



FAMILY CONNECTION

SPRING 2022 NEWSLETTER

JOSEPH & TIFFANY JOIN THE YOUNG FRIENDS BOARD

Please help us in welcoming our two newest members to the Jr. Board, Joseph Niemeyer and Tiffany Prapaisilp!

Joseph works at Culver's in Fenton and competes in Special Olympics, primarily basketball. He loves spending time with family and playing games. He also enjoys watching TV on Hulu, Netflix, and YouTube. His favorite activities to do with friends are going out to lunch, bowling, and playing sports. His favorite activities to do with his family include playing Mario Kart with his mother (his favorite character to play is Mario), and he likes watching TV and playing games with his father.

His favorite foods are pasta, Mexican, and Chinese. Country music is his favorite and his favorite artists are Luke Combs, Luke Bryan, Blake Shelton, and Rascal Flatts. He also loves Maroon 5 and Bruno Mars.

He told us he likes being a part of DSAGSL because there are different opportunities and events to participate in and he likes to try out all of the different things there are to do. Joseph says what makes him a self-advocate is being a role model for Special Olympics and the schools he goes to, and going to schools and telling kids how he is more similar than different to them. He wanted to be on the Young Friends Board because he wanted to work with all of his friends and give ideas and different options for events. He had a great time at this first Young Friends Board hosted event, the Bowling Tournament on March 20th to celebrate World Down Syndrome Day.



Joseph



Tiffany

Tiffany sometimes works at her family's restaurants and her hobbies include baking and sports – primarily curling, swimming, and bowling. Her favorite activities to do with friends are bowling, playing games, talking about boys, and laughing. Her favorite activities to do with family are playing card games and spending time with them. Tiffany's favorite food is Mexican food, mainly quesadillas, and her favorite singer is Blake Shelton.

Tiffany says she likes being a part of DSAGSL because she gets to be with her friends and make new ones. She defines her self-advocacy as helping people. She wanted to be on the Young Friends Board to help people get along and meet new people. If she could tell people one thing about Down syndrome, she would tell them that people with Down syndrome are just like everyone else. They like to be helpful and happy, be with family, have friendships, and get along with everyone.

Welcome Tiffany and Joseph! DSAGSL is so excited to have you as part of the Young Friends Board! If you are interested in learning more about the DSAGSL Young Friends Board, visit dsagsl.org/young-friends-board.

A MESSAGE FROM ERIN

Dear Friends and Family,

Spring has sprung at the DSAGSL! As always there is so much excitement abound. We are thrilled to welcome our newest staff person, Linda Kamphorst, to the team! Linda joined us in April as the first ever Director of Family Support. She will be working closely with Christy and Makini, our two Family Support Coordinators, to serve more families, reach traditionally underserved communities, enhance our medical outreach program, create and host more family events, and build our workshops and training calendar!

In addition, we are excited to welcome Jordan Watkins, one of our faithful interns, to the team as a contract program assistant for the summer. She has a gift for helping our individuals with Down syndrome. Finally, we are also in the process of hiring a new contract Education Programs Coordinator who will work over the summer to help build our educational advocacy and training programs for parents and teachers.

With all of the wonderful new talent joining the DSAGSL team, we are developing many plans to serve, support, and celebrate you and your family even more in coming years! Inside this newsletter you will see all of the cool things we've been up to and all of the programs you can sign up for in the future. We hope you will join us for programs such as:

- Our largest awareness day and fundraiser, Step Up for Down Syndrome
- Small Steps Therapy Program serving kids 2-7 years old and their caregivers
- Bodies and Boundaries workshop for teens and adults with Ds and parents
- Fusion Friday weekly daytime program for adults with Down syndrome
- Dementia and Alzheimer's disease support group for caregivers
- African American Community Group meet ups
- Life Long Learning weekly program for adults and elders with Down syndrome
- DSAGSL Education Specialist Boot Camp
- And more.....

I am beyond excited for these new programs, and mostly, to see more faces in our office and online! I couldn't be prouder to serve this community at this time. 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,



Erin Suelmann
Executive Director

WELCOME LINDA!

Linda is delighted to have recently joined the Down Syndrome Association of Greater St. Louis as the Director of Family Support. She comes to DSAGSL with more than 20 years of social service experience. Previously, she worked at Head Start, providing early intervention services to families in poverty. She also has experience supporting individuals with developmental disabilities at Easterseals Midwest and Illinois Center for Autism. She believes everything happens for a reason and was led me to DSAGSL to help support and advocate for the individuals we serve.

In her spare time, Linda enjoys travelling, hiking, and spending time with family and friends. She lives in Illinois with her husband, a retired Navy veteran, and their furbabies. She has nieces and nephews ranging in age from 5 to 30 years old and enjoys providing them with new experiences as they grow and learn.

Linda keeps busy with her senior dog, Ted, a beagle-lab mix (or beagledor), and her two orange tabby kittens known as the Golden Girls, Rose and Sophia. Linda discovered the kittens could jump on counters almost two years ago after discovering her husband's wedding band missing from the bathroom counter. In her free time, she enjoys hunting for the lost wedding ring and collecting records. Welcome Linda! We are so excited to have you on the team!



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), the Productive Living Board (PLB) 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/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 | youtube.com/stlouisdsa | follow @dsagsl Instagram

Visit our Website

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

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THE DOWN SYNDROME CENTER AT CHILDREN'S HOSPITAL

The Down Syndrome Center 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. For adults, families should call Dawn at 314-273-7992. www.stlouischildrens.org/conditions-treatments/down-syndrome-center

NATIONAL DOWN SYNDROME SOCIETY (NDSS) GUIDELINES FOR AN INCLUSIVE EDUCATION

This document addresses the education settings that support students with Down syndrome, covering the period from early intervention and primary education through secondary and through higher education, with the primary focus being K-12 students. Download free at www.ndss.org/inclusive-education-guidelines

NATIONAL DOWN SYNDROME CONGRESS (NDSC) PARENT WEBINAR SERIES

This three-part series was designed to help parents and educators make the jump from the classroom to online learning. Presented by Sean J. Smith, a professor of Special Education at the University of Kansas and an NDSC Board member, these sessions focus on the various tips, tools, and techniques to maximize online learning for students with disabilities. Watch anytime at www.ndsccenter.org/outreach-education/parent-webinars

DOWN SYNDROME ASSOCIATION OF GREATER ST. LOUIS (DSAGSL) VIDEO LIBRARY

DSAGSL has put together a YouTube Playlist of all our webinars, including the three-part series Secure Futures- Planning for the Future for your Loved One with Down Syndrome, a Visual Schedules Workshop, and a seminar on Down syndrome & Alzheimer's disease. Additionally, you can find several video-modeling videos for individuals with Down syndrome on topics such as health, hygiene, safety, and social-skills. View them anytime at www.youtube.com/StLouisDSA/playlists

MEDICAL CARE GUIDELINES FOR CHILDREN, ADULTS, AND MORE

The Medical Care Guidelines for Adults with Down syndrome have recently been updated and published. This is an important tool in a primary care setting for all adults with Down syndrome. The full GLOBAL Guideline PDF can be downloaded free at www.globaldownsyndrome.org/medical-care-guidelines-for-adults. You will also find a checklist that can be downloaded that parents and caregivers can share with their loved one's medical professionals, as well as a 2-part toolkit to support individuals with Down syndrome who have diabetes.

In addition to these healthcare guidelines for adults, a clinical report is being published in the May issue of the American Academy of Pediatrics outlining the latest standards for practitioners treating children with Down syndrome. This is a clinical report intended to help guide medical professionals, however, a version for families is coming soon! You can find a link to the clinical report on our website at www.dsagsl.org/resources/health-wellness.

DOWN SYNDROME AND AUTISM SPECTRUM DISORDER DUAL DIAGNOSIS

DS-ASD is the co-occurring condition of Down syndrome and Autism Spectrum Disorder. It is believed that approximately 18% of individuals with Down syndrome will also have Autism Spectrum Disorder.

FREE national level Online Support (Facebook and Zoom) through Down Syndrome Autism Connection can be found at www.ds-asd-connection.org. You can also find local support at DSAGSL online at www.dsagsl.org/resources/for-families (scroll down to Dual Diagnosis), on Facebook at www.facebook.com/groups/DS.ASD.GreaterSTL, and by contacting Family Support Coordinator, Christy Klaus at 314-961-2504 or Christy@dsagsl.org.

COMMUNITY GROUPS

DSAGSL Community Groups provide information, resources and/or emotional support for parents and friends of individuals with Down syndrome. Each group has its own personality 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

SPECIAL INTEREST COMMUNITY GROUPS

African American Community Group

Serves: Families in the Greater St. Louis area

Main Contact: Makini Anwisyeh

314.961.2504 | makini@dsagsl.org

facebook.com/dsagsl | dsagsl.org

DADS Group

Serves: Dads in the Greater St. Louis area

Main Contact: Tony Sorocko

314.393.8548 | dadsstl@outlook.com

DS/ASD Dual Diagnosis Group

Serves: Families in the Greater St. Louis area

Main Contact: Christy Klaus

314.961.2504 | christy@dsagsl.org

facebook.com/groups/ds.asd.greaterstl

Family Resource Network

Serves: Parents & Caregivers of adults with Down syndrome 21+ in the Greater St. Louis area

Main Contact: Makini Anwisyeh

314.961.2504 | makini@dsagsl.org

facebook.com/groups/dsagslfamilyresourcenetwork

Let's Play! Community Group for Littles

Serves: Families in the Greater St. Louis area with babies, toddlers, and children preK – grade 6

Main Contact: Laura Vrabel

717.525.2144 | vrabellaura@gmail.com

facebook.com/groups/dsagslplaygroup

MOMS Group

Serves: Moms in the Greater St. Louis area

Main Contact: *This group is looking for new leadership.*

Please contact Abigail@dsagsl.org for more information.

LOCATION-BASED COMMUNITY GROUPS

Upstate Missouri Community Group

Serves: Kirksville, Brookfield and surrounding areas

Main Contact: Becky Pike

660.651.5139 | kirksville_cg@dsagsl.org

facebook.com/dscnemo

Heartland Community Group

Serves: Southeast Missouri and Southern Illinois

Main Contact: Clair Watson

573.334.5685 | heartland_cg@dsagsl.org

facebook.com/heartlandDSA

Metro-East Community Group

Serves: Bellville, O'Fallon, Shiloh, surrounding areas

Main Contact: *This group is looking for new leadership.*

Please contact Abigail@dsagsl.org for more information.

St. Charles County Community Group

Serves: St. Charles, West County, surrounding areas

Main Contact: Judy Dodge

314.954.6448 | judyd772@gmail.com

facebook.com/groups/dsagslstcharlescounty

Southern Illinois Community Group

Serves: Carbondale, Creal Spring, surrounding areas

Main Contact: Samantha Dudley | soil_cg@dsagsl.org

facebook.com/SIDownSyndromeCommunityGroup



SAVE THE DATE

BODIES & BOUNDARIES

May 23 & 24 | 6:30-7:30 | Zoom

Using picture boards, this program is for teens and adults to talk about appropriateness and the differences between public and private behavior.

dsagsl.org/next-steps

ALL THINGS LEGAL W/ ATTORNEY PAUL GANTNER

June 1 & 8 | 6:30-8:00 | Zoom

Join us for the workshop all about guardianship, person-centered decision making, powers of attorney, special needs trusts, and which tools you need to help your family member thrive. dsagsl.org/calendar

DOWN SYNDROME EDUCATION SPECIALIST

July 26, 27 & 28 | 9:00-12:00 | DSAGSL Office

This program is for educators, parents, and others who work with students with Down syndrome. Topics covered include DS 101 & Health Concerns, Behavior Strategies, Curriculum Modifications, and Inclusion.

dsagsl.org/education-specialist

SMALL STEPS THERAPY PROGRAM

Thursdays starting June 16 | 9:30-11:00 | DSAGSL Office

The DSAGSL will offer a variety of therapeutic activities every Thursday morning for eight weeks for kids with Down syndrome ages 2-7 years old. Activities include music, gross motor exercises with Special Olympics Young Athletes program, and more! More details coming soon! Visit dsagsl.org/small-steps for updates.

YOUNG FRIENDS BOARD GAMES IN THE PARK

August 28 | 1:30-3:30 | Memorial Park in Brentwood

The Young Friends Board is hosting Games in the Park with snacks, yard games, music, and social time. For teens and adults 15+.

dsagsl.org/21-club

VIRTUAL & IN-PERSON PROGRAMMING

Monday - Friday | Various Times | DSAGSL & Zoom

We are still offering several of our original Zoom and Facebook Live programs, as well as some newer in-person and hybrid programs. Check out the full schedule for times and details

dsagsl.org/programming

STEP UP FOR DOWN SYNDROME

June 5 | 9:30-12:30 | Forest Park

Don't miss the largest celebration of Down syndrome in the area. This year we are celebrating 3.21 superpowers with a superhero themed event. dsagsl.org/step-up

RUN FOR 21 5K (PLUS A LITTLE EXTRA!)

June 5 | 8:00 Shotgun Start | Forest Park

Run this 3.21 mile race through beautiful Forest Park, right before Step Up. Runners will enjoy unlimited pancakes from Chris Cakes after the race.

dsagsl.org/run-for-21

D.A.D.S. ANNUAL PUTTIN' FOR DOWN SYNDROME

September 30 | Incline Village in Foristell, MO

The D.A.D.S. (Dads Appreciating Down Syndrome) 17th Annual Puttin' for Down Syndrome Golf Tournament features an 18-hole, four-person scramble, as well as a dinner and silent auction. Now open for registrations!

birdease.com/puttinfords2022

WALK IN THE PARK

October 2 | Busch Stadium

Join nearly 2,500 friends and supporters of the DSA for our largest awareness day of the year. Enjoy the pregame pep-rally, walk around the warning track and tickets to the ballgame! For more information about tickets, contact Emily at emily@dsagsl.org.

DSAGSL 12TH ANNUAL TRIVIA NIGHT

November 5 | 7:00-10:00 | The Factory in Chesterfield

We are officially back in-person this year for a bigger-than-ever event at an exciting new location, The Factory in Chesterfield! Get your table today and enjoy open bar, snacks, performances, and great trivia!

dsagsl.org/trivia





DSAGSL Ready 2 Work Employment Program is back!

We are so excited to continue offering all the amazing employment programming that we've had so much success with, plus some exciting new additions!

To start, we have re-opened the Pop-Up Marketplace. It has been a bit of a challenge to find places to "pop-up" as most businesses are still being cautious about extra visitors. However, we have found some community events and markets to host us, as well as invited folks to the DSAGSL office to see what our Marketplace employees have to offer. It is a great opportunity for program participants to get on-the-job training and practice customer service and sales skills.

We have also developed a great new product, freshly roasted coffee, which emerged out of a new partnership with Alpha & Omega coffee bar in O'Fallon, MO. The 3•21 Roasting program allows participants to help roast the coffee beans, package the beans, or ground coffee, in 12 oz. bags, label the bags, sign their name on each bag they pack, and then sell the product at a Pop-Up Marketplace. This aspect of the program provides the opportunity to practice following procedures, sorting and packaging, creative decision making/branding, working as a team (or, working with co-workers) and interacting with customers.

In addition, our coffee accessories have been very popular, including 20 oz. tumblers with our 3•21 Roasting logo, available in many colors, and coffee cups hand-painted by people with Down syndrome. For more information on how to purchase these items, visit: dsagsl.org/employment.

Finally, we have started up employment classes again. Our 8-week Employment Academy course focuses on workplace behaviors, "job & people" skills development, job searching skills like applications and resumes, interviewing, how to present yourself to hiring managers, and so much more.

DSAGSL kicked off the Employment Academy classes with a Spring 2022 session that had 5 graduates. The next session begins July 12th at the DSAGSL office. To learn more, visit dsagsl.org/employment.

If you are someone who would like to join the Ready 2 Work Employment Program, and are interested in participating in Employment Academy, or if you are an employer looking to hire someone with Down syndrome, please reach out to our Employment Program Manager, Don Williams - don@dsagsl.org or 314-961-2504

More Resources on Employment

- RespectAbility- Resources for Job Seekers with Disabilities:
www.respectability.org/resources/Job-Seekers-Disabilities
- Starting Your Own Business for People with Disabilities
www.commercialcapitaltraining.com/business-resources/business-ideas/business-ideas-people-disabilities
- Career Discovery Guide by the Missouri Planning Council for Developmental Disabilities:
www.moddcouncil.org/wp-content/uploads/2019/07/Career-Discovery-Guide.pdf

DSAGSL | IN ACTION



WELCOME NEW FAMILIES

We have welcomed 12 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.

AWARENESS PRESENTATIONS & PACKETS

The DSAGSL has presented to nearly 500 students and faculty at 4 elementary schools this year so far, and more than 200 packets of educational resources and information about Down syndrome were sent out to schools leading up to World Down Syndrome Day. One school even hosted a “Genes Day” fundraiser! We are so grateful for the many partnerships we have with area schools and proud of the impact that these presentations and packets make!

WORLD DOWN SYNDROME DAY OPEN HOUSE

We celebrated 3/21 with an open house event at the DSAGSL Office. In the morning, we hosted families with little ones and enjoyed a super fun music therapy group! In the afternoon, teens and adults came by for snacks, crafts, Bingo, and dancing. And the photobooth was enjoyed by all!



BUDDY UP TENNIS

We are so proud of our awesome partnership with the Buddy Up Tennis program! The Spring 2022 session at Frontenac Racquet Club hosted 23 athletes ages 10 and up, 23 buddy volunteers from Wash U, and 2 incredible coaches. Big shout out to Avinash, Jonathan and Milena for all their hard work coordinating the program! The next session is September - December on Sunday afternoons. If you're an athlete interested in participating, or if you are interested in volunteering as a buddy, contact Milena at stlouistennis@buforlife.org.



NEW PROGRAMS: OMA & LIFE LONG LEARNING

DSAGSL and Artists First partnered up in April to offer the Opening Minds through Art (OMA) program. This 8-week evidence-based program is for people experiencing memory loss. In conjunction with the OMA program, DSAGSL also began offering the Life Long Learning program for adults 21+. Participants work on memory and problem solving activities as well as music therapy and social games.

NEW FAMILY PICNIC

On April 23rd, DSAGSL hosted the annual New Family Event. Similar to last year and to make sure we gathered in the safest way possible, fifteen families with babies born in 2021 enjoyed a picnic outside. A delicious lunch was provided by Pasta House. It was a beautiful day at the Faust Park, and volunteer photographers snapped photos of new families that will be included in the upcoming Friends for All Seasons Calendar!

Guest speakers talked with the families about what life is like having a family member with Down syndrome. Tom Mahan, father to son Teddy who is now 5 years old, spoke about their family's journey of parenting a child with Down syndrome. Teddy's grandma, Pat, spoke about the joys of being a grandmother to her precious grandson. And Erin Suelmann spoke about growing up as a sibling to her younger brother, Andrew, and how it has shaped who she is as a person.

Families received resources and gifts to take with them as well as new friendships and connections with other families.



WORLD DOWN SYNDROME DAY BOWLING TOURNAMENT

The DSAGSL Young Friends Board planned and hosted their second Bowling Tournament raising nearly \$7,000 for programs and services. With 120 bowlers and their families there to watch, we ate lots of pizza and cupcakes, sold tons of raffle tickets, and had way too much fun.

Big thanks to our presenting sponsor, the Shapiro Family, our photobooth sponsor, LaMartina Plumbing, our Awards sponsor, Kevin Courtney, our lane sponsor, St. Louis Life, and our in-kind donors, Wedding Wonderland, Culvers, GFI Digital, Nothing Bundt Cakes, Raising Canes, and Bowlero.





THANK YOU FOR YOUR SUPPORT

GRANTS

Dana Brown Charitable Trust - *Programming for Children with Down syndrome*

Kisling Foundation - *DSAGSL Services and Programs*

Jannine J Barrett Foundation - *DSAGSL Services and Programs*

Cardinals Care - *Welcome Baby Baskets and Ages and Stages Resources*

Books for STL Kids - *Provided Books for Welcome Baskets for New Families*

THIRD PARTY FUNDRAISERS

White Castle - *Round Up Campaign*

Several area White Castle locations hosted a Round Up Campaign for DSAGSL. Thank you so much to the everyone at White Castle. We are so grateful! We are also excited to have them at Step Up for Down Syndrome this year serving sliders!

Penn Station Eastcoast Subs - *Round Up Campaign*

Several area Penn Stations hosted a Round Up Campaign for DSAGSL in March. They had posters and signs at each location promoting the fundraiser, and even gave out coupons for free subs to customers who donated \$2 or more. Thank you so much to Penn Station for the support!

Meramec Valley School District - *Christmas Tree Forest Event*

Thank you to the Meramec Valley School district for hosting a holiday fundraiser benefiting the DSAGSL! Donations from students, families and teachers raised over \$200 for programs and services supporting the Down syndrome community.

Gateway Science Academy - *“Genes Day” Fundraiser*

The students and staff at Gateway Science Academy hosted a “genes day” where all the students got to wear their jeans to school if they donated to the DSAGSL in honor of their classmates with an extra gene! They raised over \$400! Big thanks to the Marvin family for coordinating and to GSA staff for supporting the fundraiser and awareness event.

Liberty Middle School in Edwardsville - *T-shirt Fundraiser*

Students and teachers raised over \$400 for DSAGSL programs and services by creating and selling Down Syndrome Awareness T-shirts! Thanks so much to the whole school for your support!

GET INVOLVED

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. 314.961.2504 or Erin@dsagsl.org.

IRA ROLLOVER CONTRIBUTIONS

Did you know that money from an individual retirement account can be donated to charity? In fact, if you've reached the age where you need to take required minimum distributions (RMDs) from your traditional IRAs, you can avoid paying taxes on those funds by donating that money directly to charities of your choice. Monthly donations such as these are so valuable to nonprofits like the DSAGSL because they offer reliable income throughout the year.

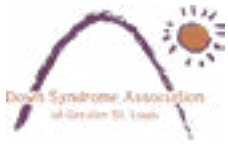
If you are interested in learning more about using your IRA as a charitable giving mechanism, speak with your tax professional or financial advisor!

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!



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Brentwood, MO 63144

www.dsagsl.org



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/stlouisdsa



DSAGSL 12TH ANNUAL

TRIVIA NIGHT

Saturday, November 5th



We're officially back in-person this year at an exciting new location

The Factory in Chesterfield

This bigger-than-ever event will feature three open bars with beer, wine and liquor, snacks, premium event-quality sound and stage, DSAGSL performances, fun games, and of course, TRIVIA!

[Tickets at dsagsl.org/trivia](http://dsagsl.org/trivia)

