

DATE: November 13, 2006

NAME: JOAN GUTHRIE MEDLEN, R.D., L.D.

CURRENT POSITION: Principal, Nutrition Counseling (www.downsyndromenutrition.com)
Editor, *Disability Solutions* (www.disabilitysolutions.org)

BUSINESS ADDRESS: 14535 Westlake Drive, Suite A-2
Lake Oswego, OR 97035

BUSINESS TELEPHONE: (503) 443-2258 FAX: (503) 443-4211

EMAIL ADDRESS: joan@ipns.com

EDUCATION

| <u>Degree</u> | <u>Date Earned</u> | <u>Institution</u> | <u>Location</u> | <u>Major</u> |
|---------------|--------------------|-------------------------|-----------------|-------------------------------------------------------|
| B.S. | 1987 | Kansas State University | Manhattan, KS | Dietetics, Coordinated Undergraduate Program |

ADDITIONAL TRAINING & EXPERIENCE

| <u>Institution</u> | <u>Training</u> | <u>Location</u> | <u>Date</u> |
|-------------------------------|-------------------------------------------------------------------------------------|-----------------|-------------|
| American Dietetic Association | Advanced Certificate in Adult Weight Mangement | Portland, OR | 03/2006 |
| University of New England | Health Literacy Institute | Portland, ME | 05/2005 |
| Clackamas County ESD | Picture Exchange System Training for Educators and Speech and Language Pathologists | Oregon City, OR | 03/2003 |

LICENSURE

| <u>Licensure</u> | <u>Title</u> | <u>Date Received</u> | <u>Number</u> |
|-------------------------------|----------------------|----------------------|---------------|
| American Dietetic Association | Registered Dietitian | 10/1987 | 709397 |
| State of Oregon | Licensed Dietitian | 1996 | 520 |

AWARDS & HONORS

2006 Kansas State University College of Human Ecology
Legacy of Excellence Public Advocacy Award

2006 Star Award, Down Syndrome Association of Northern Indiana

2002 Theodore D. Tjossem Research Award, National Down Syndrome Congress

2001 Lynda Pollack, M.D. Advocacy Award, The Gold Coast Down Syndrome Association

2001 Media Award, the Arc of Oregon

PROFESSIONAL AFFILIATIONS

The American Dietetic Association
Dietitians in Developmental Disabilities and Psychiatric Disorders Practice Group of ADA
Weight Management Practice Group of ADA
Oregon Dietetic Association
American Association on Mental Retardation
The Down Syndrome Medical Interest Group
Oregon Pediatric Nutrition Practice Group
IDEA Health and Fitness Association
TASH (formerly The Association for People with Severe Handicaps), Lifetime Member

CURRENT POSITIONS

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| Principal | Nutrition and Healthy Lifestyle Coaching for All Ages and Stages (Joan Guthrie Medlen, RD, LC, LLC) Portland, OR www.downsyndromenutrition.com and www.nutritioncoaching.net An inclusive nutrition counseling practice for people with and without developmental disabilities and their families. Provide nutrition and lifestyle coaching, adapted materials and systems to promote success, recipe redesign—both visual and for healthful living—program consultation and group education and presentations. Also provide freelance writing, editing, material and lesson design, and health literacy editorial services. | 2005 - present |
| Clinical Advisor | Health Literacy and Communications Special Olympics, Int. Health Promotion Program Washington, DC Consultant to the Health Promotion Program of Special Olympics International. Develop educational materials, conduct training and educational workshops, assist with program development, and write articles for the organization, participants and the lay public. | 10/2005 - present |
| Editor | Disability Solutions, Portland, OR www.disabilitysolutions.org Created and manage all aspects of <i>Disability Solutions</i> is a free newsletter for parents, families of people with developmental disabilities and those who support them. Responsible for article solicitation, editing, volunteer coordination, layout and design, website management and funding development for the publication. <i>Disability Solutions</i> is a publication of Creating Solutions, a project of The San Francisco Foundation Community Initiative Funds. Responsible for all aspects of production: article solicitation, | 1995 - present |

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| | editing, layout and design, mailing, and exhibit management | |
| Project Director | Creating Solutions, Portland, OR www.creating-solutions.info | 05/2005 – present |
| | Established and direct all aspects of this project sponsored by The San Francisco Foundation Community Initiative Funds, a public charity. Creating Solutions' current projects include the publication, <i>Disability Solutions</i> (above), and the development of <i>The Down Syndrome and Autistic Spectrum Disorder Information Center</i> , an Internet-based resource for families, professionals, and support groups. | |
| Owner/Publisher | Phronesis Publishing, Lake Oswego, OR www.downsyndromenutrition.com/phronesis | 4/2006 to present |

WORK EXPERIENCE

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|-----------------------------------------------------|----------------------------------------------------------------------------------------|------------------------|
| Project Director | Enoch-Gelbard Foundation, Portland, OR | 1995 - 2005 |
| Community Nutrition Educator | Providence Newberg Hospital Outpatient Services Newberg, OR | 1993-1995 |
| Diabetes Education Instructor | Sisters of Providence Health System Portland, OR | 1994-1995 |
| Clinical Dietitian and Community Nutrition Educator | Tuality Community Hospital Hillsboro, OR | 1989-1991 1992-1993 |
| Weight Management Instructor | Lifesteps® - Portland, OR Tuality Community Hospital Providence Newberg Hospital | 1991-1995 |
| Community Nutrition Educator | Kaiser Sunnyside Medical Center (On-Call Dietitian) Clackamas, OR | 1988-1989 |
| Director of Food Service | Careosel Care Center McMinnville, OR | 1987-1988 |

CONSULTATION

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|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Expert Witness | Barrett Law Office, P.A. Lexington, MS | 2006 |
| Nutrition and Wellness Consultant | STRIVE U, Peregrine Supported Living Services Portland, ME <i>STRIVE U is a Post-Secondary Program for people with Developmental Disabilities that opened its doors in August 2004. Provided consultation regarding initial set up of kitchens for student apartments, designed nutrition education lessons, menu planning, shopping, cooking, and recipe systems and long-distance nutrition counseling for students with developmental disabilities.</i> | 2003-2005 |
| NetPRO Trainer | Oregon Department of Education Child Nutrition Program, Salem, OR | 1994-1995 |

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| Nutrition Consultant | Tigard Care Center Tigard, OR | 1993-1994 |
| Nutrition Consultant | Hillsboro Family Practice Clinic Hillsboro, OR | 1987-1988 |

EDITORIAL

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| <u>Newsletter Editor</u> , <i>DeveopMental Issues</i> , Dietitians in Developmental and Psychiatric Disorders Practice Group of the American Dietetic Association | 5/2005 - present |
| <u>Editorial Advisory Board</u> , <i>The Journal of Religion and Disability and Health</i> , Haworth Press | 1998 - present |
| <u>Editorial Review Committee</u> , <i>Children with Special Health Care Needs: Nutrition Care Handbook</i> , Pediatric Nutrition Practice Group and Dietitians in Developmental and Psychiatric Disorders Practice Group | 2005 |
| <u>Book Manuscript Proposal Reviews</u> , Paul Brooks Publishing, Inc. | 2002-2005 |
| <u>Book Manuscript Proposal Reviews</u> , Woodbine House, Inc. | 1995-2005 |
| <u>Layout Editor</u> , AAMR Religion Division Newsletter | 1998 - 2000 |

NONPROFIT BOARD MEMBERSHIP

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|---------------------------------------------------------------------------|-------------------|
| Professional Advisory Committee, National Down Syndrome Congress | 5/2006 to present |
| Dietetic Practice Group Review Board of the American Dietetic Association | 2005 - present |
| Clinical Advisory Board for the National Down Syndrome Society | 1998 - present |
| Professional Advisory Board for the Canadian Down Syndrome Society | 1999 - present |
| Board Member, The Enoch-Gelbard Foundation | 1995 - 2005 |
| Board Member, The Arc of Multnomah County | 1996 - 1998 |

OTHER VOLUNTEER EXPERIENCES

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| Healthy Athlete Health Promotion Clinical Director, Special Olympics Oregon | 2001 - present |
| Health Promotion Program Consultant, Special Olympics International, Healthy Athlete Program | 2002 - 2005 |
| Manager of ds-autism@yahoogroups.com, a listserv for families and others interested in the dual diagnosis of Down syndrome and autistic spectrum disorders | 1999 - present |
| Coordinator of the (now) Northwest Down Syndrome Association | 1990 - 1993 |

PEER-REVIEWED PUBLICATIONS

Medlen, J.E.G. Healthy Living and How to Achieve It, *Exceptional Parent Magazine*, 2004:34(2).

Rudd, J., Calhoun, A., Medlen, J. Dealing with Down Syndrome, *Today's Dietitian*, 2002: 4(1), 38-41.

Medlen, J.E.G., Peterson, M. Food, Activity, and Lifestyles: A Survey of Adults with Down Syndrome, *Down Syndrome Quarterly*, 2000: 5(4).

Medlen, J.E., Peterson, M. Estilos Sanos de Vida en Adultos con Síndrome de Down, *Revista Síndrome de Down*, 2001:18(68).

BOOKS

Medlen, J.E.G. *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles, 2nd Edition*. Lake Oswego: Phronesis Publishing, 2006.

Medlen, J.E.G. *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles*. Lake Oswego: Phronesis Publishing, 2002.

BOOK CHAPTERS

Medlen, J.E.G. Food, Feeding and Family: On the Road to Healthy Lifestyles. In: w. Cohen, L. Nadel, M. Madnick, eds, *Down Syndrome: Visions for the 21st Century*. New York: Wiley-Liss, Inc.; 2002:317-325.

OTHER PUBLICATIONS

Medlen, J.E.G. Learning At Home. *Down Syndrome News and Update*, 2005: 4:5, 6-9.

Medlen, J.E.G. Don't Think It Will Work? Customize It! *Disability Solutions*, 2005: 6:2, 14-15.

Medlen, J.E.G. Healthy Lives and Informed Choices: You Can Have Both! *Disability Solutions*, 2005: 6:2 3,10-13.

Medlen, J.E.G. Down Syndrome Fact Sheet. *DDPD Update: A Newsletter of the Dietitians in Developmental Disabilities and Psychiatric Disorders Practice Group*, 2003.

Medlen, J.E.G., Peterson, M. Healthy Lifestyles in Adults with Down Syndrome: A Survey, with Mia Peterson, *Disability Solutions*. 2001: 4(4), 1-15.

Medlen, J.E. Promoting Eating Skills and Food Texture Progression in Children with Low Oral Motor Tone, *Nutrition Focus*, 1999.

Medlen, J.E. From Milk to Table Foods: A Parent's Guide to Introducing Food Textures, *Disability Solutions*. 1999: 3(3), 1-14.

Medlen, J.E. Weight Management in Down Syndrome: The Adult Years, *Disability Solutions*. 1998: 2(6), 10-15.

Medlen, J.E. Weight Management in Down Syndrome: The School Age and Adolescent Years, *Disability Solutions*. 1998: 2(5), 9-13.

Medlen, J.E. Weight Management in Down Syndrome: The Early Childhood Years, *Disability Solutions*. 1998: 2(4), 10-13.

Medlen, J.E. Picky Eater? Don't Give Up...Yet, *Disability Solutions*. 1998: 2(1), 14-15.

Medlen, J.E. Looking at Metabolism, *Disability Solutions*. 1996: 1(3), 10-12.

KEYNOTE PRESENTATIONS

Medlen, J.E.G. *The Pathfinder's Journey: Clearing the Way, Changing Directions, Reading the Signs*. Regional Conference of the Down Syndrome Association of Minnesota, 2006.

Medlen, J.E.G. *Seasons of Change: Best Practice Tools for Teens and Adults with Down Syndrome*. Indiana Consulting Dietitians, South Bend, IN. 2003.

Medlen, J.E.G. *Food, Feeding, and Family: Healthy Lives for All Ages and Stages*. Down Syndrome Guild of Dallas, Dallas, TX. 2002.

INVITED/PEER REVIEWED NATIONAL PRESENTATIONS

Medlen, J.E.G. *Healthy Choices, Healthy Athletes*. Poster presentation for the 9th World Down Syndrome Congress, Vancouver, BC, August 2006.

Medlen, J.E.G. *Food Feeding, Family...Freedom! Nutrition in the Teen and Adult Years*. Poster presentation for the 9th World Down Syndrome Congress, Vancouver, BC, Canada, August 2006.

Medlen, J.E.G. *Color Your Plate with Flavor and Fun!* Youth and Adult Conference of the 9th World Down Syndrome Congress, Vancouver, BC, Canada, August 2006.

Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. 9th World Down Syndrome Congress, Vancouver, BC, Canada, August 2006.

Medlen, J.E.G. *Food Feeding, Family...Freedom! The Teen and Adult Years*. National Down Syndrome Congress Convention, Atlanta, GA, July 2006.

Medlen, J.E.G. *Food Feeding, and Family: The Early Years*. National Down Syndrome Congress Convention, Atlanta, GA, July 2006.

Medlen, J.E.G. *Color Your Plate with Flavor and Fun!* Youth and Adult Pre Conference Session, National Down Syndrome Congress, Atlanta, GA, July 2006

Medlen, J.E.G. *Tell Me More: Strategie for Communication*. Special Olympics US National Games Health Promotion Train-the-Traainer, Ames, IA, June 2006.

Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. Gold Coast Down Syndrome Association, Boca Raton, FL, June 2006.

Medlen, J.E.G. *Food, Feeding, Family...Freedom! (Teen and Adult Years)*. Gold Coast Down Syndrome Association, Boca Raton, FL, June 2006.

Medlen, J.E.G., Reed-Alto, C. *Using Visual Cues to Teach Nutrition to ALL Students in a General Education Setting*. Portland Area Inclusion Conference, Portland, OR, May 2006.

Medlen, J.E.G. *Cooking by Color: A Hands-On Workshop for Teens and Adults with Down Syndrome*. Down Syndrome Organization of Bellingham, Bellingham, WA, April 2006.

Medlen, J.E.G. *Keys for the Road Map to Healthful Living: Food and Family in the Early Years*. Down Syndrome Association of Minnesota Regional Conference, Minneapolis, MN, April 2006.

Medlen, J.E.G. *Navigation Tips to Healthful Living*. Down Syndrome Associaton of Minnisota Regional Conference, Minneapolis, MN, April 2006

Medlen, J.E.G. *Expand Your Palate! A Hands-On (Tongue On?) Experience*. Down Syndrome Association of Northern Indiana, Fort Wayne, IN, March 2006.

Medlen, J.E.G, Rimmer, J. *Eat, Walk, Sit, Run! Healthful Eating and Exercise Opportunities for Persons with Disabilities*. The American Dietetic Association Food and Nutrition Convention and Exhibition, St. Louis, MO, October, 2005.

Medlen, J.E.G. *Food, Feeding, Family...Freedom!* National Down Syndrome Congress, Anaheim, CA, July 2005.

- Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. National Down Syndrome Congress, Anaheim, CA, July 2005.
- Capone, G., Patterson, B., Medlen, J.E.G. *Down Syndrome and Autistic Spectrum Disorders and Other Dual Diagnoses: An Update*. National Down Syndrome Society, Chicago, IL, July 2005.
- Medlen, J.E.G. *Food, Feeding, Family...Freedom!* National Down Syndrome Society, Chicago, IL, July 2005.
- Medlen, J.E.G. *Health Promotion and Food Choices: Our Attitude Makes a Difference*. Mountain Area Health Education Center, Asheville, NC. June 2005. With James Rimmer, Ph.D.
- Medlen, J.E.G. *Building Healthy Lives: It's a Team Effort*. Mountain Area Health Education Center, Asheville, NC. June 2005.
- Medlen, J.E.G. *Building Healthy Lives for Students with Developmental Disabilities: Tools for Home and School*. Beyond Assessment: The Team Approach to Prevention and Intervention for Overweight and Obesity in Children with Developmental Disabilities, Los Angeles, CA, May, 2005.
- Medlen, J.E.G., Smith, D. *Working with Families: What Parents Want, What Parents Need, A Family-Centered Approach*. Beyond Assessment: The Team Approach to Prevention and Intervention for Overweight and Obesity in Children with Developmental Disabilities, Los Angeles, CA, May, 2005.
- Medlen, J.E.G., *Building Healthy Lifestyles for People with Intellectual Disabilities: A Family Forum Discussion*. Special Olympics 2005 Winter World Games, Nagano, Japan. February 2005.
- Medlen, J.E. G. *Working with Athletes with Intellectual Disabilities: Tips and Tricks for Health Educators at a Healthy Athlete Venue*. Special Olympics 2005 Winter World Games, Nagano, Japan. February 2005.
- Patterson, B, Capone, G., Medlen, J., *Mental Health Issues for Persons with Down Syndrome: Down Syndrome and Autistic Spectrum Disorder*. AUCD Pre-Conference, Washington, DC, November 2004.
- Medlen, J.E.G. *Working with Athletes in Health Promotion Venues*. Special Olympics International, Train-the-Trainer Session, Salt Lake City, UT, 2004.
- Medlen, J.E.G. *Building Blocks to Promoting Healthy Lives for People with Down Syndrome*. National Down Syndrome Congress, Minneapolis, MN, 2004.
- Medlen, J.E.G., *Food, Feeding, and Family: Teen and Adult Years*. National Down Syndrome Congress, Minneapolis, MN, 2004.
- Patterson, B, Capone, G., Medlen, J.E.G. *Down Syndrome and Autism Spectrum Disorder: An Update*. National Down Syndrome Society, Washington, DC, 2004.
- Medlen, J.E.G., *Promoting Healthy Attitudes and Skills for Weight Management Through All Ages and Stages*. National Down Syndrome Society, Washington, DC, 2004.
- Medlen, J.E.G., *Empowering, Reaching, and Achieving Healthy Lives: It Doesn't Happen by Accident*. National Down Syndrome Society, Washington, DC, 2004.
- Pastorfield, C., Pueschel, S., Lenihan, A., Medlen, J., Wagner, M. *Low Bone Mineral Density Among Persons with Intellectual Disabilities at the 2003 Special Olympics World Summer Games*, a poster presentation. American Association on Mental Retardation. Annual Meeting, Washington, DC, June 2004.
- Lenihan, A., Colgan, H., Medlen, J.E.G., *Health Promotion Activities at the Special Olympics World Games, Dublin, Ireland*. International Congress of Dietetics, Chicago, IL, 2004.
- Medlen, J.E.G. *Weight Management in Down Syndrome: Practice Tools for Professionals*. Nutrition Conference, May South Health Group, Atlanta, GA. 2003.
- Medlen, J.E. G. *Food Feeding and Family: Supporting Families in the Early Years*. Nutrition Conference, May South Health Group, Atlanta, GA. 2003.

- Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. National Down Syndrome Society, St. Louis, MO. 2003.
- Medlen, J.E.G. *Promoting Healthy Attitudes and Skills for Teens and Adults with Down Syndrome*. National Down Syndrome Society, St. Louis, MO. 2003.
- Medlen, J.E.G, Patterson, B., and Capone G., *Down Syndrome and Autistic Spectrum Disorder: An Overview*. National Down Syndrome Society, St. Louis, MO. 2003.
- Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. National Down Syndrome Congress, Philadelphia, PA. 2003.
- Medlen, J.E.G. *Promoting Healthy Attitudes and Skills for Teens and Adults with Down Syndrome*, National Down Syndrome Congress, Philadelphia, PA. 2003.
- Medlen, J.E.G. *Nutrition Concerns and Advocacy for Children and Adults with Developmental Disabilities*. Partners in Policy Making. Salem, OR. 2002.
- Lenihan, A., Medlen, J.E.G. *Nutrition and Health Promotion for People with Developmental Disabilities*. Special Olympics, Healthy Athlete, Health Promotion Train-the-Trainer Session, San Deigo, CA. 2002.
- Capone, G., Patterson, B., and Medlen, J.E.G. *Down Syndrome and Autistic Spectrum Disorder*. National Down Syndrome Society, Nashville, TN. 2002.
- Medlen, J.E.G. *Food, Feeding, and Family: Tips for Promoting Healthy Lifestyles*. National Down Syndrome Society, Nashville, TN. 2002.
- Medlen, J.E.G. *Survivor: Nutrition!* Youth and Adult Convention, National Down Syndrome Congress. Denver, CO. 2002.
- Medlen, J.E.G. *Healthy Lifestyles and Weight Management: Building a Foundation of Skills and Learning about Food and Activity*. National Down Syndrome Society, San Diego, CA. 2001.
- Medlen, J.E.G. *Developing Circles of Support: A Life-Long Process*. National Association for Down Syndrome Behavior Retreat, Chicago, IL. 2000.
- Medlen, J.E.G. *Promoting Healthy Attitudes and Skills for Weight Management for Our Children with Down Syndrome Through All Ages and Stages*. National Down Syndrome Society, Washington, D.C. 2000
- Medlen, J.E.G. *Food, Feeding, & Family: The Early Childhood Years*. National Association for Down Syndrome, Chicago, IL. 2000.
- Medlen, J.E.G. *Promoting Healthy Attitudes and Skills for Weight Management*. National Association for Down Syndrome, Chicago, IL. 2000.
- Medlen, J.E.G. *Who Wants to Feel Like a Million? Self-advocate convention*, National Down Syndrome Society, Washington, D.C. 2000.
- Medlen, J.E.G. *Food, Feeding, & Family: The Early Childhood Years*. Kennedy Krieger Parent Day, Baltimore, MD. 1999.
- Medlen, J.E.G. *Food, Feeding, & Family: Promoting Independence*, Kennedy Krieger Parent Day, Baltimore, MD. 1999.
- Medlen, J.E.G. *Shaping Healthy Lifestyles: Building Healthy Habits in Children and Adults with Down Syndrome and Their Families—Hints for Healthcare Providers*. Panel Discussion. Health Care Symposium: Addressing Medical Issues for Individuals with Down Syndrome, Down Syndrome Association of San Diego and National Down Syndrome Society, San Diego, CA. 1999.
- Medlen, J.E.G. *Food Feeding & Family: The Early Childhood Year*. Canadian Down Syndrome Society, Victoria, BC. 1999.
- Medlen, J.E.G. *Shaping Healthy Habits, A presentation for Self-Advocates*. Canadian Down Syndrome Society, Victoria, BC. 1999.

Medlen, J.E.G. *Food, Feeding, & Family: The Early Childhood Years*, National Down Syndrome Congress, Pittsburgh, PA. 1999.

Medlen, J.E.G. *Food, Feeding, & Family: Shaping Healthy Futures*. National Down Syndrome Congress, Pittsburgh, PA. 1999.

Medlen, J.E.G. *Nutrition & Healthy Lifestyles: What Role Do We Play?* Down Syndrome: Clinical Guidelines, Research Guideposts: A Conference for Health Care Professionals. Children's Hospital of Pittsburgh. Pittsburgh, PA. 1999.

Medlen, J.E.G. *Let's Mess Around with Food!* Self-Advocate Convention, National Down Syndrome Society, Lake Geneva, WI. 1998.

Medlen, J.E.G. *Food, Feeding, & Family: The Early Childhood Years*. National Down Syndrome Society Convention, Lake Geneva, WI. 1998.

Medlen, J.E.G. *Food, Feeding, & Family: Promoting Independence*. National Down Syndrome Society, Lake Geneva, WI. 1998.

Medlen, J.E.G. *Healthy Lifestyles in Adults with Down Syndrome Survey presentation and completion*. National Down Syndrome Congress, Dallas, TX. 1998.

Medlen, J.E.G. *Presentation: Making Smart Choices*. Youth and Adult Convention, National Down Syndrome Congress, Dallas, TX. 1997.

Medlen, J.E.G., Shapell, I., *Computer Skills for Reporters: Using Microsoft Word*, National Down Syndrome Congress, Washington, DC. 1995.

OTHER PRESENTATIONS

Medlen, J.E.G. *"I Want to be Healthy, Too!" Promoting Healthy Lives for People with Down Syndrome and Their Families*. Nutrition Through the Lifespan, Kansas State University, November 2006.

Medlen, J.E.G. *Healthful Living in Preschool and School Age Years. Building the Foundation*. Down Syndrome Guild of Kansas City, November 2006.

Medlen, J.E.G. *Healthful Living: Making Choices and Living Well*. Valued Lives Supported Community Living Conference. Ellensburg, WA, September 2006.

Medlen, J.E.G. *Nutrition 101: Need-to-Know Information to Support People with Developmental and Intellectual Disabilities*. Valued Lives Supported Community Living Conference. Ellensburg, WA, September 2006.

Medlen, J.E.G. *Creating Healthy Lives and Homes for People with Down Syndrome and their Families*. Hawaii Down Syndrome Congress, Honolulu, HI, September 2006.

Medlen, J.E.G., Alto, C. *Food, Feeding, & Family: Trust and Learning to Eat*. Reciprocal Learning Community Session, The Northwest Down Syndrome Association, Portland, OR, January 2006.

Medlen, J.E.G. *Building Healthy Lives for Children with Developmental Disabilities and Their Families: It's a Team Effort*. OHSU Cocoon Program, Coos Bay, OR. April 2005.

Medlen, J.E.G. *Food Feeding, and Family: The Early Years*. Northwest Down Syndrome Association, Portland, OR. 2003.

Medlen, J.E.G. *Healthy Lifestyles for People with Down Syndrome*, Massachusetts Down Syndrome Congress, 2003.

Medlen, J.E.G. *Visual Strategies for Home and Community*, Down Syndrome Association of Northern Indiana, 2003.

Medlen, J.E.G. *Building Blocks to Healthy Lives*. Atlanta Down Syndrome Association. Atlanta, GA. 2003.

Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. Down Syndrome Association of Northern Indiana, Ft. Wayne, IN. 2003.

Medlen, J.E.G. *Nutrition and Down Syndrome*. Willamette Valley Down Syndrome Association. Salem, OR. 2002.

Medlen, J.E.G. *Food, Feeding, and Family: The Early Years*. Reciprocal Learning Community, Northwest Down Syndrome Down Syndrome Association. Portland, OR. 2002.

Medlen, J.E.G. *Visual Strategies for Home*. NW Down Syndrome Parent Support Group, Portland, OR. 2000.

Medlen, J.E.G. *Home-to-School Communication: Tips and Tools*. Willamette Valley Down Syndrome Association, Corvallis, OR. 2000.

Medlen, J.E.G. *Promoting Health Begins at Home*, Willamette Valley Down Syndrome Association, Corvallis, OR. 1999.

Medlen, J.E.G. *Writer's Workshop*, Capabilities Unlimited, Cincinnati, OH. 1996.