



York Area Down Syndrome Association
BUDS News
Bringing Understanding to Down Syndrome

VOLUME 1, ISSUE 1

APRIL 18TH, 2009

We will be publishing a newsletter on a quarterly basis. The next one will be July. If you have anything you would like to put in the newsletter.

Please email:
yorkbuds@gmail.com

**INSIDE
THIS ISSUE:**

Calendar	2
Mack Madness	3
MHMR	3
The Creed	4
Our Board	4

What is BUDS?

Bringing Understanding to Down Syndrome

York Area Down Syndrome Association has adopted the name BUDS to give a clear vision to the purpose of our organization. BUDS Programming will encompass activities, programming, support and resources for individuals with down syndrome. This will provide them a head start to achieve their individual goals, and provide education to families on their child's unique gifts and abilities.



We have recently started the following programs which are held at the York YMCA:

- Swimming- (Parent must be in pool with child)
- Gymnastics
- Music class

Special Events will include quarterly "Mom's Day Out" and "Dad's Day Out", summer event and holiday party. This also includes monthly play time at Tumbletown. We will also provide opportunities to our group to attend educational conferences relating to Down Syndrome. We are designing programs to meet the needs of various age groups.

Field trips will be planned seasonally. In the Spring, we will take a trip to Hands-On-House in Lancaster. In the Summer, we will visit the YMCA of York & York County's new outdoor pool at the Graham Aquatic Center that has a zero depth entry. In the Fall we will take a field trip to a pumpkin patch.

For questions regarding B.U.D.S. email-
yorkbuds@gmail.com or call Jen Ayers
at 717-676-8915.

Upcoming Events:

- 04/24/09-Lancaster Hands on House- 6:00pm-7:30pm

For Additional details:

Email-yorkbuds@gmail.com

Call Jen Ayers at 717-676-8915

- May 8th-Moms night out (Location and time TBA)
- May-Special Needs Cheerleading Open House at Viper Pit Gym. Located off I-83 Fishing Creek exit. Contact Deanna Miller 741-0565 for more info.
- May 24th-Mack Madness
- June 14th-Dads Day out (Location and time TBA)

Please welcome a new addition to our York Area Down Syndrome Family



Alex Lawton
Born 03/14/09

Calendar

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Tumbletown- Music Class
19	20-Business Meeting YMCA-York	21 Swimming	22	23	24 Hands on House- Lancaster	25 No Gymnastics
26	27	28 Swimming	29	30		

MAY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Swimming	6	7	8 Moms Night	9-Gymnastics
10	11	12 Swimming	13	14	15	16 Tumbletown Music Class
17	18	19 Swimming	20	21	22	23Gymnastics
24 Mack Madness	25	26 Swimming	27	28	29	30
31						

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Swimming	3	4	5	6
7	8	9 Swimming	10	11	12	13 Gymnastics
14 Dads Day Out	15	16 Swimming	17	18	19	20 Tumbletown Music Class
21	22	23 Swimming	24	25	26	27 Gymnastics
28	29	30 Swimming				

Gymnastics 11:30am-12:30 (Every second and fourth Saturday) Ages Birth-8

Swimming 6:30-7:00pm (Every Tuesday) Ages Birth-8

Music Class 10:30-11:30am (Third Saturday of every month) Ages Birth-8

Gymnastics, Swimming, and Music are held at the YMCA on Newberry St York

Details will follow for Mom and Dads Day Out

Tumbletown 9:00-10:00am (Third Saturday of each month) Held at West Manchester Mall (Open to all ages)

"MACK MADNESS"

Food, Fun, Music and so much more for a great cause!!!

The Schneider family is hosting the First Annual Mack Madness event in memory of their precious daughter MacKenzie who passed away in February.

When – Sunday MAY 24, 2009 (Rain or Shine)

Where – Party Pals at the Grove, 190 Canal Road Ext – York, PA

Time - 1 p.m. – 9 p.m.

\$30 donation – Adults

\$15 donation – Kids and students

Kids 2 and under FREE (No BBQ dinner or T-shirt)

Donation includes Chicken BBQ dinner (chicken, baked potato, applesauce), Mack Madness T-Shirt and Cheap Sneakers, a classic Rock & Roll Band!

You are welcome to bring adult beverages, however at the request of Party Pals, no glass allowed on premises. Plastic or cans PLEASE!

Kids Activities 1 – 4 p.m.

(Face Painting, Bounce House, Dunk Tank, Sand Art, Pony Rides, Games)

Chicken BBQ served from 3 – 4:30 p.m.

Cheap Sneakers performs from 5 p.m. to 9 p.m.

BYO.....Lawn Chairs, Blankets, Volley Balls, Picnic stuff!

Silent Auction – 1 – 7 p.m. – Includes a variety of items including auto-graphed sports memorabilia!

Please return registration by May 3 to receive a t-shirt. Registrations received after May 3 will not receive a t-shirt. Final registration deadline for the chicken BBQ is May 17. You must pick up your preordered tickets for the BBQ, t-shirt and other info at the registration desk which will be open from 12:30 p.m. – 4 p.m. Nothing will be mailed to you prior to the event.

All proceeds will be donated to charity in honor of Mack! (York Area Down Syndrome Association, The National Leukemia and Lymphoma Society, The Ronald McDonald House in Hershey) If you can't attend but would like to make a donation, please mail donation to Ed Schneider, 1455 Hambiltonian Way, York, PA 17404. Please don't hesitate to call with questions. 717-767-4454.

****Please contact Ed Schneider@number above for registration form****

Mark your calendar
5th Annual Buddy Walk October 10th, 2009
Lehr Park Dover, PA

Do you have an Access Card?

If you answered no to this question, you need to contact your county Mental Health Mental Retardation.

The Access card covers Medical cost including therapies. It will cover pull ups after age 3 for your child if they are not potty trained. You can ask your pediatrician to write you a prescription.

Do you have a Case Manager?

It's important that your child has a Case Manager. They can provide you information on what services and supports are available for your child through Mental Health Mental Retardation. They can also tell you about Family Driven Funds which most of our children qualify for after age 3. The deadline for applying is April 27th.

York County MHMR 771-9618
For other counties, contact your local MHMR office.

BUDS Jewelry Fundraiser

Orders Due April 30th
Call Jen Ayers 676-8915
Email: yorkbuds@gmail.com
for flyer

York Area Down Syndrome Association



Bringing Understanding to Down Syndrome.....

York Area Down Syndrome Association
805 Edgeworth Ct
Red Lion, PA 17356

Jen Ayers at 717-676-8915
Email-yorkbuds@gmail.com

www.yorkareadownsyndrome.org

Our Board

Jen Ayers-President (717) 676-8915

Mindy Miller-Vice President (717) 225-6755

Julie Arthur-Treasurer (717) 840-1617

Deanna Miller-Secretary (717)741-0565

Krista Cunningham-New Parent Contact
(717) 767-3920

The Creed of Babies with Down Syndrome

My face may be different
But my feelings the same
I laugh and I cry
And I take pride in my gains
I was sent here among you
To teach you to love
As God in the heavens
Looks down from above
To Him I am no different
His love knows no bounds
It's those here among you
In cities and towns
That judge me by standards
That man has imparted
But this family I've chosen
Will help me get started
For I'm one of the children
So special and few
That came here to learn
The same lessons as you
That love is acceptance
It comes from the heart
We all have the same purpose
Though not from the start
The Lord gave me life
To live and embrace
And I'll do it as you do
But at my own pace
- author unknown

Down Syndrome Day Camp

Mandy Siegrist from Christ's American Baptist Church is planning a day camp for our children at her church from June 15 through June 19 from 9 a.m. to 12 Noon. It is free and sounds like lots of fun! Camp will include: music, bible stories, games, snacks, special guests, and themed days. You may drop off your child, or stay to help out.

Mandy needs to know if your child will be there in order to complete planning.

Please call Mandy at 229-2603, or e-mail Carol-Ann Denning cdemning@BH-BA.com with the following information:

Child's Name and Age
Address
Phone Number

Whether you plan to drop-off or stay. (If dropping off - phone number where you can be reached.)

Location: Christ's American Baptist Church, 730 Menges Mill Road, Spring Grove, PA

Date/Time: June 15 - 19 from 9 a.m. to Noon