



DSACK

beautiful capable loved

MARCH-
APRIL
2010
VOLUME IV
NUMBER II



see page 2 for a special Appreciation Day Event!

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*Join us for our Annual DSACK
Appreciation Day!!*

*We are hosting an Appreciation Day on
Sunday, April 18th, from 2:00-4:00
p.m. at Centenary United Methodist
Church, in Lexington
on Bates Creek Road
(See page 2 for more information).*

*Artwork by David Carter, local artist, and father of Joshua and Ryan who are depicted
in the artwork here. Joshua, who has Down syndrome, is almost 6 years old now!*

WHAT'S GOING DOWN WITH **DSACK****DSACK Families, It's a Party!**

Join us for our Annual DSACK Appreciation Day!!



We are hosting an Appreciation Day on Sunday, April 18th, from 2:00-4:00 p.m. at Centenary United Methodist Church, in Lexington on Tates Creek Road. (Park

in front parking lot and enter through last set of doors on the left when facing the church.)

Join us for great fun, music and of course, karaoke! We will have delicious food catered by Bons Temps, who provided the wonderful meal at our holiday party.

This is a great opportunity for us to socialize with each other AND show our appreciation to the friends, individuals and various businesses who have shown interest in our children and families this past year.

Feel free to invite an appreciated teacher, therapist, employer or friend to the event.

If you (and your guest) plan to attend, PLEASE RSVP to DSACK by April 11th at (859) 494-7809 or info@dsack.org with the number attending...so we can plan appropriately.

DSACK

Another Project Completed

For several years DSACK has been working with hospitals to make sure that when a baby with Down syndrome is born, the parents are given helpful information, resources, brochures, growth charts, articles and books. As well as providing necessary medical information, we have strived to provide hope, support, encouragement and friendship and have hopefully been able to meet all of these goals with our "New Parent Packets". We did all of this on a limited budget, with black and white copies made at a local printing shop. We did what we could afford, but made sure the message was clear: "Congratulations! Celebrate your baby! Call us if you need us!"

Thanks to a wildly successful Buddy Walk in 2009, we were able to add some money to this part of the budget for 2010 and now have a revamped, updated, absolutely BEAUTIFUL New Parent Packet. All of the important information is still included, but in a condensed, more aesthetically pleasing way. Our hope is that when new families are given the diagnosis, this packet will help them quickly realize that their baby is beautiful, capable and loved, and there are a lot of people waiting to welcome them into the DSACK community.

Thank you to the parents from the 0-5 group who made contributions. Remember a few months ago we asked for suggestions for improving the new parent packets? We listened and took your suggestions to heart. Remember we asked for your comments about DSACK and also about your children so that we could publish them? Well, they are in print now, along with GORGEOUS photos. We are calling this the New Parent Magazine, which is a part of the overall New Parent Packet. You can now view the New Parent Magazine on our NEW website at www.dsack.org.

Thank you also to Linda Howley for her design efforts and tremendous patience as we worked to get this right. Linda also designs our newsletter!

CHECK IT OUT!**Check out our NEW and FABULOUS website!**

Thanks to Linda and Greg Howley, DSACK is proud to announce that DSACK's NEW website is live! You can visit the new site at www.dsack.org.

DSACK Officers have worked tirelessly in creating and organizing the massive amount of content on the site, and have collaborated with the Howleys to create a site that is impressive and easy to navigate. Linda also creates the graphic design and layout of our newsletters. Her nephew, Bobby has Down syndrome and her sister Regina serves as an Officer for DSACK. Linda and Greg have been huge advocates for DSACK in offering us an incredible non-profit rate. She and Greg have FAR exceeded our expectations for the DSACK website, and we are THRILLED with the site. We hope you will take the time to explore the site and stay tuned into the site for updates on what is new! Also, be sure to check out the online calendar for upcoming events. Finally, please tell everyone you know to visit the site, as we are proud to spread the word. We think DSACK's website is one of the best in the nation now! Thank you, Linda and Greg!

DSACK

Peer Presentation at local school is incredible!

(submitted by Karen Boudreaux, Advisory Council Member and Parent of Kate)

Recently, I had the opportunity to team up with my daughter's class in understanding Down syndrome through a peer presentation created by the Kansas City affiliate and our own DSACK. It is a terrific model to be presented to kids and adults that is both fun and informative. The interactive tools that DSACK has "boxed up" for presenters make it easier for everyone to understand different learning styles and how our kids with Down syndrome have to work very hard in everything they do on a daily basis. The classmates (peers) asked lots of terrific questions and warmed my heart with their loving comments that would make any parent want to hug them. You could see the light bulbs go off on their little faces as some of the fear and questions they may have had about Down syndrome were replaced with love in their hearts for their new friend they understand better. We ended with the INCREDIBLE showing of Megan's story from the HDI website (THANKS Harold and Mal, Jim and Megan!!), from Megan's life in the Fayette County Schools and her incredible accomplishments. A great lesson plan for all of us!

If you would like to give a presentation to any class or group, NOW is the time. The outline and tools have been packaged for anyone to take and deliver. If you would prefer someone else give the presentation, while you take a supportive role in the class, contact DSACK to get it scheduled. It is VITAL that perceptions change and it will only happen if we get up and out now. Please note: This is done in a very loving, fun and positive manner to educate by looking at all the ways we are more "alike" than different. *If you would like to hear more about my experience as a newly trained presenter for DSACK's Peer*

Presentations, contact me at kboudreaux@insightbb.com or call 859-229-7860. If you would like to receive training for DSACK's Peer Presentations and/or schedule an appointment for a presentation, contact DSACK at info@dsack.org or 859.494.7809

DSACK to be "Community Organization of the Night" at Applebee's Park, Lexington Legends Game!

Sunday, August 1st, 2010

2:05 game time (Gates open at 1:00)

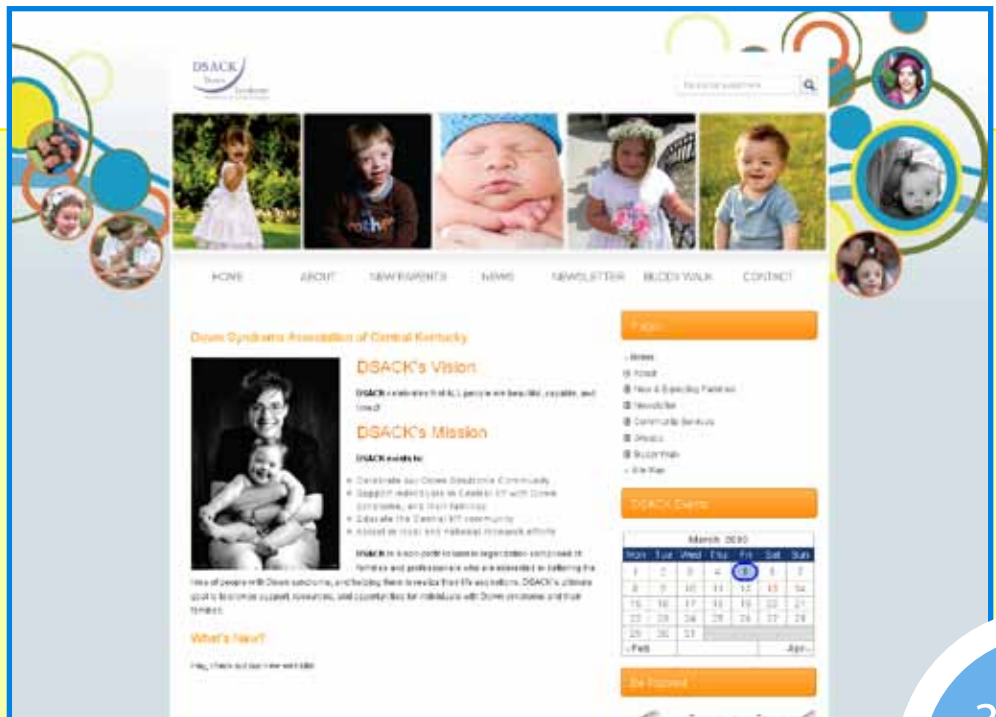
Make plans to join DSACK for this fun-filled day at Applebee's Park!

Contact Regina Schmutte for more information 859-983-3754

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 the Lexington Legend's Home Games.

DSACK will receive four (4) complimentary tickets that will be given out as prizes at our Summer Picnic. Additional tickets can be purchased at a discounted price (stay tuned for more information in the next newsletter, the website, and via email). DSACK will host a table promoting our organization and our Buddy Walk. **One of our DSACK members will have the opportunity to throw the ceremonial first pitch!** This honor will be determined by drawing at the Annual Summer Picnic. Stay tuned to our next newsletter and the website for more details.

If you or your business are interested in building a website that you can personally maintain, a brochure or a newsletter for your organization and would like to discuss this with Linda and Greg, please contact via email linda@micalehowley.com



NEWS FROM THE BOARD

WHO ARE WE?

BOARD OFFICERS

Traci Brewer, *Parent*
 Courtney Elbert, *Parent*
 Michelle Gilliam, *Parent*
 Regina Schmutte, *Parent*
 Malkanthie McCormick, *Parent & MD*
Internal Medicine Physician

TREASURER

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

BOARD DIRECTORS

Belva Collins, *Ed.D. UK, Professor of Special*
Education
 Harold Kleinert, *Ed.D., Executive Director*
of HDI
 Samantha Matthews, *Special Education*
Teacher
 Brooke Reed, *M.S. UK School Psychology*
Doctoral Student
 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*

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.

DSACK is proud to introduce our three newest Directors

DSACK is honored to have such well-qualified Directors serving on our board. With the guidance and advice of so many experts in varying fields, DSACK can look forward to a bright future of serving our families in many areas.

Susan Hart Bell, M.S., Ph.D. is a professor and coordinator of the Child Development Department at Georgetown College. She graduated Summa cum Laude with a B.A. in Psychology and Sociology from Georgetown College, an M.S. in Clinical Psychology from Eastern Kentucky University, and a Ph.D. in School Psychology from University of Cincinnati. Dr. Bell's achievements and recognitions are too numerous to mention, but she is most proud of her role as a parent. Dr. Bell's son, Chad, is an active member of our young adult group, Advocates In Motion.

Meada Hall, M.S., Ed.D., is the Principle Investigator and Project Director for the Community Based Work Transition Program at the University of Kentucky. She earned a B.A. in Therapeutic Recreation, M.S. in Special Education, Severe and Profound Disabilities, and Ed.D. in Special Education Personnel Preparation, all from University of Kentucky. Be sure to read the feature article in this newsletter in which Meada shares her expertise and advice in transitioning into the workplace.

Matt Moore is the Director of Special Education in Jessamine County. He earned a BA of Art in Elementary Education and Special Education from UK, MA of Art in Elementary Education from Georgetown and a Director of Special Education and Superintendent Certification from UK. He has eight years of teaching experience in non-categorical resource and collaborative classes. He was named 2002-03 Elementary Teacher of the Year for Jessamine County and received the CEC Special Educator of the Year award for 2008-09.

Our Directors look forward to meeting our families at the upcoming Appreciation Reception on April 18. Please make sure to introduce yourself and thank them for their time and dedication to DSACK.

Need Buddy Walk 2010 Members!

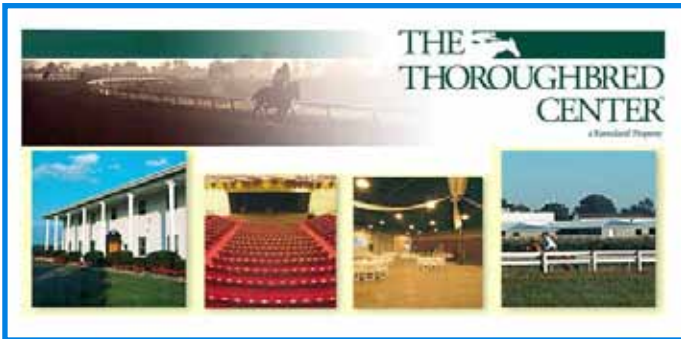
Regina and the Buddy Walk Committee are looking for committee members and chair people for Buddy Walk 2010! We would like to form the committees by the end of February. Call Regina if interested 859-983-3754!



DSACK

Buddy Walk 2010 Introduces...Our New Venue!

October 2nd, 2010
Registration: 10:00am
Walk: 11:00am



We are pleased and excited to announce that this year's Buddy Walk will move to The Thoroughbred Center! With a conflict of the World Equestrian Games, and our desire to grow, The Thoroughbred Center is the PERFECT location!

While still offering a beautiful scenic setting, The Thoroughbred Center eliminates the need to rent tents and tables, and offers us indoor seating, restrooms, staging, sound system and holding room to accommodate our exhibitors!

We look forward to making this year's walk even more amazing than last year!

We look forward to seeing you all there!!

DSACK

Join a Buddy Walk Committee

Contact Regina Schmutte at 859-983-3754 or remicale2@aol.com

Catering Committee

Chair: Karen Andreadean

Needs: 2-4 committee members

This committee is responsible for securing all food and beverage for the 2010 Buddy Walk.



Marketing Committee

Needs: Chair and 2-4 committee members

responsible for the marketing of the 2010 buddy walk, to include help with press releases, interviews, newspaper articles and ads.

Sponsorship Committee

Needs: Chair and 2-5 committee members

This committee is responsible for soliciting both old and new sponsorships for the 2010 Buddy Walk. Responsible for organizing and keeping track of monies received, as well as sponsorship letters, follow up calls and thank you letters.

Entertainment Committee

Chair Tracey Durham-Beall

Needs: 1-2 Committee members

This committee is responsible for securing all entertainment and music for the Buddy Walk event. Responsible for follow up calls and thank you letter

Exhibitor Committee

Needs: Chair and 1-3 committee members

This committee is responsible for securing and organizing all vendors, both for profit and non profit, for the day of event. This committee is responsible for follow up calls and thank you letter.

Volunteer Committee

Needs: Chair and 2-4 committee members

This committee is responsible for securing and organizing all volunteers for the day of the Buddy Walk.

Auction and Raffle Committee

Chair: Amanda Jones

Needs: 5-10 committee members

Responsible for securing all auction and raffle items for the Buddy Walk, as well as write thank you, letters

Registration Committee

Needs: Chair and 2-4 committee members

This committee is responsible for coordinating the set up and execution of the Registration for the 2010 Buddy Walk.

DSACK

GROUPS

ELEMENTARY GROUP:

Valentine Party was a Treat!

(submitted by Rebecca Smith, Master of Social Work student and sibling)



The Elementary and Sibling Groups had a great Valentine's Party on Friday February 12th! We had snacks and Valentine treats for those that attended. There were also crafts and other activities the group members enjoyed. Many star performances were made throughout the evening on the karaoke machine! Details are in the making still, but for the elementary group meeting in April we are going to be giving back to the community through an activity. Additional information about group meetings for next month will be emailed out to everyone. If you have questions or want more information, feel free to email me at rebecca.smith51@gmail.com. I am looking forward to seeing everyone at the next meeting!

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DSACK Prayer Circle

Ask, and it shall be given you; Seek, and ye shall find, Knock, and it shall be opened unto you ~ Matthew 7:7

Let us join together and pray for our DSACK children, their families, our communities, DSACK and the helping profession. Please contact Eileen Miot at erwky@yahoo.com to receive DSACK's Prayer Circle protocol. Join us in Prayer today.

Mom's Night Out

Mom's Night is open to ALL DSACK MOM's. Come join us for a fun evening out.

Up coming events:

February 22nd (4th Monday): Wood Songs Old Time Radio Hour @ Kentucky Theatre

March: TBA

April 21st (Wednesday): Legends Game Ladies Night

May 3rd (1st Monday): Cooking Class with Phil Dunn (space limited)

Other Ideas:

MNO @ MYPLACE: Several of you have expressed interested in hosting a MNO at your place. Give me a call and will put you on the calendar. Please contact Eileen to RSVP or Share Ideas at (859) 340-2771



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Insurance Representative of MassMutual and its affiliates, Carolyn B. Wheeler is a Registered representative of and offers securities through MML Investors Services Inc., a MassMutual subsidiary. Supervisory Office: 2365 Harrodsburg Road, Suite A300, Lexington, KY 40504-3392 (859)223-4141

DSACK

AIM GROUP:

Transition from High School to Work (Part One)

** This article is the first in a 2 part series focusing on transitioning into work. This article was written by Tammy Smallwood, Master of Social Work student, who interviewed DSACK Board Member, Dr. Meada Hall. Meada is the Program Director of the Community Based Work Transition Program.*

Part 2, "Supported Employment for Adults" will be in the next newsletter. This article was also written by Tammy Smallwood and is based on her interview with Milton Tyree, the Project Director of the Kentucky Supported Employment Training Project. Be sure to read the article in the next newsletter!

Graduating from high school can be a joyous time but it can also be filled with fear, as change can be very scary to many people. Moving from high school into adulthood can be one of the most exciting times, filled with challenges and the most eventful experiences that we may ever encounter. It is a time when familiar friends, teachers and routines are ending and a new stage in life begins with new people and experiences. In order for this change to be successful, in whatever the student chooses after school, there needs to be careful pre-planning involved.

Parents, students, teachers and future employers must realize that with positive expectations, appropriate supports, and training, students with even the most severe disabilities can live, work, and take part in their community just like everyone else. As students with disabilities enter the adult world, they will need skills and career development to prepare for their adulthood performances. Career planning is essential if students with disabilities are to be successful and live autonomously within their community and with their family and friends

Employment for students with disabilities must start with early planning to identify student work preferences and skills and to ensure that appropriate supports are provided to the student. Transition planning requires a partnership between the student and his/her family, the school personnel and community agencies. One way parents and school officials can meet the transitional needs and goals for students with disabilities, is through the **Community Based Work Transition Program**. The **CBWTP** provides transition services through instruction, community experiences, employment, and functional vocational evaluation.

DSACK's innovative, recent member to the DSACK Board is Meada Hall. Meada is the program director of CBWTP and provided DSACK this very helpful information about her program through the University of Kentucky. CBWTP was originally established in 1984 as the result of a federal grant serving eight central Kentucky counties. Since that time, the program has grown to 86 school districts by 2005 in addition to serving approximately 900 students during this past school year. The CBWTP collaboratively works with school districts via the Kentucky Department of Education, the Office of Vocational Rehabilitation (OVR), the Kentucky Department for the Blind, and the Human Development Institute at the University of Kentucky. The purpose of the program is to provide individualized services such as evaluations and training to students participating in the program. CBWTP is jointly funded by the Kentucky Department of Education, the Office of Vocational Rehabilitation, and the local education authorities.

The core services of CBWTP are to provide vocational evaluation reports, job developments, job analysis, and follow-up services. The *vocational evaluation report* determines the student's interests, career preferences, strengths and desirable job characteristics. During *job development*, the process is to find appropriate jobs based on the evaluation. *Job analysis* involves gathering an understanding about the process of the participating business so that a suitable job can be negotiated based on student interests, competencies, and contributions to the placement. *Follow-up services* ensure successful employment after graduation.

The CBWTP program is for special education students who are in their final two years of high school. The OVR Counselor determines student eligibility for services provided by OVR and the CBWTP. Based on individual needs, the student may receive transitioning services through CBWTP or through OVR. Students are referred to the OVR Counselor by a designated school representative such as a Special Education Coordinator, teacher, or transition coordinator, who will make the decision of which service the student will be best fitted.

Beginning in the sophomore year of school, the planning for transitioning is placed in the student's IEP. During that year, the CBWTP assists students in determining their ideal job characteristics through the initial evaluation. After the completion of the evaluation, the goal of the CBWTP is to assist students in obtaining appropriate employment based on what was learned in evaluation. The employment coordinator will work with employers and students to develop a job. Other key actions include coordinating student instruction and social inclusion, possible future job advancements, and coordinating post-school employment supports before students' last day of school.

LOCAL NEWS TO USE

Celebration of Disability Expo and Medicaid Waiver Fair

Please mark your calendars for **Thursday, April 22 from 10-6pm at the Lexington Center for the 2010 "Celebration of Disability Expo and Medicaid Waiver Fair."** DSACK will be hosting a booth at the Expo. This year's event will involve state representatives of each of the waiver programs speaking on a panel from noon – 1pm. There will be a room with local waiver entry point representatives sitting at tables to share process and application information, and answer questions. This "Waiver Fair" is intended to provide more direct and perhaps simplified information on all the Medicaid waivers and their program eligibility guidelines. This section is a new addition to the "Celebration of Disability Expo."

The Commission for Citizens with Disability expects approximately 50 vendors, disability advocacy groups, support groups, profit and non-profit, state and local agencies serving those with disabilities. This is "One-Stop-Shopping" for all the latest and greatest resources for persons with disabilities. Even those with many years of experience in the disability field and new parents or parents very familiar with disability services can still learn something new from visiting these many agency and program booths. Current support sponsors are Kentucky Council on Developmental Disabilities, MassMutual, CareTenders/Almost Family and the Commission for Citizens with Disabilities.

For information, contact Kristy Stambaugh at (859) 258-3876 or kstambau@lfucg.com

Celebrations!



DSACK congratulates Conor Healy and Emily Brewer for making the honor roll at Veterans Park Elementary. They have both received all A's and B's for the last two grading periods. Way to shine, Conor and Emily! Keep up the good work!!

Ava Gilliam recently celebrated her 4th birthday!

Photo: Ava and big sister Grace making cookies



HDI Spring 2010 Seminar Series

HDI Spring 2010 Seminar Series will focus on issues of concern and advocacy relating to individuals with disabilities and their families. The public is encouraged to attend and there is no charge, except for those seeking CEUs. For more information or to register for a seminar, visit HDI's website at www.hdi.uky.edu. Seminars will be held at the HDI Coldstream Training Room, located at 1525 Bull Lea Rd. They will video - conference live to Mineral Industries Building conference room at U.K.. For questions and registration, contact Jerry Chaney at (859) 257-1714 or jerry.chaney@uky.edu.

MARCH 12th 1:00pm -3:00pm

"Creating a Safe and Secure Future for a Love One with a Disability"

Bill Dolan, Staff Attorney Supervisor for KY Protection & Advocacy

Carolyn Wheeler, Special Care Planner, Mass Mutual Financial Group

Participants will understand:

- * *The importance of planning for the future and taking steps to put a plan in place*
- * *The difference between a Durable Power of Attorney and Guardianship*
- * *The role of a Special Needs Trust in protecting assets for a person with a disability without jeopardizing their eligibility of means-tested government benefits.*

April 16th 1:00pm – 3:00pm

"Avenues to Community Living – Finding the Road Home"

Dr. Stephen Hall, Commissioner, Department for Behavioral Health, Developmental and Intellectual Disabilities; Claudia Johnson, Acting Director, Division of Developmental and Intellectual Disabilities; Carla Barrowman, Director Barrowman & Associates Case Management; Hope Lee Dittmeier, Director of Realizations LLC

Participants will:

- * *Understand the various ways people with developmental and intellectual disabilities can utilize existing waivers to live a life of quality in the community.*
- * *Learn creative and person-centered solutions to meet individual needs.*
- * *Learn pathways to socially-valued community-living through real life case studies and video presentation*

DSACK

NATIONAL & INTERNATIONAL NEWS TO USE

"Let's Play Ball" Toyota Bluegrass Miracle League Information



What the League is:

A baseball league for children with disabilities played on a special needs accessible field. The field is completely flat and features handicap accessible dugouts to allow for all walking apparatus. Each child gets to hit and run the bases every inning with the last player of each inning getting to run all the way around the bases for a homerun. Each player has a "buddy" each the assists him or her each game with hitting, base-running and fielding.

Important Information

The field is located at Shillito Park off Reynolds Road. The 2010 spring season will run from April 17-May 22 at Shillito Park.

Registrations are now being accepted for players and volunteer coaches and buddies. The cost is \$40 for players. The age group is 5-19. Registration and volunteer forms can be found on our website at www.bluegrassmiracleleague.org or visit us on Facebook <http://tiny.cc/TBML>. Forms can be mailed to 239 E High Street, Lexington, KY 40507. The phone number is 367-7355 and the e-mail address is Kevin@bluegrassmiracleleague.org. Special events already scheduled for this spring include:

Lexington Rotary Opening Day	April 17
Toyota Day	April 24
YMCA Awards Day	May 22

More events are being scheduled. In the past the TBML has also participated with the University of Kentucky Baseball Diamond Buddy Program and annually hosts an exhibition game at Applebee's Park before a Lexington Legends game.

TOPSOCCER Registration and Season Beginning

We highlighted the newly established TOPSoccer League in our last newsletter (see newsletter archive on our new website at www.dsack.org), but want to include a reminder and contact information in case you are still interested or have questions. Contact Sherry Cook about registration at info@lysa.org or (859) 223-5632. Or, you may contact the League Director, Jessie Birdwhistell at Jessie.bird@uky.edu or (859) 608-4160

College of Charleston Launches Postsecondary Initiative for Students with Intellectual Disabilities

New York, NY (February 4, 2010)

The College of Charleston will launch the Realizing Educational and Career Hopes (REACH) program in Fall, 2010, an inclusive program designed to provide postsecondary education opportunities for students with intellectual disabilities. The College Transition Connection (CTC) is funding the development of this innovative model program, with financial support from the State of South Carolina. CTC Chair Donald Bailey announced that the grant will total \$155,000 over three years and that it is the fourth project to be funded in South Carolina. The National Down Syndrome Society (NDSS) is providing technical assistance and grant administration.

The four-year inclusive program is designed to provide students with mild to moderate intellectual disabilities the opportunity to participate in the academic, residential, social and professional experiences offered by the College, with appropriate support for success. REACH students will participate in regular classes and a career development program and will receive a certificate upon program completion.

"The College of Charleston's leadership in developing innovative, inclusive postsecondary education opportunities, coupled with financial support from the College Transition Connection and the State of South Carolina, will result in long-term benefits for students with and without disabilities and will serve to transform the education and employment of students with intellectual disabilities within a state that is developing a comprehensive system of such opportunities," said Stephanie Smith Lee, NDSS Senior Policy Advisor.

A small number of students will be admitted for the pilot starting Fall semester, 2010, with additional students accepted each Fall thereafter. REACH will be co-lead by Dr. Cindi May, Associate Professor of Psychology, and Dr. Fran Welch, Dean of the School of Education, Health, and Human Performance. A director will be appointed to administer the program.

The College of Charleston REACH program is supported by a partnership between CTC, NDSS, and the Center for Disability Resources at the University of South Carolina.

For more information visit: <http://blogs.cofc.edu/life/>


MAKING CONNECTIONS

Contribute Your Story To a Book For Youth With Disabilities!

Human Development Institute, University of Kentucky

IF INTERESTED CONTACT: Ashley Candelaria at AMCA224@uky.edu

Folks at the Human Development Institute at the University of Kentucky are writing a book. The book is aimed at kids and families, and will highlight stories of Kentuckians with disabilities.

For example, one chapter will share Megan's story. Megan is a devoted daughter and sister, a hard-working college student with career goals, an office assistant, a server at church, a swimmer, a cheerleader, a pianist, and a wonderful friend who also happens to have Down Syndrome.

The goal of this project is to provide a book for youth with disabilities that inspires them to dream, to plan, and to succeed! We hope to accomplish this by publishing books to be distributed to schools statewide and making the book available online. The last chapter of the book will be a place where the reader can explore ideas for the future, set goals, and start considering how to achieve them.

We are currently accepting recommendations for individuals aged 17-25 who would be willing to share their stories of success and be featured in our book.

SCL Waiver Services and Michelle P. Waiver Services

I want to share the wonderful news of a new agency to provide SCL Waiver services and Michelle P. Waiver services in our area. My brother, Marc Nations MSSW, LCSW, is located in Lee County, Kentucky and is able through his new company, Rock Arch Refuge, Inc., to provide all services through these waivers, including supported employment, respite care, and community living services.

If anyone knows of an individual with intellectual disabilities and/or developmental disabilities (ID/DD) whose caregivers can no longer care for them, and the individual is being considered for placement in a nursing facility or other institution, we can provide expertise and assistance to try and secure residential services to prevent this from happening. We sadly admit that many young people with ID/DD (even those who have Down syndrome) are unfortunately forced to reside in nursing

facilities when they should be participating in the life of their community.

I would like to announce that I have decided to provide Case Management services for Rock Arch Refuge, Inc. and look forward to providing enthusiastic supports for your loved ones who receive SCL or Michelle P. Waiver services. As you may know, I am the proud mother of a 9 year old child who has Down syndrome. I have a Ph.D. in Educational Psychology and have essentially been a stay-at-home mom for the last few years and am excited about this opportunity to provide Case Management services for individuals with ID/DD. I have also enjoyed my membership and association with DSACK since its inception.

Rock Arch Refuge, Inc. is able to provide all services in all counties.. The only service we **do not** provide is a group home and this is because we do not embrace the group home concept but rather the **residential model** in which there are no more than 3 residents per home. Our homes are located in communities and are generally free standing homes with 24/7 staffing. Our employees must pass 3 separate background checks.

Even if you currently do not receive these waiver services, we would welcome any inquiries for further information and explanation about these programs and how to secure them. If you do receive services and would like to investigate a change in providers, please contact me or if you know of an individual with ID/DD who currently resides in a nursing facility or other institution such as an ICF/MR and would like to transition to their own home in a community setting, please contact me.

If you have any questions or need any information about our services or the SCL Waiver or Michelle P. Waiver, please do not hesitate to contact me.

Thank you,
Pat Wallace (859) 273-1910

DSACK does not necessarily endorse individuals or businesses. The Wallace family are members of our DSACK community and Pat asked DSACK to include this in our newsletter. Thank you, Pat, and thank you for providing support and services to our community and beyond.

Be Inspired!

One of the items included in our revamped "New Parent Packet" is a 12 page booklet entitled "What Parents Wish They'd Known - Reflections on Parenting a Child with Down Syndrome" c. 2008 by The Segullah Group, Inc. Read a few of the quotes below to BE INSPIRED!

I wish I'd known the pure joy, happiness, pride, love, and dedication that my baby would show us all. I wish someone would have told me that this baby was going to change my outlook on life, make me a better mother to his siblings, a better wife to his daddy and a better person to this world. —Carmen, mom to Jaemen (3 years)

I wish I'd known that I would say and feel so often, "You're so smart!" or "You are the cutest kid in the whole world!" I wish I'd known I would use words like "sparkling," "vivacious," and "infectious laughter" when describing my child. I underestimated her. —Nancy, mom to Gabriella (3 years)

I wish I'd known the stands would erupt with cheers when she got a hit in baseball, and that her classmates would circle around her with love and protection if anyone was mean to her. I wish I'd known that "being slow" would mean savoring every step, every puddle, every blossom. —Michelle, mom to Ciarra (9 years)

I wish I'd known that my son would attend his local school, and would have lots of friends who just accept him and like him for who he is. I wish I'd known how happy and normal our family would be. —Naomi, mom to Callum (5 years)

I wish I'd known that this would be such a marvelous journey, and that everything would turn out . . . JUST FINE. —Jackie, mom to Emily (28 years)

DSACK

WONDERFUL WEBSITES

DSACK's New Website!

According to DSACK Board Officers, Directors and Advisory Council who previewed the website recently, www.dsack.org is one of the best Down syndrome affiliate websites in the nation! Please be sure to check out our new and FABULOUS website. Be sure to check it regularly to see the online calendar, "What's New", resources we will continuously update and add, and much more. You can also view our newly created "New Parent Magazine" for new families that is on our website.



DONATIONS RECEIVED

The following donations were made in memory of and in honor of loved ones:

- DSACK would like to thank **Bluegrass Hospitality Group** for allowing DSACK to participate in their Holiday Fundraiser again this year. We received 20% of all gift cards purchased during the month of December when DSACK was mentioned at the time of purchase. This raised a total of \$790.00! Thank you to everyone who took part in this terrific fundraiser, either by purchasing the gift cards or by encouraging your friends to do so. This amount was totally unexpected and DOUBLE the amount raised last year through this same fundraiser. Again, a big thanks to all!
- To Erica's Fund, in memory of Erica Herald, by the staff at Junction City Elementary School, with the following note included: "Please accept this donation in memory of Erica. Her mother Lisa is a loved member of the Junction City Elementary Staff and knowing Erica touched all of our lives." (Erica's Fund is used to assist DSACK families experiencing a crisis. See www.dsack.org for details.)
- In honor of Ava Gilliam's 4th birthday, by her family, designated to Erica's Fund.
- In memory of Gabby Merrick, by MOPS @ Bedford Acres Church, designated to Erica's Fund
- In honor of the Kitchell Family by Bill and Leslie Burdick
- In honor of Mrs. Madge Prince's 90th birthday and in celebration of her friendship with Ava, by the Gilliam Family

Just Look At Her Now!

(Submitted by Jody Shepherd, Makenna's mother)

Recently my seven-year-old daughter Makenna Kate competed in her first competition with her All-Star cheerleading squad. I, being the proud Mommy, was quick to display lots and lots of pictures and videos of my baby girl on my Face Book page. I received lots of wonderful comments and kind words about how beautiful she looked and how great she did at the competition. But it was one message from an old friend who had not seen her in about 5 years that caught me off guard. She said "Oh, Jody she is beautiful. I know you must be so proud. I remember when she was first born and you were so worried about all the things she wouldn't be able to do...and just look at her now." I had not been in that frame of mind in so many years that it really brought back the memories of those first months with my new baby girl, and the doubts I had and worry that I harbored for all the things my baby may not be able to do. I had not felt or thought that way in so long. We quickly realized that our daughter could do absolutely anything and everything she set her mind too. Sure she took a little longer to sit up, and to walk, and to be completely potty trained...but she did all that. Now she is a happy kindergarten student who loves dance, gymnastics, basketball, Hannah Montana and most recently cheerleading. We have been blessed to live in a community where our daughter is loved and accepted in everything she does. On her All-Star cheer squad she is so lucky to be surrounded by a wonderful coach, great friends and supportive parents that encourage and praise her. At school she has teachers who love and nurture her and friends that watch out for her and love her. The days of wondering what my baby won't be able to do seem so very long ago. Now we just enjoy every moment with her and bask in all of her accomplishments, and are so proud of all the things she can and will do. She can steal your heart with her sweet smile or make you laugh with her sassy attitude when she throws her hands on her hips and says "Fine" or "Whatever". She is such an amazing little girl and we thank God for her everyday. Seeing her take the floor at her first competitive cheer competition, I felt overwhelmed with love and pride. And the best thing is this is only the beginning of lots of proud moments and accomplishments for my sweet girl. Because I know that for Miss Makenna Kate the sky is the limit.....



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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 mandmgilliam@windstream.net

March 13th - Angela Folczyk, OTR/L will discuss occupational therapy for our little ones.

April 10th - Sing & Sign music class for the entire family (babies, too!). Miss Erin from MusikMatters will hold a family music class for us. *No child care this month*

May 8th - Cybil Cheek, M.Ed., D.I., T/DHH, Developmental Interventionist with First Steps, will talk to us about how to incorporate educational concepts w/in different types of play experiences (from infancy to preschool). Cybil has her Masters in Interdisciplinary Early Childhood Education from UofL; Bachelor degrees from ECU in Teaching Exceptional Children-Hearing Impaired and Elementary Education and has been involved with First Steps for 9 years and has taught at a specialized preschool for children with hearing loss for 3 years.

DSACK Annual Appreciation Day!

Sunday, April 18th, from 2:00-4:00 p.m. Centenary United Methodist Church, in Lexington (Park in front lot and enter through last set of doors on the left) Join us for great fun, music and of course, karaoke! Feel free to invite an appreciated teacher, therapist, employer or friend to the event. If you (and your guest) plan to attend, PLEASE RSVP to DSACK by April 11th at (859) 494-7809 or info@dsack.org with the number attending...so we can plan appropriately.

Spring 2010 Transition Fair

Thursday, March 18, 2010, at the UK Student Center, Lexington
The Central Kentucky Regional Interagency Transition Team is sponsoring a Spring Transition Fair for 11th and 12th grade students with disabilities, parents, and high school staff. The purpose of this event is to connect students with disabilities and their families with successful post secondary opportunities. Over twenty informational tables and breakout sessions will be provided by agencies and central Kentucky businesses. Fayette County Juniors and Seniors will receive registration information from their teachers. For more information, contact Donna Bell at donnab@cksec.org, or Christina Krantz at Christina@cksec.org - 859-257-4314.

Mom's Night Out is open to ALL DSACK MOM's. Come join us for a fun evening out.

March: TBA

April 21st (Wednesday): Legends Game Ladies Night

May 3rd (1st Monday): Cooking Class with Phil Dunn (space limited) Please contact Eileen to RSVP or Share Ideas at (859) 340-2771 or erwky@yahoo.com

Fayette County Parent Resource Center

Lunchshop Series Tuesday, April 13th, 2010 "Transition Issues – Elementary to Middle"
Time: 11:00 am–1:00 pm {Lunch will be provided at no cost!} Location: College for Technical Education, 1165 Centre Parkway.
Speaker: Dawn Stinson – FCPS Resource Specialist
To Register for the Lunchshops, call Stella Smith, Parent Coordinator at 859-381-4229 or email: stella.smith@fayette.kyschools.us. Please RSVP so we will have lunch prepared for you!

CALENDAR

Celebration of Disability Expo and Medicaid Waiver Fair

Thursday, April 22, 2010 @10 am-6 pm
Lexington Center Thoroughbred Room
Admission is free! This resource fair which will feature agencies and companies that serve individuals with disabilities. Representatives from each of the waivers will be available to answer questions and provide assistance. For more information, contact Kristy Stambaugh at (859) 258-3876 or kstambau@lfucg.com

DSACK to be "Community Organization of the Night" at Applebee's Park, Lexington Legends Game! Sunday, August 1st, 2010 @ 2:05 game time (Gates open at 1:00) Make plans to join DSACK for this fun-filled day at Applebee's Park!

Contact Regina Schmutte for more information 859-983-3754

HDI Spring 2010 Seminar Series will focus on issues of concern and advocacy relating to individuals with disabilities and their families. For more information or to register for a seminar, visit HDI's website at www.hdi.uky.edu OR contact Jerry Chaney at (859) 257-1714 or jerry.chaney@uky.edu.

MARCH 12th 1:00pm -3:00pm
"Creating a Safe and Secure Future for a Love One with a Disability" *see page 8 for more details

April 16th 1:00pm - 3:00pm
"Avenues to Community Living – Finding the Road Home" *see page 8 for more details

SUBMISSIONS

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

Submission deadline is **Wednesday, April 14th** and can be sent to Courtney Elbert at celbert@roadrunner.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 Courtney Elbert at (859) 879-2182 or celbert@roadrunner.com

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