



DSACK

beautiful capable loved

JULY-AUGUST
2010
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NUMBER IV

It's Summer! DSACK's Summer Picnic celebrated on page 2!



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WHAT'S GOING DOWN WITH **DSACK**

DSACK'S summer picnic was a blast!!!!

We had delicious barbecue provided by Bons Temps caterers, and out-of-this world side dishes and desserts provided by DSACK families. Let me just say, we have some outstanding cooks within our group.

game winners awarded tickets to Legends ballgame!

This year, DSACK provided some fun games for the entire family including a water balloon toss and egg race. Winners of the water balloon toss were awarded two tickets to the Legends ballgame on August 1, when DSACK will be the featured community organization. Everyone that participated in the egg race received a Dairy Queen gift card.



DSACK

play, have fun & get to know one another

It's not hard to imagine why this continues to be one of our most popular social events. There is plenty of time for kids to play and for families to visit and get to know one another. We missed all who were unable to come, and we hope to see you at our next picnic.



DSACK to be Community Organization of the Night at Applebee's Park

Sunday, August 1st. It is a 2:05 game time, gates open at 1:00.

The Community Organization of the Night is a program set up to offer non-profit organizations in Central Kentucky a chance to host a table at Applebee's Park during one of their home games. DSACK will have a table set up, promoting our organization, as well as our Buddy Walk. One of our elementary-age kids, teen or young adult will have the opportunity to throw out one of the ceremonial first pitches. The winner will be determined by a drawing at our next Board of Director's meeting in July. Tickets can be purchased at a discounted price just by mentioning that you are a part of our organization.

Join us for this fun-filled day, highlighting DSACK, at Applebee's Park. Contact Regina for more information 859-983-3754.

NEWS FROM THE BOARD



There have been so many people over the years that have given of their time and talents to help move DSACK forward. One such person is Courtney Elbert.

Courtney is a mother of three very active children and is very involved in her community and her church where she has been instrumental in starting the SPICE (Special People in Catholic Education) program. In spite of her busy schedule and other commitments, Courtney readily gave of her time and expertise to advance our organization in so many ways. She has been the editor of our newsletter, which I am sure you will all agree has been phenomenal. She also headed up our efforts to launch our new website. This was in no way an easy task, yet Courtney persevered through a multitude of frustrations to make sure we have a professional, helpful and beautiful website. As if this wasn't enough, Courtney helped create the first-class presentations DSACK provides to area hospitals, medical professionals, schools and community organizations. She is a dynamic speaker and has been a tremendous ambassador for our loved ones with Down syndrome.

Courtney will continue to be active within DSACK in the area of education. She holds a Master's degree in education, and has a passion to help DSACK move forward in that area. There is absolutely no way to adequately express our thanks to Courtney and her family. She is a very special, talented, gifted and loving person. DSACK has been so blessed to have her on the board. The next time you see Courtney or Dennis, make sure to thank both of them for the time and sacrifice they have made to better our organization. Our heartfelt thanks and love go out to you, Courtney!

*With gratitude-
Traci Brewer, DSACK Chairperson*

Step Up for DSACK...

Did you know that DSACK is run by an all-volunteer board who regularly give of their time and talent? Come join our board and make a difference. If you are interested in serving as a DSACK board officer, please contact info@dsack.org or call 859-494-7809. We need YOU!!!

The results are in!!

"The future depends on what we do in the present."

Thanks to all those who took the short amount of time necessary to complete the online surveys regarding social events, peer groups, and newsletter. These surveys will provide valuable information as we look toward next year's planning. Following are the results of those surveys:

Social Events: Our families are most likely to attend the holiday party (86%) and summer picnic (61%). The survey indicated that 40% of those who responded are not likely to attend the appreciation reception and 60% are not likely to attend the July 4th parade. An amazing 96% stated that they would like to see DSACK host a conference with the topic of educational issues ranking number one at 89%.

Peer Groups: The 0-5 age group had the highest percentage respond to the survey coming in at 51.9%. Interacting with families was reported as the greatest benefit in attending peer group functions, and all peer groups preferred to meet monthly.

Newsletter: 65% of those responding answered that they read the newsletter immediately. The most popular feature of the newsletter is DSACK News at 81% and Be Inspired and Local News, both at 45%. An overwhelming 87% prefer to have the newsletter mailed vs. receiving it online.

As you can see, these results will directly influence some of the decisions made by the board. Thank you to all that participated. We look forward to even more participation in the future. DSACK is here to serve our families, so let your voices be heard!

A Few Good Volunteers

Do you have a creative flair and would be interested in helping to create a very beneficial service to our loved ones with Down syndrome? DSACK has received money from a grant to allow us to implement a birthday card program. This program would mail a birthday card to everyone diagnosed with Down syndrome and associated with DSACK. The birthday card will also provide important age-related medical issues and social issues. We are looking for someone to head up a committee to help create the birthday card and inserts. This would be a short-term project and the volunteer will NOT be responsible for mailing the birthday cards. Please contact Traci Brewer at info@dsack.org or 859-494-7809.

As mentioned before, DSACK has some wonderful cooks in our group. We are in the process of forming a committee to put together a cookbook as an additional fundraiser for DSACK. Again, this would be a short-term project that can be done from the comfort of your home. We have several willing to serve on this committee, but can use additional help. If you are interested, please contact Eileen Miot at erwky@yahoo.com or 859-340-2771.

DONATIONS RECEIVED

Cybil Cheek made a donation to the DSACK Lending Library

DSACK

DSACK GROUPS

Advocates in Motion (AIM) Teen & Young Adult Group



As some of you know, Brooke Reed recently married and moved to Louisville. We will certainly miss her and all of her past contributions to DSACK, but we are very excited to announce that Heather Stillwell will now be leading the group! Heather has volunteered with Brooke at many AIM activities in the past and is looking forward

to getting started in her leadership role. She recently accepted a position as a Special Education teacher at Franklin County High School. She will be communicating plans for the next outing via email so watch for an announcement soon. If you have any questions, contact DSACK at info@dsack.org.

Welcome, Heather, and thank you for your service to our young adults and their families.

Elementary Group

In June, the elementary age group met at Red Robin to discuss topics of interest for the future, as well as meeting dates and locations. Children ate, colored pictures to hang throughout Red Robin, and everyone got to meet the "Red Robin" mascot! A big thank you goes out to the High School volunteers as well as to Red Robin for their time and kids meal vouchers!

Please remember that July 10, 2010, at Journey Baptist Church is our next elementary meeting. We will meet to discuss IEP and OT issues for the upcoming school year. Children will be painting a buddy walk banner, so please wear or bring an old shirt.

0-5 PARENT GROUP & PLAYGROUP

Our group will resume monthly meetings the second Saturday in September. Be sure to check the website calendar.

A huge thank you to the following parents for their help: Julia Ruzzene for being in charge of refreshments this past year, Mary Henson for helping with programming and agreeing to be in charge of this area starting in September, Mary Mandl and Mary Henson for reviewing resumes of new babysitters for our group, Mary Mandl for conducting the interviews, and Lee Ann Mullis for being in charge of paying our sitters starting in September. Thank you all so very much!

If you haven't attended a meeting, please plan to do so. It is a fun place to learn and make new friends! If you have any questions or suggestions, email newparentgroup@dsack.org. See you in September!

In the meantime, check out the pictures of some of our beautiful group members!



Who Are We?

BOARD DIRECTORS

- Harold Kleinert, *Ed.D., Executive Director of HDI*
- Samantha Matthews, *Special Education Teacher*
- Susan Hart Bell, *M.S., Ph.D., Parent & Professor of Psychology & Coordinator of Child Development, Georgetown College*
- Meada Hall, *M.S., Ed.D. Principle Investigator & Project Director for Community Based Work Transition Programs, UK*
- Matt Moore, *Director of Special Education, Jessamine County School District*

ADVISORY COUNCIL

- Caroline Boeh Baesler, *Parent & Attorney*
- Karen Roof Boudreaux, *Parent*
- Becky Lesche, *Parent & Educator*
- Dr. James Riley, *Pediatrician*
- Malkanthie McCormick, *Parent & MD Internal Medicine Physician*

DSACK Bylaws and financials are open for review, and the Board of Director Meetings are open to our community. Agenda items are determined well in advance.

BOARD OFFICERS

- Traci Brewer, *Parent*
- Michelle Gilliam, *Parent*
- Regina Schmutte, *Parent*
- Eileen Miot, *Parent*

TREASURER

- Lee Ann Mullis, *Parent & Consignment Inventory Analyst/Accountant*

BUDDY WALK



Our Buddy Walk...

2010 Buddy Walk Presented by The Bank of Lexington



News

Your personal connection will help secure sponsorships!

We are in the process of securing sponsorships for the Buddy Walk. If you know of any business that may want to sponsor the walk, contact Regina Schmutte at 859-983-3754 or email her at remicale2@aol.com. We have letters and brochures already printed, and your personal connection will help secure sponsorships!



Thank you to the following organizations that have already sponsored our walk this year!

Bank of Lexington
Presenting Sponsor

Community Trust Bank



Bill and Patti Bridges



Thank You!!

We are 4 months away, but already have many people to thank for their contributions. You are making this Buddy Walk a special one!

Thank you to Pete Healy and Cartridge World for donating the ink to print our sponsor letters.

Thank you to Kristin Tatum Photography, who has generously agreed to not only be the Buddy Walk Photographer this year, but to also donate her time and talent for the winners of "most money raised" and "most walkers on a team"



Teams on the Move

We already have several teams signed up! This year we are going to award prizes in three categories. The prizes will go to the team leader or person that achieves these goals:

- "Most Money Raised" (photography session and placement on next year's billboard)
- "Largest Team", (photography session and placement on next year's billboard)
- "Most Creative Sign" (Print by Michael Juroque Johnson, artist with Down Syndrome).

Each team can only win one prize, so if one team achieves two goals, the second in line will get the prize.

On-Line Registration

On-line registration is up and running! It will make building your team, obtaining donations and tracking your donations much easier. You will also be able to sneak a peak at what other teams are raising. Registering for the 2010 Down Syndrome Association of Central Kentucky Buddy Walk is as easy as 1-2-3!

Simply go to www.buddywalk.kintera.org/dsack.

1. Sign Up: Click on the "Register Here" button to register online. Remember to choose the option REGISTER A FAMILY if you want to use one fundraising page for your entire family.

While registering, remember to create a personalized link to your web page. You will only get one chance to do this. If you registered online last year, please use your existing username and password for an easy registration! Click on the link at the top of the registration form encouraging you to click the link to auto fill their registration form with last year's information (address, phone, e-mail, etc).

If you are unable to remember your user id and password, simply contact us. We've remembered it for you!

If you are new to registering online, keep the system generated user name until you login to your Headquarters page, at which time you can change it.

2. Create Your Online Fundraising Page: After you register, customize your personal fundraising page by editing text, uploading pictures and changing the color of your page. You can make changes to your web page as many times as you'd like.

3. Spread the Word: Once your personal fundraising page has been set up, you can send emails to your friends and family through your E-mail Center. The emails will provide a direct link to your personal page where your friends and family can make a donation on your behalf. We've even written some sample emails to help get you started!

For additional assistance, please contact Regina Schmutte at remicale2@aol.com or 859-983-3754.

DSACK

Silent Auction and Door Prizes

Just Ask

Are there businesses that you frequent?

Do you know someone that would like to donate an item to 2010 Buddy Walk?

Contact Amanda Jones at Amanda.Jones@nationalcity.com.

You can also go to www.dsack.org to print our auction request form on the BW portion of our website.

Each walker will receive a free ticket with their registration to drop in the raffle box item of their choice. Various items will be available that appeal to all. On the day of the walk, we will also be selling additional tickets so you can have even more chances to win these great prizes. As a special bonus, we will have a few select items available for silent auction bidding. We will be posting these items on our website, so you can start dreaming about them!

100% of the proceeds from the raffle and silent auction will go to DSACK.

Great Ideas!!

Did you know that many companies will match the money you raise for your team? Amanda Jones of National City Bank is creating a team for National City Bank, and they will match the funds her team raises dollar-for-dollar! Ask your manager about this possibility. Thank you National City!

Rebecca Shaw's company, Risk Placement Services, Inc, raises money in creative ways as well. For instance, they will have a "Hot Dog Day" in which the profit goes towards a charity of their choice. This year they picked the Buddy Walk as one of the beneficiaries! Other creative ways they raise money is by selling candy and hosting "jeans days" where employees can pay \$5 to wear jeans to work all week. Thank you Risk Placement Services, Inc.!

WHAT? WHY?

The Buddy Walk is a celebration of individuals with Down syndrome, their families, friends and supporters from across our community.

The Down Syndrome Association of Central Kentucky (DSACK) hosts this annual event, in order to raise funds and to highlight National Down Syndrome Awareness Month in October. It is open to ANYONE who wants to support the Down Syndrome Association of Central Kentucky. Over 1600 supporters participated last year!

Ultimately, the Buddy Walk promotes the acceptance and inclusion of people with Down syndrome. However, our walk also raises money to promote Down syndrome awareness and education for local families, caregivers, and medical and educational professionals in our community.

Funds raised in 2009 were specifically used to provide scholarships for camps and conferences, provide immediate information and assistance to new families, provide assistance to families during times of crisis, expand our lending library, publish and mail our bimonthly newsletter to nearly 200 families and professionals, fund quarterly social events for individuals with Down syndrome and their families, fund monthly age-level groups for children and their families, and provide educational materials to the community. A portion of the funds go to support the National Down Syndrome Society to support their efforts on a national level, including Down syndrome education, research, and advocacy; specifically by disseminating informative materials, operating a toll-free hotline, maintaining a comprehensive website about Down syndrome, sponsoring regional, national and international conferences and scientific symposia, and undertaking major legislative advocacy efforts.

Join a Buddy Walk Committee

We are still actively seeking Committee members and chairs for our 2010 Buddy Walk. Do you know someone that may be interested; maybe a church group, community group or a friend that would like to donate their time? Do YOU want to volunteer? Contact Regina Schmutte at 859-983-3754 or remicale2@aol.com.



see page 8 for a copy of our paper registration

continued from page 7

DSACK

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Register Now!

Register by Saturday, September 25 to receive a cool Buddy Walk T-shirt, lunch, entertainment, and access to raffle and auction items. (You can register the day of the walk, but ONLY pre-registered walkers will be guaranteed a t-shirt.

Online Registration

Register to join the Buddy Walk on-line! You can register, form a team, ask friends/family for donations all through the internet. To opt for online registration, simply go to www.dsack.org and click on "register here".

Or...simply use this form

You can still always register by filling out the form below, if you do not wish to use the on-line option.

Terms: All contributions benefit the Down Syndrome Association of Central Kentucky and NDSS education, research and advocacy programs. Registration must be received by September 25th to be eligible for a t-shirt and prizes. All donations are tax-deductible.

Donations

Donations can be sent to DSACK in advance. Be sure your team's name is written in the memo line. Checks should be made payable to "DSACK Buddy Walk" and mailed to: DSACK, P.O. Box 910516, Lexington, KY 40591. You can also turn in your donations at the pre-event t-shirt pick up day (September date TBD). Or, as always, you can turn donations in the day of the walk.

Form a Team!

If you wish to form a team, just gather together 10 or more walkers, pick a special name (examples are Marching for Mattie or Bobby's Bunch) and register as many people as you can. Get creative by holding special events like dress down day at work, a car wash, yard sale, bake sale or find matching funds from employers—be creative!

For Questions about forming a Team:

Visit www.dsack.org or contact Regina Schmutte at 859-983-3754 or remicale2@aol.com

8th Annual Buddy Walk 2010 Registration Form

Saturday, October 2, 2010 at The Thoroughbred Center, Lexington, Kentucky

9:30 a.m. Registration, Exhibitors, Silent Auction & Activities begin . 11:00 a.m. Walk

12:00 noon Lunch, Exhibitors, Silent Auction & Activities continue



Name: _____
 Address: _____
 City, State, Zip _____
 Phone: _____
 Email: _____
 Team Name (if applicable): _____

What is the registration fee you wish to pay per person?: \$15 \$20 \$25 \$50 per person

How many people are you registering on this form?: _____

Please check ALL that apply:

- I am giving \$_____ per person registration fee X _____ # of walkers = \$_____ TOTAL ENCLOSED
- My company has matching funds. Attached is a matching gift Contact me to volunteer the day of the walk
- Other _____
- I am not able to attend the Buddy Walk but would still like to donate \$_____ ,

Although I am not attending: I still want a t-shirt (size below) OR I do not need a t-shirt

If your family is new to DSACK or if this is your first Buddy Walk, check here if you want to be paired with another DSACK family for the Buddy Walk!

T-shirt Sizes & Quantities; Please specify a size for each participant on this form by placing a NUMBER on each line below:

Youth: XS ___ S ___ M ___ L ___ Adult: S ___ M ___ L ___ XL ___ XXL (\$5 additional charge)___ - PLEASE INPUT A NUMBER

Waiver: In consideration of me and/or my minor child being permitted to participate in the Buddy Walk, I hereby-for myself, my heirs and personal representatives-assume any and all risks which might be associated with the event. I further waive, release, discharge and covenant not to sue the Down Syndrome Association of Central Kentucky (DSACK), the National Down Syndrome Society (NDSS), or The Thoroughbred Center, its officers, employees, sponsors, organizers, volunteers or other representatives or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered by myself/or my minor children as a result of taking part in these events and any related activities. I also authorize the use by DSACK or NDSS of any photos, film or videotape take of me or my minor child at this event for any purpose.

Signature: _____ Signature: _____
 Signature: _____ Signature: _____
 Signature: _____ Signature: _____

DSACK

BACK TO SCHOOL RESOURCES

"All About Me"

Did you know that DSACK has a wonderful information packet entitled "All About Me" that can be completed and given to your child's teacher the first day of school or before your IEP? This packet will prove to be valuable to the teachers working with your child and is presented in a format that is easy to read and complete. You can even have your child help!

This packet is available for download, along with several other educational tools at our website. Simply go to <http://dsack.org/community/education-inclusion>. As always, please call DSACK at 859-494-7809 or email us at info@dsack.org, if you have any questions.

LOCAL NEWS TO USE

Register Now for Fall Mairacle League!

Take me out to the ballgame....

The Toyota Bluegrass Miracle League is a baseball program for youth and adults with special-needs that play at Shillito Park in Lexington, KY. The all-accessible field is the only one of its kind in Kentucky with leagues in both spring and fall.

Toyota Bluegrass Miracle League is now taking registrations for the fall. The season will run from mid-September through the end of October. Registration forms for players and volunteers are available on their website at

www.bluegrassmiracleleague.org. If you have any questions, please contact the Executive Director, Kevin Haury at 502-863-4841 or khaury@ymcaofcentral.ky.org. Let's play ball!!!

Central Kentucky Riding for Hope

The smiles don't get any bigger than on the face of a child riding a horse for their first, second, or twentieth time! If you haven't heard of Central Kentucky Riding for Hope, make sure to check out their website at www.ckrh.org. Following is a description of their organization, but you really must go to their website or contact them to truly understand the benefits of this amazing program.

Under the guidance of trained teachers, volunteers and medical people, disabilities are challenged and new abilities are created.

The program is operated at the renowned Kentucky Horse Park, which is a perfect setting of one thousand acres of rolling countryside, dotted with hundreds of horses representing over 35 breeds.

CKRH originated in the fall of 1981 and has experienced continued interest and growth. We are a non-profit organization established to provide horseback riding for therapeutic purposes and social and recreational activities.

Our program has proved highly successful in helping people with a wide range of disabilities to develop self-esteem, confidence, coordination and a sense of achievement while learning horsemanship, tack and riding principles.

Be Inspired!

More from the beautiful blog of Florida mom, Kelle Hampton. Visit her at www.kellehampton.com.

People keep asking me if I'm tired of hearing that this is so meant to be...that we were chosen. And the answer is no. Because I believe it. I believe this is divine and purposeful, and if you met and held this breath of heaven we are so blessed to love, you would wish you too could be chosen. Because she is so special, there are no words to describe the magic she is weaving in so many hearts.

Following is an excerpt from an essay written by Mary Catherine, a classmate of Emily Brewer's, regarding her final year at Veterans Park Elementary (V.P.E)...

My fifth grade year has been a highlight year at V.P.E. One of the best parts about this year was a friend I have made, Emily Brewer. Her smile is as bright as sunshine! She makes me look forward to coming to school every morning. I play with her at recess, but sometimes it's hard to keep up with her! Every time I'm with her, she makes me laugh. Regardless of where we go to middle school, I know that I will never forget one of my very best friends from V.P.E.



The best part about this essay is that nowhere in it does Mary Catherine mention that Emily has Down syndrome. She truly sees Emily as one of her best friends. I think back to the anxiety and sleepless nights I spent worrying about Emily as she entered elementary school. One of the biggest fears I had was that Emily would be viewed differently and other children might not seek her out as a friend. Well, let me tell you that, as is so often the case, those sleepless nights were not necessary. Emily graduated from fifth grade this year and was recognized, along with several other peers, for being on the honor roll every semester since the beginning of fourth grade. At the end of the ceremony, she was bombarded by friends wanting to take one last picture with her. She has had several friends from school come out on their own to watch her play baseball at the Miracle League games, and one of her best friends from school went with our family for a weekend at Great Wolf Lodge. Yes, her friends realize that she has Down syndrome and that this sometimes requires more adaptations and supports, but they do not see her diagnosis as the sum of her being. To them, Emily is a friend that makes them laugh and they enjoy being around. I sure do wish I could get back the hours I spent worrying when she first started this journey!

Submitted by Traci Brewer

LEGISLATIVE HEADLINES

HELP US PASS THE ABLE ACT IN THIS CONGRESS!

Contact Your Representatives to Convene a Hearing and Vote on the ABLE Act Today.

As you know, the National Down Syndrome Society endorsed the Achieving a Better Life Experience Act (ABLE) of 2009 (S. 493/H.R. 1205). The ABLE Act will give individuals with disabilities and their families the ability to save for their child's future just like every other American family, and help people with disabilities live full, productive lives in their communities. The ABLE Act will allow individuals with disabilities to create a disability savings accounts or 'ABLE Accounts' that would accrue interest tax-free. The account could fund a variety of essential expenses for the individual, including medical and dental care, education, community based supports, employment training, assistive technology, housing, and transportation.

The legislation continues to have widespread, bipartisan support. Currently, H.R. 1205 has 180 cosponsors, including 19 members of the House Ways & Means Committee.

The time to pass this bill is now- Please contact your Representatives to encourage them to convene a hearing and vote on the ABLE Act today!

We've included (below) a script to help you reach out to your Representative.

Script/Talking Points to Call Your Representative:

ADVOCATE:

Hi, my name is _____. I'm a constituent from _____ (home town) _____. Could I please speak to the Congressman's Legislative Assistant who handles disability issues?

CONGRESSIONAL OFFICE:

Let me see if XXXX is available. May I ask what you are calling about?

ADVOCATE:

Sure, I'm an advocate for _____. I would like to discuss what a piece of legislation that is very important to our family.

CONGRESSIONAL OFFICE DISABILITY LEGISLATIVE ASSISTANT:

Hi, this is XXXX, how can I help you?

ADVOCATE:

Hi, this is ____ (your name) ___ from ____ (home town) _____. I'm an individual/parent of a child/adult with Down syndrome. I would like to discuss a piece of legislation that is very important to our family. I am calling to ask Representative _____ to help pass the Achieving a Better Life Experience Act (ABLE) of 2009 (S 493/HR 1205) this year. Specifically, we need you to:

- 1) Draft a letter to Chairman Levin to convene a hearing on the bill; and
- 2) Encourage House leadership to schedule a vote on the bill this Congress.

The legislation is being led by the following Members:

- Representatives Crenshaw (R-FL), Meek (D-FL), Kennedy (D-RI), McMorris Rodgers (R-WA), and McDermott (D-WA)

The bill has 180 cosponsors, including 19 members of the House Ways & Means Committee, in the House.

The legislation encourages persons with disabilities to save in order to live an independent and meaningful life while reducing their dependency on public benefits while not jeopardizing benefits.

This legislation allows for the establishment of tax-exempt financial security accounts for individuals with disabilities to pay certain expenses, including: medical and dental care, education, community based supports, employment training, assistive technology, housing, and transportation.

CONGRESSIONAL OFFICE DISABILITY LEGISLATIVE ASSISTANT:

I will let my boss know that we talked and make sure to discuss this request with him/her.

ADVOCATE:

If your boss has any questions or is interested in cosponsor the bill, you may contact:

- Dustin Krasny (202-225-2501) in Representative Ander Crenshaw's office

Celebrations!

DSACK is very happy to celebrate the birth of Levi William Vernon (proud parents are Wes and April Vernon, and big brother is Adam). Levi was born May 27 @ 1:22 a.m., 19.5 inches long, 6 lb. 13 oz. We are so happy to welcome the Vernon family to DSACK!



Kylie McPhetridge is now two years old! Happy Birthday, Kylie!!!

Thank You to Our Sponsors!



DSACK

MAKING

CONNECTIONS

NATIONAL

NEWS

DSACK is gaining more and more recognition throughout our community.

In May, DSACK was honored to give presentations to St. Joseph East's Women's Center and to Mercer County High School.

The presentation at St. Joseph East was given to nursing staff and several students who may find themselves working with families receiving a prenatal or postnatal diagnosis of Down syndrome. Courtney Elbert, Michelle Gilliam and Traci Brewer explained the joy of raising a child with Down syndrome, the myths vs. truths of Down syndrome, and the unlimited potential and bright futures for our loved ones. It was very encouraging to hear the positive comments and thoughtful questions that were asked after the presentation. The educational coordinator for this facility has asked us to speak again next year.

Also in May, Traci Brewer and Michelle Gilliam traveled to Mercer County to address the students in the Honor's Biology class. This was a very open and honest discussion with the students. What was supposed to be a 45 minute presentation turned into a 90 minute presentation. The students were so courteous and eager to learn. One student even gave us her email address so she could volunteer for the Buddy Walk. The principal and the teacher were very accommodating and complimentary. The principal has also mentioned inviting us back to speak to a larger group next year. Here are some of the comments from the evaluation forms provided at the end of class:

"I loved it. I know that if I had a child with a disability that I would keep him/her. I also think it opened other's eyes."

"I like knowing that we are all the same."

"It was informational."

"I liked the realness aspect. You didn't sugarcoat it."

"It engaged other students."

"I really love the fact that people with Down syndrome can do anything."

"I liked the open conversation, and the video put things in perspective for me."

"Thorough and enlightening."

"I liked the examples."

"I liked learning about their children."

This is so exciting for our community. Making others aware of the reality of living with Down syndrome and the great potential that exists within the beautiful people born with this diagnosis is vitally important to the future of our loved ones.

As we are looking toward the start of another school year, please keep in mind that DSACK offers wonderful peer presentations designed specifically for different age groups. Please call the DSACK phone at 859-494-7809, if you are interested in scheduling a presentation or email us at info@dsack.org. It is helpful to have as much notice as possible.

Down Right Special

is a business owned and operated by a young man and young woman who have Down syndrome. They are working to show the unique qualities that exist in all those who are blessed with an extra chromosome and the love of family.

Megan, 21, says: "My friend Eric and I are learning how a business runs. Eric is the President of our company, and I am the Secretary. I do lots of paperwork and ask permission before we use anyone's photos on our cards. Eric runs the meetings and likes calling them to order and asking for a vote. I am good at multiplying but Eric is better at making change, so we are a good team. We hired our friends to work with us. They had to fill out a job application and agree to follow the rules when they are working."

Eric, 30, says: "Running a business teaches us money skills and helps us to speak to people. I am learning how to run a meeting and how to be the employer. In the very near future, I want to get my own place. My Mom says I will need to have a roommate so I can afford to live on my own, (but I would rather have a dog or a cat.)"

The note cards and all occasion cards showcase the unique personalities of people who have Down syndrome. We think you will enjoy sending these cards, as much as everyone enjoyed working on them.

You can view all nine cards at WWW.DownRightSpecial.Com

WONDERFUL WEBSITES

www.eparent.com

About EP Global Communications, Inc.

EP Global Communications (OTC Bulletin Board: EPGL)

is a 38-year-old, award-winning publishing and communications company. EP provides practical advice and the most up-to-date educational information for families of children and adults with disabilities and special healthcare needs as well as to the physicians, allied health care professionals, and educational professionals who are involved in their care and development.

EP uses a multi-media approach to disseminate information through the following methods: its monthly print publication, EP (Exceptional Parent) magazine; its Web site (www.eparent.com); clinical custom communications projects; the EP Bookstore (www.epbookstore.com) which offers books, DVDs, and CDs on a wide range of disability related subjects; and online, interactive CME accredited seminars and teleconferences on a wide range of special needs topics (www.epliveonline.com). (This excerpt has been copied from their website)

www.achievement-products.com

Achievement Products provides an excellent collection of therapy, exercise and special education products for children with special needs. We are proud to help all children realize their full potential by offering a wide variety of innovative products at great prices.

Achievement Products are selected to assist therapists, educators and parents meet each child's individual needs for learning and enhancing new skills and promoting each child's independence. (This excerpt has been copied from their website.)

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CALENDAR

DSACK to be Community Organization of the Night at Applebee's Park

Sunday, August 1st. It is a 2:05 game time, gates open at 1:00. DSACK will have a table set up, promoting our organization, as well as our Buddy Walk. One of our elementary- age, teen, or young adult will have the opportunity to throw out the ceremonial first pitch. Contact Regina for more information 859-983-3754 or remicale2@aol.com.

Elementary Group

July 10, 2010, at Journey Baptist Church is our next elementary meeting. We will meet to discuss IEP and OT issues for the upcoming school year. Children will be painting a buddy walk banner, so please wear or bring an old shirt. Contact Samantha Matthews at samantha.d.matthews@gmail.com, if you have any questions.

0-5 PARENT GROUP & PLAYGROUP

All meetings are on the 2nd Saturday of the month, 10-12, at Faith Lutheran Church, 1000 Tates Creek Rd in Lexington. This group is for families who have a child with Down syndrome between the ages of 0-5 years old. Siblings and grandparents are welcome. Childcare is provided. Contact Michelle @ 859-223-4207 or newparentgroup@dsack.org for more information.

August 7th - no 0-5 meetings during the summer! We will resume in September. Enjoy the special summer events that DSACK has planned! Check the online calendar eriodically for updates at www.dsack.org.

Advocates in Motion (AIM) Teen & Young Adult Group

Check your email for an update from Heather Stilwell, the new coordinator for this group. Heather is excited to get started and will be sending an update to this group very soon.

Mom's Night Out (MNO)

Join Us Thursday, July 22, MNO at Central Bank Thursday Night Live in Downtown Lexington, Thursday, July 22 for Central Bank Thursday Night Live concert series! Come to Cheapside Park from 4:30pm - 8pm for beverages, food from local restaurants and, of course, great music by live bands! There is no admission charge to come and listen to the bands play; food and beverages will be available for purchase on a cash basis. Please let us know if can join in by contacting Eileen Miot at <mailto:erwky@yahoo.com> or 859-340-2771.

Sunday, Aug 1st, Mom's come out with your families for DSACK night at Applebee's Park. Gates open at 1:00 for the 2:05 game.

DSACK BUDDY WALK 2010!

Saturday, October 2, 2010 @ The Thoroughbred Center
Registration at 9:30 & Walk at 11:00

SUBMISSIONS

Do you want to submit information for inclusion in the next DSACK newsletter?

Submission deadline is **Wednesday, August 18th** and can be sent to Traci Brewer at tbrew67@hotmail.com.

Send DSACK pictures of your family member who has T21 to be included in the banner of the newsletter. Digital photos only. Photos should be of individual alone – head and shoulders preferred.

Do you... * Have an interest in placing an add in our newsletter?

* Want to receive the newsletter by email instead of through regular mail to save DSACK mailing costs?

* Know someone who might like to receive our newsletter?

If so, please contact Traci Brewer at (859) 806-8196 or tbrew67@hotmail.com.

Let's get the word out about DSACK and our loved ones with Down syndrome who are beautiful, capable and loved!