



**SPECIAL
POINTS OF
INTEREST:**

- Help us pass the **ABLE Act** this session
- One-Day Conference with **Michael Remus**
- Kids hold lemonade stand to benefit **DSI**
- **Buddy Walk®** volunteers needed

**INSIDE
THIS ISSUE:**

Passing the ABLE Act	1
One-Day Conference	1
DSI in IBJ	2
Lemonade Stand Heroes	3
Why Volunteer?	4
Buddy Walk® 2010	6



Help Us Pass the Achieving a Better Life Experience (ABLE) Act in Congress

I would like to ask each of you to consider contacting your member in the US House of Representatives and ask him to help pass the Achieving a Better Life Experience (ABLE) Act. The ABLE Act will allow individuals with disabilities to create a disability savings account or 'ABLE Accounts' that would accrue interest tax-free. The account could fund a variety of essential expenses for the individual, including medical and dental care, education, community based supports, employment training, assistive technology, housing, and transportation. See the additional details below from the National Down Syndrome Society.

Congressman Ander Crenshaw sponsored this very important legislation. I could try and tell you all about it, but Congress-

man Crenshaw's recent Op Ed piece in the *Washington Times* says it more eloquently than I could ever hope to. Please read about it [here](#).

It is important to take action now! The ABLE Act enjoys strong bi-partisan support in the US House of Representative with 184 representative that have signed on as co-sponsors of this important legislation. As many of you know, the 111th Congress is quickly drawing to a close. If we do not pass this now, we will be starting all over again in the 112th Congress. Many disability advocacy groups have put in countless long hours walking the halls of congress to educate our representatives on the importance of the ABLE Act and the positive impacts it will have on families and individuals with dis-

abilities. Let's not lose the momentum.

Please call your congressman! The good news is that most of our representatives in Indiana are already co-sponsors (Steve Buyer and Baron Hill are the only exceptions), so you will be asking them to help move this important legislation out of committee and to the floor of the house for a full vote. And to make it easy, the National Down Syndrome Society has provided a script that you can use when you call. To find your US House Member and the script click on the Take Action link: [Take Action!](#)

Thank you,
Tom Milvert
Down Syndrome Indiana
Governmental Affairs Committee
Chair

One-Day Conference Volunteers Needed

DSI is looking for individuals that could assist with our one-day conference schedule September 18, 2010. Consultant and author Michael Remus will be presenting his seminar, "More Than Shared Classrooms: Strategies for Educating Students with Disabilities."

The event will be held in the Ruth Lily Auditorium at Riley

Children's Hospital, 702 Barnhill Drive, Indianapolis. The conference runs 9 a.m.—4 p.m. and includes a one-hour break for lunch

If you're interested contact Rachel Wood by e-mail at rachel@dsindiana.org.



Michael Remus

About Down Syndrome Indiana



Lisa Tokarz-Gutierrez
Executive Director

Tim Borek
Member Service Coordinator

Rachel Wood
Outreach Coordinator

Stephanie Glowner
Parent Support and Education Co-ordinator

Statement of Policy and Disclaimer: *volunteer times* is published by Down Syndrome Indiana. The policy of Down Syndrome Indiana or the news publication *volunteer times* is not to endorse any medical, therapeutic, or educational alternatives. This newsletter is to provide information about current developments within the Down syndrome community.

Reprints: We invite others to reprint items from *volunteer times*. We ask that you provide proper credit, listing the source, as well as notify us. Please note that you must contact the original source for permission to use articles that we have reprinted.

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:

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

Dedicated to enhancing the lives of individuals with Down syndrome

DSI FACTS:
Founded in 1996

Six paid employees

Top volunteers:
Angie Can and Dr. Richard Schreiner

DSI Recognized in Indianapolis Business Journal

Indianapolis Business Journal (IBJ) selected Down Syndrome Indiana as the Not-For-Profit of Note for in their August 16 edition. The article in the IBJ highlighted our mission, management, board of directors, programs, key fund-

raiser (Buddy Walk ®), and financial profile. Angie Cain and Dr. Richard Schreiner are mentioned as top volunteers.

The full article is available on the IBJ website at <http://www.ibj.com/nfp-of-note-down-syndrome-indiana/>

[PARAMS/article/21655.](http://www.ibj.com/nfp-of-note-down-syndrome-indiana/)

Lemonade Stand Heroes

In June, Halie Jackson, Mary Margaret Smith, and Noah Schafer held a lemonade and snack stand in the scalding summer sun to raise money for Down Syndrome Indiana. Mary Margaret's little sister, Moriah, has Down syndrome. These hardworking kids donated over \$50 of hard-earned proceeds to help fund DSI programs.

Down Syndrome Indiana applauds these enterprising kids for their caring spirit, their willingness to work hard to make a difference in their community, and setting a positive example for others.

WAY TO GO!



Halie, Noah, and Mary-Margaret

“I hope this money goes to good use and helps kids all around Indiana”

6-12-2016

Dear Down Syndrome of Indiana,

Over the weekend we had a lemonade stand and raised money for kids with Down Syndrome. On this very hot weekend we sold lemonade, chips, muffins, and pop. (Just to name a few.) After the sale the 3 of us got \$20. Mary has a sister with Down Syndrome ~~that~~ donated \$10, Noah a friend gave \$10 also, and I Halie gave ALL \$20!!! I hope this money goes to good use and helps kids all around Indiana.

Love,

Halie Jackson
Mary Margaret Smith
Noah Schafer

Why Volunteer with DSI?



Volunteering offers many benefits. 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. Employers seek well-rounded individuals who have good teamwork and goal-setting skills. Planning and implementing a major fundraising 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 teamwork. 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 services 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 and 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 with 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.

Enhance career opportunities. By volunteering, you can improve your networking, retain or sharpen old skills, practice new skills, and explore new career options. Volunteering offers an incredible networking opportunity. You will develop lasting 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.

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.

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.

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

Support Down Syndrome Indiana

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 \$5,000 Sirius \$2,500 Vega \$500 Capella \$250 Rigel \$100
Antares \$50 Polaris \$25

Other amount (Please write in amount): _____

Date _____

Last Name: _____ First Name: _____

E-mail: _____ Preferred Phone: () _____

Agency Name (if applicable):

Address: _____ City: _____ State: _____
Zip Code: _____

Please place a check mark in the box payment below:

Check or Money Order (Payable to Down Syndrome Indiana, 2625 N Meridian St #49, Indianapolis, IN 46208).

Charge Card: Please fill in additional information:

Visa MasterCard Other Card Type: _____

Account #: _____ Expiration Date: _____

Authorized Signature: _____

Relationship to the individual with Down syndrome:

- Grandparent Professional Educator Self-Advocate Parent
- Sibling Other No Relation Loved one of an individual who is now deceased

Please contact me/send me information on the following information as related to individuals with Down syndrome:

- Grandparents Support Local Community Parent Support Groups
- Volunteer Opportunities Outreach Post Secondary Education Public Policy

I would like to opt-in and begin receiving the following Down Syndrome Indiana publications by e-mail:

- Important News, Event Flyers Monthly Calendar of Events
- Common Bonds (DSI Newsletter) Up with Downs (Self Advocates Newsletter)
- Volunteer Times (Newsletter)

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.

2625 N Meridian St, #49 Indianapolis, IN 46208 (317) 925-7617 (888) 989-9255 (317) 925-7619
info@dsindiana.org dsindiana.org



2625 N. Meridian Street
#49
Indianapolis, IN 46208

Phone: 317-925-7617, 888-989-9255
Fax: 317-925-7619
E-mail: info@dsindiana.org

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



Buddy Walk® Volunteers Needed

- **Entertainment Assistant.** Responsible for coordinating entertainment the day of the walk.
- **Setup.** Ten people needed to hang signs, arrange chairs, tables, and displays from 7 a.m. to 10 a.m..
- **Volunteer Tent.** Five people needed to sign volunteers in and show them to their destinations.
- **Clothing Recycling Program.** Volunteers needed from 9 a.m. to 3 p.m. to staff the clothing recycling tent, where people can donate gently used clothing. Volunteers will sort clothing by gender and size.
- **Merchandise Tent Pre-walk.** Five volunteers will set up and sell DSI merchandise prior to the Buddy Walk from 9 a.m. to 12 p.m.
- **Merchandise Tent Post-walk.** Responsibilities include selling DSI merchandise and tear down fol-



lowing the walk. Five volunteers needed from 12 p.m. to 3 p.m..

- **Registration.** Sign in Buddy Walk attendees and collect donations in the Registration tent. Fourteen volunteers needed from 9 a.m. to 2 p.m..
- **Greeters.** Greet guests as they arrive at the Buddy Walk and help direct them. Two volunteers needed from 8 a.m. to 12 p.m..
- **Food Prep.** Assist in preparing food for walkers. Twenty-five volunteers needed from 7 a.m. to 1 p.m..
- **Course Monitors.** These volunteers are stationed along the walk.

If you are interested in volunteering for this event, please contact Mehida Perez (mehida@dsindiana.org) or Rachel Wood (rachel@dsindiana.org) at 317-925-7617.