

# The CIDSOS News

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## 3rd Annual CIDSOS Buddy Walk

*"A Brighter Tomorrow"*

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**Social Chair:**

Judy Bates



### *Putting Our Funds to Good Use*

The main focus for the Buddy Walk has always been awareness. With the community's generous support, we have also raised money for CIDSOS at this event. CIDSOS is working on developing a progressive literacy program and proceeds from the Buddy Walk will go towards supporting this new initiative. Our goal is to enable all people with Down syndrome in the area the opportunity to develop or enhance their reading skills.

### *Time For Teams*

This year our focus will be on teams. We are hoping

for not only teams of families and friends, but also teams from various businesses and organizations throughout the community. The deadline to submit team names to be included on the shirts is **August 1st**. You will need to notify Dawn of your team name. If you miss this deadline, don't dispirit. You can still have a team. You may also want to think about starting a team with your work, church or school.

It would be a lot of fun to see a lot of teams with different themes at the walk. An example of how I am going to "round up" team members is enclosed. Please feel free to modify this idea for your team, or down right copy it if you like.

### *We Need You!*

In order to make this event

a success, we need your help. You are our biggest Advertising Asset. We need you to tell everyone you know about our walk. Invite people to join you for the walk, ask if your employer, church, school, or organization would be interested in forming a team.

Enclosed you will find a registration brochure and flyer that we hope you will post around your town. If you would like additional flyers, you can contact Dawn or just download the PDF from the CIDSOS website. Registration brochures can also be downloaded from the site, photocopied as needed, or requested from Dawn.

Your participation is vital to the success of this event. With your help, we can make a real difference in this community.

## *Inching Along, A Celebration of Triumphs*

I would like to start a feature celebrating personal triumphs. Please let me know about anything from first steps or first tantrum-free hair cut to a graduation, new job, or improved test score which I can feature in the newsletter. An event does not have to be momentous for anyone other than your family but others are likely to relate and share your joy. Sometimes our progress is measured in inches, not miles. Let's celebrate every inch of the way! Send triumphs to dawnmattia@yahoo.com or call 750-9164

## *Social Security Benefits*

Individuals with Down syndrome are automatically considered disabled by the Social Security Administration may be eligible for Social Security benefits under two different programs.

**Supplemental Security Income (SSI)** makes monthly payments to children under age 18 who meet the definition of disability and if his or her family's income and resources fall within eligibility limits.

**Social Security Disability Insurance (SSDI)** pays benefits to adults who have a disability that began as a child. Even if your family's income and resources were too high for your child to qualify for SSI, they may be eligible for SSDI after their 18th birthday as the qualifications are different.

To find out if you or your child qualifies for Social Security Benefits, you can go to the web site at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call the local Social Security Office at 662-1836.

## *Making Plans:*

*A Financial Guide for People with Down Syndrome and Their Families* is a 64-page book uniquely designed to present financial information to two audiences: individuals with Down syndrome and their parents or caregivers. The information is presented in separate sections of the guide that correspond in subject matter but differ in complexity and degree of detail.

Through their SpecialCare program, Massachusetts Mutual Life Insurance Company (MassMutual) helps make a difference in the quality of life for people with disabilities and other special needs and their families and caregivers. This program was specifically designed so families can read it together and establish financial goals for the future, manage finances so that goals can become a reality, and learn how to use the resources and laws that enable people with disabilities to lead fulfilling lives.

"There is a greater possibility than ever before that people Down syndrome will outlive their parents, and they must be able to manage their own finances and make their own decisions to the greatest extent possible," says Brent Neiser, director of Collaborative Programs at NEFE. "We are providing information to support this endeavor at a time when it is most relevant"

In Part One of the guide, designed for individuals with Down syndrome, large type and simple language are used to present basic information on goal setting, money management, employment and living options, government assistance and legal concerns for long-term planning. This section contains worksheets, reviews and quizzes. Part Two, designed for caregivers and parents, describes how to teach money management skills, provides tips for specific situations, and emphasizes that parents must consider their own needs and financial limitations in preparing their child for independence.

Copies can also be ordered free of charge by contacting NDSS at (800) 221-4602 or through e-mail at [info@ndss.org](mailto:info@ndss.org)

## *CIDSO Annual Picnic*

**What:** Picnic in the Park

**When:** August 25th, 5:00 pm to 8:00 pm

**Where:** Fairview Park Shelter

**What to bring:**

A side dish or dessert to share and a towel if you want to share in the water fun.

**What will be provided:**

The main course, drinks, table setting and WATER BALLOONS!

**What do you need to do:** RSVP to Judy Bates at 726-1145 or [mudbug1939@netzero.com](mailto:mudbug1939@netzero.com)



## *Mark the Date:*

**August 1:**

*Buddy Walk Team  
Names Due*

**August 3-5:**

*NDSC Conference  
Kansas City, MO*

**August 25:**

*CIDSO Picnic @  
Fairview Park*

**September 4:**

*Buddy Walk Pre-  
registration Due*

**September 29:**

*Buddy Walk*

### **Disclaimer Policy**

The editor of this newsletter writes as a non-professional. CIDSO does not promote any therapy, treatment, institution or professional system, etc. Please discuss specific concerns with your health care professional.