



FAMILY CONNECTION

FALL 2019 NEWSLETTER

BILL SIGNED IN MISSOURI EXPANDS COVERAGE OF THERAPIES

In July 2019, Gov. Mike Parson signed bill SB514 that will require insurance companies to cover therapies for children with developmental and physical disabilities. There were laws in place requiring them to cover these therapies for kids with Autism Spectrum Disorders, but the bill signed in July will expand this coverage to all developmental and physical disabilities. The mandate takes effect on January 1, 2020.

This is great news for the Down syndrome community. Individuals with Down syndrome need and deserve these therapies to reach their full potential, and this bill makes them more accessible and affordable. Missouri is only the 3rd state to include all disabilities in their insurance mandate.

The efforts to pass the bill and expand coverage to include all children with developmental and physical disabilities was led by Missouri families whose children would be impacted by the legislation. This group of parents formed Missouri Disability Empowerment (MoDE).

The impact of this bill being passed, MoDE says, is twofold. Not only does it make the therapies more affordable for more members of the disability community, it will also promote access in rural areas. "This legislation will make it possible for more private therapy clinics to exist in rural Missouri... Having a guaranteed form of payment would cause therapists and therapy companies to expand their service areas, reaching into smaller, rural Missouri communities where services are currently lacking." (moempower.com/insurance-legislation).

One thing to note, however, is that State insurance mandates like the therapy mandate only apply to some insurance plans. All *fully-insured* plans must honor the mandate, but in Missouri, the majority of *self-funded* plans do not.

The best way to find out if your plan is self-funded is to check with your employer. Many employers choose to follow state mandates, even if they aren't required to. You also have the option to set up an appointment with the Human Resources office of your employer to explain the importance of the new mandate and why therapy coverage is so important for you and your family.

For more information, visit Missouri Disability Empowerment's website - www.moempower.com.



A MESSAGE FROM ERIN



Hello friends!

Is summer really over? I can't believe how time flies! I hope each of you were able to relax a little over the last few months, take in some sunshine, and spend a little more time with friends and family. While we at the DSAGSL always say "summertime will be slower," it really never is! We have had so much going on and are already planning for fall.

As you know, Step Up for Down Syndrome (SUDS) and Run for 21 were a huge success thanks to each and every one of you who started a team and donated. SUDS raises one-third of our organizational budget every year. Without Step Up we couldn't do the work that we do every day. We surpassed our goals and are putting those dollars right back into programming for people with Down syndrome. A huge THANK YOU for your support! In addition, we offered our Small Steps Therapy Camp, Education Specialist Bootcamp for teachers, summer session of Rock 21 music program, Secure Futures workshop series for caregivers, and our ongoing employment programming and job matching!

And to everything, there is a season...

As we wrap up summer and prepare for back to school, back to work, and the holidays, the DSAGSL continues to roll out programs and events for every stage of life. We hope to see you at our behavior and toilet training workshops, the fall session of Secure Futures, Rock 21, Trivia Night, and the Holiday Party! Inside you will find details about all of the great things we have planned. As always, my door is open and I am just a phone call or email away. I'd love to hear from you! Thanks for all you do for the Down syndrome community!

Sincerely,

Erin Suelmann
Executive Director



THE MISSION of the Down Syndrome Association of Greater St. Louis is to benefit the lives of people with Down syndrome and their families through individual and family support, education, public awareness, and advocacy.

CONTACT US

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MEET OUR NEW INTERNS!

WILLIE LEE JORDAN, JR.

Willie Jordan is a graduate of Nottingham High School and recently started his internship at DSAGSL. Willie enjoys going into the office and is very excited to be involved in the DSAGSL-Pop-Up Shops. Prior to achieving his internship opportunity with DSAGSL, Willie was a long time employee of Popeye's Chicken Franchisee in East St. Louis, IL. where he held many positions to assist with sharpening his focused work ethic, business and leadership skills.



Willie has a welcoming spirit and is always eager to help. In his spare time, Willie loves bowling, listening to music (with particular focus on Hip Hop) and attending sports activities. More particularly, he is a die-hard Cardinals Red Birds baseball fan. When he is not rooting on his favorite team (the Red Birds), he is taking particular pride in his accomplishment of having lost 85 lbs. to date and counting!

Glad to have you on the team, Willie!



MARY TASZAREK

Mary Tazsarek has a very big milestone coming up in early 2020, and if you meet her, she's sure to tell you all about it! She's very excited to be celebrating her 50th birthday with her friends and family, and especially her sister, Donna. Mary loves many things including fashion, going out to eat and to concerts, and chocolate Reese's Pieces cake. But nothing compares to her love for her sister.

Mary says she is in charge of a few chores at home including making her bed and doing the dishes. Her favorite foods are tacos and queso dip, her favorite actor is Duane The Rock Johnson, and her favorite singer is Toby Keith. She really loves music and dancing and has even been on stage to sing before!

She likes St. Louis a lot and enjoys going to the Arch. She also likes coming to the Down Syndrome Association events, and to the office for her internship. Her favorite things at DSAGSL are coloring birthday and thank you cards, talking with staff, and working at the Pop-Up Snack Shop.

Welcome to the team, Mary!

DUAL DIAGNOSIS- DOWN SYNDROME & AUTISM

DS-ASD refers to a condition known as co-occurring Down syndrome and Autism Spectrum Disorder. Down syndrome and autism are both equal opportunity conditions— meaning that anyone, anywhere, regardless of race, creed or socio-economic status, can have a child with either condition. It is believed that up to 18% (some research suggests up to 39%) of individuals with Down syndrome also have autism spectrum disorder. Both Down syndrome and autism can be challenging disabilities separately, without the combination, however when combined the challenges are multiplied and can be quite complex.

Has your child been diagnosed with autism?

The Down Syndrome Association of Greater St. Louis has a group for families and caregivers of children and adults with a dual diagnosis. Please contact Christy@dsagsl.org if you would like to be included in mailings/e-mails about events. The DSAGSL also maintains a list of experienced parents who are willing to speak with other parents whose child has received a dual diagnosis.

Do you think your child with Down syndrome might also have autism? Here are some behaviors to notice:

- Does not orient to people
- Is nonverbal, makes unusual vocalizations, says words without actual communicative intent, repetitive speech
- Stops using speech, signs or other means of communication
- Seems happiest playing alone
- Exhibits inappropriate laughing or giggling
- Lacks imaginative play, prefers repetitive play with objects
- Insists on sameness and routine, has great difficulty with transitions
- Has difficulty understanding gestures and does not use gestures to communicate, e.g. pointing
- Shows no real fear of dangers
- Appears to be insensitive to pain
- May not want to cuddle or hug
- Has eating problems— limited foods, textures, etc.
- Has sleep problems
- Exhibits repetitive motions – flapping, twirling, tics, rocking, head shaking, spinning, twisting the hands at the wrist
- Exhibits sustained odd play and inappropriate attachment to objects
- Exhibits self-stimulating behaviors (“stimming”)
- Has meltdowns

The above list are just a few of the behavioral red flags. Please note that many of these behaviors are normal for children with Down syndrome at certain points of development. Also, a child with Down syndrome may experience relatively normal development but then regress by developing these behaviors between the ages of three and seven.

When one or two of these behaviors become predictable, extreme, or resistant to change, your child may benefit from a thorough evaluation for autism spectrum disorder performed by a professional who is experienced in working with children with Down syndrome.

Benefits of Knowing

Many parents have expressed that once their child received the additional diagnosis of autism, it became the most important issue. A lot of parents and professionals will tell you that the autism almost always “trumps” the Down syndrome, with difficult behaviors and educational challenges being the main issues in their lives. A formal diagnosis could:

- Help in getting needed school and community services that are tailored to children with autism
- Explain why a child with Down syndrome and autism develops and acts differently
- Help parents and extended family members to better understand, support and guide their child

Evaluation & Diagnosis

Many parents and professionals have reported that they have encountered barriers when seeking an autism evaluation. Perhaps they are met with resistance to the idea, or others mistakenly believe that concerns can be answered by the Down syndrome alone. (This is called diagnostic over-shadowing.)

If you feel an evaluation is in order, observe closely, take notes, and arm yourself with current information. Some parents have been persistent and in time they finally get the answers to their questions. When seeking an evaluation, be sure to ask if the provider has experience with evaluating autism in a person/child with Down syndrome. Many families seek an appointment with an AUCD center, a developmental pediatrician, or Down syndrome clinic -- and others have been able to obtain an educational diagnosis of autism from their school system. The Association of University Centers on Disabilities (AUCD) may be a great place to start.

Resources

Down Syndrome – Autism Connection: www.ds-asd-connection.org

DS-ASD Connection Closed FB Group: www.facebook.com/groups/ds.asd.connection.support

Down Syndrome Association of Greater St. Louis: www.dsagsl.org/resources/for-families

DSAGSL private Facebook group: www.facebook.com/groups/DS.ASD.GreaterSTL

Webinar–When Autism and Down syndrome Co-Occur www.ndsccenter.org/outreach-education/parent-webinars

The National Down Syndrome Congress Annual Conference www.ndsccenter.org/annual-convention

*A portion of information in this article was obtained from www.ds-asd-connection.org

FIT STEPS- EXERCISE AND NUTRITION FOR ALL ADULTS OF ALL ABILITIES

Gym Owner, Allan Finnegan, and his sister, Kelsey Finnegan who is a Physical Therapist, are working with the DSAGSL to provide access to fitness classes and nutrition education for free to our community! Join them at the Anytime Fitness in Ballwin on the first and third Saturdays of the month from 9:00-10:00. No RSVP needed!

VIDEOS FOR ADULTS- A DOWN SYNDROME CLINIC IN CHICAGO HAS EXTENSIVE LIBRARY

Check out the video gallery on Chicago-based Advocate Health Cares Adult Down Syndrome Center's website. You can find videos about so many topics, including Down syndrome and Alzheimer's Disease, Promoting Mental Health, Oral Health and Hygiene, and more.

www.advocatehealth.com/health-services/adult-down-syndrome-center/video-gallery

WHO DO YOU SEE?- SEND US YOUR HEALTHCARE PROVIDER RECOMMENDATIONS

Send DSAGSL any Physicians, Mental Health Professionals, and/or Specialists you'd recommend to other parents and caregivers of adults with Down syndrome. Contact Adult Services Coordinator, Makini Anwisye, with any recommendations | Makini@dsagsl.org or 314.961.2504 ext 7

SAVE THE DATE

PARENT & FAMILY WORKSHOP- TOILET TRAINING & BEHAVIOR BASICS

Saturday, September 14, 10:00am-3:00pm
St. Louis Children's Hospital Auditorium
dsagsl.org/workshops

INFANT & TODDLER PLAYGROUP

Friday, September 20, 9:30am-11:00am
DSAGSL Office
dsagsl.org/calendar

WALK IN THE PARK

Sunday, September 29 starting at 11:00am
Busch Stadium
dsagsl.org/events/walk-in-the-park

21 SUN SALUTES ALL ABILITIES YOGA

Sunday, October 6 starting at 9:00am
at the World's Fair Pavillion in Forest Park
dsagsl.org/events/21-suns

SHOP IN MAPLEWOOD TO SUPPORT DSAGSL

Tuesday, October 8- Friday, October 11
Zee Bee Market - donating 15% of all sales
dsagsl.org/calendar

DINE OUT FOR DOWN SYNDROME IN MAPLEWOOD

Tuesday, October 8- Sunday, October 13
Tapped - donating all tips collected for the week
dsagsl.org/calendar

ROCK 21 PERFORMANCE

November 2, 2019, 12:00pm-3:00pm
The Tin Roof
dsagsl.org/calendar

OPEN JAM NIGHT BENEFITING DSAGSL

November 3, 2019, 6:00pm-9:00pm
The Pat Connolly Tavern
dsagsl.org/calendar

10TH ANNUAL DSAGSL TRIVIA NIGHT

Saturday, November 9, starting at 6:00pm
CBC High School
dsagsl.org/events/trivia

DSAGSL ANNUAL HOLIDAY PARTY

Sunday, December 1, 2:00pm-4:30pm
Spazio Wesport
dsagsl.org/calendar

SILVER STEPS SUPPORT GROUP- ST. LOUIS

August 27 and October 22
6:00pm-7:30pm
DSAGSL Office
dsagsl.org/calendar

SILVER STEPS SUPPORT GROUP- ST. CHARLES

September 24 and November 26
10:30am-12:00pm
Kathryn Linneman Library
dsagsl.org/calendar

EDUCATION SPECIALIST SCHOOL YEAR PROGRAM

Session 1: September 27, 2019
Session 2: November 8, 2019
Session 3: January 24, 2020
Session 4: February, 28, 2020
9:00am-3:00pm
DSAGSL Office
dsagsl.org/programs/education-specialist

BENEFITS ROUNDTABLE FOR PARENTS & CAREGIVERS

Thursday, October 3, 2019
6:00pm-8:00pm
The Pat Connolly Tavern
dsagsl.org/calendar

FUTURES WORKSHOPS FOR PARENTS & CAREGIVERS

Tuesdays October 8- November 5, 2019
6:30pm-8:30pm
DSAGSL Office
dsagsl.org/programs/silver-steps

WALK IN THE PARK

SUNDAY, SEPTEMBER 29 – 11:00AM – BUSCH STADIUM

Join DSAGSL and the St. Louis Cardinals at Busch Stadium on September 29th for our largest awareness event of the year! Throw on your 2019 Walk in the Park commemorative T-shirt, get pumped up at the pre-game pep rally outside the stadium, walk around the warning track with 2,000 other fans, and enjoy the Cardinals vs. Cubs game, all for just \$36! PLUS, the Cardinals giveaway is a voucher good for one 2020 game ticket!

Mark your calendar and get your tickets today for this community-building, awareness--raising, incredibly fun night at the ballpark.

Learn more at dsagsl.org/events/walk-in-the-park



10TH ANNUAL TRIVIA NIGHT

SATURDAY, NOVEMBER 9 – 6:00PM TO 10:00PM – CBC HIGH SCHOOL

Be a part of this exciting milestone for DSAGSL! It's the 10th Annual Trivia Night. Test your knowledge during 10 rounds of Trivia hosted by the awesome, Glenn Zimmerman. Players can also look forward to the silent auction which is always loaded with exciting prizes for lucky winners to take home. Celebrate a decade of DSAGSL Trivia by dressing up in your favorite decade costume and enter the best dressed contest! Snap a photo in the photo booth, enjoy local craft beer from Civil Life Brewery, play fun games, and maybe even meet Fredbird! You won't want to miss it!

Don't forget to upgrade to a VIP Table where no one goes home hungry or ever waits in the bar line. VIP tables enjoy three rounds of food, beer, and soda served directly to you at your table. Seating is limited, so reserve your tables today!

Learn more and sign up your team today! dsagsl.org/events/trivia



GET INVOLVED WITH DSAGSL

SHARE YOUR RECOMMENDATIONS

One of the greatest resources we have as parents is the sharing of our experiences. Here at the DSAGSL office we get many calls from parents looking for medical professionals who have experience with Down syndrome. We keep a list of medical professionals that have been recommended by other parents. Please share with us the name(s) of doctors who you feel work well with your loved one with Down syndrome – especially adults. This could include internist, psychologist, psychiatrist, dentist, ENT, endocrinologist, cardiologist, therapists, and any other subspecialties. E-mail this information (or send a picture of their business card) to christy@dsagsl.org or call (314)961-2504 ext. 2.

FOLLOW US ON SOCIAL MEDIA

FACEBOOK.COM/DSAGSL

Did you know that the Down Syndrome Association of Greater St. Louis is active on Facebook and other social media platforms? Find out about events, programs, research, advocacy, and so much more through our Facebook page. We also have different groups who have common interests.

The Sharing Our Strategies group is for parents and caregivers to share information, ask each other questions, and connect.

www.facebook.com/groups/DSAGSL.SharingOurStrategies

The Ready 2 Work group is for self-advocates that are looking for opportunities for employment training and who are actively looking for a job.

www.facebook.com/groups/DSAGSLReady2Work

The Down Syndrome Education Specialist group is for education professionals who want to stay connected with each other and learn strategies for building meaningful educational experiences for students with Down syndrome.

www.facebook.com/groups/1646889945457015

Let's connect! Visit us on Facebook, Twitter, Instagram, and YouTube today!!

VOLUNTEER OPPORTUNITIES

21 SUNS ALL ABILITIES YOGA

Sunday, October 6, 2019 from 8:00-12:00

World's Fair Pavilion in Forest Park, St. Louis

10TH ANNUAL TRIVIA NIGHT

Saturday, November 9, 2019 from 5:00-10:00

CBC High School

DSAGSL HOLIDAY PARTY

Sunday, December 1, 2019 from 12:00-4:30

Spazio Westport

INTERESTED IN VOLUNTEERING?

Visit our website to fill out the registration form, or contact Volunteer Manager, Abigail Beckord at abigail@dsagsl.org or 314.961.2504.

AMAZON SMILES

SMILE.AMAZON.COM

Do you shop on Amazon.com? Did you know you can select DSAGSL as your charity of choice and for every purchase you make, a donation is made to the organization? It's true! DSAGSL received over \$250 last year!! Just make sure to shop through **smile.amazon.com** to ensure your donation makes it to the Down Syndrome Association of Greater St. Louis.

DSAGSL VEHICLE DONATION PROGRAM

VEHICLESFORCHARITY.ORG/DONATE/DSL.HTML

Want to get rid of an old vehicle but don't want to deal with selling it... fixing it... or junking it? Donate it to DSAGSL! The donation process is safe and simple, and will benefit the lives of 1,800+ individuals with Down syndrome! Find out more about donating your unwanted car, boat, motorcycle or RV... whether it runs, or not! Visit www.vehiclesforcharity.org/Donate/DSL.html

10 WAYS TO RAISE AWARENESS THIS OCTOBER

OCTOBER IS DOWN SYNDROME AWARENESS MONTH! HERE ARE A FEW WAYS YOU CAN HELP DSAGSL RAISE AWARENESS IN YOUR COMMUNITY!

1. Share stories and pictures on social media.
2. Pick a day for your school, work, club, church, or any group when everyone wears the Down Syndrome Awareness colors- blue and yellow!
3. Come to Walk in the Park at Busch Stadium, our largest awareness event of the year!
4. Encourage an educator in your life to attend the Down Syndrome Education Specialist Training Program.
5. Thank the owner or manager of a business that employs people with Down syndrome.
6. Ask your local library if they will create a display of books about Down syndrome.
7. Start a change collection fundraiser or item drive benefiting the DSAGSL.
8. Book a DSAGSL community presentation about Down syndrome at your school or work.
9. Hang up Down syndrome awareness posters around your school, business, or church. We'd be happy to provide you with some! Just call our office!
10. Join us for one or all of our Down Syndrome Awareness Month Events!

21 SUN SALUTES ALL ABILITIES YOGA

OCTOBER 6TH FROM 9AM-12PM AT WORLD'S FAIR PAVILION

Flow through 3 sets of 21 Sun Salutations led by some of the best yoga teachers in town and demonstrated by talented self-advocates. You'll be amazed at how you are carried by the beautiful live music and spectacular Pavilion view. Try a few or challenge yourself to do them all as you experience the magic of Bradford Smith's flutes and Pati Pellerito's Himalayan singing bowls including the grand finale.... a 10 minute "gong bath" to cleanse your heart and soul while you rest. This is yoga for all abilities and adaptive chair yoga will be available. | dsagsl.org/events/21-suns

SHOP - EAT - SIP - REPEAT

OCTOBER 8TH - OCTOBER 11TH AT ZEE BEE MARKET IN MAPLEWOOD

Join us in Maplewood for dinner and shopping! Zee Bee Market is donating 15% of sales Tuesday through Friday at their Maplewood location AND online! Zee Bee Market has handcrafted, fair-trade items from around the world. Beautiful jewelry, handbags, clothing, baby items, homegoods, coffee, chocolates, and more! Beat the rush and get some holiday gift shopping done early while supporting the DSAGSL, local business, AND fair wages for artisans from around the globe. | dsagsl.org/programs/advocacy-awareness

OCTOBER 7TH - OCTOBER 13TH AT TAPPED ST. LOUIS IN MAPLEWOOD

Have you ever ordered a beer or wine that sounded intriguing, but wasn't all you'd hoped for? At Tapped, the concept revolves around tasting and paying only for what you pour. You can sample a wide variety of craft beer and specially-selected wines tailored to your taste. Tapped pays their staff a living wage so they don't rely on tips. Instead, Tapped collects all tips and donates them to a different charity each week. The week of October 6-October 13, tips will be donated to DSAGSL! | dsagsl.org/programs/advocacy-awareness

DSAGSL | IN ACTION



New Mother's Luncheon

The 10th annual New Mother's Luncheon was held on June 15th in partnership with the Pujols Family Foundation. Many amazing volunteers helped take care of the little ones while their moms enjoyed lunch, gifts, networking, and guest speaker, Mary Suzanne Crockett, who is mom to young adult, Lily.

Spring Family Picnic

Nearly 300 people gathered in Faust Park for the Family Picnic! 15 volunteer photographers snapped photos of individuals and families, 3 generous restaurants partnered with us to provide food for everyone, and 40 additional volunteers helped make the picnic a huge success.

New Family Brunch

The 6th annual New Family Brunch was held on April 13th. 15 new parents and their families learned about the DSAGSL and connected with other families in their area. Thanks to the volunteers who helped!



Down Syndrome Education Specialist Summer Program

25 education professionals from all over Missouri, Illinois, and even a few from out of state, completed the summer sessions of the Down Syndrome Education Specialist Program.



Small Steps Therapy Camp

12 kids ages 3-5 came to DSAGSL Small Steps Therapy Camp this summer. Campers worked with a Physical Therapist, Occupational Therapist, Speech Therapist, and Music Therapist during the 3 day camp.

21 Club Games in the Park

The Young Professionals Board created a new club that provides inclusive social opportunities for young adults and adults of all abilities. In May, the club met at Tilles Park and played games, had snacks, and got to know each other. There were 51 people in total!

Birdies and Bass Golf Tournament

30 volunteers including 26 Self-Advocates came out to Birdies & Bass to fish and lend a hand at this wonderfully unique annual tournament at Persimmon Woods Golf Club. 128 golfers and our awesome sponsors helped raise over \$100,000!





2019 RUN FOR 21 & STEP UP FOR DOWN SYNDROME

We can't thank everyone enough for making this year's Step Up for Down Syndrome event a huge success! We exceeded our fundraising goal, received positive feedback about changing the parking lot configuration, had a successful first year of adding Run for 21 to the beginning of the event, lucked out with beautiful weather, and had so many hungry people there we couldn't cook the hotdogs fast enough! It was amazing! We couldn't have done it without the support of every team, volunteer, sponsor, runner, and partner organization that contributed to it's success.

STEP UP RAISED \$263,184!

WE HAD 160 TEAMS!



RUN FOR 21 RAISED \$12,056!

1,200 SNOW CONES WERE SERVED!



THE DSAGSL ROCK 21 BANDS KEPT THE PARTY GOING!

RESOURCE CORNER

I/DD HELP LINE

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 does exist to ensure information about resources and programs is still accessible to everyone.

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.

IDD HELP LINE - 1.877.256.2202

FREE DENTAL CARE

Individuals with Down syndrome of any age in which dental care presents a financial hardship to the family are eligible for free dental care on the first Thursday of the month at Sunset Hills Dental Group with Dr. Julia Hotz-Sudekum.

Dr. Sudekum is the parent of a 10 year old boy with Down syndrome and has many years of experience working with patients with different abilities. She has enjoyed working as a dentist with Sunset Hills Dental Group since 2001.

FOR AN APPOINTMENT - 314.842.5000 ext 14

NEW VIDEO WORKSHOP SERIES ON DSAGSL.ORG

DSAGSL will be creating workshop videos once each month on various topics like health and wellness, education, and medical research. Some will feature guest speakers who are experts in their field. Videos will be posted on the 21st of each month on our YouTube channel and our Facebook page, and will be archived on our website so they can be watched at the viewers convenience!

[DSAGSL.ORG/RESOURCES/VIDEO-SERIES](https://www.dsagsl.org/resources/video-series) - 314.961.2504

CARRIED WITH LOVE

Carried with Love is a small non-profit organizations serving the Metro St. Louis area. They provide baby and toddler carriers for children with special needs. In order to be eligible, children must be living in the St. Louis metro area (Missouri side ONLY), and participating in services through First Steps or Early Childhood Special Education. Applications are now being accepted online and are reviewed on an on-going basis.

[CARRIEDWITHLOVE.ORG](https://www.carriedwithlove.org) | [FACEBOOK.COM/CARRIEDWITHLOVESTL](https://www.facebook.com/carriedwithlovestl)

THE ARYA FOUNDATION

The Arya Foundation provides need based adaptive equipment for children with special needs in St. Louis. Children are eligible for equipment based on specific criteria and requests can only be funded up to \$1000. Please contact DSAGSL with questions or if you need a referral.

[THEARYAFUNDATION.ORG](https://www.thearyafoundation.org)

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)

Meetings are second Saturday of each month 10:00-12:00 at the Cape Girardeau Public Library, Penzel Conference Room
Contact | Claire Watson | (573)334-5685 | heartland_cg@dsagsl.org
[facebook.com/HeartlandDSA](https://www.facebook.com/HeartlandDSA)

KIRKWOOD/WEBSTER MOM'S NIGHT OUT

(Kirkwood/Webster and surrounding areas)

Contact | Stephanie Holmes | (314) 495-9388
Cheri Nienhaus | (618) 570-8485
kirkwood_cg@dsagsl.com |
[facebook.com/groups/kirkwoodwebsterdsmoms](https://www.facebook.com/groups/kirkwoodwebsterdsmoms)

DADS APPRECIATING DOWN SYNDROME (DADS)

(Greater St. Louis Area)

Meetings are first Wednesday of even numbered months
Contact | Tony Sorocko | (314) 393-8548 | dadsstl@outlook.com
[facebook.com/groups/270173929671043](https://www.facebook.com/groups/270173929671043)

ST. CHARLES COUNTY COMMUNITY GROUP

(St. Charles, West county and surrounding areas)

Contact | Karen Ryan | (314) 795-1419 | stc_cg@dsagsl.org
[facebook.com/stcdsgroup](https://www.facebook.com/stcdsgroup)

DOWN SYNDROME COMMUNITY GROUP OF UPSTATE MISSOURI

(Kirksville, Brookfield and surrounding areas)

Contact | Becky Pike | (660) 651-5139 | kirksville_cg@dsagsl.org
[facebook.com/dscnemo](https://www.facebook.com/dscnemo)

NORTH COUNTY/NORTH CITY COMMUNITY GROUP

(North St. Louis County and St. Louis City)

Contact | Sergei Marchenko | (773) 817-7054

ILLINOIS

METRO EAST DOWN SYNDROME ALLIANCE

(Belleville, O'Fallon, Shiloh Illinois and surrounding areas)

Contact | Bob Lutz | (314) 458-6918
Amanda Lutz | (618) 789-3664
Amanda Joyce | (314) 593-0092
medsa_cg@dsagsl.org | [facebook.com/MetroEastDSA](https://www.facebook.com/MetroEastDSA)

SOUTHERN ILLINOIS COMMUNITY GROUP

(Carbondale, Creal Springs, IL and surrounding areas)

Contact | Samantha Dudley | soil_cg@dsagsl.org
[facebook.com/SIDownsyndromeSupportGroup](https://www.facebook.com/SIDownsyndromeSupportGroup)

DOWN SYNDROME & AUTISM (DS/ASD) COMMUNITY GROUP

Contact | Christy Klaus | (314) 961-2504 ext 2 | Christy@dsagsl.org

OTHER DOWN SYNDROME COMMUNITY GROUPS

DOWN SYNDROME GUILD OF CENTRAL MISSOURI

(Columbia, Jefferson City & surrounding areas)

Contact | (913) 384-4848 | Jessica Fahey
[kcdsg.org/dsg-central-missouri.php](https://www.kcdsg.org/dsg-central-missouri.php)

RIVERBEND DOWN SYNDROME ASSOCIATION

(Southwest Illinois)

Contact | (18) 288-2555 | secretary@riverbendds.org
[riverbendds.org](https://www.riverbendds.org)

DOWN COUNTRY

(Hannibal, Quincy and surrounding areas)

Contact | (217) 617-3568 | info@upatdowncountry.com,
[upatdowncountry.com](https://www.upatdowncountry.com) | [facebook.com/UpAtDownCountry](https://www.facebook.com/UpAtDownCountry)

DOWN SYNDROME GROUP OF THE OZARKS

(Springfield, MO and surrounding areas)

Contact | (417) 885-9905 or (888) 655-5173
info@ozarksdsg.org | [ozarksdsg.org](https://www.ozarksdsg.org)

LINCOLN LAND DOWN SYNDROME SOCIETY

(Springfield, IL and surrounding areas)

Contact | (217) 415-8716 | lldss@comcast.net | [lldss.org](https://www.lldss.org)
[facebook.com.LincolnLandDownSyndromeSociety](https://www.facebook.com/LincolnLandDownSyndromeSociety)

CENTRAL ILLINOIS DOWN SYNDROME ORGANIZATION

(McLean county, Bloomington/Normal and surrounding towns)

Contact | (309) 452-3264 | info@cidso.org | [cidso.org](https://www.cidso.org)

DOWN SYNDROME SUPPORT GROUP - BLESSING HOSPITAL

Meet every last Monday of the month at 6:30pm
11th Street Auditorium at Blessing Hospital | Quincy, IL 62305
(217) 223-8400 ext 4190



THANK YOU FOR YOUR SUPPORT!

THIRD PARTY FUNDRAISERS

- ANHEUSER-BUSCH EMPLOYEES CREDIT UNION** - In honor of Volunteer of the Year Award winner, Mary Moore
- ARCHWAY OLDS CLUB, ST. LOUIS** - Club Fundraiser
- MS. ADRIAN BURT**- Oragami Owl Profit Share Fundraiser
- MADDIE & HARPER COHEN**- Lemonade Stand Fundraiser
- CREECH HORSE TRANSPORTATION**- World Down Syndrome Day Celebration & Fundraiser
- EGYPTIAN SCHOOL DISTRICT**- World Down Syndrome Day Celebration & Fundraiser
- FRESH THYME FARMERS MARKET** - Giving Bag Program
- HARNESS, DICKEY, PIERCE, PLC** - World Down Syndrome Day Celebration & Fundraiser Organized by Tony Fussner
- MS. REBEECCA LANDRY** - Paparazzi Profit Share Fundraiser
- MISSOURI EMPLOYERS MUTUAL**- In recognition of Sheila Schmidt
- MONTGOMERY CITY ELEMENTARY SCHOOL STUDENT COUNCIL**- Change the World Day Fundraiser
- MS. ALLIE MOORE**- Birthday Fundraiser
- PATTERSON FAMILY FARMS** - Profit Sharing Event
- MR. BILL REICHHARDT** - Birthday Fundraiser
- ST. MARY'S KNIGHTS OF COLUMBUS, #3790** - Pork Roast Fundraising Event
- THE SANSONE FAMILY** - Sports Camp Fundraiser

GRANTS

- CARDINALS CARE** - New Family Support Grant
- CARNEY'S KIDS** - Rock 21 Grant
- MASS MUTUAL** - In recognition of Todd Gentry's volunteer service
- WALMART** - Rock 21 & New Family Support Grant

ITEM DRIVES

- LADUE DENTAL GROUP** - Baby items for celebration baskets
- STEPHANIE CONWAY & MERCY HOSPITAL**- Baby items for celebration baskets
- DSAGSL COMMUNITY MEMBERS**- Hospital care package items and baby items

MEMORIAL TRIBUTES

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

DORTHY BRUENING

THOMAS D. DEGUIRE

PEGGY SUTTON DIAZ

LILLIAN ANN HOOD

MARIAN FRANCES IRWIN

ROBERT FRANK KLAUS

ELDON FRANK LEE

MARGARET ANN (PEGGY) MILLER

LOUISE G. MOORE

DEBRA SAWYER

GENESIS JOBST-SWOPE

ALISON WARD

CHRISTINE M. "CHRIS" WILLBANKS

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 and their families in our community.

LARGE TILE
(WITH 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**



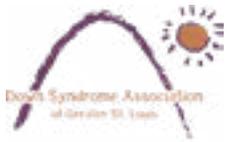
PLANNED GIVING

There are many ways to leave a legacy to the Down Syndrome Association. Every dollar left to DSAGSL provides vital programs and supports for people with Down syndrome and their families, now, and in the future.

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.



8531 Page Ave, Suite 120
St. Louis MO 63114

www.dsagsl.org



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WALK IN THE PARK AT BUSCH STADIUM

SUNDAY, SEPTEMBER 29, 2019

FESTIVITIES BEGIN AT 11:00AM | GAME STARTS AT 2:15PM

Ticket package includes a 2019 commemorative t-shirt, wristband to walk the warning track, entrance to pre-game pep rally, and ticket to Cards vs. Cubs game. BONUS: The Cardinals giveaway is a voucher good for ticket to 2020 game. This is the deal of the season. Get your tickets today!

www.dsagsl.org/events/walk-in-the-park