

Join Down Syndrome Indiana Self Advocates! Email selfadvocates@dsindiana.org for a list of monthly meeting dates.

**Save-the-date!
Informational Meeting**

Betty Williams of the Arc of Indiana will be coming to talk to us about what it means to be a part of the Self Advocates of Indiana. We will also be electing officers at this meeting. If you are interested in running for an officer position please prepare a 1 to 3 minute speech about why you would make the best candidate! See you there!!!

Date: February 2, 2010

Time: 6:00-8:00 pm

Location: Down Syndrome Indiana Office
2625 N. Meridian St. #49
Indianapolis, IN 46208

UPS AND DOWNS NEWSLETTER



Volume 2 issue 3

Winter 2010

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

Living Independently



Interviewee: Self Advocate, Peter Asplundh

Interviewer: Self Advocate, Jessica Green

JG: How did you come to moving out of your parent's house and into your own house?

PA: Well, I lived with my folks for a longtime and once they realized there was a house right down the street from them they decided that I should have a house of my own so they bought the house.

JG: Did you have roommates before living on your own?

PA: Oh yes, I lived with my Sister, Landon, Carey, and my Niece Before living on my own.

JG: How old were you when you moved into your own house?

PA: I was 22 years old

JG: What do you like best about living on your own?

PA: I get to be independent and do what I want. I can listen to music, play games, dance, and workout

JG: So you feel like you are apart of your community because you live independently

PA: Definitely

JG: How do you pay your bills?

PA: I do have to pay all of my bills. I work at C.P.O. (Consulted Plant Operations) and that's how I pay my bills by working. I pay my bills by using my checking account.

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JG: Do you have any advice for other Self Advocates who may want to live on their own someday?

PA: It is kind of like a give and take. You have to take responsibility and do all the cleaning, cooking, laundry, and outdoor activities like mowing the grass. You also have to be safe.

JG: Is there anything else you would like people to know about you?

PA: I am a fun-loving guy who loves to make jokes and have a good time!

JG: Thanks Pete for doing the interview with me.

PA: You are welcome Jessica.

-Jessica Green, Editor

My Experience on WISH-TV and at Buddy Walk!

By: Angie Cain

It was my dream to be on TV and I was so excited to be on WISH TV! Everybody watched me on TV and I talked about the Buddy Walk and Chris Burke. Chris Burke is an actor. He played Corky on *"Life Goes On"*. He also sings to kids with Down syndrome. This year my mom and I took Chris, Joe, and John around to different schools to sing with kids who have special needs and Down syndrome! This year we had a team at Buddy Walk! It was Angie's Army and my whole family walked with me! I had so much fun at Buddy Walk and on WISH TV!

Love,

Angie

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 ndscenter.org and

REACH OUT CONTEST

This is a safe place for self advocates to share their feelings and problems. You can email me your entries at my work email: selfadvocates@dsindiana.org or you can mail your entries

to the DSI office. The new address is 2625 N. Meridian St. #49, Indianapolis, IN 46208.

If you want to be included on the self advocate webpage all you have to do is

think of some ideas that you think you want to see and if there are any pictures you can send those as well.