

Other Local Resources

SPARC

217/793-2100

UCP Land of Lincoln

217/525-6522

Child & Family Connections

217/793-3990

Online Resources

Lincoln Land Down Syndrome Society

www.lldss.com

Down Syndrome for New Parents

www.downsyn.com

National Down Syndrome Society

www.ndss.org

National Down Syndrome Congress

www.ndscenter.org

National Assn for Down Syndrome

www.nads.org

join us at the
buddy walk!



South Second Street, near Toronto Rd.

What is Down Syndrome?

Down syndrome occurs in approximately one in every 800 to 1,000 live births. It affects people of all ages, races and economic levels and is the most frequently occurring chromosomal abnormality. More than 350,000 people are affected by Down syndrome in the United States alone.

The most common form of Down syndrome, Trisomy 21, occurs when there are three (instead of two) number 21 chromosomes in every cell of the body. Instead of 46 Chromosomes, a person with Trisomy 21 has 47. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome. Physical traits include low muscle tone, a single deep crease across the palm of the hand, a slightly flattened facial profile and an upward slant of the eyes. Congenital heart defects, increased susceptibility to infection, respiratory problems and obstructed digestive systems occur more often in people with Down syndrome.

All people with Down syndrome have some level of cognitive impairment. However, that level usually falls into the mild to moderate range and is not indicative to the many strengths and talent each individual possesses. People with Down syndrome who receive good medical care and are included in community life can attend school, develop wonderful friendships, maintain jobs, and participate in important personal decisions.



1 North Old State Capitol Plaza, Suite 501
Springfield, IL 62701

SPRINGFIELDS
11TH
ANNUAL



SATURDAY, SEPTEMBER 24TH
WALK BEGINS AT 10:00AM
SOUTHWIND PARK / SPRINGFIELD, IL

History of the Buddy Walk

The Buddy Walk® was developed by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk has grown from 17 walks in 1995 to nearly 300 walks planned for 2011 worldwide. In 2010, more than \$10.2 million was raised nationwide to benefit local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.



About the Lincoln Land Down Syndrome Society

For over 20 years the Lincoln Land Down Syndrome Society (LLDSS) has acted as a support network for families residing in and around Sangamon County, Illinois having a member with Down syndrome. LLDSS is an Illinois not-for-profit, tax-exempt organization which promotes awareness, acceptance, inclusion and education of people with Down syndrome and other special needs. LLDSS' principal fundraising activities include an annual Buddy Walk® in the Fall and a golf outing in the Spring of each year. In 2005, LLDSS contributed to the playground renovation of Springfield's Washington Park by donating funds for the purchase of playground equipment. Through its annual golf outings, LLDSS has raised over \$50,000 for the Edwin Watts Southwind Park project. Upon completion, the park will be fully accessible and ADA compliant and will serve as a "destination" park for our entire community.

About the National Down Syndrome Society

The National Down Syndrome Society was established in 1979 to ensure that all people with Down syndrome have the opportunity to achieve their full potential in community life. Since that time, this not-for-profit organization has become the largest non-governmental supporter of Down syndrome research in the United States. Today, NDSS continues to increase public awareness about Down syndrome and discover its underlying causes through research, education, and advocacy.



LINCOLN LAND DOWN SYNDROME SOCIETY'S 11th ANNUAL BUDDY WALK

Saturday, September 24, 2011
Walk Begins at 10:00AM
Southwind Park
Springfield, Illinois

Questions? Call: Karen Davis 498-8856 • Julie Ressler 622-3500

Agenda and Timeline

- 9:00 Registration / Games Open
- 9:50 National Anthem
- 10:00 Walk Begins
TurnOut Movement Arts Studio presentations and food will be provided immediately after the walk
- 1:00 Buddy Walk Conclusion

Detach and Remit

Check if your address changed from last year

Name or Company

Street Address

City

State

Zip

Daytime Phone

Check if you are a new Buddy Walker

Yes! I will walk to promote appreciation and inclusion of people with Down syndrome.
Your registration donation includes a Buddy Walk T-Shirt, Post-walk Party with food and drinks provided, and support for local and national Down syndrome research and education.

Registration Donation:

Persons with Down syndrome: Free

Adults: \$10

Children 7-12 years: \$5

Children 6 and under: Free

Donation: \$ _____

Size and Number of T-Shirts:

Adult Sizes: S M L XL XXL XXXL

Child Sizes: XS 2-4 S 6-8 M 10-12 L 12-14

Number of Walkers: _____

No, I cannot participate in the Buddy Walk but would like to promote appreciation and inclusion of people with Down syndrome. Please accept my donation to the Buddy Walk.

Donation: \$ _____

I have enclosed my check, made payable to **LLDSS**, for registration and/or donation. Please mail your donation and this registration form before **September 15, 2011** to:

LLDSS
c/o Julie Ressler
317 Astoria Road
Springfield, IL 62704

Note: A portion of your contribution may be tax deductible as the group is a charitable organization under 501(c)(3).

Please arrive at the Registration tables by 9:00 AM to receive T-Shirts and food coupons.
First 800 registered people will receive a Buddy Walk T-shirt.

WALK UPS WELCOME!