



UPS for Downs

United Parent Support for Down Syndrome
Support • Information • Community

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Note from the Board.

The benefits of Being a Dad of a child with DS

Appreciating Each Milestone - When I started attending UPS for Downs events when my daughter, Ellie, was very young, I remember sharing how frustrating it was to watch her struggle to learn to crawl. Another dad listened to my concerns and then told me that one of the gifts he had was to **“witness each milestone.”** He was right.

After receiving that advice I have learned to really appreciate the time I get to see my daughter grow and meet her goals. The agony of not seeing her crawl turned into precious hours on the floor helping her move.



Ellie and her dad at the Wolves game. Besset Sabourin has been on the UPS for Downs Board since 2018.



This little nugget and his family got to see Santa at our 2022 Holiday Party. More on p. 10.

IEP Workshop

Special Education Strategies that Work
with Catherine Whitcher, M.Ed



February 25th
10am-12pm central
Elmhurst, Illinois

FREE!
DETAILS
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At a glance...

Friday, February 10, 2023
Family Friday

Saturday, February 18, 2023
Adult Social Club: Medieval Times

IEP Workshop
Saturday, February 25, 2023

Wednesday, March 1, 2023
Beauty and the Beast
Box Office Opens

Friday, March 3, 2023
Family Friday

Sunday, March 26, 2023
Family Swim Party

Saturday, April 1, 2023
Scholarship application deadline

Thursday - Sunday, April 13-16
Beauty and the Beast

Friday, April 14, 2023
Family Friday

Saturday, April 22, 2023
Parent Night Out
Melting Pot

Friday, May 12, 2023
Family Friday



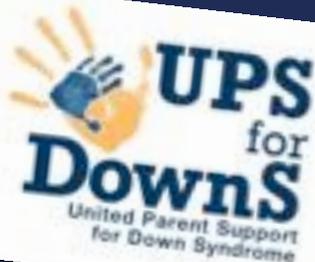
Currently, at 8 years old, my daughter has started to talk!! For 8 years we have worked on "I want to eat" using sign language and modeling. Just recently her language has exploded and listening to her say "I want pizza, please" or "Daddy, hi" is amazing. It feels like all of her efforts and therapies are starting to click for her. It now brings such joy to see her learn and grow.

Empathy for Other Parents - Naturally we like to compare ourselves to others. And many of us, including myself, judge other parents based on their children's behaviors. After having a daughter with DS in addition to two other children, I now know that **parenting is hard** and every kid is so different. I have had to apologize to parents when my daughter has pulled their child's hair or accept an apology when their children ignored my daughter. We are all trying to do our best and we need to support each other.

Other Dads of Kids with DS - I have met a lot of other fathers in person at Family Friday Fundays and other UPS for DownS events. We all have kids who are different ages from infants to adults. It is great to hear from them about how their children are progressing throughout the years. It is a great group of people and each child brings so much joy and unique challenges to our lives.

UPS for DownS has helped me **connect with other parents**, grow as a dad, and appreciate how my daughter develops. I am glad to be part of UPS for DownS and look forward to seeing my daughter and the rest of my family continue to be a part of the UPS for DownS community.

Besset Sabourin



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Dinner Dance 2022: Sweet Home Chicago



2022 Dinner Dance embraced SWEET HOME CHICAGO and oh, how sweet it was to return to an in person event with dancing, live music, and fun!

This signature event raised funds for UPS for DownS, while providing a spectacular night of celebration and camaraderie. The night featured keynote speaker Katelyn Grunewald, followed by enthusiastic dancing to live music provided by The Mix.

And everyone's favorite late night snack from the hot dog cart!

Mark your calendars:

Friday, October 20, 2023.
The Cotillion in Palatine





2023 Dinner Dance Keynote Speaker

Friday, October 20, 2023

Our past Keynote Speakers have been incredible. Have you ever thought about being on stage to tell your story and accomplishments?

The opportunity to work with a Coach to craft, practice and rehearse your speaking presentation is an educational experience that many people would pay lots of money to participate in, but it's complimentary with UPS for Downs; and a great accomplishment for your resume.

Do you:

1. Do you have a story to share that will be meaningful to our guests?
2. Are you comfortable speaking in front of others?
3. Are you coachable?
4. Can you dedicate a time to practice and work with a Coach?

If this opportunity is something of interest, please email fkennedy@upsfordowns.org.



Medieval Times[®]

Who: Anyone over 21. No parents, please.
When: Saturday, February 18, 2023, 6:30 - 9 PM
Where: Medieval Times, 2001 N Roselle Rd, Schaumburg
Cost: \$20 per person (UFD pays the rest!)
RSVP: <https://23medievaltimes.eventbrite.com> (space limited)
Questions: adultsocialclub@upsfordowns.org

AGES 21 & UP

We have many more events planned for 2023. If you are not receiving email invitations for ASC events, please reach out to adultsocialclub@upsfordowns.org to be added to our distribution list!

Dinner Dance Volunteers: Help Needed

The Dinner Dance event is a staple and one of our largest fund raisers for our community. Funding provides financial support for programs and activities. Our theater program, as an example, is available to our community at a quarter of the actual cost because of fundraising events like Dinner Dance.

Many people are shocked to hear that UPS for DownS is almost all volunteer. Approximately 96% of our fundraising goes back to our community. Our biggest challenge in doing events is finding volunteers.

Dinner Dance requires approximately forty volunteers from start to finish. Even though the event is Friday, October 20, 2023, planning commenced in November 2022.

The committee is seeking out volunteers - you could help, from beautification of the raffle baskets, to designing slide presentations, team members choosing the theme of the dance, decorations, working with the speaker, soliciting for sponsors and gift, selling raffle tickets, and the list goes on.

My personal experience with being involved as a volunteer and Board member with the UPS for DownS community has been extremely



Subaru volunteers help set up for 2022's Sweet Home Chicago.

rewarding. Whether my service has been as a Board or committee member, wrapping holiday gifts, clean up after an event, helping to serve lunch, cheering on our runners at the Chicago Marathon, passing out tootsie rolls for donations – at the end of the day, I have met the most wonderful people, built great relationships and added true friends in my circle who all appreciate the impact we are making for the greater good of our community.

If you have some time to volunteer we would welcome you with open arms. Please scan the QR code and fill out the volunteer inquiry form. We will reach out and find a match with the volunteer openings.



In January, PNO learned to make cannoli at Tony Cannoli in Mundelein, while Adult Social Club gathered for dinner at Riccardo's in Schaumburg.



Chicago Marathon 2022...



We share deep gratitude to our 2022 Bank of America Chicago Marathon team and their families. These amazing humans not only ran 26.2 miles on the streets of Chicago, they raised over \$40,000 in the process. None of this happens alone. Running is a solo sport, but the commitment and time it takes to train, prepare - and fundraise - is a challenge for the families and friends of our Charity Athletes as well. We want to also thank them. Kudos to UPS for DownS board members and families who came out to Charity Block Party to cheer our team and give a boost to thousands of others.





The Bank of America Chicago Marathon is one of our signature events... but why?

Running the Bank of America Chicago Marathon may never have crossed your mind. But, we think about it. A lot. And most of us at UPS for DownS run... errands or to the mailbox.

But because this event raises funds that allow UPS for DownS to offer opportunities for individuals with Down syndrome and their families, we think about running marathons, too.

We are reaching out to our networks to find out if you run. Or if you have crazy people among your family or friends who would get a kick out of being a Charity Athlete with a **GUARANTEED ENTRY** to a **WORLD MARATHON MAJOR** right here in Chicago! Fundraising is required and it is for a great cause.

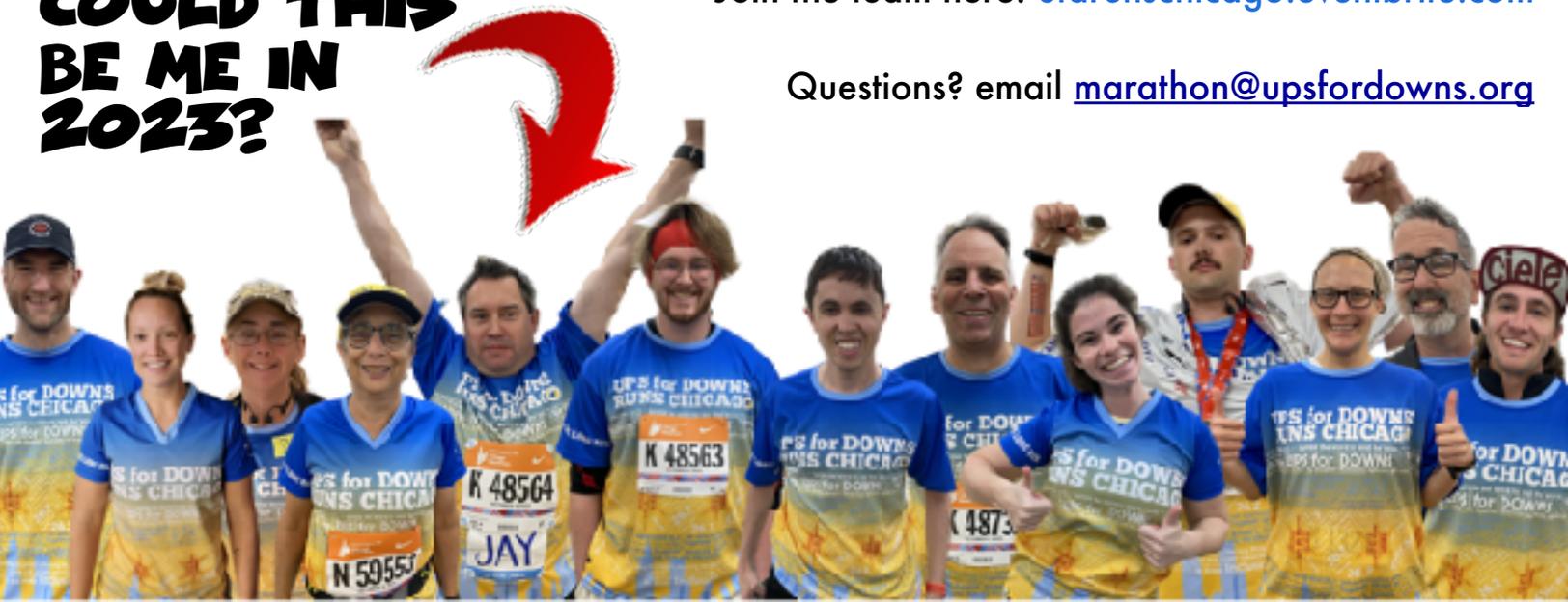
We've got your back. We know what an enormous commitment this is. We will pay for your training with CARA, be on course with you, cheer for you, and provide you with motivation and inspiration every step of your marathon journey.

**ASK
YOURSELF...
COULD THIS
BE ME IN
2023?**

Claim an entry here: <https://haku.ly/752d9f8cc5>

Join the team here: ufdrunschicago.eventbrite.com

Questions? email marathon@upsfordowns.org



IEP WORKSHOP/small group consultation

Date: **Saturday • February 25th, 2023 • 10 am to Noon**

Location: **Elmhurst Knights of Columbus**
537 S York St, Elmhurst, IL 60126

Topics Include:

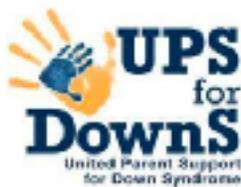
- 12 Hard IEP Questions You Need to Ask Before Your Next IEP Meeting
- Inclusion Strategies
- IEP Goal Writing for the Real World
- Conflict Resolution
- Parent Leadership at the IEP Table
- Data! What to Look for and How to Know if Your Child is Making Progress
- 5 IEP Secrets Nobody Ever Told You
- Staff Shortages and What You Can Do



Workshop Registration:
<https://www.masterIEPcoach.com/iepworkshop>

Along with the large group presentation, you can sign up for small group sessions to review your child's IEP with Catherine. 3 sessions available: 1 pm, 2 pm, and 3 pm.

Small Group Registration:
<https://bit.ly/iepsmallgroup>



February 25th
10am-12pm central
Elmhurst, Illinois

Family Swim Party



All families are invited to enjoy us at Waterworks at the Schaumburg Park District. This is a great way for families to meet and connect with each other. Enjoy multiple pools, waterslides, rapid water channel and spray playground! It's fun and excitement for all!

Sunday, March 26, 2023 • 6 p.m. - 8 p.m.

TheWaterWorks Indoor Water Park • 505 N. Springinsguth Road, Schaumburg

<https://2023familyswim.eventbrite.com>

Babies and children must wear swim diapers if they are not potty trained.



Calling all parents! Saturday, April 22, 2023

Join us for an evening of good food and conversation.

The Melting Pot, 255 W Golf Road, Schaumburg

6:30 p.m - 9:30 p.m. • Cost: \$25 per person
actual cost is higher and covered by UPS for DownS

Space is limited. RSVP by April 15 at:

<https://MeltingPotPNO.eventbrite.com>

Questions? Contact Colleen at ColleenDiamondPT@yahoo.com

FAMILY FRIDAY

Family Fridays are lit! This event is for families of infants and children with Down syndrome up to age 12 (and siblings of all ages).

FREE - but RSVP required

There will be pizza, drinks, a bounce house, tree house and many more fun activities.

E-mail colleendiamondpt@yahoo.com if you have any questions.

TIME: 6 p.m. - 8 p.m.

Friday, February 10

FFFebruary2023.eventbrite.com

Friday, March 3

FFMarch2023.eventbrite.com

Friday, April 14

FFApril2023.eventbrite.com

Friday, May 12

FFMay2023.eventbrite.com

Please join us for Family Friday

Buehler YMCA

1400 W. Northwest Highway, Palatine



27th Annual Holiday Party



UPS for Downs 27th Annual Holiday Party was a celebration not only for the holiday season, but also for the return to Conant, food, and fellowship. Thanks to all who attended and made the event so wonderful. A special thanks to those who volunteered by shopping, wrapping, decorating, or assisting the day of the party. This event would not be a success without you.

We hope to see everyone again next year! Mark your calendars for Sunday, December 3, 2023.



Drake Krohn
Chief Elf/Holiday Party coordinator



UPS for DownS proudly announces
2023 SCHOLARSHIPS FOR

\$5,500

- youth with Down syndrome
- siblings
- pursuing any degree
- pursuing therapy career
- must have personal/family connection to UPS for DownS

UPS for DownS will award four non-renewable Scholarships up to

\$1500

Tiffany Diamond Memorial Scholarship

- One \$1000 scholarship to an individual pursuing a therapy career.

UPS for DownS Sibling Scholarship

- One \$1500 scholarship to an individual who is pursuing a post secondary degree and is a sibling of a person with Down syndrome

Katie MacDonald Memorial Scholarships

- One \$1500 scholarship to individual with Down syndrome who is pursuing educational or job training opportunities
- One \$1500 scholarship to individual pursuing a post-secondary degree



IMPORTANT DATES:

Deadline to apply: April 1, 2023
Winners announced May 1, 2023

ANY QUESTIONS, CONTACT:

scholarship@upsfordowns.org

UPS for DownS

1070 S. Roselle Road
Schaumburg, IL 60193
847.891.2100

DOWNLOAD APPLICATION AT:

www.upsfordowns.org/scholarships

APPLICATIONS MUST BE SUBMITTED BY APRIL 1, 2023

Scholarships must be used within one year of date awarded.



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connect with us.

UPS for DownS Google Group:
tinyurl.com/ufdegroup

Facebook group:
www.facebook.com/groups/ufdexchange/

Facebook page:
www.facebook.com/upsfordowns

Twitter: @ups4downs or @CharityAthlete

The UPS for DownS Theatre Company presents the timeless classic:

Disney BEAUTY AND THE BEAST

Performances feature actors with and without Down syndrome. Several roles are double cast with one actor playing a character in act 1 and another actor playing it in act 2.

Performances w at St. Viator High School, 1213 E. Oakton Street, Arlington Heights

Thursday, April 13 @ 7 p.m.

Friday, April 14 @ 7 p.m.

Saturday, April 15 @ 6 p.m.

Sunday, April 16 @ 2 p.m.

\$17 single ticket General Admission

\$50 nontransferable All Show Pass

ONLINE BOX OFFICE OPENS WEDNESDAY, MARCH 1, 2023

<https://UFDBATB.eventbrite.com>