



DSACK

beautiful capable loved

SEPTEMBER
OCTOBER
2010
VOLUME IV
NUMBER V



take me out to the ballgame...

- 2** what's going down with DSACK
- 3** news from the board
- 4** dsack groups
- 5** local news to use
- 6** buddy walk 2010!
- 8** making connections celebrations
- 9** be inspired!
- 10** national news
- 11** wonderful websites
- 12** calendar submissions



WHAT'S GOING DOWN WITH **DSACK**

DSACK recognized as Community Organization of the Night at Applebee's Park



Hopefully, you were able to join us at the Legend's ballgame on August 1. It was hot, hot, hot but we had a ton of fun! Our very own Conor Healy threw out the first pitch. It was a beautiful pitch. Look out major leagues!



Traci Brewer was interviewed before the game and was able to promote DSACK, our Buddy Walk, and how proud we are of our loved ones with Down syndrome. Lee Ann Mullis and Samantha Matthews volunteered to man our table passing out our information and answering any questions.

Thank you to the Legends and to the Waffle House for sponsoring the Community Organization of the night and allowing DSACK to spread the word that **ALL** people are beautiful, capable and loved.



Support DSACK's Newest Fund Raising Ventures

Do you like to set the trends in Central Kentucky?! Check out DSACK GEAR online apparel site and purchase a new polo, hat, or baby onesie with the DSACK logo on it. Find all the latest styles at www.companycasuals.com/dsack. DSACK will earn a 12% rebate quarterly! Look for the DSACK Fund Raising Ventures tables at the Buddy Walk and be the first one in town to own a ball cap with DSACK's logo on it. Other items will be on display for viewing and orders can be taken at our online **DSACK GEAR SHOP**.

While at the Buddy Walk, sign up for the Kroger Gift Card Fundraising Program for only \$5.00. How does the gift card program work? The Kroger fundraising program is for all 501(C)3 non-profit organizations. The gift card you purchase will come preloaded with the purchase price of \$5.00. DSACK supporters then recharge the card for up to \$100.00 at the register or at the customer service center if more than \$100.00 **BEFORE** purchase. This gift card can be used on groceries, pharmacy and fuel. DSACK earns 4%! The gift card is accepted in all Kroger Stores throughout the U.S and can be sent to family and friends out of state and still benefit DSACK as long as the card is recharged. If a new card is needed, you simply contact DSACK at 859-494-7809.

Supporting DSACK's newest fundraising ventures means supporting our kids, teens and young adults with Down syndrome. If you would like to help DSACK get these fund raisers off the ground or have other ideas, please contact Eileen Miot at 859-340-2771 or erwky@yahoo.com.

DSACK OFFICE WISH LIST

- An 8x10 black & white photo of every individual with Down syndrome within our DSACK community. *We have a vision of grouping dozens of these photos together to beautifully decorate the walls of our new space! Photos can be of individuals alone or with family members. We will be purchasing all of the mats/frames in bulk, but will need to make this affordable for our organization. In order to do this, please submit \$10 with your photo to cover the cost of the mat and frame. If the cost of the frames or mat is a financial burden for any reason, you can contact us at info@dsack.org or 859-494-7809. You can email your photos to this same email address and mail your check to DSACK, P.O. Box 910516, Lexington, KY 40591. You can also drop them off at the DSACK information booth at the Buddy Walk or give them to your group leader or a board member. Thank you!*
 - Child table and chairs to seat at least 6 (Must be very sturdy. Prefer the table be wood)
 - New or gently used toy box
 - Bookshelves, approximately 3 feet high (need several linear feet of these) for toys and books
 - New or gently used children's books, for infants through preschoolers

DSACK

NEWS

FROM THE BOARD

BIG STEPS FOR DSACK!!!

We are so excited to announce that as of August 1, DSACK has acquired our first home office! Our new office is located at 212 Two Oaks Lane, Nicholasville, KY. This office will allow us to have a conference room, office, lending library, meeting room for our elementary and AIM groups, and a playroom for our 0-5 group. In addition, we will have a ton of storage which will allow everything to be in one location. The office has been freshly painted and new carpet has been laid.

We are so excited about the many opportunities a home office will provide for DSACK by allowing us to better serve our families and by giving us a visible presence in the Central Kentucky area. We are planning an open house soon after the Buddy Walk. Keep watching for details.

More great news...

Your board of directors is beyond excited to announce that we have hired our first DSACK employee. Allison Kerschbaum will be joining DSACK as our part-time Program Coordinator. We are so impressed with Allison's enthusiasm and compassionate spirit. She will be assisting in many different areas including administration, marketing and development. Allison has many years of experience in these fields and also in the area of event planning.

She will be working closely with our officers during the next few months learning about our wonderful organization and the amazing potential of people born with Down syndrome. Allison's help will allow us to serve our families better, gain more recognition within the Central Kentucky area, schedule more presentations with peers, medical professionals, educators, and community groups, and expand our program area.

We are looking forward to introducing her to everyone soon. We know you will be impressed!



Show me the money...

So how can DSACK afford these monumental steps? First of all your board of directors has been planning and saving for these very important milestones for the last two years. Secondly, we have been extremely conscientious about spending money and cutting expenses in every area possible. Most importantly, none of this would be possible without the sponsors, teams and donations to our annual Buddy Walk. I urge you to get your team registered online, start building your team, and get those donations. It is so simple to do online! We have some great prizes lined up for the largest team and the team that raises the most money.

You can help us save money by donating any gently used furniture, toys, books, etc. to our new office. Following is our "Wish List". Take a look at it and start rummaging through your basement, your garage, and closets to see what is taking up room and would be put to good use at our new home.

Let's all work together to move DSACK forward and make a brighter future for our loved ones with Down syndrome in the Central Kentucky area!

*Respectfully,
Traci Brewer, Chairperson,
Down Syndrome Association of Central Kentucky*

Volunteer Opportunities you can do at home

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

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

- New or gently used toys for infants through preschoolers - must not present a choking hazard and must be able to be disinfected regularly (i.e., no stuffed animals)
- New or gently used playhouse (Ex.: from Step2 or Little Tikes)
- Art supplies (coloring books, crayons, construction paper, glue, stickers, etc)
- Paper goods (bathroom tissue, paper towels, paper plates and cups, etc)
- Cleaning supplies (Window cleaner, hand-sanitizer, pump hand-soap, antibacterial wipes, bottles of disinfectant, etc)
- New or gently used canister vacuum with superior suction and/or beater bar for wall-to-wall carpeting. Must be able to maneuver under furniture and in corners.
- 2 CD players and CDs for all ages
- Television and DVD player
- Gently used coffee table and/or end tables.
- Small refrigerator
- Folding chairs
- Decorative plant or tree
- Shelving for storage spaces
- Interior door
- Floor lamps or table top lamps
- Security lights
- Free-standing outdoor basketball goal
- Monetary donation for signage with DSACK logo in our new office

DSACK GROUPS

Advocates in Motion (AIM) Teen & Young Adult Group



Best Buddies at University of Kentucky

The following is information about the UK Chapter of Best Buddies International. Please read carefully, check out their website and give Holly Caudill-Grote a call if you are interested and/or want more information! We strongly believe in this cause and want to make sure you know about it. At this time, this venture would be separate from any AIM activities, but if enough of our teens and young adults start participating, DSACK will consider becoming more involved with this organization.

Best Buddies Kentucky is a non-profit organization that is dedicated to enhancing the lives of individuals with intellectual and developmental disabilities through one-to-one friendships, integrated employment, and leadership development. Best Buddies International was founded in 1989 by Anthony Kennedy Shriver and has since grown to 1,500 chapters at colleges, high schools, and middle schools across the country and the world. Best Buddies came to Kentucky in 2009 and has opened 10 college chapters.

Best Buddies Kentucky is extremely proud of our chapter at the University of Kentucky, one of our strongest chapters in the state. These College Buddies have amazing one-to-one friendships with their Buddies (individuals with intellectual and developmental disabilities). The chapter also hosts exciting and fun group activities including their annual CATS Dance. This chapter is reaching our mission each and every day!

If you would like to become a part of this movement, please contact Holly Caudill-Grote, Program Manager for Best Buddies Kentucky at Hollycaudill-Grote@bestbuddies.org or call 502-736-0838 ext. 106. You can learn more about our programs at www.bestbuddieskentucky.org

Elementary Group

Another school year is here, and for some of us that means a little uneasiness as our kids head back to school. DSACK wants to remind you that we have some great resources for parents, teachers and peers. Check out our website at www.dsack.org for helpful handouts and informational packets such as the "All About Me" packet, our educator packet, insightful poems for the teacher, a letter that can be sent home to other parents regarding Down syndrome and much, much more. We also have awesome peer presentations that are tailored for grades kindergarten through 12. The kids love the hands-on activities and teachers are so appreciative of the information. Please contact us at info@dsack.org if you are interested in having us talk with your child's classroom, school, and/or faculty. This is one of the best services DSACK provides, and we love doing it!

There are also some helpful websites listed in this newsletter which may prove beneficial to you as the school year begins. Be sure to check them out!

0-5 PARENT GROUP & PLAYGROUP

New Parent Group is Turning Three...and look who else!

The 0-5 Parent Group & Playgroup will be celebrating its 3rd anniversary in October. Little did we know, as we were planning to start the group in October 2007, that several babies had just been born and a few more were on the way! It has been so fun to watch the newborns from three years ago grow into such amazing preschoolers. They are a beautiful and capable group of children and we are blessed to have them and their families as part of our DSACK community. (There are some not pictured here and we hope that their families will submit their photos for another issue!)



MARIE CLAIRE
Beautiful and sweet, Marie-Claire is now three!
(May 23)



WILL
Will Merritt turns three December 7. He loves crashing trucks, swimming, and wrestling with his big brother, Eli.
(December 7)



JOHN
John Henson turns 3 September 19. He loves cars, dogs, books, pretend play, music, puzzles, Buzz Lightyear, diggers, and people. He is a thinker and a comedian.
(September 9)

DSACK

LOCAL NEWS TO USE

Lexington Fayette County Government Fall Parks & Recreation Therapeutic Camp

Therapeutic Recreation Programs

Therapeutic Recreation (TR) programs provide opportunities for persons with disabilities and others in the community to enjoy activities that use recreation, leisure and play to provide outlets for our multi-talented population. Our programs are designed to enhance the overall health of persons with disabilities.

Contact Brent Claiborne at 288-2908 or bclaiborne@lexingtonky.gov with any questions or comments. Also be sure to visit the Parks website at www.lexingtonky.gov/parks for the most up-to-date information.

Registration Information

Pre-registration is required for all programs and will be taken ONLY through online registration or by mail on a first-come, first-served basis. Program registrations will not be taken by phone. If you plan to register online, you must have a User ID, password and email address. Space is limited in many programs so it is important that you register as soon as possible. You will receive confirmation of your acceptance in a class or program by mail. Programs are open to Fayette County residents and residents of surrounding counties.

Program Fees

Fees for all programs are due with your registration form. Fees will vary according to the program.

Financial Assistance

If you are having financial difficulty or cannot pay in full when you register, call 288-2908.

Lord's Legacy Life Ministries Adult Day Training and Respite Services

Lord's Legacy Life Ministries is a nonprofit in the greater Lexington area promoting community inclusion for adults with disabilities. The Lord's Legacy Adult Day Training program was established to provide enrichment, training and social opportunities to adults with disabilities. Each day at the center is filled with activities such as money management training, health and wellness programs, cooking classes, computer classes, art therapy projects, visits from therapy dogs and weekly outings to area attractions and events. The Adult Day Training staff are dedicated to providing participants with the opportunity to grow, enjoy themselves and achieve their personal life goals. To better provide for each participant's needs, we follow a policy of one staff member for every four clients present in the training program.

The newly constructed facility includes a computer lab, a sensory development room, an arts center, a Nintendo Wii for recreation and movement therapy, a growing library, private lockers for each client, a full kitchen and a collection of games, puzzles, workbooks and fine motor skill activities. Although everyday is filled with challenges and activities, all those attending the program will be encouraged to explore their personal interests with the assistance of program staff. The program is open six days a week, Monday through Saturday. Payment methods accepted include private pay and Medicaid (Michelle P and SCL waivers). For further information, please contact the administrative offices at 859-245-2233.



JOELLA

How can it be? Our Joella is THREE! Full of Life, Love, and Beauty. Oh, how we love you! (August 3)



MEGAN LEE

Megan Lee, you are three, we love thee! Scott, Mary and Tracy (August 4)



BOBBY

I feel like Bobby has gone from 0 to 3 in 60 seconds! Time has flown by and school is right around the corner for my beautiful little boy. I have learned so much from him. I never really understood what people meant when they said "you will be a better person from knowing him". Now I do. He has helped me to slow down, know what is important in life, be more compassionate, and treasure all that I have. Although I am sad that he is growing up, I can't wait to share him with the world. Happy Birthday Bobby! (December 6)

BUDDY WALK



Our Buddy Walk...

2010 Buddy Walk Presented by The Bank of Lexington!



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

Teams on the Move

Start building your team! Now is the time to start inviting people to join your team for the Buddy Walk and raising donations to go toward your team. Sending emails to all of your family, friends and associates couldn't be easier when you build your team online. You will be amazed by the response you will receive just by sending an email. We even have email templates available, if you don't want to compose your own. Now what could be easier? Don't wait another minute! Let's get started!!

This year we are going to award prizes in three categories. The prizes will go to the team leader or person that achieves these goals:

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

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

FUN FUN FUN...

You don't want to miss it!!!

Entertainment for our 2010 Buddy Walk

- Limo rides
- Wade Mitchell – vocalist/guitarist
- Showcats
- Party Right --- Blow-up bouncy castle
- Rosie's Ponies- horse rides/petting zoo
- DJ – music and dancing!
- Clifford
- Gymboree-- parachute, ball pits, bubbles, music

If you know someone that wants to donate their time and talent, contact buddywalk@dsack.org

Great Ideas!!

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

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

News

Your personal connection will help secure sponsorships!

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

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

Presenting Sponsor



Gold Sponsor

Bill and Patti Bridges

Silver Sponsor



In Kind Sponsor



Exhibitor Sponsor



Keeneland

Simpson Optical

Media Sponsor



DSACK

On-Line Registration

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

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

1. Sign Up: Click on the "Register Here" button to register online. Remember to choose the option REGISTER A FAMILY if you want to use one fundraising page for your entire family. While registering, remember to create a personalized link to your web page. You will only get one chance to do this. If you registered online last year, please use your existing username and password for an easy registration! Click on the link at the top of the registration form encouraging you to click the link to auto fill their registration form with last year's information (address, phone, e-mail, etc).

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

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

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

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

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

Silent Auction and Door Prizes

Just Ask

Do you know someone that would like to donate an item to 2010 Buddy Walk silent auction? Maybe you have a friend or family member that owns a business that could donate a service, product or gift certificate for our auction.

Contact Amanda Jones at Amanda.Jones@nationalcity.com

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

Each walker will receive a free ticket with their registration to drop in the raffle box item of their choice. Various items will be available that appeal to all. On the day of the walk, we will also be selling additional tickets so you can have even more chances to win these great prizes. As a special bonus, we will have a few select items available for silent auction bidding. We will be posting these items on our website, so you can start dreaming about them! 100% of the proceeds from the raffle and silent auction will go to DSACK.

Thank you to our participating businesses:

- Hyatt Regency Lexington *Dinner for two in their Blue Fire Grill*
- Merrick Inn (2) *\$25 gift card*
- Buffalo Trace *Gift Basket*
- Maker's Mark *Signed Bottle - 1990 World Series Limited Edition (Only 400 are signed)*
- Newport Aquarium (2) *Tickets*
- Tennessee Titans *Memorabilia*
- Lexmark *Printer*
- Gymboree *Play and Music package, to include bubbles, a CD, microphone, and a three month enrollment*
- eReading Pro *CD/DVD combo*
- Specs4Us *Gift certificate*
- Arthur Murray *Gift Certificates for \$120 each (10)*
- Rule4 *Gift basket with DSACK T-shirts and ball caps*
- Keeneland *Package*
- Michael Johnson *Framed Derby picture*
- Michael Johnson *Handpainted gift certificate good for a portrait of your child*
- Michael Johnson *Color reproductions of a watercolor horse print (2)*
- Sing and Sign *DVD package*



continued from page 7

BUDDY WALK

Why the Buddy Walk is so Important

The Buddy Walk is a celebration of individuals with Down syndrome, their families, friends and supporters from across our community. The Down Syndrome Association of Central Kentucky (DSACK) hosts this annual event, in order to raise funds and to highlight National Down Syndrome Awareness Month in October. It is open to ANYONE who wants to support the Down Syndrome Association of Central Kentucky. Over 1600 supporters participated last year!

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

Celebrations!

Callie Baesler, a Junior Girl Scout in Troop 823, received the highest honor a Junior Girl Scout can earn: the Bronze Award. Callie and her troop worked very hard this year to achieve this milestone. For their community project, they chose to work to improve the Children's Garden at the UK Arboretum, and Callie and the other girls worked many volunteer hours to earn the award, which was presented by the Girls Scouts Wilderness Road Council at a ceremony on June 6th. Callie has been a Girl Scout for several years with a number of her classmates at Glendover Elementary. Dr. Gretchen Starr-LeBeau, who also happens to be Callie's neighbor, was the troop leader who guided the girls in earning the Bronze Award this year.



Congratulations To Jeremy Johnson And Megan McCormick!

Megan and Jeremy both competed in the 2010 Special Olympics USA National Games in Nebraska in July. Nearly 3000 athletes competed in 13 sporting competitions, with an estimated 30,000 spectators.

Jeremy competed in unified 9-hole alternate shot golf competition in which he played three rounds with a unified partner. His Uncle Kevin was his unified partner this year. The competition was held at Mahoney Golf Course in Lincoln, Nebraska. After getting off to a rough start in the practice rounds, the team scored a 53 in the first round and a 52 in the second, which put them in the top 10 for final flights. They competed with teams from 38 states overall and had teams from Texas and Missouri in their final round. Jeremy and Kevin shot a 53 in the final round for a total score of 158 which earned them a SILVER medal in their division.

Jeremy has been competing with Special Olympics for 15 years and has earned various medals in track & field, soccer, softball, basketball, bowling, alpine skiing and golf. He has been playing golf for many years and began competing in this sport three years ago. Jeremy is 22 years old, and lives in Lexington. He works at the Movie Tavern and is a volunteer at the VA Hospital on Leestown Road.

Megan was also a medal winner. Look for details about her specific competitions in an upcoming newsletter!

MAKING CONNECTIONS

DSACK Presents Best Practices for Educating Students with Down Syndrome

We were honored and delighted with the invitation to speak with a group of elementary and pre-school teachers from Scott County regarding best practices when educating students with Down syndrome. This dedicated group of educators wanted to make sure they were prepared for their new kindergarten student with Down syndrome and any future students they may have with Down syndrome. These teachers willingly came to this presentation the day before school started, when they had so many last minute details to attend to before their students arrived. How refreshing to meet and talk with these men and women who so earnestly desire to give each and every student a strong educational foundation to prepare them for their academic career.

Our thanks go out to Karen Juett and Northern Elementary for allowing us to talk with them and share our resources.

If you would like DSACK to talk with your school or district please contact us at 859-494-7809. Let's make sure every educator realizes the full potential of our loved ones and helps them reach for the starts!



Alex Greene
turned 2 on
August 7th!
Proud Parents:
Richard and Amy
Greene



Sugar and Spice and lots of fun!
Our Sweet Baby Girl is turning 1!
Happy 1st Birthday **Zoey Layne!**
Proud parents:
Melissa and Leo Mason

DSACK

Be Inspired!

Credit Where Credit is Due

Posted by Dave Hingsburger
(davehingsburger.blogspot.com)

He is in the lineup in front of me.

He's maybe thirty, Down syndrome, and had picked out a new winter coat. He was alone. Quietly standing in front of me. I smiled an invitation to chat but he chose to just stand quiet instead. When it came to his turn, the clerk looked up at him and gave him one of those 'ahh' smiles ... maybe like I had done ... and then ran the coat over the scanner and the price popped up. It wasn't cheap, a bit over \$150. Good taste, expensive taste.

"And how will you be paying for this?" He, still silent, pulled out a credit card. She looked shocked. She didn't say it aloud but her face definitely screamed, 'someone gave you a credit card?'

She fumbled for what to say. "I'm going to need picture ID." He pulled a health care card out of his wallet along with some kind of picture ID I didn't recognize. She looked holes through them, looked back at him, checked the name on the credit card. He stood, patiently waiting.

"I'm going to need to call my manager," she said and did.

I'm sitting there itching for a fight, for him to get mad and demand to be treated like any one else to state that this is discrimination, but he didn't. He just waited.

The manager arrives and they confer, looking over at him and back at the ID's and credit card.

"Where did you get this card?' the manager asked.

"From the bank," was the answer.

"Really?"

"I have a job, I have a bank account and I have a credit card," he said. Still calm.

"I don't know if we can ..."

"There's one more thing I have," he said and they looked up questioningly, "a lawyer." They rang the coat through on the credit card.

Then the clerk looked over at me in my wheelchair with my purchases bundled on the till.

"I have a credit card too ... do I need a lawyer too?"

She shook her head and quietly ran my items through.

The world has indeed changed.

Who Are We?

BOARD OFFICERS

Traci Brewer, *Parent*
Michelle Gilliam, *Parent*
Regina Schmutte, *Parent*

TREASURER

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

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*
Sally Miracle, *Central Kentucky Special Education Cooperative; Low Incidence Consultant*
Heather Stillwell, *Special Education Teacher*

ADVISORY COUNCIL

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

NATIONAL NEWS

National Down Syndrome Congress 2010 Conference in Orlando, FL

Submitted by Beth Ann Bourne

Who in their right mind would want to go to central Florida in the middle of July? If it's for the National Down Syndrome Congress, apparently thousands of people, including us. Of course being at Disney sweetened the deal. Yes, it was hot! It was also warm with friends and refreshing with new insights and reviews of important things to remember. The workshops on inclusion, learning, speech, and memory were of the most interest to me, while my husband was drawn to the sessions discussing legislative issues including the Able Act.



The first workshop I attended was on the topic of inclusion and led by Dr. Diane Ryndak, a professor who is regularly called to testify at due process hearings, and other members of the Florida Inclusion Network (FIN). FIN works with schools all over the US and in some other countries to help schools evaluate and improve their inclusion of students with special needs including those with severe disabilities. They make available research about how inclusion benefits students with special needs and their typically developing peers as well. I was introduced to their publication Best Practices for Inclusive Education (BPIE) which is used to assess a particular education program, school, or school system's "inclusiveness". It was clear that they usually work with schools to evaluate current practice and encourage the use of more inclusive methods. As parents, we were reminded that we are the advocates for our child and sometimes we have to be the ones to ask for and even insist on our child's right to have his or her needs met in the least restrictive environment. This workshop was helpful because it brought awareness to levels of inclusion practice and supports, how inclusion is different from mainstreaming, and how accommodations and modifications are different. Access to the general curriculum early on was emphasized as necessary for students to be successful in general education classrooms at higher levels.

Resources:

National Center on Universal Design for Learning
<http://www.udlcenter.org/>

Florida Inclusion Network
<http://www.FloridaInclusionNetwork.com>

Doing What Works (online research-based education practices) <http://dww.ed.gov>

Strategies for Successful Inclusion- A focus on Down Syndrome <http://www.prepprog.org>

NDSS has tips on teaching learners with Down Syndrome on their web site <http://www.ndss.org> look under the Education, Development & Community Life heading.

Several workshops at the National Down Syndrome Congress this year were presented by staff from Downsed. This is a charitable organization with the dual purposes of conducting research and providing "high quality, evidence-based guidance and information for professionals and families". They focus only on individuals with Down syndrome – birth through young adulthood. Their suggestions were based on research conducted with large groups of individuals with DS including how people with DS learn, neurological differences, and how that can impact learning. While that might sound complicated, they made it very easy to understand. Best yet they gave practical "to do" suggestions that I couldn't wait to get home and try.

Take home points included reminders that most people are visual learners and that most students with DS are as well. They had good suggestions for fostering learning by capitalizing on visual strengths while avoiding some common problem areas like expressive language. Speech is important, but it doesn't have to hold back the learning. Their research and materials for teaching reading are impressive. The session on working memory was helpful and also a lot of fun. There were many ideas on using common items in small amounts of time to help expand memory. They have a terrific, humongous website with great, free downloadable materials that you really must check out! <http://www.downsed.org/en/gb/default.aspx> I didn't get to attend the session about Teaching a Wiggle Worm at the conference, so I listened to the DVD when it arrived. It was just as informative as the ones I attended live. Included were many great ideas for supporting learning at home and including movement to keep your learner involved. Downsed is presenting their own conference in Atlanta September 9-11 hosted by the Down Syndrome Association of Atlanta. You can register with Paypal on their web site. www.atlantadsaa.org The Bourne family will be attending.

Additions to the DSACK lending library from The National Down Syndrome Congress (NDSC) 2010

DSACK

DVD- Kids with Down Syndrome- Staying healthy and Making Friends copyright 2008 Blueberry Shoes Productions www.downsyndromefilms.com. Topics covered include Potty training, nutrition, ear & hearing, getting exercise, therapeutic riding, steps to independence, conversation skills, friendships, behavior, life with Down syndrome.

Windows Into Heaven - stories celebrating Down Syndrome by Stacy & Michelle Tetschner.

Souvenir Journal- has the conference schedule and an in depth description of each workshop.

Compendium- this is a copy of all the materials the presenters gave to attendees. All sessions have at least an outline and most have the Power Point slides- some of them are in a very small format.

Audio DVD-ROM- has taped audio from all the plenary sessions and the workshops. Together with the compendium you can glean most of the information that was presented.

Topics include:

- Inclusion- Best practices
- Job Development Strategies
- Sibling Issues
- Special Needs Planning
- Gross Motor Development
- How to teach a Wiggle Worm
- Speech Intelligibility
- Transition to Adulthood
- Help your DS Affiliate
- Legislative Developments
- Early Intervention (E I)
- Speech and Verbal Memory
- Number Concepts
- Activities for Working Memory & Learning
- Vision Issues
- Teaching Reading
- Handwriting Without Tears
- Preparing Middle & High School Teachers
- Cool Clubs
- Sleep & Mental Health in Youth & Adults
- D.A.D.S.
- Behavioral Interventions- Youth & Adults
- Dating
- Single Parenting
- Issues/Concerns during Puberty
- Impact of Work on Benefits
- Post Secondary Education

WONDERFUL WEBSITES

www.hdi.uky.edu:

The KY Disability Resource Manual has been updated and is now available online and in print. You can find it under Products and Resources. The manual has been redesigned and reorganized in an effort to make it easier for individuals to find information.

www.thinkcollege.net:

Doors to colleges are opening for people with intellectual and other developmental disabilities in many different ways all over the country. This website is designed to share what is currently going on, provide resources and strategies, let you know about training events, and give you ways to talk to others. The information is for transition aged students as well as adults attending or planning for college. It provides resources and tools for students, families, and professionals.

www.education.ky.gov:

From the home page, you may click on "Special Education" to access the Division of Exceptional Children Services. This site includes information on all aspects of special education programs in public schools.

www.fcps.net/prc:

The Parent Resource Center provides a place where parents of children with special needs can receive parent-to-parent counseling on special education issues and concerns. You will find some valuable resources listed on their website, including a child's notebook or teen's notebook designed to facilitate communication for everyone involved on your child's ARC team.

Thank You to Our Sponsors!



Bank of Lexington

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

INNOVATIVE PEST MANAGEMENT
IPM

"Your Neighborhood Pest Professional"

Matt Schaffer - Owner 271-8852
www.myipm.com

Innovative Pest Management
3130 Custer Drive, Suite 100, Lexington, KY 40517

KFW
KENTUCKY FURNITURE WHOLESALERS

"We will not be undersold!"

www.kyfurniture.com
859.621.6164

Return Service Requested

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

CALENDAR

DSACK BUDDY WALK 2010!

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

Advocates in Motion (AIM) Teen & Young Adult Group

AIM will be decorating a banner for the Buddy Walk in September. Pizza and drinks will be provided. Our new AIM coordinator, Heather Stillwell, will be in touch with everyone regarding details.

Join us on October 2 for the Buddy Walk. Start making contacts to join your team and raising money. Don't forget the great prizes we have for the largest team and most money raised.

If you would be interested in hosting the AIM group or helping Heather with planning upcoming events, please contact her at heather.stillwell@franklin.kyschools.us. AIM rules!!!!

Elementary Group

We are planning some exciting events, outings and informational meetings for this group. Some things we are considering include a trip to a pumpkin farm; playtime for kids and informational session for parents re: best practices for educating children with Down syndrome and tips on writing your IEP; and of course, we want everyone to be at the Buddy Walk in October. If you have any ideas or suggestions to add to this list, or if you would like to host an activity please contact Samantha Matthews (Ms. Sam) at samantha.d.matthews@gmail.com.

Our group is growing as we welcome several new kindergarten students. Let us know how we can help and what your child would enjoy as we build these important relationships for the future.

Ms. Sam will be in contact with everyone soon regarding our next activity!

0-5 Parent Group & Playgroup

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

September 11 – Physical Therapist Beverly Durburow will discuss core strength and the need to keep children physically active. She will also answer any specific questions about motor skills. Please send topics/questions you would like to have addressed to newparentgroup@dsack.org by the end of August. Location: Faith Lutheran Church, 1000 Tates Creek Rd. in Lexington. Siblings and grandparents are welcome. Childcare is provided.

October 9 – No meeting due to fall break. We will see you at the Buddy Walk on October 2.

November 13 – Topic TBA. This will be our first meeting in DSACK's new office! Details later.

December 11 – No meeting due to DSACK Christmas party this month.

Mom's Night Out (MNO)

September: To Be Announced. Look for information from Eileen Miot regarding our September outing.

Saturday, October 2nd: Buddy Walk! Start building your team and requesting donations and sponsors now!!!!

Monday, November 15th: Evening with Kim Edwards, author of Memory Keepers Daughter, at the home of Eileen Miot. Start reading the book. Call now to reserve your seat. Eileen Miot erwky@yahoo.com or 859-340-2771

SUBMISSIONS

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

Submission deadline is **Wednesday, October 13th** and can be sent to Traci Brewer at tbrew67@hotmail.com.

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

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

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

* Know someone who might like to receive our newsletter?

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

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