

## RECENT EVENTS

### iCan Bike-Lincoln

Several DSAF members participated in iCan Bike-Lincoln, held in mid-July. The event was organized by Cindy Ryman Yost and made possible by Madonna Rehabilitation. 11 of 21 camp attendees were children with Down syndrome (of those 11, most are DSAF members!).

The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two wheel bicycle and become lifelong independent riders. This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.



DSAF member Ryan Kennedy receives encouragement from iCan Bike staff

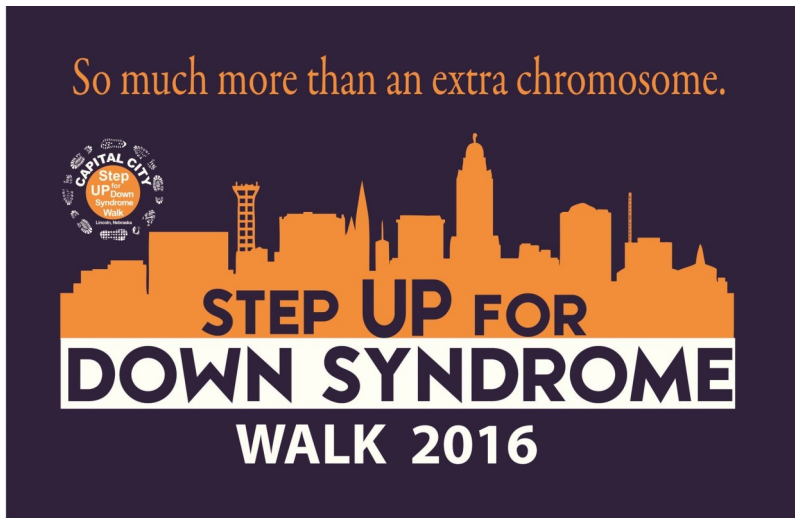
iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle. Riders attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by volunteer "spotters". Over the course of the week the bikes are continually adjusted in an effort to challenge riders balance as they gradually discover the skill and joy of riding.

In one week approximately 80% of riders will learn to independently ride a two-wheel bicycle! The remaining 20% make tremendous progress towards that goal.

DSAF is looking at possible ways to bring iCan Bike again to the area in the future .

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**2016 CAPITAL CITY STEP UP FOR DOWN SYNDROME WALK,  
OCTOBER 1ST—RAISING FUNDS AND DS AWARENESS FOR 15 YEARS!**



<http://dsaf.ezeventsolutions.com>

To learn more, visit the walk website, where you can register your team, register to walk, or donate.

**UPCOMING DSAF EVENTS—PLEASE REGISTER**

Saturday, August 20, 5:30-7:30 pm—**Lil' Stars** (birth to age 5) invite you to join them at the Ager Center for a back-to-school play night. Dinner provided. Please bring socks.

Monday, August 22—**1st Annual Down Syndrome Awareness Employee Initiative and Fundraiser**. Crete Carrier, Lincoln. Organized by (and, thanks to) DSAF member Roger Mundt.

Saturday, August 27, 9 - 11 am—**Parent's Coffee**. Networking and friendship at Braeda, 4321 South 33rd Street, Lincoln.

Saturday, August 27, 10:30 am - noon—**New Parent Meeting and First Call Parent Training** at CHI Health St. Elizabeth. This event is for all new parents and for anyone who wants to receive training to become a "First Call Parent." First Call is a DSAF service that supports expecting parents who receive a Down syndrome diagnosis and new parents. You can register on the DSAF website or contact Alicia at [aliciac73@yahoo.com](mailto:aliciac73@yahoo.com) if you want to learn more.

Sunday, September 18—**DSAF Goes to the Zoo**. Omaha's Henry Doorly Zoo & Aquarium. Save the date and watch for registration (required) opening soon!

Sept. 22 - 25—**Neat Repeatz Fall 2016 Event** (Children's Sale). 700 N. Cotner Blvd., Lincoln. DSAF of Nebraska is excited to partner with @Neat Repeatz Consignment Sales for a fundraising drive! More details to follow, but we encourage you to "Like" their page and learn about becoming a consignor.

Saturday, October 1—**Capital City Step Up for Down Syndrome (CCSUDS) Walk**. Antelope Park, Lincoln. 15th ANNUAL Awareness Walk and Fundraiser! Register today!

Saturday, October 8 (9:30 - 10:30 check-in)—**Annual DSAF Trip to the Pumpkin Patch** at Roca Berry Farm. DSAF will cover the first two admissions for every family of an individual with Down syndrome. Find the group when you get there to join the group photo.

Saturday, November 5—**Educational Conference**. Country Inn & Suites Conference Center, Lincoln. Check out the next DSAF newsletter for speaker and session information. Registration will open in mid- to late August.

## SEVEN REASONS YOU DON'T WANT TO MISS THE 2016 DSAF EDUCATION CONFERENCE

Save the date - Saturday, November 5, 2016. The multi-track DSAF Educational Conference will be held at the Country Inn & Suites Conference Center, in Lincoln. Registration is available at <http://www.dsafnebraska.org>. Contact Jodi White, Program Director at 402-421-1338 if you have questions about registering. Corporate sponsorship opportunities and group rates are available. Below is a line-up of a sample of the talented presenters you do not want to miss:

- **Carrie Kenny, M.S., CCC-SLP** is a Clinician at Lincoln RiteCare Clinic where she specializes in speech and language development for children in early childhood to 5 years.
- **Denise Gehringer** is Program Coordinator at the Ollie Webb Center, Inc. where she is involved in Parent to Parent, STARS Basketball, PRISM, Next Chapter Book Club, and Ultimate Life programs. She will lead discussion on Making the Move: Moving from Grade School to Junior High/Middle School and Junior High to High School and Smooth and Steady Transitions to Adult Services.
- **Kathleen Whitbread, Ph.D.** is an associate professor of education and fellow of the Institute for Autism and Behavioral Studies at the University of Saint Joseph in West Hartford, CT. Prior to coming to USJ, Dr. Whitbread was an assistant professor of pediatrics and Associate Director of the University of Connecticut Center for Developmental Disabilities, where she directed research and training projects to improve educational opportunities for children with developmental disabilities.



Dr. Whitbread's research interests include early literacy instruction for children with intellectual disabilities and educating children with significant disabilities in general education settings. She maintains a blog, Open Books Open Doors, which features current research and practice in reading instruction for children with Down syndrome. Dr. Whitbread has published articles about her research in Teaching Exceptional Children, Research in

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## SEVEN REASONS YOU DON'T WANT TO MISS THE 2016 DSAF EDUCATION CONFERENCE, CONT'D

Middle Level Education, The Journal of the Connecticut Association for Reading Research, The Journal of Inclusive Education, Topics in Early Childhood Special Education and Current Issues in Education.

- **Marcus Sikora** is a 26 year old creative soul who has Down syndrome and lives in Omaha, Nebraska. He has acted on stage with local and national companies as well as written a short one act.

His first animated short and book for children is Black Day: The Monster Rock Band. When he's not watching theater, singing, or working out, he's contemplating the sequel. You can connect with Marcus and his adventures via Twitter @marcusmusical, Facebook/ GrownUpsAndDowns, and BlackDayBook.com

- **Mardra Sikora** is an author, speaker, & advocate who believes in the power of words and uses both fiction and non-fiction to advocate for and with her adult son, Marcus. Author of "Essay: Arguing Eugenics," and The Future and Other Twists: A collection of short and super-short stories. Co-Author of The Parent's Guide to Down Syndrome: Advice, Information, Inspiration, and Support for Raising Your Child from Diagnosis through Adulthood. Her work is also included in a variety of anthologies and national websites including The Huffington Post.
- **Matt McNiff, B.S., M.S.** is a Behavior Consultant with Educational Service Unit 5. He specializes in helping teachers develop programs that will reduce problematic behaviors and increase academic time.
- **Nicole Meyer, CTRS** is the Founder/Operator of Wonderfully Made. Wonderfully Made provides recreational therapy opportunities for youth in middle school to high school.



## CAROLINE'S CORNER

### Tips for Getting Ready for School, by Caroline Fehlhafer

To get ready for "back to school," you can make an All About Me Book that provides information about your child with Down syndrome. Distribute it to each teacher and staff member who will interact with your child (don't forget the principal, nurse, and office staff). I typically send out the book before the first day of school, but you can also distribute the book after the school year begins. This will help everyone get to know your child. This is especially helpful when people do not always understand everything your child says. This way, everyone can know what your child likes to do.

Although you can print and distribute copies of the book, to make it easy, you can distribute the book by e-mail. This is also a great opportunity to ask your child's teacher if there is a date you could set up a Peer presentation. (Contact DSAF Program Director, Jodi White at 402-421-1338 for information on Peer Presentations). Here is a website link to an excellent template for an All About Me Book designed by the Down Syndrome Guild of Greater Kansas City: <https://www.kcdsg.org/files/content/All%20About%20Me%20Booklet.pdf>.

In addition to getting teachers ready for a school year with your child, you can also help get your child ready for the school year. Social stories on the child's school-day routine will help him know what to expect. For example, you can cover getting on the bus and expectations on behaviors at school. If possible (and you may even include it in your child's IEP), have your child visit the school before school starts, preferably on multiple occasions. Here is to a smooth 2016-17 school year!

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**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](http://www.dsafnebraska.org)  
Telephone: 402-421-1338

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## RECENT EVENTS



- DSAF Board Member and pediatrician Dr. Sonya Reynolds (pictured left) and her son, Asher, delivered DSAF's annual book donation to Lincoln City Libraries on April 19, 2016. Also pictured is Brenda Ealey, Gere Library Branch Manager.
- The Enable Savings Plan launched June 30th. More information is available at <https://www.enableavings.com>.
- In July, the Global Down Syndrome Foundation awarded a \$10,000 Innovative Educational Grant to DSAF.
- Lil' Stars and their families met at Antelope Park on June 18th.
- The Stark family (pictured right, L-R: Preston Nicholls, Darcy Stark, Kayd Stark, Josh Stark, and Maddox Nicholls) joined other DSAF families at a Saltdogs game June 19th.
- Super Stars and their families and friends saw "Finding Dory" in the theatre on June 24th.

