



Adults Independent and Motivated

Making Independence Possible

February 14, 2021

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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.

Amplify Austin

Once a year the Austin community comes together for 24-hours of donating to area non-profits. AIM is once again participating in that event and needs your support.

Last year we raised \$15,000 at AIMplify (as we like to call it), and this year we have set a goal of raising \$17,500.

Early giving is already underway, so you can donate now at this link: <https://www.amplifyatx.org/organizations/adults-independent-and-motivated>.

As we note below, we do not charge AIMers a fee, so your support is essential in making independence possible for the amazing adults with disabilities living their best lives in our community.



Amplify Austin

<p>\$25</p> <p>Pays for a ride to work and back for a hard-working AIMer.</p>	<p>\$50</p> <p>Pays for a session of Monday evening group to bond, learn and solve issues!</p>	<p>\$100</p> <p>Two tanks of gas for our new van. AIM is on the go!</p>

Board Members:

- Ashley Sanchez, President
- Ronda Phillips, Vice President
- Julie Buchanan, Secretary
- Kim Eudy, Treasurer
- Barb Lucido
- Hector Sanchez
- Suzanne Shepherd

Participants Corner & Annual Strategic Planning

At the start of every year, AIMer families and the AIM board meet for a half-day Strategic Planning Session. This is an opportunity to discuss progress we made in the past year and to plan for the new one. In addition, it allows us to switch our focus from day-to-day operations to our long-term vision for sustainability so that AIM can be AIMers' lifelong community. Although we would have preferred to meet in person as we have in years past, this year's meeting via Zoom was nevertheless productive.

Part of the meeting preparation includes a Parent and AIMer survey. Here are some of the responses we received from AIMers.

Q. What things would you like to see AIM Keep doing in 2021?

A. Going to Hill Country Indoor; Monday Night Group (MNG); socials; the fun run

Q. Is there anything you would like to see AIM change in 2021?

A. Wider range of books at MNG, including how to build and maintain friendships; start back our Special Olympics team; get rid of Covid forever

Q. What things would you like to see AIM start doing in 2021?

A. Go to events together; gardening; outdoor activities; bowling; hiking; progressive dinner; go to a movie at a movie theater together

Q. What can we do to make 2021 fun?

A. Online computer games such as Words with Friends; watch sports on TV together; plan a pool party; go to a lake and swim; online hip hop dance class; kayak; Top Golf; parties; take a trip

There is a theme in their answers. AIMers love to spend time together and are looking very forward to being able to resume more in-person activities. We couldn't agree more!

AIM's Volunteer of the Year – Sophie Sanchez

Sophie Sanchez is a graduate student at the University of Texas working on a PhD in neuroscience in the lab of Dr. Jon Pierce. Sophie is researching Down syndrome, a condition that hits close to home for her. Sophie's older sister Cristina has Down syndrome and moved into her own apartment as one of the founding AIMers 6 years ago, and Sophie has been involved with AIM since its inception.

For the past couple of years, Hill Country Indoor has welcomed AIMers once a week for an evening of fitness and fun, led by volunteer Sophie. Sophie coordinates games of pickle ball, basketball, volleyball—both sand and indoor, indoor soccer, and some creative activities such as archery tag. Because of the pandemic, those gatherings are on hold at the moment, but AIMers tell us that they cannot wait to resume. In addition to leading the weekly HCI gatherings, Sophie helps with the AIM Sparks Special Olympics Basketball team.

We asked Sophie what she likes about volunteering for AIM, and she told us, "I love the time I get with the AIMers at HCI and look forward to it every week-- they brighten my day every time."

AIM is pleased to recognize Sophie as our Volunteer of the Year. Thank you, Sophie, for your steadfast commitment to helping AIMers focus on fitness and fun!

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

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 virtual game nights as well as in-person active fun at Hill Country Indoor!



Thank you 2020 Donors!

AIM does not charge a fee for our services, so we rely entirely on donations and fundraising. We would like extend our deep gratitude to everyone who supported us in 2020.

Diamond Donors (\$3,500+)

Independent Financial

Platinum Donors (\$2,000+)

Hector & Ashley Sanchez

Anonymous

Gold Donors (\$1,000+)

Anonymous

Denny & Julie Buchanan

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Facebook Fundraiser – Berry Family

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Silver Donors (\$500+)

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Facebook Fundraiser – IHO Tony Davidson

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William D Brown

Like us on Facebook <https://www.facebook.com/AIMATX>

Remember us on Amazon Smile: <https://smile.amazon.com/ch/46-4998131>

2020 Donors cont'd....

Friends of AIM cont'd (up to \$250)

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Patty Busch
Velda Carroll
Child Neurology Consultants
Devi Choudhury
John Clark
Eddie Coats
Joel & Paige Condren
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Valarie Ure
Yolanda Viera
Terri White
Scott, Mary Lou & Brooke Wilcox

Tributary Donations

IMO Delbert Buchanan
IHO Gracie Eudy
IHO Tony Davidson



AIM by the Numbers

Although 2020 was not a normal year, it was definitely a busy year for AIM:

\$27,000	Money raised by 4th Annual Tutus and Ties Fun Run
\$15,000	Money raised by 2020 Amplify Austin Campaign
11,822	Miles driven by volunteers and paid drivers in Sparky, AIM's minivan
1,309	Hours Volunteered with AIM
1,133	Disinfecting wipes used in Sparky
700+	People who receive AIM emails
300+	People who follow AIM on Facebook
\$263	Money received from AmazonSmile
250	Daily happy hours (defined as a Diet Coke at 4:30pm by 2 of our AIMers)- because who didn't need an excuse to have a daily happy hour?
181	Hours worked by AIMers each week on average
24	Meetings of Monday Night Group-- virtual
22	Hill Country Indoor Nights and Sparks Special Olympics basketball practices
18	Meetings of Monday Night Group-- in person
16	Cans of disinfectant spray used in Sparky
14	Prospective AIMers exploring whether AIM might be right for them
9	AIMers living as part of the AIM community
7	Part-time employees
4	AIMers recognized for excellence on the job-- Amy for Souper Bowl of Caring at Randall's, Chris for Homer Award at Home Depot, Rebecca for Good Attendance Award at Dillard's, Gracie at HEB for Everyday Hero by NDSC
1	National story featuring an AIMer-- Good Morning America online article about DSC2U with Cristina
1	Collaboration with other local agency-- cooking class for DSACT Buddy Walk
1	New Social Media Outlet (Instagram)
1	New Website
1	New Database
1	Pandemic
1	New AIMer

