



# FAMILY CONNECTION

## WINTER 2022 NEWSLETTER

# VIDEO MODELING FOR LIFE LONG LEARNING

Video modeling has been shown to be one of the most effective tools for teaching a variety of different skills to individuals with Down syndrome and other intellectual disabilities. Not only does the research show that those skills are effectively learned using this tool, but in addition, the information is also better retained and for longer periods of time. "Video modeling has been proven to effectively teach skills as varied as social, academic, communication, daily living, play, perspective taking and the generalization of information." ([gemini.org/evidence](https://gemini.org/evidence))



Video modeling is a method of instruction where students can watch a skill or behavior being performed, and then replicate and practice that skill. "The benefits of video modeling and prompting include immediate feedback, repetition of instruction, and cost efficiency. In addition, video prompting has the benefit of presenting instructions in smaller steps, which helps students with intellectual disability (ID) focus on each step rather than a whole task or activity" (Michigan State University Study, 2018, [journals.sagepub.com/doi/full/10.1177/0162643418780464](https://journals.sagepub.com/doi/full/10.1177/0162643418780464)).

Not only is this tool effective, it is also cost effective. The need for individualized therapies is most certainly needed, but video modeling is a very low cost supplemental tool that can increase outcomes for our loved ones with Down syndrome. Utilizing both live instructor-led programs as well as video modeling as tools for lifelong learning is essential.

At the DSAGSL, we have developed a comprehensive program catalogue that includes virtual and in-person instructor-led classes, as well as a substantial library of videos modeling various skills and behaviors. With a YouTube library full of past videos, and new videos being created and posted each week, there are many different topics to choose from to fit the needs of your loved one.

Please visit our website [dsagsl.org/programming](https://dsagsl.org/programming) for a full list of virtual, in-person, and video modeling programs the DSAGSL offers. You can also visit [youtube.com/stlouisdsla](https://youtube.com/stlouisdsla) for to see our full library of over 100 video modeling programs covering a variety of topics such as health, safety, employment, and more.

# A MESSAGE FROM ERIN



Happy New Year Friends and Family!

I know that we were all hoping for a different start to a new year and that COVID-19 would be a distant memory; however, take comfort in knowing you are not alone! The DSAGSL community is here to share in your joys and your struggles, your frustrations and your successes! We are here to support one another with resources, tips, tricks, playgroups, in-person social events, online programming, and shoulders to laugh (or cry) on! The DSAGSL was founded on the simple desire for togetherness and connection. That desire is more powerful and important than ever!

With those needs in mind, I am so excited to let our readers know that the DSAGSL continues to expand our services! We are proud new partners of the Productive Living Board of St. Louis County (PLB) and have renewed partnership with the Disability Resource Board of St. Louis City (DDR) and the Developmental Disability Resource Board of St. Charles County (DDRb)! These new funding partnerships allow us to expand our family support programs, offer more support to families through every stage of life, and ensure all individuals with Down syndrome are reaching their full potential. In addition, the DSAGSL programs team is planning some exciting new in-person and virtual programs that will launch in April. The overwhelming popularity of our programs for teens and adults has shown us that activities to maintain skills and social interaction are imperative for our members with Ds. We can't wait until we feel it is safe to gather our littlest members for new programs as well.

Finally, we hope you will join us for our largest celebration of Down syndrome in the region – Step Up for Down Syndrome (SUDS) on June 5th in Forest Park! It is an event not to be missed and you can find more information about the event in this newsletter.

We are so grateful to our loyal family members, volunteers, and donors who maintain their trust and dedication to our organization. Because of your continued support, we have grown to be one of the largest Down syndrome associations in the country and we see nothing but great things ahead for our community. As always, if you have any thoughts, questions, concerns or ideas for our organization or if you would like to get involved, never hesitate to reach out to me at [erin@dsagsl.org](mailto:erin@dsagsl.org).

Sincerely,

Erin Suelmann  
Executive Director

# STAY CONNECTED

## Join Our Email List

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

## Update your Contact Information

Has your information changed? We have an update form on our website! DSAGSL was recently approved for grant funding with DDR, DDRB, and United Way- so exciting! It does mean we'll need more information from all of our families. Help us get a jump start and update your information today! [dsagsl.org/census-survey](https://dsagsl.org/census-survey)

## 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](https://facebook.com/dsagsl) | [youtube.com/stlouisdsa](https://youtube.com/stlouisdsa) | 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 all of 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](mailto:info@dsagsl.org)

## BOARD OF DIRECTORS 2022

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# RESOURCE CORNER

## COVID-19 INFORMATION

The DSAGSL is committed to sharing the most up-to-date information on COVID-19. However, information can change very quickly! To stay current, check out these national resources:

- Global Down Syndrome Foundation [www.globaldownsyndromefoundation.org/covid-19](http://www.globaldownsyndromefoundation.org/covid-19)
- National Down Syndrome Congress [www.ndcscenter.org/programs-resources/covid-19-resources](http://www.ndcscenter.org/programs-resources/covid-19-resources)
- National Down Syndrome Society [www.ndss.org/covid-19-fact-sheet](http://www.ndss.org/covid-19-fact-sheet)

## INCLUSIVE EDUCATION RESOURCE

The National Down Syndrome Society and Down Syndrome Education International are thrilled to announce a new resource for enhancing inclusive education for students with Down syndrome. Down Syndrome: Guidelines for Inclusive Education aims to improve the development and educational outcomes for individuals with Down syndrome from birth to adult life by providing educators, therapists, early interventionists, parents and school districts with a guide to evidence-based practices. [www.ndss.org/wp-content/uploads/2021/12/2021\\_Inclusive\\_Education\\_Guidelines\\_v09.pdf](http://www.ndss.org/wp-content/uploads/2021/12/2021_Inclusive_Education_Guidelines_v09.pdf)

## TRANSPORTATION RESOURCE

In partnership with Lyft, United Way 2-1-1 is providing free Transportation for COVID Vaccinations for individuals in Missouri (St. Louis City, St. Louis County, St. Charles County or Jefferson County only) and Illinois (Madison or St. Clair County only). This program will allow scheduling of rides for both doses of the vaccine. The client will need to already have an appointment for vaccination to be eligible for a ride. The Lyft Driver will not wait for the person to get vaccinated they will have to have two separate rides. Those in need can dial 2-1-1 or 800-427-4626 Monday through Friday from 8:00 AM – 4:30 PM and speak with a navigator to have a ride scheduled.

## HEALTH & WELLNESS RESOURCES FOR ADULTS

*The Advocate Medical Group - Adult Down Syndrome Center in Chicago* has created a large resource library on their website that provides information on health and wellness, including videos, visual supports, summaries of health conditions, recordings of presentations, links to recommended journal articles, and more for individuals with Down syndrome, families and caregivers, and health care professionals. [www.adsresources.advocatehealth.com/resources](http://www.adsresources.advocatehealth.com/resources)

*The Down Syndrome Association of Greater St. Louis* also has a YouTube library full of health and wellness videos. The videos cover a variety of topics and are created in a video modeling style with the intended audience being adults with Down syndrome. You'll find a series called "Healthy Habits" with topics that include eating healthy and exercise, as well as "Living Your Best Life" that include health, wellness, and safety topics. [www.youtube.com/stlouisdsa](http://www.youtube.com/stlouisdsa)

*Global Down Syndrome Foundation* has developed the Medical Care Guidelines for Adults with Down Syndrome. These guidelines are an important tool in the primary care setting providing evidence-based recommendations to support clinicians in their care of adults with Down syndrome. Parents and caregivers are encouraged to use the guidelines when working with their loved ones' doctor. Although the guidelines are a technical resource for clinicians, GLOBAL also has several toolkits available for families. [www.globaldownsyndrome.org/medical-care-guidelines-for-adults/](http://www.globaldownsyndrome.org/medical-care-guidelines-for-adults/)

*The Down Syndrome Center at Children's Hospital* offers comprehensive, multidisciplinary health care to individuals with Down syndrome starting at infancy. The Center is now providing services into adulthood in some specialties including Congenital Cardiology, Endocrinology, Medical Genetics, Neurology, Ophthalmology, Otolaryngology (ENT), and Sleep Disorders. The Down Syndrome Center. [www.stlouischildrens.org/conditions-treatments/down-syndrome-center](http://www.stlouischildrens.org/conditions-treatments/down-syndrome-center)

## SUMMER PLANS

Thinking about what to do this summer? Check out the Recreation Council list of camps and programs! They have guide full of ideas for of all ages and abilities. [www.recreationcouncil.org](http://www.recreationcouncil.org). The Recreation Council also has funding available to help families with summer activities costs. Take a look at their application. If you live in St. Louis city, St. Louis county or St. Charles county, you may qualify for financial assistance. [www.ec4scc.wordpress.com/summer-camp-news-and-updates](http://www.ec4scc.wordpress.com/summer-camp-news-and-updates)

# COMMUNITY GROUPS

DSAGSL Community Groups provide events, 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 Bosslet, Community Engagement Manager at the DSAGSL, if you have any questions or would like information about starting a group!

## MISSOURI

### **African American Community Group**

Serving Greater St. Louis  
Contact: Makini Anwisyie | (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 Dual Diagnosis Group**

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

### **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

### **DSAGSL MOMS Group**

Serving Kirkwood, Webster & surrounding areas  
www.facebook.com/groups/kirkwoodwebsterdsmoms

### **Heartland Community Group**

Serving Southeast Missouri & Southern Illinois  
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  
This group is under new leadership! Stay tuned for more information coming soon.

### **Let's Play Community Group**

This play group is for families of children with Down syndrome ages 0-10. Follow them on Facebook to see what they have going on next!  
www.facebook.com/groups/dsagslplaygroup

### **St. Charles County Community Group**

Serving St. Charles, West County, & surrounding areas  
Contact: Judy Dodge | (314)954-6448  
www.facebook.com/groups/dsagslstcharlescounty

## ILLINOIS

### **Southern Illinois Community Group**

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

## OTHER GROUPS

### **Down Syndrome Innovations**

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 & surrounding  
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

# DSAGSL | IN ACTION



## WELCOME NEW FAMILIES

We welcomed 12 babies to the DSAGSL community between July & December 2021!! DSAGSL provided each new family with information, resources, and a few gifts to get started on their journey with their newest family member.

## NEW FAMILY PICNIC

Our annual New Family Brunch looked a bit different this year! We combined the families of babies born in 2019 and 2020 for a picnic at Queeny Park on October 16th. There were 17 families in attendance, including 55 parents/family members and 33 kids! The families enjoyed lunch donated by Pasta House and cookies from Pioneer Bakery. They also heard inspiring stories from one of our dads, a grandparent and a sibling. All the families left with gift bags including a book, adaptive crayons and other goodies.



## VIRTUAL & IN-PERSON PROGRAMS

DSAGSL has seen tremendous success with virtual programming over the last few years. With 5 instructor-led programs, 2 in-person classes with a virtual option, and several video modeling programs, DSAGSL is seeing an average of 10-20 students in each class! Visit [dsagsl.org/programming](https://dsagsl.org/programming) for more details about programs offered, days and times, and how to sign up.

## WALK IN THE PARK

2021 Walk in the Park at Busch Stadium had 2,500 DSAGSL community members in attendance. The day started with our pre-game pep rally where Fredbird made an appearance and got the crowd pumped up. Our top SUDS fundraising team honorees, Abigail Rhoden and Cricket Abounader, threw out the first pitch and several other top fundraising teams were recognized in center field on the Jumbotron. It was a fantastic day!



## 3.21 ROASTING

Our 3.21 Roasting Employment Program has roasted and sold over 400 bags of coffee, made and sold nearly 100 hand-painted coffee cups, sold over 200 tumblers, hosted 8 Pop Up Café events at the DSAGSL office, and 3 Pop Ups at other locations! Big thanks to everyone for the support! The revenue generated has gone toward paying employees and growing the program!

## WALK-THRU HOLIDAY PARTY

The DSAGSL hosted a walk-thru Holiday Party on December 4th at Harvester Christian Church. Over 300 people enjoyed games, snacks, a petting zoo, trackless train, a dance party, holiday characters/superheroes and of course a visit from Santa. We were so happy to host a safe and fun way for our families to celebrate the holidays and connect with each other!

# 45TH ANNIVERSARY GALA

## A Night with the Stars

In November, DSAGSL celebrated 45 years of serving and supporting individuals with Down syndrome and their families with a fun and fancy gala! Guests enjoyed a variety show, awards ceremony, fun music, delicious food and beer, an exciting auction, and the program was made extra special by guest emcee, Rene Knott.

With the help of an amazing committee, our in-person and virtual attendees, our sponsors, our volunteers, and our friends at Raising Paddles, Utopia Entertainment, and Anheuser-Busch, we raised \$170,000!!! Thank you to everyone for making it such a special night and for supporting the Down syndrome community. We couldn't do this work without you!



## Our 2021 Shining Star Award Winners

**Dr. Beau Ances** is the inaugural Daniel J Brennan MD Professor of Neurology and is the Vice Chair of Academic Affairs for the Department of Neurology at Washington University in Saint Louis. Clinically, Dr. Ances sees patients in the inpatient and outpatient settings with a variety of neurodegenerative diseases, including adults with Down syndrome.

**Donna Calamia** is the proud mother of two beautiful ladies, Jacqueline (27) and Anna (25). The Down Syndrome Association of Greater St. Louis became near and dear to her heart when her daughter Anna was born with Down syndrome in 1996. A long-time board member and supporter of the DSAGSL, she started and is still the Chairwoman of the Birdies and Bass Golf Tournament. This event alone has raised well over \$1.3mil in 11 years and is still going strong.

**Stacey Laughlin** is a Licensed Master Social Worker at the Albert Pujols Wellness Center for Adults with Down Syndrome at St. Luke's Hospital. Stacey began at the Wellness Center nearly ten years ago and since then has helped develop, implement, and grow a wide range of programs focused on health, safety, and social / emotional development.

**Grace Strobel** is an inspirational 25-year-old model and speaker with Down syndrome. In 2017, after a severe bullying attack, Grace turned pain into passion and co-created #TheGraceEffect, a presentation she gives to schools about overcoming obstacles, treating people with kindness and respect, and living with a disability. Through her modeling and social media platforms, she encourages others to believe in themselves and be unapologetically "OKAY" with who they are. Grace shines a light on how important it is to embrace diversity and inclusion.

**Michelle Sie Whitten** is the President and CEO of the Global Down Syndrome Foundation (GLOBAL). She co-founded the organization in 2009, after giving birth to her daughter Sophia, who happens to have Down syndrome. GLOBAL has become the largest non-profit in the U.S. working to save lives and dramatically improve health outcomes for people with Down syndrome.

# SAVE THE DATE

## Super Bowl Squares Contest

Sunday, February 13th | Online

The Young Friends Board is hosting a 2022 Super Bowl Squares Contest! Between now and the big game, you can purchase one or more squares at \$10 each and have several chances to win!

[dsagsl.org/21-club](https://dsagsl.org/21-club)

## Buddy Up Tennis

February 2022 | Frontenac Racquet Club

Our partners at Buddy Up for Life are hosting another session of Buddy Up Tennis in St. Louis! More details about exact dates and costs are coming soon.

[buddyupforlife.org/chapter/st-louis-mo](https://buddyupforlife.org/chapter/st-louis-mo)

## Bowling Tournament

Sunday, March 20th | Bowlero in Chesterfield

Get a team of 6 together and play in our World Down Syndrome Day bowling tournament! Enjoy delicious food, fun music, exciting bowling, and great prizes!

[dsagsl.org/21-club](https://dsagsl.org/21-club)

## World Down Syndrome Day

Monday, March 21st | Everywhere

Visit our website for ideas on how to celebrate Down syndrome and raise awareness with your school, church, neighbors, and friends on this special day!

[dsagsl.org/programs/advocacy-awareness](https://dsagsl.org/programs/advocacy-awareness)

## Birdies & Bass Golf Tournament

Monday, May 16th | Persimmon Woods Golf Club & Lakes

Our annual golf tournament returns this spring! We are excited to catch some fish and tee off at the beautiful Persimmon Woods Golf Club!

[dsagsl.org/golf](https://dsagsl.org/golf)

## Step Up for Down Syndrome & Run for 21

Sunday, June 5th | Forest Park

Create your Step Up team today and start earning prizes! It all leads up to a huge celebration with games, music, food, and fun. You can also Run for 21 in our unique 3.21 mile race through beautiful Forest Park.

[dsagsl.org/step-up](https://dsagsl.org/step-up) | [dsagsl.org/run-for-21](https://dsagsl.org/run-for-21)

## Walk in the Park

Sunday, October 2 | Busch Stadium

This is Molina and Wainwright's last game with the Cardinals! Earn tickets by starting a Step Up Team. The more you raise, the more tickets you earn!

[dsagsl.org/walk-in-the-park](https://dsagsl.org/walk-in-the-park)

## African American Community Group

Friday, February 25 | Friday, April 22nd | Friday, June 24th

Come and meet with others on Zoom at 6:30pm to talk over issues that are specific to the African American experience and Down syndrome.

[dsagsl.org/calendar](https://dsagsl.org/calendar)

## Family Resource Network Meeting

Wednesday, February 16th | Zoom

Join the DSAGSL and other parents and caregivers of aging adults with Down syndrome at 6:30pm on Zoom to discuss resources and strategies and support

[dsagsl.org/silver-steps](https://dsagsl.org/silver-steps)

## Virtual Programs

On-Going Each Week Monday Through Friday

The DSAGSL has programs every day of the week for all ages on Facebook, Zoom, and in-person! Both instructor-led classes and video modeling programs available. Check out our schedule for more details.

[dsagsl.org/programming](https://dsagsl.org/programming)



# WORLD

# DOWN SYNDROME DAY

**March 21, 2022 | Celebrated Everywhere!**

World Down Syndrome Day was established in 2006 by Down Syndrome International with the goal of raising awareness and mobilizing support and recognition of the dignity, rights and well-being of people with Down syndrome across the world. March 21, or 3/21, was chosen to honor of the third copy of the 21st chromosome present in those with Down syndrome.

The DSAGSL invites you to join us in raising awareness, advocacy, and support of individuals with Down syndrome. You can hand out flyers at your school or church, have a genes day at your work, and follow DSAGSL on social media to share all the awesome awareness content with your friends and family! There are so many ways to celebrate the amazing lives of individuals with Down syndrome.

**Find handouts and more ideas about raising awareness in your community at [dsagsl.org/advocacy-awareness](https://dsagsl.org/advocacy-awareness)**

# BOWLING TOURNAMENT

**March 20, 2022 | Bowlero in Chesterfield**

Celebrate World Down Syndrome Day with the Young Friends Board of DSAGSL at this one-of-a-kind bowling tournament. Get your bowling shoes on, hang with friends, and visit the photo booth from 1:00-2:00pm. Then compete as a team of six for awesome prizes from 2:00-4:00pm. Make sure to stick around after bowling for awards, dessert, and games in the arcade! And don't forget your crazy socks and World Down Syndrome Day T-shirt designed by the Young Friends Board!

You can sign up for the event as a team of six, or sign up on as an individual and be grouped with other bowlers. \$30 registration includes photo booth, 2 hours of unlimited bowling, shoe rental, \$5 arcade card, slice of pizza, unlimited soda, and dessert. Prizes for top 3 teams and top 3 bowlers, plus fun giveaways and an exciting raffle prize!

**Check out the t-shirts and sign up for the tournament as an individual or a team of six at [dsagsl.org/21-club](https://dsagsl.org/21-club)**



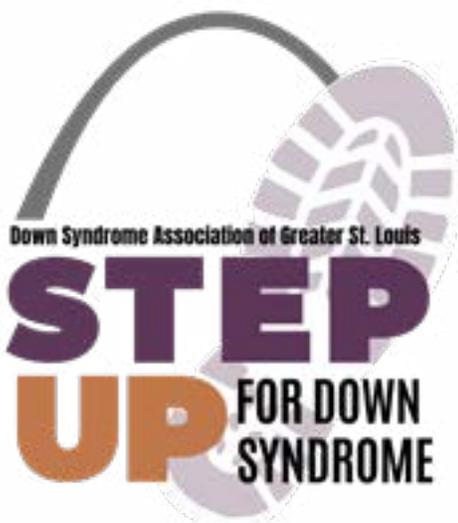
# STEP UP FOR DOWN SYNDROME

## Getting Started...

Step Up for Down Syndrome is the **LARGEST CELEBRATION** of Down syndrome in the Greater St. Louis area, and raises about a third of DSAGSL's annual budget. Donations from this event allow us to provide vital, life-changing programs and services to 1,900 individuals with Down syndrome and their families.

Step Up is an opportunity to support the organization you love, get creative with your family and friends, and come celebrate with the DSAGSL community!! Have some fun with it! Name your team after your loved one with Down syndrome, like "Brandon's Buddies" or "Katie's Krew". Make fun signs to carry on the walk. Get into this year's **SUPERHEROES THEME** and celebrate your loved one's 3/21 superpowers. Bottom line is, you won't want to miss this one-of-a-kind event!

**For every \$25 your team raises you'll earn a Step Up t-shirt!**



## DSAGSL.ORG/STEP-UP

**STARTING A TEAM IS EASY!** Once you visit our website, you'll be directed to either start a new team or login using your information from last year. You will log into this site anytime you want to manage your team through the Participant Center.

**THE PARTICIPANT CENTER** is where you will personalize your fundraising page, send emails, and see who has donated.

**QUESTIONS?** We're happy to help! Call our office at 314.833.7508 or email [emily@dsagsl.org](mailto:emily@dsagsl.org).

## Team Fundraising Incentives....

**RAISE \$1,000** and receive a team support sign with your team name on it that will be placed along the walk route! (one per team)

**RAISE \$2,500** and receive an upgrade to a team banner (2'x4') with your custom text on it! (one banner per team)

**RAISE \$3,000** and receive an upgrade to a deluxe banner with custom text and a photo! (one banner per team)

**RAISE \$5,000** and your team honoree will be featured in DSAGSL marketing materials and social media campaigns during Down Syndrome Awareness Month in October!

**RAISE \$10,000** and your team gets a VIP Tent at the event including drinks and snacks!

**RAISE \$15,000** and your team gets a VIP Tent PLUS your honoree will be featured on a Down Syndrome Awareness Month Billboard in October

## Raffle Incentives January-May...

Be sure to read your Team Captain emails as they come in! We'll be sending out reminders about these exciting fundraising incentives!

**Start a team by January 23rd** and you'll be entered into a raffle to be the first team to Walk at Step Up!

**Personalize your team page and set a fundraising goal by February 20th** and you'll be entered to into a raffle to pick this year's Step Up for Down Syndrome and Walk in the Park T-shirt color!

**Create a Facebook Fundraiser by March 18th** and you'll be entered to win one of the Walk in the Park Walk Off Field Slots! (check out the next page for more details about Walk Off Field Spots).

**Raise \$321 on 3/21** and you'll be entered to win a personal photoshoot opportunity with one of our amazing photography partners!

**Secure 25 unique donors by April 17th** and you'll be entered to win 4 Walk in the Park Ticket Packages!

**Raise \$2,500 by May 2nd** and you'll be entered to win one of 2 spots on a Down Syndrome Awareness Month billboard that will be displayed throughout October!

## Welcome Corporate Teams!

### IT'S EASY TO START A CORPORATE TEAM AND EARN SPONSORSHIP BENEFITS!

Form a company team by visiting [dsagsl.org/step-up](https://dsagsl.org/step-up) and get your staff involved in fundarsing! Their efforts offset the company portion of the sponsorship and they get to come and enjoy the event. Companies earn sponsorship benefits such as social media mentions, logo on event t-shirt and website, signage at events, and more!

**CONTACT EMILY FISHER FOR MORE INFORMATION - [EMILY@DSAGSL.ORG](mailto:EMILY@DSAGSL.ORG) | 314.833.7508**



# WALK IN THE PARK

Walk in the Park is our annual awareness walk held in the fall at Busch Stadium.

## **THIS YEAR'S GAME WILL BE MOLINA & WAINWRIGHT'S LAST GAME WITH THE CARDINALS! SUNDAY, OCTOBER 2, 2022!**

Festivities include a pre-game pep-rally, awareness walk around the field before the game, and a ticket to the game to watch the Cardinals!

### **RAISE MONEY FOR STEP UP = EARN TICKETS TO WALK IN THE PARK**

The best way to get tickets to Walk in the Park is to raise money for Step Up for Down Syndrome. Step Up Teams that raise money will earn ticket packages to the event and will have the chance to claim them before public sales open up.

Ticket packages include commemorative t-shirt, baseball game ticket, entrance to walk the warning track before the game, and access to the pre-game pep-rally.

Step Up teams earn ticket packages based on their total amount fundraised between now and Step Up for Down Syndrome on June 5th.

### **FOR EVERY \$160 YOUR TEAM RAISES, YOU'LL EARN 1 TICKET PACKAGE TO WALK IN THE PARK**



# TOP FUNDRAISING TEAMS EARN SPOTS ON THE FIELD AT BUSCH STADIUM!

If you're looking for some motivation when setting your fundraising goals, check out these exciting incentives! Your team honoree with Down syndrome has the chance to take the field before the Cardinals game at Busch Stadium.

**THE TOP 2 FUNDRAISING TEAMS with a team honoree 7+ years old** - will head out to the pitcher's mound and throw out the first pitch!

**THE TOP 3-10 FUNDRAISING TEAMS with a team honoree 7+ years old** - will earn a field spot in the starting lineup, will be introduced by the announcer, and will meet a Cardinals player!

**THE TOP 5 FUNDRAISING TEAMS with a team honoree under 7 years old** - will stand at home plate with one parent during the starting lineup ceremony.

**WALK OFF WINNERS** - Additional field slots are available for Walk in the Park! For every **\$500** your team raises, you'll earn an entry into the Walk off Winner Raffle. A total of 5 additional field spots will be raffled off - 3 spots for team honorees 7+ years old and 2 spots for team honorees under 7.

**TEAMS WITH MORE THAN ONE HONOREE MUST DECIDE HOW THEIR FUNDRAISING TOTAL WILL BE SPLIT BEFORE THE FIELD SPOTS ARE DETERMINED AND THE WALK OFF WINNERS ARE DRAWN. PLEASE CONTACT OUR OFFICE FOR MORE INFORMATION.**

*\*Walk around the warning track and on-field opportunities subject to change based on MLB COVID-19 Guidelines*



# THANK YOU FOR YOUR SUPPORT

## Grants

**Blues for Kids - *New Parent Support Program***

**St. Joseph Catholic Church of Cottleville Tithing Grant- *New Parent Support Program***

**STL Books for Kids - *New Books for Programming and New Family Welcome Baskets (In-Kind)***

**United Way - *General Operating Support***

**Network for Strong Communities - *Professional Development for Diversity, Equity, & Inclusion (In-Kind)***

**Carney's Kids - *Ukelele Club***

**Adrian Woods Foundation - *3.21 Roasting Employment Program***

**Wayne C Kaufmann Foundation - *Family Support Services***

**Productive Living Board - *Family Support Services for St. Louis County Families***

## Third Party Fundraisers

**TAPPED Profit Share - \$637**

**Sansone Sports Camp - \$1,000**

**Amazon Smile- \$1,200**

**321 Fetch & the Vandeven Family - \$3,603**

**DADS St. Louis Puttin' for Down Syndrome Golf Tournament- \$10,000**

## Thank You for your Board Service, Megan Layton!



The DSAGSL extends our deepest gratitude to Megan Layton, former board member. Megan served for 15 years as the DSA's first board member with Down syndrome. Megan used her extraordinary passion to advocate at the State and National Capitals, helping to pass the ABLE Act and raise awareness about Down syndrome among state and federal legislators. Megan also acted as a great ambassador for the organization by giving school-based and corporate presentations about Down syndrome. She became the first person placed in community-based employment through the DSAGSL Ready to Work employment program and helped pave the way for other individuals with Down

syndrome to get their dream jobs. Megan has sat on various committees over the years and is looking forward to helping plan activities and events for all of DSAGSL's former board members! Thank you Megan for all you have achieved and done for the DSAGSL!

# 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/volunteer](https://dsagsl.org/volunteer) to see what opportunities we have available and to fill out the registration form, or contact Volunteer Manager Abigail Beckord Bosslet at [abigail@dsagsl.org](mailto:abigail@dsagsl.org) or 314.833.7560.

## Secure a Matching Donation from your Employer

Did you know there are several companies that have donation-matching programs? Many times the process is as easy as filling out a form and providing proof of donation. Find out if your employer has a matching program and let us know if you need any special documentation required by your employer. We'd be happy to provide it! Make your donation go even further and find out about your company's matching program!

## 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](mailto: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](https://dsagsl.org/vehicle-donation)

## Service Update - New Funding, New Paperwork!

DSAGSL is excited to announce our new partnership with the Productive Living Board of St. Louis County (PLB), and our renewed partnerships with St. Louis Office of Developmental Disability Resources (DDR) and the Developmental Disabilities Resource Board of St. Charles County (DDRB). These three agencies, along with Developmental Disability Advocates of Jefferson County, make up the Eastern Region Alliance and are funded by the property taxes of county residents like YOU! The DSAGSL is so honored to be a recipient of funding from these agencies, which will allow us to grow and improve our family support programs.

As a result of this funding, we are required to obtain additional information when providing family support services, and we may reach out to you to request the following information:

- Department of Mental Health (DMH) number for your loved one with Down syndrome;
- Social Security Number for your loved one with Down syndrome;
- Proof of Down syndrome diagnosis (such as First Steps Individualized Support Plan, Individualized Education Plan, or a signed letter from a physician, nurse practitioner, psychologist, or LCSW stating the diagnosis).

We appreciate your cooperation as we gather this information so we can continue to provide services to your family at no cost to you.



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# STEP UP FOR DOWN SYDNROME!

**Sunday, June 5, 2022**

Create your team today and start earning prizes like Walk in the Park Ticket Packages to Molina and Wainright's last game with the Cardinals!

[dsagsl.org/step-up](http://dsagsl.org/step-up)

