



Down Syndrome Association of Northeast Indiana
1413 West Coliseum Blvd.
Fort Wayne, IN 46808

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
FORT WAYNE, IN
PERMIT NO. 1219

August 2006



DOWN SYNDROME ASSOCIATION OF NORTHEAST INDIANA

Steps for a Brighter Tomorrow!

The goal of the Buddy Walk is to bring people together who might not usually attend a Down syndrome event - friends, teachers, community leaders, classmates and others - to help spread the important message of acceptance and awareness to the community while raising funds to support important education, research and advocacy programs to help improve the quality of life of individuals with Down syndrome. So put on your walking shoes and come join us for the 8th annual 2.06 mile walk at beautiful Foster Park, and you are taking steps to give people with Down syndrome in Northeast Indiana a brighter tomorrow! Mark your calendar for the Buddy Walk – Saturday, October 7 – registration begins at 9:30 and the walk will step off at 10:30 AM. Stick around after the walk for games for the kids and lunch with all the DSANI families.

IT'S SIMPLE TO PARTICIPATE!!

- Get Sponsors. It's easy, just ask.
- Collect from sponsors. This is a prepaid walk, so please collect donations prior to walk day.
- Grab your walking shoes, strollers, wagons and come on out to have a morning filled with friendship, food and fun.
- Check in at the registration table and turn in your donations and sponsor forms
- For each \$20 Raised, receive a walk t-shirt, up to the number of walkers in your family or group.

mark your calendar

Play Groups

Play Groups get together for fun and friendship! Join us for the following (contact Stacey for dates and directions): **September** at Jason and Jennifer Greenman's house in New Haven for infants only. RSVP to: Stacey Foust by calling 485-1673. **November** playgroup is at Jennifer Mihuc's house in Fort Wayne for infant-6 year olds. In 2007, we have the following planned: **January** will be a baby playgroup. **February** we are meeting at 'It's Playtime' off of Coldwater Road in Fort Wayne for infant-10 year olds. Anyone interested in joining our playgroup can call or email Stacey Foust at (260) 485-1673 or stacey.foust@fwcs.k12.in.us. Any other ideas feel free to share.

August 7-11, 2006 2nd Red Cedar Camp for People with Down Syndrome

DSANI is once again partnering with AWS and Camp Red Cedar to offer a one week camp specifically designed for people with Down syndrome, ages 6 and up. Contact Red Cedar at 637-3608 for more information.

August 12, 2006

Join us for a trip to the Botanical Conservatory. Meet at the front gate at 10am and plan to tour the gardens until Noon.

August 22-26, 2006 9th World Down Syndrome Congress Vancouver, British Columbia, Canada

The NDSS is co-sponsoring this conference instead of conducting a U.S. national conference in 2006. The world congress is held every three years to provide leading edge, broad based information providing a balanced perspective on current issues of concern for people with Down syndrome, their families, the professionals who work with them and researchers. www.wdsc2006.com.

October 7, 2006 DSANI Buddy Walk

10am at Foster Park, Old Mill Road. Registration at 9:30 am, walk begins at 10 am. Call DSANI at 471-9964

October 22, 2006 (date change) Halloween Bowling Party

Watch for more details soon on this annual fun event

Saturday, October 28, 2006 "Afraid to Look Down" IPFW

Told with unflinching honesty and humor, "Afraid to Look Down" is a play that explores the journey actor/playwright Cullen Douglas took in becoming a first-time father to his oldest son Gabriel-born with Down syndrome. www.afraidtolookdown.com.

Wednesday, November 22, 2006 Auburn Moose Lodge Fundraiser

3rd annual event to benefit DSANI. Contact DSANI at 471-9964.

December 3, 2006 (date change) DSANI Holiday Party

Join us for the annual DSANI Holiday Party complete with a visit from Santa.



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"The Down Syndrome Association of Northeast Indiana exists as an advocacy organization to enhance the lives of individuals with Down syndrome, provide information and support to families and professionals, and promote awareness and acceptance of individuals with Down syndrome within our community."

DSANI Board of Directors

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Self Advocate.....David Miller
Self Advocate Coordinator.....Pat Nuffer

DSANI is an affiliate organization of the National Down Syndrome Society (NDSS) and the National Down Syndrome Congress (NDSC).

national down syndrome



Education. Research. Advocacy
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Eat for a Good Cause

Once again this year DSANI and joined with both Uno's Chicago Grill and Hardees to raise money for the Buddy Walk.

Uno's night is going to be on Thursday, September 7th from 5-9 – watch your mail soon for the voucher for DSANI Night at Uno's.

Have a great breakfast with Hardees on Saturday, September 16 and DSANI will receive 20% of all morning sales.



Needed: Volunteers for the Buddy Walk

We could use a few volunteers for the Buddy Walk, October 7, 2006. Most people who volunteer can still participate in the walk and socialize with family and friends. The three areas that volunteers are needed for are: registration, food and games. If you are interested in volunteering please contact Jennifer Mihuc at 312-1158 or email at missslydia@aol.com.



School Spirit

This year we are hoping to have more schools promote and participate in the Buddy Walk. We will be sending out a packet of information to schools to help them promote the Buddy Walk and raise awareness at their school. If you are interested in contacting the school your child attends please contact DSANI. I am pleased to announce that Jen Pickard has come on board to be the school liaison.

Shop for a Cause

LS Ayres/Macy's nationwide fundraising event "Shop for a Cause" is Saturday, September 16th. DSANI will have special shopping passes to sell for \$5 each and DSANI keeps 100% of the proceeds.

When the guests shop they will save 10-20% on Sept 16th. Customers will also receive \$10 off any (some excluding applies) one purchase made that day, and will be eligible to win prizes, including a \$500 Macy's shopping spree. For more details contact Denise Pequignot at dpequignot@earthlink.net.

Show your support of Buddy Walk - Buddy Walk car magnets and Down syndrome awareness bracelets!!!!!! Magnets \$4.00 Bracelets \$3.00 (available in Adult and youth size) – contact Jennifer Mihuc at missslydia@aol.com or 637-3273.

Special Invitation

Attend the special Family Track during the statewide Self-Advocacy Conference, Bloomington Convention Center, Friday, Sept. 8, 2006. 8:00 am - 3:30 pm. Join Self Advocates in a special Town Meeting with state leaders to discuss the future of disability services.

Family Track Highlights:

- Don Meyer, internationally acclaimed speaker and founder of "sibshops".
- Jan Sinn on planning for later life issues
- Gordon Homes on financial futures planning
- Special session on Down's Syndrome and Alzheimer's

\$60 cost includes breakfast, lunch, and all conference materials. Partial Scholarships available for those on Social Security or TANF. Contact: 812-856-5543 or 800-825-4733 (IN only) or: mfmooney@exchange.ucs.indiana.edu or: click on: http://www.saind.org/2006_Conference/Conf_Registration.html. Fees increase after August 1. Special room rates at Courtyard by Marriott, adjacent to convention center. Call directly to (812) 335-8000, ask for "SAI" rate.

Self-Advocates

Help with the Buddy Walk!

This year we are asking all self-advocates to come out and help for this year's walk. This is Steve Mikulski's second year to be on the Buddy Walk committee, he did an great job last year and he will once again be leading you at this year's walk!!! Please email or call DSANI if you would like to come out and help!!

Wizards Game

Wizards game for self-advocates on Sunday, August 13, 2006 at 2pm. Tickets and magic money provided for the first 15 self-advocates. Please call Pat Nuffer 483-1241 to reserve your spot.



SELF ADVOCATES OF INDIANA STATEWIDE CONFERENCE SEPTEMBER 7-8

"People Power Working Together for Change"

When: Thursday and Friday, September 7 & 8; **Where:** Bloomington Convention Center

What: Self-Advocates of Indiana, Inc. presents the 2006 STATEWIDE SELF-ADVOCACY CONFERENCE with a special feature: Disability and Aging in the Family-A workshop on later life issues for family members of adults with developmental disabilities. Faith McCormick from the federal Administration on Developmental Disabilities will give our keynote address!

Self-Advocates: Your state organization is proud to offer you 2 days of fun and informative sessions. You will be able to learn a lot in your conference sessions. How about a health fair with a masseuse! Then a dinner and dance with DJ "Fulton Express" will light up the evening on Thursday. **Families:** Your program will begin with a town meeting Friday morning with the self-advocates and state officials



to explore how families, communities and the people themselves can work toward meaningful lives for everyone in the community. Sessions will follow on other interesting topics (see special invitation below). **Staff & Supporters:** While your self-advocates are in their sessions, you can take advantage of sessions on best practices for supporting a person on the path to self-sufficiency. Your sessions will be repeated to allow for everyone to attend. **Scholarships:** A limited number of scholarships are available on a first-come, first-served basis to individuals or households with dependents receiving Indiana SSI, SSDI or TANF. The number of available scholarships is limited; apply soon! For more information: <http://www.saind.org/index.html> and click on the save the date card.

Teamwork

At this year's walk we are hoping to start a little healthy competition, by encouraging Buddy Walk Teams. A Buddy Walk Team can consist of a family, friends, co-workers, students and colleagues. Usually it is considered a team when there are five or more individuals walking on behalf of one buddy. There will be prizes awarded to top 3 teams. Tips for Team Building:

1. Start with people that are closest to you: family members, friends, neighbors, business associates, others in the community (your hairdresser, doctor, etc.)
2. Contact potential teammates in person or by phone, if possible; email and send letters if you can't reach an individual directly. Explain to them why the Buddy Walk is important to you, why you are involved and why

you would like them to become involved.

3. Encourage your teammates to spread the word and invite others to join your team or to start one of their own.
4. When you are finished putting your team together, hold a team meeting to get everyone involved and excited. See how successful they have been collecting pledges.
5. Make team signs
6. Make buttons with your buddy's picture or make something to promote your team!!
7. GOOD LUCK AND LET THE COMPETITION BEGIN!!

Buddy Pages!

Go to <http://join.buddywalk.org/dsani> to make your own personalized Buddy Walk page. Your page can be emailed to all your family and friends! People can make pledges and donation online. Great for out-of-town family and friends that would like to somehow contribute, if not able to come to walk.

