase bulk (i.e. fiber, fruits and vegetables), making smart choices on drinks and desserts, avoiding snacks, empowering young adults to monitor their own weight, involving supervisors at work and school on the treatment plan, preparing lunch at home, never using food as a reward, and introducing a daily exercise routine that is appropriate to the young adult's interest and skills.

√Check this out!!

We Care Arts in Kettering is currently only offering classes for Autistic children and not any other special needs categories. However, if they get enough interest for a Down syndrome class, mixed disabilities, or typical sibling /special sibling combo class(es) that they would start a new class. If this is something you might be interested in, please visit We Care Arts through their contact info listed here to express your interest.

**Art Café at
We Care Arts
3035 Wilmington
Pike
(937)252-3937
www.wecarearts.org**



January Birthdays

Ben Hecht
Logan Rockwell
Delaney Ryan
Connor Smith
Edward Wagner

February Birthdays

Troy Campbell
Colin Connor
Emmaline Curley
Brock Dixon
Michael Gladis
Benjamin Grebner
Heather Halsey
Raelynn Howard
Daniel Johnson
Ellie Lykins
Lani Grace Mescher-Foreman
Peter Roll
Crislyn Sayger



Welcome Our Newest Members to the MVDSA

Robin Henderson & Family
Tonya McGown & daughter Alissa
Derrell Fugua & daughter Derrielle



The Miami Valley Down Syndrome Association would like to welcome our newest members. We are excited to have you as a part of this organization and we look forward to getting to know you better.



Save this Date!!

Our 25th annual Euchre Tournament is March 19, 2011. Volunteers are needed if you are interested in working let us know at the MVDSA office at office@MVDSA.com or by calling Paula or Colleen at (937)222-0744. More info to come!!





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Look What's Coming Up!

January

- January 10th - Board Meeting at the Job Center
- January 11th - DADS at Little York Tavern
- January 15th - UD Basketball clinic
- January 20th - General Meeting at the Job Center
- January 21th - Hangin' Teen Event - Bowling
- January 27th - Mom's Night Out at Amber Rose

February

- February 8th - DADS at Little York Tavern
- February 14th - Board Meeting at the Job Center
- February 17th - General Meeting at the Job Center
- February 24th - Mom's Night Out at Las Pirmides

Publishing Information: "Something Extra" is published six times a year by MVDSA.

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, OH 45417-2071, or sent to editor@mvdsa.org.

Areas Served: Clark, Darke, Greene, Miami, Montgomery, Preble, Shelby, Auglaize, Logan, Mercer, and Champaign counties.

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

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MVDSA Mission Statement: MVDSA is a non-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.