Winter 2020 Newsletter

DSAHV is Actively Seeking Volunteers:

If you are interested in joining our team and learning more about the responsibilities of our Board please email info@dsahv.org. Meetings occur monthly and are held on weeknights from 6:30-8:30pm. Locations currently vary between Dutchess and Ulster Counties.

Meet our Board Members:

Michael Suarez - President
Tammy Windheim - Secretary
Maha Golden
Amy Jett
Bonnie Ann Dombroski
Christa Wicklund - Self Advocate
Jessica Doering – Self Advocate
Jason Gehlert – Program Coordinator
Ashley Quitoni – Membership Coordinator
Tammy Gehlert- Educational Coach

This Newsletter is funded in part by a NYS Family Services Support (FSS) grant from OPWDD
As a member in good standing (Dues January-December) with the Down Syndrome Association Hudson Valley, you are entitled to vote for board members and for titled positions as well. Below is a brief biography of our potential board members. Please read through them and on the last page make your selections.

You can mail ballots to DSAHV, PO Box 161, Hopewell Junction NY 12533. Please note, you are more than welcome to come to meetings. We alternate our meetings between Dutchess and Ulster County. We meet the second Monday of each month and they usually start at 6:45pm. Please email info@dsahv.org to see the time and date of the next meeting.

Maha {Board Member acting as President}
My name is Maha Anand Golden, and most people just call me "Maha." I am a wife, a lactation consultant and an Occupational Therapist, all for a long time! I work in Early Intervention with medically fragile babies and their families, and do coverage in a rehab facility. I came to the special needs population from working in a state facility, and fell in love with a little girl who had DS and had been given to the facility for her home. From that time, children and families with that diagnosis have been close to my heart. I have been on the board of DSAHV and envision this as an opportunity to be a resource for DS families and a means to provide the medical community with accurate information when this diagnosis becomes a factor in pregnancy, birth and pediatric care. I look forward to continuing this service.

Bonnie Ann Dombroski- {Board Member acting as Vice-President}
Bonnie has been a member of DSAHV since 2013. Bonnie graduated from the University of Central Florida with a Bachelor of Science in Nursing in 1984. She is a founding member of the Down Syndrome Association of Central Florida, after Christa’s birth in 1991. Bonnie has been an advocate for people with Down Syndrome ever since, and joined the board for the DSAHV in 2018. Her main areas of focus are new parent support, baby baskets, and community awareness and education. Bonnie is married and has six young adult children.

Tammy Windheim- {Treasurer}
The Hudson Valley has been where I have called home for most of my life. Bob and I have raised five children here. The oldest Jessica 34, was born with trisomy 21. John, 33, and his wife have blessed us with two grandchildren, Bernadette, 25, Corin, 24, and the youngest, Mary, 21. I have a degree in Business Administration. After 31 years I retired from IBM and now work in the field of caring for others. In some capacity I have been involved with DSAHV since my oldest daughter was born. Either as member on the mailing list, volunteer, or Board representative. I have been involved in financial grant reporting for two years and assist in the maintenance of DSAHV accounts. This term I am seeking a position on the Board as Treasurer.

Amy Jett- {Secretary}
I live in Rosendale with my husband Aaron and our two beautiful, chaotic children Abby, age 8 and Wesley, age 4. Our son Wesley was diagnosed with Down Syndrome at birth. Throughout our journey Wesley always reminds us to smile and to appreciate milestones (watching him walk on his own for the first time last year). He has lead us to many people and families that have taught us so much. I have become a stronger parent and I have learned many things about myself. I am not afraid to advocate for my child, I ask a lot of questions, I enjoy learning from others, and my crazy organizational skills are now put to use with our monthly color coded calendars. In addition to being a wife and mother I am also a Speech-Language Pathologist. I went to school at SUNY New Paltz where I majored in Communication Disorders. After I finished with my degree I worked with young children receiving Early Intervention services. I currently work full time for the New Paltz School District. I enjoy working with my students and they are always teaching me new things. When I am not busy with work or my family and I run across this myth known as free time I enjoy listening to music, baking, and watching movies. Being a part of the Down Syndrome Association of the Hudson Valley is very rewarding. As a Board Member I am able to present ideas, help with events, and make decisions that impact families and the Down Syndrome community. As secretary I would be sure to take thorough notes during meetings. I hope I am able to use my skills to make a positive contribution to the Down Syndrome Association of the Hudson Valley.
**Stephanie Labodin - {Board Member}**
I was born in 1985 in Tucson Arizona and soon moved to New York where I graduated from New Paltz High School in 2003. I started college at SUNY Cobleskill to study Early Childhood, but transferred back home and attended Ulster County Community College where I graduated with an Associate’s Degree in Independent Studies. I later attended Mount Saint Mary College in Newburgh NY where I graduated with a Bachelor’s Degree in Human Services. In addition to my schooling I also completed two internships, the first was at Ulster County Department of Social Services working with the NEXIS Department. Here I got the chance to learn how Social Workers and Case Workers work together to help children who have been the trauma. I also completed an internship at Ulster County Department of the Aging. During this internship I had the chance to learn about the elderly and their needs. I found that I had a soft spot for people in need so I worked as a Personal Care Aide for many years. I spent many years of my life taking care of people who were in need. In 2018 I gave birth to my third child, a little boy named James and we learned that he has Down Syndrome. The idea of my child being different was a hard one for me, but I fully believe that he will be fine in life and one way I can say that is by me, his mother being involved in organizations such as this one. I hope to become a part of this board and help in any way I can.

**John Aagaard - {Board Member}**
My name is John Aagaard and I have a daughter with down syndrome. I am a teacher in the Spackenkill school district. I have a wife and two girls at the age of 16 and 12. We are a part of the DSAHV. My family attends events including dances, fundraisers and other events. I am interested in being a board member on the DSAHV because I wish to continue to support children with down syndrome and their families.

**Laura Aagaard - {Board Member}**
My name is Laura Aagaard and I am a teacher in the Spackenkill School District. I have taught first and second grade and now provide academic intervention services to elementary students in both reading and math. I am a wife and have two beautiful girls; the youngest has down syndrome. Our family has been on a miraculous journey since her birth, as she has had a number of medical diagnoses through the years. As a member of the Down Syndrome Association for the past several years, I have had the opportunity to meet many other families and hear about their own amazing journeys. I hope that as a board member, my experiences with my own daughter can be a resource to others who may find themselves in similar situations.

**Jessica Doering - {Self Advocate}**
I am 34 years old. I want to serve on the board as a self-advocate because I have so many ideas that I’d like to share. I work part time at Batemans in Poughkeepsie and live in an apartment in Hopewell Junction. I feel that I have good people skills and I am good with children. That is why I’d like to be part of the DSAHV board.

**Christa Wicklund - {Self Advocate}**
Self advocate and board member since 2018. Christa graduated from Keller High School, Keller, Texas in 2011. She moved to the Hudson Valley in 2012 with her family, and has 2 brothers and 3 sisters. Christa currently is attending Dutchess Community College, and is part of the Think Ahead Program. She will graduate in May 2020. Christa is employed at Shear Love Salon, in Wappingers Falls. She also enjoys basketball, swimming and volunteering.
2020 Board Member Ballot

Board Members (Please choose 9)

___ Tammy Windheim  ___ Maha Golden
___ Bonnie Dombroski  ___ Amy Strickland Jett
___ Stephanie Labodin  ___ John Aagaard
___ Laura Aagaard  ___ Jessica Doering
___ Christa Wicklund

Running For President: (Please choose one)

___ Maha Golden or Other: ________________________________

Running For Vice President: (Please choose one)

___ Bonnie Dombroski or Other: ________________________________

Running for Secretary: (Please choose one)

___ Amy Strickland Jett or Other: ________________________________

Running for Treasurer: (Please choose one)

___ Tammy Windheim or Other: ________________________________

Running for Self-Advocate: (Please choose two)

___ Jessica Doering
___ Christa Wicklund
34th Annual Gala & Auction at The Lighthouse, Pier 61, Chelsea Piers, NYC. 
March 5th, 2020

We hope you will be able to join us for an exciting evening as NDSS honors Voya Financial to thank them for their ongoing support of our mission to be the leading human rights organization for all individuals with Down syndrome!

We are grateful for our partnership with Voya Financial and Voya Cares across our programs to create a more inclusive society for individuals with Down syndrome and other disabilities.

Over the past few years, Voya Financial has been a key supporter of many NDSS’ programs including our #DSWORKS® Employment Program, our C21: Unique Dining Experience pop-up restaurant and the recently launched CEO Commission on the US Future of Work for People with Disabilities. Voya has also introduced NDSS to unparalleled experiences including having Blake Pyron, the first Texas business owner with Down syndrome, to ring the opening bell at the New York Stock Exchange.

The Run for 3.21
March 19th, 2020 – March 21st, 2020

Join NDSS in 2020 at The Run for 3.21, a 250+ mile adventure from New York City to Washington DC. The run will bring together a team of self-advocates, athletes and allies in the NDSS community, working together to run, non-stop, from New York City to the steps of the Nation’s Capitol in Washington, DC. This amazing run will culminate World Down Syndrome Day and will showcase our mission: to enhance the quality of life for all people with Down syndrome, help them realize their aspirations and become valued members of welcoming communities.
The Education Coaches Committee is comprised of a small group of mothers and advocates for children with Down syndrome. Together they combine information and resources for families to enable both parents and children to make informed educational and work-related decisions. They meet monthly to collaborate ideas in order to provide accurate and current information to families. Their goal is to help individuals with Down syndrome obtain the resources they need to lead productive and independent lives.

DSAHV members are always welcome to come participate in the meetings. Please RSVP to Tammy at gehlert@dsahv.org

### 2020 Meeting Schedule

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<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>February 25, 2020</td>
<td>Panera Bread – Fishkill NY</td>
<td>4:30pm-6pm</td>
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<tr>
<td>March 24, 2020</td>
<td>Panera Bread – Fishkill, NY</td>
<td>4:30pm-6pm</td>
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<tr>
<td>April 28, 2020</td>
<td>Panera Bread – Fishkill, NY</td>
<td>4:30pm-6pm</td>
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I took a trip to Texas with my mom in June. It was a "Girls Only Trip." We went shopping, swimming, and out to dinner. We ate barbeque at Aunt Betsy's Retirement Party. The food and cake were really yummy! I was a hostess at the party, and helped my mom and her friends a lot!

I volunteered at St. Kateri’s Vacation Bible School. I helped the music teacher and we taught the children sign language to go along with the songs. That was in July.

In August I went to the Dutchess County Fair with my sister, Abbey and our friend, Erica. We also went to see the new movie, "Lion King." Then, my step dad and mom took me to the US Open Tennis Tournament in NYC. That was really cool! I really like tennis.

I started playing Special Olympics Basketball again in September. My Coach is Murphy Wilson. Now my sister, Abbey is helping coach our team too!

The Buddy Walk was in October, and my boss, Kathy Goodall and co-workers from Shear Love Salon were on my Team! That was a great day!
Thank you to our
2019 Buddy Walk Sponsors
World Down Syndrome Day
March 21st, 2020
Free Bowling and Pizza party on Saturday March 21st
At Pat Tarsio Lanes, Route 52, Newburgh NY.
Sign in at 12:30. Pizza and Juice at 1pm followed by
2 hrs of Bowling. All members and their families are
welcome! Please RSVP by March 15th to
info@dsahv.org
Email AQuitoni@dsahv.org for socks and books to
share with your child’s class.

Annual Family BBQ and Baseball Game
More information coming soon

2020 Buddy Walk
Sunday, October 4th
11am – 3pm
Renegades Stadium

PO Box 161
Hopewell Junction, NY 12533

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“Down Syndrome Association Hudson Valley”

Follow us on Twitter:
“DSAHV321”