

Arkansas Down Syndrome Association NEWSLETTER



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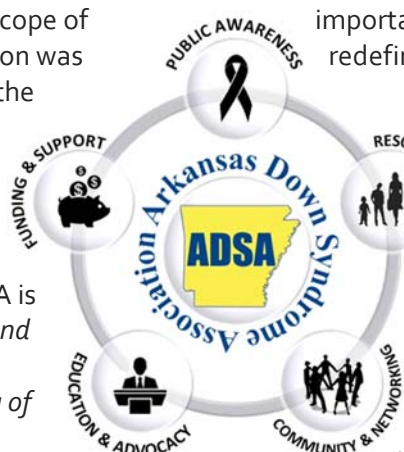
Broadening the Mission and Building Membership

The Arkansas Down Syndrome Association has exciting news to share. In addition to a recent decision by our Board of Directors to broaden the purpose and vision of the ADSA to encompass a larger scope of objectives, the decision was made to restructure the organization of ADSA to better achieve its new goals.

In so doing, the ADSA is aiming to *"promote and enhance the overall health and well-being of people with Down syndrome and their families"* through 5-core initiatives (represented in the center graphic). Ultimately, the ADSA strives to be *"a leading voice for the interests of people with Down syndrome and their families in Central Arkansas, as well as to be a comprehensive resource to other local and regional Down syndrome groups in the state."*

In order to best accomplish this purpose and vision, the ADSA is strategically adapting its organizational structure

from the ground up by clarifying the responsibilities of its officers, creating new coordinator roles to specialize in each core initiative, establishing permanent volunteer committees and teams, and, perhaps most importantly, redeveloping and redefining formal membership.



The ADSA is its members. Therefore, to meet our mission we aim to improve the way we serve our members and increase the opportunities for our members to serve.

With that said, we invite you to join the ADSA if you haven't already done so. Simply visit our website (www.ardownsyndrome.org) and follow the links provided to submit your application. By joining the ADSA you take the rewarding step in partnering with us to achieve our mission. We look forward to locking arms with you in the great work ahead.

by Tim Kinnard



Arkansas Down Syndrome Conference

Friday, May 29, 2015
9AM to 2PM

Save the date for Friday, May 29, 2015 for our annual Arkansas Down Syndrome Conference. In partnership with the University of Arkansas for Medical Sciences (UAMS), the ADSA is proud to present *"Puberty Issues and Sexuality in Adolescence"* with a special session focused on dating and adults.



Attendees will hear from returning speaker, Terri Couwenhoven, M.S.. Terri is a well known sex educator and author, specializing in the design and implementation of sexuality programs and resources for people with cognitive disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents and professionals around the country.

Stay tuned on our website and Facebook page for more details and registration options.





In the Spotlight

Tim Kinnard

This quarter's spotlight is on Tim Kinnard, the current president of the Arkansas Down Syndrome Association. Tim has been president of the organization since he was elected unanimously by the ADSA board in July of 2014. During the past few years, the ADSA has noticed measurable growth. The board has recently undergone major changes in an effort to better serve its community. Tim has been a driving force in leading the organization through this transition, and has done a great job!

Tim is originally from Heber Springs. He graduated from Central Baptist College, in Conway, with a B.A. in Biblical Studies. He currently lives in Sherwood with his wife, Amy, and their four children, Elijah-7, Isaac-5 who just happens to have Down syndrome, Adam-3, and Hannah-1. Tim works full-time as a Document Manager at Quattlebaum, Grooms & Tull, PLLC, a regional law firm located in both Little Rock and Springdale. He also serves as a Pastor at Crystal Valley Baptist Church in North Little Rock. In his spare time, Tim operates a small website business. Needless to say, Tim Kinnard is one busy person! He enjoys spending time with his family on their 20-acre homestead that includes gardening and raising chickens. His

wife, Amy, stays busy managing the home and home schooling their children.

I asked Tim what he would say to a Dad who learns his child has Down syndrome. His advice was to first "come to terms" with the diagnosis, but to also "go to task" in taking an active role in meeting the needs the diagnosis may require. Tim's response centered on the importance of a Dad's role in parenting any child, regardless of whether that child has special needs or not.

"Whereas a lot of Dads may never be able to out-serve or to clock as many hours as many devoted Moms seem to be gifted to do in raising kids, involved Dads can and must lead and support their families too by helping to create the kind of positive goals, priorities, routines, opportunities, and atmosphere in the home that truly benefit everyone."

Tim's ultimate vision for the ADSA is to become an even greater organization than it already is in terms of promoting and enhancing the health and well-being of individuals with Down syndrome and their families. Specifically, Tim hopes to see the organization broaden its mission to concentrate on 5-core initiatives: Public Awareness, Lifelong Resource Development, Community & Networking, Education & Advocacy, and Funding & Support. Tim, along with the other board members, would also like to see communication improve between the ADSA and the community it serves, and in the process, broaden the opportunity for people to be more directly



involved, including individuals with Down syndrome. The ADSA truly values its members. In any great organization, it is the members who truly determine the success of the organization. This is something Tim truly understands. One of his main goals for the ADSA is to increase membership and involvement; he wants to see talents utilized. You could say Tim's vision for the ADSA is influenced, in some degree, by the advice of one of his favorite authors, Jim Collins who writes, "Great vision without great people is irrelevant."

The ADSA is working hard to make positive changes in many areas, focusing on serving individuals with Down syndrome, their families and friends, as well as, its supporters. Tim is leading the way with full support from board members. We always welcome input from our community. Please feel free to contact Tim anytime at contact@ardownsyntax.org.

❖ by Dawn Adams

Do you know a person with Down syndrome or a supporter of people with DS who deserves to be "In The Spotlight"? If so, let us know!



World Down Syndrome Day 2015

Saturday, March 21 was a spectacular World Down Syndrome Day in Arkansas. The Big Dam Bridge, the Two Rivers Park Bridge and Union Plaza in Little Rock, sported the Down syndrome awareness colors of blue and yellow all weekend. Buddy Talk hosted its annual balloon release at the North Little Rock side of the Big Dam Bridge drawing more than 200 individuals from around the state. The event was also a kickoff for Arkansas Children's Hospital toy and book drive being held in honor of Arabella Mash.

More than 500 individuals came out to Lake Catherine State Park in Hot Springs to celebrate the life of Lila Kate McAlister with

the I Love LK 5K. Manila, AR hosted its first WSD event with a successful barbeque, raffle and cakewalk for 50 people. Many of these events, including sales donations from Mooyah in Little Rock and Hot Springs on March 21, served as fundraisers for the ADSA.

In addition to all the planned activities, we heard from many of you who were celebrating the day by wearing blue and yellow clothes or crazy socks, including the occupational therapy students at the University of Central Arkansas and the staff at Pediatrics Plus in Little Rock whose festive pictures were shared on the ADSA Facebook page.

Down syndrome awareness is not something a single organization can make happen. It takes every one of you wearing your colors and crazy socks, talking to your friends and family and hosting events to let people in our state know about our



amazing loved ones and how they make our world a better place. A special thank you goes out to Heather Wood, Vonda Lowrance, Dana Mash, Linda Brooks, Misty McAlister, Leslie Faulker, Kerri Brunen, Suzie and David Hicks, Sean Graves, Gene Gephardt and so many more of you who faithfully worked behind the scenes. Thank you all for your love and hard work.

❖ by Dorothy Graves



ON THE CALENDAR

The ADSA is committed to remaining a healthy and active organization. Keeping an annual calendar scheduled with opportunities for you and your family to benefit from is among our cherished priorities.

We hope you take note of our list of scheduled events and consider participating in as many of interest to you:



IEP Training

Join DSCNWA on Tuesday, April 21 from 6-8PM and learn more about IEP's. This meeting is for new and experienced parents who have a child that has or will have an IEP. Patricia White and Irene Clark from Arkansas Support Network will be explaining the IEP process and will answer your questions. For more information, visit www.dscnwa.com



Presentations by Amy Allison

On April 29-30, Amy Allison, Executive Director of the Down Syndrome Guild of Greater Kansas City will be coming to North West Arkansas in April. Parents, special educators, and school counselors are invited to attend one or both of the presentations she will be giving while there. The presentations, "Opening the Door to Friendship Through Education and Peer Presentations" and "Down Syndrome 101 for Educators" are provided at no cost! Specifics about each class are provided at www.dscnwa.com.





Little Rock Zoo Outing

On Saturday, May 16 at 10:00 a.m. Central Arkansas Buddy Talk is organizing a group to visit the Little Rock Zoo for a day of learning fun.



* Cost: \$6 per person (12 mo. and under free) plus \$3 parking fee per vehicle.

** Admission costs and signed registration forms will be collected as a group at the gate at 10 am. Attendees must RSVP by May 4th on the "Buddy Talk" Facebook page.



Down Syndrome Conference and ADSA Membership Information Meeting

UAMS UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES
On Friday, May 29, the ADSA and UAMS jointly present their annual Down syndrome conference; this year's topic focuses on "Puberty Issues and Sexuality in Adolescence" (See front cover).

During the lunch break, the ADSA will offer an optional informational meeting to any who are interested in learning more about the organization and the opportunity of membership.




New Mom's (Potluck) Brunch

The ADSA's annual New Mother's Potluck Brunch will be held on Saturday, June 6th from 11AM-1PM. Details on location to be announced on our Facebook page and website at www.ardownsyntax.org. This event welcomes and celebrates those who have given birth to a child with Down syndrome in the past year, however, we welcome anyone new to the area who wants to connect with other moms. Babies are welcome!



Traveler's Baseball Game

On Sunday, June 28 at 6:10 p.m., Central Arkansas Buddy Talk will catch a game at Dickey-Stephens Park in North Little Rock. More details on the "Buddy Talk" Facebook page.




"Gettin' Down" Dance Pictures and T-Shirts

Whether you were able to attend our 10th annual Gettin' Down for Down Syndrome Dance or not, you can still share in some of the great memories!

Portraits and casual shots are available online for you to view, share, like, and comment on. Just visit our website at www.ARDownSyndrome.org.



You can also still order an event t-shirt for \$10, but supplies are limited. Call 501-223-3696.



Amazon Smile Fundraiser

If you shop much on Amazon.com, you can start supporting the ADSA with your purchases. All you have to do is use the link smile.amazon.com when you logon and select our organization. Every dollar makes a difference!



Kroger Card Fundraiser

Simply register your Kroger Plus Card online at krogercommunityrewards.com using the # 80386, and ADSA will receive \$5 for every \$100 that you spend for groceries and gas. Thank you to everyone who participates!




Monthly Webinar Series

Each month, the NDSS provides a free educational web-based seminar, or webinar, to anyone interested in learning more about Down syndrome and related topics, such as health, education, research and family life.



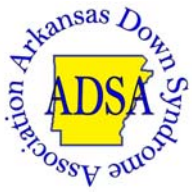
Visit www.ndss.org to learn more.



A Call for Volunteers

The ADSA wants to hear from you if you are interested in volunteering to help us continue to make a strong impact in Arkansas. Whether that's fundraising, event planning, or public awareness, e-mail us at volunteers@ardownsyntax.org and tell us about your interests and availability.





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Special thanks to Horton Brothers Printing for printing our newsletter.

Want to receive a free copy of our newsletter?

Let us stay in touch with you as we keep our Down syndrome community connected and informed. When you register to receive our quarterly newsletter and special mail outs, you will always be kept up to speed.

Visit us online to register.



Want to become a member of the Arkansas Down Syndrome Association?

By becoming a member of the Arkansas Down Syndrome Association you take the rewarding step of partnering with us in our vision. Members of the ADSA are not spectators, nor are they merely supporters, of our organization. To be a member of the ADSA is to be a true contributor and champion for Down syndrome interests in Arkansas.

Visit us online to learn more.



Want to find a list of other Down syndrome groups, sponsoring businesses, or Down syndrome family businesses in Arkansas?

We think it's important to foster a spirit of appreciation and mutual support within our Down syndrome community. Therefore, we point you to a listing of those groups and businesses in Arkansas we want to acknowledge, and think you might enjoy too.

Visit us online to begin your search.

