

# Mile High Down Syndrome Association DOWN'S UPDATE

*Serving Colorado and the Front Range Since 1981*

## Tammie Limoges to Head Denver Adult Down Syndrome Clinic



*Tammie Limoges is the Center's first full-time director*

Tammie Limoges is the new director of the Denver Adult Down Syndrome Clinic (DADSC). Tammie comes to the DADSC with extensive experience in non-profit management and development, having held local, state, and international positions for the past fifteen years with non-profit organizations.

From a young age, Tammie saw her mother volunteer for the Special Olympics. She embraced the opportunity to jump rope, ride her bike, or sell products to help organizations that helped people. Tammie says, "These experiences led me to choose my career in the non-profit field, where I know that the work that I do each day makes a positive impact. It is exciting for me to come to an organization that offers amazing services but is in need of growth to meet the needs of the community."

The Clinic offers medical and mental health services to adolescents and adults with Down syndrome, as well as educational programs for them and their caregivers. Patients

receive a comprehensive, two-hour medical and psychosocial evaluation with the clinic Medical Director, Social Worker, or Psychologist. By addressing both the medical and mental health of the patient, questions or concerns can be addressed and further resources can be shared to help support them.

Tammie is the first full-time Executive Director at DADSC and has been hired to help the organization grow and offer more services. According to Tammie, "As we begin our strategic planning for the future, we will assess the varying ways that we can expand our operations. The clinic is open every other Friday and, with an ongoing waiting list, we would like to be able to double this service. We plan to continue offering the ALIVE classes, the friendDS Program and the Aging Issues Forum, but hope to add more educational support as we grow."

Tammie concludes, "At last years annual fundraising event, the DADSC board of directors shared their vision for the clinic to expand operations by hiring a full time staff member who can help the organization continue growth to offer more services, support and education. To see this come to fruition,

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## New Parents and Schools in Partnership Program

MHDSA is proud to announce the formalization of our newest program, Parents and Schools in Partnership (PSP). This program will directly address the needs that we have heard from our friends at the various school districts along with the countless requests for help that we receive from the parents of school-age children whom we serve. Specifically, the program will help MHDSA act as a resource to general education teachers, school administrators, nurses, bus drivers, etc. (basically anyone that has the opportunity to interface with students with Down syndrome) as they serve this unique population in the school community.

We are glad to welcome our six "charter" school district members of the program: Littleton Public Schools, Adams 50, Cherry Creek, Douglas County, Jefferson County, and St. Vrain school districts. If your child's school district isn't on the list, then we need your help in motivating them to join the ranks of their peers. Please send an email, letter, or make a call asking your district to take a look at this program.

MHDSA will offer trainings, speakers, share best practices, as well as offer a setting for peers to share experiences in educating students with Down syndrome. We hosted our first Down Syndrome Specialists breakfast on January 27 and are off to a great start with many ideas and topics for further discussion. The first speaker for the program was Michael Remus from Deer Valley School District in Arizona, who spoke on February 22 and shared his experience and expertise in creating effective and rewarding inclusive models for education.

### We've Moved!

MHDSA has moved to a new and larger location at 3515 S. Tamarac Drive, Suite 320, Denver, Colorado 80237. Our phone number and e-mail contact remain the same. Stop by to say hello and see the new digs!



3515 S. TAMARAC DR.  
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*Submissions are welcome. Please send your submission to newsletter@mhdsa.org or mail it to Down's Update, MHDSA, 3515 S. Tamarac Drive, Suite 320, Denver, CO 80237.*

*The editor reserves the right to make corrections as appropriate and in accord with established editorial practice in material submitted for publication. Original items may be used if properly credited. Copyrighted items must have the permission of the originating author.*

*Down's Update is published six times per year by the Mile High Down Syndrome Association.*

## Community Groups

MHDSA Community Groups provide families with the opportunity to connect with other families in their area, form strong and encouraging friendships, plan outings and share information and resources. Call (303) 797-1699 to get information and locate a group in your community.

**\*\* NEW GROUP\*\*** - Aurora - Kickoff meeting and dessert on Friday, March 18, at 7 p.m. Contact Jeannie at eastondowns@yahoo.com for more information.

**Castle Rock Area** – 2<sup>nd</sup> Friday of each month from 6-8 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 9:30-11:30 a.m.

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

**Greeley Area – BILINGUAL** – 1<sup>st</sup> Friday 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** – 1<sup>st</sup> Saturday of each month from 1-3 p.m. (Birth-12)

**Northwest Colorado Chapter** – Serving Routt, Moffat, Grand and Jackson counties – Meets quarterly (Birth-18).

**Northeast Colorado Chapter** – Serving Sterling, Twin Buttes, Wray, Brush, Crook, Atwood, Akron, Otis, Ovid, Sedgwick, Julesburg, Merino – Meets on the second Saturday of each month from September-May (except December) from 9:30 - 11:30 a.m. in Sterling (Birth - 18)

**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)

## COMMUNITY CALENDAR

<b>World Down Syndrome Day</b>  March 21	<b>DS-Autism Connection Pizza Nights</b> Wed., Mar. 2, and Wed., April 6 5:30-7:30 p.m. Beau Jo's Pizza Arvada	<b>DS-Autism Connection Coffee Connections</b> Fri., Mar. 25 and Fri., April 22 10-11:30 a.m. Autism Society of Colorado
<b>Down Syndrome Educational Fund Symposium</b> April 15-16 9 a.m.-4 p.m. Denver	<b>Tee Up for Down Syndrome Golf Tournament</b>  June 23 1 p.m. Inverness Golf Club Englewood	<b>International Mosaic Down Syndrome Conference</b> July 8-10 Walt Disney World, FL
<b>National Down Syndrome Congress Annual Convention</b> August 5-7, 2011 San Antonio, TX	<b>Step Up for Down Syndrome Walk</b> Sunday, September 25 City Park Denver	

## FROM THE EXECUTIVE DIRECTOR

### *A Joint Community*



*Americans have an amazing ability to rally around those who are in need or less fortunate. We don't have to look too far to see evidence of this (Hurricane Katrina, the Gulf Oil Spill, people helping people in the Northeast during the blizzards, etc.). But it is not only in times of natural disasters that we tend to support one another: we do it organically on a daily basis. I am proud to*

*say that Colorado is a shining example of just how people reach out to support those in need.*

*MHDSA was recently the recipient of a large flat-screen TV, HP laptop computer, and DVD player. These were donated by Wal-Mart thanks to one of our new families. David Coleman (married to Candice and proud father to beautiful new baby Molly) works at the Wal-Mart distribution center and asked us if we needed anything for our new office. When we said that we could use some items to help us with our technological needs, David came through.*

*The inspiring stories don't end there. A young man and proud father came in to our office just before Christmas and gave MHDSA \$100 to "help someone else that needs it." You may say that you hear these stories every holiday season, but I bet you haven't heard this one. The young man had recently been paroled after finding himself on the wrong side of the law. He has visited our office a couple of times with his son and is actively engaged in finding resources and programs that will benefit his son and lead to greater development for him. The father told us that he and the mother did not have a lot of financial means when I first met him. If I recall correctly, we were trying to get him connected to State and Federal resources to help the family. Still, don't you think his offer of support was something special?*

*And now, with the Parents and Schools in Partnership program taking off I can see once again how the community is gathering to support those who need it, those living with Down syndrome. This January a committed group of educators from six different school districts in Colorado joined us at the MHDSA office to learn how they can best support their students with Down syndrome in their respective school districts. Not one of them has a child with Down syndrome. They are educators, and helping and supporting young people is what they do. But most importantly they are community members. They care about others and want to help.*

*MHDSA is thankful to have so much support from the community. We only hope that we are able to help make Colorado a better place by being good stewards as well.*

A handwritten signature in black ink that reads "Mac Macsoivits".

Mac Macsoivits  
Executive Director

## MHDSA Adds New Members to Our Board of Directors

Please join us in welcoming our newest members to our Board of Directors. After several months of conversations and meetings we are thrilled to have Dr. Sharman Reed, Hugh Dickey, John Herrick, and Matt Trone join our ranks and we look forward to capitalizing on their experience, skills, and commitment to our mission as we continue to serve those living with Down syndrome.

Here's a little more information on each of our new board members.

**Dr. Sharman Reed.** Dr. Reed is an Obstetric Gynecologist with Kaiser Permanente. She is a graduate of the University of Virginia and is married to Dr. Andre Reed. Sharman and Andre have two children, Olivia (5) and AJ (4). Dr. Reed will be lending her support in many areas, but most notably we will be calling on her connections and skills as a medical professional.

**Hugh Dickey.** Hugh has been a volunteer for MHDSA at our Step Up walk along with his entire family. Hugh's wife, Georgia, has worked with the registration team at the Step Up walk as well. Hugh is a retired Chevron executive with over 25 years with the company. We will be sure to use Hugh's great skills in communications and media relations to promote MHDSA.

**John Herrick.** John is a lawyer in Denver with Brownstein, Farber, Hyatt, and Schreck. John has served as Chief Legal Counsel for the Department of Energy in Golden as well as practiced in Washington, DC. John also keeps himself busy as an Adjunct Professor of Law at the University of Denver Sturm College of Law. John has a niece in Pennsylvania living with Down syndrome.

**Matt Trone.** Matt and his wife, Kimberly, have been volunteering for MHDSA for the last several years serving on the Step Up committee. Kimberly has a sister, Katie, who lives in San Diego and has Down syndrome. Matt is a broker with Cushman Wakefield and is eager to make his relationship with MHDSA more "formal." Matt will bring years of experience in client relationship building and an infectious energy to the Board.

### New Director

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and to know that we will continue to focus on expanding our services to meet the community's needs, is very exciting! In July, we will hold our fundraising event and repeat last year's theme of Dancing with the Stars. It will be so exciting for me to be there with our supporters who believe so strongly in our mission and want to see the clinic grow so that more adults with Down syndrome can benefit from our medical and mental health services and our education classes."

For more information on the clinic and the services and programs it offers, go to [www.denverdsclinic.org](http://www.denverdsclinic.org) or call (303) 762-6545.

# Down Syndrome Study Nears Finish Line

Three years ago, Dr. Alberto Costa, MD, PhD and an associate professor of medicine and neuroscience at the University of Colorado Denver's School of Medicine, launched a groundbreaking clinical trial to see whether the drug memantine might improve the cognition and memory of young adults with Down syndrome. His study is one of the few in the world to test the efficacy of a pharmaceutical treatment on people with Down syndrome.

Dr. Costa needed 40 young adults with Down syndrome ages 18-32 to obtain statistically significant results. In late December he finally reached that goal. The data collection phase of the study should be complete by June and Dr. Costa expects to have results a few months later.

MHDSA, the Denver Adult Down Syndrome Clinic, and the Colorado Springs Down Syndrome Association were instrumental in finding participants for the study and Dr. Costa is grateful for their assistance. He is also indebted to all the participants in the study and their family members for being willing to try this new and exciting treatment.

Dr. Costa's research was recently highlighted in an article in the Journal of the American Medical Association on promising therapies for Down syndrome. As the article points out, for years scientists considered the cognitive delays caused by the condition to be irreversible and untreatable. However, studies on mouse models have shown that a variety of treatments can improve cognition in the mice. Dr. Costa's study on memantine, a drug FDA-approved for the treatment of Alzheimer's disease, is the first ever to test the effect of the drug on young adults with Down syndrome not suspected to have Alzheimer's dementia. The Down syndrome community is anxiously awaiting the results of the clinical trial.

# Dare to Dance Class for Children with Down Syndrome

*Presented by the Anna and John J. Sie Center for Down Syndrome, an affiliate of the Linda Crnic Institute for Down Syndrome and Colorado Ballet*

*Taught by Colorado Ballet instructor Becca Jacobson and company dancer Sally Turkel, in collaboration with world-renowned Down syndrome expert Patricia Winders, PT*

- Ages:** Ten children, ages 10-13
- Class Fee:** \$150 for 10 weeks including attire/shoes  
Partial and full scholarship available  
MHDSA members receive a 15% discount
- Ten-Week Class:** Mondays, 5:30-6:30 p.m.  
March 21-May 23  
Class will explore basic movement concepts within the context of creative movement and ballet fundamentals
- Location:** Classes will take place at the Colorado Ballet's Central Studios

Dare to Dance Class for Children with Down Syndrome is made possible by a generous donation from The Melvin and Elaine Wolf Foundation

For more information and to apply, please contact Anca Elena Call at 303-468-6664 or [acall@ajsfoundation.com](mailto:acall@ajsfoundation.com)



# Bringing It to the Table Through Photography

*By Kelly Williams*

I volunteered at my first "Buddy Walk" in 2001. I came with my camera and only one roll of film, having actually been assigned to help at the arts and crafts tables. I don't know how I got assigned to help make "Buddy Signs." I'm a disaster with markers, stickers and glue. I figured if I got the opportunity to take photos, they would be for my own personal use.

I have two family members with Down syndrome: my youngest sister, Nancy, born in 1968, and a cousin, now 11 years old. Nancy was born at a time when resources and support for families dealing with Down syndrome were nearly non-existent. Attitudes were abysmal.

Walking from the parking lot into Clement Park that first year, two things struck me. First, I had never seen so many individuals with Down syndrome and their families in one place. Noticing that acceptance and inclusion were the norm for the day, I thought to myself, "This is what heaven must be like." The second thing I noticed was that there was no

official photographer. I quickly found MHDSA's executive director at the time, Linda Barth, and asked to have my volunteer assignment changed. Linda said, "Go for it." Good. At least I wouldn't be knocking over containers of art supplies!

One roll of film went quickly but by the following year, I had gone digital. Taking nearly 350 photos in a matter of hours, my own family asked how I was going to get them narrowed down. I said, "It's going to be hard. These are some of the most beautiful, precious people in the world." When my photos made their way onto MHDSA's website, newsletters and brochures, I was thrilled. My goal was to have just one photo help raise more awareness or trigger more interest in Down syndrome. I had found a way to put my love of photography towards a cause about which I am passionate.

This past summer, I fulfilled another life-long goal when I

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# Wal-Mart Steps Up for Down Syndrome

MHDSA received three gifts from the Wal-Mart distribution center at the request of MHDSA family member and Wal-Mart employee David Coleman. David and his wife, Candice, were recently in the MHDSA office when one of our staff members was describing some of MHDSA's needs. David asked if MHDSA could ever use toys that were in damaged packaging as it is Wal-Mart's policy not to put damaged packaging on the sales floor, even though the toys themselves are not damaged. We told David that we knew several ways to put these gifts to good use. Without prompting, David then said, "What else do you need?" With the staff all looking at one another we rattled off an impressive list: TVs, computers, cameras, etc. that we have been looking into buying for various program needs.

The next day David called and said: "Do you want a 42-inch TV or 46-inch?" We were all amazed at how quickly David worked, but also impressed that he had taken the initiative to approach his supervisor to make such a request for MHDSA. By the end of the day David had secured a 42-inch flat-screen TV, HP laptop computer, and brand new DVD player for our use.

We would like to sincerely thank David for his support in making these donations possible as well as the Wal-Mart distribution center for their kindness. These are gifts that will make our programs more accessible and our ability to reach out to the community more possible as we can "take the show on the road" on our new computer. Thank you, David and Wal-Mart!

## Bringing it to the Table

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traveled to East Africa. I spent two weeks on safari through Kenya and Tanzania. Near the end of the trip, 2,000 photos later, and just when I thought I couldn't possibly see anything more fascinating than the wildlife and the people of East Africa, or take even one more photograph, I spotted a family on another safari at a wildebeest and zebra river crossing. In the front seat of their jeep was a young man watching part of this incredible migration. He was wearing a green cap and, like the rest of us, very intent on the animals. He also had Down syndrome.

The driver of my jeep was able to maneuver closer to the spot where the family was positioned—not an easy feat, considering the rough terrain and close proximity of the animals. My jeep-mates stood on their seats with their heads out over the open top, yelling and waving to get the family's attention. Being the klutz they had come to know, I had to be held back lest I fall out of the jeep in all my enthusiasm. I laugh now when I think back to that moment. We all looked a little crazed and wild. Our driver thought we'd gone mad, been in the jeep for too long.

The family finally took notice. A few simple introductions were made, information exchanged and I got the chance to take some photographs of Geordie Huguley from New Orleans, Louisiana. Geordie, now 15, lives with his parents, Whit and Maureen. Geordie loves sports, both as a spectator and a participant. He plays baseball with the Miracle League (a league for children with physical and mental disabilities) and swims on a team affiliated with Special Olympics.

Whit Huguley, Geordie's father, says resources and options for individuals with Down syndrome and their

families living in New Orleans are still limited.

My sister, Nancy, living in my hometown of Pittsburgh, is aging and deals with serious health issues, including the loss of her sight. Her resources, too, are limited. Her life will continue to be challenging and difficult to the end.

We still have much work to do. All of us have an obligation to acknowledge that everyone comes to the table with a unique blend of abilities and gifts. We need to welcome and embrace that and never be threatened by it. We need to show others the respect and rights we deserve and expect for ourselves. That's what the Buddy Walk

Planning Committee did back in 2001 when they graciously opened their arms, welcomed me into MHDSA and said "go for it."

Reflecting on my Africa trip, we all have moments in our lives when something beautiful and unexpected happens. One of those moments for me was meeting the Huguley family at a river crossing in Africa. How fortunate for me that my love of travel and photography and my passion for the Down



*Geordie Huguley enjoys a safari in Africa.*

syndrome community all came together in a single moment when I least expected it.

I attended the 2009 Step Up for Down Syndrome Walk. I don't have words to express how it makes me feel when I see returning families I've gotten to know over the years and meet new ones. Family obligations prevented me from attending the 2010 walk but I want to be there for the 2011 event. I'm sure something beautiful and unexpected will happen. My goal is to recognize it and capture it with my camera. I will be blessed to have just one more photo that will capture another's eye, one more person with their unique blend of abilities and gifts to bring to the table. And I hope I don't drop my camera gear in the process.

## Denver Metro Grandparents and Extended Family Group

You Are Invited to a Grandparents/Extended Family Social Hour

There will be wine, hors d'oeuvres, refreshments and good company. Be among the first to see the new MHDSA offices!

**Where:** MHDSA Offices  
3515 South Tamarac Drive,  
Suite 320

Denver, CO 80237

**Date:** March 11, 2011

**When:** 6:00 -8:00 p.m.

Bring Pictures!

**Why:** Yes, there is a Denver Metro Area Grandparent and Extended Family group that meets monthly.

Members of the group all agree that the opportunity to listen, share, ask questions from a family member who has experienced the life of a baby and all children with Down syndrome has helped us celebrate the new life in our own personal journey.

We are as unique as our very special grandchildren, nieces and nephews.

Please come and check us out. We look forward to meeting you soon.

RSVP by calling (303) 797-1699

### Group Leaders Wanted

MHDSA is looking for someone who is interested in being a group facilitator for a community group in Grand Junction. The time commitment is minimal and you will have the opportunity to meet new people and help other families get connected and feel supported. Training is provided free of charge and only takes approximately 1-1/2 hours. This is a very rewarding experience. If you are interested, please contact Patricia at patryciah@mhdsa.org or call (303) 756-9979 for more information.

## Taco John's and MHDSA Celebrate with Nachos Navidad!

For the second year in a row MHDSA partnered with the great folks at Taco John's for their Nachos Navidad holiday promotion. Building upon the success of last year's promotion, Taco John's stores in northern Colorado raised nearly \$6,000. The top fundraising store was the Windsor location (managed by Tom Hackett) and the top employee for fundraising was Aaron

Kelley, also from the Windsor location. MHDSA Executive Director Mac Macsovits has worked with Cory Zentner of the Taco John's marketing team for

the past two years to help spread the word about the promotion and make the Nachos Navidad a success for both groups. "We are always looking for reputable community partners to



Mac and Guion Macsovits receive a generous donation to MHDSA from Tom Hackett and Cory Zentner of Taco John's.

help bring awareness to our cause. Taco John's is a great example of just such a partner," said Macsovits. If you find yourself looking for

quality food and want to help support one of MHDSA's community partners, please stop by a local Taco John's.

## Meet the New Facilitators of the Aurora Community Group!

By Jeannie Eastman

Evan and I have been married for 11 years and have four wonderful boys ranging from 2 to 10 years in age. Evan was raised here in Aurora and works for Won-Door Corp. and Dicks Sporting Goods. He enjoys softball, golf and his '65 Mustang, not necessarily in that order. I moved to Colorado right after High School and am proud to call Aurora home. I am a full-time Mom and love my job! I have recently discovered a new hobby in running and will be participating in the Bolder Boulder for the first time this year.

Porter is our youngest and is the

joy of all our lives. The fact that he has Down syndrome was something we did not know about before his birth, but after getting to know him, as he has grown, it has become a secondary part of who he is and how he fits into our family. We love the opportunities for growth that his diagnosis has afforded us and the privilege of associating with a wonderful new group of people. We affectionately call it a "club".

We look forward to meeting you!

Please join us at our home for dessert on Friday, March 18, 2011 at 7pm.

RSVP to eastondowns@yahoo.com.

### Infant Massage Classes

MHDSA will be offering a series of classes designed to teach parents how to perform infant massage on their babies. Infant massage is a great way to help promote bonding and communication as well as foster body awareness. Parents will learn massage strokes and techniques to continue

massaging their child as s/he grows and develops. Class size is limited and the cost for the series of three classes is \$30. Dates will be determined based on interest level. Please contact Patricia at patryciah@mhdsa.org or call (303) 756-9979 for more information.

# MHDSA Young Adult Down Syndrome Survey Results

By Beth Burczyk

Many thanks to all adults and family members for responding to the MHDSA Young Adult Down Syndrome survey. Your input has given us a focus for planning future MHDSA programs designed to fit the needs of young adults. Here are some key findings:

## **The top need for young adults in the next year is jobs and money.**

- ✓ **59%** of adults have a job, most work 10 hours per week and most would like to work 20 hours per week.
- ✓ **62%** of those who want help finding a job are already working.
- ✓ **73%** of the adults say work is fun.

## **The top need for young adults in the next five years is housing and independent living.**

- ✓ Currently, **15%** of adults live with a roommate or alone; in the future, **59%** want to live with a roommate or alone.
- ✓ **72%** of those who answered the question about home ownership said they want to own a condo, townhome, or live alone.
- ✓ Most of the adults on a CCB waiting list are waiting for comprehensive services or a house.

## **Adults want more training**

- ✓ **84%** want help paying bills, **80%** want help budgeting, and **74%** want help using money.
- ✓ **81%** want help with nutrition issues.
- ✓ **66%** want training on personal safety.
- ✓ **60%** want help riding RTD.

## **The top three leisure activities for adults are sports recreation, music, or theater**

- ✓ **59%** would like more sports activities, **52%** would like to do a music activity.
- ✓ **82%** of adults who need rides to the National Sports Center for the Disabled do not use NSCD activities.
- ✓ Top social events for MHDSA to sponsor are picnics, dinners, and dances.
- ✓ **35%** have taken college courses and **39%** are interested in taking college courses
- ✓ Public transportation beyond RTD is needed by **56%** of the adults.

Please go to [www.mhdsa.org](http://www.mhdsa.org) or read upcoming newsletters for future young adult activities.

# Let's Celebrate MHDSA's First Annual Virtual Baby Shower!

MHDSA wants to celebrate the birth of every child born with Down syndrome through New Parent packets and Sophia's Closet. New Parent packets include books, resources, and information to help new parents on their journey. Sophia's Closet is our donation closet that provides a new baby outfit to every child born with Down syndrome. Beginning March 21, 2011 and ending May 2, 2011, MHDSA will be hosting our first ever Virtual Baby Shower! To participate in our celebration, select an item off our baby registry. MHDSA is registered at Wal-Mart. You can locate the registry on-line at [www.walmart.com](http://www.walmart.com) or in any Wal-Mart store. The babies at MHDSA are registered under Colorado and MHDSA, with the birth date of March 21<sup>st</sup>, 2011. After you have purchased these new clothes you may choose to have the items shipped directly, you can mail them yourself, or you can drop them off at the MHDSA office located at the MHDSA office located at 3515 S Tamarac Drive, Suite 320, Denver, CO 80237. These new baby clothes will be put into Sophia's Closet so every new baby can be welcomed with a new outfit and a MHDSA Parent Packet. If you have any questions or comments contact Candice Coleman at (970) 691-5202 or [candismo69@gmail.com](mailto:candismo69@gmail.com) or MHDSA at (303) 797-1699. Let's make this the best and biggest baby shower we can!

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## **New MHDSA Location Offers Host of Options**

We are very excited by MHDSA's new location at 3515 S. Tamarac Drive, Suite 320, Denver, Colorado 80237. This new space allows us to have more office space for meetings and activities. MHDSA invites every community group to host one of their meetings at our new location. MHDSA will provide food and non-alcoholic beverages for your first meeting. Staff will be available to meet families and listen to programming and service delivery ideas. Very soon we will have a large flat screen TV mounted on the wall so you can even offer a dinner and movie night for your group! If you would like to arrange a meeting for your group, please contact Patricia at [patryciah@mhdsa.org](mailto:patryciah@mhdsa.org) or call (303) 756-9979 for more information.

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## **Meal Voucher Program**

MHDSA offers a meal voucher to any family whose individual with Down syndrome is hospitalized for more than 48 hours. This meal voucher is to help offset some of the costs associated with eating away from home while a loved one is in the hospital. If you would like to receive a meal voucher, please contact Patricia at [patryciah@mhdsa.org](mailto:patryciah@mhdsa.org) or call (303) 756-9979 for more information.





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DENVER, CO

# Down Syndrome Educational Fund Symposium

***Featuring Patti McVay  
Nationally Recognized Special Education Expert***

Professional Day: **Friday, April 15, 2011**

Cost: **\$15/person or \$25 per couple**

Parent Day: **Saturday, April 16, 2011**

Cost: **\$15/person or \$25 per couple**

A continental breakfast and lunch are included. Location to be announced.

For more information or to sign up, contact

**[www.denveroptions.org](http://www.denveroptions.org)**

or **(303) 636-5700**