

Saturday  
11.4.17

Water's Edge,  
Westbrook, CT

1525 Boston Post Road,  
Westbrook, CT 06498

Reservations: 800-222-5901

Resort: 860-399-5901



# Connect the Dots

CDSC Annual  
Convention  
2017



A meaningful life with  
Down syndrome is  
built on best practices,  
advocacy and community.

Let's make the connections  
together!



**KEYNOTE SPEAKER:** Paul Daugherty sports columnist for the Cincinnati Enquirer, author of several books and most importantly father to Jillian, a young woman with Down syndrome. Paul will share stories of hope, inspiration and humor of the first 25 plus years of life with Jillian.

## Schedule of the Day

7:45am-8:30am	Registration/County Support Group Meet Ups
8:30am-9:45am	Workshops (A-E)
9:45am-10:30am	Break/Visit Vendors
10:30am-11:45am	Workshops (F-K)
11:45am-12:15pm	Break/Visit Vendors
12:15pm-12:45pm	Luncheon
12:45pm-1:00pm	CDSC Business Meeting and Announcements
<b>1:00pm-2:00pm</b>	<b>Keynote Speaker: Paul Daugherty</b>
2:00pm-3:15pm	Workshops (L-Q)
3:30pm-5:00pm	Social Hour (Last Opportunity to Visit Vendors)

## Self Advocate Session - Be Your Own Super Hero

Open to people who have Down syndrome age 16 and older

### What's Your Super Power?

Are you an amazing listener? Super strong or fast? Can you bake cookies like a boss or save the day for people around you no matter how dire things are?

We'll spend the day together having fun, sharing our super powers and learning how we can use them together, and on our own, to make the world a better place.

Please note: Self Advocate programming is team building in nature. Activities and lunch are largely separate from the main convention. Additional information and releases will be forwarded to you upon registration. Please direct questions to Emily Kalenauskas at [ekalenauskas@ctdownsyndrome.org](mailto:ekalenauskas@ctdownsyndrome.org).



## Keynote Speaker

### *Paul Daugherty*



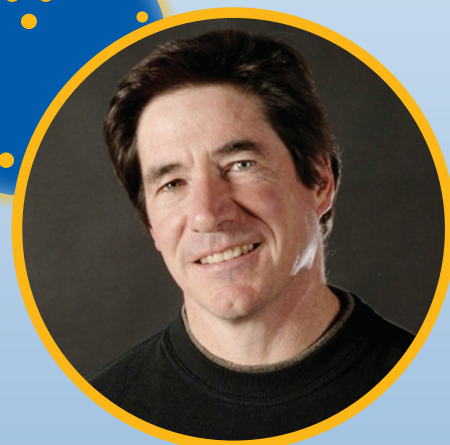
When Paul Daugherty isn't occupied listening to daughter Jillian tell him how she's going to conquer the world, he is an empty-nester and Cincinnati Enquirer sports columnist, living with his wife Kerry in Loveland, OH.

Daugherty has written about games and the people who play them since 1979, when he graduated, barely, from Washington & Lee University. Over the decades he has covered 20 Super Bowls, five Summer Olympics, an equal number of World Series, Final Fours and Masters golf tournaments. He has managed to retain most of his sanity, and hair.

He has written four books and is in the midst of a fifth. His most recent work, *An Uncomplicated Life*, details the first 25 years of Jillian Daugherty's life. Jillian was born with Down syndrome. Not that it matters, except Jillian's disability has somehow enabled the lives of lots of the rest of us, and allowed her father to sell a few books.

The media world has been kind to Daugherty, who in 2013 was named the best newspaper sports columnist and sports feature writer in America, by the Associated Press Sports Editors. He and Kerry didn't travel around the world with the winnings. But the plaque is nice.

Daugherty also has a 30-year-old son, Kelly, who lives in Brooklyn, and a 10-year-old golden retriever, Lucy, who lives on the bed.



Keynote Speaker  
*Paul Daugherty*

## Vendors

Be sure to grab a passport and visit our Vendor Area! You'll see lots of great products and information - get your passport stamped at each table you visit and you will qualify for our prize drawing. Winners will be immediately notified following the convention.

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**8:30-9:45am**

Early Morning Session

**A**

## **Inclusion in Faith Communities:**

Presented by Linda Rammler, Ph.D., CESP. Faith communities offer unique opportunities to meet a variety of individual and family needs, ranging from inclusive worship and participation in faith community activities to making important lifelong connections that withstand the test of time and funding uncertainties. How can you approach faith communities effectively? How can we make "It takes a community" a reality?

**B**

## **Whole Food Nutrition Strategies for Dramatically Boosting Your Child's Overall Health:**

Presented by Gail Perrella M.S., C.N.S. Find out what foods you want to eliminate vs. what foods you want to incorporate into the diet to boost your children's health in a big way.

**C**

## **Knowledge is Power: How Relationship & Sexuality Education Can Keep People with I/DD Safe:**

Presented by Katie Hanley, LMSW. This session is led by the Director of Oak Hill's Center for Relationship & Sexuality Education (CRSE), a program that has been providing clinical and educational resources on healthy relationships and sexual health for people with I/DD for more than a decade.

The goal of this workshop is to empower professionals and family members to foster safe relationships at home and in the community. Objectives include: review statistics about prevalence of abuse; explore the negative impact of our culture of compliance; offer "need to know" topics; outline teaching strategies; and, review available resources and tools to help you!

**D**

## **DS-ASD 101: Understanding the Basics of Co-Occurring DS and Autism Spectrum Disorder:**

Presented by Charlotte Gray and Jeanne Doherty, Board Members Down Syndrome - Autism Connection. What we know about Co-Occurring Down syndrome and Autism Spectrum Disorder, behaviors that can indicate a problem, evaluation and diagnosis and the parents' journey before and after diagnosis.

**E**

## **Success with Self-Employment:**

Presented by Nick Glomb. Nick Glomb will describe his path to becoming a successful small businessman. He will explain the steps in creating a small business and the key elements to success in school and in life.



**10:30AM-11:45AM**

Late Morning Session

**F**

## **Charting the Life Course: How Families Can Support Seamless Transitions from School to Adulthood**

Presented by Linda Rammler, M.Ed., Ph.D., CESP. Using the format of "Charting the Life Course" materials developed by the University of Missouri-Kansas City Institute for Human Development and currently being adopted by the CT DDS, participants will explore strengths-based opportunities for their transition-aged sons and daughters to achieve valued life outcomes that include employment.

**G**

## **Strategies for Addressing Challenging Behavior**

Presented by Melissa L. Olive, Ph.D., BCBA-D. Children with Down syndrome may engage in challenging behaviors (e.g., non-compliance, flopping, and tantrums) due to their often-delayed language and communication.

This session will focus on understanding why these challenging behaviors occur, as well as how to assess them. Participants will learn how to use positive behavior intervention and supports to address the behaviors and improve the lives of children with Down syndrome and their families.

**H**

## **Understanding Sensory Diet: Begin to Differentiate Sensory Needs vs. Behavior issues:**

Presented by Rae Suba OTR/L Pediatric Occupational Therapist Child's Play Clinic Owner & Executive Director. In this introductory, easy to understand, parent friendly and interactive lecture, Rae will introduce you to the various sensory systems that impact everything from behavior to learning!

You will begin to understand how to decipher the difference between learned behaviors and sensory-based responses, enabling you to be the most effective parent to your child with special needs. A beginning discussion on how to create a sensory diet for your child will also be explored.



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**10:30AM-11:45AM**

Late Morning Session Continued

**I**

## **Yes! Bullying Can Be Addressed Through the IEP:**

Presented by Special Education Advocate Julie Swanson and Attorney Jennifer Laviano. Research shows that children who have disabilities are more likely to be bullied than their typically developing peers. Unfortunately, parents are often told that "bullying" cannot be addressed through their child's IEP (Individualized Education Program).

So what's a parent to do? First thing, request an IEP team meeting with the sole purpose of addressing your concerns around bullying, then Jen and Julie will tell you what to do from there.

Attorney Jennifer Laviano and special education advocate, Julie Swanson will share their best tips on bullying from their combined 40 years of experience and nearly 15,000 IEP and 504 meetings, mediations and Due Process Hearings. Jen and Julie are the co-authors of the newly released book *Your Special Education Rights: What Your School District Isn't Telling You*.

**J**

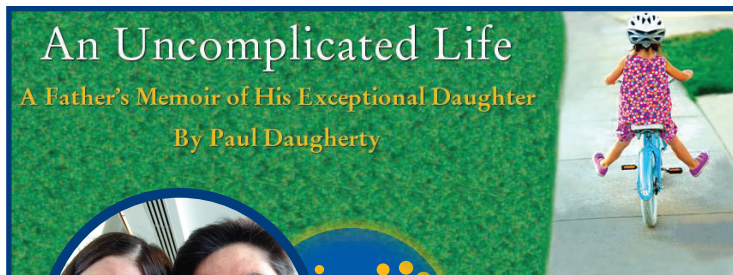
## **Addressing Common Health Issues in Individuals with Down syndrome through a Comprehensive Strength and Conditioning Program**

Presented by Brendan Aylward Unified Health & Performance. Individuals with Down Syndrome are predisposed to a host of medical conditions. Our workshop will outline steps that you can take to create a healthier lifestyle for this population whether the goal is weight loss, developing a stronger and more functional body, or running your first 5k together.



**1:00PM-2:00PM**

Keynote Speaker



**K**

## **DDS Waivers 101:**

Presented by Siobhan C. Morgan Waiver Operations Director, Dept. of Developmental Services. This will serve as an introduction to the Medicaid Waivers Program in Connecticut. Waiver Services is responsible for policy and procedure development for the operation of the Department of Developmental Services' (DDS) Home and Community Based Services (HCBS) Waivers, the development of new and renewal waiver applications, and decisions regarding requests for new or additional waiver services. Waiver Services is also responsible for quality oversight of regional waiver operations and compliance with state and federal requirements.



**2:00PM-3:15PM**

Afternoon Session

**L**

## **Customized Employment: Not Just a Pipe Dream:**

Presented by Linda Rammler, M.Ed., Ph.D., CESP. You may have heard from some professionals that your son/daughter "can't" work. You may have even thought so yourself. Come learn about "Customized Employment" -- a means of achieving "Employment First for All."

**M**

## **Special Needs Planning:**

Presented by Stuart Hawkins. Our workshop educates families on the importance of planning for the future of their child or dependent with special needs.

It will address important issues such as:

- Special Needs Trusts
- Protecting Government Benefit Eligibility
- Guardianship and Conservatorship
- New ABLE Act
- SSI, SSDI, Medicaid
- Financial Security and Funding Options
- Letters of Intent

These vital issues ensure not only lifetime care, but also quality of life for your loved one. Our workshop provides a unique opportunity to learn from someone who has personal experience with these same issues.



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**2:00PM-3:15PM**

Afternoon Session Continued

**N**

## **Toilet Training Children with Down Syndrome:**

Presented by Melissa L. Olive, Ph.D., BCBA-D. Many children with Down syndrome have difficulty learning to use the toilet. The purpose of this presentation is to teach participants how to use ABA to teach children to toilet.

Participants will learn the toileting routine that should be taught prior to intensive toilet training. Next participants will learn how to teach toileting in 1-3 days. Once the child learns to toilet, then nighttime dryness will be discussed. Finally, teaching the child to indicate the need to toilet will be discussed. Time will be available for questions and answers throughout.

**O**

## **Understanding How Vision Affects Development:**

Presented by Dr. Susan C. Danberg, OD FCOVD, Behavioral Optometrist. Vision is different than Sight. An individual's visual system affects how he/she learns and behaves. Learn why a Behavioral Visual Exam is different than a traditional eye exam and how this approach may differ for the treatment of common vision problems found in the DS population.

**P**

## **What We Know About the Literacy Development of Children with Down Syndrome:**

Presented by Katherine Whitbread, Ph.D. Literacy is the central focus of early schooling, yet many children with Ds receive inadequate or ineffective reading instruction.

This presentation will explore current research, best practices, and practical strategies for teaching reading to this population of children.

The presenter will share results of a grant-funded project focused on supporting the literacy development of Connecticut children with Ds, highlighting home-and school-based practices that contribute to a strong literacy foundation.



## **Location**

**Water's Edge Resort and Spa** is the premier choice in Connecticut resorts, providing a scenic location, superb service and top amenities for events.

**Water's Edge Resort & Spa**

1525 Boston Post Road

Westbrook, Connecticut 06498

Resort: 860.399.5901

Reservations: 800.222.5901



*A limited number of rooms are being held for convention attendees. Please call the resort for more details.*

## **Directions**

### **From New York City, New Haven and West**

Interstate 95 North to Connecticut Exit 65. Right turn at exit ramp to second stop light in center of town. Left onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right. From NYC, approximately 100 miles and two hours driving time.

### **From Hartford, Springfield and North**

Interstate 91 South or I-84 West to Hartford. From Hartford, take I-91 South to Route 9. Then Route 9 South to Exit 3. Go through stop sign to second stop sign. Turn right onto Route 153 South and follow to the end of route until intersection with Route 1 in Westbrook. At light, turn left onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right. From Hartford, approximately 50 miles and an hour driving time.

### **From Boston, Providence and East**

Interstate 95 South to Connecticut Exit 65. Left turn at the exit ramp to the third stop light in the center of Westbrook. Left turn at light onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right.

## Registration Form

Register online by visiting our website at [www.ctdownsyndrome.org](http://www.ctdownsyndrome.org). Click on the Convention icon to register on-line. It's that easy!

Name \_\_\_\_\_ Workshops (fill in workshop letter): 8:30 \_\_\_\_ 10:30 \_\_\_\_ 2:00 \_\_\_\_

Email \_\_\_\_\_ Check one: Member ☐ Non-Member ☐ Grandparent ☐ Person/Ds ☐

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ ☐ Dietary Restriction

Name \_\_\_\_\_ Workshops (fill in workshop letter): 8:30 \_\_\_\_ 10:30 \_\_\_\_ 2:00 \_\_\_\_

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Category	# Persons	X	Rate	=	\$ Amount	Notes
Self Advocate Conference		X	\$0.00	=	\$	No charge, space is limited
CDSC Member		X	\$55.00	=	\$	Rate applies only if your CDSC membership is current or if you are renewing or applying below. It applies to immediate family members only.
Non-Member		X	\$100.00	=	\$	
Walk in Registration		X	\$20.00	=	\$	Online and mail in registration close on October 25th, all registrations after that will be considered walk in, and charged an additional \$20.00
New/Renewal of CDSC Membership			\$35.00	=	\$	Yes I would like to become a member or renew my existing membership, (membership includes all immediate family members)
Total Amount Enclosed					\$	Fee includes continental breakfast, lunch and all conference materials

Fee waivers are available for those who need them. Please email us at [kkonatich@ctdownsyndrome.org](mailto:kkonatich@ctdownsyndrome.org) or call us at 888.486.8537

**Payment Method** ☐ Enclosed is my check payable to the CDSC ☐ Please charge to my (check one): ☐ Mastercard ☐ Visa

Card Number: \_\_\_\_\_ Expiration Date \_\_\_\_ / \_\_\_\_ CCV Code (on back of card) \_\_\_\_\_

Your name as it appears on the card \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_

**Please bill my agency.** (This option available **ONLY** to schools, hospitals and other corporate entities.)

Purchase Order # \_\_\_\_\_ Entity Name \_\_\_\_\_

Billing Address \_\_\_\_\_ Telephone # \_\_\_\_\_

Mail completed registration with payment to:

**Connecticut Down Syndrome Congress**

**P.O. Box 243**

**Meriden, Connecticut 06450**

# Connect the Dots

## CDSC Annual Convention 2017



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down syndrome  
CONGRESS

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