

# Mile High Down Syndrome Association DOWN'S UPDATE

*Serving Colorado and the Front Range Since 1981*

## GROUNDBREAKING STUDY ON DOWN SYNDROME IN DENVER

*By Veronica Fratta*

When Sean Iverson's son was born with Down syndrome eight years ago, Iverson asked his pediatrician what kind of research was being conducted to find a treatment for Down syndrome. The doctor said, very bluntly, that no such research was being performed because no scientist was willing to spend his career on a difficult condition with a dwindling number of affected individuals.

Dr. Alberto Costa, a leading researcher on Down syndrome and the father of a 14-year-old daughter, Tyche, who has Down syndrome, thinks differently.

"Ninety to 95 percent of the persons with Down syndrome who are alive today owe this to medical research and its application. We do not sit still when our children have a cardiac defect or when they catch some bacterial infection, which are both much more common in folks with Down syndrome than in the general population. We do something about it."

### DOING SOMETHING ABOUT IT

Dr. Costa, MD, PhD and an associate professor of medicine and neuroscience at the University of Colorado Denver's School of Medicine, has dedicated his life's work to finding a treatment for Down syndrome. Just last year Dr. Costa launched a clinical study here in Denver to see whether the drug memantine might improve the cognition and memory of young adults with Down syndrome.

This study is groundbreaking. For many years, researchers avoided Down syndrome because an entire chromosome was involved — not a mutation of, say, just one gene. They felt that Down syndrome, a result of an individual having three copies of chromosome 21 instead of the normal two copies, was too complicated and too difficult to study.



*Dr. Costa at work in his lab*

*continued on page 5*

## MEET some GRADUATES of the MEMANTINE TRIAL

### *Megan Bain*

By Barbara Burke

Megan is an active, outgoing 18-year-old and a graduate of Cherry Creek High School. She was the high school football manager and girls track manager for many years. Megan loves sports and enjoys participating in Special Olympics golf, bowling, basketball, softball, tennis and swimming.

She is also a huge fan of the Denver Broncos, Nuggets, Colorado Rockies and NASCAR.

Our motivation in enrolling Megan in the study was to contribute to a worthy research effort led by a renowned researcher in the Down syndrome field to help people with Down syndrome have more productive lives and reduce the risk of Alzheimer's or loss of functionality.

We were worried about side effects. Any parent who has struggled with their child's health issues for most of the child's life does not want to do anything that will possibly compromise their health. However, after talking with Dr. Costa, we were confident that the minor risk of side effects was far outweighed by the potential benefit of his research. Megan did not experience any side effects.

What would I say to other parents about the experience of participating in the study? Do it without delay and help the research effort! Dr. Costa and the folks at Children's' Hospital are wonderful to work with and are very knowledgeable and competent.

We feel that Megan has experienced some cognitive growth since starting the research. Whether it turns out that she was receiving the memantine and it was benefitting her or it was a coincidental time for her to have a growth spurt, it was exciting to have hope that this study might help people with Down syndrome in the future and that we were a part of it. One actual benefit was that Megan learned how to take a pill, which she was never willing to do before. The study was worth just that!



*continued on page 4*



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*Submissions are welcome. Please send your submission to newsletter@mhdsa.org or mail it to Down's Update, MHDSA, 2121 S. Oneida Street, Suite 600, Denver, CO 80224.*

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# MHDSA EVENTS CALENDAR

## MHDSA Community Groups 2010

Call (303) 797-1699 for information, locations, and to RSVP.

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

**Castle Rock Area** – 2<sup>nd</sup> Saturday of each month from 10 a.m.-12 p.m. (Birth-7)

**Denver Area – Español – “Grupo el Cromosoma del Amor”** – 4<sup>th</sup> 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” – 3<sup>rd</sup> Saturday of each month from 10 a.m.-noon

**Evergreen/Conifer/Bailey/Idaho Springs Area – “Foothills Community Group”** – 2<sup>nd</sup> Tuesday of each month from 6:00-7:30 p.m. (Birth-18)

**Ft. Collins Area** – 3<sup>rd</sup> Friday of each month from 6:30-8:30 p.m. (Birth-5)

**Greeley Area – BILINGUAL** – 1<sup>st</sup> Thursday of each month (Birth-5)

**Littleton Area** – 1<sup>st</sup> Friday of each month from 6-8 p.m. (Birth-5)

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

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

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

**Montrose Area/Western Slope** – 2<sup>nd</sup> Saturday of each month at 7:00 p.m. (Birth-18)

**North Metro Area/Broomfield/Thornton/Northglenn/Commerce City/Henderson/Brighton – “Forever Buddies Linked Through Love”** – 1<sup>st</sup> Saturday of each month from 1-3 p.m. (Birth-12)

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

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

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

## IN THE COMMUNITY

### “Get Down” Dance Party

Saturday, March 6, 6-9 p.m.  
Christ the King Church,  
Denver

**MHDSA Night with  
the Nuggets**  
Thursday, March 18

**World Down  
Syndrome Day**  
Sunday, March 21

**KEJI College Fair**  
Tuesday, April 20, 6-8 p.m.  
Overland High School, Aurora

### National Down Syndrome Congress Annual Convention

July 16-July 18  
Orlando, Florida

**Denver Adult Down  
Syndrome Clinic  
Dancing with the  
Stars Fundraiser**  
Saturday, July 24

**Step Up for Down  
Syndrome Walk**  
Sunday, September 26

# FROM THE EXECUTIVE DIRECTOR

## *"A National Movement"*



*Parents, friends, and funders often ask me whether there is a "national" Down syndrome lead group. The honest answer to that is: "Well, there are three: National Down Syndrome Congress (NDSC), National Down Syndrome Society (NDSS), and the National Association for Down Syndrome (NADS)." Now, thanks to the very hard work*

*of dozens of affiliate leaders there will be a voice for the various affiliates like MHDSA, the Down Syndrome Affiliates in Action Trade Association. I know what you are thinking: A fourth national organization?!*

*Let me explain the Trade Association in greater detail for you. The Trade association is designed to be a bottom-up organization, with a focus on affiliate organizations (such as MHDSA) and those we serve directly in our area. The idea is that MHDSA, as a Trade association member, reports the trends, concerns, victories, etc. that we are seeing here in Colorado to the association. The association then compares and contrasts this information to what they are hearing from the other affiliate members and makes suggestions to the NDSC and NDSS based on the findings from the field and what the needs are from those living with Down syndrome or their caregivers. The goal is that one or both of these organizations (NDSC and NDSS) would then take this information and react accordingly to help fill the need. For example, if a majority of affiliates notice that funding is drying up for school therapists in classrooms (can a desert become more dry?!), the association would collect this information from around the country, synthesize the findings, report those findings to the NDSC and NDSS with recommendations for ways to address the need. NDSC or NDSS would then push for national legislation to address this need using their resources and connections.*

*MHDSA Board of Directors President Tim Atkinson and I have served on the steering committee for the creation of this Association. We are proud of the end product and firmly believe that it will help MHDSA serve you better and make not only Colorado, but also the nation, a better place for people living with Down syndrome.*

*I hope you will contact me directly with any questions you might have regarding the association and I look forward to having your voices heard across the nation as we continue to strive to make the world a better place for those living with Down syndrome.*

*Sincerely,*

Mac Macsovits

# WORLD DOWN SYNDROME DAY

World Down Syndrome Day is March 21. This date was selected as it is the 21st day of the third month. (Get it? Trisomy 21, or Down syndrome, is three copies of the 21st chromosome.) MHDSA is looking forward to celebrating World Down Syndrome Day in two ways.

First, we are looking for self-advocates age 18 and older to volunteer in the community on Sunday, March 21. We want to bring awareness about Down syndrome and share our mission of assuring inclusion and enhancing independence for people with Down syndrome. We are working with various organizations in the community. Please call Volunteer and Events Coordinator Melissa Davis at (303) 756-6101 if you are a self-advocate and would like to give back to the community and showcase your abilities on World Down Syndrome Day.

Another way we are celebrating World Down Syndrome Day is by making our presence known at a Denver Nuggets home game on Thursday, March 18. The Denver Nuggets will be taking on the New Orleans Hornets whom they beat in the first round of the playoffs last season. This will be a fun home game and we hope to have a large presence representing MHDSA. Discounted tickets are available at [www.pepsicenter.com/groups/nuggets/mhdsa](http://www.pepsicenter.com/groups/nuggets/mhdsa). We hope to see you there!



# MEET some GRADUATES of the MEMANTINE TRIAL

continued from page 1

## Jamie Barth

By Linda Barth

Our daughter Jamie is 29 years old. Jamie has a black belt in karate. She drives her own red Mustang convertible and has been dating Erik for several years. She enjoys playing both singles and doubles tennis, she plays basketball, and enjoys bowling once a week.



*My motivation for enrolling her in the study was two-fold:*

1. This is not my life that we are talking about. It's Jamie's life. Jamie is an adult who should be given the same opportunity to participate or not participate in something that has the potential to increase her abilities, independence and quality of life. So we talked to Jamie about the memantine study, and she adamantly said, "YES!" she wanted to participate.
2. As director of MHDSA for over 26 years, I saw many potential "cures" for Down syndrome come and go — many of which had no scientific research behind them. But now is a very exciting time in research because scientists now have the knowledge and potential to improve cognition and memory in individuals with Down syndrome. Dr. Costa is a truly dedicated scientist who is internationally respected for his research on Down syndrome.

He is also the father of a teenager with Down syndrome, which assures me that he would not ask other parents to participate in a study that he did not believe in 100%.

I would encourage parents to try and see that participating in this study is not that you are looking for a "cure," but as the exciting possibility of improving your loved one's learning, memory and life advantages. Just as important, memantine may also have the potential to delay the cognitive decline that many individuals with Down syndrome experience as they age.

## Natalie Engel

By Marsha Engel

My daughter, Natalie, is 26 years old and currently lives at home with her family. She is very healthy and works out regularly.

As Natalie ages, I worry about the threat of Alzheimer's disease and so leapt at the chance to support research in that area. We had worked with Dr. Alberto Costa on an earlier research project with a different focus, and so we knew and respected him and his passion for improving the lives of our children. He has a young daughter with Down syndrome and so this research is very personal to him and there is a sense of urgency, which I also feel. It is possible that we could start seeing the effect of early Alzheimer's in our beautiful daughter within ten to fifteen years. What a travesty that is, considering the years of therapy, mainstreaming and nurturing we've invested in Natalie and what a wonderful young woman she has grown up to be!

So, we enrolled Natalie in Dr. Costa's double blind study of Memantine in young adults with Down syndrome. I did worry initially about side effects, but talked to other parents and heard no complaints. As it turned out, Natalie didn't have any side effects at all.

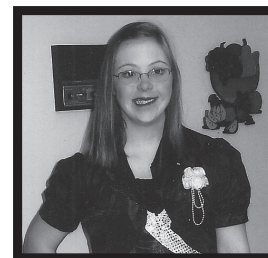
Natalie thoroughly enjoyed our visits with Dr. Costa and the other physicians involved. Dr. Costa has streamlined the process and made it easy to participate. Natalie diligently took the medication using a pillbox marked with the days of the week.



## Christina Hinkle

By Peggy Hinkle

Christina is 24 and in good health. She wears glasses and takes thyroid medication daily. She participates in Special Olympics ice skating, gymnastics, and takes adult tap dancing classes at a local studio. She works at Primrose School of Saddle Rock as a Teacher's aide. She has also worked as a busser at Pesce Fresco restaurant for the last 6 years on Saturday nights.



We were hoping Christina would get the actual drug, memantine, and that she would show improvement in learning things and improve her memory for the things she did learn. If at the end of the study we find out she had the drug and it seemed to work we will put her on memantine.

Certainly we worried about side effects ... the list is very long. But it is also compiled from clients who were over seventy and had Alzheimer's. Christina did not experience any side effects.

How thrilling it is to be part of a study that could help people with Down syndrome learn and remember more at this advanced age (18-32). Just think how brilliant it would be to be part of a study that proved to have long-term positive effects on our children's memories and ability to learn and remember.

*continued from page 1*

Inspired by his daughter, Dr. Costa went against conventional wisdom and tested many different medications on mouse models — mice genetically engineered to “have Down syndrome.” Memantine, FDA-approved to treat Alzheimer’s, showed promise.

Dr. Costa’s memantine trial is currently underway, but to complete the trial and obtain useful results, he needs 40 young adults with Down syndrome ages 18-32. Twenty-two young adults have either finished or are currently in the study, so another 18 are still needed to reach the necessary number of 40 participants. Because the study is a double-blind, controlled study — the kind of serious, unbiased scientific research that is necessary to determine whether a treatment works or not — Dr. Costa will not know the results until all 40 participants have finished the trial. That is why it is so critical for him to find more young adults willing to participate.

### **WHY PARTICIPATE IN THE STUDY?**

Overwhelmingly, parents whose children have participated in the study are motivated by a desire to improve their children’s lives. Linda Barth enrolled her daughter in the study: “Jamie is in the generation of individuals with Down syndrome who have benefitted from early intervention, inclusion and many community opportunities. So why wouldn’t we want her to continue to grow as an independent young woman?”

Some parents have questioned why their child should participate in the study, reasoning that their son or daughter is doing fine — a “if it ain’t broke, why fix it?” mentality.

Dr. Costa points out the fallacy of this argument. Down syndrome is a neurodegenerative disease. With time, cognitive abilities decline in most people with Down syndrome. There is a strong correlation between Down syndrome and Alzheimer’s disease. At age 40, the brain of virtually every person with Down syndrome displays the pathology of Alzheimer’s disease: the characteristic tangles and plaques in the brain.

Even more concerning is the fact that many individuals with Down syndrome start showing signs of Alzheimer’s disease at a much younger age, around 15 or 20 years old. And children as young as 8 have been found to exhibit signs of this disease. If memantine were truly successful in improving cognitive function and memory, it might keep Alzheimer’s disease at bay as well.

Some parents may have concerns about possible side effects of memantine. Dr. Costa says that he has not seen any side effects in the young adults who have participated in the study so far. Possible side effects include dizziness, falling, headaches, etc. But as Dr. Costa points out, these side effects were observed in the individuals who typically take memantine: people over the age of seventy with Alzheimer’s disease.

Dr. Costa also points out that if there were a treatment for Down syndrome, parents might feel more hopeful about carrying to term a pregnancy with a baby with Down syndrome, knowing that a medication could improve their child’s quality of life.

### **AN UNDERFUNDED CONDITION**

What makes this clinical trial so important is the fact that Down syndrome research is underfunded compared to other conditions that receive many times more federal funding. And partly for this reason, there is a dearth of scientists studying Down syndrome.

To support Dr. Costa’s research, of course it is important to reach full participation in the trial. Financial contributions are always needed and welcome as well.

### **WHAT WILL THE FUTURE HOLD?**

In 10 or 20 years, Dr. Costa thinks the future for Down syndrome research could go one of two ways:

“In one scenario, we will not do anything but continue the advocacy efforts that are underway in the present, where we beg society to accept our children for who they are, and, in the process, ignore the very fact that our children have both a neurodevelopmental and a neurodegenerative disorder in their brains. And, to that attitude, society will continue to react the same way it is doing currently, i.e., by cutting funding for support programs and heavily investing in noninvasive prenatal diagnostic techniques.”

Obviously, Dr. Costa hopes for a different outcome: “In the second scenario we as a community will get together and take a stronger stance in supporting biomedical research that is designed to do what biomedical research is supposed to do: devise ways to improve the quality of life of human beings. In this scenario, we will have developed medical therapies that will not only improve the cognitive performance of persons with Down syndrome, but also slow down the neuropathology and cognitive decline that affect older people with Down syndrome.”

For more information on how to join this important clinical trial and contribute to finding a treatment for Down syndrome, please contact Dr. Costa at (303) 724-6007 or by e-mail at [Alberto.Costa@ucdenver.edu](mailto:Alberto.Costa@ucdenver.edu).

*To support Dr. Costa’s  
research, contributions can  
be made to the following:*

**CU Foundation, Alberto Costa Down  
Syndrome Research Fund  
Grant Street (Denver headquarters)  
1800 Grant Street, Suite 725  
Denver, CO 80203  
Tel. (303) 813-7904,  
Gift Processing Hotline: (800) 405-9488**

# COME SING A SONG WITH US!

After a summer of successful classes, MHDSA is once again teaming up with Sarah Billerbeck, founder of the Whole Note Music Academy and mother to Luke (6) with Down syndrome, to present classes in Music and Language and Literacy Development for young children. The classes are more than just music classes – caregivers will come away with strategies and materials to help maximize their child's development through music. Classes are open to all children with and without Down syndrome from 6 months-3 years and 4-7 years. Similar age siblings and friends are welcome! The music and language class will be offered in both English and Spanish. Join Sarah as she shares the many ideas she has learned as she is earning a Master's Degree in Early Childhood Special Education. See below for complete class descriptions or visit Sarah's website at [www.wholenotemusicacademy.com](http://www.wholenotemusicacademy.com). Classes run for 8 weeks and cost \$80.

## SING ME A STORY

*Ages 6 months – 3 years*

At a Sing Me a Story class, parents and children use music to practice important early language skills. Children practice all aspects of language including social language, sounds of letters and words, grammar, vocabulary, and sentence development. Parents and children learn songs, rhymes, chants and instrument songs that make practicing language fun! Singing, movement and instruments provide the ideal motivation to support emerging language skills. Parents learn valuable strategies that can be easily incorporated into everyday routines to maximize skill practice opportunities.

**Dates:** Thursdays, March 18-May 13 (no class April 1)

**Time:** 10:00-10:45 a.m.

**Location:** Daniels Fund, 101 Monroe Street, Denver, CO 80206

## CÁNTAME UN CUENTO

*(misma clase en español)*

**Dates:** Thursdays, March 18-May 13 (no class April 1)

**Time:** 11:00-1:45 a.m.

**Location:** Daniels Fund, 101 Monroe Street, Denver, CO 80206

## READ ME A SONG

*Ages 4-7*

At a Read Me a Song class, parents and children learn to use music to practice important early literacy and language skills. Children work on phonological awareness, vocabulary development, alphabetic knowledge, print awareness, book knowledge and comprehension. The children will sing, move, and play instruments, and will bring stories to life through song and movement. This class will reinforce pre-k and kindergarten literacy skills.

**Dates:** Thursdays, March 18-May 13 (no class April 1)

**Time:** 4:30-5:30 p.m.

**Location:** Arc Thrift Office, 7721 W. 6th Avenue, Lakewood, CO 80214



# Volunteer Corner

March/April  
2010

We are excited to announce new and exciting features within the Volunteer Program. We have

launched an electronic volunteer newsletter to stay in touch with volunteers and announce new volunteer positions and vacancies in an efficient and timely manner. The Volunteer Application has also been updated online and is now an interactive form. You may complete the application online by visiting [www.mhdsa.org/PDF\\_Files/VolunteerApplication.pdf](http://www.mhdsa.org/PDF_Files/VolunteerApplication.pdf) Hit send when you are finished and the application will be sent to the Volunteer Coordinator.



## VOLUNTEER SPOTLIGHT

Meet Margaret Murray, MHDSA office volunteer. Margaret is a Registered Nurse and works at St. Joseph Hospital where she places visiting nurses with clients for in home care after being discharged from the hospital. She chose to

volunteer for MHDSA because her Aunt Mary, a woman with Down syndrome, was one of the most important people in her life. Margaret honors her beloved aunt by helping us at the office every Wednesday. She is a tremendous help and is instrumental in helping us carry out our mission and relieving the workload of our small staff. Thank you, Margaret, for your generous service!

## CALLING ALL SELF-ADVOCATES!

You do not want to miss out on this amazing opportunity! The Blue Spruce Habitat for Humanity ReStore would like to work in partnership the Mile High Down Syndrome Association with job training and customer service skills for people with Down syndrome ages 18 and older. This amazing opportunity will enable self-advocates to learn valuable lessons about workplace skills such as interpersonal skills, team work skills, and practical skills that future employers will be looking for. The ReStore will offer a supportive team environment, full training provided with experience in retail customer service, and the opportunity to interact with a variety of different people. The partnership allows the ReStore to strengthen its volunteer base and daily operations and teaches people with Down syndrome job training skills.

While the Blue Spruce Habitat for Humanity ReStore is located in Evergreen, it is on a RTD transportation route and is easily accessible. Please contact Volunteer & Events Coordinator Melissa Davis for more information at (303) 756-6101 or [volunteer@mhdsa.org](mailto:volunteer@mhdsa.org).



# DENVER ADULT DOWN SYNDROME CLINIC

## NEWS FROM THE CLINIC

Save the Date! The Denver Adult Down Syndrome Clinic is excited to announce Dancing with the Stars, our annual fundraising event on Saturday, July 24. The event (time and location to be determined) will feature a silent auction, wonderful food and entertainment for all ages. Individuals with Down syndrome will be paired with a star and each couple will dance to their delight. For more information or to donate an auction item or sponsor the event, please contact Erin McLain, Executive Director, at (303) 360-3877. Visit us online at [www.denverdsclinic.org](http://www.denverdsclinic.org) for more details on this fantastic event.



In other news, we are pleased to welcome our newest staff member, Allison Voelker, who will serve in the role as Clinical Case Manager. A Denver native, Allison is a recent graduate of Grinnell College and a HealthCorps member. HealthCorps is a division of the AmeriCorps program which places recent college graduates with local and national non-profit organizations

to gain experience and earn a service award to pay for college, graduate school, or to pay back school loans. Allison plans to go to medical school and has recently taken the MCAT exam. In her role with the Clinic, Allison will gain experience in direct patient care through case management and follow-up and will assist our Executive Director in administrative, operational and fundraising duties.

Thank you to Metro Community Provider's Network (MCPN) for providing us with one of their HealthCorps members and for the extensive services they provide the Clinic.

## THE DS-AUTISM CONNECTION

The DS-Autism Connection will be meeting at Beau Jo's Pizza for family night on Tuesday, March 23 from 6-7:30 p.m. Beau Jo's is located at 7805 Wadsworth Blvd., Arvada. On Friday, February 5, from 10-11:30 a.m. the Coffee Connection (a morning meeting without kids) will be held at the Autism Society of Colorado - Board Room, Basement of the First Bank Building, 550 S. Wadsworth Blvd., Lakewood. For more information please contact Robin Zaborek at [robin@autismcolorado.org](mailto:robin@autismcolorado.org).

## KEJI COLLEGE FAIR & INSTITUTION OF HIGHER LEARNING NIGHT

KEJI (for Kids, Education, Jobs and Independence) is hosting its fourth informational session on college and other post-secondary education opportunities and related resources for our community that carries learning, physical and/or intellectual disability labels. If you are or know of a high school or middle school student who has specific needs or is struggling in the modern school system (i.e., anyone on an IEP, anyone with learning, physical or developmental disability labels, and anyone who is otherwise struggling in school but is not on an IEP), then this information session is for you! Come out and be informed about college opportunities and receive free copies of information that is often difficult or costly to obtain. We will also have a couple of speakers who will be giving valuable information on the ins and outs of obtaining higher education when special accommodations are needed. Come early as copies are distributed on a first come, first serve basis, and speaker presentations will not be repeated.

**Tuesday, April 20, 6:00-8:00 p.m.**  
**Overland High School**  
**12400 E. Jewell Ave., Aurora**

## WANT TO SKI?

Have you or someone you know been training hard this winter in anticipation of competing and now find yourself looking for a challenge? Are you looking for a safe, fun, winter athletic activity for your child/adult with a disability? Challenge Aspen, based in Snowmass Village, provides recreational, cultural and competitive experiences for people with disabilities and encourages family and friends to share in these experiences. Among these experiences are one-on-one private ski and snowboard lessons and group camps for people with disabilities, from "never-ever" skiers to more advanced. Challenge Aspen also offers a range of exciting summer activities, so stay tuned for more on that as the weather warms. For more information, go to [www.challengeaspen.org](http://www.challengeaspen.org) or contact camps coordinator Nikki Malcolm at [nikki@challengeaspen.com](mailto:nikki@challengeaspen.com)





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# GET DOWN *Dance*

*"Throw Down,"* a group of civic-minded East High School students,  
is organizing a "Get Down" dance.

**Saturday, March 6**  
**6:00-9:00 p.m.**  
**Christ the King Church**  
**860 Elm St., Denver**

The theme is St. Patrick's Day and there will be an Irish dancing demonstration. All self-advocates age 16 and older (and their siblings) are welcome to join! The cost is free and off street parking is available. Light refreshments will be provided.

