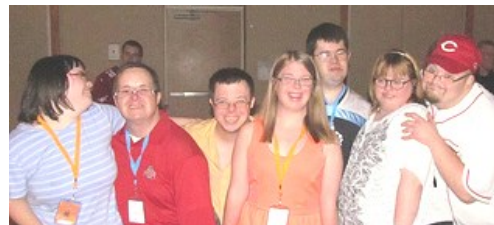


2014 Ohio Conference for Adults with Down Syndrome

“HERE’S TO YOUR HEALTH!”

Saturday, August 23–Sunday, August 24, 2014

Deer Creek Lodge & Conference Center
22300 State Park Road 20
Mt Sterling, OH 43143
(740) 869-2020



CONFERENCE AGENDA

Saturday, August 23

8:00-9:15am Registration/Breakfast

9:30-10:45am Session 1

911...Do You Have an Emergency?

Living on your own is a goal for many. Cuts, falls and burns are common accidents. Do you know the best action to take? Learn how to handle common emergencies and those that could be life-saving.

Can You Hear Me Now?

No, we aren't going to talk about your phone! Conversation is 3 parts listening and 1 part speaking. This **Speaking UP** session will teach the importance of listening and how it can improve your communication skills with friends and family.

11:00-12:15 pm Session 2

Before You Take Your Trip...

You have your vacation planned and you are excited about going! Did your plans include the things you need to do before you leave? Have you thought about staying safe during your trip? This session will give you tips that you can share with your travel companions.

Why Does My Doctor...?

Do you understand why your doctor asks certain questions or draws your blood? Why is taking your blood pressure important? This session will help you learn to be a stronger self advocate when you visit your doctor and understand what some of that medical stuff is all about.

12:30-1:15 pm Lunch

1:30-3:00 pm Session 3

Get “Happy!” through Yoga!

Yoga is a great way to relax, stretch your muscles and stay fit. It also helps bring a sense of calm when we find the world just a bit too crazy! Learn some moves that you can use every day and any day that you need a little “zen” to get away from it all.

Godzilla Attacks...Are You Ready?

No one ever really thinks that a disaster will strike. But every year, many families are faced with having to live without lights, heat, and electric for extended periods of time. Some need to stay in shelters. So how can you prepare for an unexpected emergency? Find out in this session.

3:15-3:45 pm What Did You Discover?

Wrap-up, evaluations and what's next.

4:00-6:00 pm Pontoon Ride (Extra” on registration form)

6:30-7:30 pm Dinner

8:00-9:30 pm Dance

Sunday, August 24

9:00-10:15am Planning for next year

10:30-12:00 pm Brunch and check out

There's more...see back!

Parent/Provider Sessions

Saturday, August 23

9:30-11:30 am Transitioning from a Pediatrician to an Adult Physician

Have you gotten the letter saying that your son or daughter needs to find a new physician—a physician for adults? This transition can be very difficult but you can make it easier using the tips shared in this session.

1:15-3:00 pm Emergency Preparedness...What You (likely!) Don't Know!

Learn all about what you really need to have in place to keep your family safe when disaster strikes. We'll share some tools that will help you sleep better at night knowing that you and your family are truly prepared.

There's so much to do at Deer Creek State Park. Feel free to stay and enjoy the many activities they have to offer including swimming, horse back riding, tennis, tons of trails and more!



Frequently Asked Questions

What does the \$25 registration fee cover?

The \$25 registration fee includes all of Saturday's activities including the conference, meals and evening dance. It also includes brunch on Sunday.

The registration **does not** include:

- Meal expenses for family members
- Hotel room

What is the hotel fee?

DSACO is supplementing the hotel fee for Friday and Saturday nights so that families can stay at a discounted rate of \$99. *

One room per family please!

Additional rooms are at family's expense at a regular rate of \$129.

*Discounted room rates are only available for the reserved block of rooms. Please be sure to **make your room reservations no later than July 25, 2013**. Call Deer Creek Lodge at 740-869-2020.

How do I register?

Please complete the enclosed Registration/Session Selection form (or visit www.dsaco.net) and mail the completed form along with payment to:

Down Syndrome Association of Central Ohio
510 East North Broadway
Columbus, Ohio 43214
Fax: (614) 263-6094

EXTRA -We are planning to take a pontoon ride at the end of the conference Saturday afternoon. It's a beautiful area and a boat ride is always a relaxing way to see the sights. The ride will be free but the marina **MUST** know how many people to plan for in advance. The ride will last about 2 hours (4-6:00pm).

If you plan to join us for this activity, **please be sure to indicate it on your registration**. Since DSACO will be reserving boats according to the numbers of people riding, we appreciate you being very thoughtful in your decision to sign up. "No shows" mean undo expense and **late sign-ups cannot be accommodated**.

We look forward to another memorable conference!
~The Conference Committee

For more information or questions, please contact:

Program Director, Marge Barnheiser
Down Syndrome Association of Central Ohio
(614) 263-6020
mbarnheiser@dsaco.net

Registration/Session Selection

Session 1 9:30-10:45 am

- ☐ First Aid & CPR
- ☐ Listening and Conversation

Session 2 11:00-12:15 pm

- ☐ Safety and Traveling
- ☐ Speaking UP with doctors

Session 3 1:30-3:00 pm

- ☐ Get "Happy!" through yoga!
- ☐ Emergency Preparedness

Please mark **ONE** choice for each time slot.

Conference "Extra" ☐ Pontoon Ride

ADULT REGISTRATION

Name _____

Mailing Address _____

Daytime Phone _____

Parent/Emergency Phone _____

Adult Registration Fee.....\$25

☐ Pontoon Ride? Free

Support/Assistance will be provided during the conference sessions/ meals and dance. Support/assistance will **not** be provided during non-conference times.

To better meet the needs of participants, please select from the following list to describe the young adult's need for assistance:

☐ Is capable of going to the restroom on his/her own and selecting own meals.

☐ May need assistance with:
☐ Going to the restroom
☐ Making meal selections

☐ May tend to leave the conference setting and needs to be monitored at all times.

Please provide additional information to help us meet the needs of your adult.

Any special dietary needs?

PARENT REGISTRATION

Name _____

Mailing Address _____

Daytime Phone _____

E-mail _____

Parent Registration..... Free

Meal fees (per person):

☐ Saturday breakfast.....\$10 x ____ = ____

☐ Saturday lunch.....\$12 x ____ = ____

☐ Saturday dinner.....\$15 x ____ = ____

☐ Sunday brunch.....\$12 x ____ = ____

☐ Pontoon Ride..... Free

Total..... \$ ____

DSACO is supplementing the meal fees for parents; the fees above represent a discounted cost.

The conference will adjourn at 3:45 pm on Saturday with numerous fun but optional activities to follow through Sunday brunch. The \$25 fee for young adults covers all activities including those that are optional. Please note the "Extra" pontoon ride and be sure to indicate if you plan to attend.

☐ Check Enclosed ☐ Charge my Credit Card \$ _____

If paying by credit card: Visa, MasterCard, Discover, Amex

Name on Card _____ Billing Address _____

City, State, Zip _____ Credit Card # _____

CVS# _____ Exp. Date _____ Signature _____