WASHINGTON UNIVERSITY RESEARCH STUDY – LOOKING FOR ADULT PARTICIPANTS

Washington University School of Medicine, along with the University of Pittsburgh Medical Center, the University of Wisconsin–Madison, and the University of Cambridge in England, are conducting a research study called Neurodegeneration in Aging Down Syndrome (NiAD). The study will be conducted over a 4-year period and involves both cognitive testing and scans of the brain via MRI and PET.

There is evidence to suggest that there is a higher risk of developing Alzheimer’s disease and dementia among individuals with Down syndrome. Amyloid plaques, a protein that accumulates outside of nerve cells, are found in the brains of people with Alzheimer’s disease and are thought to play a significant role in the development of symptoms. The gene that makes the amyloid protein is on the 21st chromosome, and since individuals with Down syndrome have an extra copy of the 21st chromosome, it is thought that there may be an increased risk of developing amyloid plaque deposits. These deposits can begin to develop in the brain many years before any memory loss or changes in functioning occur.

The research study is seeking participants who have Down syndrome and are 25+ years old. If selected, they could be compensated up to $1,100. For additional information, you can contact the Down Syndrome Association of Greater St. Louis Adult Service Coordinator, Makini Anwisye, or contact Elizabeth Westerhaus MA in the Department of Neurology at Washington University directly.

Makini@dsagsl.org or 314.961.2504 | elizabethwesterhaus@wustl.edu or 314.747.1125

If you’d like to learn more, please join us on March 31 at the DSAGSL Office from 6:00-7:30pm. Guest speakers Elizabeth Westerhaus MA, and Dr. Ances from the Department of Neurology at Washington University will be sharing information about the research being conducted regarding the connection between Down syndrome and Alzheimer's disease. RSVP to Makini@dsagsl.org.
Hello friends!

I am buzzing with excitement! 2020 at the DSAGSL is promising to be one of our most exciting yet and I can’t wait to share what we have in store. The DSAGSL is hard at work on our three year strategic plan which will guide the organization’s direction and activities through the end of 2023. With the guidance of an amazing consultant, we are asking ourselves big questions about who we are, who we serve, and how we serve our community best. I hope you will join us at our Annual Celebration where we will give you a sneak peek at our goals and hopefully inspire you to get involved! The Annual Celebration will be held on Thursday, March 12th at 5pm at the Hilton in Frontenac. All are welcome!

In addition, we are expanding our employment programming and social enterprise to help more individuals with Down syndrome achieve their goals, increasing our stellar family support services to adults and aging families, starting our new African American meet ups and growing our Latinx network, partnering with our community groups to hold World Down Syndrome Day activities across the region, and are in full planning mode for our diamond anniversary golf tournament and one-of-a-kind Step Up for Down Syndrome / Run for 21 event.

There is much more to be excited about inside the pages of this newsletter. We hope you save the date for all of these events and start your Step Up Team today (did you know you can earn free tickets to a Cards v Cubs game through your fundraising?!). We look forward to seeing you. As always, I am always just an email or phone call away. I love hearing from community members about ideas, needs, questions, and even concerns. We are here to serve you! Thank you for all you do to keep the DSAGSL growing so we serve you better!

Sincerely,

Erin Suelmann
Executive Director
CONGRATULATIONS TO OUR GRADUATING INTERNS!

It was bitter-sweet celebrating the 10 Self-Advocates that graduated from the DSAGSL internship program in 2019! We will miss having them in the office on a weekly basis, but are so excited for the opportunities ahead of them!

One of our graduates, Scott, now works part time at his dream job in a music store. One graduate, Paula, now works at US Bank, and another graduate, Jennifer, works at an elementary school in the cafeteria. Lindsey also graduated from the internship program, and now she works a paid position in the DSAGSL office. All of the graduates have also joined the DSAGSL Helping Hands program and continue to support the organization as advocates and volunteers.

After completing the internship program at DSAGSL, these graduates are able to add several skills to their resumes, such as sorting items, working on mailings, customer service, and appropriate workplace behavior.

Each intern has their unique personality, interests, and set of talents, but all of them have so much to offer the workplace and would make a great addition to any team! We are so proud of all of their accomplishments and continue to be here as a support in their job-searching efforts.

Are you interested in hiring someone with Down syndrome? Contact Employment Coordinator Andi McCormick at 314.961.2504 or Andi@dsagsl.org for more information.

Are you interested in an internship with DSAGSL? Are you a Self-Advocate that wants to volunteer with DSAGSL as part of our Helping Hands program? Contact Adult Services Coordinator Makini Anwisye at 314.961.2504 or Makini@dsagsl.org.
**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.

**VIDEO WORKSHOP SERIES ON DSAGSL.ORG**

DSAGSL will be creating workshop videos once each month on various topics such as 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 - 314.961.2504**

**CARRIED WITH LOVE**

Carried with Love is a small non-profit organization 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 ongoing basis.

**CARRIEDWITHLOVE.ORG | 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 $1,000. Please contact DSAGSL with questions or if you need a referral.

**THEARYAFoundation.ORG**
ADULT SERVICES TOOLKIT— RESOURCES FOR ADULTS WITH DOWN SYNDROME

DSAGSL was grateful to receive a grant from the St. Charles Developmental Disabilities Resource Board (DDRB) to conduct an assessment of our community’s needs related to aging and Down syndrome.

The goal of the assessment was to identify the needs of aging adults with Down syndrome in our service area through distribution of a survey to their caregivers, and subsequently use the results from this survey to inform future DSAGSL adult programming.

In addition to the needs assessment, the St. Charles DDRB grant partially funded the development of the DSAGSL Adult Services Toolkit. This living document is an online resource guide for caregivers of adult and aging individuals with Down syndrome.

We find this toolkit to be helpful in that it is ever-evolving, just like the available resources are. Our hope is that caregivers can refer back to it as needed to find current resources related to aging and Down syndrome.

Visit www.dsagsl.org/resources/for-families to access the toolkit.

CENSUS 2020— MAKE SURE YOU’RE COUNTED

The census is right around the corner and only happens every 10 years. Every home will receive an invitation to participate on April 1, 2020, and it’s important your family is counted. The census data impacts a lot of funding decisions, such as how much state and local governments receive for Medicaid, housing vouchers, Supplemental Nutrition Assistance Program (SNAP), and education programs. These programs impact people with disabilities and their families. Make sure your family is counted in the census so that your family is counted when making those funding decisions.

Census data impacts funding for crucial programs like Medicaid, but it also determines the number of representatives each state gets in the House of Representatives. By March 31, 2021, the Census Bureau will have collected and compiled all of the data that was reported and send states redistricting counts. This is used to redraw federal and state legislative districts based on population changes.

It’s incredibly important that people with disabilities and their families are counted in the Census 2020. Once the invitation arrives, you can respond with information for your home online, by phone, or by mail. Look for your invitation and don’t miss the deadline! Everyone matters. Everyone should be counted. Everyone deserves a voice.

This information was gathered from the National Down Syndrome Congress and The Arc websites.
www.thearc.org and www.ndsccenter.org
SAVE THE DATE

DINE & DONATE AT PASTA HOUSE
10% of sales are donated - must present flyer
Tuesday, February 25 | All Day
Several Pasta House Locations
dsagsl.org/calendar

TECHNOLOGY WORKSHOP
Friday, February 28 | 6:30pm-8:30pm
DSAGSL Office
dsagsl.org/calendar

ANNUAL CELEBRATION
Thursday, March 12 | 5:00pm-7:00pm
Hilton St. Louis Frontenac
dsagsl.org/calendar

WORLD DOWN SYNDROME DAY CELEBRATION
Saturday, March 21
Various activities, locations, & times
dsagsl.org/calendar

ROCK 21 CONCERT
Saturday, March 28 | 12:00pm-3:00pm
Tin Roof St. Louis
dsagsl.org/calendar

FIT STEPS EXERCISE GROUP
1st & 3rd Saturdays of the month | 9:00am-10:00am
Anytime Fitness in Ballwin
dsagsl.org/calendar

FAMILY & COMMUNITY WORKSHOP
Research on Down syndrome & Alzheimer’s disease
Tuesday, March 31 | 6:00pm-7:30pm
DSAGSL Office
dsagsl.org/calendar

CAREGIVER RESOURCE NETWORK
Monthly Meetings are the last Tuesday of each month
6:00pm-7:30pm | DSAGSL Office
dsagsl.org/calendar

FAMILY PICNIC AND PHOTOGRAPHY EVENT
Sunday, April 24 | 11:00am-2:00pm
Faust Park
dsagsl.org/calendar

BIRDIES & BASS GOLF TOURNAMENT
Monday, May 4 | starting at 8:00am
Persimmon Woods Golf Club
dsagsl.org/events/golf

STEP UP FOR DOWN SYNDROME & RUN FOR 21
Sunday, June 7 | 8:00am-12:30pm
Forest Park
dsagsl.org/events/step-up

FESTABILITY
Saturday, July 25 | 11:00am-6:00pm
Missouri History Museum
dsagsl.org/events/step-up
ANNUAL CELEBRATION

THURSDAY, MARCH 12, 2020 | 5:00–7:00 | HILTON ST. LOUIS FRONTENAC | 1335 S LINDBERGH BLVD

We hope you will join us for a special happy hour celebration as we recognize & honor our donors, volunteers, and all those who have contributed to the growth and success of DSAGSL over the last year. We will also be introducing and voting in new board members, as well as sharing some exciting plans for 2020 and beyond! We are very excited to share with you some of the strategic planning process, and we will be looking for feedback about the work that’s been done so far. Join us for drinks, appetizers, and some special announcements. RSVP to rsvp@dsagsl.org.

Childcare not provided, however children are welcome.

WORLD DOWN SYNDROME DAY

SATURDAY, MARCH 21, 2020

There are so many ways to celebrate on World Down Syndrome Day!

10:00–4:00 | Visit the Diamond Family, where guest jewelers from the DSAGSL community will be helping in the store, and 10% of purchases will be donated back to DSAGSL!

1:00–3:00 | The Young Friends Board is throwing a World Down Syndrome Day celebration! Details have yet to be confirmed, but stay tuned for more information on this exciting event!

10:00–12:00 | The Heartland DSA Community Group is having a celebration and recognition brunch at the Osage Centre in Cape Girardeau! RSVP to heartland_cg@dsagsl.org.

2:00–4:00 | The Southern Illinois Community Group is having a celebration at Nu Bowl Lanes in Mt. Vernon! Wear your blue and yellow and don’t forget your crazy socks!

Join us for any of these awesome events! You can also start your own awareness event, fundraiser, or celebration! Need ideas? Check out our webpage dsagsl.org/programs/advocacy-awareness or contact Community Engagement Coordinator Abigail Beckord at abigail@dsagsl.org
THANK YOU 2019 STEP UP TEAMS

21 Cubed
ADAPT Steps Up
Abeo's Equestrians
Abigail's Angels
Abigail's Sassy Squad
Adam Kloppenburg's Krew
Alexander's Allstars
Alyson's All Stars
Amazing Amelia
Andrew's A-Team
Andrew's Buddies
Andrew's buds for SUDS
Arc Advocates
Armando's Army
Asher
Aspen's Tribe
Aspen's Tribe
Ava's Buddies
Avery's Army
Bailee's brigade
Bayer
Be Abe's Superhero
Big Walt's Warriors
Big Walt's Warriors
Blake's Bunch
Bradens buddies
Bret's Best Buddies
Brian's Buddies
Brinick's Buddies
Bruno Loves Julie
Can You Dig It!
Carly's Crusaders
Carly's Crusaders
"Chase"ing a Miracle
Chloe's Crew
Cole's Crew
Conover's Crew
Cooper's Crew
Cupcake's Crew
Dakotas Dream Team
Dancing Stars Queen
Delaney's Dream Team
Delta Gamma-SLU
Dominic's Downright Perfect
Drew's Crew
Drew's Pack
Edgewell Personal Care
Eli's Buddies
Elijah's Warriors
Ella's Love
Ellie Marie's Entourage
Ellie's Entourage
Emma's Empire
Emma's Entourage
Evangeline League
Evelyn's Entourage
Evie's Entourage
Extra Special x2- Nobles Family
Extraordinary Evelyn & Company
Ezra's Elites
Gettin' DOWN With Harrison
Go Diego Go
Go Go Chloe
Harper's Homies
Hawthorn Elementary
Henry's Heroes
I LOVE LUCY
In Their Shoes
Isaac's Idols
J.W. Terrill Steps Up
Jacob's Journey
Jamierson's Journey
Jaycee's Joyful Crew
Jaylen's Crew
Jessica Jansen's Best Buddies
John-John's Joy
Jordan's crew
Joseph & Friends
Joseph's Joyful Supporters
Joshua's Journey
Journey's Journey
Kasey Tatorpop
Kayleigh's Crew
Kyle's Crew
Kyle's Kin
Landon's Buddies
Liam's Lookouts
Liam's Lopers
Liam's Lucky Charms
Livi Lovers
Lucy's Squad
Luke's Crew
Maddie Lou's Pit Crew
Maddie Mouse
Malcolm's Journey
Mallory Grace's Gang
Mary Cate's Marchers
Mason's Minions
Mattys G's gang
Maya Mia
Maya's Mob
McKayla's Buddies
Mighty Little Warrior
Nathan's Band
Nolyn Nation
Pfizer DisAbilities Team
Princess Olivia's Court
Queen Elizabeth
ROSS IS BOSS
Raylan's Renegades
Remington's Rebels
Riley's Rockstars
Robyn's Rowdys
Roman's Soldiers
Sassmasters
Selah's Super Squad
Selah's Super Squad
Shane's Monkey Men
Shea's Superhero Squad
Show Mo Love
Sloane's Squad
Sophia's Grace
Speed Os
St. Louis Children's Hospital-Genetics
St. Louis Life
Step Up & Boogie Down
Step Up for Joy
Stevie's Superheroes
Sweet Smile Sean
TEAM JIMMY
TJ's Troops
Team Aiden
Team DSA
Team EXTRAordinary
Team Easton
Team Henry
Team Hollywood
Team Jackson
Team Kayla
Team Levi
Team Lexi
Team Louie
Team Mac
Team Mueller Prost
Team Ordia
Team Pierce
Team Vinnie
Team Wells Fargo Advisors
The Bea Team
The Crazy Lions
The Cricket Crew
The InVINCEibles
Tommy's Troops
TreNiyah's Troopers
Tristan's Trilogy
Tristans trotters
Tucker's Truckers
Westhoff Lions
Working Wonders 4 Downs
Wyatt's Warriors
Young Friends of the DSA
Z-breezy
Zowie's Zoo
Zoe's Outstanding Entourage
RUN FOR 21

SUNDAY, JUNE 7TH | 8:00AM | FOREST PARK

The Run for 21 (formerly Relay and Run for 21) celebrates the amazing lives of people with Down syndrome. The race was moved to June to coincide with our largest celebration of the year – Step Up for Down Syndrome.

This 5k (plus a little extra!) is a 3.21 mile certified race through beautiful Forest Park. Race amenities include a race shirt, finisher medal, and one entry into the Step Up celebration. We encourage runners to start a Step Up for Down Syndrome Team and raise additional funds beyond their race registration to earn more Step Up t-shirts for family and friends.

Learn more at dsagsl.org/events/run-for-21.

STEP UP FOR DOWN SYNDROME

SUNDAY, JUNE 7TH | 8:30AM - 12:30PM | 9:30 AWARENESS WALK | FOREST PARK

Step Up for Down Syndrome is our largest celebration and fundraising event of the year! Donations from this event allow us to provide vital and life-changing programming to over 1,800 individuals with Down syndrome and their families!

Participants of Step Up for Down Syndrome start a team and raise money to earn amazing prizes, like Walk in the Park Cardinals Tickets! Then, everyone gathers together on the first Sunday in June at Forest Park for a huge celebration and awareness walk.

Music, games, food, bounce houses, face painting, rock-climbing wall, crafts, and a petting zoo are just some of the fun that awaits you and your family!

Learn more and sign up your team today by visiting dsagsl.org/events/step-up.
GET INVOLVED WITH DSAGSL

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!!

YOU CAN FIND US ON INSTAGRAM & TWITTER AT @DSAGSL

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.

VOLUNTEER OPPORTUNITIES

NEW FAMILY BRUNCH

Saturday, April 4, 2020 from 9:00am-12:00pm
Jewish Community Center

BRIDIES AND BASS GOLF TOURNAMENT

Monday, May 4, 2020 from 8:00am-11:00am
Persimmon Woods Golf Club

STEP UP FOR DOWN SYNDROME

Sunday, June 7, 2020 from 7:00am-1:00pm
Forest Park

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.

DSAGSL VEHICLE DONATION PROGRAM

WWW.DSAGSL.ORG/VEHICLE-DONATION

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.dsagsl.org/vehicle-donation

SIGN UP TO RECEIVE OUR EMAILS

DSAGSL.ORG/SIGN-UP

All you have to do is visit our website and fill out the registration form!

OTHER WAYS TO GET INVOLVED

DSAGSL.ORG/GET-INVOLVED

Make a donation, set up a third party fundraiser, or collect items for DSAGSL through a donation drive! Questions? Email abigail@dsagsl.org
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 and may be based on location, culture, native language and/or the age group(s) they serve. Each community group is open to all interested DSAGSL members. Contact the groups below for more information about their respective events, or contact Abigail Beckord, Community Engagement Manager at the DSAGSL, if you have any questions or would like information about starting a group!

MISSOURI

DADS APPRECIATING DOWN SYNDROME (DADS)
Serving Greater St. Louis
Contact: Tony Sorocko | (314)393-8548
dadsstl@outlook.com | www.dadsstl.org
Facebook: www.facebook.com/groups/270173929671043

DOWN SYNDROME AND AUTISM (DS/ASD) COMMUNITY GROUP
Serving Greater St. Louis
Contact: Christy Klaus | (314)961-2504 ext 2
christy@dsagsl.org | www.dsagsl.org

DOWN SYNDROME COMMUNITY GROUP OF UPSTATE MISSOURI
Serving Kirksville, Brookfield and surrounding areas
Contact: Becky Pike | (660)651-5139
kirksville_cg@dsagsl.org | www.facebook.com/dscnemo

HEARTLAND COMMUNITY GROUP
Serving Southeast Missouri and Southern Illinois
Meetings are 2nd Sat. of each month 10am-12pm at the Cape Girardeau Public Library, Penzel Conf. Rm
Contact: Claire Watson | (573)334-5685
heartland_cg@dsagsl.org | www.facebook.com/HeartlandDSA

NORTH COUNTY/NORTH CITY COMMUNITY GROUP
Serving North St. Louis County and St. Louis City
Contact: Sergei Marchenko | (773)817-7054 | north_cg@dsagsl.org

ST. CHARLES COUNTY COMMUNITY GROUP
Serving St. Charles, West County, & surrounding areas
This community group is looking for new leadership
Contact Abigail at DSAGSL more information | abigail@dsagsl.org
Facebook: www.facebook.com/stcdsgroup

SOUTH COUNTY MOMS GROUP
Serving Kirkwood/Webster/South County and surrounding areas
Contact: Stephanie Holmes | (314)495-8388
Contact 2: Cheri Nienhaus | (618)570-8485
kirkwood_cg@dsagsl.com | www.facebook.com/groups/kirkwoodwebsterdsmoms

OTHER DOWN SYNDROME ASSOCIATIONS AND GROUPS

DOWN SYNDROME GUILD OF CENTRAL MISSOURI
Serving Columbia, Jefferson City, Central Missouri and surrounding areas
Contact: Jessica Fahey | Program Coordinator | 913-384-4848
www.kcdsrg.org/dsg-central-missouri.php

RIVERBEND DOWN SYNDROME ASSOCIATION
Serving Southwest Illinois
Contact: secretary@riverbendds.org
www.riverbendds.org

DOWN COUNTRY
Serving Hannibal, Quincy and surrounding areas
Contact: phone number provided in text
www.facebook.com/UpatDownCountry

DOWN SYNDROME GROUP OF THE OZARKS
Serving Springfield, MO and surrounding areas
Contact: phone number provided in text
info@ozarksdsg.org | www.ozarksdsg.org

LINCOLN LAND DOWN SYNDROME SOCIETY
Serving Springfield, IL and surrounding areas
Contact: phone number provided in text
www.lldss.org | www.facebook.com/LincolnLandDownSyndromeSociety

CENTRAL ILLINOIS DOWN SYNDROME ORGANIZATION
Serving McLean county, Bloomington/Normal and surrounding towns
Contact: (309)452-3264 | info@cidso.org | www.cidso.org

DOWN SYNDROME SUPPORT GROUP | BLESSING HOSPITAL
11th Street Auditorium at Blessing Hospital | Quincy, IL 62305
Meetings: Every last Monday of the month at 6:30pm
Contact: 217-223-8400 ext 4190

HEART OF ILLINOIS DOWN SYNDROME ASSOCIATION
325 E. Queenwood Rd. | Morton, IL 61550
Contact: (309)712-4852 | info@hoidsa.org
www.hoidsa.org | www.facebook.com/HOIDS

NEW COMMUNITY GROUP

Community groups are sometimes based on geographic location and sometimes based on other commonalities, such as an additional diagnosis, similar age group, or cultural background. Each community group has a unique identity and is open to all DSAGSL members who are interested.

We have heard from members that there are families interested in creating an African American community group. Please contact Makini Anwisye if you are interested in a leadership role, attending an event, or learning more. Makini@dsagsl.org or 314.961.2504 x7
21 Suns All Abilities Yoga
The 3rd Annual 21 Suns All Abilities Yoga event hosted 114 yogis in the beautiful World’s Fair Pavilion in Forest Park and raised nearly $8,000!

Parent and Family Workshop
75 parents and caregivers attended the two-part Parent and Family Workshop in the fall of 2019. The first session was all about toilet training and the second session was about strategies for challenging behaviors.

Pop Up Snack Shop
Our little shop isn’t so little anymore! The Snack Shop employs 13 self-advocates learning on-the-job skills, and the shop “popped up” 15 times in the fall for a total of 22 pop-ups for the year!

Celebration Baskets
21 new families were welcomed to the DSAGSL community in the fall, bringing the total for the year to 55. Each family receives a packet of information and resources, along with a celebration basket with gifts for their new family member!

21 Club Bowling Tournament
72 bowlers competed in the first ever 21 Club Bowling Tournament! Trophies were awarded for 1st, 2nd, and 3rd place teams and individuals! Together, we raised $2,800 and had a whole lot of cosmic-bowling fun!

Rock 21 Music Program
27 rockers participated in the Rock 21 fall session and learned how to be part of a rock band. They took to the stage in November to perform at the Tin Roof in downtown St. Louis!

Holiday Party
400 DSAGSL community members gathered to celebrate the holidays in December, and 30 awesome volunteers helped make the day a success! Attendees enjoyed cookies, music, dancing, crafts, Santa photos and lots of cheer!
2019 WALK IN THE PARK

We were stunned when the 2019 Walk in the Park event SOLD OUT! 2,300 community members gathered at Busch Stadium to walk the warning track before the game, and raise awareness for Down syndrome! A sea of green DSA shirts and foam fingers in the stands got plenty of air time on the jumbo screen, and 20 self-advocates took to the field during the opening ceremonies! The very best part of the whole day? A Cardinals WIN!

Your chance to earn Walk in the Park tickets to the 2020 events start now! The more money you raise for Step Up for Down Syndrome, the more ticket packages you earn for Walk in the Park! Visit dsagsl.org/events/step-up for more information!

2019 ANNUAL TRIVIA NIGHT

DSAGSL celebrated a decade of Trivia at our 10th Annual Trivia Night in November. Nearly 600 people participated, and 75 volunteers helped make the night spectacular. Together, we raised over $55,000!!

Prizes were awarded to trivia players for best decade costume, local restaurants donated food for our VIP tables, and everyone enjoyed craft beer donated by Civil Life Brewing Company. A million thanks to all the players, sponsors, volunteers, and donors who made this night so incredible!!
THANK YOU FOR YOUR SUPPORT!

THIRD PARTY FUNDRAISERS

BRENDAA ND RANDY JOHNSON – Scopus Sedge Fest Fundraiser benefiting Heartland Community Group
DADS ST. LOUIS GROUP – Puttin’ for Down Syndrome Golf Tournament
ST. MARY’S KNIGHTS OF COLUMBUS COUNCIL #3790 – Annual BBQ Fundraiser
IREM ST. LOUIS – 2019 Charity Donation
KNIGHTS OF COLUMBUS, DE ANDREIS COUNCIL #800 – General Donation
TAPPED ST. LOUIS – Dine to Donate Event
RBO PRINT LOGISTIX – Down Syndrome Awareness Month “Genes Day” Fundraiser
ARCHWAY OLDS CLUB, ST. LOUIS – Club Fundraiser
THE PAT CONNOLLY TAVERN – Dine to Donate Music Night
ZEE BEE MARKET – Down Syndrome Awareness Month Give Back Fundraiser
BELEZA SALON – Down Syndrome Awareness Month Give Back Fundraiser
KRISTI DENNER & MOD PIZZA – Down Syndrome Awareness Month Give Back Fundraiser
BUDDY BRIGADE – Xander Davidson Lemonade Stand Fundraiser
REINBERG FAMILY – Albert & Hope Reinberg Lemonade Stand Fundraiser
DIEHL FAMILY – Ajla and Belma Diehl Book Fundraiser
KIDS WHO KARE CAMP – Camp Fundraiser
SIGNATURE CONSULTANTS – Annual Gift Card Fundraiser
O SEW PERSONAL – Quilting Donation for Celebration Baskets
MCAULIFFE CHIROPRACTIC – Pop Up Snack Shop Snack Drive

GRANTS

STATE FARM NEIGHBORHOOD ASSIST – Pop Up Snack Shop
ST. JOSEPH CATHOLIC CHURCH OF COTTLEVILLE – New Family Support
TRIO FOUNDATION – Aging Support
WAYNE C. KAUFMANN – Employment Initiative & Capacity Building
MEMORIAL TRIBUTES

A LIFE THAT TOUCHES OTHERS GOES ON FOREVER - ALWAYS ON MY MIND AND FOREVER IN MY HEART

ELIZABETH “ELLE” DAVIS
DENNIS W. DIAZ
VIRGINIA EMMETT
VIRGINIA GIST
VIRGIL L. GOETTING

KATHLEEN A. KIRKSEY
SCOTT KUMMER
RAMONA LANDESS
EDWARD EUGENE MASCHEK
GREG OTT

HAZEL PARSONS
BETTY JANE SCHULTE
CLYDE RAY SHEPARD
KELLY HOGAN WEHRLE
TIMOTHY FRANK MCKINLEY

OTHER WAYS TO GIVE

CALAMIA GIVING CIRCLE

Join the Calamia Giving Circle by making a gift of $1,000 or more to the Down Syndrome Association of Greater St. Louis. In honor of your gift, a plaque will be hung on our Giving Circle Wall. It’s donations like these that provide year-round services, supports, and programs for individuals with Down syndrome and their families in our community.

ROSEMARIE BAUMGARTNER SOCIETY

When planning your estate and the legacy you’d like to leave, consider becoming a member of the DSAGSL Rosemarie Baumgartner Society. Gifts can be made from your IRA, will, or trust, and provide vital programs and supports for people with Down syndrome and their families now, and in the future.

Contact Executive Director, Erin Suelmann, for more information about the Calamia Giving Circle, the Rosemarie Baumgartner Society, or any other questions you may have about leaving a legacy gift to DSAGSL. 314.961.2504 or Erin@dsagsl.org.
Join us for this one-of-a-kind event! During the fishing derby, anglers are paired with a self-advocate teammate and compete for heaviest catch, as well as earn strokes off of their golf score. Foursomes are filling up quickly. Register online today!

www.dsagsl.org/events/golf