When asked to write a note from the board I usually share about my family and our journey with UPS for DownS. But, this time I want to speak directly to those who define this organization – people.

UPS for DownS is all about people – our loved ones or our friends (or perhaps you) who have Down syndrome, our volunteers, our UPS for DownS leadership, and our community at large.

People with Down syndrome, whether young or old or in between are all welcome here. UPS for DownS is built for them and for those that love them. To you all – you have taught me about the importance of keeping expectations high, because you will exceed them every day. You have taught me about the barriers that this world builds to hold us in and the importance of overcoming these.

Registration for the 2023 UPS for DownS Holiday Party is now open! See flyer or go to link for more information.

2023ufdholidayparty.eventbrite.com

Sunday, December 3 at Conant High School
10:30 a.m. - 2 p.m.

REGISTRATION REQUIRED BY SUNDAY, NOVEMBER 12 FOR GUESTS TO RECEIVE GIFT FROM SANTA AT THE PARTY

Veronica was excited to harvest a green pepper at Garden Club.
At a glance...

Friday, September 8
Family Friday

Friday, September 22
Adult Social Club

Saturday, September 30
Grease Auditions

Tuesday, October 3
Grease Auditions

Friday, October 6
Family Friday

Sunday, October 8
Bank of America Chicago Marathon

Tuesday, October 10
Grease Cast/Family Meeting

Friday, October 20
Celestial Celebration
Dinner Dance

Sunday, November 12
RSVP DEADLINE for Holiday Party

Saturday, November 18
Holiday Party Shopping

Sunday, December 3
27th Annual Holiday Party

Barriers to continue to thrive and succeed. Each of you is uniquely talented and interesting. Each of you – determined to make your mark in this world. Each of you are loved by many. UPS for DownS, through our programming, much of which continued through COVID, is here for you – encouraging your journey to wherever it may be.

To the people who consistently and selflessly volunteer for UPS for DownS; you are the backbone of our organization. Without you, this organization would not exist. Many of you have regularly volunteered for twenty or even thirty years. You are all the nicest, most capable and sweetest people. And to all of you who have yet to volunteer, thank you in advance. We need and welcome you so we can continue to provide opportunities for families and people with Down syndrome.

I am so proud of the people in leadership, specifically our co-Presidents Terri Devine and Sandy Pazerunas, who masterfully led us through COVID, maintaining much of our programming by Zoom. We continued with social clubs, Parent Night Out, Theatre and Dinner Dance in our homes via Zoom. It wasn’t always easy, but it was amazing nonetheless!

To the UPS for DownS community: we need you. We need you to welcome all our families who may feel different, who are hoping to take part, who are always willing to lend a smile and service, but are not sure where to start. We continue to seek opportunities to share unique talents and personalities and love with one another.

Although it is hard to believe that one organization can have such outstanding, remarkable, accomplished, and kind people – UPS for DownS does. I am so proud to be associated with you all and to call you my friends. Thank you for being you.

Kindly,

Patty Raymond
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).

There will be pizza, drinks, and fun activities. **FREE** - but RSVP required

E-mail ColleenDallmeyerPT@gmail.com if you have any questions.

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Our three Schaumburg UPS for Downs Next Chapter Book Clubs were excited to invite author and illustrator, Billy O’Keefe to share his book, “My Dog Wasn’t Famous, But Let Me Tell You About Her Anyway” with us.

We gathered at a Panera bread in our community. Members loved meeting the author who had dinner with us and enjoyed sharing their “pet stories” with him.

Next, we read the book aloud, each taking a turn going round the table as we do in our clubs and learning from Billy the back story of each illustration or anecdote we read about his beloved dog, Nina.

Billy was gracious enough to donate and autograph a copy of his book for each member present. What a fantastic evening!
The UPS for DownS Healthy Living and Garden Club met weekly every Wednesday from May through August at Prince of Peace United Methodist Church in Elk Grove Village.

We alternated between gardening in the Lawson Living and Giving Garden and learning about food and healthy eating/living.

As dietitian and co-founder of the club, Susan Rizzo, wrote in their church bulletin:

“The sessions include planting and caring for raised beds where produce is grown for the Elk Grove Food Pantry, nutrition education sessions led by registered dietitians and fitness with Positive Affirmations led by our certified fitness instructor.”

This year UFD would like to recognize the following community individuals who contributed to an incredible experience for all the club members:

Garden Coordinators, Susan Rizzo and Cindy Marofske assisted the members with planting, watering, and harvesting our vegetables.

Nutrition Project Leaders, Becky Gradl and Kathy Stanislawski taught us about portion distortion, healthy drinks, “strange foods” food art and photography, and the importance of bees in our garden.

Physical Activity and Meditation Facilitator, Lori Neubauer led us in music inspired exercise, meditation, and a weekly affirmation at every class, and Jessica Craigmile, Registered Dietician and fitness guru who also...
Ahoy from The Parent Night Out crew who enjoyed a summer river cruise. No firm plans yet for next outing, but may have dinner with warm toddies and cookie exchange in December (or maybe warm cookies and a toddy exchange...?) Contact Colleen at colleendiamondpt@yahoo.com to be notified of upcoming dates!

The owners of Orange Theory Fitness, Marty Flanagan and Les Gerhke hosted a class for us at their studio in Roselle. The coaches worked with Lori to adapt exercises for those who needed accommodations. It was an amazing experience for all who attended.

The owner of Green Thumb Florist in Wood Dale, Jaimie Roberts-Duarte let us visit his floral shop and nursery and taught us how to re-pot leggy tomato plants. He also provided thousands of ladybugs to our garden so we could “organically” control pests.

Finally, we wish to recognize the Prince of Peace Church and the Community Gardeners for their many years of partnership.
27TH ANNUAL UPS FOR DOWNS
HOLIDAY PARTY
Sunday, December 3rd • 10:30 am to 2:00 pm
Conant High School • 700 E. Cougar Trail, Hoffman Estates

RSVP BY SUNDAY, NOVEMBER 12
2023ufdholidayparty.eventbrite.com

Food will be provided, but feel free to bring a dessert or special food item to share.

Names of adults: ____________________________
Phone: ____________________________ E-mail: ____________________________

Names of guests for gifts  Age/Ds? M/F  Interests (e.g. puzzles, music, books, dolls)
__________________________  __________  ____________________________
__________________________  __________  ____________________________
__________________________  __________  ____________________________

I can help: ____________________________________________

_______ Toy shopping on Saturday, November 18 at 8 a.m.
_______ Wrap and decorate on Saturday December 2 at 7 p.m.
_______ Party Clean-Up on Sunday, December 3 at 2 p.m.

GIFTS ONLY FOR THOSE WHO RESPOND BY NOVEMBER 12
RSVP online at 2023ufdholidayparty.eventbrite.com or mail this form to:
Drake Krohn, Holiday Party Coordinator • dkrohn@upsfordowns.org
1070 S. Roselle Road, Schaumburg, IL 60193 • 847-895-2100

United Parent Support for Down Syndrome
FIESTA ANUAL 27 DE LA NAVIDAD

Domingo, el 13 de diciembre • 10:30 am to 2:00 pm
Conant High School • 700 E. Cougar Trail, Hoffman Estates

RSVP antes del domingo, 12 de noviembre

2023UFDHOLIDAYPARTY.EVENTBRITE.COM

La comida será proporcionada, pero siéntase libre de traer un postre o comida especial para compartir.

Nombres de adultos: ____________________________

Telefono: ____________________________

E-mail: ____________________________

Nombres de niños: ____________________________ Edad/Cs?: ____________________________ M/F: ____________________________

Intereses (rompecabezas, música, libros): ____________________________

Comprar regalos on Sábado, Noviembre 18 at 8 a.m.

Envolver y decorar on Sábado, December 2 at 7 p.m.

Limpieza de la fiesta on Domingo, December 3 at 2

Puedo ayudar.

regalos solo para niños que confirmen su asistencia antes del 12 de noviembre

Reconfirmar asistencia en línea at 2023ufdholidayparty.eventbrite.com oo envíe este formulario por correo a: Drake Krohn, Holiday Party Coordinator 1070 S. Roselle Road, Schaumburg, IL 60193 847-895-2100 • dkrohn@upsfordowns.org

UPS for DownS
United Parent Support for Down Syndrome
Friday, October 20, 2023
The Cotillion in Palatine

In a world full of events, the UPS for DownS Dinner Dance stands out as a beacon of joy, inclusivity, and community spirit.

BE A SPONSOR
We’re still on the lookout for generous sponsors and donors to help make this event even more spectacular. If you or your organization would like to contribute to our cause and be recognized as a vital part of this wonderful event, please don’t hesitate to reach out. Your support truly makes a difference.

DONATE A PRIZE
We have made it easy for you to contribute a gift to our raffle and silent auction. Visit our Amazon gift site to conveniently order a gift that will add to the excitement of the evening. We’re so grateful for every contribution that helps us create a magical experience. Please go to this link https://www.amazon.com/registries/gl/guest-view/3SJ8JC4R1XWGY or search under Amazon gift registry for UPS for DownS.

BE AN EVENT VOLUNTEER
We’re calling all passionate individuals who are eager to lend a helping hand! Volunteers are a crucial part of making our event run smoothly. If you’re interested, please get in touch at upsfordowns.org/volunteer. Your involvement will be deeply appreciated!

Get ready for a night of elegance, laughter, and heartfelt connections. We can’t wait to see you on October 20th as we dance, dine, and make unforgettable memories!

With gratitude,
The UPS for DownS Dinner Dance 2023 Team

For more information, to become a sponsor or donor, volunteer, and to secure your tickets, visit our event site:

**Walking Club** had a great turn out every week with different friends coming and going as they were able. Sometimes a member only felt like one lap around the .75 mile course but sometimes they would go for 5 laps! Sometimes they would do a lap, and then wait at the pavilion for one of their friends and then go around again.

We had beautiful weather (only had to cancel due to bad weather once all summer!) and enjoyed all the beauty and tranquility the lake and wildlife provided.

It truly is a family affair complete with not only our members with Ds but their parents, siblings, aunties, besties, sweethearts and even friends from the community. Thanks to UFD for providing the water and healthy snacks every week as well as the food for our BBQ! Come join us next year for more fun and fitness!

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**ADULT SOCIAL CLUB HOUSE**

**AGES 21 & up**

What: Friends, Food, Drinks, and Music!
When: Friday, September 22 • 6:30 p.m. - 9:30 p.m.
Where: Hideaway Brew Garden, 5510 Prairie Stone Pkwy Hoffman Estates, IL 60192
Cost: $20 per person (UPS for DownS pays the rest)
RSVP: [2023brewgarden.eventbrite.com](http://2023brewgarden.eventbrite.com)
Questions: Email [adultsocialclub@upsfordowns.org](mailto:adultsocialclub@upsfordowns.org)

If you would like to be added to our email invitations for ASC events, please reach out to [adultsocialclub@upsfordowns.org](mailto:adultsocialclub@upsfordowns.org) to be added to our distribution list!
Grease Casting Call!

Join us as we jump and jive with the greasers and pink ladies of Rydell High. This is theatre for all abilities. Invite friends, neighbors, classmates and cousins to join this amazing production!

UFDgreaseauditions.eventbrite.com

AUDITION DATES:
Saturday, September 30 and Tuesday, October 3

AUDITION LOCATION:
ONE WOODFIELD PLACE
1701 E. Woodfield Road, Suite 312, Schaumburg, IL 60193

Ages 10 - adult (50 slots available)
EVERYONE WHO AUDITIONS WILL BE CAST

$225 per actor.
Costs are underwritten by UPS for DownS.
Actual cost per actor exceeds $1000.

FIRST REHEARSAL/CAST MEETING with family member/caregiver: Tuesday, October 10
REHEARSAL LOCATION: SCHAUMBURG ON STAGE, 1925 Wright Boulevard, Schaumburg
REHEARSAL SCHEDULE:
Tuesdays 6:30 - 8:30 beginning October 10 • add Saturdays 1:00-3:00 p.m. beginning February 3

PERFORMANCE LOCATION: St. Viator High School in Arlington Heights
Tech Week: April 8, 9, 10 from 5-9:00 p.m.

PERFORMANCE DATES:
Thursday, April 11 @ 7:00 p.m.
Friday, April 12 @ 7:00 p.m.
Saturday, April 13 @ 6:00 p.m.
Sunday, April 14 @ 2 p.m.

At your audition, share what you like about the show, what you’d like to do in the production, sing a song from the show, another show, or even “Happy Birthday”! We may ask you to read a scene or two. You may bring your accompaniment on your phone or sing a capella. All who audition will be cast (provided you do not have conflicts with required rehearsal and performance dates).

Any questions? Email Sandy at spazerunas@upsfordowns.org or Megan Gray at MusicalDirector@upsfordowns.org

UFDgreaseauditions.eventbrite.com

10 - Fall 2023
Welcome Theatre Director and Community Partner
Megan Gray

Megan Gray is thrilled to be working with UPS for DownS this year! Megan first encountered UFD this past spring during Beauty and the Beast at Saint Viator, where she is proudly in her 4th year of teaching as well as the Fine Arts Department Chair. In Chicago, Megan works professionally as a stage manager & director and is proud to have worked with Chicago Shakespeare Theatre, Raven Theatre, The Royal George, Adventure Stage Chicago, Redtwist Theatre, Bros do Prose, Mercury Theatre, Strawdog Theatre Company, Black Ensemble Theater, Northlight Theatre, and Halcyon Theatre. She studied directing, stage management, & received her secondary education license at Indiana University, as well as completed a year-long Artistic Direction Apprenticeship at Magic Theatre in San Francisco. In her spare time, Megan loves walking her dog, playing board games, and volunteering with ABLE Ensemble. She can’t wait to start hand jiving & getting to know all of these incredible actors!

Chicago Marathon 2023...

Join us on course at this world marathon major. It is an exciting, inspirational way to spend a Sunday morning, cheering on runners from around the world - but most importantly, charity athletes running for UPS for DownS and all the other charities.

Sunday, October 8, 2023
8 a.m. - Noon
Whitney Young High School
(Laflin & Adams)

Details located at charityblockparty.eventbrite.com
connect with us.

UPS for DownS Google Group: tinyurl.com/ufdegroup
Facebook group: facebook.com/groups/ufdexchange/
Facebook page: facebook.com/upsfordowns
Instagram: @upsfordowns
Twitter: @ups4downs or @CharityAthlete
LinkedIn: upsfordowns

ufd2023.givesmart.com

A CELESTIAL CELEBRATION

Hors d'oeuvres
Cocktails
Dinner
Dancing
Live Music

OCTOBER 20, 2023
6:30 TO MIDNIGHT
THE COTILLION
360 CREEKSIDES DRIVE, PALATINE

$125 per person

Guests must be 21 and over
Sunday, September 17, 2023

Registration 8:00 AM – 11:30 AM

$20 Advanced Registration Fee – Check or Cash
(Advanced Registration ends September 3, 2023)

Registration form at www.sunburstcorvetteclub.com
$25.00 Onsite Registration – Cash or Credit

Awards will be presented for
1 – Dealers Choice -Best in Show    1 – Presidents Award
2 – Top Peoples Choice Corvette/Non-Corvette
15 – People’s Choice – Corvette
15 – People’s Choice – Non-Corvette

2023 Charities Supported

Show Location:
Martin Chevrolet
5220 Northwest Highway
Crystal Lake, IL 60014-8010
815-459-4000

For additional car show information and registration form visit
www.sunburstcorvetteclub.com

Version 4.2.23