

15th Annual Connecticut Down Syndrome Congress Convention

Down Syndrome **BEYOND THE MYTHS**

Saturday, October 14, 2000 • 8:30 a.m. to 4:30 p.m.

Co-Sponsored by SARA/Kidsteps of Guilford, CT.

Keynote Speakers:

Karen Gaffney

"Opening the doors of tomorrow today—shattering the myth that inclusion doesn't work." Karen Gaffney, a young woman with Down syndrome, will discuss what she has been able to accomplish because her family, teachers and friends challenged the myth



that children with Down syndrome can't learn. Karen is graduating college this fall with an associates degree in education. An avid swimmer, she is training to swim the English Channel as a member of a relay team. She is also the founder of the Karen Gaffney Foundation, a non-profit organization that is dedicated to championing the journey to full inclusion in families, schools, communities, and the workplace for persons with Down syndrome. Through her personal appearances, Karen seeks to instill new hope for a full, productive and inclusive life in the hearts and minds of new parents of a child born with Down syndrome as well as to heighten awareness and raise expectations of students, counselors, and those in the medical profession of the capabilities of our children.

Professor Christopher Kliever

"Paradigms of inclusion and human possibility—the vital necessity of school and community inclusion if we are all to reach our full potential." Christopher Kliever is an assistant professor in the Department of Special Education at the University of Northern Iowa, where he teaches undergraduate courses on issues in inclusive schooling, and is involved in family advocacy work. Earlier, he taught in self-contained schools for students with disabilities and in inclusive classrooms. His teaching experiences led him to complete a

Ph.D. in Teaching and Leadership at Syracuse University. His studies have focused on critical issues involved in ending segregated schooling, literacy acquisition in young children, and communication development in students with disabilities. He is the author of "Schooling Children With Down Syndrome—Toward an Understanding of Possibility".

New This Year:

"Ice Cream Social" At the end of the day, we invite everyone to get together and make your own ice cream sundae. Mix and mingle in an informal, fun atmosphere. There will be music and prizes (must be present to win). What a great way to end the convention—until we see each other again next year!!!!

Especially for young adults and adolescents, the CDSC is presenting workshops 9 and 22.

Who Should Attend:

Individuals with Down syndrome, family members, parents, grandparents, siblings, employers, educators, doctors, and other professionals, and any person interested in learning more about Down syndrome and current related topics.

The Convention's Keynote Speakers and 22 workshops will focus on a wide variety of topics and information chosen to enhance the lives of people with Down syndrome, their families, and supporting professionals. Topics cover issues from birth through adulthood.

Continuing Education Units:

Attendance at the indicated workshops will provide up to 0.3 Continuing Education Units under the Connecticut Department of Education for certified educators.



For more information about the Convention call Ken or Lynn Cholewinski at 860-663-2676.

SCHEDULE

8:30 a.m. Check-in and Coffee
(please preregister for the convention and select the workshops you wish to attend using the form included in the brochure).

9:00 a.m. Welcome and State of Congress and Business Meeting:
David Mathis, President, CDSC

Awards:

The 2nd annual CDSC Scholarship Awards will be presented.

The 11th annual CDSC awards will be presented in the following categories:

- Outstanding Young Adult with Down syndrome
- Outstanding Teacher
- Outstanding School
- Outstanding Community Person or Program
- Outstanding Supported Employment Program
- Outstanding Individual Service

9:30 a.m. Keynote Address:
Karen Gaffney and
Professor Christopher Kliewer

10:30 a.m. Break
Vendor's Exhibits and Chat Room:
10:00 a.m. to 3:30 p.m.

10:45 a.m. Workshop Session I

12:30 p.m. Lunch

1:30 p.m. Workshop Session II

3:15 p.m. Social Hour

CHILDREN/TEEN PROGRAM (7 and up)

Staff and volunteers from SARAH/Kidsteps Recreation Program will provide fun, games, athletics and much more. Come and meet new friends in a relaxed, fun atmosphere. Preregistration is required.

BRING THE KIDS TO PLAYSHOP!

Planned activities, games, and plenty of tender loving care provided for children up to age 6, who will enjoy a fun-filled day while parents attend workshops. Preregistration is required.

DIRECTIONS

Woodrow Wilson Middle School
Wilderman's Way
Middletown, CT

FROM I-91 NORTH OR SOUTH:

Take Exit 21 (Rte. 372).

Left onto Rte. 372 East. Go approximately 1.5 mile.

Take right onto Rte. 3 South. Go approximately 1.7 mile.

Take a right on Wilderman's Way (opposite Town & Country Lincoln/Mercury), and follow to school at end.

FROM RTE.9 NORTH OR SOUTH:

Take Exit 19 (Rte. 372).

Take Rte. 372 West a very short distance to Rte. 3.

Take left onto Rte. 3 South. Go approximately 1.7 mile.

Take a right on Wilderman's Way (opposite Town & Country Lincoln/Mercury), and follow to school at end.

FROM RTE. 66:

Head West through Downtown Middletown.

Take a right on Rte. 3 North (Newfield St., opposite Wesleyan University area). Go approximately 1.5 mile north.

Take a left on Wilderman's Way (opposite Town & Country Lincoln/Mercury), and follow to school at end.



SESSION I: 10:45 A.M. – 12:30 P.M.

Workshop Topics

1. Medical issues in children and infants

Dr. Robert Greenstein, Professor of Pediatrics and Director, Division of Human Genetics at UConn Health Center, will discuss specific medical and mental health issues, including congenital heart defects, thyroid disorders, atlantoaxial instability, ophthalmology concerns, and autism.

2. Benefits of therapeutic horseback riding

Kitty Stalsburg of High Hopes Therapeutic Riding, LLC will discuss the proven benefits of therapeutic riding to physically, developmentally and emotionally challenged individuals.

3. Hands on demonstration of technology and software support for children with learning differences



Phoebe Tucker, Speech/Language Pathologist and Augmentive/Alternative Communication Specialist will present an interactive presentation of different levels of technology and software. Participants will learn how to acquire low cost technology and how to use unusual methods of recreation to facilitate learning.

4. Helping your children unlock their full potential

Candace Boyle, evaluator and program designer at the National Academy for Child Development, will discuss the neurodevelopmental approach to unlocking your child's learning potential. Understanding how children receive, process and use the information around them as part of that key. There will be a sharing of information from parents who are currently using this method of intervention for their children.

5. When your heart says "yes" but the "experts" say "no": Compelling arguments for inclusion in all ages.

Rammler & Wood, Consultants, LLC. This session is for individuals with disabilities of all ages, their families, and their friends who believe in their right to be fully included at school, at work, and in their communities but are getting advised by professional team members that "a little bit of (or more) of segregation won't hurt." The discussion will focus on how the same goals and objectives for the person can be accomplished inclusively and why segregation is unnecessary and can even be harmful.

6. What is sensory integration and how can it help your child



Valerie Williams, OTR/L will discuss the basic terms and information relating to sensory integration. Participants will also learn about signs which may suggest that a

child is having difficulty registering sensory input, as well as simple strategies to help the child.

7. Educational law: Advocate for your child

Beth Kavy of Educational Law Consultants, LLC holds a BS in Special Education, M.Ed. in Educational Law, MS in Guidance and Psychotherapy, and a JD in law. She taught special education for 12 years in an urban public school system and spent 5 years as an in-school inclusion co-ordinator. She will discuss how to advocate for your child during IEP evaluations and at PPT meetings. She will also discuss Mediation and Due Process Hearings. The session will be open to questions and discussion from participants.

8. Financial planning/tax issues/estate planning

Attorney Fred Sette, and Colleen Walsh, Certified Public Accountant and Certified Financial Planner will co-present this workshop. Various tax issues will be discussed; what qualifies as a medical deduction and when to take them, disability benefits, and exemption status determination. Financial planning for post secondary education, and estate planning will also be covered.

9. Ashley Wolfe: "So let's talk. How do we do this for OURSELVES?"

A question and answer session for adolescents and young adults led by Ashley Wolfe. Ashley was the winner of the CDSC scholarship in 1999. She attends college and shares an apartment with two roommates outside of Boston. She has acted in television and is currently filming a movie.

10. Family and sibling issues

Kim Sheppardson, MSW, with United Community and Family Health Services will explore the fears, pain and joy of living with and loving a family member who has special needs. She will address why and how family members should "stop the silence" and talk openly about disabilities.

11. Collaborating with your pediatrician to provide a medical home for your child with special health care needs

Molly Cole, Co-Director of Project CONNECT: The Medical Home Project at UConn Health Center will describe the Medical Home as a way of accessing coordinated, family centered, compassionate and comprehensive health care for children with special health care needs. The session will include components of the medical home model developed through Project CONNECT. A discussion of issues and strategies to develop a medical home for your child will be included.



SESSION II: 1:30 P.M. – 3:15 P.M.

Workshop Topics

12. New parent talk time

Catherine Klein, mother of an 8 year old daughter with Down syndrome, will facilitate an informal discussion among parents of children aged newborn to three years, as well as share her own experiences. Catherine was a CDSC county rep for Fairfield County as well as the Board President 1996-99.

13. Unified Sports

Ann Melafrente and Barbara Hedden of the Connecticut Association of Schools will discuss the Unified Sports program, and how it can be implemented in your local public school. Unified sports combines persons both with and without disabilities in both training and competition.

14. Increasing children's learning opportunities through home routines and the community.



Cindy Mazzarella, Project Coordinator, and Jill Isenberg, Research Assistant with the Child and Family Studies at UConn Health Center will present an interactive session where families can find learning opportunities for their children within their everyday routines and community activities.

15. Educational alternatives to the public school

A member of the Connecticut Home Educators Association and families who home educate their children with special needs will discuss how to select curriculum, how to obtain needed therapies, socialization issues and what supports are available to assist families who elect this method of educating their children. For those families who wish to educate their children in a Catholic School, Jane O'Freil, mother of a 5 year old son with Down syndrome, will discuss what programs are currently available, and what programs are being implemented.

16. Evaluations and assessments; how testing relates to the educational support of your child



Heather Maresca, school psychologist with the Milford public schools, will discuss the school evaluation process, how testing translates into the day-to-day learning process, and how parents and educators can work together to use the results of these tests to benefit the child.

17. Homeopathic Medicine

Dori Cole, PC, practitioner of chiropractic services, will discuss nutritional counseling, vitamin therapy and therapeutic exercise to naturally support the general health of persons with Down syndrome.

18. Transition from Birth to three into the public school system

Jaime Uribe, Program Manager for the Kidsteps Birth to Three program will provide an overview of laws and parental rights regarding the transition to the local education agency (LEA), what types of programs are available, and what to look for in a preschool classroom.



19. Understanding problem behaviors



Janette Johnson, of Benhaven's Learning Network, has a Masters in Psychology and twenty years of experience helping adults and children who have problems behaviors learn new skills and be more successful at home, work, and in the community. This workshop will include ways to understand problem behaviors, how to create an environment that fosters positive behaviors and decreases negative behaviors, and how to teach appropriate alternative behaviors to replace problem behaviors.

20. School to Work Transitioning

Mary Johnson Macarz, has worked at SARAH, Inc.-Shoreline Employment Service for the past 10 years. She will discuss ways to assist students to prepare for the adult work world, and what opportunities are available while the student is still in school.

21. Current developments in medicine and research

Dr. Robert Greenstein, Professor of Pediatrics and Director, Division of Human Genetics at UConn Health Center, will present a review of the important issues discussed at the May 2000 CDSC medical conference; ear, nose and throat treatment, difficult behaviors, and adult mental health problems. He will also discuss the Human Genome project, and what implications it has for persons with Down syndrome.

22. Panel discussion with our keynote presenters, Professor Kliewer and Karen Gaffney



The purpose of this workshop is to allow the audience the opportunity for a more in-depth discussion of strategies and methods for making full inclusion work in the classroom. Karen and Professor Kliewer will share experiences and answer questions regarding the practical applications of full inclusion, each from their unique perspectives.

REGISTER NOW!

To insure the availability of your workshop preferences, please return your registration by October 1, 2000.

Registration Fee:

CDSC member: \$25.00 per person
Non-member: \$30.00 per person

(Registration fee includes lunch.)

Parents of a newborn with Down syndrome are admitted free.

Payment:

Make checks payable to "C.D.S.C."

Checks along with this completed registration form should be mailed to:

CDSC Convention Registration
SARAH, Inc.
246 Goose Lane – Suite 101
Guilford, CT 06437
Attention: Rosemary

Scholarships are available. Please call Lynn or Ken Cholewinski at (860) 663-2676.

For more information about the Connecticut Down Syndrome Congress or to download a copy of this brochure visit our web site at:
www.ctdownsyndrome.org

General Program Participant (please print)

Name: _____ CDSC Member Yes No

Address: _____ Phone: _____

Status: Parent Educator Support Professional Other (specify): _____

Workshops Attending: Session I: Session II:

Are translation and/or special accommodations required? (specify): _____

General Program Participant (please print)

Name: _____ CDSC Member Yes No

Address: _____ Phone: _____

Status: Parent Educator Support Professional Other (specify): _____

Workshops Attending: Session I: Session II:

Are translation and/or special accommodations required? (specify): _____

Children/Teen Program Participant (please print)

Name: _____ CDSC Member Yes No

Address: _____ Phone: _____

Status: Student Employed Other (specify): _____

Are translation and/or special accommodations required? (specify): _____

Children Under 13 Children may attend Playshop the whole day for only \$5 per child. Parents may provide lunch or purchase a box lunch for \$4. Parents will be contacted for more complete registration information.

Name: (please print)	Age:	(Check the appropriate box)	
		Playshop	Box Lunch
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>