2020 Program Guide
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We enhance the lives of individuals with Down syndrome and their families. We advise, educate, encourage, connect, include and advocate.
How to Use this Guide.

You may have noticed a new design on the cover. That is because this guide covers numerous program areas and age groups. By including these on the covers of our publications, we hope to help make finding information even easier.

Each Icon Stands for a Program Area

- Health + Fitness
- Connections
- Livelihood
- School Success

Each Letter Stands for an Age Group

- A: Adults
- B: Babies
- C: Children
- T: Teens
Adult Life Packets
An adult life packet contains adult life resources for individuals with Down syndrome. You will find information on local Self Advocacy groups, information on aging and Down syndrome, financial tips, reading lists, area activities and more. Please contact garner@dsindiana.org to order your copy today.

Calendar of Events
Each month, DSI provides a Calendar of Events for adults with Down syndrome. The calendar highlights both DSI events and community events. There is lots going on, we'll help you find it. Email info@dsindiana.org to begin receiving your copy.

DSI Dancers
The DSI Dancers Program with the Indianapolis Colts Cheerleaders is an exciting opportunity. Dancers are paired with a cheerleader “buddy” that they work with throughout the season and for special events. In addition to the friendships that develop and last year round, it is inspirational to watch the growth in confidence and personality of the dancers from the start of the program. For more information, contact info@dsindiana.org.
Live, Laugh, Dance
Live, Laugh, Dance is dance camp for individuals with Down syndrome ages 12-35 to achieve physical activity and learn new dances. Assessments take place before and after the dance camp and include a variety of dances such as hip hop, contemporary and more! For more information contact Rachel Swinford at rswinfor@iupui.edu.

Self-Advocate Community Group
The DSI Self Advocate Community Group meets on the fourth Thursday of every month, unless otherwise stated. The group enjoys fun activities such as horseback riding, English country dancing, and so much more! For more information on how to get involved with the Self Advocates or to receive the Self Advocate Newsletter, please email request to selfadvocates@dsindiana.org or call 317-925-7617.


Volunteer/Intern Program
Down Syndrome Indiana relies heavily on volunteers to help us accomplish our mission. Self-Advocates are welcome to volunteer with DSI. A wide variety of volunteer opportunities are available on Mondays through Thursdays between the hours of 8:30AM and 2:30PM. Additional opportunities are available during DSI events. For more information on volunteering, please e-mail: volunteer@dsindiana.org or visit: https://dsindiana.org/get-involved/.
Annual Events

DSI Annual Conference – Promoting Independence for Life
The topic for this year’s annual conference is *Promoting Independence For Life*. Presenters will speak on topics related to transportation, planning for the future, and of course, promoting independence.

For more information, visit [https://dsindiana.org/calendar-of-events/dsi-annual-conference/](https://dsindiana.org/calendar-of-events/dsi-annual-conference/). You may also contact DSI Program Coordinator, Stephanie Garner at: garner@dsindiana.org.

Attendees watch as Dr. David Stein presents in 2018.
Buddy Walk®
Down Syndrome Indiana is excited for the 2020 Buddy Walk® season. Buddy Walk® is the largest fundraising and awareness event for Down Syndrome Indiana. Buddy Walk® is a family-friendly event open to all children and adults with Down syndrome, their families, friends and thousands of local supporters. For more information on any of our three locations, visit: http://www.dsindiana.org/buddywalk.php.

Buddy Walk® Terre Haute
For more information on Buddy Walk Terre Haute, please visit:

Buddy Walk® Lafayette
For more information on Buddy Walk Lafayette, please visit:

Buddy Walk® Indy: October 31, 2020
The Indianapolis Buddy Walk® will be held on October 31, 2020. Everyone can participate without special training. It is a wonderful, heartwarming event that celebrates the many abilities and accomplishments of people with Down syndrome. For more information, visit: http://www.dsindiana.org/buddywalk.php.
DSI D.A.D.S. Golf Outing
Each spring, the DSI D.A.D.S. host an annual golf outing from which funds raised directly benefit the mission of DSI D.A.D.S. **The DSI D.A.D.S. Golf Outing will be held on June 12, 2020.** For more information, visit: [https://dsindiana.org/calendar-of-events/golf/](https://dsindiana.org/calendar-of-events/golf/). You may also e-mail: [golf@dsindiana.org](mailto:golf@dsindiana.org) for more information.

Fly-in
Down Syndrome Indiana is excited to work with First Wing Jet Center to provide a fun-filled day for the entire community at the Annual Fly-In Air Race and Open House on Saturday, June 20, 2020. Please visit: [http://www.dsindiana.org/flyin.php](http://www.dsindiana.org/flyin.php) for more information.

Holiday Dancing and Desserts
Annual event for DSI families. Festivities to include: music, dancing, delicious desserts, holiday arts and crafts and pictures with Santa Claus! To be held on December 5, 2020 at the Sol Center, 708 E Michigan Street, Indy.

Summer Picnic
This event rotates sides of town. This year, the summer picnic will be held on Saturday, July 18th. This is a great way to connect with other families. Email [garner@dsindiana.org](mailto:garner@dsindiana.org) or visit: [http://www.dsindiana.org/summer-picnic.php](http://www.dsindiana.org/summer-picnic.php) for more information.

World Down Syndrome Day

Many people wear fun socks on World Down Syndrome Day to show their support for people with Down syndrome.
Buddy Walk®

Down Syndrome Indiana is excited for the 2020 Buddy Walk® season. Buddy Walk® is the largest fundraising and awareness event for Down Syndrome Indiana. Buddy Walk® is a family-friendly event open to all children and adults with Down syndrome, their families, friends and thousands of local supporters. For more information on any of our three locations, visit: http://www.dsindiana.org/buddywalk.php.

Buddy Walk® Terre Haute
For more information on Buddy Walk Terre Haute, please visit: http://www.dsindiana.org/buddywalk.php.

Buddy Walk® Lafayette
For more information on Buddy Walk Lafayette, please visit: http://www.dsindiana.org/buddywalk.php.

Buddy Walk® Indy: October 31, 2020
The Indianapolis Buddy Walk® will be held on October 31, 2020. Everyone can participate without special training. It is a wonderful, heartwarming event that celebrates the many abilities and accomplishments of people with Down syndrome. For more information, visit: http://www.dsindiana.org/buddywalk.php.
A Community Group is designed to create opportunities for families that have a child with Down syndrome to network and share common interests, concerns, challenges, and information. Each Community Group is considered an extension of Down Syndrome Indiana. To find the group closest to you, visit: [https://dsindiana.org/community-groups/](https://dsindiana.org/community-groups/).

**Cass County (C.A.D.S.)**

This group was designed to bring families closer together as a community of parents that are raising children with Down syndrome in Cass County and surrounding areas. For more information, please contact Angela Duggins via email at [cads@dsindiana.org](mailto:cads@dsindiana.org). You can also find us on Facebook as Cass Area Down Syndrome (C.A.D.S.) [https://www.facebook.com/groups/699134580204422/](https://www.facebook.com/groups/699134580204422/).

**Website:** [https://dsindiana.org/c-a-d-s/](https://dsindiana.org/c-a-d-s/).
Cuenta Conmigo

Cuenta Conmigo es un grupo de apoyo a padres de niños con síndrome de Down en Español. Los temas varían mes con mes. Las reuniones son el primer Miércoles de cada mes de 6 a 8 p.m. en 708 E. Michigan Street, Indianápolis IN 46202.

Para mas información contacte cuentaconmigo@dsindiana.org o a (317) 652-2434.

Cuenta Conmigo is a Spanish-speaking group for parents who have a child with Down syndrome. The meeting topics focus on a wide range of pertinent information. The meetings will be from 6pm - 8pm on the first Wednesday of the month from February to November. The meetings are located at 708 E. Michigan Street, Indianapolis, IN 46202. Childcare and food are provided. For more information contact: cuentaconmigo@dsindiana.org.

Website: http://www.dsindiana.org/CuentaConmigo.php.

D.A.D.S. (Dads Appreciating Down syndrome)

DSI D.A.D.S. monthly meetings are held on the 2nd Tuesday of every month at 6:30 PM. Contact Chaz Druetzler at dads@dsindiana.org for more information. (Any dad – or grandfather, uncle, brother, teacher, physician – who cares for someone who has Down syndrome, is invited.)

Website: https://dsindiana.org/dads-php/.

Lafayette

DSI Lafayette provides information and support for families touched by Down syndrome. Local outreach includes, but is not limited to, new parent packets, personal family contacts, and group meetings and events. For more information, please contact Renee Petrie by e-mail at renee@dsindiana.org or by phone at: (317) 931-9843.

Website: https://dsindiana.org/lafayette/.
DSI Self Advocates attended the dress rehearsal for Annie at Beef and Boards in 2018 as part of the Self Advocate’s group activities

Madison Hancock

This is a playgroup aimed at getting children with Down syndrome and their families together with other families to play and grow together. We meet every 3rd Thursday of the month from 6:30pm-8pm. We meet Mt. Comfort United Methodist Church 3179 N. 600 W. Greenfield, IN. For more information please call our office at (317) 925-7617 or email madisonhancock@dsindiana.org!

Website: https://dsindiana.org/madison-hancock/

Mom’s Night Out (MNO)

Mom's Night Out is a program designed especially for moms, grandmas, aunts and loved ones of individuals with Down syndrome. The program meets at alternating restaurants to allow participants respite time, face to face interaction, networking opportunities and an evening out. For more information contact Stephanie Glowner, Member Services Coordinator, register@dsindiana.org or by phone at 317-925-7617.

Website: https://dsindiana.org/moms-night-out/
Self-Advocates

The DSI Self Advocate Community Group meets each month at a different location around the Indianapolis area. The group enjoys fun activities such as horseback riding, English country dancing, and so much more! For more information on how to get involved with the Self Advocates or to receive the Self Advocate Newsletter, please email request to selfadvocates@dsindiana.org or call 317-925-7617.


Terre Haute

Mission: We are a playgroup/support group for families with a child or family member with Down syndrome, located in Terre Haute, Indiana. We believe that, together, our children can form lasting friendships, and we as parents and grandparents can talk with others who truly understand how each other feels.

We have many wonderful events planned, holiday parties, outdoor events, art projects, movie nights, and so much more!! We will meet the second Saturday of every month. Locations and times will be posted. For more information feel free to email dixie@dsindiana.org.

Website: http://www.dsindiana.org/terre-haute-.php.

Tremendous Teens

The DSI Teen Group is a for individuals with Down syndrome between the ages of 13 – 18. Meeting locations and activities vary monthly. Email garner@dsindiana.org for more information or visit us on Facebook at: https://www.facebook.com/DSIteens.

Website: https://dsindiana.org/westside-parent-group/.

Westside

The Westside parent group is a fun, family-oriented group that meets the 2nd Monday of every other month. Meeting locations and activities vary. If you live in in Hendricks County or the west side of Indianapolis, or if you just want to hang out on the west side, be sure to check out our next meeting! Bring your entire family! For more information, email westside@dsindiana.org.

Website: https://dsindiana.org/westside-parent-group/.
Health + Fitness

Buddy Walk®
Down Syndrome Indiana is excited for the 2020 Buddy Walk® season. Buddy Walk® is the largest fundraising and awareness event for Down Syndrome Indiana. Buddy Walk® is a family-friendly event open to all children and adults with Down syndrome, their families, friends and thousands of local supporters. For more information on any of our three locations, visit: http://www.dsindiana.org/buddywalk.php.

Buddy Walk has three locations this year:
  Buddy Walk® Indy: October 31, 2020
  Buddy Walk® Terre Haute: TBD
  Buddy Walk® Lafayette: TBD

C.A.D.S. 5K
The DSI Cass Area Down Syndrome group hosts an annual 5K in the Fall. Please email cads@dsindiana.org for more information.
D.A.D.S. Lifetime Fitness Days
Dads, moms, and families join the DSI D.A.D.S. for a family afternoon of fun including pizza, swimming, rock climbing, gym games, and other activities. There is no charge for this event, DSI D.A.D.S. will be picking up the tab. Join us on selected Saturdays anytime between 12:30pm – 3:30pm! Location: Lifetime Fitness 8705 Castle Creek Parkway Indianapolis, IN 46250. For more information, please e-mail info@dsindiana.org or call (317) 925-7617.

DSI Dancers
The DSI Dancers Program with the Indianapolis Colts Cheerleaders is an exciting opportunity for individuals with Down syndrome and their families. Dancers are paired with a cheerleader “buddy” that they work with throughout the season and for special events. In addition to the friendships that develop and last year-round, it is inspirational to watch the growth in confidence and personality of the dancers from the start of the program. For more information, contact info@dsindiana.org.

Live, Laugh, Dance
Live, Laugh, Dance is dance camp for individuals with Down syndrome ages 12-35. Held at IUPUI to achieve physical activity and learn new dances. Assessments take place before and after the dance camp and includes a variety of dances such as hip hop, contemporary and more! For more information contact Rachel Swinford at rswinfor@iupui.edu.
Ask the Expert
Down Syndrome Indiana has collaborated with several local healthcare providers to get answers to your important health concerns for individuals with Down syndrome. Examples include: re-occurrence of Down syndrome, sleep apnea, vaccines and more. To see a listing of topics, please visit: https://dsindiana.org/ask-the-expert/.

Awareness Presentations
Let DSI staff and Self Advocates visit your school and present a message of inclusion and acceptance. This fun filled interactive presentation is great for groups of 10 to 300. Presentations are especially great for Disability Awareness Month in March, World Down syndrome Day on March 21st or Down Syndrome Awareness Month in October. Contact DSI at info@dsindiana.org to schedule your presentation today.

Ds Quiz Show
Request a “Jeopardy” style quiz show presentation for your classroom. It is a fun way to learn about Down syndrome and intellectual disabilities. Students leave the presentation with a greater awareness and appreciation for individuals with Down syndrome. This presentation is great for grades 5 thru 12, and for adults.

e-news
Want to stay updated on the latest Down syndrome news, community resources and DSI happenings? DSI offers a weekly e-newsletter delivered electronically via your e-mail. Please send an email to lilly@dsindiana.org to get signed up.
Medical Outreach Presentations and In-services
The goal is to build relationships of trust and respect between medical providers and the Down syndrome community. In-services given by DSI staff and medical outreach volunteers provide accurate and up-to-date information about Down syndrome and support resources to medical providers. Contact info@dsindiana.org to schedule a presentation for your medical office.

New Parent Packets
Down Syndrome Indiana provides comprehensive parent packets that contain a wealth of information to parents that have a newborn with Down syndrome or have just learned of the diagnosis before their child is born. These packets are distributed to the families or upon request or through local hospitals. A Spanish version of the New Parent Packet is also available!

R-Word Cards
Order a stock of business card sized cards that remind individuals that words can hurt. These easy to hand out cards encourage individuals to choose their words carefully and to use respect. Order cards for your friends, classroom or entire school. Free of charge. Please contact info@dsindiana.org to order.

Resource Referrals
Send your questions to: info@dsindiana.org or call (317) 925-7617. A DSI representative will answer inquiries and provide useful referrals.

Self-Advocate, Kelley, is against bullying and would like to share the message that words can hurt. If you would like to share the message too, order complimentary R-Word cards to share.
DSI Annual Conference – Promoting Independence for Life
Join DSI for this year’s annual conference, Promoting Independence For Life. Presenters will speak on topics related to transportation, planning for the future, and of course, promoting independence. For more information, visit https://dsindiana.org/calendar-of-events/dsi-annual-conference/. You may also contact DSI Program Coordinator, Stephanie Garner at: garner@dsindiana.org.

Birthday Club
Sign your child up for the DSI Birthday Club and you will receive a personalized birthday card in the month of your child’s birthday, a shout out on social media during the week of your child’s birthday and occasional age appropriate information that is important to know. To sign up for the Birthday Club, please e-mail DSI Member Services Coordinator, Stephanie Glowner at: stephanie@dsindiana.org and include your child’s name, birth date and mailing address.
Camp Hi-Lite
Down Syndrome Indiana through its DSI D.A.D.S. Community group and DSI D.A.D.S. Golf Outing provides $10,000 in funding to the Riley Children’s Foundation to be used toward Camp Hi-Lite. Camp Hi-Lite is a week-long summer program held at Bradford Woods. The money that is donated by Down Syndrome Indiana helps to offset the costs to all campers who attend.

Community Groups
A Community Group is designed to create opportunities for families that have children with Down syndrome to network and share common interests, concerns, challenges, and information. They do this through community events, informational meetings, Facebook webpages, or playgroups. Each Community Group is considered an extension of Down Syndrome Indiana. To find the group closest to you, visit: https://dsindiana.org/communitygroups/.

First Call
DSI’s First Call program connects new parents to a parent that has already walked in their shoes and is trained in empathetic listening, as well as, the resources DSI has to offer.
- Meet a new parent that has a prenatal diagnosis? We have a match for you.
- Speak Spanish? We have a match.
- Live in Fishers? The Southside? We have a match.

Contact garner@dsindiana.org to get connected.
Helping Hands
This program provides care packages and hospital visits to families that have a loved one with Down syndrome. Contact garner@dsindiana.org for more information.

New Parent Packets
Down Syndrome Indiana provides comprehensive parent packets that contain a wealth of information to parents that have a newborn with Down syndrome or have just learned of the diagnosis before their child is born. These packets are distributed to the families upon request or through local hospitals. A Spanish version of the New Parent Packet is also available! Order your complimentary packet today at: http://www.dsindiana.org/RequestAParentPacket.php.

Parent Loop
Parents! Join the Down Syndrome Indiana e-mail Parent Loop to connect with other Indiana parents of children and adults with Down syndrome. Share questions, concerns, and joys; learn of events coming up; gain and give support – all from your computer! To join:

- Go to http://health.groups.yahoo.com/group/downsyndromeindianaparents/
- Click the button “Join This Group!”
- Follow the instructions and wait for email approval;

Be sure to check your Junk/Spam Inbox if you do not see an email for approval within a week.

Meet Heather and Ivy... A lucky mom with her daughter, who was the inspiration for The Lucky Mama Project. Learn more about it at:
https://dsindiana.org/lucky-mama-project/.
Outreach

Awareness Presentations
Let DSI staff and Self Advocates visit your school and present a message of inclusion and acceptance. This fun filled interactive presentation is great for groups of 10 to 300. DSI will present any time of year! Contact DSI at info@dsindiana.org to schedule your presentation today.

Medical Outreach Presentations and In-services
The goal is to build relationships of trust and respect between medical providers and the Down syndrome community. In-services given by DSI staff and medical outreach volunteers provide accurate and up-to-date information about Down syndrome and support resources to medical providers. Contact info@dsindiana.org to schedule a presentation for your medical office.

New Parent Packets
This comprehensive tote bag contains a wealth of information for parents that have a newborn with Down syndrome or have just learned of the diagnosis before their child is born. Distributed to the families or upon request or through local hospitals. A Spanish version of the New Parent Packet is also available! Order your complimentary packet today at: http://www.dsindiana.org/requestaparentpacket.php.
Inclusive Education

Awareness Presentations
Let DSI staff and Self Advocates visit your school and present a message of inclusion and acceptance. This fun filled interactive presentation is great for groups of 10 to 300. Presentations are especially great for Disability Awareness Month in March, World Down syndrome Day on March 21st or Down Syndrome Awareness Month in October. Don’t worry, you don’t have to choose a specific month, DSI will present any time of year! Contact DSI at info@dsindiana.org to schedule your presentation today.

R-Word Cards
Order a stock of business card sized cards that remind individuals that words can hurt. These easy to hand out cards encourage individuals to choose their words carefully and to use respect. Order cards for your friends, classroom or entire school. Free of charge. Please contact info@dsindiana.org to order.

The JMFriends
Target Audience: Pre-K thru 4th grade
The JMFriends Program is a unique way to teach awareness and acceptance of all others with the help of child size puppets. The puppet troupe hosts puppet shows and Q&A sessions to teach Pre-K thru 4th grade students the importance of accepting others. Down Syndrome Indiana and the Joseph Maley Foundation formed a partnership to include education about Down syndrome awareness in the puppet troupe curriculum. If you are interested in scheduling a performance at your school, please contact Vivian Maley at vmaley@josephmaley.org or Stephanie Garner at garner@dsindiana.org.
The Learning Program™
Down Syndrome Indiana is a Learning Program Partner! The Learning Program uses effective teaching strategies and customized materials to support families and teachers in the educational process. Parents and students take part in monthly instructional sessions in literacy and math. Now offered in both Indianapolis and Lafayette. For more information, please contact garner@dsindiana.org.

Webinars for Educators
Down Syndrome Indiana will continue to support educators that have a student with Down syndrome in their classroom by providing educators with a free webinar series. The webinars will focus on inclusive education, Universal Design for Learning, practical implementation in the classroom, and more. Educators will be able to get Professional Growth Points for each Webinar. For more information, please e-mail: info@dsindiana.org.
Volunteer and Change your Life!

Volunteer Opportunities
Volunteer and Change Your Life! Down Syndrome Indiana wouldn’t be who we are today if it were not for our dedicated volunteers. We rely heavily on our volunteers and always have many volunteer opportunities available. All abilities are welcome. [https://dsindiana.org/get-involved/](https://dsindiana.org/get-involved/).

Join a DSI Committee
Get ready to roll up your sleeves and do some work! Down Syndrome Indiana committees are a great way to be involved in an area that you are passionate about all year long. If you are interested in joining any of the following DSI committees, please email: [info@dsindiana.org](mailto:info@dsindiana.org).

- Buddy Walk: Indy, Lafayette or Terre Haute
- D.A.D.S. Golf
- Education Advisory Committee
- Fundraising Advisory Committee
- Helping Hands
- Holiday Party
- Marketing Advisory Committee
- Medical Outreach Advisory Committee
- Public Policy Advisory Committee

DSI volunteers like Billie and Talisha gave 4,451 hours of their time in 2019. If you would like to volunteer, please visit: [https://dsindiana.org/get-involved/](https://dsindiana.org/get-involved/).
Stay Connected

Down Syndrome Indiana offers numerous social media groups and online resources to help you stay connected even when you cannot attend in-person meetings.

Down Syndrome Indiana Facebook page:
https://www.facebook.com/DownSyndromeIndiana/

Follow us on Twitter:
https://twitter.com/dsindiana

Instagram:
https://www.instagram.com/downsyndromeindiana/

DSI E-Newsletter
Want to stay updated on the latest Down syndrome news, community resources and DSI happenings? DSI offers a weekly e-newsletter delivered electronically via your e-mail. To sign-up, please visit: https://dsindiana.org/dsiemailnews/.

Parent Loop
Parents! Join the Down Syndrome Indiana e-mail Parent Loop to connect with other Indiana parents of children and adults with Down syndrome. Share questions, concerns, and joys; learn of events coming up; gain and give support – all from your computer! To join:

• Go to http://health.groups.yahoo.com/group/downsyndromeindianaparents/
• Click the button “Join This Group!”
• Follow the instructions and wait for email approval;

Be sure to check your Junk/Spam Inbox if you do not see an email for approval within a week.
DSI Community Groups on Social Media

Cass Area Down Syndrome (C.A.D.S.)
https://www.facebook.com/groups/699134580204422/.

Cuenta Conmigo
https://www.facebook.com/groups/1484466885102725/.

DSI Dads Appreciating Down Syndrome (D.A.D.S.)
https://www.facebook.com/DSIDADS/

Dads Appreciating Down Syndrome (D.A.D.S.) National
https://www.facebook.com/DADSNational/.

Down Syndrome Indiana Lafayette
https://www.facebook.com/groups/267597706762419/.

Madison Hancock
https://www.facebook.com/groups/199087066944919/.

Self-Advocates
https://www.facebook.com/groups/484962451641025/.

Teen Group

Terre Haute
https://www.facebook.com/groups/DSITerreHaute/

Westside Parent Group
https://www.facebook.com/groups/1633724246929312/.