The Down Syndrome Association of Greater St. Louis was presented with a unique opportunity to provide help to a mother and daughter half way across the globe! We first met Sarah back in October of 2015 when her daughter, Juliet was at Cardinal Glennon for open heart surgery. Sarah and Juliet are from Uganda, a small country in East Africa. During their visit, it was confirmed that Juliet, then 6 months old, had Down syndrome. The DSAGSL was contacted and our Family Support Coordinator, Christy Klaus, met with Sarah and provided her with resources to take back to Uganda. During this visit she learned that Juliet was not welcome by her father and would not be allowed to live with him if Sarah chose to keep Juliet. Sarah and Juliet returned to Uganda once she had recovered from the surgery. Her husband would not allow Sarah and Juliet to live with him and their two other children. Sarah made the decision to keep Juliet and to live with another mother and her child with Down syndrome. To support themselves, they sew items such as aprons, purses, placemats and scarves to be sold at the marketplace in nearby villages. There are also several other children with Down syndrome in the area. Though they returned to Uganda that November, this was not to be the last we heard from Sarah and Juliet.

In July of 2016, Sarah contacted Dr. Amelia Kirby, Geneticist at Cardinal Glennon Children’s Hospital. Sarah wanted to return to the United States to receive training on how to help Juliet and the other children with Down syndrome in her village. In Uganda, children with Down syndrome do not go to school. Therapies and medical care are expensive. Sarah wanted to return to the US for training and in August of 2016, she and Juliet returned to St. Louis. Sarah and Juliet were welcomed back by the Ronald McDonald house near Mercy Hospital where they stayed for several months.
Dear Friends:

Spring has sprung and you know what that means! It’s event season at the DSAGSL! We have so many exciting programs and events that I look forward to sharing with you in the pages of this newsletter, but before I do, let’s take some time to reflect on the amazing things we’ve accomplished together over the course of the last six months.

October, Down Syndrome Awareness Month, was a wonderful celebration of the lives of individuals with Down syndrome. We started the month with our largest awareness event of the year – Walk in the Park – which welcomed 2,000 people to Busch Stadium. 100 people participated in our Annual Talent Show, the most inspirational night of the DSAGSL year. And did you catch our first annual scavenger hunt? The 21 facts about Down syndrome posted around the St. Louis region helped raise awareness for our community and our awesome organization. We ended the year on a high note with our Annual Holiday Party, perhaps our most well attended ever, with games, music and dancing for all ages.

2017 is already off to a fantastic start! Our amazing self-advocates traveled to Jeff City for Disability Rights Legislative Day and spoke with our congress people about the needs of our community. And we couldn’t have been prouder to partner once again with the DADS group, in honor of World Down Syndrome Day, for the Annual Relay and Run for 21. Thank you to the 455 runners and walkers who came out to raise awareness and pride for the Down syndrome community. All this amidst programs such as Steps to Independence, play groups, young athletes, and welcoming new little babies into our world.

We are so grateful and proud to have you joining us in our celebrations, our advocacy, and our awareness efforts! Without you, the DSAGSL would cease to exist! Families just like yours created our organization, and we continue to thrive and grow because of your involvement. So please continue to join us at events, support our fundraising efforts, volunteer, and most importantly, share your questions and needs with staff. We are constantly changing and growing to better serve you, so please, always be in touch, and let us know how we can achieve that goal together! Thank you for all you do everyday to make the world a better place for people with Down syndrome! See you soon at one of our events!

Sincerely,

Erin Suelmann, Executive Director
Meet your new Staff

Hello! My name is Abigail Beckord and I am beyond excited to have joined the team at DSAGSL. I began calling Saint Louis home in 2013 when I relocated to be closer to family. I'd been living in Denver, Colorado where I served two years in an AmeriCorps program mentoring teen parents working to earn a high school diploma. As an AmeriCorps member, I had a unique opportunity to work in various departments within the organization I served with. I gained experience in Development, Events, Communications, and Programs. Some days I served as an assistant teacher and some days I participated in strategic planning meetings. Sometimes I worked on event materials, and sometimes I hosted family gathering events. It was a well-rounded professional development experience and shaped who I am today, professionally and personally. My participation with AmeriCorps encouraged and inspired me to revisit my educational goals and return to college earning a BA in Communication at the University of Missouri-Saint Louis last spring.

I am confident that my education and training, along with my diverse professional background make me a great fit for the Programs and Events Assistant position as DSAGSL as I will be helping out with so many different aspects throughout the organization. I feel so welcomed by the whole DSAGSL community and feel incredibly fortunate to be a part of the team.

CONTINUED FROM PAGE 1 - SARAH AND JULIET’S STORY

Christy Klaus and Andi McCormick, DSAGSL Program Coordinator, created a week long training program for Sarah that included occupational therapy, physical therapy, speech therapy, developmental therapy and preschool education. Sarah and Juliet worked with therapists each day and received many materials to take back to Uganda. Sarah and Juliet were also able to participate in a few of our social events like our playgroup and our New Mother’s Luncheon. They also enjoyed seeing some of the sites in St. Louis and tried some American food.

Sarah continues to learn as much as possible so that she can share her knowledge with the families of the other children back in Uganda. The DSAGSL was privileged to be part of this wonderful journey that will continue to benefit the lives of individuals with Down syndrome half way across the world! We thank all those who have supported Sarah and Juliet in so many ways while they have been here in St. Louis.

World Pediatric Project
Ronald McDonald House
Little Bit of Haven
Dr. Amelia Kirby

Therapists/Educators who donated time and materials:
Mary Sinnett, Melissa Huse, Chris Gartner, Erin Wisemore, Leslie Tucker, Donna Battershell, Donna Calamia, Robyn James, Brune Family, Melanie Pilkington, The Girlfriends Group, Andi McCormick and Family, Christy Klaus and Family, all those who purchased her handmade items or made a donation.

Spring 2017
Family Connection
An Inspirational Story

I first realized how powerful videos could be when I saw my own son Ryan, then almost 5 and diagnosed with autism, completely imitate a dance video he was watching. It made me think. He had been struggling with handwriting for almost two years. In fact, he wouldn’t even go near a crayon without having a tantrum. I wondered if he would imitate someone writing if I put it on TV. So, I made a video of his occupational therapist, Marnie Danielson, writing the letter “c.” She sang these wonderful rhythmic chants (prompting how to form the letter) that she had always sung with Ryan in her clinic. Although she had used this demonstration and singing technique for months, it never seemed to click with him. It occurred to me that he never had that instruction in a flat screen, non-imposing, non-invasive, visual approach. For some reason, I just knew that was exactly what he needed. He needed this visual piece. The video we made went through several different types of writing. Working on the ABA (Applied Behavior Analysis) design of “generalizing” (Stokes & Baer, 1977), we demonstrated writing on a chalkboard, as well as on paper. By continuing these demonstrations, we also worked on the repetition aspect that is so critical for our ASD children to learn. Additionally, we added props to keep his attention and help make it fun.

When I showed Ryan our three-minute video, he asked to watch it again. To my surprise, he was smiling. He was “getting it.” After the second viewing, I put a marker in his hand and he didn’t throw it. He was singing the chant and trying to write. We had a breakthrough! Wow. Could that be all that was needed? After two years? Well...yes. It wasn’t that he couldn’t do it; it was that we weren’t teaching it to him in the way he needed to learn.

An Evidence Based Practice

Video modeling is defined as a form of observational learning in which desired behaviors are learned by watching a video demonstration and then imitating the behavior of the model. Much to my surprise, what we had successfully experienced with Ryan was a method of teaching children with autism that has been around for decades. This type of instruction has actually been researched since 1970 (Creer & Miklich, 1970). Marnie and I have now made several professional, award-winning handwriting videos over the past eight years.

And we consistently hear from families around the world that nothing else would get their child to write until they watched our videos - obviously not just a “Ryan phenomenon.”

Most research projects on video modeling have focused on various communication, functional, academic and behavioral areas (Charlop-Christy, M., Le, L, & Freeman, K, 2000; Creer & Miklich, 1970; Kinney, E., 2003; Marcus & Wilder 2009; Sherer, et al, 2001). They have concluded that video modeling has proven to be a more effective method than live or “in vivo” teaching (Charlop Christy, M., Le, L, & Freeman, K, 2000).

The research has shown well enough to support the criteria for the Center for Exceptional Children guidelines as an evidence-based practice (Bellini, S., & Akullian, J., 2007).

So why does a video modeling approach work so much better? The researchers’ suggestions concur with our own experiences (Corbett, B., & Abdullah, M., 2005).

• First, the TV restricts the field of focus for children. Ever try and call a child’s name when he is watching a video? They are so engaged that they are ignoring what is happening around them.
• Teaching through videos can also reduce the sensory component, which can be overwhelming for many children - especially for those on the autism spectrum. For example, a child smelling your floral shampoo, your hair tickling his cheek, hearing another child screaming in the hallway and constantly being asked to make appropriate eye contact can usually overload his sensitive sensory system. He might be too distracted to be completely engaged in what you are trying to teach him.
• Another feature is that videos are very motivating ...for any child, even adults. For some reason, when we see things on TV, we believe it. We want it. We want to re-enact it.

If we can eliminate the distractions, reduce the sensory aspect and restrict the focus, we might have a better shot of gaining the child’s attention for a few minutes. So, try teaching a new task using this motivating method: a fun, non-confrontational approach.
A New Approach
Recently, I was asked by a public school county to give a presentation on video modeling to their staff of special needs Pre-K teachers. A few months later I was enthusiastically approached by one of the teachers who was amazed at how she was finally making breakthroughs with her students. Using the video modeling guidelines I suggested, she had successfully helped “Tommy” match colors in only a few minutes. This had been a goal that they with no progression. Happily amazed, this teacher then took on the daring task of trying to get him to brush his teeth. This was something that Tommy’s mom had been struggling with for years due to his severe sensory aversions. It only took the teacher one video and a couple of days, and Tommy was brushing! Since most of the children in this teacher’s classroom are on the autism spectrum, she has significantly augmented her teaching approach to use video modeling. As she mentioned, “Instead of being constantly frustrated, I’ve turned to video modeling and they are totally getting the concepts...and FAST!”

When is the Optimal Time to Use Video Modeling?
As parents and educators of children with special needs, you probably have already inundated your walls with choice boards, schedules and first/then visual charts - all fantastic visual tools. Just like the Tommy story above, video modeling excels when it comes to teaching your child something ACTION oriented. Tying shoes, playing a board game with someone and interacting with a doctor are just a few examples of actions where our children have a very hard time learning HOW to participate. A research project by Mechling, L. C. & Gustafson M., (2009) demonstrated this concept perfectly. Using six adults with moderate intellectual disabilities, she compared cooking tasks using pictures vs. videos. These were relatively simple cooking related actions, such as peeling a carrot or chopping a cucumber. The tasks taught through video were imitated more accurately than those using static picture cards. Toward the end of the project, all the tasks that were shown using static pictures (which were never quite perfected in imitation) were then shown using a video approach. The students finally mastered them! It wasn’t that they were incapable of doing the tasks; they just needed to be shown in a more effective manner. Cooking uses action.

Think Outside the Box
Hopefully your mind is now fluttering with thoughts of what your child/student has been struggling with and that maybe video modeling could help. Ask yourself: Is it possible it’s a struggle because it is action oriented - maybe even peripherally? Over a Saturday morning coffee, my friend, another teacher of a special needs Pre-K classroom, had told me about “Billy,” one of the boys in her class. He was being tested on identifying verbs. She knew that Billy knew these verbs, but he was not pointing to them when asked. So he was failing these tests. She was frustrated because the speech therapist wasn’t able to give him any credit unless he physically pointed to the correct card. Pointing = action! I had my friend come to my house and with the aid of my two sons, we made a video of each boy pointing to the correct verb card when asked auditorily.

That Monday, she began showing Billy our one-minute video. After seeing it only a few times, he went from his previous scores of 40 percent to a 100 percent! As she suspected, the little boy knew all the information; he just needed to be shown what action was expected of him. Billy is now generalizing this pointing skill to other areas, like identifying colors, answering class questions and picking out his own choice breaks.

Who Should You Film?
Since you now know the “why,” “what” and “when” of video modeling, let’s talk about the “who.” I am consistently asked if there is data supporting which “model” is most effective to learn from - an adult or a peer? From the research that I have reviewed, collectively there is no steady evidence one way or another (Ihrig, K., & Wolchik, S.A., 1988, Sherer, M. et al., 2001, Santini, M., 2007). It depends on whom your child or student would respond to best. Who can you film that would be the most engaging for your child/student? Sometimes, it’s you. If so, prop up your camera and film your self. You don’t have to put your video on the Internet; so don’t worry if you’re not looking fabulous. Film it and show it. That’s all there is to it. If you’re overly camera shy, you can try something called a “point of view” approach. Film the action from the perspective of the viewer so they’ll see exactly what it should look like through their eyes. In other words, turn the camera so it faces the same direction you are looking at and film what you want them to do with their hands. If the skill is to teach them to stack blocks, all that should be filmed are your hands stacking the blocks.

Now It’s Your Turn
If you have a smartphone or a tablet with video capability, there should be no excuse not to try this concept right away. Don’t worry about editing and adding titles, or even background music. A simple video could take just a few minutes of your day, yet could help that child forever. Keep in mind that if you help teach a skill today, you can build upon that skill tomorrow.

TIPS TO A GOOD VIDEO MODELING LEARNING TOOL

Make it Simple
One task at a time

Make it Short
30 seconds to three minutes is plenty of time

Make it Fun
Adding a song to your action or engaging the viewer by calling out his/ her name is a great way to get their attention.

Make it Repetitive
Repeat the action several times and, if possible, try to generalize the skill in the video (different colored blocks, multiple verb cards, different people, etc.)
The DSAGSL is working hard on our Employment Initiative, newly named – Ready2Work! We piloted this innovative program in 2015 with the assistance of our hard-working Employment Committee and have been developing a meaningful, effective program. Our goal is simple: help individuals with Down syndrome find meaningful, paid employment in an inclusive community environment. To-date we had 10 individuals graduate our Academy and have found employment for six! 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.

If you know of a business that should be highlighted, contact Andi@dsagsl.org

Business Spotlight

J.W.Terrill

We are thrilled to recognize J.W. Terrill for their commitment to diversity. As an employer of an adult with Down syndrome, J.W. Terrill is setting an example for other St. Louis area corporations. J.W. Terrill currently employs a young woman with Down syndrome, whose job duties include filing, re-stocking office supplies, cleaning and stocking conference rooms and their office kitchen. Of course, she is also happy to help out wherever needed. Thank you J.W. Terrill!

Job Seeker Spotlight

Neha Naik

Neha is a member and self-advocate at DSAGSL. She is a Triple Crown Toastmaster in DSAGSL WORD Master Toastmasters club. She participates in Special Olympics playing basketball, softball, bowling, swimming, cheerleading, and dancing. She is also learning Indian classical dance called Bharatnatyam. Neha volunteers once a week at St. Luke’s Hospital and attends college once a week. Her friends at the DSAGSL say she is bright, vibrant, funny and ready to work!

Join the DSAGSL’s New Employment Networking Group

Ready2Work on Facebook

The DSAGSL Employment Committee started a private Facebook group for the purposes of job networking for individuals with Down syndrome. This is a forum where staff can share job opportunities, career fairs and networking events. If your child is looking for employment, join this group and get in on the networking action!

Visit facebook.com/groups/DSAGSLReady2work and click “join.”

If you have a position open for an individual with Down syndrome at your business, email Erin@dsagsl.org today!
Save the Date
Please plan to join us at these upcoming DSAGSL events. RSVP to Andi@dsagsl.org

Steps to Independence:
Guiding Individuals on Their Path to Adulthood

Held Wednesdays at 11am at the DSAGSL office
Employment starting 5/3
Contact andi@dsagsl.org

DSAGSL WORD Masters
Toastmasters Public Speaking Club

2nd Thursday of every month 4:30pm at DSAGSL office
Contact dsagslwm@yahoo.com

Birdies & Bass Golf Tournament

May 8
Persimmon Golf Club
Contact erin@dsagsl.org

Step UP for Down Syndrome

June 4
Forest Park Upper Muny Parking Lot
For more information visit: support.dsagsl.org/stepup

Lydia Faith Cox Memorial Bike Camp

June 5-9
South Technical High School
Contact Intern1@dsagsl.org

Education Specialist Program

September 15, 2017
Intro to Down syndrome and Developmental Disabilities in the classroom

November 3, 2017
Behavior Solutions

January 26, 2018
Curriculum Modifications and Adaptations

February 23, 2018
Inclusion and Social Learning
Contact andi@dsagsl.org

Infant/Toddler Therapeutic Playgroup

9:30am-11am at DSAGSL office

May 5, 2017
Mother’s Tea

June 22, 2017
Luau Beach Party
RSVP to RSVP@dsagsl.org

DSAGSL Annual Talent Show

October 6
Lindenwood University
Contact andi@dsagsl.org

Walk in the Park

September 30
Busch Stadium
Contact erin@dsagsl.org

Trivia Night

October 21
CBC High School
Contact abby@dsagsl.org

Holiday Party

December 3
Spazio’s at Westport
RSVP to RSVP@dsagsl.org

For more information visit: support.dsagsl.org/stepup
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. 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, a community where people with Down syndrome can achieve their full potential, a reality. Thank you, to our volunteers, for all of your hard work!

If you are interested in either of these volunteer opportunities or have questions, contact Christy Klaus at (314)961-2504 ext. 2 or at christy@dsagsl.org.

**New Parent Mentors**
Are you interested in providing support and information to new parents? The New Parent Support program is in need of more volunteers in Missouri and Illinois. Our volunteer mentors support new families during their baby’s first year. Support consists of personal visits, phone calls or electronic communication. Ideally, new parent mentors have a child with Down syndrome who is between 1 and 5 years old, however, this may not be possible in more rural areas. Training sessions will be held in the spring.

**Family 2 Family Volunteers**
Family2Family is a network of volunteers who are willing to help other families by using their common experiences. These volunteers have experience or knowledge in a variety of areas – medical issues such as heart defect, new diagnosis of autism or leukemia, and other general issues such as IEP support, homeschooling, puberty, guardianship, bi-lingual parents, or families looking to connect for social opportunities.

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

**UPCOMING VOLUNTEER OPPORTUNITIES**

**May 8**
Birdies and Bass Golf Tournament
*Persimmon Woods Golf Club*, various shifts available

**June 4**
Step Up for Down Syndrome
*Forest Park, 8:30am - 1:30pm*

**June 5-9**
Lydia Cox Memorial Bike Camp
*South Technical High School*, various shifts available

“No exercise is better for the human heart than reaching down and lifting another up.”
-Jon M. Huntsman
SPECIAL EVENTS AND PROGRAMS

Birdies & Bass
Golf Tournament

May 8
Persimmon Woods Golf Club
Fishing begins at 9am,
11:30am Shotgun Start to Golf

Join the DSAGSL for this extraordinary fishing and golfing tournament. This is a golf tournament like you’ve never seen. Teams start the day with a fish-to-lower-your-golf-score tournament followed by lunch, 18 holes of fantastic golf, a cocktail reception, seated dinner and live auction. Take the day off and support the DSAGSL!

Visit dsagsl.org/how-to-help/birdies-bass/ to register or for sponsorship.

NEW!
iPad and App Lending Library

We are excited to announce that the DSAGSL has, in addition to our 500+ books and articles, a new iPad and app lending library. Stop in the office and check out one of our 4 iPads. Test out some of the pre-loaded apps we’ve downloaded for communication, math, reading, and learning with your child before you purchase one of your own.

Contact Christy@dsagsl.org for more details.

Step Up for Down Syndrome

Sunday, June 4
Forest Park Upper Muny
9am - 1pm, Walk begins at 10am

You won’t want to miss the largest family event of the year – Step Up for Down Syndrome! Form a team in honor of your loved one with Down syndrome and raise awareness and funds to support the DSAGSL’s many programs and services. Activities for all ages start at 9am and our 1-mile awareness walk begins at 10am. Come out and enjoy a beautiful day with your DSAGSL friends and family.

Register your team today at http://support.dsagsl.org/stepup

Scholarships Available

Did you know that the DSAGSL offers scholarships for post-secondary educational opportunities? We are happy to support adults with Down syndrome who are pursuing academic dreams at a University, Community College or trade school. We are also excited to announce our new conference scholarship fund. This year, we are able to offer a limited number of scholarships to send self-advocates and a support person to Buddy Walk on Washington, People First of Missouri, and the National Down Syndrome Congress (NDSC) Convention.

Contact Erin@dsagsl.org for more information!
NEW MOTHERS’ LUNCHEON

55 moms attended our annual new mother's luncheon and 38 babies came along for the fun!

CELEBRATION BASKETS

21 Celebration Baskets were delivered to welcome our new members and their families.

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

VISUAL SCHEDULE WORKSHOP

14 families attended and made schedules for their child with Down syndrome.

SCAVENGER HUNT

DSAGSL sponsored a scavenger hunt for Down Syndrome Awareness month. There were 21 signs hidden around the city with facts about Down syndrome. Participants were encouraged to find all the signs and take a photo with them and post them on social media with the #discoverdsagsl

BEST BUDDIES

From the partnership's beginning in September, 32 people with Ds were matched with a buddy from Maryville University.

PUMPKIN PALOOZA

450 people attended this beautiful day in partnership with PFF.
TALENT SHOW
17 acts with over 100 people with Down syndrome showcased their talents at one of our most favorite nights of the year. 150 people attended to watch the show!

HOLIDAY PARTY
Nearly 400 people attended the Holiday party in December. We enjoyed activities for all ages!

ST. LOUIS SYMPHONY
89 tickets were sold for the Peter and the Wolf show in partnership with the St. Louis Symphony

SCHOOL PRESENTATIONS
Andi and Christy presented to over 600 students and teachers at 8 schools and districts

THERAPEUTIC PLAYGROUPS
40 children participated in playgroups in the fall and spring. These fun mornings happen year round!

STEPS TO INDEPENDENCE-ADVOCACY
20 self-advocates participated in the DSA’s newest program “Steps to Independence.” Contact Andi@dsagsl.org to sign up your child for the next series on Employment.
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: Second Saturday of each month
10 am to 12 noon,
Cape Girardeau Public Library, Penzel Conference Room
CONTACT: Claire Watson – heartland_cg@dsagsl.org, (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/

Kirkwood/Webster Mom’s Night Out
(Kirkwood/Webster and surrounding areas)
Meetings: 3rd Thursday of the month
(usually) at 7pm at various locations around Kirkwood/Webster
CONTACT: Stephanie Holmes – kirkwood_cg@dsagsl.org, (314)495-8388
Facebook: https://www.facebook.com/groups/kirkwoodwebsterdsmoms/

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 – stc_cg@dsagsl.org, (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 – kirksville_cg@dsagsl.org, (660)651-5139
Facebook: https://www.facebook.com/dscnemo

North County/North City Community Group
(North St. Louis County and St. Louis City)
CONTACT: Andrika White – north_cg@dsagsl.org, (314)587-6571
Facebook: https://www.facebook.com/NCDCSG.STL/

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

SYNERGY DSAGSL Community Group
(St. Louis County, St. Louis City, Jefferson County)
Meetings: Family and Friends Fun Night on the last Wednesday of every month
Incredible Pizza, 5254 S Lindbergh Blvd, St. Louis, MO 63126
CONTACT: Eileen Roth – south_cg@dsagsl.org

ILLINOIS

Metro East Down Syndrome Alliance
(Belleville, O’Fallon, Shiloh Illinois and surrounding areas)
Meetings: Second Monday of the month, Sept – May
6:30-8:00PM at Cornerstone Christian Church Shiloh, IL
CONTACT: Bob Lutz – medsa_cg@dsagsl.org, (314)458-6918
Facebook: https://www.facebook.com/MetroEastDSA

Southern Illinois Community Group
(Carbondale, C real Springs, IL and surrounding areas)
CONTACT: Julie Anderson – soil_cg@dsagsl.org, (618)944-1115

North County Community Meet and Greet

Spring 2017
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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 Syndrome Group of the Ozarks
(Springfield, MO and surrounding areas)
CONTACT: info@ozarksds.org, (417)885-9905 or (888)655-5173
Website: www.ozarksds.org

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

Central Illinois Down Syndrome Organization
(McLean county, Bloomington/Normal and surrounding towns)
CONTACT: info@cidso.org, (309)452-3264
Website: www.cidso.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@ozarksds.org, (417)885-9905 or (888)655-5173
Website: www.ozarksds.org

LEGACY WALL

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.

Large Tile (w/ color photo)
$1,200 or $100/month for one year

Medium Tile
$480 or $40/month for one year

Small Tile
$250 or $21/month for one year

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!

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

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 to sign up today!
Step Up for Down Syndrome 2017

Join Us

Sunday, June 4

9 am - 1 pm (Walk starts at 10 am)
Forest Park, Upper Muny Parking Lot

One mile awareness walk, crafts and activities for all ages, lunch, and music

support.dsagsl.org/stepup