

down syndrome

community connections
June 2024



INTRODUCING: RoseCat Coffee

*Check out Lincoln's newest
coffee shop where our DSAF
baristas are serving up smiles*



thank you members

a message from the executive director

Friends of the Down syndrome Community,

At DSAF, we focus on creating life-long support and programming that benefits our

members. Feedback provided from members at the end of 2023 has led us to develop classes and events that foster independence and social interactions.

We are building our Health & Wellness programs to become sustainable through community support. Efforts to reach all families touched by someone with Down syndrome from the prenatal diagnosis through adulthood are imperative to achieving our mission.

As the 2024 Step Up for Down Syndrome Walk approaches, we rely on our members and community partners to support new and established programs and continue meeting the needs of the people and families we serve.

Consider sharing our sponsorship opportunities with your favorite businesses or providers in the area. We can tailor the benefits to suit the interests and needs of the companies that offer their support.

Don't forget to register for our walk and share it with friends and family!

We look forward to sharing time with our members through the summer and we can't wait to see you all at the Walk in the fall!

With Warm Regards,

Jamie Barrier
Executive Director

Jamie is the proud mother of four energetic boys. From left, Nicholas, Gabriel, Ezekiel, and center, Theodore.



Genesis Health Club abides by 8 practices and principles as instructors of children with special needs, specifically children with Down syndrome.

partners for swim success

GENESIS SWIM CLUB

1.

INDIVIDUALIZE.

Student-focused lessons are based on the strengths of each individual.

2.

MOTIVATE.

Energy, enthusiasm, and familiarity create Build on his/her abilities & interests, an incorporate diverse games, and challenges, to capture his enthusiasm.

3.

CREATE SUCCESS.

Celebrating small successes builds a foundation of trust and students enjoy their experiences in the water

4.

FOCUS.

Mastering techniques and achieving goals with patience and persistence

5.

DEMONSTRATE.

Visual techniques and verbal cues

6.

FEEDBACK.

Specific, helpful, positive reinforcement

7.

PRACTICE.

Individualized lessons are 30 minutes.

8.

TRANSITION TIME.

Verbal cues offer timelines and countdowns to prepare and encourage students for tasks and activities.

MEET OUR INSTRUCTORS

Julie Reid is the Aquatics Director for Genesis Health Clubs in Lincoln and oversees the success of instructors and students. She has instilled a passion for the sport of swimming in her students over the years and produced countless competitive swimmers! Julie has a niece with Down syndrome, Jenna, who has benefited from Julie's instruction over the years. Jenna is a member of the Genesis Swim Team and will be competing alongside her peers this summer.

Tanya Jarchow is a special education teacher with a master's degree in educational psychology. She is a specialized swimming instructor in special needs. As an instructor, Tanya incorporates student-centered planning for individualized lesson plans. Building confidence and accomplishing goals is part of the joy and success of students who work with instructors at Genesis.





serving up smiles and lattes!

rosecat coffee company

by DEan Fuelberth

Imagine a quaint coffee shop, filled with patrons laughing and smiling, enjoying their lattes and mochas, some browsing a bookshelf, some seated on comfy chairs, and the majority of employees behind the counter taking orders, making drinks, and serving up joyful conversation have special needs.

Coffee
Connections
Collective Change

That is the mantra for The Rose Cat Coffee Company and Reading Society, a new and simply phenomenal small business here in Lincoln.

The coffee shop opened at the end of April and was featured this month on a Channel 10/11 news story, along with appearing on the cover of the Journal Star. It is located just north of 48th and Old Cheney in the business complex also housing Stauffer's Pie Shoppe. It is open 7am - 4pm Monday through Saturday and closed on Sunday.

Rose Cat employs a terrific staff, including a number of young adults from our DSAF membership, that will pride themselves on taking your order and being your barista.

As a parent and as the current Board President of the DSAF, this job concept is something that I have hoped and dreamed about - a rare business model focused on inclusion and awareness wrapped into a positive aura inside the store. It has the right ideals, the right expectations, accompanied by the right supports for barista and customer success. Coffee shops with a similar model are dotted across the country, but the closest is probably a long drive to Colorado. This is a true gem for the city and state.

Brenda Kasaty, founder and owner had an amazing vision to open this venture in-part to actively increase employment numbers for individuals with Intellectual and Developmental Disabilities (IDD). Nationwide, only 20% of individuals with IDD are employed.

"I stop in every time it is possible. I just want to see the business succeed and be a model for other businesses. Plus, they have a great and welcoming vibe there."

Brenda is a change champion, not just dreaming of a business foundation focusing on employing individuals with special needs – but stepping forward and making it happen. She is a wife, mother, a licensed social worker, former PARA, and adaptive athlete coach, with a passion for changing the way individuals with IDD are treated, valued, accepted, seen, and integrated into their community.

The WHY behind Rose Cat Coffee Company:

- a) Inclusivity,
- b) Employs and empowers individuals with Intellectual and Developmental Disabilities,
- c) Fosters community connections between baristas and customers

This purposeful design allows for a memorable experience instead of just a mindless hand-reach through a drive-thru window for a coffee.

"I hold the bar high for my employees, because I know what they can do," says Brenda. "I want them to take ownership of their work. That is empowering. It gives them a new sense of confidence. And, that breaks down barriers with the community, showing customers the potential that all individuals have when you provide the right opportunities."

Brenda designed all aspects of the shop to allow success for her baristas. They have a scaled-down drink menu, with one size for hot drinks and one size for cold drinks. This keeps the recipes manageable for baristas to create, even with some simple visual chart reminders on the wall. She is finding the right balance of support and independence.

The staff makes their own syrups right in the shop, along with a selection of tasty baked goods. Their coffee beans are ethically sourced and roasted by a local business, Hardy Coffee. The bookshelves are stocked with donated titles that you can read on the comfy seating or just take with you (thus the rest of the business title - "and reading society").



How can DSAF members help?

The DSAF doesn't just want members to pop-in once to see this unique coffee shop experience. Please make regular visits by:

- making this your new Monday morning coffee routine on the way to work,
- making this your new place to meet with your friend on Thursday afternoon,
- making this your committee working spot once a month,
- making this your Saturday morning relaxing reading spot with a vanilla latte'

This is such a grand opportunity for Lincoln and even more-so for our DSAF community. Our Board of Directors connected with Brenda early-on and wants to find ways to partner to allow Rose Cat to THRIVE. We would love this shop to grow and expand to offer even more employment opportunities for our membership, and to spread the positive awareness through the community about the amazing abilities of individuals with Down syndrome and others with IDD.

The ultimate goal is for customers to leave with a positive feeling (and a beverage) that they can take with them into their day.

"Welcome to Rose Cat Coffee Company! How may I help you?"

"I love my job," says one of the store baristas. She gets up early, excited to help open the store three days a week and serve customers with a warm greeting starting at 7am.

One recent customer said: "I stop in every time it is possible. I just want to see the business succeed and be a model for other businesses. Plus, they have a great and welcoming vibe there."

Patrons will enter for coffee but leave with a smile from memorable interactions. Rose Cat Coffee Company's focus is exciting, innovative, and long overdue in the state of Nebraska. Kudos to Brenda for introducing this bold new venture to Lincoln.

Please stop in the store soon, visit them on FaceBook, or at their website at: www.rosecatcoffee.com.





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EXTREME BODYSHAPING



**ONLY \$50
FOR
8 WEEKS!**

Teens and Adults
Saturdays
10:00am – 10:45am



**DOWN TO
BOX**

Ages 6-13
Saturday
11:00am - 11:30am

FITNESS | FRIENDSHIP | FUN

Down to Box is an amazing fitness program that is now even more affordable, thanks to a donation match from Modern Woodman. All fees are reduced to \$50 for the next session! Please register using the QR code or visit our website and register and pay online at Down Syndrome Association for Families of Nebraska (DSAF) - Events (dsafnebraska.org)

SESSION DATES

JUNE 15-AUGUST 3

SEPTEMBER 14-NOVEMBER 2

Scan the QR code to sign up or learn more!



All Classes take place at FXB Meadowlane, 920 N 70th St, Lincoln

mission partner opportunities

THE MISSION OF THE DOWN SYNDROME ASSOCIATION FOR FAMILIES OF NEBRASKA IS TO IMPROVE THE LIVES OF INDIVIDUALS WITH DOWN SYNDROME, BY EMPOWERING THEM AS WELL AS EDUCATING AND SUPPORTING THEIR FAMILIES AND THE LARGER COMMUNITY.

Become a
year-long community
partner with DSAF.



Presenting Sponsor: \$10,000

Shooting Star: \$5,000

Rising Star: \$2,500

Gold Star: \$1,000

Red Star: \$500

Blue Star: \$250



Individuals with Down
syndrome of all ages
need your support.

DSAF provides invaluable
support, education, and
programs all year.

June 2024

expanding the impact

It takes a lot of teamwork and resources to create stars. DSAF depends on donations and fundraisers to provide programs and services and meet operational costs. It is only through the generosity of many individuals, corporations, and grants that DSAF is able to provide quality programs and services for individuals with Down syndrome and their families in Nebraska.

Nearly 85% of all funding goes directly to support the mission of DSAF serving the needs of Nebraska families. Join DSAF and help create a positive vision of the future for people with Down syndrome. Your dollars allow Nebraska families to gain essential resources as they support their loved one with Down syndrome from birth through adulthood.

dsafnebraska.org

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★ ★ Down Syndrome Association for
★ ★ Families of Nebraska
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upcoming events

june

- 22: Sensory Swim Night
- 27: Cooking Class
(Teens/Adults)
- 28: Cooking Class
(School Age)

july

- 19: Summertime Splash Bash
- 23: Sensory Swim Night

september

- 3: New Parent Meetup
- 14: Down To Box
Session Begins
- 28: Market to Market

october

- 5: Step Up for
Down Syndrome Walk
- 27: Pumpkin Patch

november

- 12: New Parent Meetup



thank you
mission
partners!