

DSATnews

Down Syndrome Association of Tulsa

January, 2008

P.O. Box 54877 • Tulsa, Oklahoma 74155-0877 • www.dsat.org

President's Message

Hello. Hope everyone had a wonderful holiday season. What a great turn out we had for our annual Christmas party yet again! This was such a great time for families to fellowship. We hope everyone enjoyed themselves.

We are helping to sponsor the annual Couple's Conference this year, which will be held in Tulsa on January 18-19. This is a great opportunity to hear a very well-known speaker and really concentrate on your relationship. I know we have personally really enjoyed it every year. With the conference in Tulsa, we hope you can join us! Make sure to register!

We have lots of great speakers lined up for DSAT meetings in 2008 and great family activities planned. Make sure we have your e-mail address for the latest news.

Please fill out your conference scholarship application. The conferences are incredible. You will learn so much!

Adam & Erin Paul

Happy New Year!

Changing Lives Committee
Monday, January 14th at 6:30 PM
At Mazzio's at the Farm
51st & Sheridan

D.A.D.S.
Tuesday, January 29th at 7:00 PM
Fox and Hound Pub
71st & Garnett

January Meeting
Thursday, January 17th at 7:00 PM
New Haven United Methodist Church
56th & New Haven
(between Yale and Harvard)

Dr. Hall and ENT at Eastern Ear Nose and Throat and
Dr. Kevin Lewis at the Sleep Disorder Clinic of Tulsa



Buddy Walk DVD's

The Buddy Walk 2007 DVD's are here! They are even better than last year. We are not charging a certain amount this year, but are strongly encouraging a donation. They cost around \$8 to make a DVD. If you would like a DVD of the Buddy Walk, please contact Erin at Erin-Adam@prodigy.net. Thank you to my brother, Cody Andrus, for putting this together again. What a great way to remember the walk!

Medical History Tool

A handy online tool for creating a family health history is available. Information is stored on your computer and not the website. Go to: <https://familyhistory.hhs.gov/>

We thought some of you might want to check this out. Our doctors will thank us!

NDSC National Conference

The 2008 NDSC Conference will be held in Boston on July 11 to 13th! This is such a valuable experience and you learn so much and meet great people. It really is an encouraging time!

If you would like to apply to win one of our several scholarships available, please fill out the scholarship application for the 2008 NDSC conference, which has been added to the DSAT website in both Word and PDF formats. The form is also included in this newsletter. Those interested in applying for the scholarship may submit via regular mail or e-mail a completed form to treasurer@dsat.org.

Deadline to submit an application is February 14th - no late submissions will be accepted. If you are even remotely interested in this year's conference, you are encouraged to make hotel reservations now. The hotel rate secured by the NDSC has already sold-out so room availability and the cost of available rooms will be an issue. A reservation made now can always be canceled at a later date.



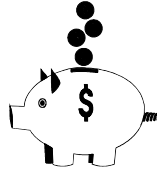
Thank you TARC for making this newsletter possible!

Couples Conference



The **3rd Annual Couples Conference** will be held January 18 and 19 (6-9 on Fri and 8-4 on Sat.) at the Embassy Suites in Tulsa. The title is "Men are Like Waffles and Women are Like Spaghetti, Understanding and Delighting in Your Differences." Cost is \$35.00. Those interested should contact Juanita Killingsworth as soon as possible at 1 (405) 348-6770 or jbk3360@sbcglobal.net.

You Can Help!



CALLING ALL CLOSET ACCOUNTANTS.....

Have an interest in the financial side of things? Looking to get more involved in DSAT? We have grown over the last several years and the Treasurer's duties have expanded. If you have any interest in assisting with the Treasurer function within DSAT, please send an e-mail to treasurer@dsat.org or call 694-2283.

Help OU Students

As part of their coursework, the students in the Physical Therapy and Occupational Therapy program at the University of Oklahoma Health Sciences Center are learning about supporting families who have children with disabilities. During this spring, the students will be assigned in pairs to visit a family about 5 times over three months (January through April) to learn about the child's disability, family life and implications for therapy. The students will be creating an intervention plan, which will be graded and also given to the families who decide to participate. This intervention plan is viewed as an opportunity for the students to practice assessment and recommending interventions/support... however, it should only be viewed as suggestions and not actual therapeutic recommendations.

If you are interested in helping us and participating in this assignment and live within 30 miles of the Tulsa or Oklahoma City Metro areas or if you have questions, please email Dr. Beth DeGrace (beth-degrace@ouhsc.edu) or Dr. Sandy Arnold (sandy-arnold@ouhsc.edu). Thank you, Beth and Sandy

Phone Number

On the new Medicaid Fact Sheets in the footer of the pages one digit of the 800 number was printed wrong. The correct 800 number should be: **800-522-0114**. You can download these fact pages at the Oklahoma ABLE Tech website.

The OCCY Family Perspective Committee (FPC) would like to thank Melissa Gofourth at Oklahoma ABLE Tech (as a member of the OCCY FP Committee) for all the hard work she put into the fact sheets.

D.A.D.S.

The new D.A.D.S. (Dads Appreciating Down Syndrome) group has officially taken off. We had our first monthly meeting on December 18 at the Fox and Hound pub and grill and had 8 men show up, which is a great showing for our first meeting. The goal of the first meeting was to have some great food and spend some quality time getting to know each other better and sharing some interesting stories. Needless to say, it was a success!

The Tulsa D.A.D.S. group was born out of the national conference that several of us attended in Kansas City last August. We started talking and thought it would be great to have a chapter of the D.A.D.S. program in Tulsa. A couple of months after the conference, Dayan Inclan created the Google Group and the Tulsa DADS conversations began. If you are interested, please go to <http://groups.google.com/group/tulsa-dads?hl=en> and join our conversations. Soon after, we launched our first official meeting.

Everyone seemed to like the location, so for now, we will be continuing to meet at the Fox and Hound Pub and Grill for at least the next several months. Our next meeting will be January 29th at 7:00 PM and will continue to be on the 4th Tuesday of every month.

We would also like to invite all Grandfathers to join us at these meetings. Grandfathers are a valuable resource and just as much involved in our children's lives and we would love to have you involved. Over the next few meetings, we will begin to talk about some of the activities that we will be planning this upcoming year and the millions of dollars we will raise (ambitious, I know, but you never know).

Feel free to email me if you have any questions or suggestions, dzirix@oru.edu. We will send reminder emails out before the monthly get together. Hope to see you at our next meeting! Thanks, Danny Zirix

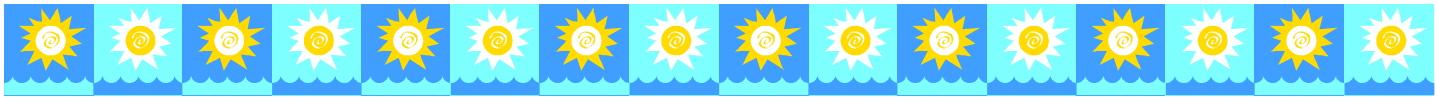
Snacks

If you would like to help bring snacks this year to one of the DSAT meetings (DSAT pays you back) we would really appreciate your help. Please contact Deanna Inclan if you are interested in helping out.

If you are interested in bringing snacks, please contact Deanna at: flamingoqueen@gmail.com 408-5613

Newsletter Deadlines

Share with us your stories, news, interesting facts, company, product or book that has been helpful. Have your stories and information to Kendra Pennington me by February 26th for the March newsletter. fax or phone 477-2999 or kendra@soonerstart.com



Crittenden's Story

With the birth of our second daughter on June 22, 2000 the Crittenden world changed forever. It was not necessarily a bad change, but just a change we weren't quite ready for. We were older parents, but had married later in life also. I was 38 when my first daughter, Mackanna, was born and 41 when my second daughter, Mackaylee, was born. I was extremely sick for eight of the nine months during both pregnancies. The only difference was that five hours after the birth of my second daughter, the pediatrician walked into my room, looked at my family gathered in the room and said, "Can we talk?" Not suspecting anything at all until I saw the look on her face, I told her to go ahead. She said, "We think your daughter has Down syndrome."



She explained why she thought so, asked if I had any questions, and left the room. I believe that moment was the quietest moment in my family's entire history. I felt like I had been hit in the stomach so hard I couldn't catch my breath. After a few hours of silence on my part, my family left my husband and I alone. My heart broke. I had wanted this baby so badly and all I could think was, "What have I done?" "I hurt my child." My husband and I have been Christians for a long time but at that moment I could not find comfort anywhere. I really did not know at that moment how truly blessed I was and how this child would change me and a whole lot of other people for the better..

Our family consists of Mack, now 52, myself, Sheila, now 48, Mackenna, almost 10, and Mackaylee, who is 7. We also have a Jack Russell/Boston Terrier named Boston, a big yellow tom cat named Peaches, and a small gray, female cat named Abby. Mack and I are both school teachers. Mack is eligible to retire this year. He has been teaching English and coaching for 27 years at Peavine School in Stillwell. I have been a speech pathologist/special education teacher for 24 years. I am currently teaching my 19th year at Rocky Mountain School in Stillwell. Mackenna is in the fourth grade at Rocky Mountain and Mackaylee is in the first grade at Rocky

Mountain. We live in the Peavine Community. I remember attending a Down syndrome support group when Mackaylee was very small and being told how lucky

I think she would swim even if we had to break the ice in the pool so she could. She is like a little fish.

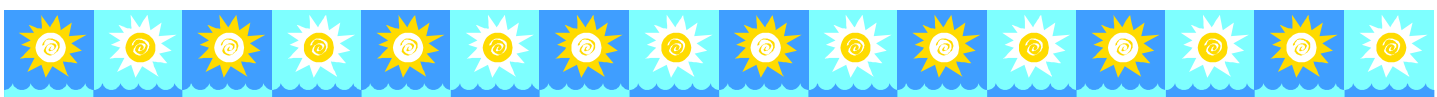
she was because we were both school teachers and especially since I was a special education teacher. Guess what? Mackaylee doesn't know we're school teachers. She does things her way, in her time and all of our years as school teachers have left us with the same struggles and the same feelings of

inadequacies as any other parent of a special needs child. Mackaylee has taught us more than we could ever have taught her. Her number one teacher is her older sister, Mackenna.

Mackaylee loves to swim, watch television, and listen to music. I think she would swim even if we had to break the ice in the pool so she could. She is like a little fish. We took the pool down this week and she has been so lost without it. She also loves to watch television and listen to music. Right now she's on a Spongebob and Hannah Montana thing. She has also discovered Veggie Tales music this week. She is enrolled for the third year in a dance class. This year's class is a ballet, tap and jazz class. She learned to dance like Hannah Montana from a song on a video and the dance instructor is trying to teach her to dance to the same song in dance class. There is no changing Mackaylee's dance. She's learned it like Hannah Montana and she will not do it different.

We have been extremely blessed because Mackaylee has not had any real challenging medical problems. Her vision is poor and she has had strabismus surgery and will have to have cataract surgery eventually. She does wear glasses, but it has always been a battle to get her to wear them. We have lost several pairs of glasses. They have been ran over by the lawn mower, found in bushes, found in trash cans, and the two pairs we have never found. If we don't put a strap on her glasses fall down on her nose and she looks over them instead of through them. She is very comfortable with her world being up close without her glasses.

continued on next page





Crittenden continued...

One of our biggest struggles with Mackaylee has been her eating habits. She does not eat sweets thankfully so she has never had a cavity even though she does like strawberry milk. Her favorite thing to eat is french fries and plain Doritoe type chips. It is a battle to get her to eat anything else. She just says, "Noooooo". Potty training was also a major struggle. Thanks to a wonderful paraprofessional named Angie, Mackyalee is almost potty trained. No more pull-ups! She does have some digestive problems and has been to the gastroenterologist but they have found nothing wrong thankfully. Just an immature digestive system which she will hopefully outgrow. Potty training has been a major struggle though. We have had more accidents, even when wearing diapers and pull-ups, in more places than I care to remember. We have had to quickly leave grocery stores, restaurants, Wal-Mart, and many other places leaving evidence of our presence behind.

When Mackaylee was younger I purchased the Love and Learning materials for her and she did very well with them. Mackaylee is in a regular first grade classroom. She knows her colors, numbers to 20, color words, reads on a primer level, and talks in sentences when she wants to. She is not interested in learning writing skills at this time. I have found out this is one thing about Mackaylee. She will learn it when she is ready to learn it and no amount of pushing is going to rush her into learning whatever, be that crawling, walking, talking or writing.

She will learn it her way in her time. Mackaylee loves to pester and she loves to laugh. She can change the entire atmosphere of a room when she gets tickled about something.

Probably the biggest struggle I face with Mackaylee is other people's reactions to her. Sometimes it's kids, sometimes it's adults. They don't see a little girl first, they see Down syndrome first and that breaks my heart. It's also difficult when you teach mild to severe special

education students every day to come home and just unwind because it has become a 24/7 job for me. There are days when that's a major challenge and Mackaylee would probably like to take a break from her mommy for a while but instead she just climbs up in my lap and gives me a warm

wet kiss on the cheek and I just melt. It's been said that the only real disability in life is a bad attitude, so I just have to push past mine and that kiss or that little smile makes that possible.

That's pretty much it for the Crittenden family. Some days we cry with our challenges, some days we laugh. But this one thing we know, God has chosen us to raise this wonderful child and she has truly blessed our lives and made us a better family. He gave us Mackaylee because He loved us and knew that through her we would grow and stretch and become more than we could ever have become without her. He knew that through her, lives would be changed forever and people would come to know him, and isn't that why we're all here? God doesn't see disabilities, he only sees the abilities we need to touch other people and Mackaylee does her part every day.

They don't see a little girl first, they see Down syndrome first and that breaks my heart.

Resource Website

The Center for Children with Special Needs was formed in 1998 as a program of Children's Hospital and Regional Medical Center in Seattle, Washington. The Center focuses on improving systems of care for children with special needs through education, research and evaluation. Our work impacts policy, quality of care, education and family partnerships in health care. Learn more by visiting: <http://www.cshcn.org/index.cfm>

You will find:

- [News & Events](#) Read the most recent issue of *Linkages*, a newsletter for professionals who serve children with special needs or sign-up for one of our email lists.
- [Resources](#) Find information specific to Washington State as well as diagnosis-specific health information, tools to support families of children with special needs and care providers.
- [Center Activities](#) Learn more about our current projects, grants, presentations, and publications.

The Washington State Department of Health, Children with Special Health Care Needs Program supports the development and maintenance of this website.

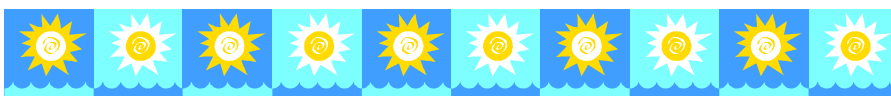
47 Pieces

47 Pieces is a community, or public, blog. The idea was taken from the [Gifts](#) book. What we are promoting is an online version of the book.

If you or a family member would like to submit how having a child with Down syndrome has enriched your lives, please feel free to visit: www.47pieces.blogspot.com

The log in id is: down_syndrome_47pieces@yahoo.com and the pass code is: stories

If you are unsure of how to blog or have questions, please feel free to submit your story and child's picture to the above email address and it will be posted for you.



Dad's Corner

By Danny Ziriak

When I think about what my daughter Morgan who is 2 years old means to me, I am quickly drawn to a feeling of complete and unexplainable joy and love. When Morgan comes up to me and gives me a hug around my leg and then runs off clapping, as if she has really done something special, I realize that indeed, she has. In her own way, she has expressed the love of God. Her love is un-ending, un-changing and is given to anyone without any conditions. She just loves because that is what she is made up of. Now, I can see that in everything she does and I can see how she has changed my life.



When Morgan was born, I desperately loved her as my daughter, but I was overwhelmed with the realization that our life, my life, was drastically going to change. I remember sitting in the hospital room and telling my wife that our hopes and dreams had all been shattered. I saw my dream of having an empty nest, traveling and retirement all fade away. All I

saw was my wife and I taking care of her for the rest of our lives, and since we were older when we started having children, I envisioned us chasing Morgan around in our wheelchairs when she was 20 years old!

But, as I watched her grow and began to see her personality develop, I began to see the truth. Our dreams weren't shattered, but re-directed and I wouldn't have it any other way. Now, I melt when she takes my finger and holds on because she finds pure joy in my touch. I melt when she runs up to me after going away to the store and hugs and pats my leg. I melt when she signs "Daddy". I melt when she says "Hi" and waves to EVERY ONE at the airport, stores, doctor's office and everywhere she goes. When I look at Morgan today, I melt, not from sorrow, but from pure joy.



Friends Buddy Cruise

Friends is a support to a Florida based Down syndrome support group and will be hosting the first ever cruise to raise awareness for Down syndrome. We are teaming up with Royal Caribbean for an exciting 3 night cruise to the Bahamas! We would love for you to join us on this one of a kind adventure.

Sail date: October 17, 2008

Ship: Royal Caribbean's
Sovereign of the Seas

Itinerary: Port Canaveral Fl
Nassau Bahamas
Coco Cay, Royal Caribbean's
private island
Port Canaveral



* Passports are needed for this cruise.

There will be plenty of activities for the whole family and even care for children 3 years and up so parents can have some Mom and Dad time.

For more information, details, or to reserve please click on the following link:
<http://www.cruisesforu.com/ccs/20857>

Feel free to e-mail questions:
joinus@buddycruise.com

We look forward to meeting you and your families.

Pamela Arnoldson and Theresa Mastella
Directors/FRIENDS-Support

Handwriting

In 1977, Jan Olsen set out on a mission to help her son. Responding to his tears over handwriting, Jan used her OT training and background to develop strategies to facilitate his handwriting. John's teacher noticed his progress and asked Jan to help other students. Soon Jan became known as the tutoring solution for handwriting, and her ideas became the basis for the first therapists' guide, *Handwriting Without Tears*®.

Thirty years later, the HWT® product line has grown to include workbooks and teachers' guides, hands-on materials, music, assessments, and workshops. There is a workshop scheduled in Tulsa on June 6th & 7th.

Go to ws.hwtears.com for information and registration.

Out Of The Box



A Research-based Reading Program... For Children Who Learn Differently

~"We share an unshakable belief that all children are born with infinite potential" ~

Out of the Box Reading workshops have been presented all over Canada and the USA with great success, and would like to present to YOUR GROUP!

If you are a parent who fears for your child's future due to developmental disorders and difficulty reading, then we urge you to look at the Out of the Box Reading program that has been specifically designed for visual learners. (For details about this awesome, research-based reading program, please refer to www.outoftheboxreading.com)

Under the direction of Denise MacDonald and Karen Evershed, founders & creators of Out of the Box Reading program, attendees learn the basic building blocks of teaching children to read using the whole word approach, to accompany current phonetic programs.

Numerous studies have shown that a large percentage of children are visual learners. Children born with Down syndrome, Autism Spectrum Disorder, Asperger's syndrome, PDD, Fragile X syndrome, or have been diagnosed with Dyslexia or a Nonverbal Learning Disability are all typically visual learners, and would greatly benefit from this program. Visual learners favor the use of their right-brain when reading, and tend to read words as pictures. In today's typical classrooms, these visual learners often fall behind as they struggle with the various methods of phonetic decoding that are being used. For this reason, Out of the Box Reading is currently working on the development of their Montessori program, soon to be released in Florida! This program will be tailored to the specific needs of visual learners using Montessori instructional methods.

In teaching phonics, children are taught to commence the reading processes by learning the smallest units of sound first, and then putting those sounds together to form words. However this phonetic method actually causes great difficulty for the visual learner, as they need to see the whole word first, and make a mental picture of what the word looks like, prior to understanding the phonetic components of the word.

The Out of the Box Reading program is based on the whole word approach to reading using flash cards. It offers educators as well as parents the TOOLS that have been missing, fully supporting the existing research of how visual learners learn to read. By following a detailed progression from single words to couplets,

phrases, sentences and finally books, this hands-on, proven system provides a new alternative to teaching reading to visual learners. Using this method with children of all ages not only teaches reading, but also encourages speech development, and use of proper grammatical structure when communicating. (See Teaching Children With Down Syndrome To Read , by Dr. Sue Buckley.) By investing just ten minutes a day, you can use this program to teach any child to read.



Here's what parents and educators are saying about our Out of the Box Reading Program Workshops.

"Karen and Denise presented a clear and understandable reading program that has its origins in solid research and, as they say, an unshakable belief that all children are born with infinite potential. Rarely do we attend a reading workshop that is as relevant to parents as it is to educators. Their message is hopeful, their presentation is top-notch, and

their program is important for parents and teachers of children with Down syndrome alike. As a school psychologist with 15 years of experience and a reading specialist with 10 years experience, along with having over 3 years experience being parents to a wonderful daughter with Down syndrome, the "Out of the Box" reading program is exactly what we hoped for." ~ Kelly and Krista Carey ~ Chairpersons, Parents of Down Syndrome of Lackawanna County, Pennsylvania

"Within a week of starting 7-year old Cody on the Out of the Box program I knew I had finally discovered the key to helping Cody read. At the time I started the program he recognized a few letters and his name. Within 2 weeks, he knew all the names and words he was first given. He could identify the people and food from his cue cards by pointing to them. We also noticed an increase in his attempts to verbalize and are very hopeful that the Out of the Box program will increase his ability to speak. Cody asks for his cue cards if I forget. We always try to make it fun for him and he loves the high five and hug at the end." ~ Selene Taylor ~, Sarnia, ON, Canada

For information visit: www.outoftheboxreading.com or e-mail dee@outoftheboxreading.com .

Denise MacDonald & Karen Evershed
Out of the Box Reading
866-922-0055 or (705) 749-0055

Support the NDSC's Advocacy Work! Join Now! Federal Efforts Make a Difference

NDSC's presence in Washington, D.C. reflects the organization's commitment to influence federal laws and other federal activities that have a great impact on the type of services our children receive. Although it is often difficult to imagine how efforts in Washington, D.C. affect us individually, federal laws and funding determine the availability and quality of services which help prepare our children to live productive, independent lives. Below are some of the highlights of legislative activity this year:

Individuals with Disabilities Education Act – Thanks to the efforts of parent advocates and our work in the House of Representatives, the IDEA Fairness Restoration Act (H.R. 4188) was introduced on Tuesday, November 13, 2007. Congressman Pete Sessions (R.TX) and Congressman Chris Van Hollen (D.MD) are the co-sponsors of this bill which would allow prevailing (winning party) parents to recoup expert fees and related costs in litigation under the Individuals with Disabilities Education Act.

Our efforts are now focused on finding sponsors in the House of Representatives. We encourage you to contact your Representative and ask him or her to co-sponsor H.R. 4188.

No Child Left Behind—This law, which attempts to hold schools responsible for academic gains made by students through testing was supposed to be reauthorized this year. NDSC advocates for strong accountability standards and access to the regular curriculum for all students with disabilities and opposes efforts to weaken accountability systems for students with disabilities.

It is seen as unlikely that the law will be reauthorized in the election year. It appears that candidates are making the law a campaign issue. Changes will wait until after the election.

Employment—NDSC continues working to make more employment opportunities available for adults with Down syndrome. A great deal of our effort is focused on ensuring that individuals with Down syndrome will have the long-term support needed to be meaningfully employed.

We will be working on the reauthorization of the Vocational Rehabilitation Act, the law that provides funding for adults to receive employment related services as well as other initiatives that promote jobs and the appropriate supports for individuals with disabilities.

Community Living Services – NDSC remains vigilant in efforts to increase funding for support services that make it possible for our children to live independently in the community. Nearly all funding for these services comes through Medicaid, which is usually the subject of budget negotiations.

We also encourage efforts to make services “person centered” allowing an individual to make the choices about where he or she will live, work and enjoy all the opportunities of his or her non-disabled peers.

Prenatally and Postnatally Diagnosed Conditions Awareness Act—This bill, known as the Kennedy-Brownback bill, which is being closely followed by NDSC is designed to, among other things, improve information parents receive after a Down syndrome diagnosis.

This law will be “marked up” by the Senate in January. We will follow all activity closely so that readers can focus advocacy efforts at a time when they will be most effective.

Often advocacy efforts are needed to prevent harmful changes to programs. NDSC is guided by the values and principles of the organization. Your input is always encouraged.



Help Spread the News!

The NDSC's Governmental Affairs Newslines are an excellent resource and one we encourage you to share with your parent group affiliate, or personal, listserv.

Support Our Advocacy Work!

How to Join the NDSC

Founded in 1972, the NDSC is the oldest national organization for persons with Down syndrome, their parents, siblings and the professionals who work with them. The Congress is known for its advocacy, its encouragement of self-advocate empowerment and leadership, as well as its many services, including Down Syndrome News, the Governmental Affairs Newslines, hosting the nation's largest DS convention (July 11-13, 2008 in Boston, MA) and its toll-free information and resource hotline.

Annual dues are just \$25, and may be paid online at www.ndsccenter.org; over the phone at 800/232-6372; or by mail at 1370 Center Drive, Suite 102; Atlanta, GA 30338.

Please join us as we continue “Making a difference, one family at a time”!

If you have questions or comments about federal legislative activity, please contact Susang1961@aol.com.

2008 PROMISES TO BE GREAT!

DSAT is again offering scholarships to the National Down Syndrome Congress (NDSC) conference.

Boston, Massachusetts July 11 – 13, 2008.

Due to the distance of this year's conference, scholarships are increasing to \$2,000 per family scholarship and \$1,500 for all other scholarship categories (one scholarship per family).

DSAT will award scholarships to **two** families, **one** self-advocate, **one** sibling and, for the first time, **one** educator. Scholarships help defray conference costs by providing reimbursement for conference registration, travel, lodging, meals or conference material purchases. If you've never attended a conference, consider making this your 1st.

To enter, simply send the form below by February 14th (postmark).

NAME: _____

ADDRESS: _____

PHONE: _____ **Best time to reach:** _____

EMAIL: _____

Check All Scholarship Categories You Wish to Enter (family awards drawn first):

SELF-ADVOCATE (18+ yrs) _____

SIBLING _____

FAMILY ENTRY _____

EDUCATOR _____

(please specify school)

MAIL FORM TO: DSAT

PO BOX 54877

TULSA, OK 74155-0877

OR EMAIL TO:

treasurer@dsat.org

Entries **MUST** be postmarked by February 14th to be eligible. Entries postmarked after February 14th will **not** be accepted.

Thank You!

A great big thank you to all of the following for their support of DSAT.
We could not do this without you.

Dues Paid

Darla Knight	Scott & Lynn Lugibihl
Charissa & John Urban	Barry & Kay Smith
Dave & Cathy Somers	Frankie & Terry Horne
Patty McClure	Cheryl Jones
Kelly Johnston & Family	Eric & Diane Davies
Daryl & Kathleen Griffin	Stephanie Keester
Jacque Canady	Mindy & Neil Beasley
Myra Fadely	The Arrowsmith Family
(grandmother of Mikaela Wilson)	(James, Krystin and Bailey)
Dora Durland and Family	
Ray & Jacci Brown	
(Victor's grandparents)	



Donations

Darla Knight
Mack & Sheila Crittenden
Herman & Mary Wegener Foundation
Alon J. Soderfelt

In Memory of Nathan Wofford

Jason Lees Jason & Shelly Yoder
David & Rebecca Parrack Jayne and Alfred Smith
Cleary Petroleum Corporation

In Memory of Cindy Carpenter

Barbara Cummings
Orville & Clara Carpenter
Shirley Ferra

Becca Smith Memorial Fund

Memorial Christian Church
David & Rebecca Parrack
Douglas & Virginia Baldrige Donna Beekman
Mack & Sheila Crittenden Gary & Lynette Lambert
Robert & Barbara Conrad Beth Soderfelt
Jayne and Alfred Smith JoBeth Campbell

Corporate Contribution Matches

Williams Companies
Southern Star Central Gas Pipeline

Special Thank You

We want to make a special thank you to Molly Ziriak for putting the directory together for DSAT. This is very time consuming so we appreciate it so much. She also does all of our e-mails and is going to start writing our newsletter. Thanks for all you do for DSAT, Molly!



January 17th
Regular Meeting
7:00 PM

New Haven United Methodist Church

Dr. Hall, ENT and Dr. Lewis, sleep specialist will be talking about all of our ear, nose and throat issues and sleep apnea. This will be such a beneficial meeting. WE don't realize how many of our kids/adults really do have sleep apnea. Come hear the signs and what to look for. You won't want to miss this great opportunity to ask specialists your questions! Dr. Hall is an ENT and Eastern Ear Nose and Throat and Dr. Lewis is at Sleep Center of Tulsa.

February 21st
Regular Meeting
7:00 PM

New Haven United Methodist Church

Carolyn Cantwell, a special education teacher and Kim Kittelson, a speech pathologist will be coming to answer questions about language devices, IEP's, and many questions you have concerning your child's learning needs. They have so many great resources that they are willing to share. They both have received several awards during their teaching experience.

March 8th
DSAT Easter Egg Hunt

No Formal Meeting in March
Due to the Hunt



April 17th
Regular Meeting
7:00 PM

New Haven United Methodist Church

We will be having Molly from the Challenger League come and do a presentation. The Challenger League is for any child/adult with a disability They start at a young age and continue until adulthood. There are so many activities in the Challenger League.. baseball, basketball, art drawing, and so many more. Even if your child is young, you will want to come here all about this great program.

May 15th
Regular Meeting
7:00 PM

New Haven United Methodist Church

Frank Baxter will be doing a presentation on his school in Russia that he started just for children with Down Syndrome. This is such an inspirational story!

Also, Thank You!

We also want to thank Deanna Inclan for coordinating all the snacks at the meetings. It helps so much.

January 17th
7:00 PM at New Haven United Methodist Church
Dr. Hall, ENT and Dr. Lewis, sleep specialist

P.O. Box 54877
Tulsa, Oklahoma 74155-0877

Down Syndrome Association of Tulsa

DSAT news

DSAT Board of Directors

President	Adam Paul	495-2563	erin-adam@prodigy.net
Vice-President	Erin Paul	495-2563	erin-adam@prodigy.net
Treasurer	Beth Soderfelt	272-3926	soderfelt.ea@juno.com
Calendar Chair	April Wegener	355-6999	edward.c.wegener@gsk.com
Governmental Affairs	Chris Wegener	355-6999	edward.c.wegener@gsk.com
Parent Advocate	Kim Wofford	622-6906	woffordnate1@cox.net
Publicity	Alana Kennon	745-2398	kennon.alana@unionps.org
Newsletter	Kendra Pennington	477-2999	kendra@soonerstart.com
Lending Library	Velvet Ahumada	794-5861	vahumada@cox.net

To add your name to our email reminder list please email:
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