



5001 South Hurstbourne Parkway
Louisville, KY 40291

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Michelle P Waiver

Please join us at one of our parent sessions to hear the latest information regarding the Michelle P Waiver. Whether your son or daughter is already a recipient of the waiver program, you're mid-way through the application process, or you're just starting to apply, you will find these sessions beneficial. In addition to hearing information on the waiver system from Seven Counties Services representatives, DSL staff members will be present to let you know about the programs soon to be offered here under the waiver. DSL will offer these programs to all members through the waiver or private pay (sliding scale). Thus, our members from Indiana are encouraged to attend to hear more about the new programs to be offered.

Please mark your calendars:

Thursday, January 5, 2012 6:30 p.m. OR

Saturday, January 14, 2012 10:00 a.m.

Both sessions will be held in Sublett Hall at the Lifelong Learning Center - Louisville Campus. Please RSVP by Wednesday, January 4th OR Friday, January 13th by calling (502)495-5088 or email us at info@dsl.win.net



Did you know that
Associates in Pediatric Therapy (APT)
has partnered with DSL to provide
services at our Lifelong Learning Center-
Louisville Campus?

**Services provided include PT, OT, & Speech-
and enrollment is open to
our members of ALL ages.**

Daytime & afternoon appointments are available.

APT is an approved Michelle P Waiver
provider & they also accept private insurance.

Contact the APT office at (502) 633-1007
for further details.

**It's time to start working on the
2012 Golf Tournament & Celebrity Auction!**

We need volunteers to serve on the
Live & Silent Auction Committee.

Volunteers will make contacts
in the community to secure donations.

Please contact Michelle or Diana if you are
interested in serving on this committee:

(502) 495-5088 or info@dsl.win.net

**If you have not done so already, please
pick up your Walk/Run incentive prizes
from the DSL office as soon as possible.**

Our normal business hours are

**Monday - Thursday 9:00am-7:00pm and
Friday 9:00am-5:00pm.**

**Don't forget: Team Leaders need to pick up the
entire Team Order. Please call the DSL office
before you come: (502) 495-5088**

Behavior Supports

Down Syndrome of Louisville is now offering behavioral supports to our members on a limited basis. If this is a service you are interested in accessing under your son or daughter's Michelle P Waiver, please ask your case manager to contact Dr. Jenny Kimes at (502) 495-5088 or jennyk@dsl.win.net. Likewise, all questions regarding this service should be directed to Dr. Kimes.

Developmental Intervention Services

Down Syndrome of Louisville is happy to announce that your requests have been heard! We will expand early childhood services in 2012 by offering one-on-one educational sessions with our Developmental Interventionists for children 3 years old and older. Services will be fee-based and will take place in the DSL Lifelong Learning Center.

If interested, please contact

Dr. Jenny Kimes, Director of Children's Programming
at (502) 495-5088 or jennyk@dsl.win.net

TWEENER EVENT

Fitness Class

Friday, January 27th from 6:30-8:00 p.m.

DSL's Lifelong Learning Center - Louisville Campus

Come work off those extra holiday pounds and learn some healthy eating habits. Peg Nixon will be leading us in a fitness class consisting of Aerobics, DANCE, & Kickboxing.

She will also give us some tips on how to exercise at home & eat healthy.

Don't forget your water & towel! You won't want to miss this opportunity to learn how to start the New Year off healthy!

RSVP required by Thursday, January 26th



TEEN/ADULT EVENTS

Fitness Class

Tuesday, January 10th from 6:30-8:00 p.m.
at DSL's Lifelong Learning Center -
Louisville Campus

Come work off those extra holiday pounds and learn some healthy eating habits. Peg Nixon will be leading us in a fitness class consisting of Aerobics, DANCE, & Kickboxing. She will also give us some tips on how to exercise at home & eat healthy. Don't forget your water & towel! You won't want to miss this opportunity to learn how to start the New Year off healthy!

RSVP required by Monday, January 9th

Shake, Rattle, & Bowl

Sunday, January 15th @ 3:00 p.m.
Blackiston Bowl

1516 Blackiston Mill Road in Clarksville, IN

Looking for something FUN to do on a Sunday?! Join us for an exciting afternoon of bowling!

Please bring money for concessions.

RSVP required by Friday, January 13th



Movie Night

Please Note:



The movie theatres do not receive their show-time schedules until the beginning of each week. Therefore, we will not know which movie we will be seeing until the week of our event. We intend to choose a movie rated PG. Once the movie and show-time are determined, we will call all members who have RSVP'd to give them the details. We hope you will join us for a fun-filled night at the movies!

Please bring money for concessions.

LOUISVILLE CAMPUS

Saturday, January 21st (Time: TBA)

Village 8 Movie Theatres
4014 Dutchmans Lane

RSVP required by Thursday, Jan. 19th

INDIANA CAMPUS

Sunday, January 29th (Time: TBA)

Great Escape, Clarksville
951 Lewis & Clark Parkway

RSVP required by Thursday, Jan. 26th

RSVP by calling (502)495-5088 or info@dsl.win.net OR call our TOLL FREE number: 1-855-DSL-JOIN

Attention DSL Members 16 Years Old & Older: Please join us for "Steps to Independence"

Please make note: Attendance will be by RSVP only and will be limited to the first 15 individuals who sign up.

This will enroll you for the segment that runs January-March.

Also keep in mind as you RSVP: we will need an email for at least one parent of every participant.

LOUISVILLE CAMPUS

Thursday, January 5th &

Thursday, January 19th from 6:30-8:00 p.m.

Louisville Campus, 5001 South Hurstbourne Pkwy.

We will be working on "Cooking Skills" in the
NEW Training Apartment & Kitchen!

There will be a Parent Session on Jan. 5th.

Topic: "Michelle P Waiver"

Please RSVP by Wednesday, January 4th/18th

(502) 495-5088 or email us at info@dsl.win.net

OR call our TOLL FREE number: 1-855-DSL-JOIN

INDIANA CAMPUS

Tuesday, January 10th &

Tuesday, January 24th from 6:30-8:00 p.m.

Indiana Campus, 1939 State Street

We will be working on cooking & focusing on
balanced nutrition & preparing healthy meals!

There will be a Parent Session on January 24th.

Topic: "Indiana Waiver System &

Accessing Community Resources"

Please RSVP by Tuesday, January 9th/23rd

(502) 495-5088 or email us at info@dsl.win.net OR call our

TOLL FREE number: 1-855-DSL-JOIN



Our Louisville Campus Address:

5001 South Hurstbourne Parkway
Louisville, KY 40291
Phone: (502) 495-5088
Fax: (502) 495-5038

Our Southern Indiana Campus Address:

1939 State Street
New Albany, IN 47150
Phone: (812) 725-1416



Attention families!



We now have a toll-free number!
Contact us at 1-855-DSL-JOIN
or email us at info@dsl.win.net

facebook

Name:
Down Syndrome
of Louisville



Fans:
1713

**Stay up-to-date
on DSL events &
programs by
"liking" our
Facebook page!
Make sure to
check in with us
regularly!**

Children's Programming

Louisville Campus

Early Intervention Class Schedule:

Parent Education Class - for families with children birth-18 months
Saturday, January 28th 12:30-2:00pm

Toddler Class (18 months-3 years)
Thursdays 9:30am-11:30pm
1st & 3rd Saturdays 10:00am-12:00pm

Preschool Class (3-5 years)
Fridays 9:30-11:30am
2nd and 4th Saturdays 10:00-12:00pm

School-Age Enrichment Program for K-5th Grade

Held the 2nd Saturday of each month
Call or email the DSL office for Enrollment

Southern Indiana Campus

Early Intervention Class Schedule:

Parent Education Class - for families with children birth-18 months
Monday, January 16th from 11:00am-12:30pm

Toddler Class (18 months-3 years)
Wednesdays 9:30am-11:30am

Also offered in Southern IN:

Speech Enrichment Program (for Indiana residents)
Call Jill Smith for enrollment information: (502) 299-8911

KENTUCKY/INDIANA PARENT SUPPORT GROUP MEETINGS

Mom's Night Out - Louisville Area

Wednesday January 4, 2012 7:00pm-Location TBD
Saturday January 21, 2012 3:00pm -Location TBD
Contact Angela Kerrick 836-6241 for locations

Southern Indiana

Tuesday January 17, 2012 6:30pm
Indiana Campus
1939 State Street - New Albany, IN 47150
Contact DSL to RSVP: 495-5088 or info@dsl.win.net

Down Syndrome Association of Western KY

Monday January 16, 2012 6:00pm
All Meetings at Heartland Worship Center
4777 Alben Barkley Dr. Paducah, KY
Phone: (270) 444-9687 or (270) 564-0949

Owensboro Area - GRADSA

Contact Carla Renfrow
(270) 281-0093 or info@gradsa.org
Website: www.gradsa.org

Down Syndrome of South Central KY

Contact Rheanna Plemons for more information:
rheanna.plemons@wku.edu
Website: www.dssgsk.com

Dad's Night Out - Louisville Area

Monday January 16, 2012
Contact Scott McCorkle for details:
664-4596

Elizabethtown

Friday January 20, 2012 6:00pm
Panera Bread
Contact Toneau Heath for questions:
Toneau.Heath@hardin.kyschools.us

Northern Kentucky Area - K.I.D.S.

Monday January 9th, 2012 7:00pm
K.I.D.S. (Kentuckians Interested in Down Syndrome)
Redwood School in Fort Mitchell
Contact Pam Steele at (859) 282-8030

Lexington & Surrounding Areas

Down Syndrome Association of Central KY
www.DSACK.org
Contact (859) 494-7809 for information