



**Down Syndrome
Association of
Northwest Indiana**

Our Mission

The Down Syndrome Association of Northwest Indiana is a non-profit organization of families and interested persons working to improve the quality of life for those individuals having Down syndrome.

Our Vision

Our vision is to foster understanding, acceptance and inclusion of persons with Down syndrome which will give them the greatest opportunities to realize their aspirations and enjoy independent and productive lives.

What's Up!

Volume 12, Issue 8

August 2009

2009 Buddy Walk Cancelled



After serious discussion and much consideration, we regret to inform you that the Board of Directors has decided to cancel our 2009 Buddy Walk due to the economic downturn and the news of so many people in our area finding themselves out of work.

With the outlook apparently beginning to improve slightly, we fully anticipate bringing the Buddy Walk back in the fall of 2010 and we look forward to walking in support of our loved ones with Down syndrome at that time.

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Educational Lecture Series

September 1st

Puberty, Reproductive Health and Menstrual Disorders in Persons with Down Syndrome

Presented by local Gynecologist,
Dr. Merit Lemke, MD, FACOG

November 3rd

Dental Concerns and Preventative Dentistry for Children with Down Syndrome

Presented by local Pediatric Dentist,
Dr. Kurt Halum, DMD

7:00 PM

**Lake County Central Library
1919 West 81st Avenue
Merrillville, Indiana 46410**

These free educational meetings are offered to help educate parents/caregivers of people with Down syndrome on a variety of topics. We plan to meet at 7:00 PM on the first Tuesday evening, in the odd months, 4 to 6 times per year. Each meeting should last approximately 1 hour, which includes lecture time, question and answer period and ends with socialization. If you have requests for specific topics or speakers, please call the DSA office or email dsa@dsaofnwi.org.

Please RSVP by calling the DSA office at 219-838-3656 by the Monday before each meeting you will attend.

September Birthdays



Name	Day
Noah D.	4
Alan P.	5
Andy F.	13
Alex E.	15
Wilbur H.	15
Nataly G.	16
Nancy G.	16
Nicholas C.	20
Rosemary S.	20
Dennis S.	20
Bobby C.	21
Corina R.	21
Mya J.	23
Johnny P.	26
Emily S.	27

Moms' Luncheons

The DSA of NWI will host Moms' Luncheons at Portillo's in Merrillville the 4th Saturday of every even month at 11AM.

Dates for 2009:

August 22nd
October 24th
11:00 AM



Portillo's Hot Dogs

555 East 81st Ave, Merrillville

Moms, Aunts, Grandmothers, and Caregivers of loved-ones with Down syndrome are welcome to attend this informal get-together and network with other moms who share your experiences.

Please call the DSA Office at 838-3656 by the Wednesday prior to the event date to let us know you plan to attend.

July Donations

We would like to thank the following individuals, organizations and businesses for their generous donations. All gifts are greatly appreciated and assist the DSA of NWI with fulfilling its mission.

General Donations

United Way, Anonymous



New Parent Packet DVD

We are updating our DSA of NWI DVD that is included in our New Parent Packet. If you have any candid shots or digital video of your child that you would like to submit for consideration, please mail or email them to us by September 1, 2009.

No professional photographs please

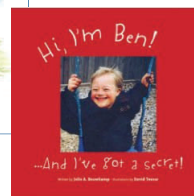
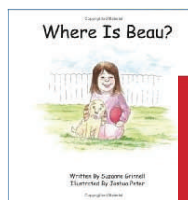
Disability Awareness Project

If you would like the books below to be available in your child's school, please call the DSA office and we will be happy to donate the books to them.

The titles are:

"Hi, I'm Ben... and I've got a Secret!" by Julie A. Bouwkamp

"Where's Beau?" by Suzanne Grinnell,



Someone You Should Know

We have added a new section to our website featuring people with Down syndrome who are members of the DSA of NWI. If you are interested in featuring your family member, we invite you to submit an article and photo following the steps below by mail or email at your earliest convenience. Each person will be featured for one month.

1) Please submit a recent photo of your child. Digital photos must be fairly large in size, JPEG format, and of good quality. If you prefer, you may mail the photograph and information our office. Photographs will not be returned and remain the property of the DSA of NWI.

2) You can create a table with topics and answers that relate to your child as in our first "Someone You Should Know" piece at www.dsaofnwi.org, or you may send a story including your child's name, age, likes or dislikes, abilities and any other interesting information you would like to share.

3) PLEASE do NOT include last names in anything that is to be published online.

Wrightslaw Training

Mark Your Calendar and Register Early - Wrightslaw is coming to Indianapolis!

"Special Education: IDEA & No Child Left Behind...What you don't know CAN hurt you!"

Friday, September 18

Junior Achievement Center of Central Indiana

Indianapolis, IN

For more information & to register online: <http://www.disabilitygoto.com/WrightslawIndianapolis.html> or call (517) 420-3313.

Sponsored by the Autism Society of Indiana

Trainings from About Special Kids

Article 7/IEP

August 20 - Indianapolis

August 26 - Merrillville

Overview: This workshop, combining the Article 7 and IEP training, is all day training that offers basic information about special education laws and regulations for Indiana children ages 3-21. It also introduces recent changes in federal law that will impact Indiana's state regulations. In addition, this training will provide information on how to prepare for a case conference and write an IEP. This training is a great opportunity for family members and professionals who advocate for children with a disability or serious chronic illness.

*ASK Trainings are \$60 * Limited scholarships available. Questions: email asktrain-ing@aboutspeakalkids.org

Register online at: <http://www.aboutspeakalkids.org/>

Center for Possibilities Parenting Class

Raising children can be like riding a rollercoaster, you have your exciting ups and scary downs but overall you enjoy the ride! Raising a child with disabilities can make that ride seem terrifying. How do I discipline my child? What expectations can I put on my child? Will they understand? What can I do?

Center for Possibilities is now offering free classes for families with children with disabilities to help address these questions and others

Monday, September 7—Do children with disabilities need limits? How do you set them?

Monday, September 14th—10 ways to shape your child's behavior—Part 1

Monday, September 21st—10 ways to shape your child's behavior—Part 2

Monday, September 28th—I can't handle this anymore! How to deal with your feelings in the midst of the situation

Classes go from 6 p.m. to 7 p.m. at Center for Possibilities 22 Tyler Ave Hobart, IN

PLEASE GO TO THE LOWER PARKING LOT - follow signs

Limited space is available please RSVP 219-962-5751 by September 4th. Please say if you need child care.

Golf Outing to Benefit the DSA of NWI

6th Annual Ron Papp Golf Outing

Benefiting the Down Syndrome Association of Northwest Indiana

September 13, 2009

12:00 PM (Shotgun Start)

\$70 per person

Turkey Creek Golf Course

6400 Harrison Street

Merrillville, IN



Dinner to follow at R-Place—65 W 68th Place, Merrillville
Sign-ups begin July 25th. Call Joan Marie at 219-769-0037.

2nd Annual Beta Beta Bowl

Saturday, August 29

7PM-10PM

(Registration begins at 6PM)

Plaza Lanes—Highland, IN

Sponsored by Beta Beta Sorority

\$25 per person

3 games bowling, shoe rental, appetizers
(Cash bar)

Raffle Table-50/50-Bake Sale

Cash Raffle-\$100, \$250, \$500

Raffle Tickets available in advance

Call the DSA of NWI at 219-838-3656

All proceeds are donated to:

Respite Care Services

Down Syndrome Association of NW IN

Hospice of the Calumet Area

Debbie Strange-Browne IBC Foundation

**Down Syndrome
Association of Northwest
Indiana**



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Fax: 219-838-6959

E-mail: dsa@dsaofnwi.org

Office Hours:

Monday 8:00 AM—1:00 PM

Wednesday 8:00 AM—1:00 PM

Thursday 8:00 AM—1:00 PM

Sometimes our work takes us out of the
office—please call before coming.

Other hours available by appointment.

We're on the web!

www.dsaofnwi.org

It's easy to make a
donation at

www.dsaofnwi.org



Mark Your Calendars

August 22—DSA of NWI Moms' Luncheon.
11:00 AM Portillos, Merrillville. Details Page 2.

August 29—Beta Beta Sorority Bowling Event—
benefits the DSA of NWI! Plaza Lanes, Highland,
7-10 PM. Details Page 3.

**September 1st, 7:00 PM—DSA Educational
Meeting.** LC Central Library, Merrillville. Pu-
berty, Reproductive Health and Menstrual Disor-
ders by Dr. Merit Lemke. Details Page 1 & insert.

**September 6—DSA of NWI's Annual Family
Picnic.** Wicker Park Pavilion. Details Page 4 &
insert.

September 13—Ron Papp Golf Outing, Turkey
Creek Golf Course. Call 219-769-0037. Details
Page 3.

**October 11—DSA of NWI's 6th Annual Buddy
Walk** Cancelled. Details Page 1.

October 24—DSA of NWI Moms' Luncheon.
11:00 AM Portillos, Merrillville. Details Page 2.

**November 3rd, 7:00 PM—DSA Educational
Meeting.** LC Central Library, Merrillville. Den-
tal Concerns and Preventative Dentistry, by Dr.
Kurt Halum. Details Page 1 & insert.

**DSA of NWI
Family Picnic
Sunday, September 6
12:00 PM**

Wicker Park Pavilion, Highland, IN

Hamburgers, Hot Dogs, Chips Soft Drinks and Snow
Cones will be provided by the DSA of NWI.

**Please bring a generously sized salad, side dish
or dessert to share!**

RSVP to DSA of NWI Office by
Wednesday, August 27th:
219-838-3656 or email dsa@dsaofnwi.org

**Extended Family Members are Most Welcome
to Join Us!**

You will receive wristbands as confirmation which
will be required for refreshments.