



Tips for including someone who is deaf or hard of hearing in your holiday party:

- If you'll be assigning seats, seat the person who has a hearing loss so that his back is to any windows. This helps him see others' faces more clearly. If your guest communicates with sign or cueing, seat them near someone who knows how to use that, too.
- At large gatherings, using place cards will help all the kids (not just the one with a hearing loss) make the connection between a person's name and face. Consider facing the names to the center of the table so everyone can see them.
- Try not to have large centerpieces that block the view of faces or hands for people who communicate with their hands.
- Dim lighting might be nice for setting a mood, but it makes it nearly impossible to read a speaker's lips.
- Background music, another mood setter, can make it difficult for someone who has a hearing loss to understand the conversation. If you want to play music quietly, seat the person who has a hearing loss away from the music speakers.
- In this high-tech world, people who have hearing aids or a cochlear implant often have a microphone they can put on the table to help pick up others' voices. You could ask if your guest has one—you'll impress them as being technology savvy. Then place the microphone discreetly near the centerpiece.
- If your guest reads lips (a very difficult skill), be sure to face her when you're talking. Then speak normally, not over-enunciating. And, of course, don't talk with food in your mouth.
- To get the attention of someone who has a hearing loss, wave your hand in front of yourself or gently touch his arm.
- If your guest signs or cues and you don't, make an effort to communicate anyway. Grab someone who can interpret, and then continue to look at her even though she's watching the person who's interpreting.
- To say something simple, like "Do you want to play?" (just 3 signs) ask a hearing signer to show you how and sign it yourself—you'll be surprised how easy it is to copy signs and how much your guest will appreciate your effort.
- If you'll be watching a movie together, turn on the captioning. If you don't know how, ask the person who has a hearing loss to help.
- Encourage all your guests to take turns talking so the conversation is easier to follow.
- Playing games, which naturally encourages turn-taking, keeps everyone involved in the party. Good choices are Charades, the card game "Spoons" or board games where you don't shout out answers.

Deaf adults share thoughts on family gatherings

The large gatherings that often are part of the holidays can make communication difficult for those who have a hearing loss. It's challenging (to say the least) to follow fast-paced voiced conversations or communicate at all if you're one of only a few in the room who sign or cue.

So how can you make sure your child who is deaf or hard of hearing feels included in holiday parties? Several deaf adults shared their experiences and offered advice.

Beckie Perkins grew up as the only deaf child in a family with five kids. Holidays brought her family plus aunts, uncles and cousins to Grandma and Grandpa's house for feasting and fun.

"My family tried hard to communicate with me, using oral and/or fingerspelled words and a few signs," she said. "I often had to interrupt the conversation so I knew what was being covered."

Beckie said she didn't feel left out, although she added that she learned more about her extended family when she became an adult and went to family weddings and funerals.

"Either my family assumed I knew things or forgot to inform me until much later," she explained. Her advice to parents is to make sure kids with hearing loss know what everyone else knows—"include them in conversation and inform them about important events or traditions," she added.

While Beckie said she enjoyed getting together with her cousins, she often wished for someone else who was deaf with whom she could communicate freely in ASL. These days, she has that someone—her 10-year-old daughter, Molly, is deaf, while the rest of her family is hearing.

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Here's What's Happening

**Friday,
December 3**

CSD sponsors Swim Night 7:30 to 9:30 p.m. at Oxford Pool, 1079 Iglehart, St. Paul. \$3 kids/\$4 adults. For information, call 651-487-8872(tty) or lpressleyford@c-s-d.org.

**Saturday,
December 4**

Deaf storyteller Estella Bustamante signs stories for kids ages 3 to 7 at 10:30 a.m., Merriam Park Library, 1831 Marshall Ave., St. Paul, 651-642-0385(v), 651-298-4184(tty).

**Saturday,
December 4**

Party with Santa and the Cued Speech Association of Minnesota from 1 to 3 p.m. at Diamond Lake Lutheran Church, 5760 Portland Ave. S, Minneapolis. Kids can make gingerbread houses and other holiday crafts. RSVP to Katherine Burns-Christenson, e-mail KBC29@aol.com.

December 5 & 9

"Holiday Traditions in the Period Rooms," an ASL-interpreted tour at the Minneapolis Institute of Arts, begins at 2 p.m. Sunday, Dec. 5. That same day, "Holiday Traditions at the Purcell-Cutts House" starts at 3 p.m. A second tour of the Period Rooms begins at 7 p.m. **Thursday, Dec. 9.** For details, call 612-870-3131(v), 612-870-3132(tty) or e-mail dhegstro@artsmia.org.

December 6

Santa will sign with kids from 6 to 9 p.m. at Ridgedale.

December 7

Santa will sign with kids 6 to 9 p.m. at Burnsville Center.

December 8

Santa will sign with kids 6 to 8 p.m. at HarMar Mall.

Dec. 11-12

An introductory class in Cued English is offered in ASL at Anne Sullivan Communication Center in Minneapolis. Cost is \$40 for students, \$60 for family members and \$80 for professionals. For information, e-mail Katherine Burns-Christenson, Cued Speech Association of Minnesota co-President, at KBC29@aol.com.

**Friday,
January 7**

CSD sponsors Swim Night 7:30 to 9:30 p.m. at Oxford Pool, 1079 Iglehart, St. Paul. \$3 kids/\$4 adults. For information, call 651-487-8872(tty) or lpressleyford@c-s-d.org.

**Saturday,
January 8**

Deaf storyteller Estella Bustamante signs stories for kids ages 3 to 7 at 10:30 a.m., Merriam Park Library, 1831 Marshall Ave., St. Paul, 651-642-0385(v), 651-298-4184(tty).

**Friday,
January 14**

"Kilimanjaro: To the Roof of Africa" opens with rear-window captions at the Science Museum of Minnesota. The film follows six adventurers through Mt. Kilimanjaro's changing climate zones and interesting landscapes. For more information, see www.smm.org and click on "Show Times."

**Sunday,
January 30**

The Family Support Connection sponsors a **FREE roller skating party** for families with children who are deaf or hard of hearing. The party runs from 4:30 to 6:30 p.m. at Roller Gardens in St. Louis Park. See flyer for details.

Captioned 'Polar Express' arrives

The family holiday movie "The Polar Express" will show with open captions Dec. 3-5 at Oakdale Cinemas (Marcus Theatres) 5677

Hadley Ave. N. in Oakdale. Times are 4:40 Friday, 12:05 Saturday, and 7 p.m. Sunday. The Oakdale Cinemas also will show open-captioned prints of "National Treasure" Dec. 10-12, "Christmas with the Kranks" Dec. 17-19, and "Ocean's 12" Jan. 7-9. For movie showtimes call 651-770-4994 or see www.marcustheatres.com.



"The SpongeBob Squarepants Movie" will show with open captions Dec. 13 and 14 at Kerasotes Theater in Coon Rapids (612-757-6608), and Dec. 15 and 16 in Inver Grove Heights (651-453-1016).

Theaters with rear-window captioning include the Crown Theater Block E Movie Complex, 600 Hennepin Ave. (612-338-1466), and the AMC Eden Prairie Mall 18 Theatres, 4000 Flying Cloud Drive (952-656-0010). These theaters show current releases with captions viewed on seat-mounted plastic screens.

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Please note that information about events, services, or other organizations does not imply endorsement by the Family Support Connection.

The Family Support Connection's mission is to build better lives for children who are deaf and hard of hearing by providing parent-to-parent support to families. Please visit our website at www.familysupportconnection.org.

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In Your Corner

By Candace Lindow-Davies,
Family Support Coordinator

The Holidays are just around the corner. For many of us, this means well-deserved time off from work as well as celebrations with long-standing traditions and time spent with our children and extended family.

For some families, however, this can also be a time of stress. It can be a difficult time, not only because of the typical reasons families experience stress, but also because of communication issues that can arise when families get together.

Some parents work very hard all year making the world “accessible” to their child who has hearing loss. Parents may carefully choose their child’s educational setting to make sure the acoustics are just right. They may learn another form of communication, like sign or cue, and work very hard to ensure that everyone around the child uses this method. They may make an extraordinary effort to educate daycare providers, neighborhood parents, and sports associations of the issues that concern their child.

However, when it comes to family celebrations, all this can go right out the window! Short of calling an annual meeting with loved ones to hash out the “reasonable accommodations” at...say...Aunt Martha’s house, we wind up making concessions. Some concessions are necessary. Great Grandma, at the glorious age of 95, is not going to come into town once a year and keep her ASL skills up to speed. We know we will always be an “interpreter” for our child in some situations.

Other concessions, however, are very reasonable. And, rather than kick ourselves for letting another Holiday go by without speaking up, or dying inside while we watch our child miss an opportunity to be an active participant in family gatherings, we can take action. I hope this issue helps you explore some ways you can bring your child who is deaf or hard of hearing closer to extended family and become an important part of your family’s celebrations.

From all of us at the Family Support Connection, have a very festive and joyous Season!



ILY bears ready for holiday giving

The Family Support Connection of Lifetrack Resources is raising money to support its programs and services by selling cute stuffed bears with the sign for “I love you” over their hearts.



These cuddly bears are the size of “Beanie Babies” and sell for \$10 each plus \$1 for shipping (no shipping if you pick up the bear at the Family Support Connection office in St. Paul).

To request bears, send a check (\$10/bear plus shipping unless you’ll pick up your order) to: Family Support Connection, 709 University Ave. W.,

St. Paul, MN 55104-4804.

If you’re still shopping for gifts after you’ve loaded up on ILY bears (smile), you might consider getting a gift that promotes your child’s mode of communication.

For signers, there are games like ASLingo, a kind of bingo with handshapes (available at www.ASLingo.com). A colorful calendar called “Cali in the Kitchen” shows signs for food with words in English and Spanish can be found at www.coloroflanguage.com. ASL-themed mugs, T-shirts, jewelry, greeting cards, books and videos are all over the web. The big sites are Harris Communications (www.harriscomm.com) and ADCO (www.adcohearing.com). Deafmall.net/gifts has links to many other sites with ASL-inspired gifts.

For cues, games, books and computer software promoting Cued Speech are available at www.cuedspeech.com under “Products.”

E-mail address accepts comments on state funding of public schools

Following two recent state reports that Minnesota fails to adequately fund K-12 schools, the Minnesota Senate has created an e-mail address (schools@senate.mn) for Minnesotans to share opinions and possible solutions for funding public schools.

The e-mailed responses will be compiled for the 2005 Legislative Session, which is used primarily for budgeting. School funding accounts for 41% of the State’s budget.

The state’s reports are online at <http://education.state.mn.us/content/080511.pdf>, and <http://education.state.mn.us/html/076440.htm>.

CSD of Minnesota seeks new director

CSD of Minnesota is looking for a new director following Anna Virnig’s resignation.

The director leads CSD’s Minnesota office based in St. Paul and reports to CSD’s National Programs Region I Director. Applicants must be fluent in ASL. CSD also is looking for a director for its Austin, Texas office.

A complete job description is available at www.c-s-d.org/default.aspx?tabid=33&jobid=57.

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Kathy Schumacher also was the only one who was deaf at family gatherings. She communicated with everyone by lipreading and speaking, which didn't always work for her.

"People would say grace, but I didn't know they were saying grace. I was at the kids' table with my back to the adults, and I would keep talking," Kathy said. "Then, everyone would tell me to be quiet. I didn't understand what the problem was."

She also remembered feeling left out when others told jokes.

"I didn't like missing the joke at the time and being the only one not laughing," she said. "Sometimes it was too much hassle to have jokes explained, so I'd just play along like I understood the joke."

Kathy isn't the only one who remembers missing jokes. Elise Knopf said her family learned to limit joke-telling.

"Often, it's hard to follow the joke or understand the meaning, especially if it's a play on English words," Elise explained. "I remember feeling badly when I was the only one not laughing or when people would retell the joke and then I was the only one laughing

after the fact."

To help a child who has a hearing loss keep up with conversation at a large table, seat her next to people who can communicate most easily with her, Elise suggested.

"My mom was always so good at asking me if I was okay, and if I needed anything," Elise said. "It's good to check with your child to see how they're doing." She said her mom would give her "headlines" about what was being discussed at the table. Then Elise could decide if she wanted to join in.

"It made me feel important and included," she added.

If your child is younger, you might want to give him a project—"making something so everyone can see what the child CAN do and so the child feels important," Elise said. Beckie agreed.

"Let the child take over the spotlight or lead something to make her feel loved, valued and happy," Beckie added.

Sean Virnig grew up with deaf parents and siblings so communication wasn't a problem. Now, though Sean and his wife, Anna, are deaf, their young kids are hearing. When he brings his hearing kids to family gatherings he has to be careful to remember to turn on music and add the

volume to the TV.

"I must be always cognizant of their needs as hearing individuals," Sean said. He added that flexibility is the key to parenting, suggesting parents of children who have a hearing loss let them bring their favorite books, video games or other toys to family gatherings so they always have something to do. Also, by having games your child is familiar with, your child won't need to have the game explained and will feel more comfortable playing it with others.

If, after you've tried all this advice, you still notice your child sitting alone at the holiday party, pull out a paper and pen and make a game out of communicating through notes. One mother of a girl who is deaf recalled their best holiday party as the one where her daughter discovered an antique manual typewriter on a side table and parked herself by it. As she hammered away, other guests came over to see what she was writing and added their own typed comments. It was the most conversation many of them had ever had with her. They were shocked to see how much she had to say. She may have tapped into a future mode of communication between deaf and hearing that would make these gatherings a lot easier. (See the technology story below.)

Communication no barrier at Deaflympics

Healthy role models for deaf and hard of hearing kids will take center stage next month in the 20th Summer Deaflympics in Melbourne, Australia.

The Summer Games (it's summer down-under), which run Jan. 5-16, will feature more than 3,000 deaf and hard-of-hearing athletes from 80 nations competing in 15 individual and team sports. Kids can keep track of their favorite athletes or sports online at www.2005deaflympics.com.

The Deaflympics includes nearly every competition the Summer Olympics offers, including track and field, swimming, volleyball and soccer. The International Olympic Committee sanctions the Deaflympics, which is the second-oldest multi-sport gathering in the world after the Olympics. The Deaflympics began as The Silent Games in Paris in 1924. The name Deaflympics was adopted in 2001 by the International Committee of Sports for the Deaf.

To compete in the Deaflympics, an athlete must have at least a 55-decibel loss in his or her better ear, which is considered a moderate to severe hearing loss. Colored lights, rather than guns or horns, are used to start competitions.

The next Winter Games will be held in February 2007 in Park City, Utah, site of the last Winter Olympics.

The website www.deaflympics.com has more information on the history of the Deaflympics plus data on Deaf World Records and past games.

Speech-to-text improves

The day is coming when someone who is deaf or hard of hearing will have instant access to everything that's spoken via a hand-held computer that turns speech to text.

"On-the-fly" captioning is the goal for IBM's new ViaScribe technology. For now, the speech-recognition software is being tested in universities for real-time captioning of class lectures.

It's an improvement over previous voice-recognition software that required tedious "training" of the computer to understand each speaker's voice. This new system allows a speaker to talk naturally, without uttering punctuation marks. Text of the lecture can be printed for later study.

IBM claims ViaScribe has an accuracy of 90 to 95 percent, a rate which improves when it is used in closed settings such as a classroom.

Programs teach deaf/hard of hearing kids how to ski

Two separate programs are offering deaf and hard of hearing kids a chance to learn to downhill ski—a lifetime sport giving kids a chance to enjoy Minnesota’s long winters.

The Minnesota Ski Council offers five weekly beginner-to-intermediate lessons on Sundays from 1 to 2:30 p.m. Jan. 9 through Feb. 6 at Hyland Hills Ski area in Bloomington. (Snow-making equipment will provide snow if Nature doesn’t.) Cost is \$60 and includes one-on-one instruction (when possible), lift tickets and equipment rental (\$50 if no equipment is needed). Minimum participation age is 7. ASL interpreters will be available, but may not be provided continuously throughout the lesson. Registration deadline is Dec. 10. Contact Bob Barrett at 763-323-7644, 763-639-3912 or e-mail hearing_program@mnski.org.

CSD’s Recreation Program Coordinator, Linda Pressley-Ford, has been an instructor with Minnesota Ski Council and now offers lessons through St. Paul Parks.. For details, call 651-487-8872 (tty) or e-mail lpresleyford@c-s-d.org.

Deaf, disabled rec programs offered

St. Paul’s Adaptive Recreation and CSD-MN are offering new programs for teens and adults who are deaf and developmentally disabled.

Participants can paint holiday murals on rec centers’ windows from 2:30 to 4:30 p.m. Dec. 11 and 18. Cost is \$7.

A basketball program begins Dec. 2 and runs through March on Thursdays from 6:30 to 8 p.m. at Phalen Recreation Center. Cost is \$25, \$30 for players who live outside of St. Paul. Games will be played on Monday or Wednesday evenings beginning in January. A practice and game schedule for 2005 will be available at the end of December. The registration fee includes a team jersey.

To register for a program, contact Mary Livingston at 651-266-6366 (voice), 651-266-6378 (tty), mary.livingston@ci.stpaul.mn.us, or Linda Pressley-Ford at 651-487-8872 (tty), lpresleyford@c-s-d.org.



A Little Grin

By Linda Werness-Jaroszewski and Katherine Burns-Christenson

You know you’re the parent of a deaf or hard of hearing child when:

- your 16-year-old daughter is in the living room with her new boyfriend and her hearing aid starts giving off feedback. You peek around the corner to notice he’s sitting a bit too close!
- you can tell anyone the competitive pricing on hearing aid batteries!
- the dog runs into the room chomping on something, only to catch him spitting out an earmold!
- every time the McDonald’s French fry buzzer goes off, you jam your finger into your kid’s ear, thinking it’s feedback from a loose earmold.
- the sight of flying playground sand sends you leaping like an Olympic hurdler to cover your child’s equipment. You didn’t know you had that speed.
- you’re able to breast feed while simultaneously turning off the “lower” hearing aid and turning on the “upper” hearing aid.... It’s true you have become part octopus!
- you find joy in vacuuming the nursery while your child sleeps in her crib.

Share your ‘Grins’ by e-mailing fsc@lifetrackresources.org.

Deaf may benefit from stem cell research

Researchers in England using the controversial science involving stem cells are optimistic they will have a treatment for certain types of hearing loss in the next 10 to 15 years.

Dr Marcelo Rivolta of the Institute of Molecular Physiology at Sheffield University is using stem cells from embryos and trying to convert them into cells for the human ear. His research has shown that stem cells from sensory nerves could be regrown in a damaged part of the ear, which, potentially, could restore a person’s hearing. This would help people who have lost their hearing as a result of degeneration of the cochlea, loud noise or drug treatments, and people with certain genetic conditions which have damaged sensory hair cells.

New drug will treat hearing loss

A U.S. pharmaceutical company with the sole goal of developing drugs to prevent and treat hearing loss has announced it is testing a drug to treat soldiers whose hearing has been damaged due to excessive noise.

Sound Pharmaceuticals, based in Seattle, has already registered one of its products, code-named SPI 1005, with the Food and Drug Administration and has taken out a patent on it. Eighty soldiers involved in live weapons training with hand-held rifles are taking part in the first trials.

Even though the soldiers wear protective covers over their ears, many still develop both temporary and permanent hearing loss or tinnitus (continual ringing or buzzing sounds). The drug company hopes SPI 1005 will reverse the hearing loss and prevent it from occurring in future training.

The company hopes that a product could be on the market in about three years from now.

For more information about the company as well as anything you’d ever want to know about the biology of hair cell death, see www.soundpharmaceuticals.com.



Off The Shelf

By Robin Coninx, FSC Specialist

For this issue of *FOCUS*, I have resources to perhaps give some insight to how to include your child who has a hearing loss in your family holiday celebrations. These resources focus on building relationships with extended family, not just during the holidays.

Barbara Aschenbrenner of the American Society for Deaf Children created a list several years ago with suggestions for helping extended family members build relationships with a child who has a hearing loss. Among her ideas are:

- Try to take sign language class if sign is used by the child.
- Visit the nearest school for the deaf—could you volunteer?
- Borrow sign language videotapes (we have several in the Family Support Connection library).

Aschenbrenner offers many other tips. I will be happy to copy off and send you this list.

Or, you might consider requesting a copy of “Grandparents’ Role in Family Systems with a Deaf Child.” This has a lot statistical information, but offers specifics on how grandparents can be part of a deaf grandchild’s life.

To request either of these resources, please contact us at the Family Support Connection, e-mail fsc@lifetrackresources.org.

Thank you for your assistance during inventory week. The library is open again. Please feel free to offer suggestions for resources we can consider to expand our library.

Deadline approaches for summer internships

The American Association of People with Disabilities (AAPD) has two summer internship opportunities in the nation’s capital for college students who have disabilities.

The Mitsubishi Electric America Foundation and the AAPD Congressional Internship Program provides an opportunity for eight students with disabilities to work on Capitol Hill for this 8-week internship. The Microsoft-AAPD Federal Information Technology (I.T.) Internship Program places 10 students in U.S. government agencies for 11 weeks.

The deadline for applications is Dec. 15. Airfare, summer housing, and stipends will be provided. Additional information and applications are available at www.aapd-dc.org, or call 800-840-8844 (v/tty).

Online courses offered

Gallaudet University offers online courses that let students and professionals take college courses without leaving home.

Course topics include interpreting, writing, speech/language and teaching options. Students log onto the course website to post assignments electronically and to participate in online discussions. Classes are limited to 10 students and fill up quickly.

For more information, see geel.gallaudet.edu/extended_learning.html.

Elmo learns sign

The children’s show “Sesame Street” currently is filming four segments that feature members of the National Theatre of the Deaf (NTD) teaching “Sign Language Moments of the Day.” The segments will air on “Sesame Street” in April.

Former NTD member Linda Bove has appeared on Sesame Street since 1975. These new segments will feature current NTD members Colleen Foy, Ian Sanborn, Greg Anderson and Shanny Mow along with muppets like Elmo, Big Bird, Telly, and Zoe.



ASL-Interpreted Performances

A Year with Frog & Toad

Wednesday, Dec. 15, 10:30 a.m.; Friday, Dec. 17, 7:30 p.m. Tickets: Reduced. Children’s Theatre Co., 2400 3rd Ave.S., Mpls, 612-874-0400, www.childrenstheatre.org.

A Dickens Christmas Carol

Saturday, Dec. 19, 2 p.m. (assisted listening devices also available) Tickets: \$12, seniors/students \$10 Bloomington Center for the Arts, 1800 W. Old Shakopee Road, 952-563-8587, www.bloomingtonartcenter.com.

On the Record

Saturday, Jan. 1, 8 p.m. A new musical with more than 50 beloved songs from popular films, including The Little Mermaid, Aladdin, Tarzan, The Hunchback of Notre Dame, Sleeping Beauty, Cinderella, and Snow White. Ordway Center for the Performing Arts, 345 Washington, St. Paul, 651-224-4222, 651-282-3100(tty), www.ordway.org.

Under Milkwood

Thursday, Jan. 6, 7:30 p.m. Tickets reduced to \$8. Jungle Theater, 2951 Lyndale Ave. S., Mpls., 612-822-7063, www.jungletheater.com.

ADVANCE NOTICE:

The Lion King

Sunday, April 10 & 17, 1 p.m. Tickets: \$25-128 Historic Orpheum Theatre, 910 Hennepin Ave.S., Mpls, 612-373-5637, -5655(tty), www.hennepintheatredistrict.com.

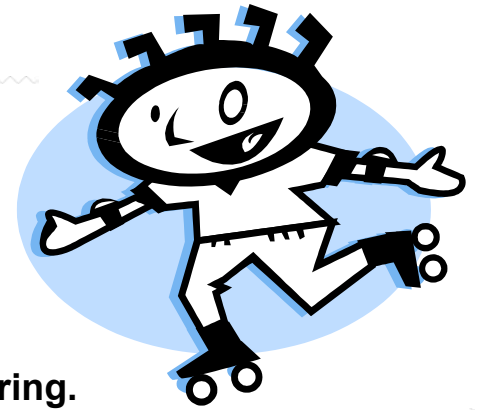
New website helps parents, teachers find information about cochlear implants

The Cochlear Implant Education Center at Gallaudet University has developed a website to help professionals and parents work with children who have CIs.

“Navigating a Forest of Information ... One Tree at a Time” offers a wealth of information about implants from equipment troubleshooting to tips for developing listening and speech skills. Each section is filled with links to additional resources.

The website is clerccenter2.gallaudet.edu/KidsWorldDeafNet/e-docs/CI/ModuleM.html.

ROLLER GARDEN ROLLER-SKATING EVENT!



For Families with Children who are Deaf or Hard of Hearing.
(We had so much fun the last three years, we're doing it again!)

SUNDAY, JANUARY 30, 2005

4:30 - 6:30 p.m.

(We have exclusive use of the rink!)

Cost: FREE!

As a skater, you will also receive a coupon for a
FREE Hotdog, bag of chips and pop!!!

The Roller Rink will be **closed to the general public** so this is a great way to get out there and test your skating feet, socialize with all of your friends and meet new friends!! Take advantage of this FREE day out!!! It is a lot of fun for the entire family.

Directions:

From the North: Take Hwy 100 south to Minnetonka Blvd. Exit. At the end of the exit (stop sign), take a left. Go straight through the lights. Roller Gardens is on the right side of the road next to Marathon Gas station. (You will see a dinosaur on the roof of the Roller Rink)

From the South: Take Hwy 100 North to Minnetonka Blvd. Exit. At the end of the exit, take a right. Go over the bridge. Take a left at the lights on Lake Street. Roller Gardens is on the right side of the road next to Marathon Gas Station. (You will see a dinosaur on the roof of the Roller Rink)

Questions on Directions? Call Roller Gardens (952) 929-5518
5622 W. Lake Street
St. Louis Park, MN 55416

Questions on the event? Call Family Support Connection at 651-265-2435 (v),
651-265-2379 (TTY) or e-mail: fsc@lifetrackresources.org
RVSPs appreciated.

All are welcome!

