

**Down Syndrome Association
for Families (DSAF)**
P.O. Box 57362
Lincoln, NE 68505

Return Service Requested

Mission Statement: The Down Syndrome Association for Families is a Lincoln based non-profit organization that provides support for individuals with Down syndrome, their families, friends, educators and professionals who share in their lives.

Every person with Down syndrome is an individual who has a unique purpose and abilities. DSAF provides networking and a positive vision for the future.

Website: www.dsafnebraska.org
Telephone: 402-421-1338

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WINTER 2016
JANUARY / FEBRUARY / MARCH
www.dsafnebraska.org

RECENT EVENTS



The 7th annual DSAF trip to the Roca Berry Farm pumpkin patch was spook-tacular!



Lil' Stars wiggled and giggled to Kindermusik on November 13th.

CALLING YOU, JOIN DSAF ON ITS MISSION

DSAF is not an individual. It is an organization that rests on the work of volunteers committed to the spirit of community service. DSAF is successful because of your involvement! On an annual basis, DSAF rotates its board of directors by adding new volunteer directors. Several great candidates have expressed interest in joining the board in 2016, but we can always use more help! If you are interested in joining the board (to commence in March 2016 for a 3-year term) please contact Jodi White, DSAF Program Director, at director@dsafnebraska.org or 402-421-1338.

There are also volunteer opportunities at events, with respect to programing, and even one-time tasks with which DSAF would greatly benefit from your involvement. Please also contact Jodi to discuss other volunteer opportunities.

Thank you for joining DSAF's mission. Together we are making a big impact!

NOTICE OF MEMBERSHIP MEETING

DSAF's regular membership meeting will be held on March 21, 2016, beginning at 5:00 p.m. at the National Armory building, Lincoln, Nebraska. Stay for the DSAF World Down Syndrome Day celebration beginning at 5:30 p.m.

NOTICE

The Down Syndrome Association for Families of Nebraska (DSAF) does not share its personal information about its members (addresses, e-mails, etc.) with any other organization. DSAF is a non-profit organization that provides support for individuals with Down syndrome, their families, friends, educators, and professionals who share in their lives.

STATE GOVERNMENT AT WORK FOR NEBRASKA DOWN SYNDROME COMMUNITY

On January 11, 2016, the Down Syndrome Diagnosis Information and Support Act was introduced into the Nebraska legislature. To summarize, the Act proposes to require medical professionals who give a diagnosis of Down syndrome to provide the family with specified information pertaining to Down syndrome. In addition to the introducing Senator, 43 Senators co-sponsored the legislation! We are not sure if this is a record, but this is certainly a huge showing of support for Down syndrome awareness in Nebraska. You can find a copy of the legislation on the Nebraska Legislature's website. A hearing before the Health and Human Services Committee has been scheduled for February 11th. You can find your Senator's contact information on the Nebraska Legislature's website to thank them for supporting the legislation. We hope interested individuals from the public will attend the committee hearing to show support. DSAF has been a leader in spreading awareness in the medical community and this legislation highlights the important work of DSAF.

You may also want to check out the Nebraska State Treasurer's website. The Treasurer has created a new website for the new "Enable" program in Nebraska, enablenebraska.com. The Enable program is being created as part of the Achieving a Better Life Expectancy (ABLE) Act, which allows individuals with certain disabilities to save money on a tax preferred basis without being disqualified from receiving government benefits. The Enable website will be updated as the program development progresses. The Treasurer's Office expects that the Nebraska Down syndrome community may be able to start utilizing Enable accounts as early as this summer. Very exciting!

DSAF was involved with supporting the introduction of the Down Syndrome Diagnosis Information and Support Act and DSAF also advocated in support of national passage of the ABLE Act.

DSAF SCHOLARSHIPS AVAILABLE

DSAF is proud to offer financial assistance* to its members to help defer costs for a variety of purposes, including local and national Down syndrome conference "scholarships," SEAS support reimbursement, and Special Needs Trust/Guardianship stipends. *Must be current DSAF member (or immediate family) to be eligible. Funding is limited. All applications will be presented to DSAF Board and are subject to review and availability. For more information, contact director@dsafnebraska.org.

RECENT EVENTS



Nearly 40 teens and young adults attended the Teen Holiday Party held at Firespring in December. Pizza, a gift exchange, an awesome venue, and best friends. What more could you ask for?

The following week, over 150 DSAF family and friends met at Firespring for the annual Christmas brunch. It was just as awesome. A hot chocolate bar, games, and good old Saint Nick got everyone in the holiday spirit.



CONTACT US

DEan Fuelberth, Board President
Rachel Smith, Vice President
Lori Prange, Secretary
Jennifer Lohmeier, Treasurer
Sonya Reynolds, Board Member
Alicia Bruning, Board Member, Medical Outreach Chair
Kelly Ekeler, Board Member, Newsletter
Chris Marvin, Board Member
Rick Bohaty, Board Member
Jodi White, Program Director
Janette Johnson, Teen/Young Adult Group Chair
Kathryn Brockmeier, Lil' Stars Co-Chair, Newsletter
Tracy Kadavy, Lil' Stars Co-Chair
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Jennifer Brill, Step Up Walk Co-Chair
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UPCOMING DSAF EVENTS

Teen/Young Adult Group - **Third Tuesday** of January, February and March. We will bowl two games at Parkway Lanes (48th and Van Dorn) starting at 5:30 pm. Come and bowl or just come and hang out.

Super Stars (school-age) - Swim party, **January 30**, 2 - 4 pm, at LifeStrokes, 1601 Normandy Court (the old Heidelberg's). Bring the whole family and escape the cold weather in the 90 degree pool!



DSAF Goes to the Lincoln Children's Museum - **February 6**, 5:30 - 7:30 pm. This is a private DSAF event, open to individuals with Down syndrome of all ages and their families. We hope you will join us for this member-favorite! It's FREE to attend and a light meal will be provided. Please register online at DSAF's website.

Teen Dance Party - **February 12**. DSAF will collaborate with O.N.E. Coalition to bring this exciting event to our members. Check out our website and watch your emails for more information.

Lil' Stars (ages 0-5) - Swim party, **February 20**, 10 am - Noon, at LifeStrokes, 1601 Normandy Court (the old Heidelberg's). Feel like you're on a tropical vacation right here in Lincoln! Open to the entire family.



Super Stars (school-age) - Gymnastics, **March 6**. Check out our website and watch your emails for more information.

World Down Syndrome Day Celebration - **March 21**, 5:30 - 7:30 pm, at the National Guard Armory building.

Teen/Young Adult Group - Healthy Cooking Class, **April 12**, 5:30 - 7:00 pm, at Hy-Vee, 84th and Holdrege. Join dietician Becky to see "what's cookin'."

BOARD MEMBER BIO



Jennifer Lohmeier joined DSAF last April as Treasurer. Jennifer is currently the Payroll Specialist/Accounting Assistant for Lincoln Surgical Hospital, Eye Surgical Associates and Sutton Ryan Dermatology where she handles payroll, accounts payable, general ledger and budget planning. Jennifer has been involved with these companies for over 12 years and is excited to be a part of the DSAF family, bringing her knowledge and expertise to this worthy organization. She enjoys DIY house projects and traveling. This is her first opportunity to dedicate her time exclusively to one organization and looks forward to interacting with all the families.

IN CELEBRATION OF

WORLD DOWN SYNDROME DAY

PLEASE JOIN
THE DOWN SYNDROME ASSOCIATION
FOR FAMILIES OF NEBRASKA

MARCH 21
5:30-7:30 P.M.
THE ARMORY
(1776 N 10TH STREET)

COME ENJOY

FOOD
BOUNCE HOUSES
A MAGICIAN
BALLOONS
PHOTO BOOTH

RSVP TO WWW.DSAFNEBRASKA.ORG
OR CALL 402.421.1338

The DSAF logo, featuring a stylized blue and yellow star above the text "DSAF" in blue.