



Celebrating Down Syndrome Awareness Month: Count Me In!

Each October, we come together to celebrate Down Syndrome Awareness Month—a time to honor the people with Down syndrome who bring joy, resilience, and strength to our communities. At DSACO, we know that awareness is more than recognition; it's about building understanding, fostering inclusion, and creating meaningful opportunities for every person to thrive.

This month is an opportunity to shine a light on the unique abilities and achievements of people with Down syndrome, while also working to challenge outdated perceptions and eliminate barriers. Whether it's in schools, workplaces, neighborhoods, or social circles, Down Syndrome

Awareness Month invites us all to be advocates for equity and belonging.

Throughout October, DSACO encourages families, educators, allies, and community members to get involved in ways that inspire connection and celebration. Share stories. Attend events. Strive to become a stronger advocate. Become a DSACO monthly donor. During Down Syndrome Awareness Month, how can we count you in?

We know that when we focus on strengths, create access, and offer support, everyone benefits. Together, we can continue to build a more inclusive world, one that recognizes the value of all people, where we can all say "Count me in!"



Ways to Celebrate

Start a team and help make this year the biggest Columbus Buddy Walk ever!

Purchase a "Deals for Down syndrome" coupon book from Penn Station - all proceeds from Central Ohio stores will benefit DSACO!

Pickup one of DSACO's FREE Down Syndrome Awareness classroom packets and gift it to your child's classroom (packets will be available at Pumpkin Patch Playdates, t-shirt pick up, and Buddy Walk).

Share your story on social media to build awareness! Don't forget to tag DSACO!

Become a sustainable monthly donor!

Fall 2025

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PROGRAMMING
& EVENTS

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DIVERSITY
OUTREACH

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ADOPT-A-FAMILY

3/21

As we move through a season of transition, I want to take a moment to connect with you — our families, supporters, and community partners — and share what feels most important right now. DSACO continues to grow, evolve, and deepen its impact, and I couldn't be more excited for the work ahead. Here are three things I want you to know:

3 YOU'RE PART OF WHAT'S NEXT. As we look to the future, our vision remains clear: authentic inclusion for all of life's opportunities for people with Down syndrome. Achieving

that vision isn't something we do alone — it happens because of you. Whether you're a parent attending your first DSACO event, a longtime volunteer, a sibling advocate, or a community partner, your involvement matters. Your presence, your voice, and your continued engagement are helping build a stronger, more inclusive future for our entire community.

2 WE'RE GROWING. We're proud to officially expand our service area from 23 to 25 counties with the addition of Pike and Scioto Counties.

Families from these areas have long participated in DSACO programs and events, but this formal expansion reflects our commitment to ensuring every family feels seen, supported, and connected. Growth like this signals the strength and reach of our organization — and we're excited to welcome even more families into the DSACO community.

1 WE'RE STEADY AND MISSION-DRIVEN. While change is a natural part of any organization's evolution, our purpose remains unchanged. DSACO exists to support families, promote community involvement, and encourage a lifetime of opportunities for people with Down syndrome. That mission continues to guide us in every decision we make. Our team is united, energized, and deeply committed to carrying this work forward with focus and heart.

Thank you for being part of this journey with us. We are moving forward — together — with purpose, momentum, and deep gratitude.

Count me in,



Carey Eash
Vice President, DSACO





Count Me In for the 2025 Columbus Buddy Walk®!

Sunday, October 5 | 9 AM – 2 PM

Fortress Obetz

2015 Recreation Trail, Obetz, OH 43207

Fee: \$21 per person; people with Down syndrome are free (but must register!)

Each year, the Columbus Buddy Walk brings our community together in a joyful celebration of inclusion, acceptance, and love - and 2025 will be no different! Mark your calendars for Sunday, October 5, as we return to Fortress Obetz for another unforgettable day.

This year's theme, Count Me In, reflects the spirit of unity and belonging that defines the Columbus Buddy Walk. Whether you're a self-advocate, family member, friend, or dedicated supporter, your presence sends a powerful message: everyone deserves to be seen, heard, and valued.

By joining us, you're standing alongside the 1,250 people with Down syndrome in Central Ohio, helping DSACO provide critical resources, programs, and advocacy that make a lasting impact.

The day will be packed with music, food, games, and heartfelt moments - from the leisurely walk itself to team celebrations and opportunities to connect with others in our community. It's a family-friendly event where every step helps build a more inclusive world.

New this year for teams:

- Teams can earn a star on the Walk of Fame
- Accumulate Buddy Bucks to spend at the DSACO Swag Store
- Participate in a Tailgate Celebration Challenge to win prizes!

Registration for the 2025 Columbus Buddy Walk is OPEN! Create your team, share your story, and help us raise funds that change lives all year long. Please note: in order to guarantee your event t-shirt, you must register by September 1!

Let's walk together, celebrate together, and proudly say: Count Me In.

Questions? Contact Mari Cox at mcox@dsaco.net.



Join the 2025 Buddy Walk Dance Team!

**COLUMBUS
BUDDYWALK®**

Buddy Walk Dance Team Practices

September 7, 14, 21, 28 | 2 – 3 PM

DSACO Upper Parking Lot

510 E North Broadway,
Columbus, OH 43214

Buddy Walk Performance –

October 5 | Exact time TBD

Fortress Obetz

2015 Recreation Trail, Obetz, OH
43207

Age Group: 18+

If you've ever been to the Buddy Walk, then you've probably seen one of our "Welcome to the DSACO Family" dances performed by a group of adults with Down syndrome for our new families. Lots of practice goes into those dances! If you are 18 or older and would like to be part of the Buddy Walk Dance Team, these practices are for you! No dance experience needed.

To register, email Boo Krucky at ekrucky@dsaco.net by August 31.



New Faces At ElevateDD



Welcome Lisa Dodge!

Lisa Dodge is a mission-driven nonprofit leader and collaborative advancement professional with over 15 years of experience in development and communications, most recently at Columbus School for Girls. Her background includes relationship management, peer-to-peer outreach, prospect research, planned giving, event support, grant and script writing, and volunteer management.

She holds a bachelor's degree in journalism from Ohio University and lives in Dublin with her husband and two children. Lisa is passionate about connecting individuals and corporations with meaningful causes and demonstrating their impact through effective stewardship.

As Director of Advancement at ElevateDD, she leads fundraising, marketing, and donor engagement strategies, ensuring alignment with the organization's mission and strategic goals.

Welcome Brook Myers!

Brook Myers joined the ElevateDD team in March 2025 as the HR Coordinator. She is a graduate of Franklin University, where she earned her Bachelor of Business Administration.

Prior to joining ElevateDD, Brook worked in the payroll software and services industry, where she developed experience in project coordination, process improvement, and people-first problem solving. She enjoys creating systems that support both teams and individuals, and she's excited to bring that mindset to a mission-driven organization.

Brook was drawn to ElevateDD by its commitment to meaningful, community-centered work and the opportunity to support people with Down syndrome and their families. She's proud to contribute behind the scenes to a cause that resonates deeply with her values.

Outside of work, Brook enjoys crocheting, sewing, making jewelry, and playing volleyball in the summer months. She lives in Central Ohio and is always looking for her next creative project.



Programming & Events Color Key

● DIAGNOSIS ● EARLY CHILDHOOD ● SCHOOL AGE ● TEENS ● ADULTHOOD ● COMMUNITY



Cooking with YOU... and Who?

Come see what's cookin' in our virtual cooking class for adults!

September 10 and 24, October 8 and 22, November 12 | 5:30 – 6:30 PM

Please note that there is no class on November 26.

Virtual via Zoom

Twice a month, DSACO invites adults with Down syndrome (ages 18+) to join us on Zoom for 60 minutes of fun, hands-on cooking! Each session features easy-to-follow, step-by-step instructions, with time built in to talk about kitchen tools, cooking tips, safety, and more.

Recipes are designed with simplicity in mind, using basic ingredients and no complicated gadgets. Some dishes will be gluten-free or offer a gluten-free option.

Participants must have access to a computer, laptop, or screen with a camera in the kitchen. We strongly recommend having a support person nearby for extra help and encouragement. To receive our recipes and Zoom link, please register at least one week in advance of the class you'd like to join.

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Click or scan to Register



Stamping Club Social Groups

Celebrating creativity and friendship!

These social groups work on paper crafting skills to create one-of-a-kind greeting cards to give to family and friends. All necessary supplies for making the cards are provided.

Stamping Club Central

September 3, October 1, November 5 | 6:30 – 8 PM

Westerville Public Library

126 South State Street, Westerville, OH 43081

This group is for adults with Down syndrome, ages 18+. The classes are free, but registration is required as supplies are limited. Please register at least one week in advance of the class you plan to attend by emailing Sue Leppert at sdlbuckeye@aol.com.

Click or scan to Register



Stamping Club East

September 9 and October 14 | 6 – 7 PM

Please note that the group will not meet on November 11.

Licking County Board of Developmental Disabilities (LCBDD)

116 N 22nd Street, Newark, OH 43055

This group is for teens and adults with Down syndrome or other developmental disabilities, ages 16+. The classes are free, but registration is required as space and supplies are limited. The final day to register would be the last Sunday before the meeting day of Tuesday. For any Licking County resident who may need transportation to Stamping Club East, you may utilize Licking County Transit. To schedule a ride, first notify transit at 740-670-5185 (option 1) and share with them that you receive services from LCBDD. Transit will then speak with the riders' service coordinator to verify this information. This is only a one-time registration call, after that they can call for a ride anytime and only be charged \$2 each way. (Otherwise, it is \$4 each way.)

Click or scan to Register



Adult Improv Class Series

Two locations for twice the fun!

Dates listed below | 6:30 – 8 PM

Fee: \$100 for 10-class series

Age Group: 18+

Registration is open!

Participants may initially register for only one location. Starting Friday, August 29, if spots remain available, you'll have the option to register for a second location if you wish.

Improv Southeast Class Series:

Led by returning instructor, Jake Lees.

Mondays | September 8 - November 17
(no class on October 13)

Combustion Brewery and Taproom

80 W Church St. Suite 101,
Pickerington, OH 43147

Improv Central Columbus Class Series:

Led by returning instructor, Dylan Liptak.

Tuesdays | September 9 -
November 11

Ruling Our eXperiences (ROX)

1335 Dublin Rd # 18A, Columbus,
OH 43215



DSACO Improv Comedy for All

Tuesday, November 18 |
6:30 – 8 PM

(doors open at 5 PM)

The Funny Bone

145 Easton Town Ctr, Columbus,
OH 43219

Come out for a fun evening to watch our improv performers shine on stage! Our last performance was such a treat that we think this one might sell out! The Funny Bone generously donates a portion of the ticket sales back to **DSACO!**

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Click or scan to
Purchase Tickets



Supporting Healthy Sexuality for Your Loved One with Down Syndrome

Tuesday, October 21 | 6 – 7:30 PM

Virtual

People with Down syndrome are naturally social and seek meaningful, healthy relationships. However, building these connections is a skill that often needs to be taught. This free webinar for DSACO parents and guardians will explore the importance of sexuality education, key topics to cover, and effective ways to approach these conversations. Participants will also gain access to valuable resources, including visual aids, recommended books, and free online tools.

This event is free for parents and guardians, but registration is required by Friday, October 17.

Questions?

Contact Kirsti Osborne at kosborne@dsaco.net.

Click or scan to
Register



Dancing with our STARS Gala

Down Syndrome Association of Central Ohio

Save the date and join the Down Syndrome Association of Central Ohio at the 2025 Dancing with Our Stars Gala for an experience like no other. This signature annual event highlights more than 50 adults with Down syndrome performing professionally choreographed dance routines for the enjoyment of all guests.

But guests don't just watch the dancing. They get to participate, too! Attendees can join in for a dance lesson hosted by Arthur Murray Dance Studio at the beginning of the evening and can later show off their newly learned dance moves once the dance floor opens to all following the presentations and performance.

This memorable evening also features a silent auction, wine pull, and delightful hors d'oeuvres and dinner. Proceeds support DSACO's many critical programs and services.

Sponsorship opportunities are available!

Don't miss out on this incredible opportunity to celebrate inclusion and support people with Down syndrome!

Stay tuned for more details!

Stars Needed!

If you are a self-advocate (18+) and you are looking for a new and exciting way to shine, then the Dancing with Our Stars Gala is for you!

If you are interested in performing at the Dancing with Our Stars Gala on February 7, 2026, then DSACO wants to hear from you! You will have the opportunity to join DSACO and the Arthur Murray Dance Studio for lessons over the next few months to learn choreographed ballroom dances. Then you will show off your moves in a live performance on Gala night.

No prior dance experience is necessary. Practices take place on Saturday afternoons throughout November, December, and January. If you are interested in this 10-week commitment, please email Lucy Maddrill at lmadrill@dsaco.net.

DSACO's 2025 Winter Social

Save the date for festive fun!

Friday, December 5 | 5 – 9 PM

Columbus Zoo and Aquarium

4850 W Powell Rd, Powell, OH 43065

Fee: \$15/family

We're thrilled to invite all DSACO families to our much-anticipated annual Winter Social on Friday, December 5, at the Wildlights at the Columbus Zoo!

What to Expect:

- **Light Dinner:** Enjoy a delicious light dinner as you soak in the festive atmosphere.
- **Zoo Wildlights:** Experience the magic of the zoo transformed into a winter wonderland with millions of twinkling lights.
- **Meet Santa & Mrs. Claus:** Bring your wish list and snap a photo with the jolly couple themselves!

Registration will open on October 15. Stay tuned for more details!

It's a wonderful opportunity to celebrate the winter season in a truly magical setting. We look forward to spending a memorable evening with your family!

Questions? Contact Mari Cox at mcox@dsaco.net.

Click or scan for
More Info





Pumpkin Patch Playdate

A Fall Outing for Little Buddies, School Age, and Teens

Sunday, September 21 | 3 – 5 PM

Two Locations:

Van Buren Acres

5066 Keller Rd, Hebron, Ohio 43025

Lehner's Pumpkin Farm

2920 OH-203, Radnor, OH 43066

Free but registration is required.

Age Group: Little Buddies, School Age, and Teens

Celebrate the arrival of fall with DSACO at our Pumpkin Patch Playdate for Little Buddies, School Age, and Teens! To make it easier for families across the area, this event will be hosted at two convenient locations: Van Buren Acres and Lehner's Pumpkin Farm.

Join us for an afternoon of festive autumn fun, meaningful connections with other DSACO families, and memory-making activities. It is the perfect way to enjoy the season together!

Registration deadline:
Sunday, September 14

Questions?

Contact
Kirsti Osborne at
kosborne@dsaco.net.



Little Buddies & School Age Indoor Inclusive Pool Party

Let's have a splashin' good time!

Sunday, November 16 | 5:30 – 7 PM

Westerville Community Center

350 N Cleveland Ave, Westerville, OH 43082

Free but registration is required.

Join your Little Buddies and School Age friends when we combine groups for an epic pool party at the Westerville Community Center!

People with Down syndrome ages 12 and under, and their immediate siblings, are invited to dive into the excitement. Don't miss this chance to connect, swim, and make warm memories on a chilly day!

Registration deadline: November 12

Questions?

Contact Courtney Frost at cfrost@dsaco.net.



Click or scan to
Register



Down Syndrome Awareness Classroom Packets

Celebrate Inclusion and Awareness in the Classroom This October!

Join us in celebrating Down Syndrome Awareness Month by equipping your child's classroom with one of DSACO's Down Syndrome Awareness Classroom Packets! These thoughtfully designed packets include specially curated materials that celebrate students with Down syndrome and promote the mission and vision of inclusion within the classroom.

No registration is required! You can pick up these informative and celebratory packets for free during Buddy Walk T-Shirt Pick-Up days, Pumpkin Patch Playdates, and at the Columbus Buddy Walk. Let's work together to create a more inclusive and aware community!

Questions? Contact Sara Rainey at srainey@dsaco.net.



Picnic Anual Para Familias Latinas

Sabado 13 de Septiembre | 10 AM – 2 PM

¡Están invitados a nuestro picnic familiar! Salir de la rutina diaria y disfrutar de un entorno diferente tiene un impacto positivo en el estado de ánimo de las personas.

¡Los invitamos al picnic anual de Familias Latinas de DSACO! Nos encantaría contar con su presencia y disfrutar de una mañana en donde podrá disfrutaremos de varias actividades como lotería, pinta caritas y juegos, además de conversar y conectar con otras familias.

Este evento es gratuito para familias de DSACO (papas y hermanos), su registro es necesario a más tardar el 29 de agosto, por favor visite www.dsaco.net/events

Si tiene preguntas por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net.

English:

Saturday, September 13 | 10 AM – 2 PM

You are invited to our picnic! Getting out of the daily routine and enjoying a different environment has a positive impact on people's mood.

We invite you to DSACO's annual picnic for Latino Families! We would love to have your presence and enjoy a quiet and relaxed morning where you can enjoy a meal, lottery, face painting and games, as well as connecting with other families.

This event is free for DSACO families, but registration is required by August 29. Please visit www.dsaco.net/events for more information.

Questions? Contact Vanessa Armenta at varmenta@dsaco.net

Click or scan to Register



Somali Picnic

Saturday, September 20 | 5:30 – 8 PM

Windsor Park Dream Field Shelter
4408 Broadway | Grove City

Click or scan to Register



Picnics waxay bixiyaan faa'iidooyin badan oo ku saabsan horumarinta iyo xoojinta xirfadaha bulshada. Waxaan si farxad leh idinku casuumeynaa adiga iyo qoyskaagaba picnic madadaalo leh, kaalay oo ku raaxayso qoysaska kale ee Soomaalida maalinta nasashada, cunto macaan iyo shirkad wanaagsan.

Waxaan rajeyneynaa maalin aad u wanaagsan oo aan idinkula soo wada bixi doono!

Tani waa munaasabad bilaash ah oo loogu talagalay qoysaska DSACO iyo xubnaha qoyska ee si toos ah ula deggan guriga. Isdiiwaangelintu waa lagama maarmaan waxaana la soo xirayaa Sebteembar 5, 2025.

Haddii aad qabtid wax su'aalo ah, fadlan email u soo dir Amina Said: asaid@dsaco.net.

English:

Picnics offer numerous benefits for developing and enhancing social skills. We are excited to invite you and your family to a fun-filled picnic, come and enjoy with other Somali families a wonderful day of relaxation, delicious food and great company.

We are looking forward to a fantastic day out with all of you!

This is a free event for DSACO families and their immediate family members residing in the home. Registration is required by September 5, 2025.

Questions? Contact Amina Said at asaid@dsaco.net.





Abordando Desafíos Del Comportamiento

Sábado 8 de Noviembre | 10 AM – 12 PM

Los niños a menudo enfrentan desafíos conductuales únicos que requieren apoyo especializado, concientización y comprensión por parte de educadores, padres, cuidadores y profesionales.

Esta platica busca brindar información sobre los desafíos conductuales que se observan comúnmente en niños en edad escolar. Se explorarán los factores subyacentes que contribuyen a estos desafíos, como las diferencias cognitivas, las barreras de comunicación, la sensibilidad sensorial y el desarrollo social.

Al comprender las causas fundamentales, los participantes pueden adaptar eficazmente las intervenciones y las estrategias de apoyo para satisfacer las diversas necesidades de su hijo.

Presentado por:

Vanessa Rodríguez, PhD, BCBA-D, MPH

Psicóloga Clínica, Servicios de Apoyo Clínico del Centro Nisonger

Este evento es gratuito pero su registro es necesario a más tardar el 31 de Octubre.

Desayuno ligero incluido. Cuidado de niños disponible solo para familias DSACO.

Si tiene preguntas por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net o visite www.dsaco.net/events.

English:

Addressing Behavioral Challenges

Saturday, November 8 | 10 AM – 12 PM

Children often face unique behavioral challenges that require specialized support, awareness, and understanding from educators, parents, caregivers, and professionals.

This talk aims to provide information about the behavioral challenges commonly observed in school-aged children. It will explore the underlying factors that contribute to these challenges, such as cognitive differences, communication barriers, sensory sensitivities, and social development.

By understanding the root causes, participants can effectively adapt interventions and support strategies to meet their child's diverse needs.

Presented by:

Vanessa Rodríguez, PhD, BCBA-D, MPH

Clinical Psychologist, Nisonger Center Clinical Support Services

This event is free for DSACO families, but registration is required by October 31.

A light breakfast will be offered. Child care is only available to DSACO families.

Questions? Contact Vanessa Armenta at varmenta@dsaco.net.

Click or scan to
Register



DSACO's Post-Secondary Scholarship Program

We're thrilled to share that DSACO's Post-Secondary Scholarship program is back! These scholarships provide essential financial assistance to people with Down syndrome and/or relatives of people with Down syndrome who plan to pursue careers that positively impact the disability community

Eligibility

Self-advocates, siblings, parents, cousins, or other relatives of people with Down syndrome are encouraged to apply. Applicants must reside within one of the counties in DSACO's service area. The program or college attending does not need to be in the service area.

Application Details

Applications will open on Monday, November 3. Completed applications must be submitted by Friday, January 30, at 5 PM. Applications submitted via mail must be postmarked by January 30. Please ensure that your application is comprehensive, as incomplete application submissions will not be considered.

What's Included in an Application

- Completed DSACO Post Secondary Scholarship application form
- Official transcripts from current institution (university or high school)
- Two letters of reference: can be personal or professional and should speak to the applicant's commitment to the Down syndrome community and passion for advocacy
- Two-page essay following one of the outlined prompts

Save The Date

*Applications
Open*

November 3



Scholarship Scoring Process

Once received, applications are anonymized and sent to a committee for scoring to ensure an unbiased evaluation. The Post Secondary Scholarship Committee consists of esteemed individuals, including college professors, and leaders within the disability community. Scholarship recipients will be selected and announced by early March.

How to Utilize the Scholarship

Scholarship funds can be applied to various education-related expenses, such as coursework, tuition, or materials needed for academic purposes as approved by your academic institution.

DSACO looks forward to supporting your academic journey and celebrating your future contributions to the Down syndrome community.

Questions? Contact Sara Rainey at srainey@dsaco.net.



SustainABLE Monthly Giving Program

Ready to say "Count me in!" and make a lasting impact on the DSACO community all year long? Join the SustainABLE Monthly Giving Program today!

Click or scan to
Register



Your monthly support helps power the programs, services, and daily operations that make a difference in the lives of people with Down syndrome and their families. A gift of \$21 or more, honoring the extra 21st chromosome, directly supports DSACO's mission and demonstrates your commitment to the Central Ohio Down syndrome community.

Scan the QR code to donate and become a monthly supporter!

Adopt A Family Program 2025

Holiday Joy is for Everyone!

Everyone deserves to experience the joy of the holiday season, and DSACO is committed to making sure no one is left out. Whether you need a little assistance this time of year or have the means to provide support, you can help make the season brighter for everyone. We are thrilled to announce that our Adopt-A-Family Program will return for the 2025 holiday season!

DSACO families in our service area who are requesting assistance for the 2025 season are welcome to apply beginning November 1. The deadline to apply is Wednesday, November 12. Applications received after November 12 will not be accepted.



Down Syndrome Association of Central Ohio

Adopt-A-Family Timeline:

- Saturday, November 1, 2025: Donor and Family Applications Open
- Wednesday, November 12, 2025: Donor and Family Applications Close (**Applications received after November 12 will not be accepted**)
- Friday, November 21, 2025: Donors and Families receive Denial/Approval Notifications
- December 8 – 10, 2025: Donor Gift Drop Off to the DSACO Office
- December 15 – 17, 2025: Family Gift Pick Up at the DSACO Office (**Families will not be able to pick up gifts after Wednesday, December 17**)

Adopt-A-Family Application for Support

Please note while we would love to assist all families, DSACO cannot guarantee all applications will be approved. Please review the guidelines below before applying. Applications received after November 12 will not be accepted.

Eligibility: We are currently only able to serve families in the DSACO service area.

Expectations: People with Down syndrome (all ages), all children residing in the household (17 years old and younger), and parents/guardians are eligible to be a part of the Adopt-A-Family program. Please provide a detailed wish list for all eligible family members residing in the home, including sizing for clothing and shoes (suggested range is \$50-\$75 per person). **DSACO will not accept gift cards as a wish list item.**

Gift Delivery Guidelines: Please be responsive in DSACO's attempts to contact you. Failure to respond could forfeit your opportunity to receive gifts for your family. **You will have three options to pick up your gifts (December 15, 16, or 17).** You will receive a separate link to sign up for the specific date and time you are able to pick up your gifts.

If you have any questions, please contact Kirsti Osborne at kosborne@dsaco.net.

Spread Holiday Cheer: Support Families in Need

Families of children with developmental disabilities are twice as likely to face financial hardship. This holiday season,

you can make a real difference in the lives of these families. Join DSACO in supporting families by choosing one of these impactful ways to help:

Ways You Can Help:

1. **Adopt a DSACO Family:** Provide personalized support to a family in need. Applications open November 1 and family wish lists will be provided on November 21.
2. **Gift Cards for Rural Families:** Purchase Amazon gift cards to support families in remote areas.
3. **Donate to Family Support Programs:** Your financial contribution directly supports DSACO's vital family assistance initiatives (please put Adopt-A-Family in the notes).
4. **Fulfill Basic Needs:** Shop our [Amazon Wishlist](#) for essential items like disinfecting wipes and toothpaste.
5. **Volunteer with us during our Adopt-A-Family Gift Drop Off:** Volunteer shifts are available from December 8-10 throughout the day.

Why Your Support Matters

Your generosity not only brings joy during the holidays but also provides crucial stability and resources to families facing unique challenges. Every contribution, no matter the size, makes a significant impact.

Thank you for being a part of our mission and for your support of the DSACO community.



Programa Adopta una Familia 2025

¡La alegría de las fiestas es para todos!

Todos merecen experimentar la alegría de la temporada navideña, y DSACO está comprometido a asegurarse de que nadie se quede fuera. Ya sea que necesites un poco de ayuda en esta época del año o que tengas la posibilidad de brindar apoyo, puedes ayudar a que la temporada sea más alegre para todos. ¡Nos complace anunciar que nuestro Programa Adopta una Familia regresará para la temporada navideña 2025!

Las familias de DSACO dentro de nuestra área de servicio que deseen solicitar ayuda para la temporada 2025 pueden presentar su solicitud a partir del 1 de noviembre. La fecha límite para aplicar es el miércoles 12 de noviembre. **Las solicitudes recibidas después del 12 de noviembre no serán aceptadas.**

Cronología del Programa Adopta una Familia:

- Sábado, 1 de noviembre de 2025: Apertura de solicitudes para donantes y familias Miércoles, 12 de noviembre de 2025: Cierre de solicitudes para donantes y familias **(las solicitudes recibidas después de esta fecha no serán aceptadas)**
- Viernes, 21 de noviembre de 2025: Notificación de aprobación o rechazo para donantes y familias
- Del 8 al 10 de diciembre de 2025: Entrega de regalos por parte de los donantes en la oficina de DSACO
- Del 15 al 17 de diciembre de 2025: Recogida de regalos por parte de las familias en la oficina de DSACO **(las familias no podrán recoger regalos después del miércoles 17 de diciembre)**

Solicitud de apoyo – Programa Adopta una Familia

Sin embargo, ten en cuenta que, aunque nos encantaría ayudar a todas las familias, DSACO no puede garantizar la aprobación de todas las solicitudes.

Por favor, revisa las siguientes pautas antes de aplicar. Las solicitudes recibidas después del 12 de noviembre no serán aceptadas. Recibirás una notificación de aprobación o rechazo el viernes 21 de noviembre.

Elegibilidad: Actualmente solo podemos apoyar a familias que viven en el área de servicio de DSACO

Requisitos: Personas con síndrome de Down (de todas las edades), todos los niños que viven en el hogar (menores de 18 años), y padres o tutores son elegibles para participar en el programa. Por favor, proporciona una lista de deseos detallada para cada miembro elegible del hogar, incluyendo tallas de ropa y calzado (se sugiere un rango de \$50 a \$75 por persona). **DSACO no aceptará tarjetas de regalo como parte de la lista de deseos.**

Entrega de regalos: Por favor, manténgase disponible y responda a los intentos de contacto de DSACO. La falta de respuesta puede hacer que pierda la oportunidad de recibir regalos para su familia. **Habrán tres opciones para recoger los regalos (15, 16 o 17 de diciembre).** Recibirá un enlace por separado para registrarse y seleccionar la fecha y hora de recogida.

Si tienes preguntas, por favor contacta a Kirsti Osborne al correo: kosborne@dsaco.net

Comparte alegría navideña: Apoya a familias que lo necesitan

¿Sabían que las familias de niños con discapacidades del desarrollo tienen el doble de probabilidades de enfrentar dificultades económicas?

Esta temporada navideña, puede marcar una verdadera diferencia en la vida de estas familias. Únete a DSACO para apoyar familias eligiendo una de las siguientes maneras de colaborar:

Formas en las que puede ayudar:

- 1. Adopta una familia DSACO:** Brinda apoyo personalizado a una familia que lo necesita. Las solicitudes abren el 1 de noviembre y las listas de deseos estarán disponibles el 21 de noviembre.
- 2. Tarjetas de regalo para familias en zonas rurales:** Compra tarjetas de regalo de Amazon para apoyar a familias que viven en áreas remotas.
- 3. Dona a programas de apoyo familiar:** Su contribución económica apoya directamente las iniciativas de asistencia familiar de DSACO (por favor indica "Adopta una Familia" en la nota).
- 4. Cumple con necesidades básicas:** Compre artículos esenciales como toallitas desinfectantes o pasta dental desde nuestra Lista de Deseos de Amazon.
- 5. Haz voluntariado durante la entrega de regalos del programa Adopta una Familia:** Tendremos turnos de voluntariado disponibles del 8 al 10 de diciembre durante todo el día.

Por qué su apoyo es importante

Su generosidad no solo trae alegría durante las fiestas, sino que también brinda estabilidad y recursos esenciales a familias que enfrentan desafíos únicos. Cada contribución, sin importar su tamaño, tiene un gran impacto.

Gracias por ser parte de nuestra misión y por tu continuo apoyo a la comunidad DSACO.

Connection Groups

D.A.D.S.

Meets once a month | 6 PM
(Food will be ordered at 7 PM)

September 15
Roosters Polaris

1041 Gemini Pl, Columbus, OH 43240

October 13

Beer Barrel Pizza and Grill

800 Goodale Blvd, Columbus, OH 43212

November 10

Buca di Beppo Columbus

343 N Front St, Columbus, OH 43215

Brian Stumpo

bstumpo@columbus.rr.com

Justin Whitley

whitleyj@icloud.com

M.O.M.S. – Chillicothe

3rd Tuesday of the month | 6 PM

Rooster's

Chillicothe, OH

September 16

October 21

November 18

Keely Wescott

redmnm0607@hotmail.com

Michelle Wallace

michelle_rn@outlook.com

M.O.M.S. – Delaware

2nd Wednesday of the Month | 6:30 PM

Yabo's Tacos

5915 Evans Farm Blvd Ste H
Lewis Center, OH 43035

September 10

October 8

November 12

Crystal Vitullo

crystalmowry@gmail.com

Allison Schwab

allieb1220@gmail.com

M.O.M.S. – Español

Meets quarterly

Look out for details on upcoming events.

Se reúne trimestralmente

Muy pronto los detalles de la próxima reunión, este atenta al grupo de Facebook.

Yirha Torres

dtefamily4@gmail.com

M.O.M.S. – Marion

The Marion M.O.M.S. group is currently on "pause." Stay tuned for updates and in the meantime, check out one of our other locations.

M.O.M.S. – Marysville

Please check the M.O.M.S. Facebook group for details on upcoming meetings.

Katie Furr

katiel617@hotmail.com

Lauren Roush

lauren.roush1107@gmail.com

M.O.M.S. – Northwest

3rd Tuesday of the month | 6:30 PM

The Goat

4265 Brooklands Dr., Hilliard, OH 43026

September 16

October 21

November 18

Hannah Reid

hannahreid329@gmail.com

M.O.M.S. – Southeast

2nd Wednesday of the month | 6 PM

September 10 | Rooster's Pickerington

October 8 | Zapatas Mexican Kitchen

November 12 | Rooster's Pickerington

Yirha Torres

dtefamily4@gmail.com

Whitney Garrett

wpwalker86@gmail.com

M.O.M.S. – Westerville

1st Thursday of the month | 6:30 PM

September 4

Harry Buffalo

6150 S Sunbury Rd, Westerville, OH 43081

October 2

Agape Mediterranean

405 Polaris Pkwy Unit 101, Westerville, OH 43082

November 6

Buffalo Wild Wings

807 Polaris Pkwy, Westerville, OH 43082

Lucy Pagán

lucillepagan@gmail.com

Jackie Johnston

jackierosejohnston@gmail.com

Little Buddies

Parent Resource Group

Little Buddies Parent Resource Group is a monthly group for expecting and new parents of families of children with Down syndrome in the Central Ohio area. We offer support and information for families prenatally through preschool.

Little Buddies North

Monday, September 8 | 6:30 – 8:00 PM

Westerville Community Center

350 N. Cleveland Ave, Westerville, OH 43082

Meet Dr. Mark Wells

You're invited to join us for a special opportunity to meet and hear from Dr. Mark Wells, NCH pediatrician, as he shares about himself and the NEW NCH Down Syndrome Program. Dinner and child care provided.

Monday, October 13 | Topic TBD

Sunday, November 16 | 5:30 – 7:00 PM

Westerville Community Center Indoor Pool

350 N. Cleveland Ave, Westerville OH 43082

Indoor Inclusive Pool Party

Join your Little Buddies and School Age friends when we combine groups for an epic pool party at the Westerville Community Center!

Jessica Huber

jesshuber86@gmail.com

Cory Guindon
righterc@gmail.com

Little Buddies Southeast
**please note the date change*
Monday, September 8 | 6:30 – 8 PM

Westerville Community Center
350 N. Cleveland Ave, Westerville, OH 43082

Meet Dr. Mark Wells
You're invited to join us for a special opportunity to meet and hear from Dr. Mark Wells, NCH pediatrician, as he shares about himself and the NEW NCH Down Syndrome Program. Dinner and child care provided.

Thursday, October 16 | Topic TBD

Sunday, November 16 | 5:30 – 7 PM

Westerville Community Center Indoor Pool
350 N. Cleveland Ave, Westerville OH 43082

Indoor Inclusive Pool Party
Join your Little Buddies and School Age friends when we combine groups for an epic pool party at the Westerville Community Center!

Whitney Garrett
wpwalker86@gmail.com

Jen McGhee
jenny.a.mcghee@gmail.com

Teen Connections:
High School Social Group
DSACO's High School Social Group meets monthly to allow teens with Down syndrome to build friendships and practice independence in a safe, fun setting. Designed for mostly independent teens,

each gathering includes games, food, and plenty of fun at rotating locations. Events are hosted by DSACO with support from volunteers, and food and drinks are provided. Families may stay in a separate space or drop off and pick up. Parents are encouraged to step back so teens can connect and enjoy the outing with guidance from our amazing volunteers.

Pumpkin Patch Event
Sunday, September 21 | 3 – 5 PM
Please note that no food is included with this event.



Bingo & Dinner
Tuesday, October 28 | 6:30 – 8 PM

Taranto's Pizzeria
1282 E Powell Rd, Lewis Center, OH 43035

Bowling & Pizza
Thursday, November 13

Star Lanes Polarix
8655 Lyra Dr, Columbus, OH 43240

Registration is free but you must register no later than one week before the group you want to join.



Mandy Peterson
mandy_6862@yahoo.com

Mary Elliott
columbuselliotts@gmail.com

Both Teen & Adult Connections:
Stamping Club East (Ages 16+)
September 9 and October 14 | 6 – 7 PM
Licking County Board of Developmental Disabilities (LCBDD)

Adult 18+ Connections:
Adult Stamping Club Central
September 3, October 1, November 5

6:30 – 8 PM
Westerville Public Library

Cooking with YOU...and Who?
September 10 and 24, October 8 and 22, November 12

5:30 – 6:30 PM
via Zoom

Connecting Parents of Adults Group

September 18 | 6 – 8 PM
Habaneros Fresh Mexican Grill
3680 Fishinger Blvd, Hilliard, OH 43026

November 20 | 6 – 8 PM
TBD

Please register at least two days prior to the gathering so appropriate plans may be made.

Cathy Gibson
catgibson@msn.com

Paula Dymek
jpdymek@outlook.com

Missy Jones
missy.jones@safelite.com



Aging & Down Syndrome Caregiver Support Group

September 23 and October 28 | 6 – 7 PM
Via Zoom

DSACO is partnering with the Alzheimer's Association of Central Ohio to offer a monthly virtual support group for caregivers of aging people with Down syndrome (ages 40+). Sessions will be held via Zoom to reach caregivers throughout our service area. After registering, you'll receive a confirmation email, a brief introductory call from a co-facilitator, and the Zoom link to join.

If you need help joining virtually, please email Boo Krucky at ekrucky@dsaco.net.



Stay Connected!

Stay up-to-date on all the events in your area by visiting **dsaco.net**.

 dsaco.cbus

 dsaco.cbus

Facebook Groups:

- DSACO's Black and African American Outreach Group
- DSACO D.A.D.S.
- DSACO "Lending" Library
- DSACO Little Buddies Parent Resource Group
- DSACO M.O.M.S.
- DSACO Parents of Adults with Down syndrome
- DSACO School Age Group
- Familias Latinas De DSACO
- DSACO Families with Medically Complex Needs
- DS-ASD Parent Resource Group, courtesy of DSACO

Our Mission: To support families, promote community involvement, and encourage a lifetime of opportunities for people with Down syndrome.

Keeping Up is a publication of the Down Syndrome Association of Central Ohio (DSACO), reporting items of interest relating to Down syndrome. DSACO does not promote or recommend therapy, treatment, institution, or professional system. Any editorials are the opinion of one person and not meant to represent the exclusive opinion of DSACO.

DSACO is a 501(c)(3) non-profit organization and a community of ElevateDD. Contributions are fully tax-deductible.

CALENDAR of EVENTS

September

- 1 DSACO Office Closed
- 3 Stamping Club Central
- 4 Westerville M.O.M.S.
- 7 Buddy Walk Dance Team Practice Starts
- 8 IMPROV Southeast Starts
- 8 Little Buddies North and Southeast
- 9 IMPROV Central Starts
- 9 Stamping Club East
- 10 Southeast M.O.M.S.
- 10 Delaware M.O.M.S.
- 10 Cooking with You... and Who?
- 13 Latino Picnic
- 15 Community Access Fund Applications Due
- 15 D.A.D.S.
- 16 Northwest M.O.M.S.
- 16 Chillicothe M.O.M.S.
- 18 Connecting Parents of Adults
- 20 Somali Picnic
- 21 Pumpkin Patch Playdate
- 23 Aging & Down Syndrome Caregiver Support Group
- 24 Cooking with You... and Who?
- 27 Buddy Walk T-Shirt Pick Up
- 29 Buddy Walk T-Shirt Pick Up

October

- 1 Stamping Club Central
- 2 Westerville M.O.M.S.
- 5 Columbus Buddy Walk
- 8 Cooking with You... and Who?
- 8 Delaware M.O.M.S.
- 8 Southeast M.O.M.S.
- 13 D.A.D.S.
- 13 Little Buddies North
- 14 Stamping Club East
- 15 Winter Social Registration Opens
- 16 Little Buddies SE
- 21 Chillicothe M.O.M.S.
- 21 Northwest M.O.M.S.
- 21 Supporting Healthy Sexuality Webinar
- 22 Cooking with You... and Who?
- 28 Aging & Down Syndrome Caregiver Support Group
- 28 High School Social Group

November

- 1 Adopt-A-Family Applications Open
- 3 Post-Secondary Scholarship Applications Open
- 5 Stamping Club Central
- 6 Westerville M.O.M.S.
- 8 Latino Resource Group
- 10 D.A.D.S.
- 11 Stamping Club East
- 12 Adopt-A-Family Applications Close
- 12 Cooking with You... and Who?
- 12 Southeast M.O.M.S.
- 12 Delaware M.O.M.S.
- 13 High School Social Group
- 15 Winter Social Registration Closes
- 16 Little Buddies and School Aged Pool Party
- 18 DSACO Improv Comedy for All
- 18 Northwest M.O.M.S.
- 18 Chillicothe M.O.M.S.
- 20 Connecting Parents of Adults
- 27 DSACO Office Closed
- 28 DSACO Office Closed

