



Adults Independent and Motivated
Making Independence Possible

August 2023

Help us raise \$55,000 at our 7th annual Tutus and Ties Fun Run



The Tutus and Ties Fun Run is AIM’s biggest fundraiser of the year. We are thrilled to report that our community is growing rapidly, and because we don’t charge a fee for our services, the success of this event will help ensure that the adults with intellectual and developmental disabilities who are part of our community continue to thrive.

The Fun Run will take place on Oct. 1st at Lakeway City Park at 9am. The emphasis is on fun and camaraderie. There is a 1.2-mile trail with 6 fun activity stations perfect for all ability levels. We also offer a self-timed 5K for those who prefer that option.

We are delighted to announce that Independent Financial is our Signature Sponsor for the 2023 Fun Run. Although that sponsorship is taken, opportunities remain for platinum, gold, and silver sponsors.

We will again have an online silent auction, so if you have gift cards for entertainment or restaurants or other cool items that would be wonderful additions to the auction, we would love to have them.

For sponsorships that qualify for recognition on the flyers that are distributed throughout greater Austin and on the back of the fun run t-shirts, the deadlines to be included there are Aug. 25th and 31st, respectively.

For race participants to be guaranteed to get a t-shirt in the size of their choice and be guaranteed to get a tutu or tie, the deadline to register for the event is Aug. 31st. In addition, due to capacity limitations, last year we had to close registrations a few days prior to the event, so register now so you don’t miss out.

Please get all the details here: www.aimtx.org/events

Inside this issue:

Welcome 2 New AIMers	2
Principles	2
Socials	2
Board Members	2
Saying Yes	3
Recent Activities	3 -5
Social Media	5

Past AIM Newsletters can be found on our website.

To reprint or share any part of this newsletter, please indicate that it first appeared in the AIM Newsletter.

AIM Core Principles

- 1. Safety
- 2. Employment or Meaningful Regular Activity Away from Home
- 3. Lifelong Learning
- 4. Healthy Living
- 5. Social Activities
- 6. Family Engagement and Family Commitment
- 7. Increasing Independence
- 8. Continuity

Welcome 2 New AIMers

We are delighted to introduce our 2 new AIMers. Welcome, Caedan and Alex!



Meet Caedan

Caedan and Alex met last year when both were "prospective AIMers" and have been friends since.

Caedan enjoys running and hiking and is an expert on most things about Mario Bros. Following a passion for maps and roads (a passion shared by Alex), Caedan is pursuing a certificate in Geographic Information Systems (GIS) at Austin Community College.

At AIM, Caedan especially enjoys the sporting activities held each week at HCI Sports & Fitness and loved the outing at Kalahari Indoor Water Park. He's looking forward to spending more time getting to know Alex, his other friends already in AIM, and making new friends in the future!

Meet Alex

Alex is relatively new to Texas, having moved here from the East Coast last September; his first event with AIM just so happened to be the annual Tutus and Ties Fun Run in October 2022. Alex met Caedan shortly after the Fun Run as they attended weekly HCI events and other socials. As Alex and Caedan became acquainted, they learned that they have an interesting connection – Caedan’s dad, Paul, and Alex are both from the same county in Maryland – Alex went to high school just a few miles away from where Paul did!

Alex’s hobbies include playing video games on his Xbox (Call of Duty is a favorite) and riding his bike. Because of his interest in maps and roads (an interest he and Caedan have in common), Alex particularly enjoys going to parks and other areas with bike trails he can explore. Alex has even been as far as the Pedernales Falls State Park in Johnson City.

Last winter Alex had the opportunity to play basketball with AIM’s team, the Sparks. He had a fantastic experience and takes great pride in having played an important role as a defender on the team. Alex can’t wait for next season to start.

While Alex started out living in the Spring Branch/Boerne area near his mom, by the time this newsletter goes to print, he will have moved to his new apartment and will be living his best life with his new roommate Caedan. Alex is looking forward to spending more time with Caedan and the other AIMers in the coming months.

AIM Socials

AIM has socials for people who are taking the next step in exploring whether AIM is the right fit.

Recent socials have included Visit AIM Event, Bunco, Epic Fun fitness at HCI, RebelZ Cheer, and attending a live performance of Beauty and the Beast.

Board Members:

- Ashley Sanchez, President
- Ronda Phillips, Vice President
- Julie Buchanan, Secretary
- Barb Lucido, Treasurer
- Bobby Jones
- Darla Jones
- Hector Sanchez
- Kim Eudy

Saying Yes

Saying yes to opportunities does not require having all possible outcomes figured out beforehand. Saying yes opens gates to new possibilities, taking us down a path that we wouldn't have seen without the initial assent. Following that new path might be filled with good surprises as well as setbacks. It might not turn out like we expected, but in most cases, we can turn from that path if it no longer serves us well.

AIMers are living their best lives because their parents—and they—said yes to considering a very different adulthood than many of them imagined as they were growing up. Because of their disabilities, most of the families imagined their son or daughter needing a great deal of daily supervision throughout their lives. But because of the structure and supports that AIM provides, AIMers have more independence and a more typical adult life than their parents dared dream possible.

Because saying yes to too much too soon can be a recipe for failure, AIM requires that those exploring AIM attend at least 12 AIM socials before they can apply to join our community. This means saying yes to one thing—saying yes to exploring the possibility. This gradual getting-to-know-you phase provides, by design, a low-pressure opportunity to make connections and ask questions. Some of those who participate in the process will ultimately determine that AIM is not the right fit for them, while others will join our community. AIM considers both outcomes successful, and indeed we take pride in the fact that even those who don't join will have benefitted from the independence tips and tricks gleaned during their participation in AIM socials.

For those who do say yes at the next step—joining AIM—they do so knowing that life is not static. AIMers face the usual joys and challenges of adulthood—relishing the camaraderie of good friends and dealing with changes in jobs and health and unexpected events like Covid. The ups are happier, and the downs are more bearable because they occur in a supportive, thriving community—a community they joined by starting with a simple yes.

Recent Activities



Saying 'goodbye' is never easy. At the pool party on July 9th, AIMers and family members thanked our awesome HCI-Sunday volunteers, Zoe and Brad, for all of their help! We wish you both the best and hope to see you again in the future.



Recent Activities (continued)



Archery at HCI – Sunday



Soccer at HCI - Sunday



Tom Foolery's Adventure Park at Kalahari Resort



Live performance of Beauty and the Beast



6th Annual Party Barge

Like us on Facebook <https://www.facebook.com/AIMATX>
Follow us on Instagram @aim_adultsindependent or https://www.instagram.com/aim_adultsindependent/
Follow us on Twitter @AIMaustintx or <https://twitter.com/AIMaustintx>