

# A Constant Contributor

## 2018 Many Hands Award

### Carolynn Kaufman

"Carolynn has worked collaboratively with 21 Strong and DS ACT to organize and run the annual World Down Syndrome Day event at the New Canaan YMCA for the past eight years. Each year more than 200 attendees enjoy a wonderful day celebrating Down syndrome awareness and leave with a greater appreciation of and desire to include those living with it. Examples of the activities of the day include basketball, sports panels, arts and crafts, Kids Zone gym, adaptive ballet and Tae Kwon Do with and Zumba, both presented by individuals who live with DS.

Carolynn's expertise, optimism and energy are evident from the moment you sit down with her. She is always open to new ideas and eager to highlight the abilities and inclusion of those with disabilities. She is inviting and gracious to the many families who attend the WDSD event every year. She organizes a multitude of volunteers and YMCA employees with finesse to ensure a happy, fun, inspirational day.

Carolynn also organizes several "Bouncing Bears" sessions at the New Canaan YMCA. On these winter Saturday afternoons 21 Strong families meet and chat while their kids jump and swing and play to their heart's content in the soft-play gym, with a snack time afterwards in a classroom.

Carolynn embraces individuals with disabilities and is an expert at letting their abilities shine. She is a gem."

