May 2009

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Mile High Down Syndrome Association

DOWN'S UPDATE

Celebrating over 26 years of helping Colorado families

DOWN SYNDROME ADVOCATES LOBBY ON CAPITOL HILL

By Patricia E. Bauer

Mac Macsovits (right) of MHDSA and Michelle Sie Whitten (left) of the Sie Foundation meet with Rep. Patrick Kennedy

When more than 300 Down syndrome advocates from 35 states gathered at the U.S. Capitol last week, their stated mission was to seek federal funds to help spread accurate information about prenatally diagnosed disabilities.

But for many the goal was much more personal: To put a human face on a condition they feel is misunderstood and even stigmatized by the general public.

Recent advances in medical technology, coupled with strong business incentives, have been driving a broad public perception that Down syndrome is largely preventable through prenatal diagnosis and selective termination.

These advocates, from 85 local groups and representing some 400,000 Americans with the condition, hoped to leave their elected representatives with a different impression. They want legislators to see their loved ones with Down syndrome as valuable, worthwhile people who are respected and cherished members of happy families.

"We want them to know that we are here, and we are striving to make sure that our kids are part of our community — not hidden away like in the past," said Theresa Grant, a mom from Reno, Nevada, whose 11-year-old son Elliott has Down syndrome. "They are making strides and they are succeeding in school."

"We can stand up for ourselves," said Lydia Orso, a young woman with Down syndrome from St. Louis. "We can be advocates and have a voice."

KENNEDY BROWNBACK BILL

Representatives of Down Syndrome Affiliates in Action (DSAIA) called on Congress to allocate $25 million over five years to implement the Prenatally and Postnatally Diagnosed Conditions Awareness Act, known as the Kennedy Brownback Bill.

The bipartisan measure calls for providing accurate, up-to-date information and support for parents who receive a diagnosis of Down syndrome or other disabilities such as spina bifida or cystic fibrosis either prenatally or up to a year after the birth of their child. It passed both the House and Senate without dissent and was signed into law last fall.

The intent of the measure was to create a sensitive and coherent process for delivering factual information about a diagnosis of disability.

continued on page 7

MHDSA AT AIA

Down Syndrome Affiliates in Action (AIA) is a conference that brings leaders of Down syndrome affiliate groups from around the country together. The third AIA conference was held February 25-28 in Washington, DC. Mile High Down Syndrome Association (MHDSA) sent five representatives, including three staff members and two Board members.

The first day was spent on Capitol Hill connecting with legislators from around the country. Affiliate leaders were also encouraged to schedule meetings with legislators from their home state. Colorado was well represented at AIA by MHDSA, the Denver Adult Down Syndrome Clinic, The Linda Crnic Institute, and the Colorado Springs Down Syndrome Association. The Colorado group worked as a team, meeting ten legislators and staff members during a very high-intensity day! The meetings were useful in developing relationships with our Colorado delegation and informing them of the matters most important to the Down syndrome community.

The remainder of the conference was spent in plenary and breakout sessions giving leaders from around the country the opportunity to learn from each other, share new programs, strategies, challenges, and ideas. MHDSA was proud to have our very own Sarah Hartway, Director of Professional Partnerships, present on the topic "Health Care Outreach: Keys to Success" during a breakout session. Sarah's presentation will help other groups to establish or enhance their own outreach programs.

Participating in AIA allowed MHDSA to learn from our friends and colleagues from around the country and to establish connections that will allow us to call on these terrific resources as needed. These connections will also lead to greater influence on the direction of the national Down syndrome organizations and matters of importance to the broader Down syndrome community.

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Down's Update is published 12 times a year by Mile High Down Syndrome Association.

MHDSA EVENTS CALENDAR

MHDSA Community Groups 2009

Call 303-797-1699 for more information.

Providing families with the opportunity to connect with other families in their area, form strong and encouraging friendships, plan outings, and share resources.

****Coming Soon!** – Castle Rock group!**

Denver Area – Español – "Grupo el Cromosoma del Amor" – 4th Saturday of each month from 1-3 p.m. – in collaboration with El Grupo VIDA and PASCO (All ages)

Denver Area Grandparents/Extended Family – "Kinship Circle of Love" – 3rd Saturday of each month from 10 a.m.-noon

****NEW!** – Evergreen/Conifer/Bailey/Idaho Springs Area – "Foothills Community Group" –** 2nd Tuesday of each month from 6:00-7:30 p.m. (Birth to 18)

Ft. Collins Area – 3rd Friday of each month from 6:30-8:30 p.m. (Birth to 5)

****NEW!** Greeley Area – BILINGUAL –** 1st Thursday of each month (Birth to 5)

Littleton Area – 1st Friday of each month from 6-8 p.m. (Birth to 5)

Longmont/Boulder Area – 3rd Friday of each month from 6:30-8:30 p.m. (Birth to 18)

Longmont Area Grandparents/Extended Family – Meets quarterly (Grandparents, aunts, uncles and family friends)

****NEW!** – Montrose Area/Western Slope –** 2nd Saturday of each month at 7:00 p.m. (Birth to 18)

Loveland/Ft. Collins Area – "Northern Colorado Circle of Friends" – 2nd Saturday of each month from 11 a.m.-1 p.m. (School age, 5-12)

****NEW!** – North Metro Area/Broomfield/Thornton/Northglenn/Commerce City/Henderson/Brighton – "Forever Buddies Linked Through Love" –** 1st Saturday of each month from 1-3 p.m. (Birth to 12)

South Metro Area/Littleton – 4th Saturday of each month, time varies (School age, 5-12)

West Metro Area/Arvada/Westminster/Wheat Ridge/Lakewood Area – 3rd Saturday of each month from 2-4 p.m. (Birth to 18)

DS-Autism Connection – Please email familyprograms@mhdsa.org to be invited to join our new listserv for families and providers (all ages)

OTHER MHDSA GROUPS

Aging Issues Action Group – Upcoming meetings are from 9:30-11:30 a.m. on May 18, July 27, September 28, and November 23. Contact Margaret Froehlke at director@denverdsclinic.org for more information.

IN THE COMMUNITY

"First Call" Parent Visitation Training

Saturday, May 2
MHDSA Office, Denver

McCarthy Poker Run

Sunday, June 7
Longmont

Hope
Savannah's Race

Savannah's Race

Saturday, June 13
Denver Metro Area

Jack Attack Golf Tournament

Monday, June 29
Club at Pradera, Parker

DENVER ADULT DOWN SYNDROME CLINIC

10th Anniversary Celebration

Thursday, July 16

NDSC Annual Convention

July 31-August 2
Sacramento, CA

STEP UP FOR DOWN SYNDROME

Step Up for Down Syndrome Walk

(Previously Buddy Walk)

Sunday, September 27
City Park, Denver

FROM THE EXECUTIVE DIRECTOR

I would like to begin by thanking you for your kind wishes and, more importantly, your support of MHDSA as I begin my tenure as Executive Director. To say that I feel supported by the individuals, community partners, staff, and Board would be a gross understatement. It is because of this amazing show of support that MHDSA has been – and will continue to be – a relevant and successful organization for those we serve in Colorado.

In the few months that I have been a formal part of MHDSA much has happened. Some good, some disheartening, some inspiring and some anger-provoking. At the end of the day I remain confident and optimistic about what the future holds not only for MHDSA and other organizations like it around the country, but for those living with Down syndrome like my son, Guion.

I am confident that the unfortunate remarks made by President Obama on the Tonight Show with Jay Leno will lead to increased awareness about the potential that our constituents bring to the table. I have heard from several parents that "my child wouldn't even get out of bed to bowl a 129" (the President's bowling score that he boasted about prior to roasting Special Olympics). It is a little-known fact that several years ago the World Games (now known as Special Olympics) had 32 athletes who would have qualified for "THE" Olympics! Thirty-two is not an anomaly, it is a statement of fact: those with special needs (also read those with Down syndrome) are more capable than many give them credit. President Obama's comment gives us the opportunity to have an open discussion with friends, family, neighbors, store clerks, postal workers, teachers, political representatives, the person in line in front of us at the movie theater – anyone – about why those living with Down syndrome should be viewed as valuable members of society.

I would like to challenge each one of us to start "speaking Down syndrome." Why is it that we only see or hear about the derogatory comments? Why is it the only time we see the "token" story of success of someone thriving with Down syndrome it is buried in the paper, or an afterthought to the evening news? Why don't the success stories have the shelf life of the disparaging comments? I would suggest that it is because we have not done a good enough job of taking our cause to the people.

When Guion was born, someone told me that my wife and I would be his biggest advocates and that we shouldn't rely on anyone else to help us. While this has proven to be true in many instances, I am pleased to say that in many other ways it is wholly untrue. We have tremendous power to impact policy and change if WE all join together in response to comments like the President's. It is up to US to demand that our story be heard on a daily basis. WE will make a difference and WE have made a difference! Why do you think the average life span of an individual has increased from about 26 years in the 1980s to about 57 years in 2009? It has been a collective effort to get our children and loved ones out of institutions and into loving homes and to give them the best possible medical care available. How has inclusion become standard (albeit difficult at times) educational practice for our children? WE all demanded better for our children.

WE must demand more from our elected officials (see AIA update in this edition), our educators, our social workers, friends, neighbors, auto mechanics, bank tellers, everyone. WE are making a difference and with your help WE are stronger than ever.

Thank you once again for all that you have done and won't you please help US continue to make a difference?

Sincerely,
Mac Macsovits

21 World Down Syndrome Day in Denver

MHDSA kicked off its first annual World Down Syndrome Day in style this year. MHDSA was proud to partner with Lenny's Sub Shop and Elitch Lanes Bowling for a day of fun and great food. World Down Syndrome Day is a day designed to bring awareness and education to those in the community regarding Down syndrome.

March 21, 2009 marked the 50th anniversary of Professor Jérôme Lejeune's discovery that an extra copy of chromosome 21 results in Down Syndrome. MHDSA worked with the amazing staff of Lenny's Sub Shop to help promote this day and were given the opportunity to have banners, place table tents on each of the tables at the two stores, and receive 10% of the total sales for March 21. Nathan Turner, one of the owners of the two stores (soon to be three with the addition of a new store on Lincoln and Speer), and Kathy Ellis were instrumental in making the day a success.

We were also very pleased to have kicked off the day with discounted bowling at Elitch Lanes (located on Tennyson Street in Denver). We were very graciously given the best lanes in the house and the special needs of some of our bowlers were accommodated.

Please join MHDSA in saluting both Lenny's Sub Shop and Elitch Lanes for their support of MHDSA and World Down Syndrome Day. And if you are in the mood for some good food or a fun time please stop by a Lenny's or Elitch Lanes.

Staci Unrau proudly supporting MHDSA at Lenny's Sub Shop.

SAVANNAH’S RACE

Have you ever wanted to participate in “The Amazing Race,” the reality show where teams race around the world, following clues and completing challenges along their way in a race to win $1 million?

Savannah’s Race will take place on June 13, 2009. Teams of two will follow clues to different locations in the Denver Metro Area and complete challenges and tasks to get their next clue. The tasks are fun, unexpected, and challenging. Instead of winning $1 million, everyone “wins” by raising much-needed funds for Down syndrome awareness. We are thrilled to report that this year MHDSA will be the recipient of the funds raised from Savannah’s Race!

The organizers, Leah Martin and Laurie Pachl, are still looking for teams to participate in this year’s race. To inquire about participating, please visit http://www.savannahsrace.org/2009applydetails.html

SOPHIA’S CLOSET CLOTHING DRIVE

Sophia’s Closet is a very important ongoing project of our “First Call” program. Thanks to Sophia’s Closet, each baby with Down syndrome referred to the program receives a brand new baby outfit. We depend on generous donations from the MHDSA community to fill Sophia’s Closet. The closet is nearly empty and we need your help!

If you’d like to participate, we need brand-new (with the tags on) infant clothing, sizes newborn to 12 months, for boys and girls and all seasons. We include these gifts with the New Parent Information Kits that we send to families just starting out on their journey with their beautiful baby with Down syndrome. What’s more fun than going to the baby section of the store and looking at the adorable baby outfits? Here’s your excuse!

You can bring your donations to our office at 2121 S. Oneida Street, Suite 600, Denver, CO 80224, mail them to the same address, or bring them to your local Community Group.

ARE YOU LOOKING FOR FUN & ADVENTURE?

Climb to new heights with MHDSA!

We are looking for a few brave men and women and boys and girls to start a MHDSA “Climbing Club.” In partnership with ROCK’n-JAM’n indoor climbing gym, MHDSA would like to see if there is enough interest in our community to start a pilot “Climbing Club” that would meet at the climbing gym for some good exercise, fun, and companionship.

If you are interested, please contact Laurie Herrera at (303) 797-1699 to let her know of your interest to push it to the limits and learn a new exciting sport!

For more information about the gym, go to http://rocknandjamn.com

“FIRST CALL” PARENT VISITATION PROGRAM VOLUNTEER TRAINING

If you are a parent of a child with Down syndrome and you would like to make a positive difference for new and expectant parents just starting out, please join us for our 2009 “First Call” volunteer training! This highly interactive, all-day training will prepare you for making “First Call” visits. You have valuable experience and insights to share!

Saturday, May 2, 2009
9:00 a.m.-2:30 p.m.
MHDSA Office

Please RSVP to Robin Zaborek, Director of Family Programs, at robinz@mhdsa.org or (303) 756-9979. Lunch will be provided. Please note that this is an adults-only training and childcare will not be available. Space is limited and the training may fill up quickly, so RSVP soon.

GRANTS AVAILABLE FOR FAMILIES STRUGGLING WITH CHILD HEALTHCARE EXPENSES

UnitedHealthcare Children’s Foundation is accepting applicants for the Grant Program. New grants are available to help children who need critical healthcare treatment, services or equipment not covered or not fully covered by their parents’ health benefit plans.

The foundation provides grants to families to help pay for child healthcare services such as speech therapy, physical therapy, occupational therapy sessions, prescriptions, and medical equipment such as wheelchairs, orthotics and eyeglasses. Parents and legal guardians may apply for grants of up to $5,000 for child medical services and equipment by completing an online application at **www.uhccf.org**. To be eligible for grants, children must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States, and be covered by a commercial health benefit plan.

Volunteer Corner

MAY VOLUNTEER OF THE MONTH

Kerrie Olsen

Meet Kerrie Olsen, a dedicated volunteer who is making an impact in the community and not just for MHDSA! Kerrie has been volunteering at the MHDSA office for nearly two years. She has recently taken up residence in the volunteer office where she has been officially appointed with a workstation and business cards. We are delighted to have her in the office on a weekly basis where she assists with administrative tasks and utilizes her talents and skills to promote our largest fundraiser.

Kerrie shares her volunteer time with MHDSA and the VA Hospital where she works directly with injured veterans as she assists them with transport to medical appointments. Kerrie is a wonderful volunteer and an exemplary role model for civic engagement. Thank you, Kerrie, for your kind heart, gentle spirit and generous commitment. You are truly an inspiration!

INTERESTED IN VOLUNTEERING?

MHDSA relies on volunteers for many of its activities. We are grateful to have so many generous individuals willing to donate their time and talents! We have several volunteer opportunities in the next few months. If you are interested in any position other than the Denver Adult Down Syndrome Clinic position, please contact Melissa Davis, MHDSA Volunteer Coordinator, at volunteer@mhdsa.org or (303) 756-6101.

- **The 10th Annual Poker Run** hosted by McCarthy's Pub benefitting MHDSA is on Sunday, June 7. We need volunteers to assist with registration in the morning and serve lunch in the afternoon.

- **2nd Annual Savannah's Race** benefitting MHDSA is on Saturday, June 13. We need volunteers to help at various stations around the Denver Metro area as well as "cheerleaders" to encourage the race participants.

- In preparation for our **Step Up for Down Syndrome walk** in September, MHDSA's largest fundraising and awareness event, we have vacancies for the following positions:
  - **Pledge Tent Manager:** Manage pledge tent data on walk day. Create reports with necessary pledges data for walk day. Acquire and manage donated pledge prizes for the top 10 teams. Collaborate with Walk Organizer to determine incentive levels. Manage walk website and serve as liaison to Team Captains. Create weekly contests and incentives for team captains in the months prior to the event. Conduct team captain kick off meeting(s) in June to motivate team captains and assist with web page set up. Identify number of volunteers needed in pledge tent on walk day. Conduct training with pledge tent volunteers prior to walk day.
  - **Retail Store Manager:** Manage retail shop and prize redemption on walk day. Order merchandise for retail shop. Identify number of volunteers needed on walk day. Conduct training with volunteers prior to walk day.
  - **Parking Manager:** Identify logistics of parking and shuttle service. Identify number of volunteers and supplies needed. Conduct training for parking patrol volunteers.
  - **Brochure and poster distribution team:** In an effort to publicize the walk, we are organizing a team of volunteers to assist with brochure and poster distribution. Please help us get the word out about our event and create more awareness about Down syndrome in our community.

- **A golf tournament** benefiting MHDSA will take place on Monday, June 29 at the Club at Pradera in Parker. We need volunteers to assist with check-in at 9:00 a.m.

- **The Denver Adult Down Syndrome Clinic (DADSC)** needs volunteers to assist as Patient-Family Visit Coordinators. Volunteers will need to commit one Friday a month at the Clinic from 8:00 a.m.-12 p.m. They will work directly with patients and their families/caretakers by welcoming them to the Clinic, providing and reviewing the DADSC Patient Resource Folder, answering general questions about the visit, and introducing the family to the Clinic staff. DADSC Executive Director Margaret Froehlke will train volunteers. If you are interested in applying for this volunteer position, please contact Margaret at director@denverdsclinic.org or (303) 360-3877. The Clinic is located at 700 Potomac Street, Suite A, Aurora.

SPOTLIGHT ON JAMIE BARTH

Jamie Barth was born in September 1980. She was a pioneer in early intervention and inclusion, attending preschool and grade school at her neighborhood school.

She participates in many sports, including karate – in which she has a black belt – bowling, and tennis. Jamie's dedication paid off when she participated in the 2003 Special Olympics World Games where she won one gold medal and two silver medals in the tennis competition.

Her learning skills have progressed as well. She obtained her driver's license when she was 18 years old. About the same time, she 'bought' her dream car – a red convertible Ford Mustang!

Jamie started working at a local Old Navy store seven years ago, demonstrating an excellent work ethic and sound decision-making skills. She was a full-time employee, managing the fitting rooms, working on the sales floor, helping customers and assisting with inventory. Unfortunately, the store closed earlier this year.

She has been tested throughout her life. In 2004, she developed type-one juvenile diabetes. She has the confidence and ability to test her blood level and give herself up to four insulin shots a day. She also has a boyfriend, Eric, with whom she shares many interests. She joined the Board of Directors of the Denver Adult Down Syndrome Clinic (DADSC) in 2000 as a self-advocate.

DADSC provides quality health care and continuing education to adolescents and adults with Down syndrome, education for their family and caregivers, and consultative services for their providers. Jamie brings much experience and knowledge to the organization. She has the perfect background to provide the end-user perspective to the board. Although her board term will expire later this year, she will continue to be actively involved in mentoring self advocates who are members of the new DADSC Self Advocate Advisory Board as they prepare to become active members of the DADSC Board of Directors.

Jamie also participates in the Denver Adult Down Syndrome Clinic's ALIVE! (Ability, Life Skills, Independence, Vitality, Education) Program. ALIVE! is sponsored by the Rocky Mountain Down Syndrome Education Fund and meets weekly on the University of Denver campus. Students explore a variety of topics to learn and practice important life skills and concepts in a fun and meaningful way.

Her mother, Linda, is very proud of all her accomplishments. She cites Jamie's ability to laugh and add humor to everyday situations as one reason for her success. Jamie has touched hundreds of family members, friends, and co-workers in her very productive and meaningful life. Congratulations to Jamie on her many achievements!

JOIN *frien*DS!

Developing new friendships and relationships after graduation from secondary school is an important component of leading an active, productive adult life. Making these connections is more challenging following graduation for individuals with developmental disabilities as the opportunities for continued social growth and networking are harder to coordinate. To help support social connections, DADSC is sponsoring a new friendship program entitled, *frien***DS**. The *frien***DS** Program connects adult volunteers with adults with Down syndrome.

*frien***DS** volunteers will commit to participating once or twice a month, meeting with their friend in a small group or one-on-one in *frien***DS**-sponsored activities. The volunteers will help to foster social and relationship skills while enjoying varied recreational activities, including occasional sports events at the Pepsi Center.

For additional information concerning the frienDS Program, please contact Margaret Froehlke, Executive Director of DADSC, at (303) 360-3877 or at director@denverdsclinic.org. You may also visit the website at www.denverdsclinic.org.

AGING ISSUES FORUM

DADSC, MHDSA, and the Alzheimer's Association collaborate to support the bimonthly Aging Issues Forum. The meetings are free and open to all interested parties. At each meeting there is a speaker who presents information on a topic selected by participants and time to share and talk. We meet at the Alzheimer's Association building at 500 Sherman St., Denver, from 9:30-11:30 a.m. on the following dates: May 18, July 27, September 28, and November 23. If you have a topic you feel would be of interest, we would love to hear from you! Please contact Margaret Froehlke with your suggestions.

Down Syndrome Advocates Lobby on Capitol Hill

continued from page 1

Down syndrome advocates say medical professionals too often give prospective parents inaccurate and incomplete information or none at all, leaving parents anxious and fueling irrational bias against people who have the condition.

The measure provides for compiling data about the lives and development of people with Down syndrome and other conditions, as well as providing support to parents and assembling a list of families who wish to adopt children with disabilities.

Rep. Mark Udall (center) meets with representatives of Colorado Down Syndrome organizations

"It's important to understand that this is not about pro-life or pro-choice" but rather about providing parents with needed data and support, said Indianapolis dad Joe, whose daughter has Down syndrome.

"The worst presenters of a diagnosis of Down syndrome unfortunately today are medical professionals because there are no mechanisms to train them, to teach them how to deliver that diagnosis and to present the options, all of the options."

It is estimated that some 90 percent of American women who receive a prenatal diagnosis of Down syndrome go on to have an abortion.

PRENATAL TESTING

The appearance on Capitol Hill last week of faces bearing the signs of Down syndrome was particularly timely, coming just days after a front-page story in the Washington Post heralded the expected arrival of a new generation of prenatal tests for the genetic condition.

A handful of biotech companies are competing to be the first to unveil a safer test that would spot fetuses with the condition earlier in pregnancy. Whichever company wins is expected to gain a strong advantage in the multi-billion dollar international market in prenatal testing.

News of the tests has sparked a renewed discussion about prenatal testing and selective termination for Down syndrome, a condition in which people generally have three copies of the 21st chromosome instead of the usual two. It is most commonly associated with mild to moderate intellectual impairment and a higher risk of some medical problems, including heart defects.

Advances in medical care and improved access to education have dramatically improved the outlook for people with Down syndrome in recent years. For example, their average lifespan has increased from 25 years in 1983 to nearly 60 years today, and doctors say it is rising.

Following the passage of federal law guaranteeing access to education, people with Down syndrome are increasingly completing high school, working, volunteering, and seeking to lead productive and purposeful lives in their communities. Disability advocates say these gains have not been adequately documented, and have been largely overlooked by the public.

This is the first half of an article reprinted with permission from www.PatriciaEBauer.com, a website of news and commentary on issues related to disability. All rights reserved. The second half of the article will appear in our next issue and will cover tax-free accounts, medical research and health care, employment, and education.

STUDY SUBJECTS STILL NEEDED!

Dr. Costa is still looking for participants for his double-blind research study of memantine in adults with Down syndrome. The study will examine whether or not memantine, which is FDA-approved for the treatment of Alzheimer's disease, is safe for use in individuals with Down syndrome and whether it can improve memory and learning skills in young adults with Down syndrome. In particular, more male participants are needed. If you are interested in enrolling your son or daughter in the study, please contact Dr. Costa at (303) 724-6007 or e-mail him at (303) 315-1044. More information on the study is available at http://www.mhdsa.org/ResearchCurrent.htm.

EARLY LANGUAGE AND LITERACY STUDY

The University of Denver is conducting a research study involving families of children with Down syndrome.

WHO: Families who have at least one child with Down syndrome who is between the ages of 30-60 months. This is an opportunity for families who are willing to attend two half-day training sessions and to implement an intervention program with your child for approximately 15 minutes a day for 10 months.
WHAT: A research study that will compare two different early language and literacy intervention approaches.
WHERE: The trainings will take place at the University of Denver and the interventions will take place in your home.
WHEN: Ongoing enrollment. Call now. Spots are available.
COST: FREE!

If you are interested in participating or would like to have more information about this study, please contact Staci Jordan at (303) 871-3465 or email sjordan184@gmail.com.

This study is funded by a gift from The Rocky Mountain Down Syndrome Educational Fund.

MHDSA
Mile High Down Syndrome Association

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ADDRESS SERVICE REQUESTED

10TH ANNUAL POKER RUN FOR MHDSA

SUNDAY, JUNE 7

Hosted by:

McCarthy's Pub, CJ's Liquor, and AAa Rental Center

Everyone Invited – All Vehicles Welcome

How It Works: Meet at Aunt Alice's Kitchen and sign up. Then drive to different locations to get a card at each one. Meet back at McCarthy's Pub for food and drink, live music with Code 4, and prizes!
There will be prizes for the best and worst hands, door prizes, and raffle tickets as well.

**Sign up from 10-11 a.m. at
Aunt Alice's Kitchen,
1805 Main Street, Longmont
End at McCarthy's Pub,
30 S. Main St., Longmont**
Singles: $15 – Couples: $20

For more information, contact:
Erik Davidson at (303) 995-2187
McCarthy's Pub at (303) 772-9797
Rick Johnson (720) 366-7883