

Join Down
Syndrome Indiana

Self Advocates!

Email

selfadvocates@idsindiana.org

for a list of monthly meeting
dates.

UPS AND DOWNS NEWSLETTER



Volume 2 issue 1

Spring 2009

To enhance the lives and personal growth of self advocates ...

Chris burke Interview By Jessica Green



Chris Burke Self advocate
goodwill ambassador of
NDSS

JG: What are your biggest challenges as a man with Down syndrome?

CB: Working at the NDSS is my biggest challenge but it gives me the opportunity to help others in the office.

JG: What is one of your happiest memories?

CB: Being out at the Down syndrome Indiana buddy walk Of course, being with you and your family even with Joe and John I wait to come back there.

Exactly,

JG: Can you share a little bit about how you feel about your school experience?

CB: I was never included and I went through self-determination which was great because I overcame many obstacles and I never took my eyes off my goals to make my dreams come true. I always believe in myself and I work hard and never give up

JG: What is your favorite hobbies, and interests?

CB: Oh good question! Watch DVDS, Movies, and book also Chuck Barry and Jersey Boys I am also interested in hoping to do.

JG: What is your favorite movie?

CB: Cadillac Records, it is a true story it is about the record label with artists like cCChuck Barry, Buddy waters, I really love the movie, soundtrack, and I love the acting

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JG: What is your favorite musician?

CB: I like to say Joe and John DeMasi, Chuck Barry, and Billy Holiday, Paul McCartney, John Lennon and many more

JG: Do you enjoy traveling all over the country to the buddy walks?

CB: Yes, I really do. It's great and I love to fly it's great to be a part of these buddy walks because it's important to spread our message about ability not Disability. Inclusion is also important. It's good to see family and friends together and I love entertaining.

JG: do you ever get tired?

CB: I get tired especially in the mornings but they are worthwhile

JG: So Traveling is something you love?

CB: Yes

A LETTER FROM THE EDITOR : JESSICA GREEN

Hi, my name is Jessica Green and I have Down syndrome. I want to welcome you to this newsletter which is for and by people with Down syndrome. This is also for individuals to contribute their articles and to speak for themselves. This newsletter is a safe

place to share your thoughts and I do hope you find this entertaining. I also want to thank DSI for letting me create a newsletter for and by individuals with Down syndrome. If you would like to enter your article in this newsletter all you have to do is

attach a picture of yourself with your article and send it to me at the Down Syndrome Indiana office. This newsletter will also be for local and national self advocates including myself.

UPS and DOWNS Editor in Chief



DSI Self Advocate

The More Alike Match



Show us the money and match the grant. What's the deal for NDSC? Supporting the More Alike Campaign. Come on, get up and let's raise the money. Together we will raise plenty of money. Tell the world we're more alike than different. How to shake the Money maker: Go to ndsccenter.org and Click on the red box "We're more alike than different" Check it out send your Check

REACH OUT CONTEST

This is a safe place for self advocates to share their feelings and problems. You can send your entries to me at IDSF office in my mailbox if you want to email me your entries my work email is self

advocates @dsindiana.org or if you want to mail your entries the DSI office address is 3050 N. Meridian ST, Indianapolis, IN 46208.

If you want to

be included on the self advocate webpage all you have to do is think of some ideas you think you want to see if there is any pictures you can think of you can send them as well.

The 411 of Ellen Kempski!

Hi, My name is Ellen Kempski. My birthday is October 29 and I graduated from Franklin High School in 2006. I have a great sense of humor and like to have fun. My favorite color is red and my favorite food is any kind of Mexican food. I like to travel and have gone on four cruises. My favorite cruise was through the Panama Canal. We were on the ship for 14 days. I also enjoy going camping, especially in Florida and Colorado. For fun I like to swim, hang out with friends, read, and sing. I also enjoy cooking, bowling, and going to the movies. I work at CVS /Pharmacy and Ray Walton Heating and Air. Every Friday I volunteer at Down syndrome Indiana.

