



FAMILY CONNECTION

SUMMER 2020 NEWSLETTER

25 YEARS OF STEP UP FOR DOWN SYNDROME

This year marks the 25th Anniversary of the DSAGSL Step Up for Down Syndrome Awareness Walk and Celebration. It's the largest celebration of Down syndrome in the area, and families, friends, volunteers, and supporters come from all over the region to join the party. Step Up features several fun activities for all ages and abilities, and begins with a 1 mile awareness walk. Participants put on their Step Up t-shirts, bring out their banners and signs, and walk to show support of their loved ones with Down syndrome.

Leading up to the big day, participants start teams in honor of their loved ones with Down syndrome and collect donations for DSAGSL. The funds raised through Step Up for Down Syndrome make up about 1/3 of the DSAGSL's annual budget. This allows the organization to provide free and low-cost programs and services throughout the year.

Connected to Step Up is DSAGSL's largest awareness event of the year, Walk in the Park.

In the fall, community members gather at Busch Stadium for a fun pep-rally, an awareness walk around the warning track of the Cardinal's baseball field, and group seating to watch the big game. The two events are connected because Step Up Teams earn Walk in the Park tickets for fundraising! For every \$150 raised for Step Up, a team earns one ticket package to Walk in the Park. In addition, the top fundraising teams earn Opening Ceremony Field Spots. Three field spots are always reserved for our Walk-Off Raffle Winners. For every \$500 a team raises, they earn one entry into the Walk-Off Raffle.

Although the 25th Anniversary Step Up for Down Syndrome event looked a little different this year due to social distancing and in-person gathering restrictions, we had an amazing virtual event with dancing, games, and karaoke! The DSAGSL is dedicated to continuing this tradition and celebrating the lives of people with Down syndrome, no matter what!

Thank you to everyone for 25 wonderful years of Step Up for Down Syndrome! You check out our Walk Video from this year, our 25th Anniversary Video featuring photos from the last 25 years, and a Recap Video of the Virtual Step Up Event on our YouTube Page! www.youtube.com/stlouisdsa



www.dsagsl.org



A MESSAGE FROM ERIN



Hello friends!

Wow. What a difference a few months can make. When I last wrote you, we were so excited about all the things 2020 was going to bring – our largest Step Up ever, a growing employment program, and new teen and adult activities! To say we are disappointed is an understatement; however, I am so proud of the work my amazing team has done to find a rainbow in the storm.

Just one week after the stay-at-home orders began, they were developing new online programs for individuals with Down syndrome of all ages. Now, we are offering two online activities every day! From music and movement and story time for the little ones to science and sensory activities, exercise, cooking, book club, and bingo, there is something for everyone. We have been able to connect directly with more people than ever before and are making more friends with Down syndrome from across the region every day! In fact, we will likely continue several of these programs after we can be together in person again. To find out more, visit dsagsl.org/programs/virtual.

In addition, we are still serving our new and expecting families, which are such a happy reminder that, despite what it might feel like, life does go on! The smiles that I see from our program participants and the beautiful faces of our new babies remind me that the world is good and full of hope.

I sincerely hope you and your families are all safe, healthy, and able to find joy in the small things every day. We miss you so much, and have been worrying for and thinking of you. We are available in person by appointment, and as always, via phone and email. If there is anything we can do to support you during this time, please let us know.

Sincerely,

A handwritten signature in cursive script, appearing to read "Erin Suelmann".

Erin Suelmann
Executive Director

WELCOME DON WILLIAMS

Please help us welcome DSAGSL's New Social Enterprise Manager, Don Williams!

Don joined the DSAGSL team in late January. He brings 30 years of retail and business development experience to DSAGSL's growing Pop Up Snack Shop Employment Program.

Prior to joining the Down Syndrome Association of Greater St. Louis, Don was involved with one of DSAGSL's other programs, Rock 21. Don worked with one of DSAGSL's Rock 21 partners, Mozingo Music. It's there that he met self-advocate, Scott Williams.

Scott was an intern at DSAGSL and an employee of the Pop Up Snack Shop. Scott's dream job was to work in a music store, so DSAGSL introduced him to the wonderful people at Mozingo Music, and Scott's dream came true! Having gotten to know Scott well and having the position open up at DSAGSL, Don was sure this was the right fit for him.

Don is eager and excited to support the continued growth and success of the Pop Up Snack Shop, as well as other areas of the DSAGSL Employment Initiative.

A native of Rockford, Illinois, Don now resides in O'Fallon, MO with his wife, Jill. He has 3 sons: Brady (27) who lives in Kansas City, Bryan (25) who lives in Chicago, and Bennett (20) who is attending William Jewell College, majoring in Nonprofit Leader and Business Administration. Don enjoys sports and playing music in his acoustic band.



CHECK-IN WITH LINDSEY HAWKINS

I have been working for the Down Syndrome Association of Greater St. Louis as a staffer and part of the team working on projects and events. I worked there for 1 whole year so far as the Office Assistant and Association Ambassador. This pandemic is affecting me because I have to stay home but I want to stay busy with work and my friends, too.

Coronavirus has been in so many areas and is affecting other and different cities in Missouri and the world. The pandemic is affecting others in different areas like restaurants and stores and employees are sometimes not working and trying to find jobs and shifts at work.

When this pandemic went over the edge for me was because Special Olympics activities were cancelled. We have been missing practices and tournaments in Special Olympics and it's affecting the training and competing for athletes. I'm missing all the sports I am involved in.

I have been missing my friends and my teammates so much and for so long. I have been thinking about all of my training in sports and competing in tournaments and all that we are missing right now. Sports are so important to athletes like me and my teammates on the South County Lions team. You can always lean on your teammates for help and trust, and you can always count on me as a leader and as a partner.

When this is over, I encourage everyone to show sportsmanship and trust and leadership so we can count on everyone as partners. Let's all work together in this tough time.



BOARD OF DIRECTORS 2020

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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

8531 Page Ave, Suite 120. St. Louis, MO 63114
314-961-2504 - info@dsagsl.org

RESOURCE CORNER

NEW RESOURCES ON DSAGSL.ORG

The DSAGSL has been working hard to gather resources our families may need during this time. The website has information on health topics, education and learning, aging, and more. Most recently, we have added information about COVID-19, as well as Physical Therapy and Early Communication resources to the website. You can find direct links to these resources on our website at dsagsl.org/resources/for-families. If you'd like copies to be mailed to you, please call or email the office - 314.961.2504 or info@dsagsl.org.

EARLY COMMUNICATION RESOURCES

The goal of speech therapy (SLP) is effective communication between your child and the world around (family, school and community) him. Communication includes not only speech, but also facial expressions, smiles, gestures, and alternative systems such as sign language. Speech and language challenges emerge for many children with Down syndrome. A child who has Down syndrome may have more difficulty with expressive language (talking) than with receptive language (understanding). As with all other areas of development, the age in which children with Down syndrome have speech mastery varies greatly. The DSAGSL has compiled a list of resources to help parents and caregivers learn about how speech develops and activities they can do with their child.

PHYSICAL THERAPY RESOURCES

Physical therapy for infants and young children with Down syndrome provides two important benefits. One is to promote the best possible functional movement patterns and posture early in life. Secondly, early physical therapy in the development of gross motor skills provides parents the opportunity to observe how children with Down syndrome learn. Understanding the learning styles of children with Down syndrome will help parents work with other learning challenges such as language, general education and social skills.

COVID-19 AND DOWN SYNDROME

DSAGSL has received some great resources from our wonderful partners in the St. Louis area, including health related information, education, and assistance programs. Please reach out if you are looking for something specific. We are happy to connect you with the resources you are looking for.

RECREATION COUNCIL OF GREATER ST. LOUIS VOUCHER PROGRAMS

The Recreation Council of Greater St. Louis has several voucher programs that are administered by the Recreation Council, with funding from the St. Louis Office for Developmental Disability Resources and are available for St. Louis City, St. Louis County, and St. Charles County residents with intellectual and developmental disabilities. Information about all of these voucher programs and their applications can be found on their website, www.recreationcouncil.org/applications

One of the programs they offer is the E-Connect Tablet Initiative. The goal is to increase participation in virtual social and recreational programs by placing computer tablets and internet connection into the hands of adults with disabilities who lack this technology.

Eligible individuals will live in St. Louis City, St. Louis County, or St. Charles County, be eligible for Senate Bill-40 board services, and does require a \$30 co-pay upon pick up. The application can be found at www.recreationcouncil.org/applications

ACTIVITIES FOR QUARANTINE

KEEPING BUSY AND STIMULATED WHILE STAYING SAFE AT HOME

Some days may seem long, some short, some may run together, and some may seem so similar to the one before that you begin to wonder if you're stuck in some sort of dream. We are all feeling the challenges of quarantined life and more now than ever, it's important to move our bodies, exercise our brains, and connect with each other. Phone calls, video chats, distance conversations in the driveway, and even a handwritten letter or card can provide that connection that we all really need. Movement, educational activities, and mental stimulation should also be a part of each day. The program staff at DSAGSL has come up with a list of 10 boredom-busters and fun activities that everyone of all ages and abilities can enjoy while maintaining physical distance and staying safe.

1. HAVE DINNER ON THE FRONT PORCH OR BACK YARD

Getting outside can make a world of difference in your mood. Plus, switching up your normal routine of eating in the dining room, kitchen, or in front of the TV can be a bright spot in your day.

2. WAVE TO YOUR NEIGHBORS FROM YOUR PORCH OR DRIVEWAY

Grab your favorite lawn chair, set up in your front yard, and wave to neighbors as they walk, ride, or drive by. You'll be pleasantly surprised at how fast your smile and positivity will pass along!

3. READ A BOOK OR LISTEN TO A PODCAST OUTSIDE

Some sunshine, a light breeze, and your favorite story sound like a perfect recipe for a great afternoon.

4. GRAB SOME CHALK AND TRY SOME HOPSCOTCH

Hopscotch is a great activity for all ages and abilities, and it works your body physically as well as provides learning opportunities and stimulation for your brain!

5. INTENTIONAL WALKABOUT

Rather than meandering, set an intention for your walk. For example, you could look for certain items of a particular color, size, or category (red items, things larger than yourself, unique mailboxes or landscaping, houses with blinds instead of curtains, etc). Or you could talk about something that has been on your mind.

6. TAKE A DRIVE

Feel like you just need to get out of the house? Take a drive! But make sure to take your loved one with Down syndrome with you. If you feel cooped up, likely they do to.

7. PASS NOTES WITH YOUR NEIGHBOR

Start a conversation with a neighbor by writing a short note and taping it to their door or putting it in the mailbox. Perhaps you could ask about their favorite food or dessert, their most memorable vacation, or how they are keeping busy during this time.

8. WATCH A SHOW WITH A FRIEND

Ask your friend to watch the same television show or movie and then talk about it after- your favorite character, what you liked the most about the show, and what you think will happen next.

9. TASKS AND ROUTINES

It's true, things can get a little monotonous, but to stay mentally stimulated and healthy, we have to stick to our routine and have tasks to complete. Going to sleep and waking up at the same times each day are a great start, as well as making sure you are maintaining personal hygiene and completing your daily to-do's. In addition, make sure you have things to look forward to doing each day, for example, watching for the mail delivery and then sorting it for the family.

10. JOIN DSAGSL FOR A VIRTUAL MEET UP

DSAGSL has several online programs on Facebook, Zoom, and YouTube. Tune in when new programs are on, or go back and watch previous videos anytime you want! For face to face interactions, join us on Zoom for book club, BINGO, or Let's Talk! It's a great time to catch up with friends, laugh with each other, and exercise our brains. Find schedules and log-in information on our website dsagsl.org/programs/virtual

SAVE THE DATE

SMALL STEPS CAMP – VIRTUAL EDITION

July 14th - July 16th | On Zoom

Small Steps Camp is for children with Down syndrome ages 2-7. Participants will receive a box with all camp materials needed for the activities, as well as instructional videos from therapists.

dsagsl.org/programs/small-steps

21 CLUB BINGO PARTY HOSTED BY THE YOUNG FRIENDS BOARD

Friday, July 31st | 6:00-8:00pm | On Zoom

Join the Young Friends Board for a special BINGO Party online! There will be unique categories like Music, Animals, and Food, as well as great prizes and dance party breaks in between rounds! There is no cost to play, but you must sign up to get your special BINGO cards!

dsagsl.org/programs/21-club-social-events

BIRDIES & BASS GOLF TOURNAMENT

Monday, August 17th | 8:30am-7:30pm | Persimmon Woods Golf Club & Lakes

Our signature golf tournament and fishing derby has been rescheduled to August. Angler volunteers needed!

dsagsl.org/events/golf

NEW VIRTUAL PROGRAMMING

Since mid-March when the stay-at-home recommendations were made, DSAGSL has been working hard to create virtual programs that people can participate in from home. Using social media, YouTube, and Zoom meetings, DSAGSL is now offering programs online all week! In addition, several of these videos are archived on our YouTube channel, so anyone can participate anytime. dsagsl.org/programs/virtual

MONDAY

9:00 AM
Music &
Movement

TUESDAY

12:00 PM
Let's Talk! A Meet
Up for Teens &
Adults

3:00 PM
DSAGSL Cooking
Show

WEDNESDAY

11:00 AM
Book Club- read
a story together
and discuss

3:00 PM
Game Time with
Andi

THURSDAY

11:00 AM
Corny the
Clown Comedy
Show

1:00 PM
Workout with
DSAGSL

FRIDAY

11:00 AM
Storytime with
Andi

FIND ALL VIRTUAL PROGRAMS & LOG-IN INFORMATION AT [DSAGSL.ORG/PROGRAMS/VIRTUAL](https://dsagsl.org/programs/virtual)

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 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/stcdsgrp

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/kirkwoodwebsterdmsoms

ILLINOIS

METRO EAST DOWN SYNDROME ALLIANCE

Serving Belleville, O'Fallon, Shiloh and surrounding areas
Contact: Bob Lutz | (314)458-6918
Contact 2: Amanda Lutz | (618)789-3664
medsa_cg@dsagsl.org | www.facebook.com/MetroEastDSA

SOUTHERN ILLINOIS COMMUNITY GROUP

Serving Carbondale, Creal Springs, and surrounding areas
Contact: Samantha Dudley | Soil_cg@dsagsl.org
www.facebook.com/SIDownSyndromeSupportGroup

OTHER DOWN SYNDROME 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.kcdsg.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: info@upatdowncountry.com | 217-617-3568
www.upatdowncountry.com | www.facebook.com/UpatDownCountry

DOWN SYNDROME GROUP OF THE OZARKS

Serving Springfield, MO and surrounding areas
Contact: (417)885-9905 or (888)655-5173
info@ozarksdsg.org | www.ozarksdsg.org

LINCOLN LAND DOWN SYNDROME SOCIETY

Serving Springfield, IL and surrounding areas
Contact: (217)415-8716 | lldss@comcast.net
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 Anwisy if you are interested in a leadership role, attending an event, or learning more. Makini@dsagsl.org or 314.961.2504 x7

DSAGSL | IN ACTION

STEP UP FOR DOWN SYNDROME AND RUN AND BIKE FOR 21

The 25th Anniversary Step Up for Down Syndrome Virtual Event was tons of fun! We had a trivia game, name that tune game, a walk video, and TWO livestream dance parties. We raised nearly \$200,000 between the two events, with 123 Step Up teams, 125 runners, and 33 cyclists.



WELCOME NEW FAMILIES

We've welcomed 14 families to the DSAGSL community so far this year providing each with information and resources to get started on their journey with their newest family member.

DUAL DIAGNOSIS AWARENESS MONTH

In April, the DSAGSL spread awareness about the diagnosis of autism in individuals with Down syndrome. The incidence rate is believed to be up to 18% and may not be diagnosed due to lack of awareness of the signs and how to get help. Learn more about dual diagnosis from the Down Syndrome-Autism Connection: <http://www.ds-asd-connection.org>. If your loved one has been diagnosed or is suspected of having autism, please contact christy@dsagsl.org to be added to the communication list and/or private FB group for parents.



POP UP SNACK SHOP

The Pop-Up Marketplace set up shop 7 times so far this year selling over 400 snack boxes. In addition, the Pop Up team assembled nearly 50 special Valentine's Day Sweetheart Baskets and delivered them to business in the community.

WORLD DOWN SYNDROME DAY VIRTUAL CELEBRATION

Even though our in-person events had to be cancelled, it didn't stop us for celebrating the amazing lives of people with Down syndrome on World Down Syndrome Day! Our virtual event was a full day of video posts including a craft corner, a live concert, a dance party, boredom-busters activities, community member posts, and so much more!



RYAN O'REILLY MEET & GREET

DSAGSL got an exciting invitation to "Ryan's Den" earlier this year. Our self-advocate interns and 1 family member enjoyed watching the Blues play, and even got to meet Mr. O'Reilly after the game! It was such a surprise when DSAGSL was invited back for a 2nd game and a few members of the DADS Community group and their kids also got to go and meet Mr. O'Reilly.

ANNUAL CELEBRATION MARCH 2020

In March, the DSAGSL was able to gather one more time before stay at home orders were recommended. We are so fortunate to have had the opportunity to celebrate some of the amazing people that go above and beyond to support the DSAGSL.

VOLUNTEERS OF THE YEAR 2019

Kevin Courtney
Janice Britton
Darla Lawrence

SELF-ADVOCATES OF THE YEAR 2019

Willie Jordan
Grace Mehan

EMPLOYER & EMPLOYEE OF THE YEAR 2019

U.S. Bank
Julie Hart

IN-KIND DONOR OF THE YEAR 2019

Holt & Paterson, LLC

DONOR OF THE YEAR 2019

Sheri Tucker

PARTNER OF THE YEAR 2019

Santa Needs Help

SPONSOR OF THE YEAR 2019

Hager Companies

THIRD PARTY FUNDRAISER OF THE YEAR 2019

St. Mary's Knights of Columbus Council #3790
Event Organized by Josh Berry

POP-UP MARKETPLACE PARTNER OF THE YEAR 2019

Children's Specialty Care Center



THANK YOU FOR YOUR SUPPORT



THIRD PARTY FUNDRAISERS

- PASTA HOUSE** - January & February Give Back Fundraiser
- SAINT LOUIS CLOSET CO** - March Giveback Fundraiser
- PURINA FARMS** - World Down Syndrome Day Fundraiser
- THE BEDROOM STORE**- Step Up for Down Syndrome Fundraiser

GRANTS

- GLOBAL DOWN SYNDROME FOUNDATION** - Employment Program
- TRIO FOUNDATION** - Aging Support
- OLD NEWS BOYS** - Ages & Stages Book Program
- CARDINALS CARE**- New Parent & Family Support

NEW STEP UP TEAMS

- | | | |
|---|------------------------------------|----------------------------|
| ALI'S ALLIES | HENRY'S SUPERHEROES | ROSS'S CREW |
| CARTER & CO. | JAYDA'S MONKEYS | SLONE'S SQUAD |
| CHILDREN'S SPECIALTY CARE CENTER | JIMMY'S JAMMERS | TEAM ELIZABETH |
| D-MAN'S CLAN | KAYDEN'S KREW | TEAM LUKE SKYWALKER |
| DOMINIC'S DOWNRIGHT PERFECT | LUCAS' LEGION | THE TEDDY BEARS |
| DOWN RIGHT AWESOME | MALACHI'S HOMIES | TY'S TRIBE |
| EMILY'S ENTOURAGE | MORE CHROMOSOMES = MORE FUN | WALKING FOR A CAUSE |
| EVE'S ENTOURAGE | NOAH'S ARCH ANGELS | WALT'S WOLFPACK |

HOW TO SUPPORT DSAGSL

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.

DSAGSL VEHICLE DONATION PROGRAM

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

AMAZON SMILES

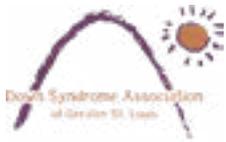
Do you shop on Amazon.com? Did you know you can select DSAGSL as your charity of choice and for every purchase you make, a donation is made to the organization? It's true! Just make sure to shop through **smile.amazon.com** - it's the same as amazon.com, except they will make a donation each time you make a purchase!

VOLUNTEER

DSAGSL is always looking for interns and volunteers to help with our day to day operations, as well as with events and programs. Visit our website dsagsl.org/get-involved/volunteer to see what opportunities we have available and to fill out the registration form, or contact Volunteer Manager Abigail Beckord at abigail@dsagsl.org or 314.961.2504.

OTHER WAYS TO GET INVOLVED

Make a donation, set up a third party fundraiser, or collect items for DSAGSL through a donation drive! Find more information on our website at dsagsl.org/get-involved, or contact Abigail Beckord at abigail@dsagsl.org or 314.961.2504.



8531 Page Ave, Suite 120
St. Louis MO 63114

www.dsagsl.org



STAY CONNECTED WITH DSAGSL

Join Our Email List

DSAGSL sends out weekly emails with information about programs, services, resources, and events! Go to www.dsagsl.org/signup to enter your email address and join the list.

Follow us on Social Media

DSAGSL stays active on Facebook, Instagram, Twitter, and YouTube. You can find out what's happening at DSAGSL, learn more about resources in the community, and help raise awareness about the awesome lives of people with Down syndrome!

facebook.com/dsagsl | youtube.com/stlouisdsa
and follow @dsagsl on Twitter and Instagram

Visit our Website

www.dsagsl.org is FULL of information! Find our calendar of events, tons of resources, and more about all of our great programs for individuals with Down syndrome of all ages!