

# Ups and Downs

Volume 4, Issue 3

October 2011

## SAVE THE DATE

Friday, October 7, 2011

### Meet & Greet with Chris Burke

Party with food, DJ, and karaoke! Register by calling (317) 925-7617 or e-mailing tim@dsindiana.org. 6:00 p.m. - 9:00 p.m.

Lexington Farms Clubhouse  
10660 Lexington Dr.  
Indianapolis, IN 46280



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## My San Antonio Experience

Howdy! This is Jessica just getting back from the National Down Syndrome Congress convention in San Antonio, Texas. The theme this year was "Deep in the Heart."

It was such a great weekend! I see my friends from years past every year. I am on the board which has many duties that I love. I give speeches, I attend meetings, and I work at the Self Advocate Table, where I talk to other self advocates and their families. I also had a

great time hosting the Friendship Club. We had music, activities, dancing, and people got to know each other from



across the country. It was a lot of fun.

Now I will share my

good times. On Friday and Saturday night, we danced the night away. On Sunday every self advocate had the chance to perform in a talent show. This year I sang a theme song from one of my favorite Disney movies, *Beauty and the Beast*.

I hope my fellow Indiana self advocates can join us next year in Washington D.C. We can have fun and also speak to senators about laws like the ABLE (Achieving a Better Life Experience) Bill.

I look forward to seeing you there!

Sincerely yours,

Jessica

## Helping Others While Giving Back

Helping others means everything to me because it is the right thing to do. Here are my reasons: having my bosses help me, doing my job helps my bosses, and giving respect.

First, when I am putting clothes away and I am by myself, my bosses will help me or get me help. That means a lot.

Second, doing my job helps my bosses trust that I am doing the right thing. An exam-



Katie Shaw

ple is letting me take charge of what I am doing.

Third, having respect is really important because everybody deserves it. An example is when I am kind to somebody and they are kind to me.

All and all, having my bosses help me and I help them. We can show each other and anybody else respect.



PRESENTS

AN EVENING WITH

Chris Burke



FRIDAY, OCTOBER 7  
6:00–9:00 P.M.

LEXINGTON FARMS CLUBHOUSE  
10660 LEXINGTON DRIVE, INDIANAPOLIS 46280

Chris Burke, an actor who has Down syndrome, has appeared in numerous TV series including *ER*, *Touched By An Angel*, and most notably, *Life Goes On*. Whether singing or speaking, Chris, along with his musical friends Joe and Jon DeMasi, demonstrates the power of believing in yourself and reminds us that we're more alike than different.

- Dancing with DJ
- Karaoke
- Food and drinks provided

To register, contact Self Advocate Coordinator Tim Borek:

Phone: 317.925.7617

E-mail: [tim@dsindiana.org](mailto:tim@dsindiana.org)

### Behavior Modification

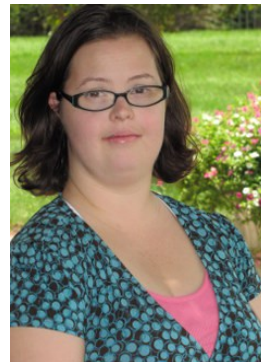


Some people need Individualized Education Program, lists and rules depending on their abilities.

First, an Individual Education Program is a paper that explains instructions for people with special needs. An example is having teacher's aide read the tests to them.

Second, it is important to have rules because it

helps the student with special needs stay focused. An example is taking one thing at a time.



Katie Shaw

Third, lists are great because it keeps the student organized, and being organized helps them to stay focused.

All and all, having an Individualized Education Program, rules, and lists helps the student with special needs get help, stay focused, and stay organized.

## A Day to Celebrate

A day to celebrate  
A time to share Families and friends  
Gather from here and there

Sun that's bright  
Hearts that are full  
Love from people that Surround you.

A time of giving What-ever you can  
Stand up and speak out  
And support Down syndrome

Make a difference if you can  
Help DSI and all their friends

Come to walk for a good cause  
Then you get a big applause!

Jessica Green



## Upcoming Self-Advocate Activities

I am so pleased with the participation at the last DSI self-advocates info night meeting on September 6. Thank you to everyone who attended. We had a crowd of about 13, including self-advocates, their parents, friends, and guests. Doctors Woodward and Weber from CYACC (Center for Youth and Adults with Conditions of Childhood). The meeting gave everyone there a chance to introduce themselves to the group. We enjoyed getting

to know each other and eating delicious pizza from Marco's Pizza.

After introductions, we voted on self-advocate activities for our group in 2012. I learned that karaoke is very popular with our group! As a result, I am planning a karaoke party for the next activity night on **December 6, 2011**. If you have a favorite CD, please bring it to the party and we'll try to

play it during your turn to sing! Special guest Rachel Swinford of IUPUI School of Physical Education will also be on hand to tell us about her dance class for people with Down syndrome. We will also have a gift exchange. If you're able, please bring a small gift under \$5. I hope you can attend!

Tim Borek  
*Self-Advocate Coordinator*

## Tell Us a Story!

*Ups and Downs* is a publication of Down Syndrome Indiana. All articles are written by self advocates for self advocates. To have your story printed, e-mail it to [selfadvocates@dsindiana.org](mailto:selfadvocates@dsindiana.org). *Ups and Downs* is available every other month as a digital download from [www.dsindiana.org/UpAndDownsNewsletter.php](http://www.dsindiana.org/UpAndDownsNewsletter.php).

## What Chris Burke Means to Me

I like to write about Chris Burke. He is my favorite singer in the whole wide world. Chris Burke is a actor from Life Goes On. He played Corky Thatcher. He comes for the Buddy Walk. Me and my mom, Beth Becher, (a speech therapist) have picked up Chris, Joe DeMasi, and John DeMasi and brought them

to my mom's school to perform to the kids. They will perform at the Buddy Walk on October 8, 2011. I am huge fan of Chris Burke. I have posters, *Singer with the Band*, *Forever Friends*, and the *World of Kindness* CDs. I met Chris Burke at Walt Disney World when he was grown up. Every night before I go to bed, I play

Chris Burke's CD *Singer with the Band* because it helps me sleep through the night. When Chris Burke sings, he makes my day very special since he is my favorite actor forever!

Angie Cain



Angie Cain



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## What Makes a Good Doctor

Once upon a time 28 years ago I had my first doctor. His name was Dr. James Cumming. The thing that made him so amazing and such a good doctor was that he saw me as a person, He was a great listener and he was very kind.

I have had so many doctors since then. Some have been good, and some have not. We all have a responsibility to be a good patient and come to the appointment with our questions and a list of medications. We can't be afraid to ask

questions and share our concerns.

When we have a doctor that doesn't seem to understand our situation, then we need to find a different person. There are very good doctors who have helped me so much. I appreciate all they have done to help me.

If you have story to tell. You can email me at [SelfAdvocates@dsindiana.org](mailto:SelfAdvocates@dsindiana.org).

Good luck to all of my self advocates Don't be afraid to speak up for yourself.



**Jessica Green**  
Editor-in-Chief