



**Down Syndrome
Indiana™**

volunteer times

Volume 2 Issue 12

December 2009

Serving Others This Holiday Season!

This year the MFSDN plans to serve a Down Syndrome Indiana family in need. In order to make this happen we need lots of help! If your family or anyone you know would like to help please let us know. We are currently accepting donations of the following items to be provided to this family to make their holidays brighter.

Boy (age 10):

- Air Hogs Wind Chaser
- Gift Certificate for Game Stop or Walmart
- Size 16 shirts, 14 husky pants, 5.5 shoe & socks

Boy (age 5, individual with Down syndrome):

- Glow in the Dark Stars for Ceiling
- Compact Disk Player with Headset
- Sponge Bob Square Pants game for Fisher Price Fun 2 Learn Computer
- VTech Tote 'N Go Laptop Plus
- Wiggles dvds
- Size 7-8 boys shirts, boys size 6 (shorter length) pants; 8.5 toddler sized shoe, toddler sized socks in size 5-7

Dad:

- Gift card to TSC Tractor Supply Company or Harbor Freight & Tools, any amount

Mom

- Walmart Gift card, any amount

Additional Family Needs

In addition to the specific items mentioned already, we would like to give the family Kroger/Marsh gift cards as well as some personal items (PJs, house shoes, hats,

mittens, bubble bath, Body Shop, Avon, etc) and basic household essential (laundry soap, towels, etc.)

Unwrapped gifts can be delivered to the MFSDN "Service To Others" dinner, fellowship and gift wrapping session on Friday, December 18, 2009, from 6:30-8:30 p.m. at:

"The Gathering Place"

Lawrence United Methodist Church

5200 N. Shadeland Av, Indianapolis, IN 46226

Phone: (317) 546-1724

Items can also be delivered to the DSI office located in the Marott at 2625 N Meridian St #49, Indianapolis, IN 46208 by appointment. Please contact our Parent Support & Education Coordinator, Stephanie Glowner by e-mail at stephanie@dsindiana.org or by phone at (317) 925-7617.



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Down Syndrome Indiana is dedicated to enhancing the lives of individuals with Down syndrome. Our mission is to serve as a conduit of information, support and advocacy for individuals with Down syndrome and their families, which promotes growth and inclusion in the community.

About Down Syndrome Indiana

Lisa Tokarz-Gutierrez
Executive Director

Amanda Congrove
Director of Resource Development

Rebecca Phong
Member Service Coordinator

Rachel Wood
Outreach Coordinator

Stephanie Glowner
Parent Support and Education Coordinator

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About : Down Syndrome Indiana is a not-for-profit organization serving the needs of individuals with Down syndrome and their families. DSI is supported by a dedicated board of directors, staff and countless volunteers. The programs and services provided by Down Syndrome Indiana are supported totally by individual and corporate donations combined with annual fund raisers and special events.

Vision Statement:

Down Syndrome Indiana is committed to supporting individuals with Down syndrome throughout their lifetime by: promoting self advocacy, inclusion and participation in the community, being the most comprehensive resource on Down syndrome, serving as the state leader for public policy advocacy, and increasing positive public awareness.

Board of Directors:

Steve Simpson –President
Dr. Richard Schreiner –Vice President
Ann Gibson –Secretary
Rob Morgan –Treasurer
Ta-Tanisha Crumble
Vicki Dayan
Ali Dillingham
Angie Everton
Jessica Green
Jeff Huffman
Tom Milvert
Sherri O’Keefe
Ted Scofield
Gale Spells Bellamy
Roscoe Scott
Brad Wilt

Here we grow again....

I am so excited to announce some more wonderful changes here in the Down Syndrome Indiana office! First of all, I would like to welcome our newest parent group called Raising Special Kids Down syndrome support group which will serve the Muncie, IN area. This parent group will meet on the 2nd Tuesday of each month from 6pm to 7pm at Hillcroft Services, 114 East Streeter Avenue in Muncie, IN 47303. In addition to the parent support group meeting, there will be educational programming for the children which will be lead by professionals in the fields of Occupational Therapy, Physical Therapy and Speech Pathology. For more information, please feel free to contact the DSI office at 317-925-7617 and speak with Stephanie Glowner or contact Debbie McCoy at slaterjomc@gmail.com.

I am pleased to name Stephanie Glowner as Parent Support and Education Coordinator. As PS&E Coordinator, Stephanie will be the main contact for our families in need of support as well as the main contact for our parent group chairs and parent groups in general. Stephanie is the mother of Katy and brings a wealth of personal experience and warm hearted humor to the position. It truly brightens the office to have Stephanie on staff and I have no doubt that our families who have had contact with her feel the same way. Rachel Wood, DSI Outreach Coordinator will now be coordinating the 2010 Buddy Walk® which will be held on Saturday, October 23, 2010! Rachel’s background in event planning has made the decision to bring the Buddy Walk® Coordinator position in house a no-brainer. The first Buddy Walk® Committee meeting will be on January 24th. Anyone is welcome to serve on the Buddy Walk® Committee. If you are interested, please e-mail Rachel at buddywalk@dsindiana.org for more information.

I would also like to extend a warm welcome to the newest member of the DSI staff team, Amanda Congrove, DSI **Director of Resource Development**. Amanda has a Master’s degree in Philanthropic Studies and a certificate in Nonprofit Management from the Center on Philanthropy at IUPUI. She has previous experience working for WFYI and Special Olympics Indiana as a fundraiser. One of the qualities that I love about Amanda is that philanthropy, volunteering and serving others, is a value that she believes in and demonstrates in her everyday life. Because of her fundraising and nonprofit management skills coupled with her belief in inclusion and acceptance, I believe she will excel in her new position and hope that all of you extend the same warm welcome to her that you have extended to the current staff when we joined DSI.

I hope you have a happy, healthy and prosperous holiday season.

It is my pleasure to serve you!

Lisa Tokarz-Gutierrez, Executive Director



Volunteer Needs

DSI Wish List

By donating items on this list that are gently used or no longer needed, Down Syndrome Indiana can provide families with items that they need, cut back on its administrative costs and make sure that more money is devoted directly to mission and programming. Thank you!

- Postage Stamps
- Copy Paper
- Folding Chairs
- Thank You Cards
- Office Supply Gift Cards
- Short Lateral Filing Cabinet
- Snacks and drinks for Volunteers
- CVS gift cards, Speedway gift cards, or Walmart gift cards to be used for Helping Hands.

To arrange a drop off time of any of the above items, please contact Stephanie Glowner by e-mail at register@dsindiana.org or by phone (317) 925-7617.

DSI Office Project Volunteers Needed

The Down Syndrome Indiana office is in need of volunteers to help with a few organization and filing projects in our new space and data entry on the computer. Any amount of time and assistance would be appreciated! Volunteer time can be during regular office hours or on Saturday. The office is located at 2625 N. Meridian Street, #49, Indianapolis, Indiana 46208. Please call Stephanie Glowner at (317) 925-7617 or e-mail register@dsindiana.org if you are available. Thank you."

One Day Conference Brainstorming & Volunteers Needed

Rachel Wood, Outreach Coordinator is looking for individuals that could assist in planning a one day conference in 2010. The topic has not been decided upon as yet. If you're interested in helping out please contact Rachel by e-mail at info@dsindiana.org or by phone at (317) 925-7617.

Auxiliary Fund-Raising Committee

Down Syndrome Indiana is looking for individuals that are interested in volunteering to serve on a auxiliary fund-raising committee for DSI. This committee would be part of the overarching Development Committee and would be responsible for meeting once a month to look at current Down Syndrome Indiana fundraising programs, generate new ideas and assist with implementation to assist Down Syndrome Indiana in funding its current growing programs. If you are interested, please contact Lisa Tokarz-Gutierrez,

Executive Director at lisa@dsindiana.org.

Fashion Show Interest

Down Syndrome Indiana is considering hosting a fashion show as its next major fund-raiser in the first quarter of 2010. This would be a major fund-raiser and will require the help of many volunteers. If you are interested in helping to plan this amazing event, please contact Lisa Tokarz-Gutierrez, Executive Director at lisa@dsindiana.org.

Special Interest Volunteer Need

The Down Syndrome Indiana Governmental Affairs Committee (GAC) is forming a special Health Care subcommittee and we are looking for individuals to participate and lead this initiative in partnership with the GAC. As many of you are aware, there are significant discussions underway to reform health care and at the same time we are challenged with declining tax revenues and challenging budgets that could compromise current programming for individuals with disabilities. It is important that the Down syndrome community is actively engaged to ensure that we are appropriately represented in the health care discussions so we can help direct policy changes in this area. The role of this committee would be the following:

- Keep abreast of the current health care policy and advise the GAC on key issues and actions required.
- Lead the process to develop a plan to create a more general health insurance mandate that includes individuals with Down syndrome.
- Provide opportunities to educate the members of the Down syndrome community on policy issues related to health care.
- Monitor Indiana's Children's Special Health Care program and ensure that it continues to effectively serve the Down syndrome community in Indiana.
- Form partnerships with other disability advocacy groups in Indiana to develop a unified voice for positive change in health care policy.

Down syndrome advocacy and support organizations across Indiana are blessed with many talented people who could contribute their passion and energy in making positive change in health care policy. If you are one of these individuals and are interested in serving on this committee, please contact Tom Milvert at t.j.milvert@sbcglobal.net.

Thanks,
Tom Milvert
Down Syndrome Indiana Governmental Affairs Committee



Why Volunteer?

Volunteering offers many benefits and here are just a few:

Learn or develop a new skill

Volunteering is the perfect conduit to develop a new skill or to discover a new talent. It is never too late to realize new skills or accumulate knowledge. Employers are often seeking well-rounded individuals who have good teamwork and goal setting skills. Planning and implementing a major fund-raising event can develop goal setting, planning and budgeting skills. Serving on a volunteer committee or board is a great way to learn group dynamics and team work. Serving as a committee chair increases facilitation skills. Painting a mural or making banners could highlight your art talents. The possibilities are endless.

Be part of your community

There are so many options for being involved in your community, through professional associations, neighborhood organizations, arts and historic organizations and social service organizations. No man or woman is an island. People and societies co-depend on each other for survival. We can bridge the expanding gap between communities and societies through volunteering. Volunteering is ultimately about helping others taking part in impacting people's welfare and happiness. What better way is there to connect with your community and give something back? Do you feel strongly about something that is happening or not happening in your community and want to get involved? As a volunteer, you certainly return to society some of the benefits that society gives you.

Meet a diverse range of people

Volunteering brings together a diverse range of people varied backgrounds. Both the recipients of your volunteer efforts and your fellow volunteers can be a valuable source of inspiration and an exceptional method to expand your interpersonal skills. You do not know who you will meet, what new information you will acquire, and how this could impact your life.

Receive personal rewards and sense of achievement

Volunteering is about donating your time, energy, and skills generously. As a volunteer you have made a decision to help freely -- free from pressure to act from others. Volunteers generally convey a sense of achievement and motivation which ultimately is generated from the desire and enthusiasm to help. For others volunteering may simply be a break in regular routine or an opportunity to create balance in their lives. Volunteering around a personal interest or hobby can be enjoyable, relaxing, and revitalizing. That energy and sense of fulfillment can even be carried over to other situations and sometimes help to relieve tensions and foster new perspectives for old situations.

Create Leadership

Watching those around you can allow you to identify leadership qualities that you most appreciate and can develop in yourself. Volunteer groups are often groups of peers that respond more to leadership than management. Opportunities are available to lead by persuasion, show innovation, and share your ideas and values. Volunteer settings allow you to learn strategic thinking and conflict resolution skills. You will learn about your community, about trends and concerns, about people and about resources--all of which can help you develop your leadership potential.

**Down Syndrome
Indiana welcomes
volunteers of all
ages and abilities.**

Enhance Career Opportunities

Networking - Volunteering offers an incredible networking opportunity. You will develop lasting personal and professional relationships. Not only is it a great way to learn about people from all walks of life, different environments, and new industries, but you can also hear about job openings, gather valuable employment information and develop great references.

Retain or sharpen old skills - Sometimes job duties change and you may no longer be doing things you used to do and liked. Volunteering is a perfect means for keeping those skills sharp and current.

Practice skills - It is much more effective to practice a new skill than to read about it or study it in a classroom. Volunteering is an excellent venue to experiment, practice, and test new techniques and skills. The opportunity to build your self-confidence through practice is offered. Additionally, volunteering provides opportunities to observe others to determine best practices.

Explore new career options - Volunteering is a perfect way to explore new fields. Sometimes a volunteer experience can direct you to something you never thought about or help you uncover a new skill or interest. You can strengthen your personal/professional mission and vision by exploring opportunities and expanding your horizons.

--Ten Professional Development Benefits of Volunteering. Mary V. Merrill, LSW, Merrill Associates

I would like to make a donation....



Date _____

Last Name _____ First Name _____

E-mail _____ Preferred Phone _____

Agency Name (if applicable) _____

Address _____ City _____ State _____ Zip Code _____

Ethnicity: (Optional) _____ Gender (Please circle one) Male Female

Are you interested in volunteering for DSI? (Please circle one) Yes No

Relationship to an individual with Down syndrome: (Please circle all that apply)

Parent Professional Grandparent Educator Self Advocate

Sibling No Relation Loved one of an individual who is now deceased Other

I would like to support DSI's mission to serve as a helpful resource providing information, support and activities that, combined or individually, promote growth and participation of people with Down syndrome in their communities. I would like to make the following contribution:

Helios \$2,500 _____ Sirius \$ 1,000 _____ Vega \$500 _____ Capella \$ 250 _____

Rigel \$100 _____ Antares \$50 _____ Polaris \$25 _____

_____ Other amount (Please write in amount): _____

Please place a check mark next to the method of payment below:

_____ Check (Made payable to Down Syndrome Indiana, 2625 N Meridian St #49, Indianapolis, IN 46208).

_____ Charge Card: Please fill in additional information:

_____ Visa _____ MasterCard _____ Other Please write card type here: _____

Account #: _____ Expiration Date: _____

Authorized Signature: _____

Down Syndrome Indiana is a 501 (c) (3) not-for-profit organization. Contributions are deductible to the extent permitted by law. All funds received are appreciated and will be used to further the objectives of Down Syndrome Indiana. DSI's Federal Tax ID # is 35-1957015.

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Address Changes: Each issue of common bonds is sent via bulk mail. If you are have moved contact us as soon as possible. The newsletter is available in an electronic format. If you are interested in receiving common bonds by e-mail, please send your request to: register@indianadsf.org.



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Dedicated to enhancing the lives of individuals with Down syndrome...