



HEART STRINGS

A bi-monthly publication for families and friends enriched
with the Down syndrome connection.

Our children and adults with
Down syndrome are the heart of
our organization - and our most
precious gifts.

March/April 2008

Message from Executive Director

It's that time of year when we start dreaming of sunshine and warmer days. Of course, Mother Nature has a mind of its own, so we can only hope it will come sooner rather than later....but certainly in time for our Easter EGGstravaganza!

You may have read the recent article in the Messenger-Inquirer about how adults with developmental disabilities are outliving their parents or their elderly parents are having to care for them. It painted a bleak picture, focusing on worst case scenarios. However, it is a real concern that parents must give careful thought and consideration when making plans for the future.

In this issue of *Heart Strings* is an inspiring story about Mark Vollman and the struggles he and his family have faced in the last 2 years since his stroke. Find out what helped them get through the tough times.

No one can predict what is going to happen to our children, just like they can't predict what is going to happen to me or you. We must do our best to plan for the future, but enjoy each day for what it is, because none of us have the promise of tomorrow.

Please keep the following individuals in your thoughts and prayers:

Tiffany Adams was able to come home in January after 2 months in the hospital with pneumonia and influenza B. She is doing well and only requires oxygen at night.

Heather Sutton was released from the hospital in January and is slowly getting back on her feet with the help of home therapies.

Jonah Edge will be having another airway surgery on March 17 in Cincinnati. To stay updated on his progress, visit his mom's online journal at: www.caringbridge/visit/jonahedge

Luke Stone recently had dental surgery that required 8 crowns, 2 fillings, and 4 extractions.

Kelsey Dueker had surgery in February to repair her ear drum.

Krystyn Randolph is having difficulty walking again. She is currently waiting test results from an MRI.

Be sure and check the Calendar of Events for upcoming GRADSA activities. Hope to see you soon!

Cindy Huston

Calendar of Events

Computer Software Programs - Thursday, March 20, 6:00 p.m.

DCPS Learning Center, 1700 Parrish Plaza Drive, Owensboro
Sarah Harpe, OT with the Daviess County Public Schools, will have the computer lab available for parents to browse the various computer software programs available. Snacks and refreshments will be available. **Please RSVP to Cindy Huston.**

Easter EGGstravaganza - Saturday, March 22, 10:00 a.m. - Noon

Family YMCA (2nd floor), 900 Kentucky Parkway, Owensboro
Join us for a fun-filled gathering, complete with a visit from the Easter Bunny! Weather permitting, an egg hunt will be held in the outdoor playground for children with Down syndrome (13 and under) and their siblings (10 and under). Snacks & refreshments will be available. **Please RSVP to Cindy Huston.**

Changing Lives: Down Syndrome and the Health Care Professional - Wednesday, April 9, 12:30 - 1:30 p.m.

Methodist Hospital, 1305 North Elm Street, Henderson
Garah Wright, M.D., and mother of Levi, who has Down syndrome, will present a Grand Rounds training to health care professionals on the medical and developmental needs of people with Down syndrome and tips on how to present the diagnosis in a more positive way. **To register, contact Kelly Edmondson at (270) 827-7565 or kedmondson@methodisthospital.net**

Moms Night Out - Saturday, April 12, 5:00 - ?

Springs Conference Center, 2200 E. Parrish Avenue, Owensboro
Join us for a night of fun and fellowship. We'll play Bunko, enjoy appetizers and refreshments, talk with old friends and meet some new ones! **Please RSVP to Cindy Huston.**

Adult Medical Issues - Saturday, April 19, 8:00 a.m. - 12:00 p.m.

Kentucky Wesleyan College, Rogers Hall (Winchester Center), Owensboro
Dr. Waldon Garriss, M.D., with the Adult Down Syndrome Program at the Vanderbilt Medical Center, will be on hand to discuss common medical issues in adults with Down syndrome. **If you have specific questions, please let us know prior to the workshop. A light breakfast will be served from 8:00 - 9:00 a.m. Please RSVP to Cindy Huston.**

Assistive Technology - Thursday, May 8, 6:00 p.m.

Wendell Foster Center, 815 Triplett Street, Owensboro
Kris Hayes, Coordinator of the Western Kentucky Assistive Technology Center (WKATC), will take us on a tour of the center, which houses developmental toys, positioning tools, speech devices, and computer gadgets that can enhance sensory adaptation, speech skills, and cognitive ability. Families are allowed to borrow items to use for a short time or test-drive new products before deciding whether to purchase it. Snacks and refreshments will be available. **Please RSVP to Cindy Huston.**

Dad's Golf Outing - TBA (May or June)

Dust off those clubs and get ready for a day on the greens.

News

The Buddy Baseball League is for individuals with physical or mental disabilities ages 5 - 20.



The Brescia University baseball players and the Owensboro Oilers have committed to being buddies/coaches for every player. Tentatively, the season will run during June-July and games will be played at the Cliff Hagan Boys & Girls Club. **Sign-ups will be held on March 14 from 6:00 p.m. - 8:00 p.m. at Lewis Lane Baptist Church Gym.** For more information, contact Billy Shain at (270) 315-9925 or email: bshain@omuonline.net.

Calling all GRADUATES! We want to hear your story! GRADSA is interested in publishing stories in the May/June issue of *Heart Strings* about people with Down syndrome who are graduating from high school in 2007. We would like to celebrate with you as you mark this important milestone. Please submit your story and tell us about your school, friends, family, and plans for the future. We would also love to publish a graduation photo with your story. **Stories should be submitted to GRADSA by April 15, by mail or e-mail (info@gradsa.org).**



Dream Riders of Kentucky provides therapeutic and recreational horseback riding for individuals with physical or mental disabilities.



They will be offering two 12-week riding sessions beginning in April. Children with Down syndrome may begin riding at 3 years old and must have a cervical spine x-ray before participating. **For more information, contact Mike Clark at 929-8833 or Suzy Higdon at 993-5608.**

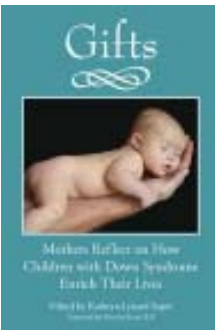
The Green River Area TOP Soccer program is for youth ages 5-18 with physical or mental disabilities. Each player is paired with an athlete from a local college or high school team. The spring session will be held March 17 - April 28 at KWC's Soccer Complex. **For more information, contact Mike or Peggy Ranney at (270) 684-1155 or email: mranney@omuonline.net**



GRADSA is collaborating with other Down syndrome groups in Kentucky to apply for a **specialized license plate promoting Down syndrome awareness.** In order to receive approval for the specialty plate, we must have 900 people willing to purchase the plate at \$28 each. **Please let us know by April 30, 2008, if you would commit to purchasing the license plate by calling (270) 771-4945 or email: info@gradsa.org.**

The Vanderbilt University Kennedy Center for Research on Human Development is conducting a study of pulmonary hypertension in people with Down syndrome. They need individuals with Down syndrome ages 6 months and up, with a special interest in the adult population. The researchers will provide the participant with a free heart ultrasound and will ask for a blood sample. The research will be strictly confidential. **For more information, please contact Dr. Kimberly Vera at (615) 831-6166 or Kimberly.Vera@vanderbilt.edu.**

Stories for the second volume of GIFTS are being accepted until June 1, 2008. While the first volume featured mother's accounts of adjusting to their child's diagnosis, this volume will feature stories that offer other perspectives and experiences from parents, siblings, grandparents, friends, neighbors, caregivers, teachers, doctors, and therapists. They are especially interested in stories about school-age children, adolescents, and adults. Stories should describe how an individual with Down syndrome has enriched your life with one of the following gifts:



Peace - Describe how this individual exemplifies healthy acceptance of self, of others, and of life in general. How has he or she helped you to make peace with the circumstances of your life?

Courage - Describe how this individual has shown courage in the face of difficulty. What has he or she taught you about meeting life's challenges?

Friendship - Describe what this individual has taught you about being a true friend. How does he or she exemplify the values of kindness, cooperation, and/or trust?

Awareness - Describe how this individual has opened your eyes. As a result of your relationship with him or her, what truths do you now understand? What beauties can you now see?

Joy - Describe how this individual brightens your day. How has he or she brought love, laughter, and/or happiness into your life?

Stories must contain a clear main idea supported by examples, have a descriptive title, an engaging beginning, and a concise, memorable ending. Submissions must be typewritten in plain, 12 point font, single spaced, between 500-2,000 words, using a word processing program. Leave an empty line between paragraphs, do not indent or use any tabs. In the upper left corner of the first page include: full name, street address, phone number, email address, story title, and word count. Do not send as an attachment. Copy your entire file and paste it into the body of an email, putting your last name and the title of the story in the email subject line (i.e. mylastname_mystorytitle). **Send the email to: giftsds2@segullah.org. You will be notified by email regarding your submission's status by January 1, 2009. If you have questions, please contact Kathryn Lynard Soper at kathryn_soper@segullah.org**

**GRADSA members
danced the night away
at the annual
Valentine's Dance.**



Aaron Shoemaker and his sister **Melissa** enjoy a slow dance together.



Dana Hamilton dances to the song **YMCA**.



Alan Wood always has a good time at the dance.



Denise Howard dances with a friend.



Adrienne Free takes a break.



Chris Hagan and a friend having a good time.



Michael Smith and **Shannon Mahoney** danced the night away.

Faith, Family, and Friends

Mark Vollman has been overcoming obstacles with determination and a great attitude his entire life. Mark and his parents, Robert and Mary Pearl, say the last two years, however, have been the most challenging as Mark has been recovering from a stroke. They say their strong faith in God and maintaining a lively sense of humor, along with the support of many friends, has helped them through it.



Mark and his parents at the 2007 Buddy Walk.

Mark has endured his share of medical problems along the way. He was hospitalized with pneumonia at just 13 months old. When he was 4 years old, he was hospitalized 5 times with pneumonia, bronchitis and heart failure from a hole in his heart. However, his doctor did not think he would benefit from heart surgery.

Robert and Mary Pearl kept both their boys involved in community and social activities. Mark attended regular Catholic religious education classes along with his peers. He made his First Holy Communion at age 9 and his Confirmation several years later.

From the age of 5 to age 21, he attended The Mattingly School for Handicapped Children in Owensboro and graduated in 1981. After high school, he joined the Opportunity Center which also had a sheltered workshop. After an evaluation, Mark qualified for employment training with job coaching. His first job was at Pinnocchio's Restaurant, where persons with disabilities could work for 6 months at a time. After the 6 months were up, Mark refused to return to the Opportunity Center because he wanted to continue working in the community.



Mark hit his knees in prayer after learning of the death of Pope John Paul II.

About a year later, he and his mother attended a mass for individuals with disabilities in Madisonville. They spoke with Bishop John McRaith, who was impressed with Mark and wanted to help him find a satisfying job in a good environment. Mark was soon hired at the Catholic Pastoral Center where he learned to sort mail, perform light janitorial duties, and other miscellaneous jobs. Mark was thrilled to have a full-time job, with his own desk and computer. He dressed in casual business attire and carried a briefcase to work every day. He was very proud of his new career. One of his passions was helping ministries that served minorities, especially the Spanish and African American populations. He loved all his new friends at the Pastoral Center, especially Bishop John McRaith, Sr. Joseph Angela, and Patty Blair, who helped mentor and advise him over the years.



Mark performing his duties as Altar Server at the 2006 Chrism Mass.

Shortly after starting work at the Pastoral Center, Mark received training to become an altar server where he has assisted the Bishop each year at the annual Chrism Mass and all masses at the Pastoral Center Chapel. Mark's duties included holding the Book of Gospels for the Bishop to read from, handing oil and water to him during communion preparation and other duties as the mass progressed. Mark had to pay close attention to the

Bishop for subtle gestures that he was needed to hold or retrieve something or move to another position at any moment. Mark always cherished being an altar server for the Bishop.

At 23, Mark earned the rank of Eagle Scout, the highest rank in the Boy Scouts. He thanks his dad, Robert, who served as scout leader and helped mentor his son and other scouts through the years. Mary Pearl says being in Boy Scouts taught Mark about the values of community service and the rewards of team work. He also gained self esteem from the various crafts and activities he participated in.



Mark and Bishop McRaith during his Rehab.

When he was a teenager, Mark started attending Camp MARC for one week every summer. Camp MARC, located at Land Between the Lakes, is a summer camp for people with disabilities. He enjoyed fishing, canoeing, camping and numerous camp activities.

Mark also participated in Special Olympics for 35 years in track & field, softball, basketball and golf. He accumulated many trophies, ribbons and awards. Most importantly, says Mary Pearl, he accumulated friends and enjoyed being part of the team.

For the past 15 years, he has been a member of the Catholic based group called SPRED (Special Religious Education). Mark continues to attend monthly meetings with his friends Shawn Riney, Michael Smith, Denise Howard, Neil Sweeney, Erin Clark and Shannon Mahoney. They enjoy activities, outings, and studies about their faith and relationship with God.

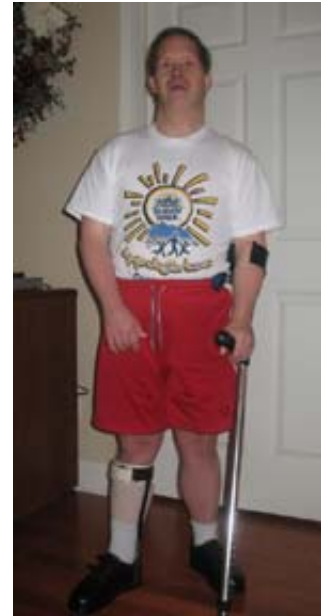
Through the years, his supportive and loving parents, family, and friends have helped advocate and mentor Mark through many life experiences. Mark's own strength of character, positive attitude and special charm helped him face and conquer many obstacles.

On May 11, 2006, at the age of 45, Mark's life suddenly became more challenging than he or his loved ones could have imagined. He experienced a stroke caused by an aneurysm in his brain resulting in the right side of his body being paralyzed. Mark recalls how he fell down in the bathroom and couldn't feel his arm or leg. He spent 6 weeks in hospital rehabilitation, both in Lexington and Owensboro, then returned home with his parents to start outpatient rehab. Mark had to slowly relearn how to use the right side of his body to sit, stand and walk again.

His mother recalls he had some periods of discouragement, but overall his spirits and faith remained highly intact. If you ask Mark about his experience, he chooses to think on the positive aspects and doesn't dwell on the hardship or the pain. Instead, he tells you about all the friends and family members who visited him in the hospital and the nightly milkshakes from the staff in Rehab.

Nearly 2 years later, Mark has regained much, but not all, of the use of his arm, hand and leg. He has learned to walk again using a leg brace and a cane. As part of his home exercise program, Mark faithfully walks a complete circle from the living room to the dining room and kitchen, 30 times a day, every day. His dad gave him a counter that he carries in his pocket to click off each trip. He currently attends weekly aqua therapy and recently started back in outpatient physical and occupational therapy for more strengthening of his arm and leg. Mark is very committed to his walking routine, but admits he hates exercises or stretches, exclaiming "Oh, Man!" when the time comes to do them.

During almost 2 years of rehab, Mark was visited frequently by many people including his brother and his family, friends from church, SPRED, Special Olympics, and his very good friends Bishop John McRaith and Sr. Joseph Angela, and many other co-workers from the Pastoral Center. Mary Pearl and Robert agree that this was as important to his rehabilitation as the actual therapies were.



In September of last year, Mark returned to work at the Catholic Pastoral Center on a part-time basis. His current supervisor, Mike Bogden, and other co-workers, are glad to have him back. They agree that Mark has greatly enriched their work environment with his loving attitude, his acceptance of everyone, his sense of humor, and his uncanny ability to bring a smile to anyone he meets. A special mass and celebration was scheduled for February 13 at St. Stephens Cathedral to celebrate Mark's 24th anniversary at the Pastoral Center, but had to be postponed due to weather.



Mark was happy to get back to work at the Pastoral Center.

Among his many remarkable achievements, Mark was also commissioned as a Kentucky Colonel, not once, but twice! The first time was in 1997 from Gov. Paul Patton, after receiving his Eagle Scout rank. The second time was in 2006 from Gov. Ernie Fletcher during his hospitalization.

Mark lives in Owensboro with his parents and attends Immaculate Catholic Church weekly. When at home, he enjoys UK and Louisville basketball games on TV as well as movies on his DVD player.

Thanks to supportive parents, family and friends, as well as his own strengths and enduring attitude, Mark has always enjoyed an active lifestyle with involvement in many activities. Everyone who knows Mark will say he has a way of making everyone feel special, loved and blessed to know him. Mark continues to have a great outlook on life and an even greater positive impact on his world.

Special thanks to Deanna Isbill for putting this article together!

A Reason to Celebrate

GRADSA invites its readers to share their reasons for celebrating! Please send your submission to P.O. Box 2031, Owensboro, KY 42302, or email: info@gradsa.org

Landon and Luca Marsh were born on August 23, 2007, at St. Mary's in Evansville. They are the sons of John Marsh



Jr. and Crystal O'Hara of Bicknell, Indiana. The twins were proudly welcomed by their Kentucky family members: Grandparents John and Donna Marsh of Sturgis, The Duncan Family (Johnny, Tina, Tasha, Chris, and Justin) from Uniontown, and Aunt Belinda Brooks from Sturgis.

The family found out through a sonogram that one of the twins had Down syndrome. When the boys were born, it was love at first sight. Luca has made so much progress in the last several months. Both boys are doing great, growing and starting to cut teeth, and making noises. They are such a joy to our family. It has been 14 years since there has been a baby in the family so they are going to be very spoiled!

The family would like to thank GRADSA, SMILE of Evansville, and the Indiana Down Syndrome Foundation for their support.

Since leaving Owensboro in the summer of 2005, we've been pretty busy. First we moved to Connecticut where Abbey attended an all day special education pre-school class. The first winter in CT was tough because Abbey had pneumonia and RSV and ended up in the hospital a few times. The following year brought much more improvement. We were able to enjoy the beautiful New England Autumn and Abbey loved playing in the snow. The next exciting thing that happened was a new baby brother joined Abbey and Alex. Andrew was born in August of 2007. Then another big change...we moved to Michigan last November. Abbey now goes to a special ed pre-k program and loves school. We're learning a lot of new things about the special education system and how important and difficult it is to write a good IEP. **Abbey's health is doing great and she only has to see the cardiologist once per year now.** Abbey loves to play with her little brothers, read books, watch the Wiggles on TV, and go to gymnastics at the YMCA. We miss GRADSA and enjoy keeping up with what's going on by reading the newsletter. We'd love to hear from you...our e-mail address is srgarvin@gmail.com and visit our blog at www.stevegarvin.blogspot.com to keep up with what we're up to.



The Garvin Family – Steve, Kim, Abbey, Alex and Andrew

I guess you can say I grew up very blessed. As a child I was involved in lots of extra curricular activities such as basketball, softball, girl scouts, etc. It is only natural that when my own children were born I wanted the same things for them. Little did



I know that having a child with Down syndrome would change so many "dreams" I had for their futures. However, many of those dreams have already been met successfully.

Mitchell is only 6 years old and already we have played t-ball at the public park for three years and basketball at the YMCA for two years. If anything, our experience with these "typical" activities has been awesome. With all the violence and hatred that seems to be going on in the world, the people in our own "backyard" have blessed us hundreds of times over. The coaches have been more than willing to take a few extra seconds to show Mitchell how to hold the bat or give him a turn at shooting some hoops. We have participated in Kindermusik, developmental playgroups and lots of other church related activities. Because of Mitchell's small size, both the basketball and t-ball programs have been willing to let him play with the younger groups for two extra years. This was a great opportunity for him to continue enjoying the sports that he loves so dearly. **This year, Mitchell was one of the best on his team at dribbling!** I do not know what the future will hold, but so far, it has been a great ride!!

Heather Hensley

2007 Annual Report

A Place to Grow

GRADSA has experienced tremendous growth in the last several years, both in membership and in services. We welcome this growth and feel a strong responsibility to remain accessible and responsive to our members. To give you a sense of GRADSA's impact, please read the words below from a few of our members:

I really enjoy GRADSA and all they do for our family. I look forward to the newsletter and social events as well as educational seminars. Thank you for all your hard work!

Thank you will never be enough to convey our gratitude for your support while our son was in the hospital.

I wanted to let you know that I am deeply moved by what GRADSA is doing. I love the newsletter and think all of you are to be commended for your devotion to our children and for all the good things you're doing.

Thanks for all you do to support educators. This workshop helped me to see a child with Down syndrome as a person first with the ability to learn at their own pace.

A Place to Belong

GRADSA hosts social events to give children, teens, and adults with Down syndrome and their families the opportunity to socialize, share resources and make lasting connections. These events help everyone involved gain confidence that any challenges related to Down syndrome can be overcome. We hosted a Valentine's Dance, Easter EGGstravaganza, Pool Party, Holiday World Outing, Christmas Party, and Mom's and Dad's Nights Out. GRADSA spent 23% of its budget on social activities.



A Place to Learn

- * GRADSA offered four educational workshops - Educational Advocacy, Medical & Behavior Issues, Home and Community Based Waiver Program, and Out-of-the-Box Reading Program. We assisted 12 families in purchasing the Out-of-the-Box reading program for their child.
 - * Purchased 9 additions for the Resource Library.
 - * Served 20 families in the early childhood program by providing educational books, therapy balls, mirrors, bumbo chairs, horn and straw programs, and sign language videos.
 - * Provided stipends for 7 parents to attend a state conference on Down syndrome.
 - * Hosted an Education Fair which provided 21 families with their choice of an educational book or product.
 - * With the assistance of a grant from Build-a-Bear Corporation, we distributed 70 copies of *Everyone Counts*, a disability awareness curriculum for grades K-5, to all elementary schools in the 7-county area.
 - * Provided support to 14 families through the Hospital Outreach program.
 - * Published 7 issues of Heart Strings that were mailed to more than 300 families, professionals, and educators.
 - * Maintained a website (www.gradsa.org) with information about our organization.
- GRADSA spent 28% of its budget on Education/Outreach.



Changing Communities

The Buddy Walk is held each year in October to celebrate National Down Syndrome Awareness Month. This community event is designed to promote acceptance and inclusion for individuals with Down syndrome. Over 1,000 people **UNITED** in support of our "heroes" who have Down syndrome. GRADSA spent 21% of its budget on public awareness.



Working Together

Since GRADSA is a service-driven organization, providing the many programs and services is very labor-intensive. It requires the leadership of an Executive Director, committed board members, and dedicated volunteers that serve on various committees. GRADSA spent 20% of its budget on contract labor and 8% on miscellaneous expenses (i.e. liability insurance, office supplies, postage, membership dues, etc.)

A Community of Partners

We are proud to be affiliated with the National Down Syndrome Society, the National Down Syndrome Congress, and the Owensboro Chamber of Commerce. The work of GRADSA would not be possible without the financial and moral support of individuals, businesses, and other community organizations. We greatly appreciate those who supported GRADSA in 2007.

Building Upon Success

As we look toward the future, we will continue to take a leadership role and work collaboratively with others to improve the quality of life for individuals with Down syndrome. While our goal is to support individuals with Down syndrome and their families, we also want to empower them to realize a bright future for their child. We hope you will join us.

March/April Birthdays

Matthew Cook, 10 years old on March 17
Tatum Edge, 2 years old on March 6
Adrienne Free, 21 years old on March 21
Judy Haggard, 55 years old on April 7
Leland Isbill, 10 years old on April 30
Seth Johnson, 6 years old on April 13
Robbie Sherrard, 4 years old on April 13
Roy Taylor, 15 years old on April 2
Jonathan Uhr, 14 years old on April 25
Peyton VanMeter, 14 years old on April 13
Elliott Williams, 4 years old on March 19
Sam Winstead, 8 years old on March 24



Judy Haggard will be 55 years old on April 7. Despite some health issues over the last few years, Judy is doing well. She loves being around people and is

comfortable and happy with her daily routines. **HAPPY BIRTHDAY JUDY!**

Fazoli's Birthday Club - Fazoli's, 5060 Frederica Street, is treating individuals with Down syndrome to a free meal to celebrate their birthday. Children ages 12 & under can choose a kids meal while teens & adults have their choice of a small spaghetti with marinara or meat sauce. To receive your free meal, show this column to the cashier during the month of your birthday.

Mission Statement

GRADSA's mission is to enable families enriched with the Down syndrome connection to share resources, build friendships and advocate together for the future of individuals with Down syndrome.

Services

GRADSA, an affiliate of the National Down Syndrome Society and the National Down Syndrome Congress, is a non-profit, 501(c)3 organization that provides its members with a bi-monthly newsletter, educational workshops, social activities, a website (www.gradsa.org), a new parent outreach program, and a hospital outreach program. There are no membership fees to join.

Policy Statement

GRADSA does not promote or endorse any specific therapy, treatment, or educational setting. We provide a variety of information and viewpoints, however, each family must make an individual choice.

Printing of Articles

GRADSA welcomes articles from parents, professionals, and other interested parties. Material for consideration should be sent to Cindy Huston. Articles written for *Heart Strings* may be reproduced if credit is given to the author and GRADSA. Permission to reprint articles not original to *Heart Strings* should be acquired from the original source.

Board Members

Matthew Williams, *President*

Home: (270) 689-1695

Cell: (270) 929-6348

E-mail: Matthew.Williams@aleris.com

Stephanie Stickler Smith, *Pres.-Elect*

Phone: (270) 683-9100

E-mail: sticklersl@omu.org

Michele Cecil, Director

Steve Hagan, Director

Tony Hamilton, Director

Deanna Isbill, Director

Lori Marksberry, Director

Jamie Mullins, Director

Tonya Murphy, Director

Paul Puckett, Director

Brenda Walker, Director

Cindy Huston, *Executive Director*

Home: (270) 771-4945

Cell: (270) 314-3676

E-mail: info@gradsa.org

The next board meeting will be held on Monday, March 24, 5:30 p.m., at the Family YMCA. All board meetings are open to the general membership.

MOVING? Don't miss an issue of *Heart Strings* due to an address change! Please call or email us to update your information. Thanks!

To discontinue your subscription to this publication, please email us at: info@gradsa.org

P.O. Box 2031
Owensboro, KY 42302

GRADSA
GREEN RIVER AREA
DOWN SYNDROME ASSOCIATION

