

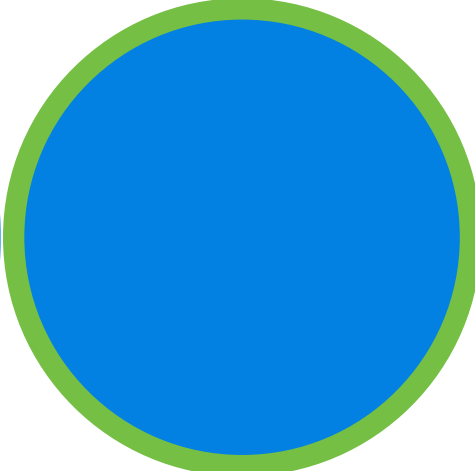


DSACK

beautiful capable loved

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

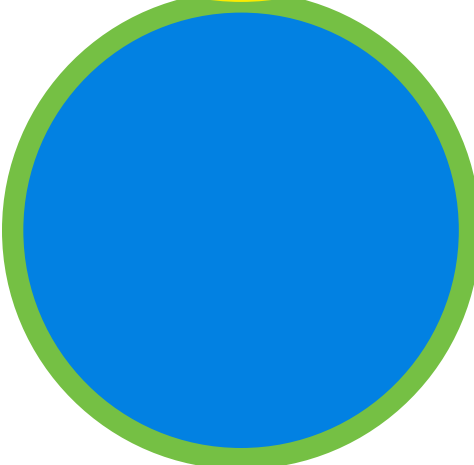
MARCH
APRIL
2011
VOLUME V
NUMBER II



DSACK
conference
2011
see page 8



- 2** what's going down with DSACK
- 3** news from the board news to use donations
- 4** dsack groups
- 5** national news buddy walk



- 6** making connections celebrations!
- 7** be inspired!
- 8** DSACK conference
- 12** calendar submissions



DSACK

beautiful capable loved

WHAT'S GOING DOWN WITH DSACK

DSACK Accomplishments

Traci Brewer, Chairperson for DSACK, submitted a letter in the "News from the Board" section of our last issue. In her letter, she referenced a list of accomplishments. Sadly, we mistakenly left out the accomplishments! The impressive list of accomplishments follows:

DSACK Accomplishments

From June, 2009-December, 2010
(Per strategic plan dated 4/4/2009)

1. Create Sustainable DSACK

- New bylaws written
- Roles/Responsibilities of officers, directors, and advisory board completed.
- Policy and Procedure established and ongoing.
- Database currently being formatted to include all families, volunteers, sponsors, and board members.
- New volunteers recruited including practicum students and community members. (We had over 200 volunteers at Buddy Walk this year) Online volunteer application available.
- Part-time employee hired.
- Office space secured.
- Three grants have been applied for this year, of which two were granted.

2. Educate Central Kentucky Community

- Peer presentations created for grades K-12; medical community including doctors, nurses, genetic counselors and students; educators including teachers, para professionals, staff members and students.
- Several presentations given in all areas mentioned above. Community has called DSACK several times to request a presentation.
- New parent packets have been upgraded to include DSACK tote, new parent magazine, and other resources. We continue to place these in hospitals and obstetrician offices.

d. Conference currently being planned for February to include information to benefit parents, educators, therapists and self-advocates. This will include professional speakers and a film featuring a self-advocate.

3. Support individuals and their families in Central Kentucky Area

- New website has been developed and launched.
- Email distribution has been updated.
- Peer support groups have been established for 0-5, elementary/middle, and teen/young adults.
- Scholarship application and procedures have been revised.
- Erica's Fund established and implemented.
- Newsletter has been updated to color and specific sections have been added to offer families more news and resources within our community and on a national level.
- Survey was created to ensure we are meeting the needs of our families. This will help guide our efforts in the future.

4. Celebrate our Down syndrome community

- Buddy Walk has been reorganized and new event coordinator hired.
 - Number of participants has increased to approx. 1800.
 - Net profit to DSACK has increased significantly due to keeping costs low, obtaining new sponsors, and encouraging families to form a team for fundraising.
- Birthday card program very close to being finished.
- Participation in holiday party has increased. Summer picnic has grown as well, and we added games and prizes this year.

5. Assist in local and national research efforts

- Continue to be a member of NDSS and support their efforts through Buddy Walk proceeds.
- Charter members of Affiliates in Action.
- Have been approached by Exec. Director of Cincinnati to serve on a task force for state advocacy.

who are we?

BOARD OFFICERS

Michelle Gilliam
Regina Schmutte
Pete Healy

TREASURER

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

PROGRAM COORDINATOR

Allison Kerschbaum

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*
Joanne Luciano, *PT, MHS, Kids In Motion, Inc*
Traci Brewer, *Parent*

ADVISORY COUNCIL

Caroline Boeh Baesler, *Parent & Attorney*
Karen Roof Boudreaux, *Parent*
Becky Lesche, *Parent & Educator*
Dr. John Riley, *Pediatrician*
Malkantheie 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.

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

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

M A R C H - A P R I L 2 0 1 1

NEWS FROM THE BOARD

A Letter from Traci Brewer

There are so many exciting things going on within DSACK right now! I hope you have been able to take advantage of some of our recent activities and are looking forward to the ones to come!

In this issue, you will find a list of our accomplishments over the last 18 months. As you can see, your Board of Directors has been working very hard to not only raise awareness of Down syndrome in our community, but also to support our families and loved ones along their life's journey.

I wanted to make you aware of a leadership change on our Board. After much prayer and consideration, I have decided to step down as Chairperson of DSACK. After 13 years of being a stay-at-home mom, I have accepted a full-time position at Pediatric & Adolescent Associates. Because my time will be limited, I felt it was in the best interest of my family and DSACK to step out of this leadership position. I can't begin to tell you how much I have enjoyed my time as Chairperson and am so proud of all WE have accomplished. DSACK is blessed with very knowledgeable, compassionate and professional Board members. It has been an honor to work alongside such wonderful individuals. I will continue to serve on the Board as a Director and am very excited about the future of DSACK.

I am thrilled to announce that Michelle Gilliam will assume the role of Chairperson, as of March 1, 2011. Many of you know Michelle and are well aware of her passion and desire to make the future brighter for those with Down syndrome. She has been a very active officer and has been responsible for many positive changes within our organization. It has been a joy to work with Michelle, and I am confident DSACK is in the best hands!

Please join me in welcoming Michelle as Chairperson. Again, it has been an honor to serve in this capacity and one I will always treasure. I am so grateful to have had this opportunity.

*Blessings-
Traci*

NEWS TO USE

continued on page 4

Bluegrass Technology Center Has Moved

Dear Friends of Bluegrass Technology Center,

Exciting news to share---we're moving!! Please share with others!

Effective February 1, 2011 we will be located at 409 Southland Drive here in Lexington, KY. Phone numbers, web address and emails will all remain the same.

This move will enable us to improve our service delivery options, add additional computer/training labs and promote and expand our two newest programs: Refurbishing in the Bluegrass and Library of Accessible Digital (LOAD) Books.

Refurbishing in the Bluegrass program accepts gently-used computer components, refurbishes items to create complete computer workstations and works to place units with individuals with disabilities who cannot afford them.

LOAD Books is our newest Lending Library program offering young children's books in accessible formats to individuals with "print challenges". Books geared to young readers in print and electronic formats and support materials are loaned to parents, teachers and therapists to help increase access to literacy for those struggling to learn to read. (Eligibility guidelines apply.)

Call the Center for more details on either of these new programs as well as our regular services of providing information, demonstration, consultations/evaluations, training, lending libraries of assistive devices, advocacy, technical assistance and reutilization.

Additionally, we would like to take this opportunity to thank the tremendous number of volunteers who helped at BTC this past year. We couldn't have done it without you and we look forward to another great year in 2011!! So if you didn't get an opportunity to participate last year we hope you come join us in 2011 in our new space! Together we can change lives, together we are better!

DSACK Has A Library For You!

Did you know that DSACK will mail books and DVDs? If you can't make it in to the office to browse the titles, check the list online at www.dsack.org, click the New Families link and then click Lending Library. There you will find a list of books and DVDs along with a brief description of each. Just email or call DSACK and we will put your borrowed materials (along with a postage-paid return envelope) in the mail. It's easy!

donations

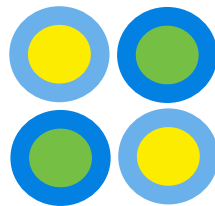
Horn Richardson & Associates

Kim Edwards Charitable Foundation Inc.

Terry and Janice Birdwhistell

Malone's

Benefit Insurance Marketing



thank you to our sponsors!





DSACK

beautiful capable loved

NEWS TO USE

continued from page 3

Will babies with Down syndrome slowly disappear?

by CHILDRENS HOSPITAL BOSTON STAFF on
JANUARY 20, 2011
Written by Brian Skotko, MD, MPP,
Children's Hospital Boston Clinical Genetics
Fellow, Down Syndrome Program



Last week a *breaking study* in the British Medical Journal offered a glimpse into our reproductive futures: soon, a non-invasive test will allow expectant mothers to know whether their fetus has Down syndrome.

Current prenatal tests for Down syndrome are invasive and can potentially cause a miscarriage, making them undesirable for many women. But now scientists have learned how to quantify the fetal copies of the 21st chromosome, the genetic basis for Down syndrome, with a simple blood test taken in the first trimester. These tests would be safer, faster, and, most likely, cheaper than anything available today.

While the research brings a scientific breakthrough, the prenatal tests also usher in a provocative question: *will the births of babies with Down syndrome begin to decrease because of this testing?* Since the new tests are non-invasive, researchers believe that the overwhelming majority of expectant parents will pursue such testing. And, with the tests being safer and cheaper than current methods, insurance companies will most likely have no problem defraying costs for anyone who wants one. As a result Down syndrome will most likely become a prenatal discovery for nearly all pregnant women. And, when prenatal testing does confirm that the child will be born with Down syndrome, more expectant parents will need to decide: should we continue or terminate our pregnancy?

Part of their decision will be based on the information they receive about Down syndrome from their medical providers. Yet, the majority of medical students argue that they get minimal education on children with intellectual disabilities; and nearly half of obstetric fellows claim their residency training is "barely adequate" to "nonexistent" in terms of how to counsel would-be parents of a child with intellectual disabilities. Some physicians who do routinely deliver a prenatal diagnosis also admit to purposely describing Down syndrome in negative terms. Not unexpectedly, then, many mothers feel that they receive inadequate, incomplete and sometimes offensive information about children with this condition.

Currently, 92% of all women worldwide who receive a definitive prenatal diagnosis of Down syndrome choose to terminate their pregnancy. Based on those numbers, what does the future hold for the Down syndrome population once the new prenatal tests are available? The answer lies nestled in profoundly personal decisions, but still raises an important question, one that will be asked more and more frequently as other forms of prenatal testing come to the market: which forms of human genetic variation are valuable, and which are not?

These will be private and difficult decisions for parents to make, but at what point should our professional organizations weigh in? Should expectant parents be able to select out fetuses based on the sex alone? Should an expectant mother be allowed to test her fetus for an adult-onset condition, like breast cancer? If genes are one day identified that shape a person's sexual orientation, do parents have the right to know that information prenatally? The questions are endless, but the time is ripe for us to discuss them. Let's begin those conversations now, before the tests force us to do so.



DSACK

groups



Full House

Saturday, February 12 was a very busy day at the DSACK office! We started the day with the 0-5 Parent and Playgroup, followed by the AIM/Young Adult Group and concluded the festivities with the Elementary Group. The day was full of sweet treats and valentine

decorating. Fun was had by all! What a treat.....literally! I had the pleasure of decorating cupcakes with the Elementary Group during their Valentine Party and my handsome valentine pictured here is Sam Elbert. What a cutie!

~Allison Kerschbaum

0-5 Parent Group and Playgroup

There is always a full house with this bunch! The parents fill up the conference room and there are so many children that they have now been divided into two groups. The younger ones are kept busy in the playroom (see photo) while the older ones are in the lounge working on crafts and other fun stuff. If your child is younger than 5, come and join us. Not everyone is local - some families drive 2 hours to attend - and we love to welcome new people! For information about, or to help with, parent programs, contact Mary Henson. To help with children's programs (playroom or lounge) or refreshments, contact Mary Mandl. For general information, contact Michelle Gilliam. All can be reached at newparentgroup@dsack.org.

~Michelle Gilliam



DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

M A R C H - A P R I L - 2 0 1 1

NATIONAL NEWS

BUDDY WALK

News From National Down Syndrome Society

Dear DSACK,

The National Down Syndrome Society's My Great Story public awareness campaign has been a great success, and the new year is bringing exciting changes to the campaign's microsite! The stories in the online collection are written by people with Down syndrome as well as their family members, friends, coworkers, teachers and others. The goal of the campaign is to honor and celebrate the 400,000 people who have Down syndrome. We encourage you to check out the new adjustments and share your great story!

Some of the exciting new features include:

- Each story now has its own unique link, so you can spread the word about the campaign and share your story with friends and family!
- NDSS has integrated a new commenting feature, so that those who read your story can share their thoughts with you, and you can comment on other stories in the collection.
- Each story has a voting feature, so your readers can demonstrate which stories are their favorites. Each month, the story with the most votes will be featured in NDSS materials. You can use your unique link to spread the word and let people know to vote for your story!
- When submitting a story, you now have the opportunity to share how you heard about My Great Story, and give credit to a specific person or site if you choose.
- In addition to the categories already available within the collection, which include family, friends, hobbies, education, work and many others, a new Holiday section has been added to the site which will be adapted to fit the appropriate season and will be updated throughout the year.

We hope you're all inspired to share your story, and we look forward to seeing them in the online storybook! Please visit <http://ndss.org/stories> to view the collection and submit your story.

Buddy Walk 2011

Our 9th annual Buddy Walk is creeping around the corner, and we are looking for volunteers to fill our committees. Do you want to volunteer? Do you have a friend, relative, or co-worker that wants to get involved? Contact Regina at remicale2@gmail.com or 859-983-3754.

Below are the Buddy Walk Committee needs:

Sponsorship committee is responsible for contacting past sponsors to solicit sponsorships for the 2011 Buddy Walk. They will send out letters, and make follow up calls to the companies that have supported DSACK in the past.

Food Committee is responsible for obtaining donated food and beverage, planning our lunch, and coordinating food delivery and set up prior to and the day of the Buddy Walk.

Auction Committee is responsible for obtaining, organizing and running our silent auction and raffle. The commitment to this committee could be as little as helping to secure donated items or helping run the auction the day of the Buddy Walk!

Volunteer Committee is responsible for contacting past volunteers from our volunteer data base, as well as seeking new volunteers to assist the day of the Buddy Walk. This committee will also organize, communicate with, and assign all volunteers. This committee will be responsible for signing in and distributing T-shirts to the volunteers the day of the walk.

You know how much fun the Buddy Walk is! Please consider sharing your time and talents with us as we organize the event!!



D S A C K
g r o u p s

Elementary Group

Several families met on February 12, 2011 to celebrate Valentine's Day. We decorated cookies, played in the playroom, and made Valentine cards for classmates and family members! Be sure to check the calendar for upcoming events!

~Sam Matthews



Advocates in Motion (AIM) Teen & Young Adult Group

Hello DSACK Families,

We have had such a wonderful time with the young adult group. Our second Saturday of the month events are booming! We have had such a wonderful turn out at the last several events that we have had. We have been bowling, laughing, hanging out with NEW and OLD friends and this last outing we decorated cookies and made extra special Valentines. We would love, love, love to have more young adults join us. We look forward to seeing you at the next event!!!

~Heather Stillwell and Tyler VanDyke



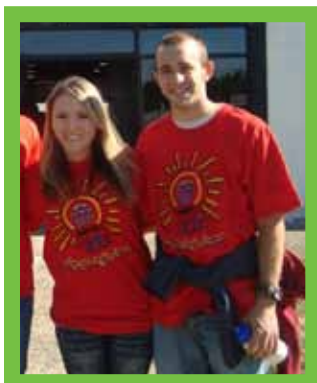
DSACK

beautiful capable loved

MAKING CONNECTIONS

STUDENT SPOTLIGHTS

Over the last couple of years, DSACK has been fortunate to become affiliated with some departments at the University of Kentucky, enabling mutually beneficial relationships to develop. Some areas of study at UK require students to complete practicum hours in an area related to their major. Usually this means DSACK will have a practicum student for 1 semester while they complete their required number of hours with us. Typically, students come to DSACK from the Human Development Institute while they are working on their Developmental Disabilities Certificate. Most of the students thus far have majored in School Psychology, Social Work and Nursing. While the majority are graduate students, we have also welcomed undergraduates. DSACK strives to offer experiences that are meaningful to the students and they, in turn, provide us with assistance in needed areas. Every student has made a lasting impression and DSACK has become a better organization because of them! We are truly grateful for these relationships.



My name is Ashley Candelaria and I am a doctoral student in the School Psychology program at the University of Kentucky. My interest/research area involves studying the grief process in children and adolescents, specifically school and social outcomes of students who have lost a parent. I am currently enrolled in the Human Development Institute's Certificate in Developmental Disabilities, where I am also a Research Assistant. Working with HDI allowed me to become affiliated with DSACK. Through

DSACK's community children and teen programs, I have had the opportunity to spend time with a variety of the Association's youth and family members. I am also working toward updating DSACK's family database to ensure communication. In addition to my involvement with DSACK, I have 2-day-per-week practicum in the Fayette County Schools where I work closely with a practicing school psychologist in an effort to make the educational experience better for a variety of students.



My name is Chelsea Denham, and I am from Maysville, KY. I am a senior at Georgetown College, where I am a Psychology major and a Child Development Minor. I started volunteering with DSACK as an assignment for an independent study that I conducted in order to gain a little bit of experience that would prepare me for graduate school (I plan to be a School Psychologist).

Working with DSACK has given me the opportunity to help develop a questionnaire that will help update the DSACK database and make calls to help collect information for the database; I also got to volunteer at this year's Buddy Walk, which was really fun! Volunteering at DSACK has been such a great experience and I cannot wait to further contribute!



I am Shelby Dotsey, a University of Kentucky Nursing student. I study nursing because I love the sense of accomplishment I get from helping others through some of their most difficult times, such as sickness and some of their most happy milestones, such as giving birth to their children. I am excited to get the opportunity to work with DSACK and be around such a loving, supportive, happy community of people. I am looking forward to getting to know and learn from all of you!

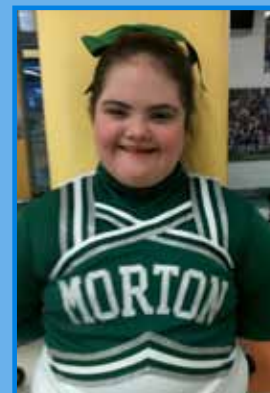


My name is Lauren McDonogh. I am currently attending University of Kentucky and am in my senior year of nursing school. I chose to be a nurse because I love to help people and have a special passion for children. I am very excited to be working with the members of DSACK and hope to help in any way I can!

celebrations! 🌟

Callie Baesler, a 6th grader at Morton Middle School and member of the MMS Spirit Team, was recently named to the All County Spirit Team at the Fayette County Middle School Cheer and Dance Showcase. Callie's teammates and coaches voted on the Spirit Award and awarded it to Callie because every time she steps out on the field or the gym floor with her team, she never does less than her very, very best!

Callie and the MMS Spirit Team were also recognized for academic achievement (3.0 - 4.0 GPA) and the team also won 1st place in the Sideline/Timeout cheer division. Carla Trisko and Christina Herrington are the Spirit Team's coaches. Go Mustangs!



DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

M A R C H - A P R I L - 2 0 1 1

B E I N S P I R E D !

Columbia, SC (WLTX) - One local assistant teacher is living proof that with motivation and a positive attitude there is nothing that can't be accomplished.

"I always tried hard, and I always did my best," said Bryann Burgess, an assistant teacher with a school called Kindermusik.

From day one, the 22-year-old came into this world with an extra obstacle.

"I was born with Down syndrome, on August 20th, 1988," Burgess said.

Something that many would see as a difficulty, she turned into an inspiration.

"I'm studying music and theater. It's my major."

Bryann is a junior at USC's Carolina Life non-degree program.

"I'm now living on campus. For the very first time this year and it's really exciting. It was a big challenge from going from home schooling to a big campus at USC, and to live on campus. It was hard. But we did it!"

She's ultimately wants to be a full-time teacher, and is getting hands on experience teaching music along side the director of Kindermusik, Ally Trotter.

"Something about Bryann that I love, is her "authentic". She brings who she is to class."

"I've always wanted to express myself in music," said Bryann, "that's what I've learned in Kindermusik, is just to express myself and enjoy learning."

Bryann brings something invaluable to her students.

"I always tried hard, and I always did my best. No matter what happens, I just keep on going and dust myself off."

Bryann is proof that with hard work and a positive attitude, you can do anything.

"It's been wonderful. It's been quite a journey and the dream never ends," Bryann said.



celebrations!

BIRTHDAYS

Conor Healy will be turning 12 on March 6!

Happy 12th Birthday Conor! You are an awesome kid and we LOVE you!!

Mom, Dad, Emma and Aoife



celebrations!



Nicholas and Bella Ruzzene welcomed their new little sister, Alexandra Claire on October 19, 2010. They are both enjoying having a new baby in the family, especially now that Bella has accepted that she isn't a doll!

B E I N S P I R E D !

From the Blog of David Hingsburger.....

To Think

I thought she was going to break into tears. She was standing in front of the display of teas in the grocery store. I'd come to see if they had a particular brand of green tea that I like but I couldn't get by her to check. For a tiny, little woman she took up a lot of space. "All I want is some tea," she said to no one.

"Can I help?" I asked.

She turned, startled. I don't think she realized she was speaking out loud. Then seeing me she simply said, "All I want is some tea, they've got so many different kinds, I just want some tea." I understood immediately how she was feeling. I'm not yet 55 but I'm already finding that the world changes too quickly, that there are too many choices, that it's work to keep up. I pointed at a box of Lipton tea on the bottom shelf, "There is a box of regular black tea for you." She glanced down and said, "No, I don't want that kind I want tea bags."

Rounding the corner came a man of about 30, with Down syndrome saying, "Have you got the tea Grandma?" He was bustling up to her with a smile. "I can't find my tea," she said simply to him. He looked over at me and winked, I could tell this has happened before. He pointed at the same box of tea that I had pointed to and she began to protest. "They've just changed the picture Gran, it's the same tea you always have." "Thank you," she said relieved and picked up the tea, "You're a good boy." "I'm a man, Grandma," he said with a smile in his voice, "you know I don't like being called a boy." She looked at me and smiled, "And to think I cried when he was borne."



DSACK

beautiful capable loved

DSACK'S CONFERENCE WAS A HUGE SUCCESS!

There were well over 200 people in attendance at Marriott's Griffin Gate Resort on February 26th. Most in attendance were educators or other professionals who work with people who have Down syndrome. DSACK would like to express sincere gratitude to the following presenters for so willingly sharing their time and expertise with us. We are truly grateful to each of you:

Mr. Jeff Bradford

Ms. Traci Brewer

Ms. Beverly Durborow

Ms. Courtney Elbert

Dr. Meada Hall

Dr. Donna Horn

Dr. Jane Kleinert

Ms. Barbara McKenzie

Dr. Sally Shott

Ms. Lisa Reynolds

This conference would never, ever have come to fruition without Allison Kerschbaum, DSACK's Program Coordinator. When you see her, please give her a big "thank you!" for the incredible job she did with this event. The following people assisted Allison: Chelsea Denham, Shelby Dotsey, Lauren McDonough and Erin Salmons. Thanks, ladies!

The evaluation forms are still being processed, but we wanted to go on and share some written comments we received.





HIGH EXPECTATIONS

*Realizing the Possibilities
a conference about Down syndrome
for parents and professionals*





DSACK

beautiful capable loved

COMMENTS FROM CONFERENCE EVALUATION FORMS:

Something That Made You Smile:

Meeting new people
 Realizing the incredible possibilities for my son in the future
 Seeing the young lady who goes to college
 Examples of Sam's artwork and the meaning behind it

Jeff Bradford – he was a great presenter

So many things made me smile! I loved the pictures and the pure passion you could see from EVERY presenter

The enthusiasm of the parents

I smiled many times listening to Courtney and Traci talk about the struggles and accomplishments of their children

Graduation speech



Something New That You Saw/ A Vision You Have

I saw the communication gap being bridged between families and schools through Courtney's chart

I got some great therapy ideas to implement

My child can be successful, too

Using simple technology to enhance communication

Down syndrome isn't who you are, it's just a small part

That ALL children feel interconnected – have opportunities to be in groups, clubs, etc.

There are no limitations and never say never.

Donna Horn's vision on literacy

A normal life for children with Down syndrome

My son getting more involved in school activities and work harder to include friends in his life

How much support and information there is about children with DS that we teachers can draw on – we got great information today.



Learning that simple surgeries can help sleep apnea

Watching kids learn communication – the videos used were fun, informative and encouraging

Stories from Lisa

Meada Hall



DO YOU HAVE A LOT OF PASSION AND A LITTLE SPARE TIME?

The folks running DSACK need at least 2 more of you to join the efforts! The commitment would not be anything as time consuming as it would have been 2 years ago. As you see from Traci's list on page 2, DSACK has been moving at lightning speed and has surpassed it's goals. After a recent meeting to relax and reflect, DSACK came to an anonymous decision to ratchet down the intensity and remain status quo – which means we will not be adding any new programs in the near future. We want to maintain our current programs and focus on our mission to celebrate and support DSACK families, educate the community, and assist in research efforts. In order to do this (and fulfill our bylaws) we need 2 more officers. In a nutshell, officers are expected to attend monthly meetings (some are done by conference call), communicate regularly with each other via email in order to make decisions and champion a DSACK goal. If you have a lot of passion and a little spare time, please send in your letter of interest. We will then talk to you more about this position and you will be invited to attend a board meeting prior to your final decision. You do not have to be a DSACK parent to join us, and you do not need to live in Lexington!



DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

M A R C H - A P R I L - 2 0 1 1

11

A Direction You Want To Go

- Encourage parents to include their children in community
- Improve physical fitness among individuals with special needs through the Courageous Pacers program
- Viewing all children as assets
- Help my son have more friends
- To involve my son in exercises and sports and academics with greater expectations
- I want to be more involved in community organizations
- Higher expectations and more inclusion
- Encouraging not only acceptance but teamwork among all types/abilities of children. I want to learn, learn learn.
- To be an advocate in the schools for students with Down syndrome to get them the education they deserve – the same everyone else gets.
- Share information with school district
- Educating parents more about possibilities for their children
- Give more time to children with DS for processing
- Push for my son to be in general ed. classes and aim for college
- A more aggressive ENT approach
- A more comprehensive reading comprehension approach
- To Cincinnati to have sleep study done
- Presenting these children positively to the world
- Being more inclusive
- Encourage families of my children with DS to access resources at DSACK and network/form relationships.

Saturday, February 26th, 2011



Something New That You Learned

- Different techniques of including individuals with disabilities
- Numerous cheap (and extremely simple) adaptations
- Program dedicated to inclusion of adults with learning disabilities
- Broadened my thoughts about inclusion, especially in post-secondary education
- There are established and upcoming resources for individuals with intellectual disabilities to further their education and career opportunities
- IEP is a legal document
- Good ENT information
- The whole conference was wonderful in helping me understand more about students who have Down syndrome.
- Children with Down syndrome learn through visual concepts and their cognition is very underestimated
- How to use items we have in the home to help our child rather than high priced tools. There is help available – we just have to ask.
- Adapting communication using Hallmark cards
- Reading strategies/information given by Dr. Horn
- New ideas on communication and PT/OT for children with Down syndrome
- IQ is a poor predictor of success in life
- Tying emotion to literacy to get words into deep memory
- All the information on literacy
- Speech/oral techniques and fine motor activities



DSACK

beautiful capable loved

NON-PROFIT
U.S. POSTAGE
PAID
LEXINGTON, KY
PERMIT NO. 114

Down Syndrome Association of Central Kentucky
P.O. Box 910516
Lexington, KY 40591-0516
Return Service Requested



calendar

DSACK MOM'S NIGHT OUT

March 14, 2011, 6pm Good Scents Home & Body Shop. 123 N Broadway, KY 40507. Free parking at Victorian Square Garage.

0-5 PLAYGROUP & PARENT GROUP

All meetings are held at the DSACK office at 212 Two Oaks Drive in Nicholasville, from 10 a.m. until noon. Childcare is provided. Siblings and grandparents are always welcome. Call us at 859-494-7809 or email newparentgroup@dsack.org.

March 12th, 2011 - John Riley, MD will talk to the group about health issues specific to Down syndrome. Dr. Riley is a pediatrician at Pediatric & Adolescent Associates and a longtime member of DSACK's Advisory Council. Don't miss this opportunity!

April 9th, 2011 - topic TBA

May 14th, 2011 - topic TBA

ELEMENTARY GROUP

Bring your child out to meet Miss Sam and the other kids. Guaranteed fun! To be added to this group's email list, call 859-494-7809 or email at info@dsack.org.

March 12th, 2011 - Kid's Place, 3393 W. Tiverton Court, Lexington. An occupational therapist will be there to talk about fine and gross motor activities and answer your questions. 11:00 - 3:00. Lunch included. RSVP necessary.

April 30th, 2011 - Monkey Joe's, 1850 Bryant Rd. Suite 120, Lexington. 11:00 - 3:00. Come and join the fun! RSVP necessary.

May 14th, 2011 - Picnic at the Park (location TBA), 1:00 - 3:00. A speech therapist will be present to answer questions. RSVP necessary.

TEEN/YOUNG ADULT GROUP (AIM - ADVOCATES IN MOTION)

March 12th, 2011 - Movie Tavern, 133 North Locust Hill, Lexington. Time and movie TBD. Watch your email!

April 15th, 2011 - Picnic at the Arboretum, 500 Alumni Drive, Lexington. 12:00 - 3:00. Please RSVP!

May 14th, 2011 - Surprise! The group member with the best attendance from November through April will choose this month's outing. He or she will be given several options and will have a part in planning the day's event.

submissions

Submission deadline is Monday, April 11th and can be sent to Allison Kerschbaum at allisonkerschbaum@insightbb.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 allisonkerschbaum@insightbb.com.

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