



# DS Dispatch • March 2016

## DSSKY 2016 CALENDAR of EVENTS

- **March 2** – “Spread the Word to End the Word” Day
- **March 7** – Fundraiser at Buckhead Restaurant
- **March 19** – WDS Celebration, 1-4pm at the Kummer Little Center in Bowling Green
- **March 24** – Buddy Walk Meeting at Buddy House
- **March 31** – DSSKY New Board Members’ Reception and Orientation
- **April 21** – Members’ Meeting
- **May 3** – Volunteer Appreciation Banquet
- **June 7-9** – Children’s Mini Camp
- **June 10** – Rock the House Fundraiser and Down Syndrome Awareness Night @ the Hot Rods
- **July** – TBD Parent Workshop
- **August 27** – Annual Family picnic 1-5 pm Keriakes Park
- **September** – TBD Buddy Walk Team Meetings
- **October 22** – 18<sup>th</sup> Annual Buddy Walk, Bowling Green Ballpark
- **November** – check your monthly calendar
- **December 6** – Buddy House Open House
- **December 10** – Annual Christmas Dinner, 1pm Park Mammoth Resort

*Please check our website and Facebook page for any new activities or change in activities. These will also be posted on our monthly calendars. Committee meetings will also be included on the monthly calendars.*



## OUR FUTURE IS BRIGHT!



## Letter From The President

### *Planning for a Brighter Future*

Hello Everyone,

**Together we can!** We have an exciting year ahead as we begin 2016 together. We have several things planned in this new year we can accomplish together. I have said this many times before, but I need to say it again...we need more of you to get involved to accomplish the things we want to do.

Please look at the various teams and planned activities to see where you can offer assistance. DSSKY needs to expand our outreach, awareness, and growth this year, along with securing opportunities for our children’s future. It will take all of us working together, to reach our goals.

Thank you in advance for your help!

## Together Everyone Achieves More

Fundraising & Promotion • Outreach & Hospitality • Education & Communication

Please consider joining a T.E.A.M. and help create more possibilities and opportunities for the future of our loved ones with Down syndrome.

**Fundraising & Promotion** - This T.E.A.M. will help elevate the visibility of DSSKY in the communities of south central KY and provide and support fundraisers throughout the year, including the Buddy Walk and Rock the House at the Hot Rods. They will reach out to groups and businesses for sponsorship.

**Outreach & Hospitality** - This T.E.A.M. will be available to welcome new families and develop ways to help inform communities about Down syndrome, provide networking for families and inform medical and therapeutic services the support our organization can provide. This group will also help plan and organize the various activities of DSSKY.

**Education and Communication** - This T.E.A.M. will help develop and oversee programs for each age group at the Buddy House and help determine their success. They will help plan parent meetings and workshops. They will use social media and other means to inform schools, families, and the community of such programs and the positive effect of participation.

## DSSKY EXECUTIVE BOARD and BUDDY HOUSE STAFF



### President

#### Scott Essler and David

Scott moved to Bowling Green in July 1997 from Northeast Ohio. He completed his BS degree in Business Management and Administration in 2010. Scott is a Supervisor and Training Manager with Paul Burrell Management, a Company which operates 14 McDonald's in Bowling Green and surrounding areas. He has 4 children and 3 grandchildren. David, his third child, has Down syndrome and is 26 years old. Scott has been actively involved with Down Syndrome of South Central Kentucky since 2003, serving as President for 9 of those years. During Scott's leadership, we have seen an amazing growth in our organization, and the opening of a headquarters for Down syndrome in south central KY, The Buddy House. As an advocate and spokesperson for Down syndrome, Scott has had many opportunities to speak to businesses and organizations in the area and as a result, we have formed many partnerships and garnered much support for our programs and a positive public awareness for those with Down syndrome.



### Vice President

#### Elaine Towe and Cathy

Elaine graduated from WKU in 1975 with a degree in social work. Two years later she married Jim Towe and they have three children, Jason, Doug and Cathy and six grandchildren. From 1981-83, Elaine served on the board for United Cerebral Palsy. For 13 years, Elaine worked in the resource room at Cumberland Trace Elementary. Since Cathy's birth, Elaine has been actively involved in advocating for Down syndrome. She has attended 3 KY Parent/Professional Conferences, the last NDSS Conference in 1999, and the 2001, 2003, 2006, and 2014 National Down Syndrome Congress Conferences. Elaine was one of the founding members of our organization and arranged for members to visit Down Syndrome of Louisville's Life Long Learning Center which became the inspiration for our Buddy House. For over 15 years Elaine has worked diligently to support DSSKY, our families and our children and adults.



### Secretary

#### Beth Lanham and Claire

Beth was born and raised in Durango, Colorado. She relocated to Kentucky in 1996 where she met her husband, Derek Lanham, a Bowling Green native. Beth and Derek moved to the San Francisco Bay area for 2 years, then relocated to Alpharetta, GA in 2002. They were blessed with the births of their daughters, Claire, age 10 who has Down Syndrome, and her little sister, Chloe, age 6. After Claire's birth Beth became active in the Down Syndrome Association of Atlanta in new parent outreach, as well as serving on the Buddy Walk committee for 2 years. The Lanhams moved back to Bowling Green in 2013 to be close to their extended family. Beth has been active in DSSKY for the past 2 years, working to expand the programming of the Buddy House to the families with young children. She helped to establish My Buddies and Me and is working on new parent outreach in the community. Beth is a practicing Physician Assistant in Portland, TN, a volunteer in her church nursery, and was elected Secretary of DSSKY in September 2015.



### Treasurer

#### Rick Ebelhar and Sydney

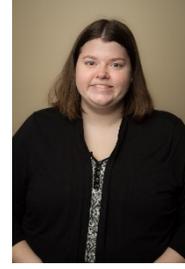
Rick is originally from Owensboro, KY where he was born and raised. He moved to Bowling Green to attend WKU in 2003 and graduated in 2005 with a BS in Marketing and Sales. He is currently General Manager of Weed Man Lawn Care in Bowling Green and Owensboro, as well as Co-Owner of Weed Man Lawn Care in Paducah, KY. He and wife Dana have 3 children, Sydney age 8 has Down syndrome, Addyson age 3 and Parker age 18 months. Rick has been actively involved with DSSKY since 2009, becoming treasurer of the organization in 2010. He has also been very involved with the planning of the annual Buddy Walk.



### Buddy House Director

#### Jane Tichenor and Kate

Jane, a Bowling Green native, graduated from WKU with a degree in Music Education. She taught public school instrumental and vocal music for 5 years and part-time guitar instructor at WKU for 2 years. She lived in Nashville for 5 years and managed the Country Music Wax Museum and Laurel Tree Recording Studio. While in Nashville, Jane was a member of the TN Board of Tourism and the Country Music Association. After moving back to KY, she married Steve Tichenor and they have 4 children, Daniel, Liza, Kate, and Joe. For 17 years Jane worked at Greenwood High School as an instructional assistant in the FMD classroom. She was one of the founding members of our organization and has worked at all 17 of our Buddy Walks. Since retiring from the school system, Jane took the position of Director of our Buddy House, Host-Site Coordinator for WKU's Best Buddies, and is on the advisory council for UK's Down Syndrome Aging and Research Study.



### BH Office Manager

#### Melissa Painter

Melissa is a Bowling Green native, she graduated from Warren East High School. She went to WKU for a Business Management Degree, and WKYTC for a Culinary Arts Degree. Melissa has worked in the Special Population community for around 10 years now. She worked as a peer tutor in her high school's FMD room for 2 years, and then worked for Camp Happy Days for 3 summers. She has been working for DSSKY as the Buddy House Office Manager since 2014. Melissa is a co-leader for a Girl Scout troop in Warren County, and runs a cake business out of her house. Melissa's uncle worked with special Olympics and helped establish Area 6 Special Olympics. She has a 10 year old cousin with Down syndrome.

## Meet Some of our Amazing Buddy House Volunteers

### SKILLS CLASS



**Lynn Croxton**  
Retired  
School Psychologist

**Brenda Adams**  
Retired  
Special-Ed Teacher

### ZUMBA



**Whitney Reed**  
Resource Teacher  
Greenwood High School

### FITNESS and ART CLASS



**Sarah Fitzpatrick**  
Forecast Analyst  
Fruit of the Loom

**Samantha O'Leary**  
1<sup>st</sup> Grade Teacher  
St. Joe School

### JAMMERZ JUNIOR DANCERS



**Coach Becca Todd**  
4<sup>th</sup> Grade Teacher  
Lincoln Elementary

**Stephanie Morton**  
Director of Finance/HR  
BG Hot Rods

**Emily Keith**  
WKU Senior  
Buddy House Intern

**Courtney Morton**  
ACHS Junior  
Courtney's Crowns for Downs

## The BIG E

The Buddy House is the place where Down Syndrome of South Central Kentucky carries out its mission to support families and help enable individuals with Down syndrome reach their maximum potential. Through the classes, programs, and activities our goal is to

## EXPAND

- Our place in the community
- Our outreach to families in south central KY
- Our partnerships and resources
- Our information and current best practices for parents
- Our networking
- Our infants and toddlers' jumpstart on learning
- Our children's growth and learning potential
- Our adults' opportunities and continued learning
- Our advocating and promoting a positive awareness in this area

## Coming Soon

**LITERACY** for School-age Children  
Meets every Thursday in March  
5:00-6:00 pm

The Sessions will focus on:  
**Vocabulary/Sight Words**  
**Comprehension** – answering “wh” questions

**Sequencing** – understanding order  
The class will be led by Melissa Veith  
Resource Teacher and Special – Ed Dept.  
Head at South Warren High School  
Mrs. Veith has had experience teaching all grade levels in resource and FMD



## The Little Crescendos

Music and Dance Group  
for children 1 -5 years old



The use of music has a very positive effect on the development of children with Down syndrome. These sessions will focus on: language development, cognition, motor skills, and social skills. This unique class is being developed and facilitated by Leslie Newman, former grade school special-ed teacher and MusikGarten Instructor; Emily Keith, WKU senior music major, pursuing a graduate degree in music therapy; Dr. Karen Furgal, doctor of Physical Therapy and associate professor at WKU.



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[www.dssky.org](http://www.dssky.org)

**Support DSSKY**

- **Buckhead Café** – Fundraiser March 7<sup>th</sup>
- **Amazon Smile**
- **Kroger Community Rewards**
- **Spencer's Coffee House** – During the Month of March Spencer's will donate \$1 from every Huckleberry Ben purchased

## Down Syndrome of South Central Kentucky



# Celebration

Saturday, March 19, 2016

1:00 – 4:00 pm

Kummer – Little Center

**Pizza, Inflatables, Games, Music & Dance**