



familyconnection

FALL 2016 NEWSLETTER



CELEBRATING 40 YEARS OF OPPORTUNITY, HOPE AND RESPECT

The Down Syndrome Association of Greater St. Louis could not be more proud to be celebrating our 40th Anniversary this year. On June 7th, the DSAGSL turned 40 years young and we have taken this opportunity to celebrate all year long!

DSAGSL Unveiled the Calamia & Reineri Legacy Wall

Thank you to everyone who joined us at the unveiling of our Calamia & Reineri Legacy Wall reception on March 1. The legacy wall has been a long time dream of everyone here at DSAGSL. We are thrilled to now see the realization of that dream come to life on the wall of our office. Our wall was named in honor of the Calamia and Reineri family who have been invaluable donors and supporters of the DSAGSL for years. This is a wonderful space to share milestones and remember loved ones. Tiles are available in three sizes, small, medium, and large. Large tiles can be personalized with a color photo. For more information, call Barbara or Erin in our office at (314) 961.2504.

Missouri Elected Officials Celebrated the DSAGSL Anniversary

Staff, Board and members were not the only ones celebrating our milestone birthday. On April 4th, The Missouri State Senate, spearheaded by Senator Eric Schmitt, signed a resolution acknowledging the great strides made by our organization. This May, St. Louis Mayor Francis Slay celebrated our anniversary as well. In recognition for the services the DSAGSL provides to the community and the invaluable resources we provide, Mayor Slay proclaimed June 7th as "Down Syndrome Association of Greater St. Louis Day" in the City of St. Louis. We could not be more thrilled to have the support of our Missouri State and St. Louis City elected officials.

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2016-2017

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from the Executive Director



Dear Friends:

My! What a six months we've had here at the DSA! So many changes and exciting celebrations! June 7 marked the 40th anniversary of the Down Syndrome Association of Greater St. Louis. Forty years ago, a small group of parents got together to support one another and celebrate the lives of their children with Down syndrome. From that parent group, a movement was born, and over the course of the next forty years, great progress would be made! Friends, I am so happy to say that, today, the future of individuals with Down syndrome has never looked brighter.

Our loved ones with Down syndrome are living longer, working, going to college, getting married, and enjoying fulfilling lives in our community. We've been celebrating these accomplishments all year long. First in February, we won six awards from the Down Syndrome Affiliates in Action (DSAIA), including best social media, outdoor advertising, promotional items, and runner up for Affiliate of the Year. In March, we unveiled our much anticipated Calamia and Reineri Legacy Wall, a special spot in our office and in our hearts to honor family and friends with and without Down syndrome. On May 7, we dined and danced at our 40th Anniversary Gala. Of course, there was no celebration bigger than at Step Up for Down Syndrome. We welcomed over 2,000 friends and families and raised nearly \$250,000 to support our many programs and services.

The DSAGSL staff and Board thank you for celebrating with us! Without you there would be no DSAGSL. We exist because of your fundraising efforts and your generous support. We strive to serve our members to the best of our abilities every day, and help build the best future for our loved ones with Down syndrome. So, while we are celebrating, let us remember the work that is yet to be done.

In these pages, you'll see information about upcoming events such as Walk in the Park on October 1, summer and fall programs, special family events, as well as our new employer and job seeker spotlight. As always, we encourage you to reach out and get more involved. We love hearing your ideas and having you engaged in our programming.

Once again, a huge **"Thank you"** goes out to you, our members, for your continued support over the years. Whether you are a new parent, or a DSAGSL veteran, you have been instrumental to our success and growth. We look forward to building another great 40 years with you! See you soon at one of our upcoming events.

Sincerely,

Erin Suelmann, Executive Director

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

Meet your new Staff



**Andrea (Andi)
McCormick**

Program Coordinator

I am Andrea (Andi) McCormick and I am so excited to be a part of the Down Syndrome Association of Greater St. Louis. I began my career as a special education teacher at United Services for Children teaching children of all abilities ages 3-5. After having children of my own, I worked as part of the First Steps of Missouri as a developmental therapist for children with developmental delays from ages birth to three. My career continued with teaching many different classes and programs focused on early childhood and inclusion. I enjoy many things in life, especially being a wife and mother. My husband Doug and I have been married since 2000 and we have two amazing children, Maya and Bennett. I find no greater joy than being their mom! We enjoy traveling together and spending time outdoors. I began looking for a place to volunteer my time and energy working with people with Down syndrome and I landed at DSAGSL. I was

blessed to be invited to lead the infant and toddler therapeutic play group. After 18 months of volunteering, I am excited to be a part of the staff and look forward to learning, growing, and being a part of DSAGSL!



Jeffrey Bassin

***Manager of Donor
Engagement***

Hello! My name is Jeff Bassin. I come to the DSAGSL from the Nine Network of Public Media (KETC/Channel9) as Grants Manager. My background includes serving as Director of Program Operations at the Productive Living Board for St. Louis County Citizens with Developmental Disabilities, Associate Executive Director at the St. Louis Arc and clinical therapist at Provident, Inc. My background in fundraising and many years of experience providing direct services and administrative functions in the field of developmental disabilities merges both of my passions.

I grew up in University City and now reside in Creve Coeur. I hold a bachelor's degree in Sociology and a master's degree in Social Work from the Brown School of Social Work at Washington University in St. Louis. I taught a course on developmental disability I designed at

Washington University and have served as President of the Brown School's Alumni Board of Directors. It is my desire to secure funding for the Down Syndrome Association through numerous means; individual donors, grants, planned giving. I welcome your thoughts regarding potential donors, business partnerships and grant opportunities!

Education Corner

ABLE Act (Achieving a Better Life Experience)

The Achieving a Better Life Experience (ABLE) Act of 2013 was introduced in the 113th Congress on February 13, 2013. On Friday, December 19, 2014, President Obama signed the Tax Extenders package, making the ABLE Act the law of the land.

The ABLE Act amends Section 529 of the Internal Revenue Service Code of 1986 to create tax-free savings accounts for individuals with disabilities. The bill aims to ease financial strains faced by individuals with disabilities by making tax-free savings accounts available to cover qualified expenses such as education, housing, and transportation. The bill supplements, but does not supplant, benefits provided through private insurances, the Medicaid program, the supplemental security income program, the beneficiary's employment and other sources. An ABLE account may fund a variety of essential expenses for individuals including medical and dental care, education, community based supports, employment training, assistive technology, housing, and transportation. The ABLE Act provides individuals with disabilities the same types of flexible savings tools that all other Americans have through college savings accounts, health savings accounts and individual retirement accounts.

Why the need for ABLE accounts?

Individuals with disabilities can only have \$2,000 in assets at any given time in order to remain eligible for many federal means-tested benefits programs, which provide much-needed support. Under ABLE, eligible individuals and families will be allowed to establish ABLE savings accounts that will not affect their eligibility for SSI (up to \$100,000), Medicaid, and other public benefits. ABLE accounts provide a mechanism to essentially increase this \$2,000 asset limitation.

The good news is that Missouri and Illinois have enacted ABLE legislation. Both states are currently working on implementation of the act. For more information or to sign up for news alerts, check out these links:

Missouri

<https://www.treasurer.mo.gov/content/achieving-a-better-life-experience>

Illinois

<http://www.illinoistreasurer.gov/Individuals/ABLE>

**a portion of this information was provided by the National Down Syndrome Society*

What is a waiver and how do I apply for one?

Medicaid waivers waive one or more Medicaid rules in order to extend eligibility and/or services to children. For children, the most common rule to be waived is the way income is calculated. This means the waiver is based on the child's income instead of the family's income. Medicaid typically counts the entire family's income when determining eligibility until a child turns 18.

Missouri Division of Developmental Disabilities Regional Offices is the place to start for services offered by the state for individuals with developmental disabilities. The Regional Offices determine eligibility for division services. Requests to access waiver services may be made through an intake worker or support coordinator at the regional office. Then an assessment is completed to see what services are needed, what services the client is eligible for, the level of need is determined, and then the client is added to the appropriate waiting list.

There is a Medicaid waiver waiting list. Waiver Services can only pay for services for a limited number of people at a time. Openings for services are called "slots". Since people with the highest need are put on the top of the list, a person can expect to wait several years before getting waiver services in Missouri if the prioritization of need score is low.

A few examples of the services that are provided by the Comprehensive Waiver, Community Support Waiver, and the MOCDD (Sarah Lopez) Waiver are; in home and out of home respite, assistive technology, behavior analysis service, Independent Living Skills Development (Home Skills Development, Community Integration), and speech therapies.

Those diagnosed with autism are eligible for the Autism Waiver. A few examples of the services provided by this waiver are; in home and out of home respite, assistive technology, and behavior analysis service. The population that is eligible to receive this waiver is children with autism ages are 3-18 years old.

To view a full list of services provided by each waiver visit <http://dmh.mo.gov/dd/progs/waiver/services.html>

Comprehensive Waiver

Population: Children and adults with developmental or intellectual disabilities.

Ages: all ages

Community Support Waiver

Population: Children and adults with developmental or intellectual disabilities.

Ages: all ages

MOCDD Waiver (Sarah Lopez)

Population: Children and adults with developmental or intellectual disabilities.

Ages: 0-17

Education Corner continued...

To be eligible for the MOCDD (Sarah Lopez), the child must: Not be eligible for Medicaid under regular guidelines; be under the age of 18; live with his/her parents/family; meet financial guidelines; be determined to have a permanent and total disability.

To be eligible for the Community Support Waiver the client must be eligible for Medicaid as determined by the Missouri Department of Social Services' Family Support Division under an eligibility category that provides for Federal Financial Participation. To be eligible for the Comprehensive Waiver, service needs cannot be met in the Community Support Waiver.

What is respite? Why do you need it and how to get it

Caretakers of children or adults with special needs often face additional stress as a result of balancing the needs of their child or adult with special needs with the needs of other family members and their own needs. Respite care is designed to help families. Getting a break can refresh and re-energize family members, reduce parental stress and help keep overwhelmed families together.

Respite is temporary relief care designed for families of children or adults with special needs.

In-home respite care is support provided on a short-term basis to either at the home of the child or adult with special needs or the home of the respite provider. Respite providers can be family (not parents or step parents) or friends who are over 16 and do not live in the home.

Out-of-home respite care is temporary care provided outside the home in a licensed or accredited Residential Care Facility (RCF).

Missouri Residents

In general, the best place to start services (respite and other services) is by contacting the Missouri Department of Mental Health, Division of Developmental Disabilities. The toll free number is **800-207-9329** or contact your local regional office by finding it here: <http://dmh.mo.gov/dd/facilities/>

St. Louis County Residents

St. Louis Arc - ARCH Program – (In Home)
Phone: (314)569-2211
Website: <https://support.slarc.org>
or
Children's Home Society of Missouri (Center based)
Birth – 21 years
Phone: (314)918-0492
Website: www.chsmo.org

Illinois Residents

Step 1: The most important step the client and their family can take to receive assistance is to register with the Prioritization of Urgency of Need for Services (PUNS) database. The client may call the Developmental Disabilities Hotline at **1-888-DD-PLANS** and **1-866-376-8446 (TTY)** to assist the client with the process.
Step 2: The client must meet with a Pre-Admission Screening (PAS) or Independent Service Coordination Agency (ISC) to see if they are eligible for services. They can search the DHS Office Locator (**Website: <http://www.dhs.state.il.us/>**) for a developmental disabilities office near them. This agency can help the client learn more about the DD service system.
Step 3: Once the screening is completed, the Pre-Admission Screening organizations will provide the client with verified and objective information about the service providers in their area. The Pre-Admission Screening organizations will also help the client contact the providers to learn more about services. The client is the one who decides which providers they want to work with.

St. Louis City Residents

Step 1: Contact the Missouri department of Mental Health, Division of Developmental Disabilities.
Step 2: Apply for services on application form provided for your regional center office.
Step 3: If determined by an evaluation that the client is eligible for services, they will become a regional center client. Regional centers conduct screenings and assessments in home, or at another site if requested.

St. Charles County Residents

Children's Home Society of Missouri (Center based)
Birth – 21 years
Phone: (636)940-1119
Website: www.chsmo.org

We had a ball at the DSAGSL 40th Anniversary Gala

On May 7th, we held our first-ever Gala at the Grand Hall on Chouteau. We welcomed 250 parents, professionals, Board members, and self-advocates to this exquisite evening of dining, dancing, and celebrating. Five honorees were recognized for their dedication and service to our community: Megan Layton, Senator Eric Schmitt, Dan Farrell, Julie Williams, and Dr. Dorothy Grange. These individuals, in their own unique ways, have had a significant positive effect on the lives of individuals with Down syndrome and their families. We were proud to honor them during our grand celebration.



▲ Our legacy wall

So much has changed over the last forty years. There are so many reasons to celebrate!

THEN
1976 **AND** **NOW**
2016

In the 1970s, people with Down syndrome only lived into their 20s.



Today, people with Down syndrome live into their 60s and beyond

In the 1970s, most children with Down syndrome were placed in institutions.



Today, children with Down syndrome are loved, valued, and supported as important members of the family and community.

In the 1970s, people with Down syndrome were not welcome in the community or in public places



Today, people with Down syndrome are living independently, volunteering, working, using public transportation, and are important contributing members of the community.

In the 1970s, it was thought impossible for people with Down syndrome to learn to speak properly, read, or write.



Today, people with Down syndrome attend inclusive schools, graduate High School, attend college and are even accomplished actors, writers and artists.

Employment

The DSAGSL is proud to have launched our newest program for teens and adults – **Mission Possible: Employment**. We piloted this innovative program in 2015 with the assistance of our hard-working Employment Committee and have been working hard to develop a meaningful, effective program.

Our goal is simple: help individuals with Down syndrome find meaningful, paid employment in an inclusive community environment. As a part of this initiative, we are excited to highlight local businesses that are dedicated to inclusive employment as well as a featured job seeker.

Business Spotlight

Celebrating Inclusive Employment: Kelly Ruby State Farm



I have been in the insurance industry since 2009 after a 5 year stint in elementary education. After a few years learning from many great mentors, I was offered the opportunity to open my own State Farm agency in August of 2014. We are very excited for a great first 2 years! When I opened my own agency my ultimate goal was to create a culture of people who worked everyday to help everyone we service. Whether it is offering above and beyond service, with 5 staff members doing those little extras that keep clients smiling, or hiring Megan Layton to offer another perspective to our staff. Megan is an adult self-advocate that most know very well due to her outgoing and confident personality. Megan is not only capable to handle just about any office task I hand her, but she completes each task with the utmost care. My husband, Dave Ruby, current board president for the Down Syndrome Association, is the one who urged me to hire Megan and kick off the employment initiative within the DSA. It was a great idea and we all feel blessed to know Megan and work with her in the office. Megan's most amazing contribution to our clients are her hand written birthday cards. One for every client's birthday, all year long, written by her personally. She's gets many thank you cards, calls and tears! Her attitude and tenacity reminds everyone that there are truly no excuses and your best is expected daily.



The Ruby Agency
Kelly Ruby, Agent
363-938-9448



Job Seeker Spotlight



If you are interested in learning more about our Job Seekers, contact Erin at erin@dsagsl.org

Aaron

Hi my name is Aaron. I am almost 23 years old and a recent graduate of the DSA's Employment Academy. For the past 5 years I have volunteered at Mercy Hospital in the dining dept. During my Lindbergh High School career, I worked at Green Park Nursing Home and Bethesda Southgate. I am currently volunteering at a nursing home near my house both in the dining area and activities department. My dog Ralph and I visit the seniors and they love us. For fun I am on the Gateway Locomotives Hockey Team. I am self-taught on the guitar and my goal is to play in church for mass. I also participate in the DSAGSL Toastmasters program and love giving my speeches. I am seeking a career in a restaurant setting or a senior living facility. I have experience in clearing and cleaning tables emptying dishwashers, setting tables, delivering menus and stocking shelves. I am friendly, hardworking, and am excited to work!

Save the Date

Please plan to join us at these upcoming DSAGSL events.
RSVP to Andi@dsagsl.org

Best Buddies

August 29

6:30pm, DSAGSL office

Come find out about a new partnership with Best Buddies. We will match your teen or adult child with a Maryville University student to create lifelong friendships!

Mom's Night Out

Join other mom's in the area for a night of laid back fun and socializing!

September 1

Happiness Hour and Book Signing with author and mom Gillian Marchenko.

November 3

The Art of Jewelry Making at Art Unleashed

December 1

Cocktails and Gift Making for the Holidays

Therapeutic Playgroup Parties

Our therapeutic play group parties are fun for parents and little ones four and under with and without Down syndrome. Themed activities are developmentally appropriate, exciting and engage all senses and motor functions. Parties are from 9:30-11 am at DSAGSL.

September 16

Teddy bear picnic

October 28

Halloween

December 16

Holiday party



Education Specialist

A Down Syndrome Education Specialist is an educator, professional, parent and/or caregiver trained to help facilitate the education of students with Down syndrome. This four part series covers various topics which will promote the success of your child with Down syndrome in the classroom. Each day is **9am - 3pm**.

September 23

Session 1 - Intro to Ds and DD in the Classroom

November 4

Session 2 - Behavior Solutions

December 9

Session 3 - Curriculum Modifications and Adaptations

January 13

Session 4 - Inclusion and Social Learning

Pumpkin Palooza

September 24

11am-2pm, Rombach's Farm

Ring in the fall with the DSAGSL and Pujols Family Foundation at our annual Pumpkin Palooza! Individuals with Down syndrome age 15 and under and their immediate family are invited to enjoy lunch, face painting, pumpkin picking, bouncy castles and more!



Talent Show

October 7

6:30-8:30pm, Lindenwood University Cultural Center

One of our most anticipated nights of the year, the DSAGSL 4th Annual Talent Show is an amazing experience for all. This night showcases the many outstanding talents of our members with Down syndrome and includes singing, music, art, comedy and more. Individuals of all ages and group performances welcome.

Holiday Party

December 4

2-5pm, Spazio Westport

Our holiday party is an annual tradition. We welcome over 300 friends and family to this joyous event which features snacks, pictures with Santa, dancing, multicultural holiday celebrations, crafts, karaoke and more.



Volunteer Corner

Thank You volunteers!

The DSAGSL would like to thank all those who have generously given their time to our organization this past year. Volunteers are the lifeblood of our organization and we could not accomplish so much without all those who willingly give up their weekends to help make our efforts a success. Whether it's serving food at Trivia Night, folding thousands of t-shirts in our office before Walk in the Park, or taking care of tiny babies at our New Mother's Luncheon, we are so grateful for our dedicated volunteers.

Thank you volunteers for all of your hard work!

UPCOMING VOLUNTEER OPPORTUNITIES

August 27

New Mother's Luncheon
Spazio's at Westport, 11am-1pm

September 8

Young Friends Board Happy Hour
CJ Muggs Webster Groves, 5:30-7pm

October 1

Walk in the Park
Busch Stadium, 12pm-3pm

October 7

Talent Show
*Lindenwood University Cultural Center
6pm-9pm*

*"Volunteers do not necessarily have
the time; they have the heart"
- Elizabeth Andrews*



Want to get involved?

**Know a great volunteer you would
like to nominate for
volunteer of the year?**

Contact Abby at **314.961.2504 ext.101**
or **abby@dsagsl.org** to learn how!

SPECIAL EVENTS

Join the DSAGSL Young Friends Board! Informational Happy Hour

September 8
CJ Muggs Webster Groves
5:30pm - 7pm

We are thrilled to be forming our first young friends board at the DSAGSL. We are looking for individuals with energy, enthusiasm, ideas, and passion to help us carry out our mission. Siblings, DSA volunteers, committee members, college students, young professionals, and interested community members are all welcome to join us for a drink and learn more about this exciting opportunity!

RSVP to Abby@dsagsl.org.

Exploring Inclusion

Sunday, September 11
Kirkwood Community Center,
111 S. Geyer Rd, Kirkwood, MO 631225
1-4pm

Join and a panel of experts, parents and inclusion enthusiasts to explore what inclusion really means and how it can work for your child. This workshop is for parents of children, teens or adults who want to help their child be included in school and the community. RSVP to **Andi@dsagsl.org.**

Puttin' for Down Syndrome Golf Tournament

September 23
Pevely Farms Golf Course
400 Lewis Rd, Eureka, MO 63025
12pm

Join the Dads Appreciating Down Syndrome (DADS) 12th Annual Puttin for Down Syndrome Charity Golf Tournament on September 23. This tournament, taking place at the beautiful Pevely Farms Golf Course, benefits the DADS, Wellness Center for Adults with Down Syndrome and the DSAGSL. The tournament is a four-person scramble followed by dinner and auction. For more information, visit **www.facebook.com/Puttin-for-Down-Syndrome-129625437069640**

Walk in the Park

October 1
Busch Stadium
12pm Pep Rally - 3:15pm Game

Walk in the Park is an annual DSAGSL tradition that brings together families from the St. Louis area and beyond for a day of fun, baseball and awareness-raising. Tickets to the event include a commemorative t-shirt, wristband to walk the warning track before the game, and, of course, tickets to see the Cardinals take on the Pirates! Visit **dsagsl.org/awareness-advocacy/walk-in-the-park** to get your order form today before we run out!



DSAGSL in Action

Past Events Recap

Trivia Night

Our annual Trivia Night, with a 1970s theme this year, was a great success! People came dressed in their '70s best for an evening of delicious food, a costume contest, a silent and live auction, and of course, appropriately themed Trivia questions! **Together, we raised over \$31,000 for the DSAGSL!**



New Family Brunch

On April 23rd, the DSAGSL hosted our 3rd annual New Family Brunch. **Twenty seven** of our **new families**, including parents, grandparents, aunts, uncles, siblings, and new babies enjoyed hearing from a local dad, sibling, and grandparents and connecting with other new families. Because of a grant from the Heartland Genetics Services Collaborative, the families also received a gift of three books and a DVD.



Hispanic/Latino Spring Party

On May 1 st, the DSAGSL hosted a party for our Hispanic/Latino families. The families enjoyed lunch, picking up resources in Spanish, and sharing experiences with other families.



STEP UP for Down Syndrome

On Sunday, June 5th, over **2,500 hundred friends, families, coworkers, and volunteers came together** to Step Up for Down Syndrome (SUDS) in Forest Park. **145 teams came to walk, play, and raise nearly \$250,000** for the Down Syndrome Association of Greater St. Louis! In addition to the annual one-mile awareness walk, SUDS attendees enjoyed a rock climbing wall, a bubble bus, a petting zoo, two trackless trains, bounce castles, a DJ, games, crafts, food, and more! The funds raised from this event go directly to support our efforts to improve the lives of individuals with Down syndrome and their families, and we cannot thank all of our teams and sponsors enough for their fundraising efforts! Congratulations to this year's winners, and **thank you all for stepping up!**



Check out these other fun events and activities hosted by the DSAGSL!

Over **750** students and educators learned about Down syndrome since January through the DSA's community awareness program.



8 parents attended the Care Coordination Workshop



24 Celebration baskets were delivered to new babies and parents so far this year



65 members enjoyed bowling at Brunswick lanes

14 babies and toddlers and **13** siblings hunted for eggs at our Easter Infant and Toddler Playgroup



43 people participated in our first skating party at Great Skate.



DSAGSL COMMUNITY GROUPS

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. Each community group is open to all DSAGSL members. Contact the groups below for more information about their respective events, or call 314.961.2504 if you belong to a group that would like to be a part of our community group network.

MISSOURI

Heartland Community Group

(Southeast Missouri and Southern Illinois)
Cape Girardeau Public Library, Penzel
Conference Room
CONTACT
Claire Watson - heartlanddsa@msn.com
(573)334-5685
Facebook: <https://www.facebook.com/HeartlandDSA>

Central Missouri Down Syndrome Family Network

(Columbia, Jefferson City and surrounding areas)
CONTACT
Kate Basi (Columbia) (573)449-8342
Nancy Parsons (Ashland) (573)864-6223
Paula Backues (Jefferson City) (573)230-7230
centralmodsfamilynetwork@gmail.com
Facebook: <https://www.facebook.com/centralmodsfamilynetwork/>

Down Syndrome Group of the Lake of the Ozarks

(Camdenton, MO and surrounding areas)
CONTACT
Britt Wynne - dsgloz@hotmail.com
(573)434-6289
Facebook: Down Syndrome Group Lake of the Ozarks - <https://www.facebook.com/groups/663891523653529/>

Dads Appreciating Down Syndrome (DADS)

CONTACT
Tony Sorocko - dadsstl@outlook.org
(314)393-8548
Website: www.dadsstl.org
Facebook: DADS St. Louis Chapter
<https://www.facebook.com/groups/270173929671043/>

St. Charles County Community Group

(St. Charles, West county and surrounding areas)
CONTACT
Karen Ryan - downsyndromestc@gmail.com
(314)795-1419
Facebook: <https://www.facebook.com/stcdsgroup/>

Down Syndrome Community Group of Northern Central Missouri

(Kirksville, Brookfield and surrounding areas)
CONTACT
Becky Pike - beckyjpike@outlook.com
(660)651-5139
Facebook: <https://www.facebook.com/dscnemo>

SYNERGY DSAGSL Community Group

(St. Louis County, St. Louis City, Jefferson County)
St. Louis, MO 63126
CONTACT
Eileen Roth - eileenrothstl@yahoo.com
(636)326-1787

ILLINOIS

Metro East Down Syndrome Alliance

(Belleville, O'Fallon, Shiloh Illinois and surrounding areas)
CONTACT
Bob Lutz - Robert.lutz10@gmail.com
(314)458-6918
Amanda Lutz - (618)789-3664
Amber Brodak - amb2728@gmail.com
(618)593-6169
Facebook: <https://www.facebook.com/MetroEastDSA>

Southern Illinois Community Group

(Carbondale, Creal Springs, IL and surrounding areas)
CONTACT
Julie Anderson - jaakdander1@yahoo.com
(618)944-1115
Autumn Smith - smith1995.autumn@gmail.com
Facebook: <https://www.facebook.com/Southern-Illinois-Down-Syndrome-Support-Group-10150122313390495>



Other Down Syndrome Community Groups

Riverbend Down Syndrome Association

(Southwest Illinois)

CONTACT

secretary@riverbendds.org

(618)288-2555

Website: www.riverbendds.org

Down Country

(Hannibal, Quincy and surrounding areas)

CONTACT

info@upatdowncountry.com

(217)617-3568

Website: www.upatdowncountry.com

Facebook: <https://www.facebook.com/UpatDownCountry>

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

Central Illinois Down Syndrome Organization

(McLean county, Bloomington/Normal and surrounding towns)

CONTACT

info@cidso.org (309)452-3264

Website: www.cidso.org

"Unity is Strength...

*When there is teamwork and collaboration,
great things can be achieved."*

- Mattie Stepanek

Donation Wish List

We are so appreciative of the many donations our office receives every year. Your donations help us put more money towards direct programming for families and individuals with Down syndrome. We are in need of the following donations.

Call us at **314-961-2504** if you would like to generously donate!

- Vacuum
- Colored paper
- Gift cards to SAMS, Walmart, Target
- An Automated External Defibrillator (AED) device
- Forever stamps
- Colored markers

Stay Connected

e-blast sign up

Are you receiving our regular e-news blast in your inbox? Don't miss out on the latest news and upcoming events from the DSAGSL. Visit: **www.dsagsl.org** to sign up today!

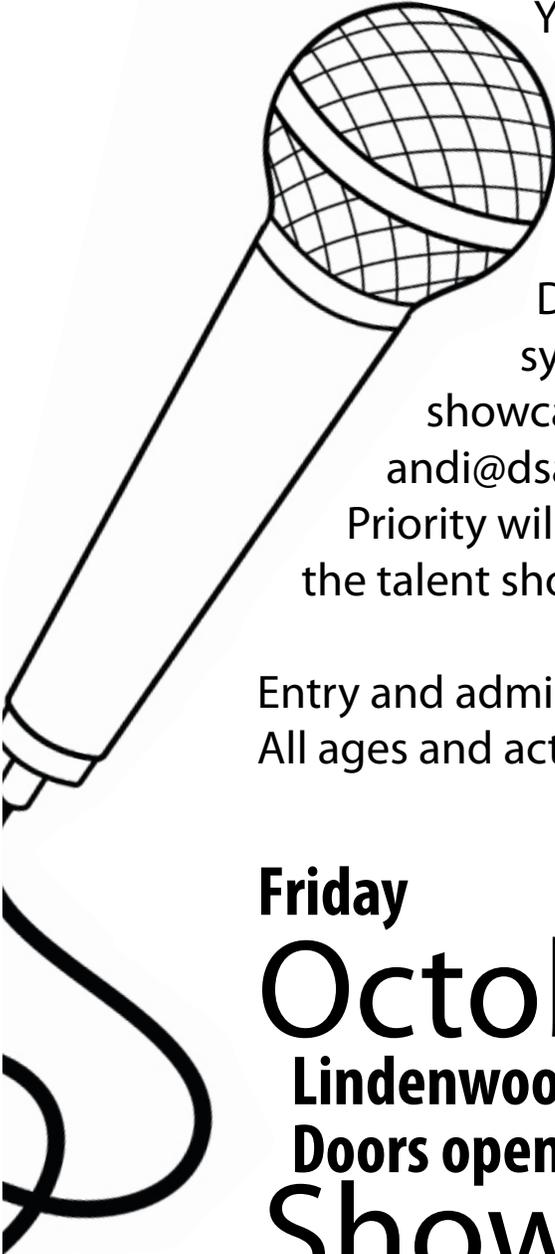
Share your recommendations for doctors

One of our most popular requests at the DSAGSL office is family members looking for recommendations of doctors for their loved one with Down syndrome – especially adults. We maintain a list of doctors who have been recommended by our parents that we are always looking to expand. Do you have a doctor that you feel works well with your child or adult family member with Down syndrome? Please share your recommendations for any type of doctor, dentist, therapist or medical specialty!

Call our office or e-mail christy@dsagsl.org.

Get your **ACT** together!
down syndrome association of greater st. louis

Talent show!



You're invited to take part in our 4th Annual Talent Show - exclusively featuring the many talents of individuals with Down syndrome!

Do you know someone with Down syndrome whose talents should be showcased? Contact Andi at 314.961.2504 or andi@dsagsl.org and put them center stage! Priority will be given to those who have not been in the talent show.

Entry and admission is FREE. Sign up by September 16th! All ages and acts are welcome to perform.

Friday

October 7, 2016

Lindenwood University Cultural Center

Doors open at 6pm

Show time at 6:30



Down Syndrome Association of Greater St. Louis

8531 Page Ave., Suite 120

St. Louis, MO 63114

Phone: 314.961.2504 Fax: 314.989.1579

www.dsagsl.org



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Celebrating 40 years!

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

