

Click on the images and underlined text to follow the webLINKS!

# NEWSLETTER

## Our Mission:

We exist to provide support and resources to individuals with Down syndrome and their families and to promote awareness, understanding and inclusion in their communities.

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- CALENDAR
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- SEPTEMBER BIRTHDAYS
- BOARD SPOTLIGHT
- AUGUST PHOTO RECAP

## For More Info:



[www.ghfeds.org](http://www.ghfeds.org)



Join the [GHFEDS Facebook Page](#)

# STEP UP WALK



**SATURDAY, OCTOBER 8, 2022  
9 AM - 12 PM**

Our Walk is the primary fundraiser for GHFEDS and will provide the resources for many of our programs; our educational meetings, socials, summer program, educational grants, and much more. We appreciate your support!



**REGISTER TODAY!**

Walter Hall Park  
League City, TX.

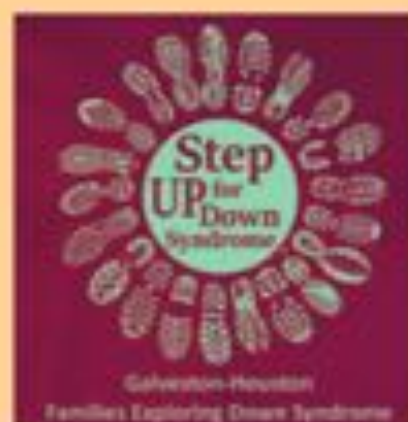


*YOU can still FORM A TEAM and help us raise money, EVEN IF you cannot attend the WALK!*

GHFEDS is a non-profit, volunteer-led organization that provides many events and activities at NO or LOW cost to this community! PLEASE HELP US CONTINUE TO DO SO by TAKING PART in this year's STEP UP WALK!

## IMPORTANT DEADLINES:

1. **September 12th** - \$500+ Sponsorship (for printing purposes)
2. **September 12th** - Registration deadline for guaranteed Walk shirt.
3. **September 26th** - Walk Sign & Button orders due
4. **October 7th** - Donations due for prize purposes
5. **TBA** - \*\*Walk shirt pick up\*\*



**REMINDER:**

Please be sure to REGISTER for each event!

**For More Info:**

[www.ghfeds.org](http://www.ghfeds.org)



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**SEPTEMBER Calendar:**

- **SEPT 10:** Adult Social @ Baywatch Dolphin Tour in Galveston, 1:00 pm (*just 8 spaces left!*)
- **SEPT 16-19:** Lumind IDSC Great Wolf Lodge Family Weekend
- **SEPT 21:** Parent Education Meeting with VK Girl Creations @ Verne Cox Rec Center, 6:30 pm

**SAVE the DATE!**

- OCT 8 - STEP UP WALK !!!
- **OCT 29** - Family Halloween Party @ Hometown Heroes Multi-Purpose Room
- **DEC 10** - Family Holiday Party @ Walter Hall Park

**VK GIRL CREATIONS**

Victoria is a multidisciplinary artist and advocate from Houston, Texas. She is an expert in jewelry design, knitting, apparel design and photography. Victoria is also an advocate for the causes close to heart such as raising awareness for those with unique learning abilities and heart disease. She enjoys sharing her story of transition from student to successful entrepreneur.

She believes that when you believe in yourself you can do anything you put your mind to! She wants to inspire her peers and hopes her story of dedication towards her passions will be an inspiration to others.

**PARENT EDUCATION MEETING**

September 21, 2022  
6:30 - 8:30 pm

Verne Cox Center  
5200 Burke Rd. Pasadena, TX 77504

Childcare provided in the gym



SEPTEMBER  
BIRTHDAYS!



SEPTEMBER  
BIRTHDAYS!



September 2  
*Freddy Gazzell*



September 4  
*Rachel Lopez*



September 11  
*Trishelle Burdette*



September 13  
*Christian Jack Douglas Bennett*



September 16  
*Oliver Bunch*



September 23  
*Morgan Elrod*



September 25  
*Trisha Robinson  
(Board Member)*

August Recap:  
SUPERHERO  
PHOTO SHOOT



Thank you,  
Terri Kelly Photography!

## GHFEDS Board Spotlight



### GHFEDS BOARD SPOTLIGHT:

*Sandy Deppisch,  
Parent Education Meeting Coordinator*

Allow me to introduce you to Sandy Deppisch, your GHFEDS Parent Education Meeting Coordinator! She also previously served as Teen Socials Coordinator for 2-3 years.

Sandy is married to Rick (35 yrs), mom of five, and grandmother of one. Her youngest son, Josiah, who has a dual diagnosis of Down syndrome, Autism, is certainly her inspiration for much of what she does. This is evident in her passion for both individuals with disabilities and their parents.



Specifically, Sandy is the Host of [Embrace the Blessing Podcast](#), where each Wednesday, she interviews a parent who has a child with a disability. Her guests share their greatest joy, their biggest challenge and their hopes and dreams for the future. Together, Sandy and her guests provide resources, helpful hints and tips, and a connection point for parents on comparable journeys. In addition, Sandy also has a [private Facebook group](#) (also called Embrace the Blessing) for parents of children with disabilities. As Sandy explains, the purpose of the Facebook group is *to provide a community where like-minded parents can feel connected to others walking a similar path. It is a place where we offer encouragement, inspire hope and share joy as we support one another.*

Additionally, Sandy provides Supported Employment Services for an individual with a disability, who empowers High School students with disabilities by teaching them about Self-Advocacy and Work Readiness skills.

In her spare time, Sandy enjoys interviewing parents for the podcast, biking, creating on Canva, beach time Sundays, and spending as much time as possible with her very first grandchild!

Sandy's impact on our community in the area of disability advocacy, support and empowerment is obvious. We are grateful that this extends to our GHFEDS community as well. Be sure to check out the Parent Ed resources through GHFEDS, as well as Sandy's podcast Embrace the Blessing on Apple Podcast, and her private Facebook page! (See below for links to Sandy's resources.)

### HELPFUL RESOURCES:

[Embrace the Blessing Podcast](#) with Sandy Deppisch

[Embrace the Blessing Private Facebook Group](#)

Sandy's BLOG: [www.embracetheblessing.com](http://www.embracetheblessing.com)

