

Ups and Downs

Volume 3, Issue 4

December 2010

SAVE THE DATE

Tuesday, January 4, 2011

Self-advocate training
"Welcome to Adult Life"
For details, call (317)
925-7617.

6:00 p.m. - 8:00 p.m.

Down Syndrome Indiana
Marott Building
2625 N. Meridian St.
Indianapolis, IN 46208

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The Holidays

Every holiday is always good to be with friends and family to share it with. Thanksgiving and Christmas is always a great way to be with family and to keep in touch. Also being thankful for what you accomplished.

My favorite holiday is Halloween. Halloween is great to dress up to be someone else other than yourself. It is also fun to man the door. I enjoy eating popcorn and watching scary

movies on Disney Channel. Now, we would like to hear from you. What is your favorite holiday? Why?



Jessica Green
Editor-in-Chief



To have your holiday story printed in Ups and Downs, e-mail it to me at selfadvcates@dsindiana.org.

Take care!

Jessica

Publisher's Note

The dedicated self-advocates who write this newsletter enjoy sharing their personal experiences with the hope they can bring happiness and information to you.

They want to know what matters most to you, the reader. If you have a story idea

or a topic you would like covered, please contact Editor-in-Chief, Jessica Green, at selfadvcates@dsindiana.org or 2625 N. Meridian St. #49, Indianapolis, IN 46208.

Happy holidays!



Tim Borek
Member Services Coordina-



“All in all, I love my family and love spending the holidays with all of them.”

— Katie Shaw



My Wonderful Story

Hi! Happy belated Thanksgiving and merry Christmas! I know by the time you read this, Thanksgiving will be over, but let me tell you about what I did and what my plans are for Christmas.

First, on Thanksgiving Day, after we went to mass, mom mom’s family came over about eleven o’clock. We at, watched football, ate, talk, and ate some more! At about four o’clock, we normally go to one of my aunt and uncles’ houses on my dad’s side. This year, they all came to our house. We did the same thing except we also played

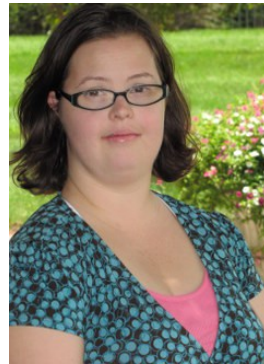
board games until about one or two o’clock in the morning.

The day after Thanksgiving, my family went to a tree farm, as usual, to get our Christmas tree. That evening we went to downtown Indianapolis to see the holiday lights

turned on at Monument Circle.

Secondly, on Christmas Eve during the day we celebrate with my Mom’s side at our house. We go to mass on Christmas Eve. On Christmas Day, my family sleeps in. My sister, brother, and I wait until our parents are ready to wake up. Then we all go downstairs to open presents. Later in the afternoon, my dad’s side of the family covers over to celebrate.

All in all, I love my family and love spending the holidays with all of them.



Katie Shaw

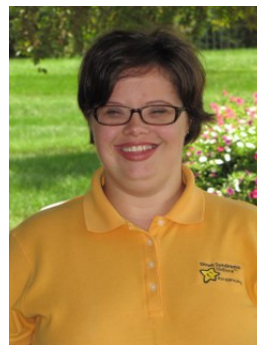
Christmas with My Family

Christmas is a very important holiday for spending time with family. I like to spend time with my family on Christmas. We are having Brown’s Family Christmas Day after Christmas Day. On Christmas morning, we might have a Christmas breakfast together as a family.

Also, Jesus is born on Christmas. My nephew Colton’s birthday is

also in December. He is going to be 2 years old. Christmas is my favorite holiday to be with my family.

We might go to church on Christmas Day. My Aunt Susie and Uncle Larry are coming from New York. We see them every Christmas.



Angie Cain

Down Syndrome Indiana™



dedicated to enhancing the lives of individuals with Down syndrome

Be a shining star!

I would like to support Down Syndrome Indiana'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:

- \$25 \$50 \$75 \$100
- \$250 \$500 Other _____

Place a check mark next to the method of payment below:

Check payable to:
Down Syndrome Indiana
2625 N. Meridian Street, #49
Indianapolis, IN 46208

Credit card Visa MasterCard Other: _____
Account #: _____ Expiration Date: _____
Authorized Signature: _____

Last Name: _____ First Name: _____

E-mail: _____ Phone: _____

Agency: _____

Address 1: _____

Address 2: _____

City: _____ State: _____ Zip: _____

Down Syndrome Indiana is a 501(C)(3) no-for-profit organization. Contributions are deductible to the extent permitted by law. All funds are appreciated and will be used to further the objectives of Down Syndrome Indiana. DSI's Federal Tax ID # is 35-1957015. Your contact information will be added to the mailing list promptly. You will receive a thank-you letter and receipt in the mail.



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Staying Healthy for Winter Sports

In order to stay in shape, you need to eat healthy food, to exercise, and to know your sport.

First, eating healthy is important because you get the vitamins and protein that you need. An example is taking calcium and a piece of meat. Your family doctor or dietician is the best person to talk to about what foods you should and should not be eating.

Second, being fit means exercising your body and losing weight. An example is

eating fewer fattening foods.

Third, knowing your sport also means that you are smart in your mind. An example is



Katie Shaw

knowing the sport inside out. All in all, eating healthy, exercising, and knowing your sport—no matter what game you play—will help you be a great player.

Resources:

- Discovery Health
<http://health.discovery.com/>
- Food Network
<http://www.foodnetwork.com/>
- ESPN
<http://espn.go.com>

“Your family doctor or dietician is the best person to talk to about foods you should and should not be eating.”