



DSACK

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DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

JULY
AUGUST
2011
VOLUME V
NUMBER IV



celebrating friendships in the DSACK community see page 9

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Buddy walk 2011 information and registration brought to you by the Bank of Lexington - see page 6



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WHAT'S GOING DOWN WITH

DSACK

NEWS

FROM THE BOARD

Donated by Down Syndrome Association Malta



A copy of the painting "Come All You Unto Me" by Gozitan artist Chev Paul Camilleri Cauchi has been graciously donated to us by Down Syndrome Association Malta. The artist has also given his permission for this donation. The Down

Syndrome Association Malta writes to DSACK, "The painting graces the Association's boardroom and not only does it catch one's eyes and fills everybody's hearts with pride and happiness, but strengthens one's resolve to do their outmost for people who have Down syndrome. We hope the print of the painting will give you the same courage it gives us, to continue in our mission to promote awareness about Down syndrome and their rights to acceptance in our society as rightful members."



Kroger Cards

We are thrilled to inform you that thanks to your regular grocery shopping over the past 4 months, we've made \$460.00 to help support DSACK Families! It's so easy if you are a Kroger shopper. Email dsack.org@

gmail.com and Allison will mail you a Kroger Gift Card. Load the card with your desired dollar amount and use it to pay for your groceries. The card costs you \$5.00 and has the potential to raise significant funds for DSACK. Thanks so much for helping us to raise money so we can raise awareness!



News From DSACK's Program Coordinator

It was a year ago in July when Regina Schmutte, my long-time friend and I were having dinner. Regina mentioned that DSACK was looking for a part-time Program Coordinator. I was then enjoying my time at home

with my beautiful baby boy and I was truly content with the job of being "Deuce's Mommy" (he's a junior so we call him "the Deuce"). I knew I wanted to go back to work eventually, but motherhood was my first priority and growing our family was what God had put in my heart. After much prayer and reflection, and to my total surprise, I called Regina and told her I would like to interview for the position.

Within the week I had an interview with Regina, Michelle Gilliam and Traci Brewer, all DSACK Mommys and Board Officers. We chatted for about an hour and I soon got a feeling about how God intended for my family to grow. Days later I received a call from Traci that DSACK wanted to add me to their family and my, my, what a big family I have now! I feel so blessed when I call the children of DSACK "our kids." Thank you for sharing your children with me and thank you for including me and my family in DSACK's family!

While the position of Program Coordinator is a job, it's a labor of love. I am here to serve each of you and to support the officers and be a liaison to the Board of Directors. Over the past year I have been busy corresponding with DSACK families, supporting families in need, working on public awareness and member relations, creating and editing the bi-monthly Newsletter and Friday Blitz, attending Peer Groups, coordinating special events and the annual conference, supporting the Buddy Walk, maintaining the DSACK office and attending Officer and Board Meetings. While all of these things are very important to the success and mission of the Down Syndrome Association of Central Kentucky, my most favorite of my responsibilities is interaction with you, the families of DSACK.

My husband Art, my son Deuce (3) and I all look forward to spending time with each of you. If we haven't met yet, please introduce yourself. After all, we are family!

who are we?

PROGRAM COORDINATOR

Allison Kerschbaum

BOARD OFFICERS

Michelle Gilliam, *Chairperson*

Regina Schmutte, *Vice Chairperson*

Lee Ann Mullis, *Treasurer*

April Vernon, *Secretary*

Hans-Pete Healy, *Research Officer*

Your Name Here, *Board Liaison*

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Susan Hart Bell, *M.S., Ph.D., Parent & Professor of Psychology & Coordinator of Child Development, Georgetown College*

Traci Brewer, *Parent*

Meada Hall, *M.S., Ed.D. Principle Investigator & Project Director for Community Based Work Transition Programs, UK*

Harold Kleinert, *Ed.D., Executive Director of HDI*

Joanne Luciano, *PT, MHS, Kids In Motion, Inc*

Samantha Matthews, *Special Education Teacher*

Matt Moore, *Director of Special Education, Jessamine County School District*

ADVISORY COUNCIL

Caroline Boeh Baesler, *Parent & Attorney*

Karen Roof Boudreaux, *Parent*

Becky Lesch, *Parent & Educator*

Malkanthe McCormick, *M.D. & Parent*

John Riley, *M.D.*

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.

NEWS TO USE

Special Olympics Kentucky Young Athlete Program in Lexington!

The Young Athlete Program is an innovative sports play program that serves as an introduction to sports for children with intellectual disabilities.



The YAP is developmentally appropriate for children ages 2-7. The program will provide an appreciation to fitness and sport for the whole family and offers the families the opportunity to share success of their future athlete.

Play Works is starting a Young Athletes Program in Lexington as a service for our families with children with special needs.

The YAP will run this fall from September 8 to October 27th on Thursday nights from 6 to 7. It will be at Play Works, 3167 Custer Drive suite 104, Lexington.

For more information about the program, contact Brittany Caple at 502-695-8222 or email bcaple@soky.org.

Kentucky Psychological Association

To locate individuals who are members of the Kentucky Psychological Association and have described themselves as having research/practice interests in specific areas – go to <http://kpa.org/displaycommon.cfm?an=1&subarticlenbr=177>. Also, go to <http://www.kpa.org> (Kentucky Psychological Association), to locate therapists who are interested in working with specific populations and issues.

Susan Hart Bell, M. S., Ph.D.

Summer Camp Scholarships

To apply for a scholarship to a camp or conference go to www.dsack.org. Go to the dropdown menu on the RIGHT side of the homepage and under the Pages Tab, click on DSACK Community, click on Programs & Services, click on Conference & Camp Scholarship Applications.



LYSA TOPSoccer League for Special Needs -Athletes Preparing for Fall Season

June 20, 2011--The Lexington Youth Soccer Association (LYSA) will again offer TOPSoccer (The Outreach Program for Soccer) to Central Kentucky athletes, youth to adult. TOPSoccer was created by the US Youth Soccer (USYSA) to meet the needs of children ages four and older with physical and/or intellectual disabilities.



Registration for the fall season is currently open and will close July 31, 2011. The cost for participation is \$25 per player. Registration fees cover player insurance. Practice shirts and uniforms are provided. Players must provide their own shin guards and soccer cleats. To register go to: <https://active.leagueone.com/Olr/Pages/Welcome.aspx?ClubId=1192>

Like all TOPSoccer leagues nationwide, LYSA TOPSoccer is a non-profit organization that is staffed and operated by volunteers and is primarily funded by charitable donations from area individuals and businesses. The overall goal is to develop soccer skills while having fun.

"We had more than 200 volunteers during the past two years that have served as buddies and coaches for over 75 athletes," said Birdwhistell. "We are really looking forward to the upcoming fall season."

Practices will be held on Sunday afternoons starting in late August and ending in late October. Teams will be organized both by the player's ability and age.



In addition to practice and games, there will be social events for players and volunteers throughout the season. Last year, teams attended UK and Transylvania soccer games, the TOPSoccer Fall Tournament in Cincinnati, and a league bowling event. All players receive a participation trophy.

If you are interested in coaching or being a volunteer or buddy for TOPSoccer, please contact Janice Birdwhistell at jeb147@aol.com or 859. 229-7670. If you have questions about LYSA TOPSoccer, please call LYSA at 859.223-5632 or by email contact Jessie Birdwhistell, league director, at Jessie.Bird@uky.edu.

The DSACK Newsletter is published bimonthly by the Down Syndrome Association of Central Kentucky, P.O. Box 910516, Lexington, KY 40591-0516.



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DSACK GROUPS



0-5 Parent Group & Playgroup

Put a little fun in your day. Make the most of the time you have with your child. Explore together. Kathy Day from Kentucky Educational Television encouraged and

inspired us with a volume of ideas and specific strategies at our last 0-5 parent group meeting.

We were encouraged to finger paint with pudding, make our own bubble solution, collect nature items, watch birds and create murals with our young children. These activities engage the physical and cognitive development of our children while creating family fun.

KET encourages parents to think of learning with television as a triangle. The triangle includes 1. Select and watch TV that teaches, 2. Find and read aloud a story related to the theme of the video, and 3. Do a fun activity that reinforces the learning.

Kathy had numerous activity suggestions such as:

- Help kids use journals as a way "to connect thought to the spoken word and written word." Regular time dedicated to the journals helps kids develop skills in fine-motor skills like drawing and writing.
- Use a shoe box lid filled with salt to create a sensory experience tracing shapes, letters and numbers. This is also a good way for older children to learn spelling words.
- Create a seed sock using grass seed, potting soil with a ping pong ball in the toe of an old sock. Kids can see how grass grows.
- Introduce the term "hypothesize" and talk about make a point of guessing and forming ideas from what is observed.
- Play a variety of music through the day and encourage children to learn how to clap to a steady beat. This skill leads to counting and math.
- Play music and walk around a 48 inch round table or circle in one direction. Switch directions. As children become more balanced and proficient, use a hula hoop.
- Develop listening skills by playing low and high notes guessing if a note is lower or higher than another note.
- Mix colors together using food coloring and pudding. Its finger paint you can eat!
- Use full-length mirrors to help children see themselves and learn about reflection.

Kathy reminded us that, "Children learn from doing, seeing, listening and imitating." There are many resources available to parents through KET and PBS that support learning. Here are a few of Kathy's top web recommendations.

www.ket.org/arttoheart This site includes activities and information about how you can help your child express himself in the arts.

<http://www.ket.org/encyclomedia/> Select Teacher's Domain and search for Science KET. Sign in as a guest or get a password. It's free. The Every Day Science series has short learning videos and interactives perfect for beginning science ideas for preschool and elementary age children. Teacher's Domain allows for a search of educational videos.

<http://www.pbskids.org> Sesame Street and other educational shows have specific online activities and games to reinforce the learning. There's also specific information for parents at www.pbs.org/parents/

This quote embodies the philosophy behind the arts resources, but also is a rationale for learning with the senses.

"Education is lighting a fire, not filling a bucket. And the arts light the fire. They light the fire of enthusiasm and involvement. They engage the child on every level—sensory, verbal, and cognitive."

Valerie Bayne Carroll, Master Teaching Artist, Wolf Trap Foundation for the Performing Arts.

Best Bubble Solution

1 cup water

2 tablespoons light Karo syrup

4 tablespoons baby shampoo

What to do: Mix ingredients and have fun!

Overall, Kathy encouraged us to have fun with our children as we explore, observe and create together.

Our next meeting is July 9 from 10-12. We look forward to hearing from Megan McCormick and her mom, Dr. Malkanthie McCormick.

submitted by Mary Henson, John's Mom

donations

James Johnson, In Kind

In Honor of Ava Gilliam from the **Maikkula Family**

Thank You **Scott Mandl** for photographing the DSACK Summer Picnic!!

Monkey Joes-Three hours of complimentary play for the Elementary Group

The Blue Moon Mountain Bluegrass Festival announced that 5 percent of all tickets sales will be dispersed evenly to five local charities, including The Jordan Light Foundation, Shriners Hospitals for Children, Highlands Center for Autism and the Down Syndrome Association of Central Kentucky!! Thank you Joe Diffie and the Blue Moon Mountain Bluegrass Festival! If you live in the Eastern Kentucky area and are interested in attending the Festival, please contact Allison Kerschbaum at dsack.org@gmail.com.



thank you!

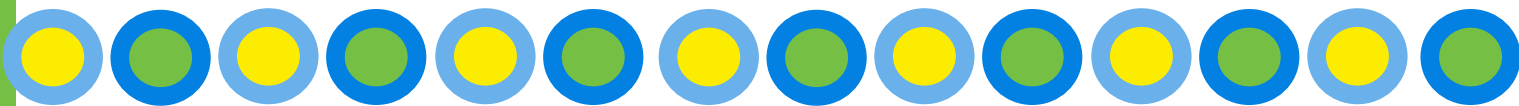
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J U L Y - A U G U S T 2 0 1 1

Elementary Group

Monkey Joe's was a huge success! With over 15 kids attending everyone had a buddy to play with! Thanks Kelly and Ray the owners of Monkey Joe's in Hamburg for donating the 3 hours of play to the elementary group!

*SUBMITTED BY SAM MATTHEWS,
Group Leader and DSACK Board Member*



Summer AIM Group Update

So far, the summer AIM group has gone to Orange Leaf for an evening of frozen yogurt and we have also attended a Legend's Game. Two great nights of fun, so a special thank you to everyone who was in attendance for those group meetings!

We have been so fortunate to be the leaders of this group. We have had so much fun and we have truly enjoyed spending time with the individuals of the AIM group and their families.

The next AIM group meeting will be Saturday, July 30 and it is a Dress-up Italian Dinner. Please be looking out for an email for more details =>

Patrice Fischer and Mallory Marshall

**t h a n k y o u
to our sponsors!**





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BUDDY WALK

BUDDY WALK 2011



10 teams have signed up and we have recorded **\$2600** in team donations!

\$13,500 in sponsorships includes:

Presenting Sponsor:
Bank of Lexington



Bank of Lexington

People who know *Banking.*
People who know you.

Food Sponsor: Cici's Pizza **Media Sponsor:** KTVQ



Silver Sponsor: Toyota Motor Manufacturing of Kentucky

Bronze



Sponsor: Lexington OBGYN Associates

Route Sponsor: Glenn Toyota of Frankfort

Buddy of DSACK:
Berry A. Campbell, MD

Cardinal Hill Rehabilitation Hospital

Pediatric Associates of Frankfort

The Down Syndrome Association of Central Kentucky's 9th Annual Buddy Walk presented by Bank of Lexington October 1, 2011

Planning for our 9th annual Buddy Walk continues. We have many volunteers that have committed to donate their time to help make our 2011 Buddy Walk a success. If you are interested in volunteering your time, or if you have a friend, relative, or co-worker that wants to get involved, contact Regina Schmutte at remicale2@gmail.com or 859-983-3754.

Remaining meeting dates are as follows. All are welcome!

- o **Aug 2**
- o **Sept 6, 13, 20 & 27 (weekly)**

BW Teams and Committees

We already have a team that is creeping up on \$2000!! Jordan's Team started raising money as soon as Buddy Walk 2010 concluded..... catch them if you can!

The team with the most money raised, and the team with the most members this year, will win a sitting with a professional photographer and will be featured on next year's billboard! Thank you Kristen Tatem Photography!

Thank you to our committed volunteers for the 2011 Buddy Walk

Registration Committee Chair: Susan Bell

Committee: Georgetown Psi Chi and Psy Faculty

Exhibitor Committee Chair: Pete Healy

Auction Committee Chair: Amanda Jones

Committee: April Vernon

Entertainment Committee Chair: Tracy Durham Beall

Committee: Tammy Carter

Food Committee Chair: Allison Kerschbaum

Committee: Karen Andreassen and Vikki Healy

Sponsor Committee Chair: Regina Schmutte

Committee: Ashley Candelaria

Volunteer Committee Chair: Erin Salmons

Committee: Joanne Luciano

*Submitted by Regina Schmutte,
Buddy Walk Chair and DSACK Board Member*

Our 2011 Buddy Walk registration web site is up and running!! Register your team @ www.buddywalk.kintera.org/dsack! Go to www.buddywalk.kintera.org/dsack to start your Buddy Walk team now! Need Help with the Buddy Walk Web site? Want to register your team, but not sure how? Contact Regina at 859-983-3754 or remicale2@gmail.com. I want to help you succeed!

Secure Auction items! We welcome all donated items for our Buddy Walk Auction! All proceeds from our auction are donated directly to the DSACK Buddy Walk. Is there a business you frequent regularly? Don't be afraid to ask! Most businesses enjoy giving to non-profits, and it is great advertising for them! Contact Amanda for an auction form @ amanda.jones@pnc.com.

If you had a Buddy Walk Team last year and want to re-create your team for Buddy Walk 2011, all you need to do is, click on the link at the top of the registration form that says:

If you have participated in any Friends Asking Friends event in the past, click here to autofill this form.

Then log in using your user name and password from last year and the rest of the form will be filled out for you and last year's history will be in HQ.

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

J U L Y - A U G U S T 2 0 1 1

Register Now!

Register by Saturday, September 24th 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 buddywalk@dsack.org.

9th Annual Buddy Walk 2011 Registration Form

Saturday, October 1, 2011 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: _____



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What?

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 1800 supporters participated last year!

How?

Funds are raised through individual walkers and/or teams made up of people just like YOU! Join us today by filling out this form or registering on-line at www.dsack.org.

Why?

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, medical and educational professionals in our community. Funds raised in 2010 were specifically used to provide scholarships for camps and conferences, immediate information and assistance to new families, assistance to families during times of crisis, expansion of our lending library, the cost of publishing and mailing our bimonthly newsletter to nearly 400 families and professionals, quarterly social events for individuals with Down syndrome and their families, monthly age-specific groups for children/adults and their families, and educational materials within the community, as well as the national advocacy initiatives of NDSS that benefit all individuals with Down syndrome. Money that the National Down Syndrome Society (NDSS) receives from the Buddy Walk program goes to support the policy center in Washington, D.C. which works on national initiatives that benefit all individuals with Down syndrome.



Register by SEPTEMBER 24, 2011



P.O. Box 910516
Lexington, KY 40591-0516

9th Annual Buddy Walk 2011 Registration Form

Saturday, October 1, 2011 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

MAKING CONNECTIONS

Unlikely Path to a Friend

We live an hour away from each other. We work in unrelated fields. We are over seven years apart in age. (Although I probably shouldn't point that out since I'm the older one!) The chances of us meeting one another are small...as small as an extra twenty-first chromosome.

I heard that a baby boy just one month younger than mine had been born. "Please give that mom my phone number," I said. For the next couple of days, each time the phone rang, I thought, "This might be her. Don't blow it!" I remember our first phone conversation vividly. Little did I know that it would be the beginning of many, many more.



We have talked almost every day since that first conversation. We have a deep connection & "get" each other on so many levels. We celebrate holidays and birthdays together. Our children share clothes. She has taught me how to coupon, and I have encouraged her to step out of her comfort zone. I look forward to our regular phone calls and the laughs we share. It is wild to think that we may



have never known each other without that tiny extra chromosome our boys possess.

We talk a lot about things that have nothing to do with our boys, but it is also such a blessing to walk hand in hand as our little guys grow. We share the information we get from our therapists, doctors, and personal research. We celebrate together when one of our boys reaches a milestone and we have empathized with each other during their hospital stays and multiple illnesses this winter. There is a Swedish Proverb that says, "Shared joy is a double joy; shared sorrow is half a sorrow." That is one of the greatest benefits of my friendship with Keli. This journey would not be the same without her.

Thank you DSACK for bringing our families together!

Submitted by April Vernon, Levi's Mom and written about her friendship with Keli Hanna, Miles' Mom



DSACK on the Move

DSACK recently gave a 1 hour presentation to the Maternal Fetal Medicine Fellows at UK. The presentation included the importance of informed consent in regard to prenatal testing as well as the importance of providing accurate and balanced information about Down syndrome when explaining the prenatal diagnosis to families. Thanks to Dr. Harold Kleinert and Dr. Wendy Hansen for making this happen!

DSACK families recently took part in a "lunch" with graduate students in the Communication Sciences and Disorders program at UK so that the students could evaluate the children for their feeding course. Thanks to Dr. Jane Kleinert for the opportunity to make this connection!

A child from DSACK is participating in a balance research study conducted by Gina Siconolfi-Morris, a doctoral student at UK in Rehabilitation Sciences (pediatric physical therapy).

be inspired!

It was a rainy Saturday morning, May 14, the day of the May 0-5 parent group meeting. A small group of parents munched on potato casserole, fresh fruit and tasty breads. This meeting had the elements that we agreed make a great parent meeting, great food, positive conversation and laughter. **0-5 New**

What We've Learned

We all agreed that DSACK has been the main source for learning about Down syndrome. Talking to other parents has helped all of us.

Successes

As we discussed successes, we laughed about skills that also cause trouble like locking and unlocking doors, getting in the refrigerator, and climbing over gates. These are challenges we agreed that come with the territory of parenting any child, particularly a preschooler. Lee Ann Mullis said, "We do our best in faith and love. If we have a bad day, we pray the next day's better. We trust in the Lord."

We also shared varied skills and strengths from self-expression to counting to knowing the way to the library. We could all think of many things our children do well and enjoy doing.

Best Advice

What is the best advice you have received?

Don't quit!

(When adjusting to the initial diagnosis) You will be happy again. Treat him like your other children. He is a child first.

This won't define who she is.

Don't worry so much about the future. Enjoy the time you're in. This child needs love and discipline in the same way other children do. She's going to accomplish everything, it will just take longer.

The way you present your child is the way other people will see her. What has pleasantly surprised you?

She is the perfect addition to our family.

Some people insinuated that he would never be aware of what he was doing and where he was. They were wrong. Even as we drive in the car, he always knows where we are and where we are going.

My daughter's friends adore her. They say, "Oh, she's so cute."

Our children have the most typical sibling relationship. They fight and love.

DSACK has surprised us. There's a club of great people, happy families. We made new friends.

Submitted By Mary Henson, John's Mom





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CELEBRATIONS!

Christian Massie had his graduation from 8th grade at Morton Middle School on Friday, June 3rd. Christian was awarded a very prestigious honor - The Spirit of Morton Award, which goes to the student that embodies the Morton school spirit. This is the most prestigious award from Morton. This was a great honor & his family, teachers, & friends are very proud of him. Here he is, wearing his medal, pictured with his Dad Dale and his older brother, John.

Christian Massie will celebrate his 16th Birthday June 17th! Happy Birthday Christian, we love you!



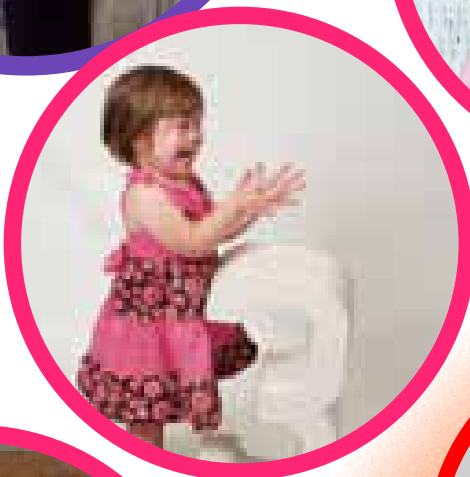
Dear **Meg**,
We thank God that He has placed you in our lives! Every day you bring us smiles and we are so proud of you!
Meg will be 4 on August 4th!



Conor Healy!

Congratulations on your graduation from 5th grade! We're SO proud of you! Lots of love from Dad, Mom, Emma and Aoife

Happy Birthday!
Bella Ruzzene turned 3 on May 27th!
We love you Bella!



Miles celebrated his first birthday Friday, June 17th. Happy Birthday Miles! We love you!!



Callie Baesler turned 13 on June 6th! Happy Birthday Callie-we love you!!



July 25, 2011
Happy 13th birthday **Tage!** We love you!!!
Love, Dad, Mom, Jared, Colin and Evan

Callie Baesler made the Honor Roll at Morton Middle School for the Spring 2011 semester for having at least a 3.0 GPA. Congratulations Callie!!



Jeremiah will celebrate his first birthday August 21st!
Happy 1st Birthday Jeremaih, We Love You!
Mommy and Daddy

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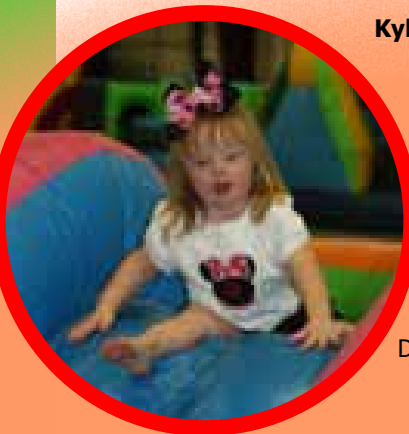
J U L Y - A U G U S T 2 0 1 1

11



Joella will celebrate her 4th birthday August 3rd!

Your fun, spunky, vivacious personality is what we adore! How can it be that our Joella Sue is turning FOUR!!!! We love you to the moon and back! Mommy, Daddy, & Laney (Sissy)



Kylie McPhetridge

turned 3 on May 23rd!!! Who Hoo!!!

Where have the past 3 years gone? Look what you have accomplished, we are so proud of you baby girl!!! Mommy & Daddy love you so much!!!

Every human life is a *beautiful* gift.

People with Down syndrome are *capable* of living full lives and dreaming big dreams.

People with Down syndrome are *loved* beyond your wildest imaginings.

Turquoise

I tried to stop myself but couldn't.

I knew that I shouldn't feel anything - but I did.

Toronto is Canada's largest city. Yonge Street has some of Canada's busiest intersections, there are cars, people, wheelchairs and strollers everywhere. We had picked up a tea and were heading over to sit and drink it in George Hislop parkette. I had to pause before rolling over the cut curb to head to the east side of the street to let a woman pass. I glanced at her only so that I could see when I could safely move. And I noticed.

Really noticed.

She was maybe twenty years old. She walked with a hurried pace. A smile indicated that something fun had just happened or was about to. She had a blue backpack slung over a turquoise tee. Her jeans were tight with intention not weight. She stepped past me, not seeing me, only seeing her destination. She was alone.

And She had Down Syndrome.

It shouldn't matter to me. But it did. As I drove across the street I found my eyes filling with tears. My life flashed before my eyes, it's not death that brings rapid memory - it's life. I flashed to an elementary school with no children with disabilities. I flashed to a high school with no teens with disabilities. I flashed through my teens to my twenties to my thirties. People with disabilities existed only in a professional capacity. They did not exist in public. They did not exist without wearing the uniform of helpless captive - a staff or parent beside them. The certainly did not exist, alone, on city streets, wearing turquoise tees and sexy jeans.

Instantly I wanted every doctor who would tell an expecting parent that people with Down Syndrome have no hope, no future, to see her. Instantly I wanted every educational expert that thinks that people with difficulty learning, don't, to see her. Instantly I wanted every parent that worries that their child may never live freely, to see her. Instantly I wanted history to shout 'WE WERE WRONG!!!!!!' from the rooftops.

Her-freedom.

Her-independence.

Her jeans that dad would disapprove of.

They mean something.

They mean that Hitler was wrong. They mean that genes may form us but not define us. They mean that a medical degree does not a shaman make. They mean that the crystal ball that geneticists use to see the future needs to be grabbed from their hands and smashed to the floor. They mean that we all need to redefine possibilities to mean ... possibilities.

They means that all those years of parental love and support, all those tears cried by mothers who struggled to teach, all those hours that father's spent encouraging, well it means they mattered.

Reallymattered.

A few hours later I asked Joe if he had seen her. He had not. He quickly apologized saying he was talking with Tessa who was along for the trip. But I didn't want him to have seen her, notice her. It makes sense that she just blend in with all the rest. Because I don't want her to be 'other' I want her to be simply 'another'.

And she will, one day, to me. The day when it is no longer remarkable to see people living their potential. To see people with Down Syndrome simply being who they were always capable of being. To see freedom as the end result of climbing a steeper slope.

But for now, to me, I need to see her.

And I'm glad I did.

Even though, I shouldn't have.

Posted by Dave Hingsburger



DSACK

beautiful capable loved

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calendar

Something For Everyone

Save the Dates: Buddy Walk, Saturday, **October 1, 2011** at the Thoroughbred Center, Paris Pike. DSACK Holiday Party, Saturday, **December 3, 2011** at Marriott's Griffin Gate Resort. 2012 DSACK Conference, Saturday, **February 25, 2012** at Marriott's Griffin Gate Resort.

0-5 Parent Group & Playgroup

All meetings are held on the 2nd Saturday of the month at the DSACK office at 212 Two Oaks Road in Nicholasville from 10 a.m. until 12 noon. Child care is provided. Siblings and grandparents are always welcome. Call us at 859-494-7809 or email at newparentgroup@dsack.org.

August 11th, 2011 – Julie Foster, Speech-Language Pathologist and owner of PlayWorks! Pediatric Enrichment Center, will be sharing activities which will stimulate development of language, communication, muscle strength and coordination all while having fun. This "mini-class" will be for children with Ds, parents and siblings.

submissions

Submission deadline is Monday, August 8th and can be sent to Allison Kerschbaum at dsack.org@gmail.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?
* Know someone who might like to receive our newsletter?
If so, please contact Allison Kerschbaum at (859) 494-7809 or dsack.org@gmail.com.
Let's get the word out about DSACK and our loved ones with Down syndrome who are beautiful, capable and loved!

September 10th, 2011 – She's coming back! Miss Erin from Musikmatters will conduct a music class. This is the 3rd consecutive year Erin has visited DSACK and it is always a blast!

October 8th, 2011 – No meeting due to Buddy Walk this month.

November 12th, 2011 – Reverend Jeff and Dr. Susan Bell, parents of 28 year old Chad, will discuss their personal experiences with Chad's birth, medical and therapeutic interventions, Chad's interactions with his sibling and her friends, and his participation in Special Olympics, school and work. They will bring a PowerPoint using pictures of Chad from infancy to adulthood and Chad will be happy to talk briefly about his experience of having Down syndrome and answer any questions submitted in advance. Jeff and Susan will be happy to answer questions during the session.

December 10th, 2011 –No meeting due to the Christmas party this month.

Teen/Young Adult Group (Advocates In Motion – Aim)

New leaders this summer! Come out and meet Patrice Fischer and Mallory Marshall and plan on having lots of fun! As always, DSACK pays the cost for group members to participate in activities. For more information or to be added to the email list, contact Patrice.fischer@uky.edu or call DSACK at 859-494-7809.

July 30, 2011 (Saturday) Dress-Up Dinner. Girls show up at DSACK office for hair and nail party at 4:00. Boys are welcome to come during this time as we will have music and snacks. We will meet at an Italian restaurant TBA around 7ish.

August – POOL PARTY TBA!