

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

VIP TENT

AT BUDDY WALK

Come join us for Buddy Walk 2009 on October 10th, 2009! This year there will be a Self Advocate VIP tent! This tent will be exclusively for Self Advocates. There will be karaoke as well as drinks and snacks! Hope to see you there!!!!

UPCOMING

SELF ADVOCATE

MEETING

October 6th, 2009: Informational Meeting

6:00 p.m.-7:30 p.m.

Rita Davis from Noble of Indiana will be our guest speaker. She will be talking about the different adult programs that

Noble offers!

UPS AND DOWNS NEWSLETTER



Volume 2 issue 2

Summer 2009

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



MEET AND GREET 2009

WITH CHRIS BURKE!!!

****A Night with the Stars****

Self Advocates, please join us for a wonderful night with stars,

Chris Burke will be our special guest. This is a formal fall dance, so please dress accordingly. Dinner will be provided.

Our DJ, Allan Haw, will be playing music, so be ready to dance! This red carpet event will be held in Rachel Wood's backyard, located at: 8341 Redondo Drive (Windsong is the name of the neighborhood), Indianapolis, Indiana 46236. To

RSVP for this event please contact Rachel Wood at info@dsindiana.org or by phone at 317.925.7617. We look

forward to seeing you there!!!

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Jessica Green Reflects on her Experience at this years National Down Syndrome Congress Convention!

I just got back from the 2009 National Down Syndrome Congress convention in Sacramento California. I got see old friends and made some new friends. It is so cool to go and be with other individuals who have Down Syndrome like me. It is great to have other people to share my dreams with and it is also great to encourage new parents to see the possibilities for their children.

I went to workshops given by self advocates which is really neat. I learned how to maintain a good life style and eat healthy. I went to a workshop to a discussion for sports and entertainment. The other workshop was called from High School to CEO. It was about having your own business.

It was very exciting this year. I was one of the 6 nominees for the National Board. I had to give a speech on Friday to the whole conference. I had a campaign committee made up of three other self advocates that I had met before. I really appreciated their help and support. I was so proud and surprised that I won! It is an honor and a big responsibility but it has always been my dream.

So if you have the chance try to attend one of these conferences it is worth it. It is a place to learn and have a lot of fun. They have two dances, by the way. Take Care all of you Self Advocates and keep up the good work.

Your Friend
Jessica Green

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 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 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.

The 411 on Katie Shaw!

My name is Katie Shaw and I am 24 years old. I am heavily involved in Special Olympics. I participate in Indy Reads and I like helping the Self Advocate group. I participate in five sports in Special Olympics: Softball, golf, volleyball, basketball, and track and field. I love sports because I really enjoy being with my peers and being competitive. I am also involved with Indy Reads, and my tutor is Tom Miller. Currently we are working on Social Studies and reading maps. Lastly, I enjoy volunteering at the Self Advocate group because it gives the employees more time to focus on their jobs which helps the group. All in all, my involvement in various activities helps me in more ways than one!

-Written by: Katie Shaw