

## AUG. 24 • ANNUAL FAMILY PICNIC FUN

The pumpkins may still be in the field, but the Pumpkin Patch is already preparing for the Designer Genes Annual Picnic taking place from **3 p.m. to 7 p.m. on Sunday, August 24 at Papa's Pumpkin Patch** in Bismarck.

There will be fun for all and great food to share. Papa's Pumpkin Patch has plenty of room for us to spread out, so please feel free to bring any favorite outdoor family games. We could even host the first ever Designer Genes wiffleball game! Come and meet the many new and familiar faces for a summer visit in the shade.

Dinner will be served at around 5 p.m., with Designer Genes providing the meat, buns, fixings and water. Your job is to bring any other beverage

your family may like (*adult beverages are acceptable*) and provide the dish that corresponds with the first letter of your last name below to share with the group.

Remember to bring your own coolers and ice for those dishes that need to stay cool.

**Simply bring the dish indicated by where your last name falls.**

- Chips — S-Z
- Salad — A-G
- Fruit/Veggies — H-M
- Desserts — L-R



## DESIGNER GENES OF ND • UNDER CONSTRUCTION

After an enormously successful last year at the Buddy Walk, there was a consensus that we should invest in getting our tax-exempt status as Designer Genes, and were happy to report the process is underway. A small subcommittee made up of Sandy McMerty, Heather Lundeen, and Roxane Romanick has been working with Casey Chapman, a local attorney to get the details squared away. Casey deserves many thanks for donating his time and effort on this project.

The first decision that has been made is taking the official, legal name of Designer Genes of North Dakota. While our outreach efforts are generally local, we have also reached out to a number of other North Dakota families as well. A new logo and look is also in place and you can check it out at the right.

To move forward, we are in need of some specific volunteer assistance. We are looking for a certified

public accountant, who is interested in volunteering about 8 – 10 hours and may have some experience with filing IRS paperwork for non-profits.

We are also looking for individuals who are interested in serving on the board of directors and in particular, someone who may be interested in serving as the treasurer. If you're interested, contact Sandy (255-2949) or Roxane (258-7421).



A • DOWN • SYNDROME • SUPPORT • NETWORK

Buddy Walk Frequently Asked Questions	2-3
APTA Buddying Up	4
Political Resources	4



# DESIGNER GENES BUDDY WALK QUESTIONS & ANSWERS

Whether it is your first or fifth Buddy Walk, there are always some questions before the big day. Here's a listing of our most frequently asked questions to help you prepare for the big day. Feel free to make some copies and share them with family and friends! You can also tell them to check out the Buddy Walk section of our web site in the works at [www.designergenesnd.com](http://www.designergenesnd.com).

## **WHEN IS THE 2008 5TH ANNUAL BUDDY WALK?**

The walk is on Saturday, September 27th.

## **WHERE IS THE BUDDY WALK?**

It's on the front (south) grounds of the state Capitol.

## **WHAT IS THE MAIN PURPOSE OF THE BUDDY WALK?**

The main purpose of the Bismarck-Mandan Buddy Walk is to raise awareness of the potential of individuals with Down syndrome to live, learn, work, and contribute to their community. Our main effort is not fundraising, which is why our walk is structured different than some of the other walks.

## **WHAT TIME SHOULD I GET TO THE BUDDY WALK?**

You can come to the Buddy Walk as early as 10:00 a.m. (CST). There fun things to do starting at 10:00 —children's artist - Kitty Ko singing and entertaining, join Mandan Junior Girl Scout troop to learn more about disabilities, Buddy Walk tattoos, hang out with Meddy Bear and Alex the Cat, or check out the resources tent.

## **HOW DO I REGISTER?**

10:00 a.m. – 11:00 a.m. is the time to register. We want to make sure that we've recorded everyone's name that is there to walk with us so please make sure everyone that's in your party gets to the registration area to record their name. If you have lots of people coming to support your family, tell them ahead of time about registration. The registration area will be in the large tented area just south of the steps.

## **CAN I REGISTER AHEAD OF TIME?**

At this time, we are only taking registrations onsite the day of the Buddy Walk.

## **CAN I RAISE FUNDS AHEAD OF TIME FOR THE BUDDY WALK?**

We do not ask walkers to raise a certain amount of money to participate in the Buddy Walk and we welcome everyone and anyone who wants to walk with us. If you'd like to ask for donations for the National Down Syndrome Society or Designer Genes beforehand, please contact Sandy McMerty (255-2959) or Roxane Romanick (258-7421) and we will give you further information on how to do so.

Designer Genes also asks for Buddy Walk sponsors (businesses in the community, and companies that are friends of our Designer Genes families) in the months and weeks before the walk to assist with expenses. If you know of a business or a sponsor, please let Sandy or Roxane know at the numbers above.

## **CAN PEOPLE MAKE DONATIONS AT THE WALK?**

Walkers who have decided to join us on the day of the walk can make a donation when they register. People who donate \$10.00 or more will receive a official 2008 Buddy Walk t-shirt.



## DESIGNER GENES BUDDY WALK QUESTIONS & ANSWERS

### WHAT IS THE MONEY USED FOR?

A percentage of the money raised is sent to the National Down Syndrome Society for research and public policy. The majority of the funds are retained locally and are used for supplying information to new parents of babies with Down syndrome, library materials, Designer Genes activities and events.

### WHEN DOES THE ACTUAL WALK START?

At 11:00, there will be a special program to kick off the walk. This will take place on the front Capitol steps. The walk will start shortly thereafter.

### HOW FAR DO PEOPLE WALK AND DOES EVERYONE WALK AT THE SAME TIME?

Everyone that's there for the Buddy Walk starts and stops at roughly the same time. The walk is one mile long, which is three loops around the south grounds of the Capitol. The three loops are symbolic of Trisomy 21, which is the chromosomal diagnosis for Down syndrome. Our goal has been to have enough people at the Buddy Walk to completely loop the grounds – we're getting closer every year.

### ARE STROLLER, PETS, AND WAGONS ALLOWED?

Yes. Also, motorized carts or wheelchairs are also easily accommodated on the walk. It would be hard to have bikes, scooters, or any other motorized devices on the walk as we walk on the sidewalk, but if it's a device that's needed to make sure an individual can participate, we're open to it. Pets must be on a leash.

### IS THERE A BATHROOM AVAILABLE AT THE CAPITOL?

We have a port-a-potty at the Capitol and the Heritage Center bathrooms are also available and accessible.

### IS THERE WATER AVAILABLE OR SHOULD I BRING MY OWN?

We will have bottled water on hand at the walk.

### I'M INVITING A LARGE NUMBER OF PEOPLE TO WALK WITH OUR FAMILY THIS YEAR, HOW CAN I MAKE SURE THAT THEY CAN FIND OUR FAMILY?

You can get to the Capitol grounds early and stake out a spot. Decide ahead of time and tell your invited folks that you'll be on the west or east side of the steps or in the middle of the south grounds. Feel free to set up a tent or cabana of your own on the south grounds to designate a spot. Bring some type of flag or bunches of balloons.

### WHAT DO FAMILIES DO TO DISTINGUISH THEMSELVES AS TEAMS?

Lots of family teams wear something to distinguish themselves such as their own brightly color t-shirts, hats, visors, bandanas. Some families pass out balloons, pins, or ribbons to all their team members. If you know who you're inviting, you may want to pass these out to your invited team before the walk.

### DO I HAVE TO HAVE A TEAM OR BE ON A TEAM TO ENTER THE WALK?

Not at all – please come no matter what!! Your presence and your support is what matters the most.

### WHAT DO WE DO AFTER THE WALK IS OVER?

This year, we will be serving lunch at the Capitol grounds and families and teams are invited to stay and continue to visit, play frisbee, whiffle ball, etc. right at the Capitol grounds. There is no extra charge for the meal and we would love it if everyone could stay.

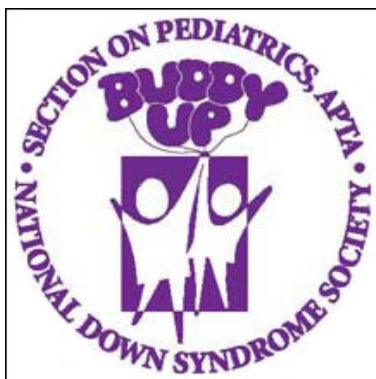
**STILL HAVE QUESTIONS?** Contact Sandy McMerty (255-2959) or Roxane Romanick (258-7421).

## BUDDYING UP WITH THE APTA PHYSICAL THERAPISTS

Designer Genes is excited to announce that local physical therapists who are members of the Section on Pediatrics of the American Physical Therapy Association are “buddying up” with the Bismarck Mandan Designer Genes group for the 2008 Buddy Walk. This is part of a nationwide celebration of National Physical Therapy Month and National Down Syndrome Awareness Month.

The Pediatrics of the American Physical Therapy Association will be providing educational materials at the Buddy Walk as well as fitness promotion activities on the day of the event for ALL participants.

Pediatric physical therapists work closely with children with Down syndrome and their families to promote movement skills and enhance their quality of life. Physical therapists are health care professionals who diagnose and treat individuals of all ages, from newborns to the elderly, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives.



Physical therapists examine each individual and develop a plan of care using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. Physical therapists also work with individuals to prevent the loss of mobility by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

The American Physical Therapy Association ([www.apta.org](http://www.apta.org)) is a national organization representing physical therapists, physical therapist assistants, and students. Its goal is to foster advancements in physical therapist education, practice, and research. Consumers can visit [www.findapt.us](http://www.findapt.us) to find a physical therapist in their area, as well as [www.apta.org/consumer](http://www.apta.org/consumer) for physical therapy news and information.

The Section on Pediatrics ([www.pediatricapta.org](http://www.pediatricapta.org)) is one of the specialty sections of the American Physical Therapy Association ([www.apta.org](http://www.apta.org)). The mission of the Section on Pediatrics is to promote the highest quality of life for all children, people with

developmental disabilities, and their families. The Section represents pediatric physical therapy and promotes its members as preferred providers. It also serves as a collective voice to further the role of pediatric physical therapists and physical therapist assistants.

Look for the Pediatric Section's purple and white balloons at the Buddy Walk for walk day fun, fitness, and find out what a PT can do for you (education/information). Stay tuned for a post walk game on the capitol grounds for all children.

## POLITICAL RESOURCES

Here's a resource from the National Down Syndrome Congress that can help you form questions for people campaigning for political office: <http://www.ndsccenter.org/gov/questionsCandidates.doc>

Positive Places • Designer Genes  
Sandy McMerty, Editor  
[msmcmerty@bis.midco.net](mailto:msmcmerty@bis.midco.net)  
1822 Xavier Street • Bismarck ND 58501

*We are more alike than different.*