

down syndrome

community connections

October 2024



JOIN US
10/5!

DONATE REGISTER WALK

SATURDAY, OCTOBER 5TH
FESTIVITIES BEGIN AT 8AM
ANTELOPE PARK
LINCOLN, NE
FOOD DRINKS LIVE MUSIC
FACE PAINTING AUCTION





The **STEP UP FOR DOWN SYNDROME** Walk

WHEN: SATURDAY, OCTOBER 5, 2024. FESTIVITIES BEGIN AT 8:00AM. THE ONE-MILE WALK KICKS OFF AT 9:30 AM

WHERE: ANTELOPE PARK, NEAR 30TH AND A ST., LINCOLN, NE

WHO WILL ATTEND: INDIVIDUALS WITH DOWN SYNDROME OF ALL AGES, FRIENDS AND FAMILY, COWORKERS, PEERS, EDUCATORS, MEDICAL PROFESSIONALS AND THE GENERAL PUBLIC; ALL ARE INVITED TO THE CELEBRATION.

REGISTRATION IS \$15/ADULT AND \$10/CHILD (13 AND UNDER) AND FREE FOR VIP INDIVIDUALS WITH DOWN SYNDROME.



SCAN HERE!

OVER HALF A MILLION PEOPLE IN THE US ARE BORN WITH DOWN SYNDROME. RIGHT HERE IN OUR LINCOLN COMMUNITY, WE HAVE OVER 200 FAMILIES WHO RECEIVE SUPPORT FROM THE DOWN SYNDROME ASSOCIATION FOR FAMILIES.

THE STEP UP FOR DOWN SYNDROME WALK IS THE CITY'S PREMIER DOWN SYNDROME AWARENESS AND EDUCATION EVENT, CELEBRATING INDIVIDUALS WITH DOWN SYNDROME AND SHOWING THE CRITICAL ROLE THEY PLAY IN OUR COMMUNITY. EACH YEAR THIS RAIN OR SHINE EVENT BRINGS OUT OVER 1,200 ATTENDEES TO SHOW THEIR SUPPORT OF A FRIEND OR LOVED ONE WITH DOWN SYNDROME. BY SHOWING UP OR DONATING, YOU ARE CHANGING LIVES.

AS DSAF'S LARGEST FUNDRAISER, PROCEEDS FROM THIS WALK SUPPORT LOCAL FAMILIES IN NEBRASKA BY PROVIDING EDUCATIONAL SUPPORT GROUPS FOR PARENTS, ENRICHMENT ACTIVITIES FOR INDIVIDUALS WITH DOWN SYNDROME, AND KEY INFORMATION TO NEW AND EXPECTANT PARENTS, ENSURING THEY FEEL CONNECTED AND SUPPORTED FROM THE MOMENT OF DIAGNOSIS THROUGH ADULTHOOD.

YOUR DOLLARS MATTER. PLEASE JOIN US AND HELP US MEET OUR \$100,000 GOAL FOR THIS YEAR'S WALK.

For more information :
<https://www.ds-stride.org/dsafstepup>



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*APY—Annual Percentage Yield. APY calculations are based on an assumed balance of \$140,000 in your Kasasa Cash – Multi Level account and an assumed statement cycle of thirty-one (31) days. APYs are accurate as of 4/01/2023. Rates, rewards, and bonuses if any, are variable and may change after the account is opened; rates may change without notice to you. Rewards less than a penny cannot be distributed. Fees may reduce earnings. If the account is closed before rewards are credited, you will forfeit the rewards. Minimum to open is \$50. For Kasasa Cash – Multi Level, if qualifications are met each monthly qualification cycle: (1) Domestic ATM fees incurred during the qualification cycle will be reimbursed up to \$15 and credited to the account on the last day of monthly statement cycle; (2) Level 1 balances up to and including \$40,000 receive APY of 3.50% and Level 2 balances up to and including \$40,000 receive APY of 5.50%; and (3) balances for all tiers over \$40,000 earn 0.15% interest rate on the portion of the balance over \$40,000, resulting in 3.25% – 1.04% APY for level 1 and 5.50% – 1.68% APY for level 2, depending on the balance. If qualifications are not met on any level of Kasasa Cash, all balances earn 0.05% APY. To earn your account's principle rewards, the following qualifications must be met and all transactions and activities must post and settle to your Kasasa Cash-Multi Level account during the Monthly Qualification Cycle: 1) Have at least 12 debit card purchases of at least \$8 per transaction post and settle as signature based transactions for Kasasa Cash Level 1 and have at least 16 debit card purchases of at least \$8 per transaction post and settle as signature based transactions for Kasasa Cash Level 2. 2) The Primary Member must be enrolled and log into online banking. 3) Be enrolled in e-Statements with ongoing valid email address. 4) Have at least 1 net direct deposit or ACH identified transaction on the LFCU system post and settle. Transactions may take one or more banking days from the date transaction was made to post to and settle account. ATM-processed transactions do not count towards qualifying debit card transactions. *Monthly Qualification Cycle* means a period beginning one (1) day prior to the first day of the current statement cycle through one (1) day prior to the close of the current statement cycle. The advertised Kasasa Cash APY is based on non-compounding dividends. If you have a Kasasa Saver account, dividends earned in Kasasa Cash are automatically transferred to Kasasa Saver each statement cycle and do not compound. Actual dividend amount paid may be less than advertised Kasasa Cash APY. ATM Receipt must be presented for reimbursement of an individual ATM fee of \$5.00 or higher. Transfers between accounts do not count as qualifying transactions. PIN based transactions do not count towards qualifying debit card transactions. Limit one account per SSN. Liberty First Credit Union reserves the right to determine if the account is being maintained for a purpose other than day-to-day, primary use. Account holders who persist in making debit card transactions in a calculated and limited fashion in order to meet their monthly qualifications may have their accounts converted to a different share draft account or closed altogether. We also reserve the right to convert the account to a different share draft account if the account does not have consistent active use over 1 consecutive Statement Cycles. We have the right to close this account at any time, with proper notice. Our decision to close the account will not affect your existing obligations to us including any obligation to pay fees or charges incurred prior to termination. No deposits will be accepted and no checks will be paid after the account is closed. If the account is closed, you will forfeit any rewards that have not been credited to your account. A Liberty First Credit Union check for the remaining balance, if applicable, will be mailed to account holder at the address indicated on our current records. Upon termination of your Kasasa Cash account, any optional add-on products / services associated with this account will also be terminated at the same time. Federally Insured by NCUA.

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In loving memory of



Amy Susan Farmer

September 11, 1973 - April 27, 2024





Amy Susan Farmer, the daughter of Gerri and Vail Farmer was born in Hastings, Ne on September 11, 1973 and passed away peacefully on April 27th, in Lincoln, Nebraska at the age of 50. Amy's life was a testament to love, faith, and endless joy, leaving an indelible mark on all who knew her.

Amy was baptized and confirmed in the Catholic Church and she grew up in the Hastings St Cecilia's Parish. She enjoyed going to CCD classes. She attended Hastings Public Schools and went on to graduate from Hastings Senior High School in 1995. She worked for Mid Nebraska Individual Services in Hastings. Amy loved participating in Special Olympics, especially swimming, basketball, track and field, bowling, and bocce ball.

Despite facing trials and health challenges, including a kidney transplant in 2003, Amy embraced life with unwavering courage and positivity.

Her mother's selfless act of donating a kidney brought countless moments of gratitude. Amy lived with an infectious positivity and always had a smile on her face, inspiring all who witnessed her journey.

After a move to Lincoln, Nebraska in 2011, Amy joined St. Joseph Church and began attending a day program through Region V Services. She quickly made many friends in her new community

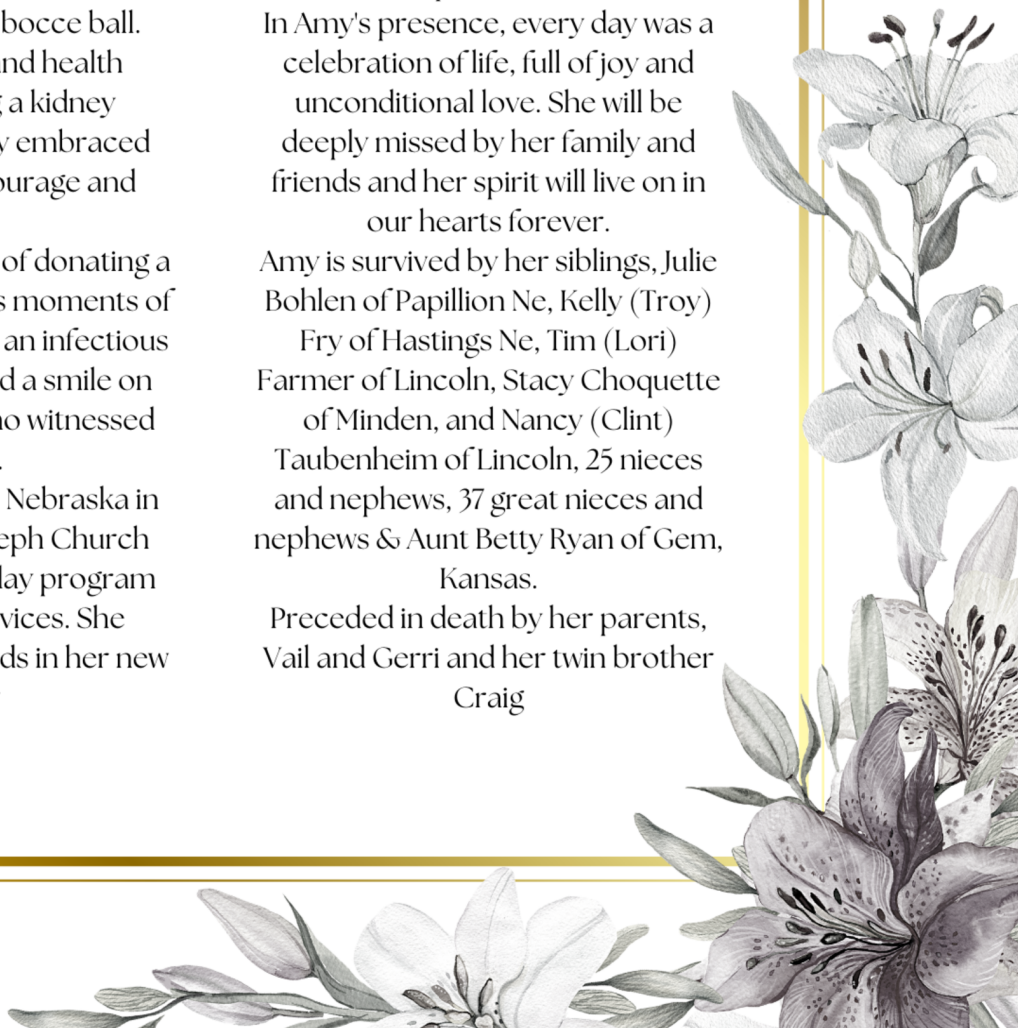
One of Amy's greatest joys was cheering for her nieces and nephews at various ball games and track meets. She was their biggest cheerleader on the sidelines, and was always excited for popcorn and a Diet Pepsi from the concession stands.

A passionate lover of music, one could always find Amy singing and dancing to her favorite artists. She loved to color with markers and create beautiful pictures for others, and usually did so while listening to music on her headphones. She also enjoyed going to movies, dining out with friends and family, and looking through all the memories in her many photo albums.

In Amy's presence, every day was a celebration of life, full of joy and unconditional love. She will be deeply missed by her family and friends and her spirit will live on in our hearts forever.

Amy is survived by her siblings, Julie Bohlen of Papillion Ne, Kelly (Troy) Fry of Hastings Ne, Tim (Lori) Farmer of Lincoln, Stacy Choquette of Minden, and Nancy (Clint) Taubenheim of Lincoln, 25 nieces and nephews, 37 great nieces and nephews & Aunt Betty Ryan of Gem, Kansas.

Preceded in death by her parents, Vail and Gerri and her twin brother Craig





Cooking with Kristi



COOKING CLASSES ARE SERVING SCHOOL-AGE , TEEN & ADULT CHEFS

"COOKING WITH KRISTI" IS DESIGNED TO MEET THE NEEDS OF NEURO-DIVERSE STUDENTS. THE GOALS OF THE CLASS INCLUDE:

- PREPARING MEALS: TOOLS & INGREDIENTS USING VISUAL AIDS
- FOOD SAFETY: CHECKING FOR EXPIRATION AND FRESHNESS OF INGREDIENTS
- KITCHEN TOOLS: USING APPROPRIATELY & SAFELY
- CLEANING DISHES & WORKSPACES

2 classes are held each month for different age groups. All participants must register in advance. Dietary restrictions must be communicated 5 days prior to the class date. All skill levels are welcome!





EVENTS

October

- 5. STEP UP WALK
- 12. CROSSFIT & DOWN TO BOX
- 19. CROSSFIT & DOWN TO BOX
- 19. DSAF GOES TO THE PUMPKIN PATCH, CROSSFIT & DOWN TO BOX
- 26. CROSSFIT & DOWN TO BOX
- 28. COOKING CLASS: SCHOOL-AGE
- 29. COOKING CLASS: TEENS & ADULTS



November

- 2. CROSSFIT & DOWN TO BOX
- 9. CROSSFIT & DOWN TO BOX
- 12. NEW PARENT MEET-UP
- 18. COOKING CLASS: SCHOOL-AGE
- 19. COOKING CLASS: TEENS & ADULTS
- 23. CROSSFIT
- 30. CROSSFIT



December

- 2. COOKING CLASS: SCHOOL-AGE
- 3. COOKING CLASS: TEENS & ADULTS
- 7. HOLIDAY BRUNCH
- 14. CROSSFIT



MORE INFO 



★ ★ Down Syndrome Association for Families of Nebraska
P.O. Box 57362
Lincoln, NE 68505

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Thank you, Mission Partners!



RAYMOND JAMES

HALEON



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WE VALUE YOUR PARTNERSHIP!