



UPCOMING EVENTS & OTHER IMPORTANT STUFF



Buddy Walk Update!

Our Next Planning Meeting

When: Tuesday, June 22, 2004 at 7:00PM

Where: Integris Baptist Medical Center - Bennett Room

Our Buddy Walk is scheduled for Saturday, September 25th, and we need everyone to come and help make plans for the best Walk ever. Even if you have not been involved before, this is a great opportunity to help the organization with its biggest event of the year.

For more information contact Bill Lovell, Committee Chair, at 405-715-1568 or via email at blovell@lwpb.com.

Chapter Planning Meeting

When: Thursday, August 12, 2004
7:00PM to 8:30PM

Where: Integris Baptist Medical Center
(Room to be Announced)

All parents, caregivers and those interested in promoting awareness and acceptance of individuals with Down syndrome are encouraged to attend.

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Disclaimer: The Down Syndrome Association of Central Oklahoma does not promote, recommend or endorse any service, professional or organization. Decisions regarding use of any service, professional or organization are the sole responsibility of the family and/or caregiver(s).

July 1, 2004

Bountiful Blessings Calendar Update



We still have 2004 calendars to sell. If you need to purchase or check out calendars, please contact me.

Believe it or not we have already gotten started on the DSACO 2005 *Bountiful Blessings* Calendar. Nancy Mickels has agreed to be our photographer again this year and Louise Broda will do the graphics. We are very fortunate to have both of them. We met with Nancy mid-April and this year we have a

deadline of **July 31, 2004**. Hopefully, that will help with the last minute rush. To my knowledge, there has only been one picture taken, so you will probably hear from them within the next 6 weeks. Please do not contact them directly. If you have any questions, please call me.

I have updated sponsor forms for those of you who know of a company or an individual who would like to sponsor the calendar.

If you have any questions or comments, please feel free to call or email me at:

Tami Arambula
Calendar Committee Chair
1321 Craig Drive
Piedmont, OK 73078
(405) 373-2854
tamira@netzero.net



"I get by with a little help from my friends"

-Lennon & McCartney

Parent-to-Parent Sharing Meetings

North - Next meeting - Saturday, August 21, from 10:00 a.m. to 12 Noon. Location -- Church of the Servant, 14343 N. MacArthur Blvd.

Childcare provided by RSVP only. For information about topics of discussion or childcare contact Kevin and Becky Moore at 580-336-2773 or via email at mooreorless@perryisp.net

South - Next meeting - Tuesday evening, July 20, from 7:00 p.m. to 9:00 p.m. Topic - Toilet Training/Nutrition -- Moore First Baptist Church, 301 N.E. 27th Street - Please use west side entrance, signs will direct to nursery/classroom.

Please RSVP for childcare by July 14 to Lori Wathen at 405-329-8185 or wathenl@mdteam.com

Note: For those interested we will be meeting at 5:30 p.m. at Johnnie's Charcoal Broiler, 421 S.W. 74th. Please let me know if you are planning on meeting us for dinner so I can reserve a table. This way we can participate in Johnnie's night as a group and do some visiting. Everyone is responsible for their own dinner cost.

Welcome Summer!

Pictures Needed!

DSACO would like to request pictures of our kids and family members with Down syndrome for the DSACO web site! We are going to be making a few changes to our "look" on the site and wanted to take this opportunity to ask everyone for pictures to be sent to us (either in hard copy or digital) along with a consent form filled out and signed. We will then place the pictures on our site for everyone's viewing.

If you have any questions, or for a consent form, please do not hesitate to email me at ckjbrooks@msn.com or contact me via DSACO's phone number (405)330-5025.

Please mail your pictures and consent form in hard copy to:

Kerri Brooks ~ 1608 Heron Drive ~ Norman OK 73071

2004 Graduates!

Congratulations to all of our 2004 High School Graduates!

Rachel Fielder—Memorial High in Edmond
(Parents - Eugene and Marianna Fielder)

If your child was not mentioned, please accept our apologies! Congratulations to all our 2004 Graduates!

Summer Camps Available

The General Council of the Assemblies of God will have a camp called "Special Touch" for individuals with special needs this July 19-23 (Monday-Friday). The camp will be held in Guthrie. Information was not received in time to get it in this newsletter. However, for more information contact the Assemblies of God District office at 405-478-1696.

DSACO's Lending Library

The Down Syndrome Association of Central Oklahoma (DSACO) is organizing a lending library for the benefit of our parents. This library will consist of books, tapes, movies, or other materials that are helpful in addressing Down syndrome issues. If you have books, tapes, movies or other materials you feel our families would enjoy or benefit from, or if you like to suggest an item for the library, please call Marji Robison at (405) 691-4560.

"In the right light, at the right time, everything is extraordinary. "
Aaron Rose

DSACO Day at Johnnie's

Don't forget DSACO Day at Johnnie's in the metro area. Johnnie's Charcoal Broiler has designated the third (3rd) Tuesday of each month as DSACO Day. All you have to do is eat at Johnnie's on the third Tuesday and tell them you are with DSACO when you are placing your order. The following month DSACO will receive a check for a percentage of all sales that were designated as DSACO sales.

It's easy, it doesn't take a lot of time or effort and anyone can participate - parents, grandparents and friends. All you have to do is go eat a burger, some fries, or whatever you want on the menu!

So remind everyone that wants to help raise money for DSACO!

DSACO's Calendar of Events

July 1, 2004

JULY

- 10 NDSS Training in OKC -- full day
- 20 DSACO Day at Johnnie's Charcoal Broiler
- 20 Parent-to-Parent Sharing -- South
- 22-25 NDSS National Conference--Washington, D.C.

AUGUST

- 12 Chapter Planning/Board Meeting
- 17 DSACO Day at Johnnie's Charcoal Broiler
- 21 Parent-to-Parent Sharing -- North
- 20-22 NDSC National Convention -- Minneapolis, MN

SEPTEMBER

- 21 DSACO Day at Johnnie's Charcoal Broiler
- 25 Buddy Walk

OCTOBER

- 14 Chapter Planning/Board Meeting
- 16 Parent-to-Parent Sharing -- North
- 19 DSACO Day at Johnnie's Charcoal Broiler

NOVEMBER

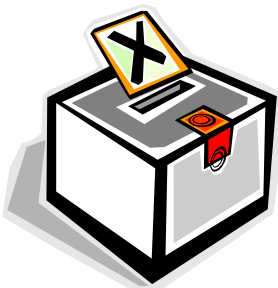
- 11 Chapter Planning/Board Meeting
- 13 Bi-Monthly Meeting
- 16 Parent-to-Parent Sharing -- South
- 16 DSACO Day at Johnnie's Charcoal Broiler

DECEMBER

- 3 Deck the Halls with DSACO
- 21 DSACO Day at Johnnie's Charcoal Broiler

"Give a Little Love to a child and you get a great deal back!"

-Ruskin



The Votes Are In!

Elections Update!

New DSACO Officers were elected on June 10, 2004 and we want to take this time to congratulate our new officers! Good Luck to you all and thanks for your dedication to continuing the success of DSACO!

Shaun Joy, President

Kevin Moore, Vice President

Holli Harjo, Secretary

Sandra Kirkpatrick, Treasurer

Doris Erhart, Historian (off-going president becomes Historian)

Special Olympics and Stars Winners!



Special Olympics

To learn more about volunteering or to offer your services, contact your local Special Olympics Program.

Doug Ehlinger Son of Rick and Linda Ehlinger	Bronze 4 x 100 Relay Gold in 50M Dash 6th in Softball Throw
Aaron Erhart Son of Mike and Doris Erhart	Stars Participant
Haley Conners Daughter of Jim and Robyn Conners	Stars Participant
Katy Ann Killingsworth Daughter of Rodney and Juanita Killingsworth	Stars Participant
Caitlin Randall Daughter of Aaron and Chris Randall	Stars Participant
Darlene Sorrell Daughter of Dwayne and Connie Sorrell	Stars Participant
Heather Hancock and Dad Bill Heather Hancock Daughter of Bill and Lisa Hancock	Gold in Golf Alternate Shot Silver in Bowling
Matt Newberry Son of Steve and Connie Newberry	4 Golds in Power Weight Lifting
Logan Lasley Son of Loyd Lasley	Bronze in Softball Throw



If we failed to mention your child, please accept our apologies!
Congratulations to all participants!

Teen and Adult Update!

DSACO's next Teen and Adult Activity will be a picnic. We are currently working out all the details. DSACO will be sending out a special mailer providing the date and location for the spectacular event for our Adults and Teens. We are hoping to have this event in July. Please look for the mailer coming to you very soon!

If you have any ideas or suggestions for teen and adult activities, please contact Lisa Hancock at (405) 330-5025.



DSACO's First Outstanding Educator Honored

Putnam City Coronado Heights Elementary teacher, Tracy Deathe, was named DSACO's first Outstanding Educator of the Year. She was presented with a plaque and a \$200 gift card from Mardel.

In addition, Putnam City Will Rogers Elementary teacher, Gaylee Koehler, and Mustang Trails Elementary teacher, Cindy Johnson, were named runners-up. Koehler and Johnson each received \$100 gift cards from Mardel.

My Big Sister

By Jennifer Hancock

"Creativity is not the work of a few. We each carry within us the image of God the Creator; we each have the task of making the earth into a fairer, kinder place. The first step is imagining a better world, and that is most apt to happen when we suffer or look on suffering." I think this quote, by Elizabeth O' Connor, represents one important person in my life, my sister. Heather's struggles with diabetes and her Down syndrome are what make her very special. The obstacles she faces, and how she handles them, are what give her character. She never gives up and keeps life interesting.

A loving, stubborn, talented, bright, creative, and yet sometimes annoying big sister are merely words I can use to describe her. She can turn a bad day into a day of wonderful memories that can be looked back on and reminisced. The good old days when just the two of us played dress-up. She was the bold "rock star" and I was always the glamorous "movie star". The days of innocence, when we'd play with my twenty Barbie's and her twenty Ken's. I remember these days as if they had just occurred. Now they are just periods of time that capture our playful memories together. As we've grown in the past few years, I've realized, now more than ever, how much she means to me.

When I was about eleven, I remember a normal day after school. I was fixing a snack and watching a T. V. show. Heather was in my Mom and Dad's room taking a nap. My parents were doing chores around the house. Because of her diabetes, she often has to eat a snack after school so her blood sugar wouldn't get low. That day she was extremely tired so she didn't eat one. As a result she had a seizure. My parents always know what to do to manage a diabetic crisis. That time was different, they were having a hard time trying to get her blood sugar level up. I was overcome with fear, and the only thing left to do was call 911, so I took action. It all happened so fast, but by the time the paramedics arrived she was under control. I was so relieved and glad I could help. We were all a little shaken up, but everything turned out fine.

I am so proud of Heather for being so brave for all of those years, and taking responsibility for her diabetes. I don't think I could handle it as well as she has. Always having to watch things she eats, and making sure her blood sugar levels are under control would be so tough. Even the frequent doctor visits would be tiring after awhile.

A thing I love about her is her creativeness. She is always able to come up with so many neat drawings and stories. The unique thing about the letters and stories she writes is the spelling. She has her own type of spelling that is easy to understand, even though it is misspelled quite often. Most of the time the words make me laugh, but she doesn't mind as long as she can get her point across to me. One time she wrote something that was more important than all of the rest. When my Aunt Nita died she wrote a beautiful letter to her that made everyone cry. I know my aunt would've loved for Heather to read it to her because she felt a lot of sadness at that time. The great thing about the situation though, is that Heather stayed strong for everyone in that period of sorrow.

I know she loves school because it is a way for her to branch out and have her own social time with her friends. She loves spending time on the phone, and sometimes I listen in. A world all of her own is created, and she seems to gain an independence about herself. This independence has given her the desire to experience other opportunities and options.

"We've always been a team, her and I, and I don't know what I'd ever do without her"
-Jennifer Hancock

My Big Sister (continued)

July 1, 2004

She has previously worked for Panera Bread, and she experienced what it was like to earn her own money. Her willingness to try new things is inspiring to many people and to me. She wants to be able to do everything, even homework! I think a lot of the reason why she love to do homework is because I always have loads of it, and she wants to be able to do what "sissy" does.

Special Olympics has been a big part of her life since elementary school. The area track and field events of the Special Olympic games have been a yearly thing for her to look forward to, and for about six years now, she's been on a swimming team. Her drive and ambition to win proves how determined she is to strive for excellence. One time, a little stubbornness kicked in when she didn't win a medal. To show her frustration she simply handed her 5th place relay ribbon to me saying, "I don't want it!" It kind of made me angry when she did this, because it showed bad sportsmanship. I guess it was understandable. She felt disappointment and that was her way of showing it. For the most part, she has always been very successful at Special Olympics and I enjoy helping cheer her on.

Now more than ever before, she's turned into an OSU fan. "Sooners rule!" is the motto I've stuck with. I think the only reason why she's become a fan of the Cowboy's is because OSU is the home of the state Special Olympics. She loves the atmosphere of being able to stay in the dorms, and she can't get enough of it. Deep down though, I still believe she is an OU fan at heart.

Although she is such a tomboy, she knows how to put on the glitz. She is definitely one boy crazy girl, unlike me. At the dances she always gets asked to

dance first. Face it, she knows how to win them over. It is kind of humorous for me to watch how she "reels 'em in". Of course, she always knows how to make me laugh. I think one of the most funny things she's ever said was "burger-head". Instead of pronouncing "booger-head" like it should sound, it came out as "burger-head". It was so funny, I couldn't stop laughing. Now it has become one of our inside jokes.

Heather is a positive influence on me because of her kind and caring ways. She's shown me what it's like to go day in and day out with challenges, and not let them stand in the way of what makes her happy. I've enjoyed our times together, growing-up from little "rock-stars" and "movie-stars", into head-strong teenagers. She is the spice in my life, and she brings out the best in me. Since she is my "big sister" I look up to her and admire her a lot. We've always been a team, her and I, and I don't know what I'd ever do without her.

April 2004

Thanks so much to Jennifer Hancock for sharing this story with all of us. We all can be inspired by your words and your devotion to your "big sister".

If anyone would like to share your story or inspirational piece. Please contact Kerri Brooks, DSACO Newsletter Coordinator and we will see about getting you "published".

Kerri Brooks (405) 307-9207 or mail to 1608 Heron Drive, Norman OK 73071

Note From the President

I would like to take this opportunity to thank the outgoing officers for their time and dedication to the DSACO organization. Outgoing officers are Doris Erhart, President, Marji Robison, Vice President, Jackie Aaron, Secretary and Chris Randall, Treasurer. If it were not for people like this devoting time, we would not have the solid foundation for an excellent organization. These people along with other volunteers in the group have spent many hours coming up with new ideas to help the families in our group have a place to get together and discuss our problems and frustrations with other parents.

I would also like to thank the new officers that will be stepping into new territory for their willingness to help make this a great organization for our families. I hope that we can keep the progress moving forward and do as well a job as the officers before us. We cannot do this alone we will need help along the way to accomplish these goals.

We have several events coming up that I hope you are as excited as I am about them. We have NDSS that will be here on July 10th to do a workshop for all of our parents. I hope that all can attend and show our support and learn what NDSS can do for us and how we can help them as an organization. We also have the Buddy Walk that will be in September. If you have never been involved in this event, you are truly missing out on something great and meaningful to all the kids and adults. I hope to see you at these events and our meetings and if you should need anything from our new group of officers please do not hesitate to ask one of us.

Shaun Joy,

DSACO President



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