



Blog spotlight: I Believe I can Fly

by Andrea, mom to Noah and creator of blog site Therapy on Wry

I am not a quitter by any stretch of the imagination. Once I begin a project -- I see it through to the end. No matter how much blood, sweat and tears are required. My biggest roadblock is often in the starting. As a parent, raising a child with special needs, I'm conditioned to come up with creative ways to help my child learn and do all the things I see his peers doing. But sometimes, the road stretched before me seems all uphill.

It's those times that I'm reminded of the words from American Poet, Ralph Waldo Emerson:

"We are limited, not by our abilities, but by our vision."

And, it's also about this time I must remind my hard-headed self that I'm not supposed to be doing this alone.

A couple of months ago Noah's occupational therapist asked me why Noah wasn't riding a bike. Her question caught me off guard and I responded with something like, "Are you crazy?"

Seriously, we're talking about a kid who regularly stubs his toe or bumps his head walking from his bedroom to the kitchen. The idea of teaching him to ride a bike on two wheels seemed like a prescription for an ER visit. But, then she told me about a program called "I Can Shine" (formally known as Lose the Training Wheels). I was hesitant, but decided to investigate the program. When I went online I learned that together the Down Syndrome Association of Greater St. Louis (DSAGSL) and the Lydia Faith Cox Foundation would be hosting the five day bike camp in my area. I spoke with Erin Suelmann, DSAGSL's Program Director, who shared some encouraging stats...the "I Can Shine" program boasts an 80% success rate.

I liked those odds.

The program costs \$150 but because of the generosity of both the DSAGSL and the Lydia Faith Cox Foundation, included a brand new bike and custom-fitted helmet for each camper.

On the first day Noah was a little apprehensive. "Why are we doing this?" he asked.

"Because it's going to be great! YOU are going to learn to ride a bike!"

Noah was really worried about falling. I assured him that he would have two spotters, one on either side of him, who would be making sure he was safe. Camp was held at South Technical High School in Sunset Hills. After we signed in and he received his official "I Can Shine" T-shirt, we headed over to the bike helmet-fitting area. Two representatives from Children's Hospital were on hand to make sure each camper had a perfectly fit helmet. While Noah waited in line, he was introduced to Steph and Heather, the two volunteers who would be spotting and cheering Noah on all week. Immediately, Steph began breaking the ice by finding ways to interject Star Wars into their conversations. I'd forgotten that earlier, when I'd initially signed Noah up for camp, that I had provided them with a list of Noah's likes.

I breathed a sigh.

We were off to a good start. After Noah received his helmet, the three of them headed to the gym and the team put Noah on one of their special "roller bikes". Each roller bike has been handcrafted and designed by retired, mechanical engineering professor and program founder, Richard Klein. That first day, I watched Noah's confidence grow with each lap he made around the gym -- all the while his two spotters were running alongside him -- laughing and eager to listen to Noah share his vast knowledge of Star Wars trivia during the 75 minute session.

Day 1 was centered on developing trust and growing confidence

That evening at dinner, when it was Noah's turn to say what he was thankful for, he shared, "I'm thankful for bike camp."

I pushed down the lump that had suddenly taken over all the space in my throat and squeaked, "me too."

The next day, Noah was excited about going to camp and eagerly jumped on a bike. By day three, he was up on two wheels! Between running (literally) his spotters ragged as he pedaled with more confidence and speed...Noah really enjoyed leaving his mark as he squeezed his brakes hard to make tire tracks at the end of the straightway.

"How long was that one?" he inquired.

Boys...everything is a competition.

Day four was devoted to turning. He fell once and I held my breath but kept my feet planted to the spot as the volunteers were quick to get Noah back up on his bike to try...try again.

Steph and Zack had to work hard to keep up with my little speed demon.

As I watched Noah ride and Steve snap enough pictures for us to create a stop action movie...I spent a little time talking to Suzie Risher, founder of the Lydia Faith Cox Foundation, named after her daughter who died three years ago.

I marveled at this woman. She could have easily (and I wouldn't blame her a bit!) curled up and let her grief swallow her up. I cannot imagine a grief larger than when a parent loses a child. But, she didn't. And, because of her

vision to see beyond today and even tomorrow --she has given myself and many other parents the opportunity to watch our children soar.

I believe Lydia's spirit was with us at camp, giving each one of our children invisible wings... now it's up to us not to clip them with thoughts of doubt.

Today, after another successful ride with his Dad, Noah came in to tell me that he rode down our hill for the first time..."and I went FAST!" He told me he kept thinking, "I believe I can fly."

Credit: therapyonwry.com



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2013-2014

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from the Executive Director

Looking forward to the future of the DSAGSL

Is it just me, or do you ever read a letter like this and get the impression that it sounds like a campaign speech, or that the author is making a lot of promises and just writing for the sake of writing?

In any case, I'll try to avoid that kind of message here.

The good news is that, unlike much of what we see and hear in legislative circles, so much of the promise DSAGSL has as an organization is starting to be realized! Parent surveys are saying that our Lydia Cox Memorial Bike Camp has been considered our best ever, and the amount of people that are being reached online remains at the highest



levels we've ever seen. Our Toastmasters program – now a full-time DSAGSL program – received high honors from Toastmasters International for its work, and we also welcomed many of you to a spring family picnic where it actually didn't rain! Indeed, the sun seems to be shining brightly on a lot of things at DSAGSL these days, and we couldn't be prouder.

Of course, all of this is made possible by another incredible fundraising season. Our trivia night and our recent Birdies & Bass golf tournament both posted record fundraising totals in 2013, and our Step Up for Down Syndrome walk welcomed more than 110 teams and raised more than \$235,000 this past June! We can't thank you enough for your belief in DSAGSL and the dollars you've helped to raise because you care so much.

Your generosity has paved the way for an incredible 2013-14 fiscal year, which began on July 1. At our annual meeting, we introduced our 2013-14 strategic plan which includes some very aggressive programming efforts, and more plans to make DSAGSL more sustainable and active in our community for years to come. I want to especially thank our Board of Directors for their vision and leadership in forming this plan, and in preparing our annual budget. They have agreed to commit more than \$40,000 to new and upgraded programming this year alone. The entire strategic plan is included on our website, and you can view the annual meeting on our social media channels. As always, you're welcome to call or visit us anytime to discuss our plans or your own vision for DSAGSL in more detail.

In the meantime, please read over this newsletter, add upcoming dates to your calendar, and plan to get involved this upcoming year. This will always be YOUR organization, and we want to see all of the St. Louis area enjoy being a part of DSAGSL.

(And, in case this letter does remind you of a political ad: My name is Jeremie Ballinger, and I approve this message.)

Executive Director



The DSAGSL MISSION is to benefit the lives of people with Down syndrome and their families through individual and family supports, education, public awareness, and advocacy.

Join us at Busch Stadium for the 2013 Walk in the Park!

Walk in the Park, held this year on September 28, is an annual DSAGSL tradition that brings together families from the St. Louis area and beyond for a day of fun, baseball and an experience that fills the stadium with excitement. Tickets to the event include a commemorative T-shirt, wristband to walk the warning track before the game and, of course, tickets to the Cardinals game that day. This year participants will get to cheer on the Cardinals as they take on the Chicago Cubs. Tickets cost \$35 and the event day schedule is as follows:



- 3:00pm: Pep Rally across from Gate 1, parking lot between Poplar & Spruce
- 4:00pm: Over 2,400 supporters walk the stadium warning track
- 5:30pm: Pre-game ceremony and ceremonial first pitch
- 6:15: Play ball! Cardinals vs. Chicago Cubs

You can register online or by downloading the order form from our website at www.dsagsl.org/WITP and sending it to us. For more information please contact Jeremie at the DSAGSL office 314-961-2504 or jeremie@dsagsl.org. Hope to see you there!

Meet our 2012-2013 Volunteers of the year!

During our Family Picnic in May, we were able to recognize three outstanding volunteers who had been nominated to be our volunteers of the year.



Amber Brodak

Volunteer of the Year, Community Groups

"Amber serves as one of the co-leaders for the Metro East Down Syndrome Alliance (MEDSA). Part of her role with MEDSA includes organizing the group's World Down Syndrome Day celebration, which is one of the largest in the region. She is also part of MEDSA's Step Up for Down Syndrome team, and regularly volunteers at the DSAGSL office when called upon."

Cassie Foster

Volunteer of the Year - Programs

"Cassie has been a key volunteer for DSAGSL for many years. A former educator, she has been a key part of our educational programming such as our Down Syndrome Education Specialist program. Cassie continues to attend every DSES session as a volunteer, serves on our Programs & Services Committee, and this past year served on the planning committee for the DSAGSL Family Conference. She is also part of our Toastmasters chapter along with her son, Vaughn."



Linda Flowers

Volunteer of the Year, Special Events

"If you've ever attended a DSAGSL special event, you know that Linda is a major part of why our events are so successful! Linda has served on DSAGSL's Auxiliary Board since it began, and has taken on a number of roles within various events. From making support signs for SUDS to collecting donations and selling raffle tickets at trivia night, Linda does anything asked of her to help DSAGSL. When not working on an event, Linda is very active within her community group."

2014 Calendar pre-order coming in October!

The photo shoots are done and we are working to get our 2014 Friends for All Seasons calendar ready for purchase. Stay tuned to Facebook and our eNews to be notified when pre-ordering starts and get your hands on your copies!

selfadvocatesATWORK

Each week, the DSAGSL office is lucky enough to have three self-advocates lend their time to work in our office. Meet Megan, Neha and Lizzie (and come visit them sometime!):

Megan Layton



Megan takes a time-out from her busy week to make room to volunteer in our office every Friday morning. Megan loves being able to help answer the phones, greet visitors, do office work and especially film her Ask Megan video blog every week - which can be found on our blog at www.dsagsl.org. This fall, Megan is living one of her dreams by taking a trip to Italy with her family, and she couldn't be more excited.

Neha Naik



Every Thursday from 1-5pm, Neha lights up our workspace with her amazing smile and positive attitude. Neha says working at the DSAGSL office is great - she loves getting phone calls and keeping notes for everyone in the office. She tells us that working in our offices gives her a lot of happiness. Someday, Neha wants to be a super model AND movie star - we think she would be great at that!

Lizzie Diehr



Lizzie makes the short walk from her house to our office every Thursday from 9am - 1pm. She says her favorite thing about working in our office is answering the phones and passing phone calls along to people in the office. Lizzie just turned 27 and loves her life! When she's not working with us, Lizzie works in the lunch room of an elementary school. She says everyone in our office is "really cool!"

celebrating RELATIVES

submit your photo to michelle@dsagsl.org





Our annual Step Up for Down Syndrome walk took place on June 9 at Forest Park. This year's event brought out over 100 teams and raised over \$200,000 to help us better serve families in the Down Syndrome community. Thank you to everyone who came out to join us to walk or volunteer and to our generous sponsors!

"Meet us in St. Louis!"



Teams of walkers came to Forest Park in St. Louis starting at 10am - some teams dressed the part in matching shirts!



Thank you volunteers!

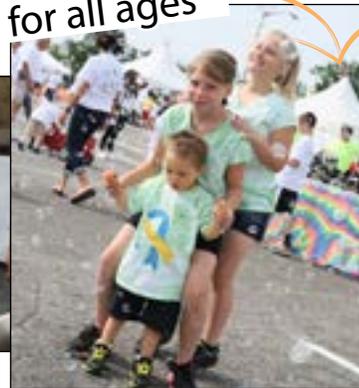
50+ volunteers set their alarms early to help us make the day a success for our families.



Souvenir Shop

Our new apparel and gifts made a debut at SUDS in our Souvenir Shop. Walkers could buy shirts, hats and even car magnets to show their love for DSAGSL!

Family fun for all ages



Between the Bubble Bus, ride-on train, face-painting, balloon animals and carnival games, there was something for everyone in the family to enjoy!

Over 100 teams Stepped Up!



We have a full crowd join us to walk Forest Park to raise awareness for Down syndrome. Teams came out in full force and enjoyed the beautiful weather we had for the one-mile walk.

Live entertainment



The Glee Choir and Adrenaline Explosion cheerleaders provided great on-site entertainment before the walk officially started!

it's BACK TO SCHOOL time

Tips for a happy and successful transition back to school after a long summer

-  Visit the classroom/school ahead of time. Show your child the important places and how to get there (cafeteria, nurse, bathroom, gym)
-  Introduce your child to his/her teachers and other important school personnel before school starts. Get the e-mail address of each one. Take pictures of each teacher.
-  Create a social story (using the pictures) about going back to school.
-  Create a document about your child (include basic family/contact info, interests, accomplishments, effective social and behavioral strategies. Share this with all teachers/school personnel.
-  Have your child or help your child create something they can share about their summer (using pictures and/or words).
-  Get back on a schedule with bedtime and morning routines at least 2 weeks before school starts.

Join us for a special Back to School Night!

The DSAGSL hosted our second annual Back to School Night on Thursday, August 1 from 6 – 8 pm at the DSAGSL office. To the right is a quick look at the important topics we covered. Parents and caregivers of all ages were encouraged to join us to learn, share and ask questions.

If you missed Back to School Night, you can see the meeting on Ustream - www.ustream.tv/channel/stlouisdsa

Back to School Night Agenda

Communicating with your child's team	Examples of tools that work
Keeping records	Talking with your child's class
IEP	Resources

don't miss our new...

COMIC BOOK CLUB



On the third Tuesday of every month starting August 20...

...in the DSAGSL OFFICE from 6:30-7:30pm...

...comes a new club dedicated to perfecting SUPER skills like reading, writing, art and conversation...

DON'T MISS OUT!

email ERIN@dsagsl.org to RSVP for our FIRST meeting of the MINDS!

AWARENESS & ADVOCACY

Updates on the Ethan Saylor case

In January, Ethan Saylor, a 25 year-old man with Down syndrome, had finished viewing a movie at a local theatre wanted to stay and watch the movie again. At the time, his aide had gone to the car and wasn't there to pay for another ticket. Off-duty officers were called into the situation and restrained Saylor, who sadly passed away in the process.

Although an autopsy report determined Saylor's death to be a homicide, there have been no charges filed per a decision from a grand jury. The medical examiner cited that Down syndrome, physique and heart disease made Saylor more susceptible to sudden death in stressful conditions that would compromise his breathing.

Advocates across the country are left wondering: Are reports putting Saylor's death on the fact that he had Down syndrome and not because of the actions of the officers? Petitions and campaigns calling for a private investigation from the Department of Justice have been circulating, and gaining national attention as of late and in July the Department of Justice announced the start of an investigation in the case.

In an effort to keep our members completely up to date on the happening of this case, and on what we can all do to help Ethan's family and friends, we have a blog dedicated to updates in the case - visit us at www.dsagsl.org/category/news to read and follow as the story progresses.

First Steps program in Missouri

In May, funding was removed from the Missouri state budget for First Steps, Missouri's Early Intervention system for infants and toddlers who have developmental disabilities. With a deal having been reached to restore that funding, it was necessary for legislation to be passed in order to fulfill the deal and advocates called on the community to reach out and make a difference. Governor Nixon met with parents and advocates in KC and Springfield with the message that making our voice heard was the only way to save this funding.

Thanks to the many parents and advocates who called their legislatures and demanded First Steps funding be returned to the budget, legislation was passed just a week after the call was made to make noise on the matter - thank you for all of the people who did so and helped to keep the First Steps program alive!

October is Down Syndrome Awareness Month!

Mark your calendars!

Down Syndrome Awareness Month is coming up soon and October is a chance to spread awareness, advocacy and inclusion for individuals with Down syndrome throughout the community. Throughout the month, we celebrate individuals with Down syndrome and make people aware of their abilities and accomplishments.

This year, we have a few new ideas up our sleeves - and we would love your help in getting it all done! The good news is, helping only takes a few easy steps:

1. *If you have a photo of your loved one with Down syndrome that you wouldn't mind us turning into a poster, email us at michelle@dsagsl.org*
2. *Keep an eye on our Facebook page (and like us if you haven't already!) for an official call to action*
3. *Celebrate your loved one in any way you can throughout the month, and tell us about it on Facebook or Twitter!*

It's not about celebrating disabilities, it's about celebrating abilities - celebrate with the DSAGSL!



upcomingEVENTS

mark your calendars -
we'll see you there!

Walk in the Park

September 28

It's almost time to join the Down Syndrome Association of Greater St. Louis and the St. Louis Cardinals for a day of raising support and awareness for Down syndrome! On Saturday, September 28 we invite you to join us at Busch Stadium for a pep rally, an evening game against the Chicago Cubs AND a walk around the warning track prior to game time! Tickets are on sale NOW and are only \$35 a piece, so don't miss out on this day! Register online now at www.dsagsl.org/WITP.



Day at the Pumpkin Patch

September 21

Just in time for Halloween, we are hosting our first day out to the pumpkin patch! Families who attend will enjoy a day at Rombach Farms in Chesterfield to take part in fall activities, get great photo opportunities with other families and pick out the biggest and best pumpkins to carve for Halloween! All ages are welcome and siblings are invited, too - stay tuned to Facebook and our website for more information.

DSAGSL Annual Holiday party

December 1

Our annual holiday party returns this year and it's sure to be great fun for the whole family! Mark the date on your calendar now and plan to join us on December 1 - the party is still a few months away but the holiday season fills up fast! Keep an eye on our Facebook page and website for more information.



DSAGSL Monthly Events

Various monthly dates

CoffeeTalk-opentoallparentsandguardians

Check on Facebook or contact us for meeting times

- August 22: Therapy for Kids
- September 26: Grandparent appreciation
- October 24: Down Syndrome Awareness Month

ComicBookClub-opentoallabilities,age16-

Meetings are held in the DSAGSL office at 6:30pm

- August 20
- September 17
- October 15

Toastmasters-opentoallabilities,age18+

Meetings are held in the DSAGSL office at 6:30pm

- August 6
- September 3
- October 1

Don't miss out!
Contact us at 314.961.2504 or
info@dsagsl.org for more info or to RSVP

For more events from our community partners, visit our
website at www.dsagsl.org

Speaker's Training

Down Syndrome Awareness Month is right around the corner - become a DSAGSL Ambassador NOW!

You're already a DSAGSL advocate and ambassador in the community. Now you can get trained and receive the tools you need to spread the word about the DSAGSL and the amazing group of individuals we serve. Our trained ambassadors speak to health care professionals, medical students, K-12 classrooms, and educators during Down Syndrome Awareness Month and throughout the year. If you are passionate about fostering inclusion, understanding, and opportunities for individuals with Down syndrome, join us for this training. All participants will leave with a flash drive full of invaluable resources and presentations. We welcome individuals of all ability levels and backgrounds to participate!

Date: Saturday, August 17

Time: 10:30 – 11:30am

Where: DSAGSL Office

Who: Self-advocates, parents, caregivers, grandparents, siblings, educators, health care professionals, and anyone else interested in raising awareness about Down syndrome!

Ask Megan

If you haven't visited our blog to check out videos from our resident blogger, self-advocate and advice-extraordinaire Megan, you are missing out! Head over to www.dsagsl.org to get Megan's advice on all things and learn all about what it's like to be her.

Souvenir Shop

We've launched a new line of apparel and souvenirs and they are all for sale all the time! We have kids and adult T-shirts and hats, reusable shopping bags and car magnets that will really show your love for the DSAGSL for sale in our office and at all of our events. Come and get 'em before they're gone!

Down Syndrome Research

There are numerous studies on Down syndrome taking place all over the world and we want to highlight those that are working to improve the lives of individuals with Down syndrome. Researchers are studying ways to improve cognition, learning and memory. They are also studying the correlation between a certain asthma medication and a boost in cognition.

What does this mean for individuals with Down syndrome? It means that perhaps in this lifetime there could be medication to improve learning and memory. Improved cognition may lead to increased success with independent living, social interactions, and education. Imagine the possibilities!

Current studies

The NDSS provides a listing to give information about research currently ongoing on the subject of Down syndrome. See their directory and learn more at www.ndss.org/Resources/Research

Learn More about Research

www.dsrtf.org – Down Syndrome Research and Treatment Foundation

www.researchds.org – Research Down Syndrome

www.globaldownsyndrome.org – Global Down Syndrome Foundation

www.Lejeuneusa.org - The Jerome LeJeune Foundation

5.8.13 Family Picnic

Our annual Family Picnic, held on May 8, was host to a number of families and some of the best picnic weather we've seen in a while! Guests enjoyed a yummy lunch courtesy of the Florissant Knights of Columbus, played carnival games, hunted for dinosaur eggs, danced until they couldn't anymore and had a great day meeting and interacting with new and old friends.

Big thanks to Knights of Columbus and our volunteers for helping us organize the picnic!



6.3 - 6.7.13 Lydia Cox Memorial Bike Camp

This year, the Lydia Cox Memorial Bike Camp, held at South Technical High School, brought out 34 riders ready to get set and go! Of those 34, a total of 21 kids were able to successfully ride a conventional two-wheel bike on their own by the end of the week - and every participant brought home a bike of their very own.

6.9.13 Step Up for Down Syndrome

Thank you for another successful year of Step Up for Down Syndrome! We had over 100 teams register for the walk and over 1500 come out to join us in Forest Park on June 9! Together with our sponsors and walkers, we were able to raise more than \$230,000 to help support our programs and services to better serve our families.

Thank you for walking - we can't wait to see you next year!



7.15.13 Birdies & Bass Golf Tournament

Our Third Annual Birdies & Bass Golf Tournament was our most successful yet! The event, hosted by Persimmon Woods Golf Club, started off with golfers paired up with individuals with Down syndrome for a round of fishing and continued into the day with a full round of golf, dinner and a live auction. Thank you to our golfers, volunteers and sponsors who make this event possible every year!

7.17.13 DSAGSL Annual Meeting

If you were able to attend our annual meeting, you got to see the full round up of what's been going on with the DSAGSL and what will be happening in the coming year. Couldn't make it out to our meeting? No worries! Find the info and a link to the recorded meeting on Ustream by going to our blog on www.dsagsl.org.



communityGROUPS

DSAGSL Community Groups provide information, resources and/or emotional support for parents and friends of individuals with Down syndrome. Each group has its own personality based on location, culture, native language and the age group(s) they serve. Contact the groups below for more information about their respective events, or call 314.961.2504 if you are part of a group that would like to be a part of our community group network.

MISSOURI

Dual Diagnosis Autism Spectrum Disorder and Down Syndrome Support

CONTACT

sherry.bowen@lifekills-mo.org
(314)432-6200

Heartland Community Group

(Southeast Missouri and Southern Illinois)

Facebook: facebook.com/HeartlandDSA

CONTACT

heartlanddsa@msn.com
(573)334-5685

Central Missouri Down Syndrome Family Network

CONTACT

centralmodsfamilynetwork@gmail.com
(573)230-7230

Facebook: facebook.com/centralmodsfamilynetwork

Down Syndrome Group of the Lake of the Ozarks

(Camdenton, MO and surrounding areas)

CONTACT

dsgloz@hotmail.com
(573)374-8337

Jefferson County Community Group

CONTACT

Facebook: facebook.com/jeffcods
carlawerk@charter.net
(314)420-4450.

Kirkwood/Webster Community Group

CONTACT

joyce@objectnirvana.com/(314)822-2227;
dewdrop519@yahoo.com/(618)570-8485;
emily.rafliff@logan.edu/(636)236-5759

Dads Appreciating Down Syndrome (DADS)

CONTACT

dadsstl@dadsstl.org
Website: www.dadsstl.org
Facebook: facebook.com/pages/DADS-St-Louis-Chapter/134721146598480

North County Community Group

CONTACT

vrorg@gmail.com
(314)222-7047

Facebook: facebook.com/pages/North-County-Down-Syndrome-Community-Group-STL/501592436546406?fref=ts

Saint Charles County Community Group

CONTACT

downsyndromestc@gmail.com
(636)395-0110

Facebook: facebook.com/stcdsgroup

Northern Missouri Community Group

CONTACT

beckyjpike@gmail.com, (660)627-7453;
kmccurry@highway.com, (660)258-7204

Facebook: www.facebook.com/pages/Down-Syndrome-Community-Group-of-Northern-Missouri/356892451086093

ILLINOIS

Metro East Down Syndrome Alliance

(Shiloh, Illinois and surrounding areas)

CONTACT

amb2728@gmail.com
(618)593-6169

Website: metroeastdsa.org

Facebook: facebook.com/groups/245883765486/

Southern Illinois Community Group

(Carbondale, Creal Springs, IL and surrounding areas)

CONTACT

jaakdander1@yahoo.com, (618)922-5846
or crisbyrd@hotmail.com, (618)684-3295
Facebook: facebook.com/pages/Southern-Illinois-Down-Syndrome-Support-Group/10150122313390495

Riverbend Down Syndrome Association

(Southwest Illinois)

CONTACT

secretary@riverbendds.org
(618)667-8771

Website: www.riverbendds.org

OTHER DOWN SYNDROME GROUPS

Down Country

(Hannibal, Quincy and surrounding areas)

CONTACT

info@upatdowncountry.com
217-617-3568

Website: www.upatdowncountry.com

Facebook: facebook.com/UpatDownCountry

Down Syndrome Group of the Ozarks

(Springfield, MO and surrounding areas)

CONTACT

info@ozarksdsg.org
(417)885-9905 or (888)655-5173

Website: www.ozarksdsg.org

Lincoln Land Down Syndrome Society

(Springfield, IL and surrounding areas)

CONTACT

lldss@comcast.net
(217)741-1832

Website: www.lldss.org

Mineral Area Down Syndrome Group

CONTACT

bshelton@centralr3.org
(573)701-3576

SHARE IT!

If you know of an event, activity or social outing that might interest other families in the area, let us know! Email michelle@dsagsl.org with all the info so we can share it with our community.



Down Syndrome Association of Greater St. Louis

8420 Delmar Blvd., Suite 200
St. Louis, MO 63124
Phone: 314.961.2504 Fax: 314.989.1579
Website: www.dsagsl.org



we're
going
GREEN!

Our newsletter got an overhaul and we're taking the leap to a more nature-friendly delivery. If you want to get your DSAGSL newsletter exclusively via email, let us know! *Contact us at 314.961.2504 or info@dsagsl.org.*

Check it out!

Upcoming events with the DSAGSL

- CoffeeTalk: Thursday, August 22, September 26 & October 24
- ComicBookClub: Tuesday, August 20, September 17 & October 15
- Toastmasters: Tuesday, August 6, September 3 & October 1
- Day at the Pumpkin Patch: September 21
- Walk in the Park: Saturday, September 28
- Holiday Party: Sunday, December 1

Office Needs

- Drop by your office if you would like to donate any of these items
- Colored Paper
- Stamps
- Card stock paper
- Tabbed dividers with pockets
- Gift cards to office supply store

Doctor Recommendations

If you know a great doctor we can share with families in the area, please send contact info to christy@dsagsl.org