

# DSAM insights

quarterly newsletter to support persons with Down syndrome and their families



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**Editor:** Kelli Polatty

**Art Director:** Nathan Berry

**Contributors:** Alyson Edwards, Amanda Cash, Sonya Oliver and Simone Wilson

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## DSAM

2893 So. Mendenhall, Suite 3  
Memphis, TN 38115  
901.547.7588 Fax 901.547.7589  
email Admin@DSAMemphis.org  
[www.DSAMemphis.org](http://www.DSAMemphis.org)

## From the desk of the Executive Director...

It is amazing that by the time this newsletter reaches your mailbox most of us will be gearing up for back to school already. The summer just flies by in a cloud of vacations, summer camps and lazy days by the pool! Now, it's time to reestablish routines and think about getting up early, doing homework and all of those after-school activities.

Here are a few tips to make that transition back to school easier for the entire family:

- Develop a "Back to School" shopping list with your child. Have them write out the list or draw pictures next to each item. You may wish to include clothing items or a computer along with school supplies.
  - Set back the clock. Usually summer schedules are more relaxed than school schedules. Start to adjust their schedule back to school times at least a week prior to the beginning of school.
  - Start homework already! Bookstores and online book vendors have workbooks available which help prepare your child for the grade they will be starting. Prepare your child by front loading them with some of the information they will see when they get to school.
  - Do a craft project. Let your child decorate his school notebooks. Have stickers, markers, colorful paper, crayons, and other craft items available. Not only will your child enjoy the process and create something they like to look at, they will also be able to easily spot their items.
  - In the final week prior to the start of school, discuss schedules with your child. Post his daily schedule in his room. Be sure to include wake-up and bedtimes, study time, meal times, hygiene times, leave-the-house-for-school time, and extracurricular activity times.
- Article source: [http://EzineArticles.com/?expert=Celia\\_Webb](http://EzineArticles.com/?expert=Celia_Webb)

Are you concerned about IEP meetings, the classroom settings and making new friends? Here are a few ways that DSAM can help you get ready for back-to-school time:

- Attend a Morning Mingle at DSAM and talk to other parents about what has worked for them.
- Attend a STEP workshop and learn about special education laws and rights and responsibilities of your child. Go to [www.tnstep.org](http://www.tnstep.org) for schedule of workshops.
- Attend the DSAM Peer Presentation Workshop on September 22nd and see how you can help your child adjust in the classroom setting.
- Call us and ask questions. We are always here to help you!

Please know that you are not alone in this journey. If you meet a challenge that you aren't sure how to tackle, DSAM is here to support you in every way we can. Just remember that you will always make the right decision because you know your child best.

Alyson Edwards  
Executive Director

# inside DSAM



Amanda Cash performs with Company d at the Saltillo, MS Buddy Walk, 2008.

## Board Bio - Amanda Cash

Hi, many of you know me, I'm Amanda Cash and I am on the DSAM board as a self advocate for people with Down syndrome. It has been my dream to set a good example and show people just how capable we are.

I feel that I have been a self advocate all my life. I have lived with Down syndrome and have a full and exciting life. I have been with the performing arts troupe Company d, 8 years. You may have seen us perform at some time. I enjoy expressing my talents and independence through the art of dance. At our performances, it shows people just how capable and gifted we are.

My newest venture is being a puppeteer for "Kids on the Block". I love going to Elementary Schools and teaching little kids about Down syndrome. The earlier that we can teach people about disabilities the better this world will be for people like me and others.

By being a part of "Company d" and "Kids on the Block", I have the opportunity to give Down syndrome a face, a name and recognition in the community. Through my commitments to Company d and Kids on the Block I have reached tens of thousands of people over the years. Not only did I strive to give

hope to new parents that their child does have a bright future but I also made a statement to the public that I am talented, happy and capable of sending my message of inclusion to the world.

I have been to Nashville on several occasions and spoken with state senators and representatives about the needs of people with Down syndrome and other disabilities to be included in all areas of life. I attended and completed the Youth Leadership Forum held at Vanderbilt University sponsored by the Tennessee Counsel on Developmental Disabilities in 2005. At the forum I learned self advocate and leadership skills to further my education, abilities and increase my awareness of the needs of individuals with disabilities.

I currently attend the Good Life Center sponsored by West Tennessee Family Solutions and have plans to attend Southwest Tennessee Community College and cosmetology school in hopes to work in a salon one day. I am very involved at my church, Hope Presbyterian and volunteer regularly. I worked at Johnny's Pizza for 15 months and learned many helpful skills and how to work with the public.

There are so many things that I and others with Down syndrome can do. When people hear Down syndrome, instead of a pitiful or confused look, I want them to have a smile of acceptance and understanding, just like I do. I hope that my efforts will make it easier for others with Down syndrome to be accepted and understood.

The more people that we can teach about Down syndrome the better this world will be for everyone involved. I can't do this alone; I need your support and help to make this all possible. I have advocated for DSAM for years and am proud to be on the board to represent the feelings and needs of people with Down syndrome.

## Meet DSAM's New Staff Member

The Down Syndrome Association of Memphis & the Mid-South (DSAM) is pleased to welcome Jennifer Burkeen as an addition to DSAM's staff as the Events Manager. Jennifer previously worked for the Greater Memphis Chamber as a Business Development Associate and for the USDA in Rural Development. She is passionate about her work and brings great skills to DSAM. You can reach Jennifer at (901) 547-7588 or email her at [events@dsamemphis.org](mailto:events@dsamemphis.org).

## It's the Spirit of Giving!

Congratulations to Sheila Siegal, nominee for the Volunteer Memphis Spirit of Giving Adult Volunteer Division. DSAM nominated Sheila for this award in honor of her volunteer efforts for the Down Syndrome Association of Memphis & the Mid-South. Sheila is an integral part of this organization and her time and efforts are gratefully appreciated. Many thanks to Sheila for all of her hard work!

## DSAM Peer Presentation Workshop

One of the best ways to teach the community about appreciation of diversity is through our schools. With proper education and open dialogue, teachers and parent can help create friendships between children with Down syndrome or other special needs and typically developing students. Parents and professionals find that when classmates understand a student's disability, they become allies in helping the student and are less likely to view accommodations or individual support as unfair advantages.

DSAM has created a peer presentation that classroom teachers and parents can use to deliver current and accurate information to students. A Peer Presentation is a 15-20 minute classroom or grade level presentation tailored around a specific student to address any issues related to their disability that others in the class may need help to understand. Following peer presentations, there is often improvement in the way students with Down syndrome are perceived and treated.

Schools and parents will be able to check out a peer presentation kit from the DSAM office by calling 547-7588 or emailing [director@dsamemphis.org](mailto:director@dsamemphis.org). Each kit contains an Everyone Counts video, age-appropriate book, and aids (e.g., tube socks, cotton balls) for teaching about common health conditions associated with Down syndrome like hypotonia and conductive hearing loss.

In addition, support from the parents of typically-developing classmates is crucial for a successful inclusion experience. We have developed letters that your district can use to educate other parents in the classrooms of your students with Down syndrome.

DSAM will be offering two workshops at the DSAM office to educate teachers and parents on best practices for presenting to peers.

- Tuesday, September 22 from 10am to noon
- Tuesday, September 22 from 6:30 to 8:30pm

Please plan to attend one of these free workshops by contacting the DSAM office to RSVP.

## Parents & Schools in Partnership Update

On August 27th, the fifteen newest Down Syndrome Specialists will receive their first training on *Celebrating and Understanding Down Syndrome*. Three additional training sessions will take place for all 27 specialists this year on topics such as behavior and practical classroom solutions. DSAM is excited about how this program continues to grow and impact teachers, administrators, students and families.

Down Syndrome Specialists receive four issues of *Inclusion Solutions*, a newsletter that helps to assist educators in their endeavors to include and educate students with Down syndrome.

Do you currently receive *Inclusion Solutions*? Each issue is full of tips and strategies that can be implemented in a classroom. You can also find information about books, resources and websites which will help educators learn more about how to support learners who have Down syndrome.

Want to receive this great resource electronically? Send us an email to [communications@dsamemphis.org](mailto:communications@dsamemphis.org) with the subject: Subscribe to *Inclusion Solutions* and we will add you to the distribution list for future issues.

## Down Syndrome Awareness Picnic

The Down Syndrome Association of Memphis and the Mid-South presents the 5th annual North MS Down Syndrome Awareness Picnic on Saturday, September 12th at Goodman Oaks Church of Christ, 1700 Goodman Rd. East in Southaven from 11 A.M. – 2 P.M.

Bring your blanket or lawn chairs and join us for a fun day filled with food, moon bounces, Bucket T show cars, music and fellowship. Proclamations will be presented declaring October "Down Syndrome Awareness Month". Last year over 200 hundred people attended including teachers, school administrators, local mayors and MS State Representatives. Our goal is to promote awareness and celebrate the abilities of individuals with Down syndrome. Lunch will be served at 11:30 a.m. and the speaking presentation begins at 12:30 p.m. The picnic has been a great success the last four years due to the numerous volunteers, donations, local government and school leaders and families that attended! If you have any questions, are interested in helping out beforehand or volunteering the day of the picnic, please contact the DSAM office at 901-547-7588 or Sonya Oliver at [sonya.oliver@dsamemphis.org](mailto:sonya.oliver@dsamemphis.org)



DSAM Night at the Redbirds Stadium

## Memphis City Schools Preschool Expansion: First Fully Inclusive Early Childhood Classroom at Kingsbury Elementary by Simone Wilson

Many parents are anxious when faced with the big change on their toddler's third birthday. The third birthday marks the date when services switch from the state's Tennessee Early Intervention System (TEIS) to the local education agency (MCS or Shelby County for most local parents). For many, a self-contained special education classroom is not the ideal educational setting they envisioned for their child. While it is true that special education preschool (SPED Pre-K) classrooms are integrated in elementary school buildings throughout the MCS district, the promise of "typical peers for inclusion opportunities" is inconsistent. Finding a private preschool or parents-day-out program that welcomes special needs children can be difficult, and many families may not be able to afford such a program.

The Memphis City Schools (MCS) school district is the 23rd largest school district in the U.S. It offers several preschool settings to local children:

### School-based special education preschool services

School-based special education preschool services are located in 35 classrooms throughout the Memphis City Schools district for students whose Individual Education Plan (IEP) indicates that self-contained special education is needed.

### Voluntary Pre-K classes

For the 2009/10 school year, MCS projects 126 four-year old Voluntary Pre-K classes will be located in almost all of the city's elementary schools and 49 community-partner sites.

### Pre-K Head Start classrooms

Pre-K Head Start classrooms are located in several Memphis City Schools' buildings, and because of the collaborative agreement with Head Start, students with disabilities who need a more inclusive setting can be referred to head Start.

"MCS offers a continuum of special education services to students who are enrolled in the district as well as to students in community and private preschool settings," says Deborah Harris, MCS Preschool Coordinator. In an effort toward inclusion, MCS has recently embarked on a preschool expansion that will merge several of the district's Voluntary and SPED Pre-K classrooms into one, fully inclusive classroom at specific sites.

"We are really excited about creating more fully inclusive preschool classrooms throughout the city," says Patricia Reese, MCS Preschool Supervisor. The first fully inclusive Pre-K classroom was recently launched at Kingsbury Elementary School. It includes 28 three- and four-year-old children with and without disabilities and five supervising adults. "We would like to have a fully inclusive classroom at all of our Voluntary Pre-K sites, but logistically that's not always possible," Reese notes. "Currently we have identified 33 elementary schools with a Voluntary and SPED Pre-K classroom that have the capability to become inclusive programs."

Currently, state law mandates that 51 percent of the children in a classroom need to be typically developing if it is to be considered a fully inclusive classroom. At this point, MCS cannot make any predictions about classroom size and student ratios in additional inclusive preschool classes. It is the district's intention to strive for at least 5 supervising adults in a class the size of Kingsbury's.

Since initiating the inclusive program at Kingsbury, six other schools have indicated interest in following the example. The goal is to create an inclusive program at all the 33 schools MCS has identified as suitable sites. In the inclusive Pre-K classroom at Kingsbury, all children attend school five days a week. Children with special needs start in the classroom when they are three years old and continue until kindergarten, and typically developing children have an opportunity to enter the program when they are four years old.

"We screen the typical children just like we screen the special needs children before they enter preschool to make sure there aren't any developmental issues that haven't been noticed before," says Marcisha Brazly-Keith, MCS special education teacher and consulting itinerant. "It is important for parents to understand that all the children in an inclusive classroom benefit from this setting," Brazly-Keith continues. "We teach the regular preschool curriculum to all the children, we don't have two different versions. The difference is that we might use other techniques to teach the same material to children with special needs, or they may get more one-on-one time during certain activities. But an inclusive setting truly benefits everybody."

## Memphis City Schools Preschool Expansion (cont.)

The United States Individuals with Disabilities Education Act (IDEA) identifies the Least Restrictive Environment (LRE) as one of the six principles that govern the education of students with disabilities. By law, schools are required to provide a Free Appropriate Public Education (FAPE) in the least restrictive environment for students who have disabilities. This means that to the maximum extent appropriate, students with disabilities, including students in public or private institutions or other care facilities, are educated with students who are not disabled.

"Our goal is to educate preschool children with special needs in the least restrictive environment," Deborah Harris says. "If the IEP team determines that the least restrictive environment is the church-based parents-day-out or preschool program the child has attended for the past year, we are interested in providing a continuum of services according to the child's needs in that setting. The child's needs in that case may best be met if services [occupational therapy, physical therapy, and academic consulting] are provided at this particular preschool site. School-based special education services are available in all of the preschool classrooms throughout the district as recommended by the students IEP team." Harris continues. "We envision that by creating more fully inclusive preschool classrooms we will be able to provide early childhood settings that are considered to be the least restrictive environment within the MCS system." "Currently, inclusion in our self-contained special education classes is offered by enrolling typically developing peers."

This fall, MCS, in collaboration with Head Start, will open Ridgeway Early Learning Center, the city's first fully inclusive preschool with nine regular education classrooms, each of which is set up to include three to four children with special needs. The Center will also include English Language Learner (ELL) services and a Family Literacy Center.

To find out which MCS elementary schools offer an inclusive preschool class, contact the MCS Division of Exceptional Children and Health Services at (901) 416-5600.



## Lori M. Siegal Partners in Progress Award

The Down Syndrome Association of Memphis & the Mid-South is accepting nominations for The Lori M. Siegal Partners in Progress Award. The Award is given to individuals who have demonstrated dedication, commitment and positive action in promoting inclusion of individuals with Down syndrome and other disabilities in the community at large. Nominations can be for educators, therapists, employers, organizations or civic groups. The award excludes parents associated with the DSAM because the aim is to provide positive exposure and recognition for individuals or organizations outside of our organization.

You can submit a written nomination to DSAM, in a simple letter format, explaining why the nominee deserves the honor, including accomplishments and history of service to individuals with Down syndrome and other disabilities. International Paper was the 2008 award recipient. Other past winners include Mary Claire Giffin (West Tennessee Family Solutions), Jack Stephenson (Superlo Foods), Nan Rafferty (Church of the Incarnation Preschool), Darlene Winters (Company D), and Janelle Stovall and Dr. Dwight Clark (Cottonwood Office Park).

Please submit your nominations to: DSAM, 2893 South Mendenhall Road, Suite 3, Memphis, TN 38115 or email nominations to [director@dsamemphis.org](mailto:director@dsamemphis.org) with a subject line: Partners In Progress nominee. Receipt of nomination will be acknowledged. Submission deadline is September 15. The winner will be recognized at the 2009 Step Up for Down Syndrome event on Sunday, October 18.

## AFP Launches Employment Initiative for Citizens with Intellectual & Developmental Disabilities

The Alliance for Full Participation (AFP) has announced a national effort to increase employment in the U.S. for people with developmental disabilities. Individuals with developmental disabilities want and need real jobs like everyone else. About 10% of the U.S. population has disabilities; but within that group, only 37% of them are employed. And it's worse for Americans with developmental disabilities, where only 22% of the entire group is employed.

According to Chester Finn, President of Self Advocates Becoming Empowered, "Employment is important for people with disabilities because we want to work, make money and accomplish our goals and aspirations. Furthermore, we're contributing valuable skills and assets to our communities. The Alliance for Full Participation focusing on employment for people with disabilities will help the nation and states understand the importance of employment, freedom, justice and equality."

The Alliance's initiative includes focused action and networking among multi-stakeholder state teams; nationally webcast education and town-hall events; national and state-level policy change advocacy; and directed local efforts to increase and enhance employment for people with intellectual and developmental disabilities. Also anticipated is an October 2011 national summit to share leading practice, process recommendations and establish meaningful national outcomes.

The primary focus of this initiative is on achieving demonstrable results on a state level. The Alliance is building and will guide state teams that include people with intellectual and developmental disabilities and their families, advocates, service providers, business organizations, state government officials, and members of the general community to explore and transform the environment for employment in all 50 states and the District of Columbia.

"Having a job leads to independence, making new friends, and feeling like you make a difference," says Nancy Thaler, executive director of the National Association of State Directors of Developmental Disabilities Services. "Having a job also means growing as a person, learning new things, being a part of one's community, and becoming a responsible, valued citizen."

"Some states and some employers are already doing an excellent job of supporting good jobs for people with disabilities," adds Karen Flippo, AFP liaison to the AFP state teams. "We want to highlight those states and employers that are removing barriers and creating incentives, so others can emulate them."

AFP members have each established national, organizational goals and outlined planned actions to foster employment opportunities for people with intellectual and developmental disabilities. The primary focus of this nationwide effort is on demonstrative change in individual states. "Meaningful employment for people with developmental disabilities will go a long way toward realizing the goals of our 2005 summit – integration, productivity, independence and quality of life choices. A person with a good job can afford housing, and the supports and services that make their independence possible. With that job, people assume responsibilities and provide resources to their communities," says James F. Gardner, Ph.D., president and CEO of the Council on Quality and Leadership, and Chairman of the AFP Steering Committee.

This effort stems from goals voiced and agreed upon by self-advocates and advocates participating in the 2005 Alliance for Full Participation national summit in Washington, DC. To learn more and get involved in this exciting new initiative, visit the AFP website at [www.allianceforfullparticipation.org](http://www.allianceforfullparticipation.org).

### **The AFP is a 501 (c)3 nonprofit organization comprised of 15 national nonprofit organizations in the field of intellectual and developmental disabilities:**

- American Network of Community Options and Resources Foundation (ANCOR)
- The Council on Quality and Leadership (CQL)
- American Association on Intellectual and Developmental Disabilities (AAIDD)
- NISH
- Association of University Centers on Disabilities (AUCD)
- National Alliance for Direct Support Professionals (NADSP)
- TASH
- Council of State Administrators of Vocational Rehabilitation
- United Cerebral Palsy (UCP)
- APSE: The Network on Employment
- Self-Advocates Becoming Empowered (SABE)
- The Arc of the United States
- The National Association of State Directors of Developmental Disabilities Services (NASDDDS)
- National Association of Councils on Development Disabilities (NACDD)

Each of these organizations represents distinct stakeholders within the developmental disabilities community, yet all are united in commitment to successful inclusion of people with intellectual and developmental disabilities into mainstream American life. By bringing together the many voices within these organizations and throughout the developmental disabilities community, the Alliance for Full Participation is dedicated to making the vision of full participation a reality.

## Alternative Ways to help Support DSAM

Looking for more ways to support the Down Syndrome Association of Memphis & the Mid-South? Check out these easy ways to help assist our mission every day!

**eBay Giving Works - [http://donations.ebay.com/charity/charity.jsp?NP\\_ID=30218](http://donations.ebay.com/charity/charity.jsp?NP_ID=30218)**

DSAM is registered with MissionFish, an eBay non-profit partner, allowing eBay sellers to allocate a portion of their earnings to DSAM through the eBay Giving Works program. DSAM can also receive donations from eBay users through the Donate Now feature, which lets anyone with a PayPal account donate directly – without buying or selling anything. Whether you are selling, buying or making a donation, you can help by choosing DSAM as the beneficiary organization.



**GoodSearch.com - <http://www.goodsearch.com>**

GoodSearch is a search engine, powered by Yahoo!, which donates 50-percent of its revenue to the charities and schools designated by its users. Select DSAM as the beneficiary on the homepage and use GoodSearch exactly as you would any other search engine. It's easy...every time you search the Internet at GoodSearch.com, DSAM earns money. The more you search, the more we can make. The money GoodSearch donates to our cause comes from its advertisers.

**GoodShop.com - <http://www.goodsearch.com/goodshop.aspx>**

In addition to GoodSearch.com, you can start your online shopping through GoodShop.com. Every time you click over to one of the partner merchants from the GoodShop site and then make a purchase, DSAM earns money. The more you shop, the more we make!



**Don't forget, that you can help out DSAM in the usual ways, too!**

\* Donate online :

Go to **[www.dsamemphis.org/donate](http://www.dsamemphis.org/donate)** and you can submit an Honorarium, Memorial, or general donation and make the donation payment online.

\* Purchase DSAM Merchandise :

Go to **[www.dsamemphis.org/dsammarketplace](http://www.dsamemphis.org/dsammarketplace)** and check out the great shirts and other items for purchase.

\* Organize a "Dress Down for Down Syndrome" day at your office or school:

Get your coworkers, friends and students involved by asking them to make a donation to benefit DSAM in order to wear jeans or casual-wear for a specified day!

## Buffalo Wild Wings 2nd Annual Golf Outing to benefit DSAM

Friday, August 21, 2009

Stonebridge Golf Course,  
3049 Davies Plantation Rd, Lakeland

Sign in is at 10 am.  
Starts at 12 pm – Shotgun Start



\$50 entry fee per person includes greens fees and cart, lunch at 11 am and beverages and wings afterward.

Bid on some incredible silent auction items and stick around for exciting door prizes to be announced!



There will be cash prizes for first and second place, as well as prizes for closest to the pin and longest drive.

Interested in being a Hole Sponsor or Prize Sponsor?  
Contact Steve at BWW for details at 901-380-9294.

# calendar/donations

## Calendar Events List –

### Morning Mingle

Join DSAM at our office the third Thursday of each month from 9:30-11:30am for a Morning Mingle. Visit with other parents, share stories, discuss issues and resources. Coffee and refreshments will be provided. No need to RSVP, just drop in and see us!

**July 16, August 20, September 17, October 15**

### July

#### Christmas in July

July 14, 2009, 5:00-9:00pm

Devonshire Gardens Clubhouse, 3257 Devonshire Way, Germantown, 38139

Save the date for this great event. It is never too early to get started on your holiday shopping. Go online to [www.dsamemphis.org](http://www.dsamemphis.org) to check out the participating vendors!

#### National Down Syndrome Congress

##### 37th Annual Convention

July 31 to August 2, 2009

Sacramento, California

For more information visit [www.ndscenter.org](http://www.ndscenter.org) or call 1-800-232-6372.



Joshua Dozier tries to outrun his dad, Chris Dozier, at the Special Kids and Families Bunny Run

### September

#### International Mom's Night Out

September 3, 2009 at 6:30pm at the home of Kelli Polatty 3462 Northwood Drive, Memphis

An opportunity to meet other moms. Please bring an ethnic dish or family recipe to share. RSVP to the DSAM office by August 31, 2009.

#### North Mississippi Awareness Picnic

September 12, 2009 from 11:00am-2:00pm

Goodman Oaks Church of Christ

#### New Parent BBQ

September 19, 2009 at 6:00pm

at the home of Shelley and Brandon Wann 9227 Longwood Lane, Germantown

This gathering is for babies who are one year old or younger, their siblings and their parents. An opportunity to meet other parents. Gifts for babies and parents are provided. There is no charge for this event. Please RSVP to the DSAM office by September 16, 2009

#### Peer Presentation Workshop

September 22, 2009, 10:00-noon or 6:30-8:30pm

DSAM office

One of the best ways to teach the community about appreciation of diversity is through our schools. DSAM has a peer presentation that classroom teachers and parents can use to deliver current and accurate information to students.

### October

#### Step Up for Down Syndrome

October 18, 2009 from noon to 4:00pm

Memphis Botanic Garden

## Donations – 5/1/09 through 6/15/09

### Step Up for

#### Down Syndrome Sponsorships

##### Event Sponsor

International Paper

##### Partner Sponsors

Bruce and Sheila Siegal  
AirDraulics Engineering  
Pepsi Americas  
Faith Family Medical  
Reliable Insurance Solutions  
Cash In A Flash

##### Patron Sponsors

Fred's  
Perkins Restaurant and Bakery

### Memorial

#### In Memory of Lori Siegal's Birthday and life

Jonathan, Jawanda & Rachel Mast

#### General Donations

Lamar and Marla Oberholtzer  
New Neighbors – Germantown  
Anonymous  
Kemmons Wilson Family Foundation  
Ray and Cari Jansco

#### Dress Down for

#### Down Syndrome Fundraiser

Independence Middle School

### Honorariums

**In honor of Pam Selby for Mother's Day**  
Shannon, Laura, Ben & Ashley Holland

**In honor of Betty Handwerker for  
Mother's Day**

Alex, Sonya, Shelby & Jenna Oliver

**In honor of Miles Edwards's Birthday**  
Mills, Kelli, Emlyn & Jeb Polatty

#### Bowl-a-Thon Fundraiser Donation

Variety Children's Services Center

DSAM makes every effort to recognize all donations and gifts. We apologize if we inadvertently missed a donation. Please notify us at 901.547.7588 or email [admin@dsamemphis.org](mailto:admin@dsamemphis.org).

## **STEP UP for Down Syndrome Needs You!**

Come on out and STEP UP for Down Syndrome!  
Sunday, October 18, 2009 at the  
Memphis Botanic Garden

Presented by  
The Down Syndrome Association of  
Memphis & the Mid-South

You can help us to make strides in our community by  
joining a team or starting your own! Ask your family,  
friends, neighbors and co-workers to join you and be a part  
of the largest disability awareness event in the Mid-South.

Go online to register and learn more at  
[www.dsamemphis.org/suds](http://www.dsamemphis.org/suds).

*printing donated by International Paper*



### **STEP UP for Down Syndrome**

October 18, 2009 from noon to 4:00pm  
Memphis Botanic Garden



DSAM  
2893 So. Mendenhall Rd. Suite 3  
Memphis, TN 38115  
901.547.7588 fax 901.547.7589  
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