Adult Services & Programs Continue to Grow at DSAGSL

Over the last several years, DSAGSL has made it a priority to create programs and services to meet the needs of our adult and aging community members and their families. Programs like the Employment Academy where self-advocates learn about professionalism and explore job possibilities. Or the Pop-Up Snack Shop micro-enterprise, where self-advocates get to practice those skills on the job, and get paid! As well as the Silver Steps Support Group for caretakers of aging adults with Down syndrome, where parents can network and share ideas. These invaluable programs are changing people’s lives!

Two parents of adults with Down syndrome who participate in our programs, Nathalie and Mary, share their story and encourage others to consider participating, volunteering, or supporting the DSAGSL and these programs.

You can learn more about each program and get involved by visiting our website [www.dsagsl.org/programs](http://www.dsagsl.org/programs)

Nathalie & Scott

We have become cheerleaders for the DSAGSL’s Adult Services program. It has been exciting to be a part of this adventure and to watch our son Scott and the other young men and women as they practice their job skills, develop stronger interpersonal skills and increase their self-confidence. As a result of the Employment Academy, Scott has been able to find what he considers his “perfect job” working at Mozingo Music and becoming a part of the Mozingo family. Working and being a part of Mozingo is pure joy for Scott and it has also brought joy to those with whom he works. This would probably not have been possible without the help and guidance of the Adult Services program.

Scott is also very involved in the Pop-up Snack Shop where he has had the opportunity to learn and then practice some beginning business skills. He takes pride in what he does and has developed a greater appreciation for teamwork and for personal accountability in the overall functioning of the Snack Shop. We have watched with pride as he has demonstrated greater problem solving skills and responsibility since being part of this program.

For me personally, the Silver Steps program has been a life-line giving me the opportunity to interact and share concerns, strategies and solutions with other family members of adults with Down syndrome. Just as we were in some ways pioneers with our children in the 70’s we are again trying to discover the best ways to support and provide the guidance needed for our loved ones as they age. Individuals with Down syndrome are living longer and healthier lives and we need to help them age in a manner that continues to assure the most appropriate level of independence, health, happiness and dignity. Having an opportunity to meet, interact, exchange ideas, and problem solve with the families of other adults with Down syndrome has been a gift. This is how I survived the early years and this will help me as I move through and survive this next developmental milestone in our family.

-Nathalie Williams

Mary & Julie

I can’t believe it’s been 32 years since Julie was born! At that point in time, the Down Syndrome Association was only parent-to-parent volunteers. With limited resources and knowledge, we focused on giving our babies and young children the early childhood success that we could for those times.

Yet, as Julie became an adult, Julie and I began to feel very isolated and excluded. Julie also has autism which provides additional challenges for her. So when I became a DSAGSL board member again, I approached it with a different perspective: how could the DSAGSL community foster programs, advocacy and re-engagement with families and their adult children.

Well, the DSAGSL has done just that in the past few years! Julie has participated in so many programs including Healthy Start, Employment Academy, Advocacy Day in Jefferson City, an office internship on Tuesdays, volunteering at DSAGSL events and most recently, the Pop-Up Snack Shop micro-business. As a parent, I have seen Julie truly accepted and appreciated for her strengths and who she is as a person in ways I had not seen before. I have seen Julie grow so much with these opportunities at the DSAGSL.

For me, my sense of isolation is simply gone. It has been joyful to reconnect with ‘parents from the past’ as well as meet new parents and self-advocates. The Silver Steps Support Group for Caretakers of Aging Adults has been a wonderful way to connect with other parents. It’s a place where we can share our strategies with each other and strengthen our parent power! I’m so glad to be a part of DSAGSL and their mission to benefit our community, and I know for certain that Julie is, too.

-Mary Hart
Dear Friends:

Hello friends and family! Time flies when you’re having fun, and boy have we been here at the DSAGSL! It has been a busy but amazing last six months thanks to all of the support we’ve received from our members and the community. A huge thank you to all of the runners, golfers, walkers, sponsors, and volunteers who made Relay and Run for 21, Birdies and Bass Golf Tournament, and Step Up for Down Syndrome outstanding successes. Those three events combined raised over $350,000 to support programs and services for individuals with Down syndrome! THANK YOU!

We have big plans to put these dollars to work for our community. If you haven’t noticed, we are branding our services in a fun new way. Baby Steps, Small Steps, Next Steps, Steps to Independence, and Silver Steps - we have programs for every STEP of life! As a sister to an adult with Down syndrome, I am especially excited that we are growing our Silver Steps programs for our aging population. Families of our aging adults were pioneers in passing the ADA and special education laws twenty and thirty years ago, and now they are pioneers in the next stages of life for adults with Down syndrome. There is so much to learn and navigate, and the DSAGSL is dedicated to being there for families in this stage of life. Read our cover story to learn more about what we have going on for adults with Down syndrome.

In fact, be sure to take some time and read this newsletter from cover to cover! We have tons more fun (and education) planned for the fall. You can start by getting your Walk in the Park tickets for September 22nd! They are on sale now and, next to Step Up, is our largest awareness and family event of the year. We want to see you there!

Until then, if you have ideas, questions or suggestions, never hesitate to contact me at Erin@dsagsl.org. I would love to hear from you!

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

Katie Adams is so pleased to join the DSA as the new Grants Administrator! Katie has close to 10 years of experience in helping nonprofits secure federal, state, and foundation grant dollars, and she is excited to help DSA grow its resources.

“Since joining DSA, I have been so impressed at the variety of programming and amount of support DSA provides to the Down syndrome community. I’ve always been drawn to nonprofits that empower families and help people live their best life, and I’m enthusiastic about helping DSA do even more!”

When Katie's not at DSA, she works as a Social Worker at a local hospital. A native of St. Louis, Katie and her family recently returned to the area after living in East Central Illinois for many years. She and her husband John spend most of their free time with their rambunctious two-year-old daughter, Hattie, and their two shelter dogs. Katie also enjoys gardening and traveling, and she believes Reese’s Peanut Butter Cups are the very best breakfast food.

Please help us in welcoming the newest member of our team, Lindsey Hawkins. Lindsey’s position was made possible by a Global Down Syndrome Foundation grant, and we are very excited to have her on the team!!

“I am the new staff member at the Down Syndrome Association of Greater St. Louis. I got this job with all of the DSAGSL workers because I can make a difference for the future. I like to work here at the Down Syndrome Association because it is a great working experience. I am up for the challenges the job may present and for daily tasks.

I like to compete in the Special Olympics and have been involved with the Special Olympics for 15 years. I am an athlete on the West County team and compete in bowling, basketball, softball, soccer, and volleyball. I have been chasing my dreams in Special Olympics and have over 220 medals. I am looking forward to going to Orlando, Florida in 2022 for the Special Olympics and hope to have a great adventure.

I’ve worked at the restaurant 026 Pub and Grill in Fenton as a hostess for 12 years. I work as hard as I can at the restaurant, but sometimes it can be challenging. I have to work in different areas of the restaurant and I always do my best. I have experience, so I know when to step it up and it empowers me to be a better person.

I am so glad that I get to work for the Down Syndrome Association of Greater St. Louis and I really like my co-workers!
Visual Schedules

Visual schedules are a great way for individuals with Down syndrome of all ages to learn when and how to perform daily tasks. Visual schedules are a series of pictures and short action descriptions that are designed to help people with intellectual and developmental disabilities (I/DD) become more independent by following the schedules and completing tasks on their own. Having pictures along with actions makes remembering and repeating the routine easier for the individual because they have a examples and reminders of how to complete the task.

There are typically two types of visual schedules. One is an activity schedule which displays certain events or activities and how to go about performing each of these events or activities. They are step by step guides to one activity or event until completion.

The second type of schedule is the First/Then display. These schedules typically show a task on the “First” side followed by a reward on the “Then” side. This indicates that the child must first complete the task shown in the image to get the reward shown in the second image.

These schedules are not only useful for parents who have children with Down syndrome, but educators, doctors, or anyone else who may work with individuals with any intellectual or developmental disability. In fact, these schedules work well with typically developing children, as well.

Visual Schedules are an excellent way to teach individuals with Down syndrome of all ages ways to perform tasks or activities, become more independent, as well as manage their time.

The DSAGSL Make It & Take It Station

Did you know the we have a visual schedule creation station in the Resource Library at the DSAGSL office? The “Make It & Take It” station is here for parents, teachers, or anyone who may work with individuals with Down syndrome, to create their very own visual schedule and take it with you to use!

Create a schedule based on the needs of your loved one using the pre-printed and laminated pictures of various activities we already have ready to use. Use velcro so you can switch out the pictures, that way you can create multiple schedules as needed!

Stop by the DSAGSL Offices anytime between 9am-4pm, Monday-Friday to try it out!

DSAGSL Visual Schedule Workshop

We’re holding a workshop for parents and caregivers, to help create visual schedules for their loved ones! This is a great time to learn more about creating visual schedules, as well as set aside some time in your schedule to create them!

Monday, September 24, 2018 from 6:30pm-8:00pm

DSAGSL Office
8531 Page Avenue, Suite 120
St. Louis, MO 63114

RSVP to Christy@dsagsl.org or 314-961-2504 x2
Down Syndrome Education Specialist  
**Fall Program**

**Training Schedule**

**Session 1: Oct. 5, 2018 from 9am-3pm**
Intro to Down Syndrome & Developmental Disabilities in the Classroom

**Session 2: Nov. 2, 2018 from 9am-3pm**
Behavior Solutions

**Session 3: Jan. 25, 2019 from 9am-3pm**
Curriculum Modifications, Adaptations & Technology

**Session 4: Feb 15, 2019 from 9am-3pm**
Technology, High & Low Tech, Universal Design

A Down Syndrome Education Specialist is an educator, professional, parent, and/or caregiver trained to help facilitate the education of students with Down syndrome.

The goal of the Down Syndrome Education Specialist Program is to provide support for educators, professionals, parents and caregivers, seeking to build meaningful education for students with Down syndrome.

In order to become a highly valued Down Syndrome Education Specialist, participants must attend all 4 six-hour workshops.

The cost of attendance is free!

Encourage the staff at your child’s school to sign up for this information-packed workshop.

Register online at [www.dsagsl.org/programs/education-programs](http://www.dsagsl.org/programs/education-programs)

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**Steps to Independence Leadership Academy**

Look out for our new program, Steps to Independence - Leadership Academy, starting this winter.

This program is for adults and will be a four part series. Each session will focus on a different topic such as advocacy, interpersonal relationships, and transformational leadership. After completing the four classes, self-advocates will celebrate with a weekend retreat.

Registration for this program will open soon! Check our website for more information, and sign up for our e-mail list to keep up on the latest at the DSAGSL!

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**Infant & Toddler Playgroups: Educational play for ages 0-4**

DSAGSL hosts an Infant & Toddler Playgroup quarterly! Join us for a morning of educational play, and learn about activities you can do at home with your kiddo.

The next Playgroups are scheduled for October 12th and December 7th from 9:30-11:00. Check our website calendar for more details [www.dsagsl.org/about-us/calendar-of-events](http://www.dsagsl.org/about-us/calendar-of-events)

RSVP by email to Andi@dsagsl.org or call 314-961-2504 x3

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**Silver Steps Support Group for Caretakers of Aging Adults**

Silver Steps Support Group is for parents and caretakers of aging adults with Down syndrome. A place to discuss the unique challenges and joys of caring for loved ones in their later years. The support group meets on the last Tuesday of every month. Check our website calendar for specifics on time and location [www.dsagsl.org/about-us/calendar-of-events](http://www.dsagsl.org/about-us/calendar-of-events)

You can also email Makini@dsagsl.org or call 314-961-2504 x7
Self-Advocate Spotlight: Maddie Harner

Maddie Harner is a positive go-getter who is eager to learn and try new things. She graduated from Belleville East High School and is part of the cheerleading team, the Totally Awesome Girls Group (TAGG). She also participates in Special Olympics golf and gymnastics.

Last semester, Maddie participated in the Ready 2 Work Employment Academy classes. During the eight-week program, Maddie practiced communicating and dressing professionally, developed a visual resume, and explored job opportunities in the community.

To practice all the skills Maddie learned in the class, she is now volunteering at the DSAGSL office on Thursday’s where she works on the DSAGSL Birthday Card Program, as well as helps staff with mailings and filing.

Maddie is enthusiastic and follows visual directions very well. We know she will be a great addition to the staff and her future employer.

Employment Academy & Employment Academy Jr.

Students in the Employment Academy will explore and identify their passions, learn about opportunities, practice professionalism, role play job scenarios and interviewing, and learn how to apply for the perfect job.

Classes are held at the DSAGSL Office every Tuesday from 3:30-5:00pm September 11th- October 30th For ages 21+ | Cost is $25

www.dsagsl.org/programs/steps-to-independence/academy

Jr. Academy Classes work with students on job-readiness and career option exploration in preparation for post-graduation. Students participate in volunteer opportunities, class activities, job-site visits, and one-on-one mentoring.

Classes are held at the DSAGSL Office on the 2nd & 4th Tuesday from 5:15-6:15pm September 11th- November 27th For ages 16-20 | Cost is $25

www.dsagsl.org/programs/steps-to-independence/jracademy

Are you a self-advocate who is Ready 2 Work?

DSAGSL has made connections with several businesses in the Greater St. Louis area who are seeking employees. Multiple job openings available in a variety of fields for self-advocates who are ready to work! Contact Adult Services Coordinator, Makini Anwisye for more information and to get involved! Makini@dsagsl.org
What is the Pop-Up Snack Shop??
The Pop-Up Snack Shop is part of the DSAGSL’s Employment Initiative. It is a micro-enterprise started by the Down Syndrome Association of Greater St. Louis to train and assist self-advocates with the skills needed to obtain jobs in competitive employment. The Snack Shop employees make decisions about the business, package the product, run the shop when it pops up, and they get paid for their work!

When did the Pop-Up Snack Shop start?
The DSAGSL Pop-Up Snack Shop began in March 2017. A group of enthusiastic self-advocates got together to make decisions about marketing, products, and packaging. The first snack shop popped up months later.

What exactly do you do at the Pop-Up Snack Shop?
At the Pop-Up Snack Shop, self-advocate employees sell pre-packaged snacks at different businesses and organizations. Self-advocates choose the items that go into the boxes, they pack the boxes, and run the shop, as well. The snacks are perfect for lunch, an after work commute, or a midday snack at your desk. Each type of box has a different set of snacks in them. Boxes such as Afternoon Break, Sweet on You, Munchies, and Mystery Box are among the types of boxes the shop sells. There is even a Gluten Free box! Each box is especially made to fit their name.

Where does the Snack Shop “pop up” and sell these amazing snack boxes?
The Pop-Up Snack Shop has popped up at many businesses in the St. Louis metro area. Some places have been Enterprise Fleet Management, RBO Printing Company, St. Justin Martyr Church and many other businesses and organizations.

How can people get involved?
To become an employee of the DSAGSL Pop Up Snack Shop micro-enterprise, or to host a snack shop at your workplace, contact Adult Services & Employment Coordinator, Makini Anwisye at Makini@dsagsl.org or 314.961.2504 x7

Help Our Business Grow!
The DSAGSL’s micro-enterprise is “popping-up” all over town and we need you to help us grow! We are looking for sponsors to help us purchase supplies and/or donations of snacks! We would love to highlight your support on each and every box we sell in the community. Contact Erin@dsagsl.org to get involved!
The National Down Syndrome Congress hosts a conference every summer that focuses on information for families and program staff. Christy Klaus, Family Support Coordinator, attended this year’s conference and has compiled a list of takeaway’s from a few of the sessions.

**Speech Clarity is Independence**
- Strategies for improving clarity include reading aloud and choral (in unison) reading.
  - Try books that have lots of repetition (i.e. Brown Bear, Brown Bear What Do You See?)
  - Voicing – it takes 2 to 3 times the energy to produce voice from “at rest” to the level of voicing for people with Down syndrome.
- Strategies for better voicing include:
  - Modeling pitch (loudness and rate), Singing
- Speech goals for school age and beyond should include language goals - which address fluency, and conversation skills

**Guardianship and Alternatives**
- Once your child with Down syndrome turns 18, they are an adult in the eyes of the law. This includes being responsible for medical, financial and daily life decisions.
- Persons with Down syndrome may need various levels of support for these decisions.
- These may include full guardianship, partial guardianship, medical and durable powers of attorney, or supported decision making.
- The DSAGSL mails out information on these topics when your child is near their 16th birthday.

**Behavior News You Can Use**
- All behavior is a form of communication and behavior change is possible. Why do certain behaviors occur?
  - Attention, escape, access to desired item/activity, sensory needs.
- Before you begin any behavior change program, be sure to address any potential medical issues including:
  - sleep apnea, pain, hearing/vision issues, seizures, GI issues, PMS/Hormonal issues
- Figure out what your child LOVES and use this as a motivator for desired behavior. Provide choices.
- Visual rule reminders, schedules, social narratives and timers are great tools to support good behavior.
- Behavior plans must have a teaching component. What behavior can they do instead? What would a typical child do in a similar situation?
- Have fun with your child every day. Children always behave better for those who that have strong attachments and positive relations with.
- Check out the DSAGSL website for more behavior resources: [http://dsagsl.org/resources/behavior/](http://dsagsl.org/resources/behavior/)

**Promoting Health for and with Adolescents and Adults with Down Syndrome**
- Adolescents and adults with intellectual disabilities can and should be encouraged to participate in their own health promotion. This can significantly increase the likelihood of being healthy.
- The Adult Down Syndrome Center in Chicago has created a video gallery of full of great information including videos covering health topics in which the actors have Down syndrome. They plan to continue adding more videos on a variety of topics. [https://www.advocatehealth.com/health-services/adult-down-syndrome-center/video-gallery](https://www.advocatehealth.com/health-services/adult-down-syndrome-center/video-gallery)

**Bright Foundations: Tips and Tools for Healthy Eating, Habits, and Lives**
- Is your child a picky eater? They could be communicating something: It hurts when I eat, It’s hard to eat, I don’t feel good when I eat, Eating makes me tired, I get Mom’s attention when I do not eat, I don’t remember why I don’t like it, I just don’t, It’s one of the only things I can control.
- Have your child help with menu planning, shopping and preparing to the best of their ability.
- Do not go more than 5 hours without food (3-5 is best).
- The eating environment in also important. Good back and foot support is key. Neck should not be tilted up or down when swallowing.
- If your child is eating less than 25 separate food items, it may be time to seek the assistance of a feeding clinic.

**The following presenters contributed information for the above summary:**
Jennifer Grap, M.S., CCC-SLP, Grays Peak Speech Services
Stacy Taylor, MA, B.C.B.A.
Recreation Council of Greater St. Louis

The Recreation Council is a not-for-profit organization that assists individuals of all ages and abilities, in finding engaging programs and services that best meet interests and support needs. They are a “clearinghouse” for leisure opportunities that exist in St. Louis City, St. Louis County and St. Charles County whether these opportunities are specialized (specifically for individuals with disabilities) or community-based (inclusive of ALL individuals).

The Recreation Council makes available quarterly newsletters, a Guide to Leisure Services, and an annual Summer Opportunities Guide, all highlighting recreation and leisure programs that are available to individuals with intellectual and developmental disabilities. In addition, they have voucher programs to assist consumers in funding many of these programs including overnight camp, community-based programs, adventure programs, after school care and so on.

If you are interested in exploring what is available in the three county service area, please call the Recreation Council of Greater St. Louis at (314)726-6044 or visit their website at [www.recreationcouncil.org](http://www.recreationcouncil.org)

MassMutual Offers Whole Life Insurance to Individuals with Ds

MassMutual is now offering whole life insurance coverage to individuals with Down syndrome, Cerebral Palsy, and Autism. This is made possible through the MassMutual SpecialCare Enhanced Underwriting Program.

The insurance plan is known as the Whole Life Legacy 10 Pay which ensures permanent life protection that will be paid up after 10 years. The coverage offers up to $25,000 for the benefactor/owner of the life insurance policy. Eligible benefactors include parents, grandparents, and anyone that has insurable interest. The minimum age requirements for the insurance is one year old and must have one of the diagnoses listed above.

This is exciting news for any individual with Down syndrome. It is incredibly hard for people with pre-existing conditions to obtain life insurance from most insurance providers. MassMutual’s underwriting program made specifically to help find coverage for people with these disabilities will make a huge difference in their and their families’ lives. To find out more information on the insurance plan and how to apply, visit the MassMutual website [www.StLouis.MassMutual.com](http://www.StLouis.MassMutual.com)

Free Dental Care

**Who:** Individuals with Down syndrome of ANY age in which dental care presents a financial hardship to the family.

**When:** First Thursday of the month beginning in April 2018 - Appointments will be hourly between 8:30am and 1:30pm

**Provider:** Dr. Julia Hotz-Sudekum

Sunset Hills Dental Group

Sunset Hills Professional Building

11810 Gravois Rd, St. Louis, MO 63127

**For appointments:** Call Mindi at (314)842-5000 ext 14

*Dr. Sudekum is the parent of a 10 year old boy with Down syndrome and has many years of experience working with patients with Down syndrome and other disabilities. She grew up in Sunset Hills and graduated from Cor Jesu Academy. She attended the University of Missouri – Kansas City, from which she received a degree in Biology and her dental degree from the six year combined BA/DDS program. Upon graduation, Dr. Sudekum completed a one year advanced education in General Dentistry Residency, also at the University of Missouri – Kansas City. She has enjoyed working as a dentist with Sunset Hills Dental Group since 2001.*

Changes to Case Management for Individuals with I/DD Results in Helpline

Although case management has ended in the state of Missouri for individuals with Intellectual/Developmental Disabilities (I/DD) who are not covered by Medicaid, an alternative service has been created to ensure information about resources and programs is still accessible.

The Productive Living Board (PLB), Developmental Disabilities Resource Board (DDRB) and St. Louis Office for Developmental Disability Resources (DDR) have partnered with United Way’s 211 line to create a new help line for families & individuals with I/DD.

IDDHelp can be used to obtain information and resources that assist individuals with I/DD and their families. The service areas covered are St. Charles County, St. Louis City and St. Louis County.

**I/DD Help Line**

1-877-256-2202

[iddhelp.org](http://iddhelp.org) (coming soon)

Monday - Friday 8am-5pm
Save the Date

**DSAGSL Holiday Party**
Sunday, December 2nd from 1:00 - 4:00
at Spazio Westport

**Walk in the Park**
Saturday, September 22nd
Pep Rally at 3:00, Awareness Walk at 4:00, and 6:15
Cardinals vs. Giants game at Busch Stadium
Tickets at dsagsl.org/WITP

**21 Sun Salute All Abilities Yoga & Marketplace**
Sunday, October 7th from 9:00 - 12:00
at the World’s Fair Pavilion in Forest Park

**Dine Out for Down Syndrome**
October 1st - October 7th
TAPPED - all tips donated to DSAGSL, all week!

October 16th
Pat Connolly Tavern- donating 25% of sales to DSAGSL

**DSAGSL Halloween Trivia Night**
Saturday, October 27th
Doors open at 6:00, Trivia starts at 7:00
at CBC High School

**DSAGSL Rocks! Concert**
Saturday, November 10th time TBD
at The Tin Roof

**Friends for all Seasons 2019 Calendar**
On Sale October 1st!
www.dsagsl.org/awareness-advocacy/friends
Silver Steps Support Group for Caregivers

Last Tuesday of Every Month
Visit [www.dsagsl.org](http://www.dsagsl.org) for specific time & location details

Infant & Toddler Playgroups

Friday, October 12th & Friday, December 7th
9:30-11:00 at the DSAGSL Office

Down Syndrome Education Specialist Program

October 5th, November 2nd, January 25th, and February 15th from 9:00 - 3:00 at the DSAGSL Office

Employment Academy

Every Tuesday for 8 weeks
September 11th - October 30th
3:30 - 5:00 at the DSAGSL Office

Employment Academy Jr.

2nd & 4th Tuesday of the month for 6 classes
September 11th - November 20th
5:15 - 6:15 at the DSAGSL Office

Post-Secondary Education Options
Town Hall Discussion

Monday, September 17th from 6:00-7:00
at the DSAGSL Office

Parent & Family Workshop- Visual Schedules

Monday, September 24th from 6:30-8:00
at the DSAGSL Office

Parent & Family Workshop- A Secure Future

Saturday, September 29th from 9:00-12:00
Emerson Auditorium at St. Lukes Hospital

Visit our website for more information on all of these great programs & events!! [www.dsagsl.org/about-us/calendar-of-events](http://www.dsagsl.org/about-us/calendar-of-events)
Down Syndrome Awareness Month
October 2018

October is Down Syndrome Awareness Month! Help us raise awareness by attending an event or activity, displaying a support sign, and talking to your neighbors and friends about Down syndrome! You can find more information on our website www.dsagsl.org/awareness-advocacy/awareness-month

21 SUN SALUTE
all abilities yoga & marketplace

Sunday, October 7, 2018
WORLD’S FAIR PAVILION in FOREST PARK
9:00am-12:00pm
enjoy a beautiful morning of yoga for all abilities followed by a few special performances, as well as a marketplace featuring products created by individuals with unique abilities!

www.dsagsl.org/21suns
$20 suggested donation

Are you a self-advocate with a craft, hobby, or product you'd like to sell? Contact the DSAGSL office to learn more about having a booth at 21 Suns 314-961-2504 x6

10 Ways to Celebrate Down Syndrome Awareness Month

1. Share stories and photos on social media
2. Wear your DSAGSL swag around town
3. Dine Out for Down Syndrome on October 16th at the Pat Connolly Tavern
4. Tell your child’s school about the Down Syndrome Education Specialist Program
5. Display a DSAGSL support sign in your yard
6. Ask your local library if they will create a display of books about Down syndrome
7. Thank the owner or manager of a business where an individual with Down syndrome is employed
8. Join us for 21 Suns All Abilities Yoga & Marketplace, or our Halloween Trivia Night
9. Dine Out for Down Syndrome October 1st-7th at TAPPED - they are donating all tips that week to DSAGSL
10. Start a Champions of Change page or make a contribution through the annual gift appeal

The Friends for all Seasons 2019 Calendar
On Sale October 1st!!

Order yours at www.dsagsl.org/store
JOIN US FOR A SPOOKY GOOD TIME AT THE

**DSAGSL 9TH ANNUAL TRIVIA NIGHT**

**SATURDAY, OCTOBER 27TH**
**CBC HIGH SCHOOL**
**1850 DE LA SALLE DRIVE, ST. LOUIS, MO 63141**

**DOORS OPEN AT 6PM - TRIVIA BEGINS AT 7PM**

**THIS YEAR IS HALLOWEEN THEMED!**
**SPECIAL PRIZES FOR BEST COSTUME!**

$360: VIP tables enjoy snacks, beer & soda, and rounds of food served throughout the night for a table of 8!

$256: Regular tables enjoy snacks, beer & soda for a table of 8!

Showcase your company’s dedication to the community, advertise to over 600 new customers, and earn great event benefits by becoming a Trivia Night Sponsor!

**RESERVE YOUR TABLE & BECOME A SPONSOR AT**
**WWW.DSAGSL.ORG/EVENTS/TRIVIA**
WORLD DOWN SYNDROME DAY

On March 21st DSAGSL celebrated after Relay & Run for 21k with food, music by DSAGSL Rocks!, games, and crafts! Everyone was invited to paint a rock for the new DSAGSL Rock Garden which symbolizes each individual’s uniqueness while also showing how beautiful we are together as a community.

NEW FAMILY BRUNCH

On Saturday, April 7th, 17 families attended our annual New Family Brunch. The families were inspired by two of our board members, Michelle Abounader and Chris Canfield, who shared their journey as parents. The grandparents enjoyed stories from Michelle’s mother, Lauren Schubert.

CELEBRATION BASKETS

Christy connected with 17 new families to provide New Parent Packets and Celebration Baskets.

FRIENDS FOR ALL SEASONS FAMILY PICNIC AND PHOTOGRAPHY EVENT

On Sunday, April 29th the DSAGSL community gathered together at Faust Park in St. Charles for an afternoon of picnic food, games, crafts, and fun. In addition, 9 amazing photographers volunteered their time and skills to come to the park and take photographs of 65 awesome families for the 2019 Friends for All Seasons Calendar.

SCHOOL PRESENTATIONS

Andi and Christy presented to over 100 students and teachers at 4 schools.

POP UP SNACK SHOP

14 Self-Advocate entrepreneurs participated in hosting 9 Pop-Up Snack Shops at events and businesses.

SMALL STEPS CAMP

13 children ages 3-6 with Down syndrome participated in this summer’s Small Steps Camp. Thank you to the 4 therapists and 12 volunteers that made it possible.
RELAY AND RUN FOR 21
This year’s Relay and Run for 21 was another great success! We had 417 runners and raised $25,000 for the DSAGSL. We enjoyed beautiful weather and an exciting World Down Syndrome Day celebration inside Clayton High School. Runners were treated to live music from our DSAGSL Rocks bands and all kinds of activities! Thank you to our sponsors, vendors and volunteers for a great race. We hope to see you all back at the starting line in 2019.

EDUCATION SPECIALIST SUMMER BOOTCAMP
46 educators completed the two-day Education Specialist Summer Program. They learned a variety of strategies when it comes to developing a meaningful education for students with Down syndrome.

YOUTH ENGAGEMENT SERVICE PROJECT
34 young people and self-advocates joined the DSAGSL for a Youth Engagement Service Project creating educational activity bags for children with Down syndrome. The bags will be given to parents at the New Mother’s Luncheon, and to educators at the Down Syndrome Education Specialist Program.

DISABILITY RIGHTS LEGISLATIVE DAY
18 Self-Advocates, staff, interns, and parents traveled to Jefferson City in March to meet with legislators and advocate for disability rights.

BIRDIES AND BASS
124 golfers came out to Birdies and Bass for a beautiful day of fishing and golf. Thanks to everyone who participated, we were able to raise over $100,000.

AGES AND STAGES
The DSAGSL wants to empower parents with information. Parents of children and adults with Down syndrome turning 3, 10, 16, and 30 receive important books and articles addressing specific ages or transitions in life.

THERAPEUTIC PLAYGROUPS
40 infants and toddlers attended 3 playgroups at the office.

EMPLOYMENT AND JR. EMPLOYMENT ACADEMY
14 individuals completed the Employment and Jr. Employment Academy in Session 1 this year.

LYDIA COX MEMORIAL BIKE CAMP
54 riders learn to ride on two wheels in June during two weeks of camp with iCanShine. Over 200 volunteers & the Lydia Cox Foundation made it possible!

STEP UP FOR DOWN SYNDROME 2018
Step Up was an awesome event this year with over 2,200 people in attendance! Together we were able to raise over $200,000, while also raising awareness for Down syndrome.

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Thank You volunteers!

The DSAGSL cannot thank our volunteers enough for all the time they generously give to our organization. We could not accomplish nearly as much without the dedicated individuals that staff our events, fold thousands of t-shirts, or help build our office equipment. 3,233 hours were served by volunteers from January through July. That is an impressive amount of hours! We are lucky to have so many dedicated volunteers who not only help when we need it, but who work to spread our message in the community and help make our vision of a community where are people with Down syndrome can achieve their full potential, a reality. Thank you to our volunteers for all the work you do!

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**DSAGSL VOLUNTEER SPOTLIGHT**

Ms. Annie Jaco wanted to support the DSAGSL and people with Down syndrome, so she started a project at her school. Her friends created braided friendship bracelets and hand crafted cards for individuals with Down syndrome that she then handed out to walkers at Step Up. The friendship bracelets were so popular that she decided to also make and sell them, and then donated the proceeds. She told us the inspiration behind the fundraising project came after she heard a DSAGSL presentation at her school. Thank you for your support and leadership in your community, Annie!

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**UPCOMING VOLUNTEER OPPORTUNITIES**

- **21 Suns All Abilities Yoga & Marketplace**
  October 7th at Forest Park
  8:00am-12:00pm

- **DSAGSL Trivia Night**
  October 27th at CBC High School
  5:00pm-10:00pm

- **DSAGSL Holiday Party**
  December 2nd at Spazio Westport
  12:00pm-4:00pm

- **Office Volunteer**
  During office hours- Monday through Friday, 8:30am-4:30pm
  Flexible Schedule Dependent on Individual

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**Want to Get Involved?**

Come volunteer with us! Visit our website to fill out the volunteer application and send to Community Engagement & Volunteer Manager, Abigail Beckord. 314-961-2504 x6 or abigailbeckord@dsagsl.org

http://dsagsl.org/how-to-help/volunteer/

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**Family to Family Volunteers**

Family2Family is a network of volunteers who are willing to help other families by using their common experiences. If you are interested in this volunteer opportunity or have questions, contact Christy Klaus at (314)961-2504 ext. 2 or at christy@dsagsl.org.

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Thank you so much to Advertising Premium Sales (APS) for your support this year! APS partnered with DSAGSL through the Good Meets World program. Good Meets World is a new St. Louis-based organization, that helps businesses enhance their brand while changing the world through sustained gifts to their favorite nonprofit. Thank you to Good Meets World for creating such an incredible program that gives businesses a simple and effective way to give back to the community. And thank you to APS for being our first partners through this program! Learn more about how to become our newest partner through the Good Meets World Program! www.goodmeetsworld.com.
2018 Grants Awards

The DSAGSL is so pleased to have been awarded grants from the following foundations. We are so appreciative of their support for our vital programs and services!

Cardinals Care Foundation - New Parent Celebration Baskets
The Kerr Foundation - Matching Grant for DSAGSL Rocks!
Old Newsboys Day - DSAGSL Rocks!
Global Down Syndrome Foundation - To Hire a Self-Advocate employee
Global Down Syndrome Foundation – Aging and Down Syndrome

Third Party Fundraisers Benefiting the DSAGSL

Thank you to the following groups for your support!!

Benefit Concert at Persimmon Woods - Donna Calamia
BHL All-Star Hockey Game - Keith Van Gels
IREM St. Louis Golf Tournament
Knights of Columbus, Council #2273
McAuliffe Chiropractic Office

2018 DSAIA Awards

DSAGSL received the following awards at this year’s Down Syndrome Affiliates in Action Conference

Best Use of Social Media - The Scoop!
Best Education Program - Down Syndrome Education Specialist
Runner Up - Best Partnership - Best Buddies at Maryville University

Register Today for the 14th Annual Puttin’ for Down Syndrome Charity Golf Tournament!
benefiting the DSAGSL, DADS Outreach Program, and SLCH Down Syndrome Clinic

Friday, September 28, 2018 at Pevely Farms Golf Club at 11:00am

18 Hole Four-Person Scramble
Cart, Lunch, Drinks Throughout, Silent Auction, Dinner, and Awards!

Contact Mark Sorocko with questions and to register your team
masorocko@gmail.com - 314.393.8541
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)
Meetings: 2nd Saturday of the month, 10a-12p
Cape Girardeau Public Library, Penzel Conference Rm
CONTACT: Claire Watson – heartland_cg@dsagsl.org, (573)334-5685
Facebook: https://www.facebook.com/HeartlandDSA
Step Up for Down Syndrome Walk Saturday, Sept. 15, 10a Capana Park in Cape Girardeau

Central Missouri Down Syndrome Family Network
(Columbia, Jefferson City & surrounding areas)
CONTACT: Kate Basi (Columbia) (573)449-8342
Nancy Parsons (Ashland) (573)864-6223
Paula Buckues (Jefferson City) (573) 230-7230
Andrea Elsbury (Moberly) (573)489-6199
centralmodsfamilynetwork@gmail.com
Facebook: https://www.facebook.com/centralmodsfamilynetwork

Kirkwood/Webster Mom’s Night Out
(Kirkwood/Webster and surrounding areas)
Meetings: Various times and locations
CONTACT: Stephanie Holmes - kirkwood_cg@dsagsl.org, (314)495-9388
Facebook: https://www.facebook.com/groups/kirkwoodwebsterdsmoms/

North County/North City Community Group
(North St. Louis County and St. Louis City)
CONTACT: Sergei Marchenko – north_cg@dsagsl.org, (773) 817-7054

Dads Appreciating Down Syndrome (DADS)
Meetings: 1st Wednesday of even numbered months, location varies
CONTACT: Tony Soroko - dadsstl@outlook.com, (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 – stc_cg@dsagsl.org, (314)795-1419
Facebook: https://www.facebook.com/stcdsgroup/

Down Syndrome Community Group of Upstate Missouri
(Kirkville, Brookfield and surrounding areas)
CONTACT: Becky Pike – kirkville_cg@dsagsl.org, (660)651-5139
Facebook: https://www.facebook.com/dscnemo

Down Syndrome Group of the Lake of the Ozarks
(Camdenton, MO and surrounding areas)
This group is looking for new leadership!
If you are interested in leading this group, please contact Christy@dsagsl.org

Ileinois

Metro East
Down Syndrome Alliance
(Belleville, O’Fallon, Shiloh Illinois and surrounding areas)
Meetings: 2nd Thursday of each month 6:30-8:00PM at Cornerstone Christian Church
Shiloh, IL
CONTACT: Bob Lutz – medsa_cg@dsagsl.org, (314)458-6918
Amanda Lutz - (618)593-0092
Amanda Joyce (314) 593-0092
Facebook: https://www.facebook.com/MetroEastDSA

Southern Illinois Community Group
(Carbondale, Creal Springs, IL and surrounding areas)
Meetings: There are many events being planned
CONTACT: Sonya Clark - (618)303-7824
Samantha Dudley
Soil cg@dsagsl.org
Facebook: Https://www.facebook.com/SIDownSyndromeSupportGroup/

Central Missouri Down Syndrome Family Network
(Columbia, Jefferson City & surrounding areas)
CONTACT: Kate Basi (Columbia) (573)449-8342
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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

Down Syndrome Group of the Ozarks
(Springfield, MO and surrounding areas)
CONTACT: info@ozarksdsq.org,
(417)885-9905 or (888)655-5173
Website: www.ozarksdsq.org

Lincoln Land Down Syndrome Society
(Springfield, IL and surrounding areas)
CONTACT: lldds@comcast.net, (217)741-1832
Website: www.lldds.org

Central Illinois Down Syndrome Organization
(McLean county, Bloomington/Normal and surrounding towns)
CONTACT: (309)452-3264
Website: www.cidso.org

Parents of Children with a Dual Diagnosis of Down Syndrome & Autism

Please contact Christy@dsagsl.org to be included in communication about information and events for this community group.

Single Parents of Children with Down Syndrome

Are you interested in a group specifically for single parents? To join the private Facebook group, please contact Christy@dsagsl.org
Create a lasting legacy and honor your loved one with a Legacy Wall Tile. Donations to our legacy wall provide year-round services, supports and programs for individuals with Down syndrome in our community.

<table>
<thead>
<tr>
<th>Tile Size</th>
<th>Price Options</th>
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</thead>
<tbody>
<tr>
<td>Large Tile</td>
<td>w/ color photo $1,200 or $100/month for one year</td>
</tr>
<tr>
<td>Medium Tile</td>
<td>$480 or $40/month for one year</td>
</tr>
<tr>
<td>Small Tile</td>
<td>$250 or $21/month for one year</td>
</tr>
</tbody>
</table>

*A life that touches others goes on forever - Always on my mind, Forever in my heart*

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**Become a Champion of Change**

Honor a loved one, dedicate a birthday, or host your own fun event with a personal fundraising page benefiting DSAGSL. Visit: [http://support.dsagsl.org/champions](http://support.dsagsl.org/champions)

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**Stay Connected**

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](http://www.dsagsl.org) to sign up today!

Follow us on social media for event notices and updates, pictures, stories, and more!

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**Donation Wishlist**

We are so appreciative of the many donations our office receives every year. We are currently in need of the following items. Call us at (314)961-2504 if you would like to generously donate!

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

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**Planned Giving**

There are many ways to leave a legacy to the Down Syndrome Association. Every dollar left to our organization allows us to provide vital programs for our families, and for that we are eternally grateful.

Consider a gift of stock. The DSAGSL is prepared to accept your generous donation of stock, and there are many benefits of giving a gift in this manner. Contact Erin@dsagsl.org for more information.

Planning your legacy. When planning your estate and the legacy you want to leave, consider including the DSAGSL. Gifts can be made from your IRA, will, or trust. Speak with your financial advisor about your options in making a lasting difference for our organization. If you don't have a financial advisor, contact Erin@dsagsl.org for more information. If you chose to include the DSAGSL, please let us know so we can honor you.
Down Syndrome Association of Greater St. Louis
8531 Page Avenue, Suite 120
St. Louis, MO 63114

Walk in the Park
With the St. Louis Cardinals
at Busch Stadium
DSAGSL’s Largest Awareness Event of the Year!
Saturday, September 22
starting at 3:00

Ticket Package includes T-shirt, Pep Rally, Walk the Warning Track, and Game Ticket!
Purchase 4 or more tickets and get entered to win 4 Cardinals Pre-Game Party Packages!

http://dsagsl.org/WITP