



Spread the Word: Inclusion – A Movement for Respect and Change



Each March, alongside Developmental Disabilities Awareness Month, communities participate in Spread the Word: Inclusion, a global movement originally launched in 2009 as Spread the Word to End the Word. The campaign began with a clear mission: to end the use of the “R-word,” a derogatory term that has long caused harm to individuals with intellectual and developmental disabilities. Over its first decade, youth leaders and advocates collected millions of pledges from people committed to eliminating the word and promoting respect.

In 2019, the movement expanded into Spread the Word: Inclusion, shifting from eliminating harmful language to inspiring broader acts of kindness, acceptance, and belonging. While the commitment to ending the R-word remains, the updated campaign recognizes that inclusion is not just a belief—it’s an action. It asks individuals to pledge not only to use respectful language but to take daily steps that help create welcoming environments for people with intellectual and developmental disabilities.

Spread the Word Day, typically held on the first Wednesday of March, is observed in thousands of schools and communities. Participants take the pledge, host awareness activities, stand against bullying, and encourage peers to choose respect and inclusion. These events empower students, staff, and community members to speak up, model inclusive behavior, and help build a culture where everyone feels valued.

Taking the pledge—available through Special Olympics and partner organizations—is a meaningful step toward creating a more inclusive world. The pledge represents a personal commitment to challenge stereotypes, reject derogatory language, and treat every person with dignity. Each pledge inspires others, creating a ripple effect that strengthens communities.



Take the Pledge



Important Dates **March**

March 4: Spread the Word Day – Inclusion starts with YOU.

March 8: Daylight Saving Time Begins-More evening sunshine!
Clocks “spring forward” at 2 a.m.

March 9: Day services at Hickory Grove Road and Brady Street will be closed for staff inservice.

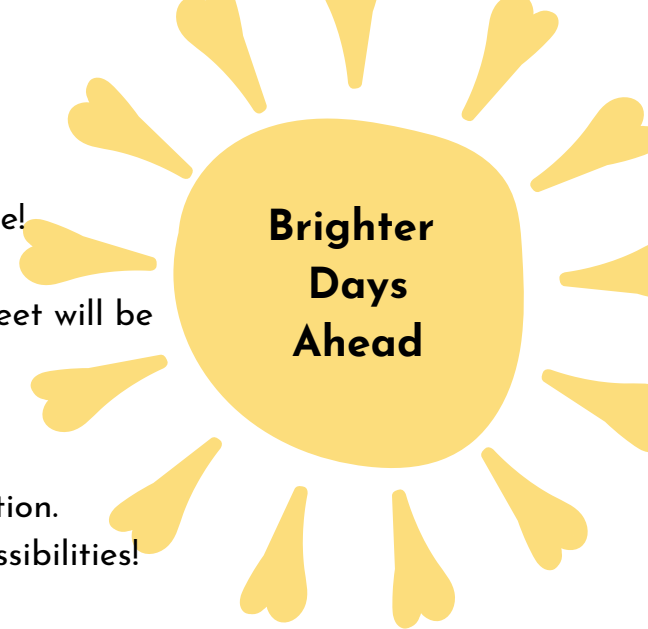
March 17: Booster Meeting – Lucky us to have YOU!
1 PM | 3402 Hickory Grove Road, Davenport

March 17: St. Patrick’s Day – Shamrocks, smiles, and celebration.

March 20: First Day of Spring – Brighter days, blooming possibilities!

April 4: The Cities Spring Classic Easter 5K

April 5: Easter – Hopping into April early this year!



St. Patrick’s Day Shirts Are Here!

Get festive and show your Empowering Abilities spirit with our St. Patrick’s Day shirts! Ordering is quick and easy – choose whichever option works best for you: **Orders close March 10 at Noon!**

1. Email alyissaliske@empoweringabilities.org
2. Call (563) 391-4834 ext. 138
3. Order online at www.empoweringabilities.org/apparel-shop/

If you don’t see your preferred size or fit listed, just reach out by phone or email – we’re happy to help you find the perfect option!



Different Colors Available

Booster Bowling Update

Our bowling sessions for March will be held on March 7 and March 21, and the excitement just keeps growing! Participants have been having such a great time that the Boosters are exploring the possibility of extending bowling into April. We love seeing everyone enjoy this activity so much!

The date for our Bowling Banquet is still being finalized – stay tuned for more details.



“WE DO SO THEY CAN”

Empowering Abilities
Booster Organization

Golf Outing | Registration Open

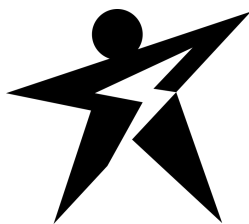
Benefiting Empowering Abilities

When: Monday, June 1, 2026

Where: Davenport Country Club

Join us for a fun-filled day on the course! Your registration includes:

- ✓ Greens fees and cart
- ✓ Golfer gift
- ✓ On-course beverages
- ✓ Lunch
- ✓ Pin events
- ✓ Scoring prizes
- ✓ Dinner



Registration opens soon—stay tuned for details!

Mark your calendars and get ready for an unforgettable day supporting our mission!

Be a sponsor!
Scan the QR code.

**Gain visibility,
support the event,
and make a
difference. Sign up
to sponsor before
spots fill!**



<https://tinyurl.com/empoweringabilitiesgolf26>

Get Registered! The Cities Spring Classic Easter 5K



April 4, 2026

Mark your calendar for Saturday, April 4, 2026, for a bi-state celebration of running in downtown Moline!

The 5K course crosses the I-74 Bridge into Bettendorf and back. Participants can choose the Community 5K or Kids' Bunny Hop, then enjoy an after-party at Bass Street Landing.

Before the 5K kicks off, cheer on our amazing participants in the Empowering Abilities 100-meter dash! Awards and goodie bags will follow their races.

The after-party includes food, beverages, awards, and festive fun including the Easter Bunny!

A portion of proceeds benefits Empowering Abilities.

Register before March 27 to guarantee your limited-edition race shirt!

Learn more or register at www.thecities.run



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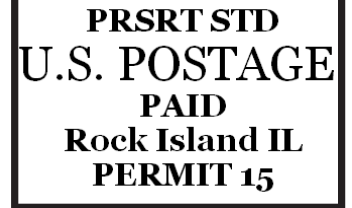


EMPOWERING ABILITIES

3402 Hickory Grove Road

Davenport, IA 52806

<http://empoweringabilities.org>



Empowering Abilities Participants Shine at Night to Shine

In February, several Empowering Abilities participants had the unforgettable opportunity to attend Night to Shine, a prom-style celebration honoring individuals with disabilities. From the red-carpet welcome to the music, dancing, and joyful atmosphere, the participants truly lit up the night. Their excitement, confidence, and happiness were a beautiful reminder of why inclusive community experiences matter so deeply.

Events like Night to Shine highlight the power of belonging and the importance of creating opportunities where individuals of all abilities can celebrate, connect, and feel valued. These meaningful moments are made possible not only by the event organizers but also by the ongoing support of the Empowering Abilities community – including families, staff, volunteers, and our dedicated Boosters.

Your involvement helps open doors to experiences that build confidence, independence, and lifelong memories. Whether it's supporting special events, volunteering your time, or participating in Booster initiatives, every contribution directly impacts the lives of those we serve.



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