



DSACK

beautiful capable loved

SEPTEMBER
OCTOBER
2011
VOLUME V
NUMBER V

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY



summer fun with DSACK!
see page 6 and 8



- 2** news from the board
back to school!
making connections
- 3** buddy walk 2011
- 6** summer picnic
- 8** community night
- 10** news to use
- 11** celebrations!
- 12** calendar
submissions



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NEWS

FROM THE BOARD

We're moving!

DSACK will be moving to a new home in Central Lexington. October 1, immediately following the Buddy Walk, we will officially move our first items into our new home located at 340 Legion Drive, Lexington, KY. Our new location is easy to find, off South Broadway, right behind Arby's, across from Lexington Clinic's Broadway Campus and near Logan's Roadhouse. We are excited to be easier to access for everyone located in Lexington and closer to the interstate for those of you who live in the surrounding areas. While our physical address will change, our mailing address will remain PO Box 910516, Lexington, KY 40591.

BACK TO SCHOOL

I can't believe it's that time again.....back to school!

DSACK has a wonderfully informative website and I'd like to encourage you to visit the Education and Inclusion section as you prepare to send your children to their new classrooms. Print items about how "My Teacher Matters" or the "All About Me" booklet to help your child's new teacher get to know him better.

Back To School Tips compliments of the Spinning Wheel Newsletter

- Start the week prior to first day of school getting back on the school schedule
- Take your child to any Back to School ReadyFest/Orientations to help them familiarize them with school & staff
- You may need to have a transition plan to help make the first day a smooth one. This could be just practicing what to do when arrive at school. Some children need to step through the process walking in front door to classroom door. This can vary from child to child based on their individual needs to have a successful start to the new school year.

- Share your excitement for all of the new things they will learn this year with your child.

who are we?

PROGRAM COORDINATOR

Allison Kerschbaum

BOARD OFFICERS

- Michelle Gilliam, *Chairperson*
- Regina Schmutte, *Vice Chairperson*
- Lee Ann Mullis, *Treasurer*
- April Vernon, *Secretary*
- Hans-Peter Healy, *Research Officer*
- Your Name Here, *Board Liaison*

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

ADVISORY COUNCIL

- Caroline Boeh Baesler, *Parent & Attorney*
- Karen Roof Boudreaux, *Parent*
- Becky Lesch, *Parent & Educator*
- Malkanthie McCormick, *M.D. & Parent*
- John Riley, *M.D.*

MAKING CONNECTIONS

We would like to extend our thanks to Mr. Diffie and the organizers of the Blue Moon Bluegrass Festival. Everyone was very kind to us and we had a wonderful time.

Bluegrass legend Melvin Goins and the Rinker Family



My name is Amanda Jones and this will be my third year working the silent auction and raffle for the Buddy Walk. When Regina contacted me about volunteering, I jumped at the chance. The kids are so wonderful and I get such a feeling of accomplishment when we have a successful walk to benefit such a great cause! The items donated to us for the auction are always fantastic and I am excited about seeing what we can do for these great

kids. I hope to be a part of this for many years to come!

My name is Tracy Durham-Beall and I have been involved with DSACK for 3 years now, after a friend simply asked me to lend a hand. I think that we all need to be active members of our community, and I couldn't think of a better cause than to help kids with Down syndrome and their families. I enjoy working with the people involved in making the Buddy Walk possible, and I love to see the kids having a blast at the walk.



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.

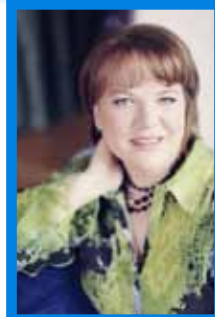
DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

SEPTEMBER - OCTOBER 2011

BUDDY WALK

NEWS FROM DSACK'S Buddy Walk Event Planner

Are you ready for Buddy Walk 2011? Our committee has been working hard since the spring to ensure this is the best, most-fun Buddy Walk yet! Here are some tips and changes for this year, to help you plan your Buddy Walk experience:



Pick up your team shirts on Thursday: (this way you will not have to wait in the t-shirt line on Saturday). The location and time will be announced in next month's newsletter.

Parking: Anyone who came to last year's event knows that parking next to the venue fills up fast. This year, we have a secondary parking area at the 1st entrance to the Thoroughbred Center's Stable Area. We will park guests at this 1st entrance and then have 2 shuttle busses taking guests to the main Walk entrance (like trams do at an amusement park). We want to make this event as smooth and safe for you as possible. But at the same time, our event continues to grow and grow, so we need to prepare for a larger crowd. Bigger crowd = more money raised for DSACK!

Arrive early on Saturday: Registration opens at 9:30am and the Walk opening ceremony will start at promptly 11am. Ensure you allow enough time to get through the registration line and (the best part) enjoy meeting friends and family beforehand. Each team with 20+ walkers will have a special area reserved to "meet" in the auditorium. So look for the balloon with your teams name on it, marking the area.

Walk Route: The route will be extended to 1.25 miles this year. We will be walking on Johnston Road, which is next to the Thoroughbred Center. The police will shut down this road just for our Walk. The great news is it is a country road with beautiful scenery. It is a narrow 2-lane road, where at mid-point, our teams will make a U-turn (or can stop and take a break under the shade tree, take a sip of water) and walk back to the event venue. So for the first time ever, teams will pass each other along the route. A great chance to high-five and see your friends in passing!

Lunch: This year our lunch is sponsored by Cici's pizza. Each paid walker will get 2 slices of pizza, a brownie and bottled water. Additional drinks can be purchased during the event with some proceeds going back to DSACK.

Stage Show: During lunch we invite you to sit in the auditorium to eat your lunch (or on the property in any shady spot you find comfortable). Our committee is working hard to put together a fun stage show for your enjoyment after lunch.

These are just some tips to help you plan for October 1. I hope you will find them helpful.

In closing I just want to say thank you to all the DSACK families and board members. This is my 3rd year as the Buddy Walk event coordinator. I tell everyone I meet about DSACK and how your families stole my heart in the first year working with you. I am absolutely blessed to be part of your event.

Further, I want to say thank you to our committee, listed (below). Some of these committee members have worked alongside me for all three years, like Tracey Durham-Beall, Amanda Jones and Rick Companik. These are members who have volunteered because they are dedicated friends of DSACK. Thank you for all your hard work the past 3 years! Thank you!

My best ~ Deanna Dillender, Your Buddy Walk Coordinator



Presenting Sponsor: Bank of Lexington



Bank of Lexington

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People who know you.

Food Sponsor: Cici's Pizza



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C&M Developers

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Bronze Sponsors:

Great Expectations,
Lexington OBGYN
Associates



Buddy of DSACK:

Berry A. Campbell, MD
Cardinal Hill Rehabilitation Hospital
Community Trust Bank
Pediatric Associates of Frankfort

continued on page 4



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continued from page 3



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

wants to get involved, contact Regina Schmutte at remicale2@gmail.com or 859-983-3754.

BW Teams and Committees

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

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

Planning for our 9th annual Buddy Walk continues. We have many volunteers that have committed to donate their time to help make our 2011 Buddy Walk a success. If you are interested in volunteering your time, or if you have a friend, relative, or co-worker that

2011 Buddy Walk Committee

- Chairman**
Regina Schmutte
- Event Planner**
Deanna Dillender
- Volunteer Committee**
Chair: Erin Salmons
Joann Luciano
- Auction and Raffle Committee**
Chair: Amanda Jones
April Vernon
- Exhibitor Committee**
Chair: Pete Healy
- Registration Committee**
Chair: Susan Bell
Julia Fox Ruzzene
- Entertainment Committee**
Chair: Tracey Durham-Beall
Tammy Carter
- Catering Committee**
Chair: Allison Kerschbaum
Vikki Healy,
Karen Andreassen
- Parking/Safety:**
Rick Companik

9th Annual Buddy Walk 2011 Registration Form

Saturday, October 1, 2011 at The Thoroughbred Center, Lexington, Kentucky
9:30 a.m. Registration, Exhibitors, Silent Auction & Activities begin 11:00 a.m. Walk
12:00 noon Lunch, Exhibitors, Silent Auction & Activities continue



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

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

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

Please check ALL that apply:

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

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

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

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

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

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

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

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

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9th Annual Buddy Walk
October 1st 2011

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

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

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

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

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

Win, Win, Win!!!

Billboard - Do you want to see your child's face on a Billboard?? To win a free sitting with photographer Kristen Tatem, a free 8x10 photo AND your child pictured on the 2012 Buddy Walk Billboard make sure your team is the first to raise the most money! By noon, October 10, raise the most money and have the most registered walkers and your child will be featured on the 2012 Buddy Walk Billboard!!



2011 Billboards

**YOUR CHILD'S PICTURE
HERE!**

Most Creative Banner - The team with the most creative banner judged by Channel 36 the day of the walk will win a prize to be determined!

Lead off the 9th Annual Buddy Walk - The team with the most money raised by noon on September 15, will "Lead the Walk" for 2011!!

Team Name on T-Shirt - Teams that raise \$1000 by noon on September 10 will have their team name appear on the back of the 2011 BW T-shirt!

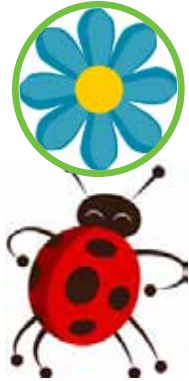


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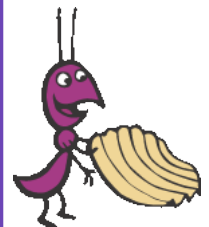
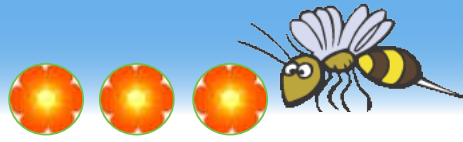
DSACK Summer Picnic!

DSACK Celebrated two fun evenings at Whitaker Bank Ballpark. Our summer picnic was July 17. More than 40 families enjoyed a meal together, played at the Kid Zone together and cheered the Legends onto a victory!



DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

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Community Organization of the Night!

August 4, the Down Syndrome Association of Central Kentucky was the featured Organization of the Night at the Legends Game at Whitaker Bank Ballpark. Conor Healy threw an awesome first pitch! Meg Mandl enjoyed the stadium serenading her with "Happy Birthday" on her 4th and Marie-Claire Miot, Cody Dickerson, Will Merritt and Troy Lovich enjoyed sitting together and watching the game! Thanks also to the families who came out to enjoy the game sans kiddos, there were 10 families represented in total. DSACK appreciates the support and I think fun was had by all!



Big Thank You to Scott Mandl for donating his time and talent as the DSACK photographer!!!

DOWN SYNDROME ASSOCIATION OF CENTRAL KENTUCKY

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plaaaaay ball!



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NEWS TO USE

Fall Therapeutic Recreation opportunities for individuals with special needs

Lexington-Fayette Urban County Government offers a variety of programs for individuals with special needs. See below for a list of classes/programs. For more information or to get registered please contact Brent Claiborne at 859-288-2908 or visit us on the web at <http://www.lexingtonky.gov/index.aspx?page=252>

ADULT FITNESS (215041-02)

Stay healthy and fit through a variety of fitness activities such as weightlifting, floor hockey, basketball, baseball, corn hole and more. Limited transportation home will be provided.

Ages: 18 & over

Dates: Tuesday/Thursday; August 23 – December 8 (No class the week of Thanksgiving.)

Time/Day: 12 – 2 pm

Location: Dunbar Comm. Center

Cost: \$40

BOWLING (215031-03)

Strikes, turkeys and spares are just part of the fun with the TR bowling league. Ramps are available for those who use wheelchairs or have limited mobility.

Ages: All ages welcome

Time/Date: 12 – 2 pm; Saturdays, Sept. 10 – Nov. 12

Location: Eastland Bowling Lanes

Cost: \$5 per week (payable at door)

ART THROUGH THE SEASONS (215051-01)

This class is geared toward art projects involving the four seasons. A variety of art projects and techniques will be done. Come and explore your creative talents while building friendships.

Ages: 10 & up

Time/Date: 6 – 7 pm; Wednesdays, Oct. 12 – Nov. 16

Location: Bell House

Cost: \$35 + \$10 cash due first day

DRAMA GROUP (215051-02)

Join us as we collaborate with the ECU Psychology Clinic to provide this uniquely creative and dramatic, musical experience. Come out and explore your inner actor/actress or show your creative talents by helping with set design. Martha Meehan from ECU will lead the group.

Ages: 13 & over

Time/Dates: 6 – 7:30 pm; Tuesdays, Sept. 27 – Nov. 15

Location: Bell House

Cost: \$35

FALL DANCE (215071-02)

Come out for an evening of dance, food, door prizes and plenty of fun. Costumes are not required but are encouraged.

Ages: 13 & over

Time/Date: 6 – 9 pm; Friday, October 21

Location: Tates Creek Rec. Center

Cost: \$5 per person, payable at the door

HOLIDAY DINNER DANCE (215071-03)

Come to our dinner dance and celebrate the holidays with good food and music.

Ages: 13 & over

Time/Date: 5 – 9 pm; Saturday, December 10

Location: Tates Creek Rec. Center

Cost: \$5 (dance only) – Dinner Cost TBD

TOYOTA BLUEGRASS ADULT MIRACLE LEAGUE

This league, which will take place from September – October at Shillito Park, is a baseball league for individuals with disabilities. The field is flat and features accessible dugouts. Each participant 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. The league is for ages 18 & over and the cost is \$10 per person. Payable to Bluegrass Miracle League.

BASIC HORSEMANSHIP CLASSES (215061-03)

Experienced instructors, trained staff and volunteers work one-on-one with participants as needed. Adaptive equipment and wheelchair ramps are available. Note: Participants may not weigh more than 220 pounds. A physician's exam may be required in some cases. Riding lessons are divided into two classes according to experience.

Beginner: Persons with little or no riding experience.

Ages: 10 & over

Time/Dates: 6-7 pm; Wednesdays; Aug. 17 – Oct. 5

Location: Masterson Station Park

Cost: \$75

AQUATICS FUN (215021)

A combination of water aerobics and basic water skills can be found in the TR swimming program. One-on-one instruction is provided for most participants. Please note that the water temperature is 82 degrees. Come and learn your strokes, how to float, water games, and other fun water activities. The YMCA requires that all participants wear swimming diapers or plastic pants that are snug fitting, if the participant does not possess bowel or bladder control.

Ages: 4 & over

Time/Dates: 4 – 4:30 pm (02) or 4:30 – 5 pm (03); Mondays; Sept. 12 – Oct. 31

Location: Beaumont YMCA

Cost: \$30

thank you to our sponsors!



859print.com, the producer of our newsletter and the Buddy Walk bumper stickers, is offering 20% off to all DSACK members for their Buddy Walk banners! Contact 859print.com at (859) 231.0388 or 859Print@gmail.com.



donations

Amy Littrell in honor of her brother, David Littrell

thank you!

Organizations Giving Free iPads To Families With Special Needs

Heart Strings, published by GRADSA, Green River Area Down Syndrome Association published in Volume 2, 2011 organizations giving free IPADS to families with special needs. The following resources were cited:

*iHelp for Special Needs is dedicated to help raise funds for children with special needs to receive iPads & Apps to assist with communication, life and social skills.

*The Conover Company is a creator of special needs apps for iPhone and iPad. They also give out the Conover Mobile Technology Grant to promote the use of mobile technology to enable an individual's independence.

*Danny's Wish is committed to providing life enhancing resources and experience for children and families dealing with autism and autism spectrum disorders. Their goal for this campaign is to raise \$50,000 to supply approximately 100 iPads to those children affected by autism and in the most need.

*iPads4U, Apps 4 Children with Special Needs is giving an iPad away to a family in need everytime \$500 is raised.

C E L E B R A T I O N S !

My **Abrianna** will be 2 on October 1st. We are so proud of her and enjoy seeing her little personality come out every day. Watch out world here she comes!



John Henson, September 19th
He'll be 4!
Mary Henson (John's mom)



Marie-Claire celebrates her 4th birthday at the Eiffel Tower. We are so very blessed to have you.
Love, Mama, Papa and Sebastien

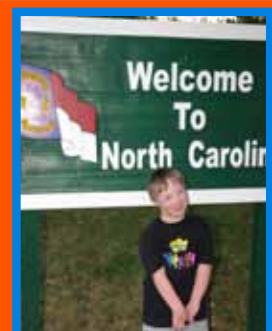


Happy belated birthday to **Hudson Harris!** His birthday was July 27th!

Here is a picture of **Kent Wallace** (age 10) vacationing in Gatlinburg, TN in July. He had lots of fun playing in the water!



Ethan's birthday is Oct 28. He will be 6. It's hard to believe our little guy isn't so little anymore. He's had quite an accomplished year including ditching the pull ups and learning all of his schools sight words for his level. He got to meet his heroes the Wiggles, traveled through 4 states, and swam often this summer. New adventures this year include kindergarten and tap dancing lessons.



Jeremy Blakeman will be celebrating his 18h Birthday on August 27, 2011.



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0-5 PARENT GROUP & PLAYGROUP

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

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

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

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

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

Elementary Group

September 17, 2011 meet in Brannon Crossing at the Am Star Theater to watch an afternoon children’s movie. (Movie and time to be announced) Each child will get free admission and a kids combo for a movie snack.

RSVP to Samantha Matthews @ 270-256-2002 or Samantha.d.Matthews@gmail.com

October 15, 2011 from 3-5 meet at the DSACK office and wear your Halloween Costume. We will have spooky treats, music, and games! Please bring 1 bag of candy so that we can make trick or treat bags. Adults and children encouraged to dress up!!

RSVP to Samantha Matthews @ 270-256-2002 or Samantha.d.Matthews@gmail.com

November 19, 2011 from 4-6 meet at Golden Corral in Nicholasville to share in a Thanksgiving feast and make a list of what we are thankful for. One adult and one child will be covered by DSACK.

RSVP to Samantha Matthews @ 270-256-2002 or Samantha.d.Matthews@gmail.com

December 10, 2011 from 11-2 meet at Target on East Reynolds Road in Lexington (by the mall) to Christmas shop for family members. Each child will be given \$10.00 to shop for family members. Please send a list of people to buy for with your child. We will be shopping in the dollar isle as well as Christmas gift sets isle.

RSVP to Samantha Matthews @ 270-256-2002 or Samantha.d.Matthews@gmail.com

Something for Everyone!

Buddy Walk, October 1, 2011 at the Thoroughbred Center. Registration at 9:30 am, Walk at 11:00 am.

DSACK Holiday Party, December 3, 2011 at Marriott’s Griffin Gate Resort. Luncheon 11:00am-1:00pm.

DSACK Annual Conference, February 25, 2012 at Marriott’s Griffin Gate Resort

s u b m i s s i o n s

Submission deadline is Monday, October 10th and can be sent to Allison Kerschbaum at dsack.org@gmail.com.
Send DSACK pictures of your family member who has T21 to be included in the banner of the newsletter. Digital photos only. Photos should be of individual alone – head and shoulders preferred.
Do you... * Have an interest in placing an add in our newsletter?
 * Know someone who might like to receive our newsletter?
 If so, please contact Allison Kerschbaum at (859) 494-7809 or dsack.org@gmail.com.
Let’s get the word out about DSACK and our loved ones with Down syndrome who are beautiful, capable and loved!