

DSAGSL HAS MOVED!

NEW OFFICE LOCATION IN BRENTWOOD PROVIDES ADDITIONAL PROGRAM SPACE & CENTRAL LOCATION



The DSAGSL has officially moved into a new office space! Centrally located at 1300 Strassner Drive in Brentwood, the office is easy to find using both highways 44 and 64.

The office is just down the street from 3 different parks that have so much to enjoy, including a playground, picnic area, volleyball and basketball courts, walking path, and even an outdoor skating rink.

Our new neighbors include YMCA, The Little Bit Foundation, Home Sweet Home, Little Fishes Swim School, and several other incredible organizations and businesses. It's an exciting time for DSAGSL as we explore our new neighborhood, establish new partnerships, offer new programs, and serve even more families in the community.

Interested in visiting the new space? Join us for an Open House on August 11 between 9:00-11:00am for coffee and donuts or 4:30-6:30pm for drinks and snacks! RSVP by phone at 314.833.7560 or online at dsagsl.org/about/dsagsl



A MESSAGE FROM ERIN



Dear Friends and Family,

Happy Anniversary to the Down Syndrome Association of Greater St. Louis! I hope you are as thrilled as we are here at the office that in June, the DSAGSL turned 45 years old! We are forever in gratitude to the families that formed DSAGSL 45 years ago. At that time, it was a small group of parents supporting one another and advocating for the rights of their children. The DSAGSL now has ten staff members, a 5,500 square foot office, and dozens of programs and services for individuals; however, most importantly, we are still here to offer support and to advocate for your family's needs.

DSAGSL staff, volunteers and over 1,500 of you celebrated our successes at Step Up for Down Syndrome on June 13th. Together we raised over \$300,000 for the Down syndrome community!! Our team does not take your generosity for granted! Without you and your fundraising efforts, we would not exist! The money you raised for the community will go directly back into programs and services such as:

- Book Club, Express Yourself, Improv Group, Ukulele Club and the other amazing online programs we built during COVID-19 and plan to continue due to their undeniable popularity.
- Family Support for new families and families of teens and adults. We know that the DSA's first and foremost responsibility is offering encouraging words, resources, and information to families and individuals in need. We continue to improve these programs and reach new families every day!
- Safe, in-person social activities such as playgroups in the park for littles, Fusion Fridays (your favorite Zoom programs in person!) for adults, field trips, and monthly open houses.
- African American Community Group and Latinx Group activities. The DSAGSL is committed to creating a more equitable community for individuals with Down syndrome of color and their families. That includes not only activities to help families connect but also organizational improvements and professional development.
- A new and improved Education Specialist Program. We recognize that educators are under more stress and have more responsibility than ever. We will provide all the tools schools and educators need to create inclusive and effective learning environments for students with Down syndrome.

This is just a small sampling of what we have planned for this year and beyond. You can help us serve our community even more effectively by completing the DSAGSL Census Survey found inside. By sharing your information, we can better serve YOU! As always, if you have any thoughts, questions, concerns or ideas for our organization or if you'd like to get involved, never hesitate to reach out to me at erin@dsagsl.org.

Sincerely,

A handwritten signature in blue ink that reads "Erin Suelmann".

Erin Suelmann
Executive Director

WELCOME FAITH WEATHERS

Faith is beyond excited to join the Down Syndrome Association of Greater St. Louis as the Administrative Services and Database Manager. Faith loves working in the non-profit sector and joins DSAGSL with over 26 years of experience in database management, annual appeals, and working with volunteers. Prior to joining the DSAGSL staff, Faith worked for the Alzheimer's Association of Greater St. Louis and Girl Scouts of Eastern Missouri.

When not in the workplace, Faith spends her time traveling, shopping, going out of state for bingo trips, and spending time with family. Annually, Faith and her siblings plan a reunion with all of their children. They meet in different states and have tons of fun together. Faith has four children, all young men, a two-year-old grandson, and a three-year-old great niece. Welcome to the team, Faith!



STAY CONNECTED

Join Our Email List

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

Fill out the DSAGSL Census Survey

DSAGSL was recently approved for grant funding with the St. Louis Office of Developmental Disability Resources (DDR), the St. Charles Developmental Disabilities Resource Board (DDRb), and the United Way. These grants will require DSAGSL to collect more information from families than in the past. DSAGSL is also currently working on a 3-year strategic plan that includes improving data and communications efforts. Visit our website to learn more about how to submit your updated information and why DSAGSL is collecting it! dsagsl.org/census2021

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/stlouisdasa | follow @dsagsl on Twitter and Instagram

Visit our Website

[DSAGSL.org](https://dsagsl.org) is FULL of information! Find our calendar of events, tons of resources, and more about our great programs for individuals with Down syndrome of all ages!



THE MISSION of the Down Syndrome Association of Greater St. Louis is to serve, support, and celebrate the lives of all individuals with Down syndrome and their families through every stage of life

CONTACT US

1300 Strassner Drive | Brentwood, MO 63144
314-961-2504 | info@dsagsl.org | www.dsagsl.org

BOARD OF DIRECTORS 2021

Greg Szczepan- President
Matthew Kane- Vice President
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RESOURCE CORNER

SHARING OUR STRATEGIES

DSAGSL has a private Facebook group where parents and caregivers can share strategies and programs that have helped their child, as well as post questions asking members who have experience for advice and recommendations. Join today! facebook.com/groups/DSAGSL. [SharingOurStrategies](#)

SHARING RECOMMENDATIONS

DSAGSL gets many calls from parents looking for medical professionals who have experience with Down syndrome. We keep a list of those that have been recommended by other parents that we can then share. Please send us recommendations of any doctors who you feel work well with your loved one with Down syndrome – especially for adults as well as mental health providers. This could also include an internist, counselor, psychologist, psychiatrist, dentist, ENT, endocrinologist, cardiologist, therapists, or any other subspecialties. Please e-mail this information to christy@dsagsl.org or call (314)833-7520.

DSAGSL PROGRAM IMPACT SURVEY

Have you participated in or benefited from DSAGSL programs and services this year? We need your feedback! Please complete this anonymous survey and help us improve our services and measure our impact: surveymonkey.com/r/HPTQY8X

IDD HELP

IDDHelp is a fast, free and confidential service that provides information, resources, referrals and advocacy to individuals with intellectual and developmental disabilities and their families residing in St. Louis County, St. Louis City and St. Charles County. A Community Connector can be reached by phone at 1-877-256-2202 or visit them online at IDHelp.org.

POST-PANDEMIC MENTAL HEALTH

According to the *COVID-19 and Down Syndrome Resource Guide* published by Global Down Syndrome Foundation, Down Syndrome Medical Interest Group-USA, LuMind IDSC Down Syndrome Foundation, National Down Syndrome Congress, National Down Syndrome Society, and the National Task Group on Intellectual Disabilities and Dementia Practices, the ongoing pandemic has led to increases in anxiety, depression, and other mental health challenges for many people, including families, caregivers, and people with Down syndrome.

People with Down syndrome can be very sensitive to sudden changes to their routine and environment, which may cause stress and anxiety.

Common behaviors that families/caregivers may see that could indicate a child or adult with Down syndrome is experiencing stress during the pandemic include the following:

- Behavioral changes or regression/loss of certain previous skills (e.g., incontinence when previously toilet trained, no longer wanting to or unable to complete activities of daily living that they were previously able to do).
- Increase in “self-talk.”
- Increased isolation or desire to be alone.
- Rapid shifts in mood or tearfulness.
- Disruptive behaviors or angry reactions not present before the pandemic.
- Specific fears, anxieties, or phobias not present before the pandemic.

Families and/or caregivers can try the following to support a person with Down syndrome during the challenges presented by the pandemic:

- Maintain routines/structure as much as possible with visual schedules and checklists.
- Find approved ways to help the person with Down syndrome stay connected, including video chat, texting, phone calls, and letters.
- Make a list of activities that are allowed, both indoors and outdoors, such as bike rides, or virtual dance parties where it is possible to stay physically distanced.
- Put together a memory photo book about the people or activities that are missed.
- Use a social story explaining the situation in simple, first-person terms.
- Validate the person’s feelings, no matter what they are feeling. Be reassuring and try not to convey your own anxieties.

People with Down syndrome may be more easily influenced by the emotions of others, so be mindful of how your own emotions may be affecting the person with Down syndrome. Talk to a psychologist, therapist about how to help process the “new norm.”

The pandemic has created incredible stress and challenges for parents and caregivers, as well as individuals with Down syndrome. It has been a very difficult year trying to balance employment, general uncertainty, remote learning, and more. Make sure to take time for yourself, reach out to your social networks for support, and identify respite care if needed.

You can find the entire *COVID-19 and Down Syndrome Resource Guide* by visiting ndscenter.org and find other mental health resources at adscresources.advocatehealth.com

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! abigail@dsagsl.org or (314)833-7560

MISSOURI

AFRICAN AMERICAN COMMUNITY GROUP

Serving Greater St. Louis
Contact: Makini Anwisy | (314)833-7586
makini@dsagsl.org | www.dsagsl.org
www.facebook.com/dsagsl

DADS APPRECIATING DOWN SYNDROME (DADS)

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

DOWN SYNDROME AND AUTISM (DS/ASD) COMMUNITY GROUP

Serving Greater St. Louis
Contact: Christy Klaus | (314)833-7520
christy@dsagsl.org | www.dsagsl.org
www.facebook.com/dsagsl

DOWN SYNDROME COMMUNITY GROUP OF UPSTATE MISSOURI

Serving Kirksville, Brookfield & surrounding areas
Contact: Becky Pike | (660)651-5139
kirksville_cg@dsagsl.org | www.facebook.com/dscnemo

HEARTLAND COMMUNITY GROUP

Serving Southeast Missouri & Southern Illinois
Contact: Claire Watson | (573)334-5685
heartland_cg@dsagsl.org
www.facebook.com/HeartlandDSA

ST. CHARLES COUNTY COMMUNITY GROUP

Serving St. Charles, West County, & surrounding areas
This community group is looking for new leadership
Please contact abigail@dsagsl.org or (314)833-7560

DSAGSL MOMS GROUP

Serving Kirkwood, Webster & surrounding areas
Contact: Stephanie Holmes | (314)495-8388
Contact 2: Cheri Nienhaus | (618)570-8485
kirkwood_cg@dsagsl.com
www.facebook.com/groups/kirkwoodwebsterdsmoms

NORTH COUNTY/NORTH CITY COMMUNITY GROUP

Serving North St. Louis County and St. Louis City
This group is under new leadership! Join us for the meet & greet and share your input! For more information visit dsagsl.org/community-groups.

ILLINOIS

SOUTHERN ILLINOIS COMMUNITY GROUP

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

MEDSA (METRO EAST DOWN SYNDROME ALLIANCE)

Serving St. Claire and Monroe County & surrounding areas
This group is looking for new leadership
Please contact abigail@dsagsl.org or (314)833-7560

OTHER DOWN SYNDROME GROUPS

DOWN SYNDROME GUILD OF CENTRAL MISSOURI

Serving Columbia, Jefferson City, Central Missouri
Contact: Jessica Fahey | 913-384-4848
www.facebook.com/centralmodsfamilynetwork

RIVERBEND DOWN SYNDROME ASSOCIATION

Serving Southwest Illinois
Contact: secretary@riverbendds.org
www.facebook.com/riverbendds

DOWN COUNTRY

Serving Hannibal, Quincy & 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 & surrounding areas
Contact: (417)885-9905
info@ozarksdsg.org | www.dsgo.life

LINCOLN LAND DOWN SYNDROME SOCIETY

Serving Springfield, IL & 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 & surrounding
Contact: (309)452-3264 | info@cidso.org | www.cidso.org

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

SAVE THE DATE

SOUTHERN ILLINOIS COMMUNITY GROUP

July 24, 2021 | 6:30pm | Aquatic Zoo in Mt. Vernon

Join the Southern Illinois Community Group for this event and others coming up soon! Find more information at facebook.com/SIDownSyndromeCommunityGroup

AFRICAN AMERICAN COMMUNITY GROUP

July 24, 2021 | 7:00-8:30pm | Zoom

Join the African American Community Group virtually on Zoom to connect and network. Email Makini@dsagsl.org for more information and for the Zoom log in information.

NORTH CITY/NORTH COUNTY COMMUNITY GROUP

August 2021 | Details Coming Soon!

Meet the new group leader and provide feedback about the group's goals. Bring the whole family and enjoy the park! Snacks and drinks provided. For more information visit dsagsl.org/community-groups.

DADS ANNUAL PUTTIN' FOR DOWN SYNDROME

September 24, 2021 | Incline Village

The D.A.D.S. (Dads Appreciating Down Syndrome) 16th Annual Puttin' for Down Syndrome Golf Tournament is open for registrations! Contact Tony Soroko for more information about sponsorships and registering your foursome at masoroko@gmail.com or 314.393.8548

YOUNG FRIENDS BOWLING BALL

August 29, 2021 | 1:00-4:00pm

Dress in your best and join us for this one-of-a-kind bowling event! Teams of 6 can look forward to a red carpet entrance, snacks, music, bowling, and awesome prizes. Register at dsagsl.org/21-club

WALK IN THE BALLPARK

October 3, 2021 | Busch Stadium

Join us at Busch Stadium for the largest awareness event of the year! Enjoy a pep-rally, pre-game walk around the warning track, and the big game. For more information visit dsagsl.org/walk-in-the-park

45TH ANNIVERSARY GALA

November 20, 2021 | Anheuser Busch Biergarten

DSAGSL is celebrating 45 years with a fun & fancy gala! Enjoy a variety show, awards ceremony, fun music, delicious food, and great beer. Visit dsagsl.org/gala for more information.

FUSION FRIDAYS

July 23 & August 27 | 9:30am-1:00pm | DSAGSL Office

All of your favorite Virtual Programs like Book Club, Let's Talk, and BINGO all in person! For adults 18+. Sign up at dsagsl.org/summer21

PLAYGROUP IN THE PARK

July 25 & August 29 | 9:00am-12:00pm | Faust Park

Play, learn, and meet other families! 9-10:30 for babies & toddlers, 10:30-12 for school aged children. RSVP at dsagsl.org/summer21

OUT & ABOUT IN ST. LOUIS

July 29, 2021 | Details Coming Soon!

Let's explore all St. Louis has to offer! For adults 18+ Visit dsagsl.org/summer21 for more information.

DSAGSL SUMMER OLYMPICS

August 2, 2021 | 11:30am-1:00pm | Stacy Park

In partnership with KARE Camp, participants will enjoy outdoor games like beanbag toss, frisbee, bocce ball, and more! RSVP at dsagsl.org/summer21

READY 2 WORK POP UP MARKETPLACE

August 5, 2021 | 11:00am-1:00pm | DSAGSL Office

The Pop Up Marketplace is now open and these employees are Ready 2 Work! Stop by the DSAGSL to check out what they have to offer! dsagsl.org/programs/employment

DSAGSL OPEN HOUSE

August 11, 2021 | 9:00-11:00am & 4:30-6:30pm

Stop by DSAGSL for an open house at the new office! Meet the staff, see the space, and say hello! Members will also have the opportunity to approve the new DSAGSL Bi-Laws. RSVP at dsagsl.org/about/dsagsl

VIRTUAL PROGRAMS

DSAGSL is still offering several Virtual Programs like Music & Movement and Book Club! See the full schedule and find log-in information at dsagsl.org/programs/virtual

PHOTOGRAPHY IN THE PARK

September 19, 2021 | 9:00am-12:00pm

Sign up to have a mini photo session at any of the 3 locations. Photos will be free to download and will be featured in the 2022 Friends for All Seasons Calendar. Sign up at dsagsl.org/park-photos



DSAGSL MEMBER CENSUS

WWW.DSAGSL.ORG/CENSUS2021

The DSAGSL's mission is to serve, support, and celebrate the lives of all individuals with Down syndrome and their families, through every stage of life. We are committed to being an inclusive community where all people with Down syndrome can reach their full potential. After extensive research and preparation, and with the help of many dedicated volunteer committee members, the DSAGSL 3-year strategic plan is officially underway.

The first step in reaching the goals of the strategic plan is updating the DSAGSL member database. The 2021 Member Census Survey was developed to collect the information we need to better serve YOU, our community! We will use this data to identify and fill your unmet needs, target member communications, and secure additional grant funding to grow programming. The goal is to have one person from every household fill out the census. The information collected is kept secure and private, and is only used to improve DSAGSL programs and services. Thank you so much for your participation! To find the DSAGSL Census please visit www.dsagsl.org/census2021 or contact Abigail at 314-833-7560 to request a copy in the mail or to complete the survey over the phone.

DSAGSL ORGANIZATIONAL BYLAWS

WWW.DSAGSL.ORG/ABOUT/DSAGSL

The DSAGSL is so proud to have launched a new 3-year strategic plan that will help our organization grow in excellence. As part of that plan, the Board and new Talent and Organizational Management Committee are reviewing all policies and procedures of the Association. The DSAGSL Bylaws need updating to better reflect the organization's current operations and committee structure. Under our current bylaws, YOU, our members, need to vote to approve such changes.

We are asking you to review our updated Bylaws and let us know if you do not accept these changes by August 11th. You can send your questions or concerns to Executive Director, Erin Suelmann at erin@dsagsl.org or by calling 314-833-7554.

We also hope you will join us at our DSAGSL Open House on August 11th! We are excited to give you a tour of our brand new space, introduce you to our staff and board members, get your ideas and input, and share with you all we have in store for our members!

Visit dsagsl.org/about/dsagsl to review the updated Board Bylaws and to learn more about the Open House!

DSAGSL | IN ACTION



WELCOME NEW FAMILIES

We have welcomed 17 new families to the DSAGSL community since the start of 2021. DSAGSL provided each with information, resources, and a few gifts to get started on their journey with their newest family member.

VIRTUAL TRIVIA MADNESS TOURNAMENT

Our typical Trivia Night wasn't possible this year, so instead we planned Virtual Trivia Week! Nearly 100 participants played our special virtual trivia game from home on their computer, phone, or tablet. Players could join in on 1 or more nights and the top 10 from each night qualified for the final round where they could win \$1,000! Nightly prizes, fun themes, and player rankings calculated in real time made for a super fun, super safe event.



21 CLUB ZOOM SPRING FLING DANCE PARTY

DSAGSL Young Friends Board hosted a virtual Spring Fling for adults and teens. 32 Self-Advocates, Young Friends Board members, and friends dressed in costumes from different decades, did group dances like The Macarena, The YMCA, and The Twist, and had a total blast. We are so grateful that we have Zoom as a way to bring us all together during these challenging times.

VACCINE CLINIC

One of the first events DSAGSL had in the new office space was a vaccine clinic in partnership with Washington University School of Medicine, Gateway Apothecary, and the St. Louis Arc. The Moderna vaccine was offered to individuals with Down syndrome and their family members. The clinic saw 125 people in total, and everyone returned weeks later for their second dose. We were so excited to be part of the next step toward getting back together in-person safely, and ensuring the health and wellbeing of our community members.



WORLD DOWN SYNDROME DAY PARADE

To celebrate World Down Syndrome Day on 3/21 this year, DSAGSL hosted a drive through car parade event outside of the new office space. Families and friends celebrated by decorating their cars in blue and yellow, and driving through the DSAGSL parking lot to receive snacks and goodies, play games, and wave to the staff and volunteers.

2021 RUN FOR 21

On June 13th, right before Step Up for Down Syndrome, runners checked in at the Upper Muny Parking Lot in beautiful Forest Park. Thanks to our partners at Fleet Feet, the run route was marked and ready to go, and our friends at Utopia Entertainment had fun music pumping everyone up for the big race.

We were so excited to be able to include an in-person run this year in addition to a virtual 5k, 10k, and 21-mile bike race. Together, 180 in-person 5k runners, 65 virtual participants, 8 wonderful sponsors, and several incredible volunteers raised \$10,462 for the organization.

Each runner took home a newly designed race medal, and winners left with special awards created by volunteer community members.

Run for 21 is a very special event for DSAGSL. It was started by an incredible family 11 years ago, and we are honored to keep the tradition going. Thank you to the Marvin Family for starting this incredible event!



2021 STEP UP FOR DOWN SYNDROME

The DSAGSL hosted its largest celebration of the year on June 13th at Forest Park with over 1,100 people in attendance! The event was special this year in so many ways. Participants enjoyed 22 different booths at the carnival including popcorn and cotton candy, acrobats and jugglers, carnival games, a dunk tank, and so much more.

In addition to the new theme, DSAGSL created a one-way walk-through event with different timeslots to create safe social distancing and fewer crowds. Volunteers sanitized stations after every visiting group and participants were asked to wear masks. For the last hour of the event, a drive-through option was offered to families who were not yet ready to attend in person.

With the help of 27 sponsors, 65 volunteers, and 131 teams, Step Up for Down Syndrome 2021 raised \$300,000! Thank you to everyone who made this year's event possible! We couldn't have done it without you.





THANK YOU FOR YOUR SUPPORT

GRANTS

United Way Digital Divide Grant - Technology Support

Cardinals Cares - Ages & Stages Resources

Global Down Syndrome Foundation - Emergency Assistance for Families

St. Louis Office of Developmental Disability Resources (DDR) - Individual Assistance Funds

THIRD PARTY FUNDRAISERS

White Castle - Round Up Campaign

Several area White Castle locations hosted a Round Up Campaign for March and April and raised over \$16,000 for DSAGSL. Thank you so much to the everyone at White Castle. We are so grateful!

Tiffany and Abby Rhoden- Laid Back on I-55 Truck Show in Perryville

Tiffany and her daughter Abby host an annual Truck Show in their hometown and always receive incredible support. This year they raised \$14,000 for their Step Up for Down Syndrome team! Can't wait to see Abby of the field at Walk in the Park!

Chip and Andrew Marzuco- Spring for Down Syndrome Event in Ste. Genevieve

Chip and his son Andrew host an annual event featuring a UTV and Jeep poker run, live music, auction, corn hole tournament, and so much more. They raised \$10,700 for their Step Up team this year! Thanks to everyone in the community who came out to support!

Laurie and Jessica Jansen- Golf Tournament

Laurie and her daughter Jessica hosted a Golf Tournament and raised over \$7,000 for their Step Up for Down Syndrome team! Thanks so much for your support, ladies!

Penn Station Subs - Round Up Campaign

Penn Station hosted their 2nd Annual Round Up Campaign March 1-21 in honor of World Down Syndrome Day. This year they raised \$7,500 for DSAGSL! Thanks so much for your support!

321 Fetch - Give Back Campaign

Big thanks to Austin and Amelia Vandeven for raising over \$600 for the DSAGSL through their awesome and unique business, 321 Fetch. Together, 8-year-old Amelia and her father, Austin, make dog toys out of recycled fire hoses and then donate 21% of every sale to the DSAGSL. Visit business.facebook.com/321Fetch to purchase your dog toy today!

Kendra Scott - Give Back Campaign

Kendra Scott Jewelry hosted a two-day give back campaign in which 20% of sales using our special promo code were donated to DSAGSL! They raised \$185 for the organization and we are so grateful for their on-going support.

Facebook Fundraisers - Birthday, Anniversary, and World Down Syndrome Day Celebrations

Thank you to everyone who created and donated to a Facebook fundraiser benefiting DSAGSL. Facebook never charges any fees to non-profit organizations and, so far this year, \$10,000 has been raised using the platform!

AmazonSmiles - Charity of Choice Donations

DSAGSL has received over \$675 in donations from AmazonSmile so far in 2021. Thank you so much to everyone who has selected DSAGSL as their charity of choice and uses AmazonSmiles.com to make purchases.

GET INVOLVED WITH DSAGSL

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 314.833.7560.

JOIN A STRATEGIC PLANNING COMMITTEE

DSAGSL spent a lot of time in 2020 creating the framework for a three year strategic plan for the organization. Be a part of the growth and evolution of the DSAGSL and become a committee member! We have teams working on organizational management, quality improvement, resource development, community engagement, and diversity, equity, and inclusion. If you are interested in joining a committee, contact Executive Director Erin Suelmann at 314.961.2504 or erin@dsagsl.org.

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 1,900+ individuals with Down syndrome! Find out more about donating your unwanted car, boat, motorcycle or RV... whether it runs or not! dsagsl.org/vehicle-donation

AMAZON SMILE

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!

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 314.833.7560.



1300 Strassner Drive
Brentwood, MO 63144

www.dsagsl.org



/dsagsl



@dsagsl



@dsagsl



/stlouisdsa

WALK IN THE BALLPARK AT BUSCH STADIUM

October 3, 2021

Step Up Teams that earned ticket packages
can claim them July 2nd - 31st.
Public tickets on sale August 1st!

\$40 Ticket Package includes t-shirt, pep-
rally, pre-game walk around the warning
track, and game ticket

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

