



# FAMILY CONNECTION

## SPRING/SUMMER 2023 NEWSLETTER



### NEWLY RENOVATED SPACE HOSTS PHOTOGRAPHY EXHIBIT

The Down Syndrome Association of Greater St. Louis (DSAGSL) office recently renovated the multipurpose space at our headquarters in Brentwood, Missouri, thanks to funding in part by the Productive Living Board of St. Louis County .

The expanded and redesigned space accommodates more participants during weekly programming, and provides more versatility for different types of programs and events. We are excited to kick off the opening of the newly renovated space with a special photography exhibit featuring the incredible stories of people with Down syndrome.

Photographer Randy Bacon and his collection *Just As I Am: Portraits*



and *Stories of People with Down Syndrome*, is on display at the Down Syndrome Association of Greater St. Louis office through June 30th.

*Just As I Am* invites us to view the world through the lens of someone living with Down syndrome. This project's aim is to create awareness and a better understanding of Down syndrome through raw, authentic stories, intimate portraiture, and a short film series. This project challenges us to celebrate those with Down syndrome just as they are and to recognize the gifts and talents these individuals bring to the world.

The exhibit is available to the public Tuesday - Friday, 8:30-4:30, as well as special weekend and evening events.

### PROGRAM ROOM CALENDAR

TUESDAYS

*Life Long Learning*

FRIDAYS

*Fusion Friday Program*

FRIDAY EVENINGS

*Rock 21 Music Club*

3RD THURSDAYS

*Helping Hands Volunteer Group*

4TH SATURDAYS

*Circle of Friends Inclusive Social Club*

JULY 17,18,19

*Down Syndrome Education Specialist Program*

# A MESSAGE FROM ERIN



Spring has sprung at the DSAGSL!

Once again we find ourselves, like all of you, busy as bees! Springtime at the Down Syndrome Association of Greater St. Louis means lots of classroom presentations, workshops, spring sessions of our teen and adult programming, preparing for summer activities and, of course, getting ready for our Birdies and Bass golf tournament and Step Up for Down Syndrome! We are so excited that Step Up for Down Syndrome is on track to be our biggest and best ever with the theme this year of Pirates, Princes, and Princesses. We are celebrating the magic of Down syndrome with games, activities, crafts, music, food from partners like our Presenting Sponsor White Castle, bounce houses, a video game truck, rock climbing wall, 1 mile awareness walk and so much more! We have over 175 teams (50 NEW) this year and we can't wait to see over 4,000 of our closest friends

and family members in Forest Park! If you've never been to SUDS and are not sure how to get involved, we encourage you to contact us to learn more about how to come enjoy THE party of the year!

After SUDS, we will put all of those funds raised right back to work into our exciting summer programs. If you have a child in school, please encourage your teachers and administration to attend our Down Syndrome Education Specialist Program. It is a truly unique training program that helps schools create the best possible learning environments for students with Down syndrome. In addition, our Circle of Friends program will host a summer social and a cornhole event for teens and adults, and we are planning our Small Steps Therapy camp for our younger members! If your teen or adult has not had a chance to join us for Fusion Friday because they are in school, summer is a perfect opportunity to bring them by for some of the most fun they will have all week.

Finally, I am beyond excited to welcome Maria Marzucio to our team as our Southeast Missouri Program Coordinator. As promised, Maria has been hired to help grow services in the Southeast Missouri region.

As always, thank you for all that you do for DSAGSL. Our services and programs are only possible because of your hard-raised funds, your belief in our mission, and your continuous input and guidance. We hope to see you soon!

Stay cool,

Erin Suelmann  
Executive Director

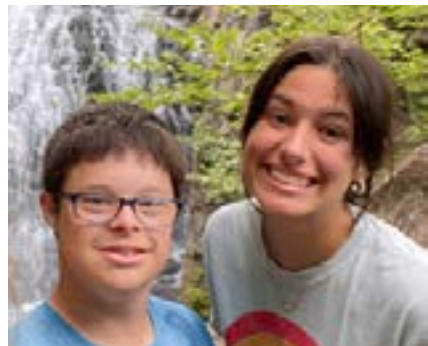
## WELCOME MARIA!

Hello everyone! I am extremely excited to accept the position with the DSAGSL as the Southeast Missouri Coordinator this June!

My name is Maria Marzucio, I recently graduated with my bachelor's degree in Family Studies with an Art Minor from Southeast Missouri State University. I am also a certified Registered Behavior Technician. My love for individuals with Down syndrome came at birth, as my twin brother was born with Down syndrome.

My love for all people with Down syndrome, and all abilities, grew from there as our family hosts different fundraisers and activities for those with special needs each year. I participate in coaching Challenger Basketball and Baseball in my hometown and have been an intern at Common Grounds Coffee House.

After my brother's recent passing, the job means even more to me to continue his legacy and make an impact on all the special people I can. When I am not working, I enjoy spending time with family and friends, traveling, camping, being outdoors, painting, and sewing. I look forward to learning more about this team and to formally meet all of you.



# 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

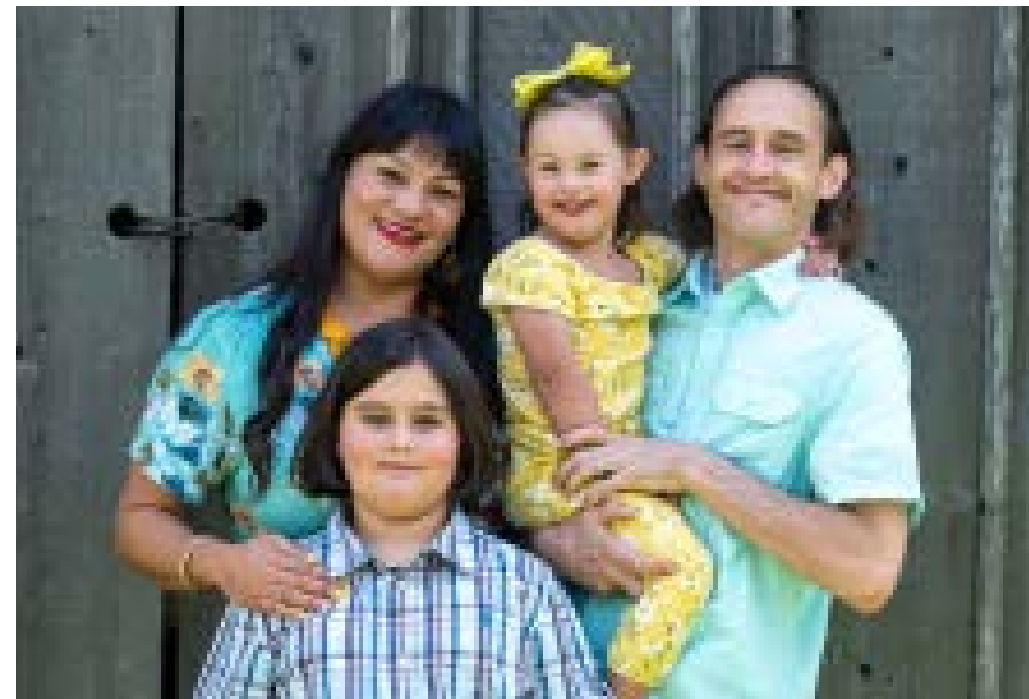
Did you get emails and mail from DSAGSL in the past but now it seems to have stopped? DSAGSL has moved to a new database system and we want to ensure that everyone's contact information made the transition. If you feel like you have not been getting communication from us, please reach out and let us know! Visit [dsagsl.org/signup](https://dsagsl.org/signup), email [info@dsagsl.org](mailto:info@dsagsl.org) or call 314-961-2504 and we will be sure to get your information corrected in the system.

## Follow us on Social Media

DSAGSL stays active on Facebook, Instagram, 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 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!



## BOARD OF DIRECTORS 2023

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- Beau Reinberg
- Jonathan Waldron
- Claire Watson

**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) | [www.dsagsl.org](https://www.dsagsl.org)

## 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 [ds-asd-connection.org](https://ds-asd-connection.org). You can also find local support at DSAGSL online at [dsagsl.org/resources-by-topic](https://dsagsl.org/resources-by-topic) (scroll down to Dual Diagnosis), on Facebook at [facebook.com/groups/DS.ASD.GreaterSTL](https://facebook.com/groups/DS.ASD.GreaterSTL), and by contacting Family Support Coordinator, Christy Klaus at 314-961-2504 or [Christy@dsagsl.org](mailto:Christy@dsagsl.org).

## TOILET TRAINING TIPS AND TRICKS

Like their typically developing peers, children with Down syndrome have a broad range of abilities. Most will achieve their developmental milestones, but on their own trajectory and time frame. Most children with Down syndrome are able to toilet train, and can successfully complete this very important developmental milestone. You will find that the developmental considerations a parent of a child without Down syndrome experiences will also apply to you and your child as you begin this journey toward achieving continence of stool and urine. Likewise, patience, flexibility, consistency, repetition and humor all contribute to a successful process for both of you!

The DSAGSL Toilet Training Guide includes information that can help parents and their children on any age on this important journey. You'll find links to resources, graphics and visuals you can print and use, and other tips and tricks. The guide can be found at [dsagsl.org/resources-by-topic](https://dsagsl.org/resources-by-topic)

Toilet training your child with Down syndrome may take a bit more patience and creativity, but it will happen! This guide will provide you with information to get you on your way to toilet training your child. So, get ready, get set, GO!

## THE RECREATION COUNCIL OF GREATER ST. LOUIS

The Rec Council provides individuals with developmental disabilities with the opportunity to have fun, be active, socialize, gain independence and discover their life's passion. They aim to connect individuals of all ages with developmental disabilities with a variety of recreation activities and programs across the greater St. Louis area. The Recreation Council works to ensure individuals are aware of and have access through voucher funding to recreation opportunities, including community inclusive recreation programs, specialized city programs and camps and other community resources. Learn more and sign up for their e-news letter to keep up to date on recreation activities all year round! [recreationcouncil.org](https://recreationcouncil.org)

## BACK TO SCHOOL RESOURCES

**The Maren Fund** supports children and young adults with Down syndrome in their educational journey throughout life with a variety of programs and services.

Their primary program is the Learning Program of St. Louis. These classes support parents and their children with Down syndrome with the development of their academic skills. They empower parents to teach their children literacy, math and other skills using evidence-based materials and methods. These classes are provided on a school-year basis.

The Maren Fund also offers its Maren Prep classes for those in middle school, high school and beyond. The Maren Fund is located in St. Louis and serves the MO/IL region. For information visit [marenfund.org](https://marenfund.org).

**Family Advocacy and Community Training (F.A.C.T.)** is a non-profit organization that provides information, education, and practical support to families that have children with disabilities. They offer programs and services that help families with navigating the special education system, preparing for IEP meetings, accessing services in the community, advocating for your child's needs, workshops and trainings on a variety of topics, and more. Visit their website [factmo.org](https://factmo.org) for more information.

**Missouri Parents Act (MPACT)** empowers families to advocate for themselves through support, training and education, so that children with special education needs can reach their full potential in education and in life. On their website, you can find webinars to watch online as well as in-person trainings to attend. There are several other resources for all age groups including Early Intervention, School-Aged Students, and Transition to Adulthood. Learn more at [missouriparentsact.org](https://missouriparentsact.org).

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 group manager, visit [dsagsl.org/calendar](https://dsagsl.org/calendar), or follow on Facebook for more information about group activities!

***We'd love to have your input on what you want to see in your community! All interest-based and location-based community groups are looking for additional committee members. Planning meetings are bi-monthly on zoom. To learn more about joining a planning committee, contact [Abigail@dsagsl.org](mailto:Abigail@dsagsl.org).***

## SPECIAL INTEREST COMMUNITY GROUPS

### Black Family Network

Serves: Families in Missouri and Illinois

Main Contact: Makini Anwisye

314.833.7586 | [makini@dsagsl.org](mailto:makini@dsagsl.org)

### DADS St. Louis

Serves: Dads in Missouri and Illinois

Main Contact: Tony Sorocko

314.393.8548 | [dadsstl@outlook.com](mailto:dadsstl@outlook.com)

### DSAGSL MOMS Community Group

Serves: Moms in Missouri and Illinois

Main Contact: Linda Kamphorst

314.833.8214 | [linda@dsagsl.org](mailto:linda@dsagsl.org)

### DS/ASD Dual Diagnosis Group

Serves: Families in Missouri and Illinois

Main Contact: Linda Kamphorst

314.833.8214 | [linda@dsagsl.org](mailto:linda@dsagsl.org)

[facebook.com/groups/ds.asd.greaterstl](https://facebook.com/groups/ds.asd.greaterstl)

### Adult Family Resource Network

Serves: Parents & Caregivers of adults with Down syndrome

18+ in Missouri and Illinois

Main Contact: Makini Anwisye

314.833.7586 | [makini@dsagsl.org](mailto:makini@dsagsl.org)

[facebook.com/groups/dsagslfamilyresourcenetwork](https://facebook.com/groups/dsagslfamilyresourcenetwork)

### Let's Play! Community Group for Littles

Serves: Families in Missouri and Illinois with babies, toddlers, and children preK – grade 6

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

[facebook.com/groups/dsagslplaygroup](https://facebook.com/groups/dsagslplaygroup)

## LOCATION-BASED COMMUNITY GROUPS

### DSAGSL Jefferson County Community Group

Serves: Jefferson County and surrounding areas

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

### DSAGSL Metro-East Illinois Community Group

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

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

[facebook.com/DSAGSLMetroEastCommunityGroup](https://facebook.com/DSAGSLMetroEastCommunityGroup)

### DSAGSL Southern Illinois Community Group

Serves: Carbondale, Mt. Vernon, Marion, surrounding areas

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

[facebook.com/SIDownSyndromeCommunityGroup](https://facebook.com/SIDownSyndromeCommunityGroup)

### DSAGSL Southeast Missouri Community Group

Serves: Southeast Missouri

Main Contact: Claire Watson

573.334.5685 | [heartland\\_cg@dsagsl.org](mailto:heartland_cg@dsagsl.org)

[facebook.com/heartlandDSA](https://facebook.com/heartlandDSA)

### DSAGSL St. Charles County Community Group

Serves: St. Charles, West County, surrounding areas

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

[facebook.com/groups/dsagslstcharlescounty](https://facebook.com/groups/dsagslstcharlescounty)

### DSAGSL Upstate Missouri Community Group

Serves: Kirksville, Brookfield, and surrounding areas

Main Contact: Abigail Bosslet

314.833.7560 | [abigail@dsagsl.org](mailto:abigail@dsagsl.org)

[facebook.com/dscnemo](https://facebook.com/dscnemo)

**For a list of other area Down syndrome groups, visit our website at [dsagsl.org/community-groups](https://dsagsl.org/community-groups)**

# DSAGSL | IN ACTION



## WELCOME NEW FAMILIES

We had a baby boom at the beginning of the year and welcomed 14 new families from January-April! 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 BRUNCH

Eight families of babies born in 2022 enjoyed our annual New Family Brunch. We held the event in our new space at the DSAGSL office! The families heard inspiring experiences from Abby Fink, who has a sibling with Down syndrome, and James Povich, who is a father. The families were able to connect with each other and received attendance gifts!



## SMALL STEPS

Small Steps continues to grow in both Missouri and Illinois. Each month, 15 families join us in Brentwood and 6 families in Collinsville for gross motor and music therapy activities. Our May sessions will end the spring quarter and we will move to a new schedule in June. Check out our Save The Date section for more information on our weekly summer schedule!

## SECURE FUTURES WORKSHOP- ALL THINGS LEGAL

On March 15 and 16, Attorney Paul Gantner of Amen, Gantner and Capriano Family Law Attorneys, presented information to families about legal matters that pertain to families with children who have disabilities, such as special needs trusts, guardianship, powers of attorney and much more. Mr. Gantner will present again in the fall. In the meantime if you need information about any family legal matters, reach out to [makini@dsagsl.org](mailto:makini@dsagsl.org).



## CIRCLE OF FRIENDS

Our new monthly inclusive social group has seen so much success! We got our heart rate up with Zumba in January, we played BINGO and made Valentine's in February, we had the Wash U A Capella Group perform and played music-themed games in March, and we created planters out of recyclables for Earth Day in April. On average, we've had 20-30 participants of all abilities. We can't wait to continue this popular program with games in the park in June!

## AWARENESS PRESENTATIONS

DSAGSL give presentations at schools in the Greater St. Louis area all year long, to students of all ages. Talking with young people about how we are more alike than different, and helping them to understand what Down syndrome is, creates a more inclusive environment for every student. DSAGSL has visited 13 schools and given over 50 presentations to students in grades k-7 in just the first half of 2023, and we have several already scheduled for the fall. Please visit [dsagsl.org/for-educators](https://dsagsl.org/for-educators) to book a presentation!

# BIRDIES & BASS

It was an incredible day May 8th for our 13th Annual Birdies & Bass Golf Tournament at the beautiful Persimmon Woods Golf Club. We were definitely watching the weather, but it turned out to be perfect weather on the course.

We started the day with 15 anglers with Down syndrome paired up with 15 golfers, and together they fished the lakes at Persimmon Woods. For each fish they caught as a team, that golfers foursome had 1/2 a stroke taken off their final score. Prizes were also awarded for heaviest catch and most catches of the day. This "Bass" portion of the event is a tradition cherished by all who participate.

We then kicked off the "Birdies" part of the day! 128 golfers played 18 holes, including the very talented Dream Team pictured here. The day ended with a delicious dinner and super fun program and auction emceed by Mr. John Carney. Together, we raised over \$115,000! We couldn't have done it without the incredible staff at Persimmon Woods, our amazing volunteers who came out to help, and our generous sponsors who make it all possible.



# WORLD DOWN SYNDROME DAY

DSAGSL and our community groups celebrated 3/21 all over the region! We had bowling events in St. Louis County, Jefferson County, Metro East, and Southern Illinois! The Southeast Missouri community group had a dance party and family activities event. The Let's Play Group had a jump around & arcade game party in St. Charles County, and our Upstate Missouri group had a pizza party in the park! Fun was had by all and we were so happy to see so many people of all ages!!

We also launched some new Down syndrome awareness merch including two short sleeved t-shirts, a long-sleeved shirt, and a crew neck sweatshirt. There are still many sizes and styles available, so check out our store website at [dsagsl.org/merch](https://dsagsl.org/merch)



# SAVE THE DATE

## STEP UP FOR DOWN SYNDROME & RUN FOR 21

**June 4th | Upper Muny Parking Lot in Forest Park**  
Celebrate the magic of Down syndrome at DSAGSL's largest event of the year! Plus, you can start your morning off with a 5k (plus a little extra) through Forest Park, followed by an unlimited pancake breakfast at Run for 21!  
[dsagsl.org/step-up](https://dsagsl.org/step-up) | [dsagsl.org/run-for-21](https://dsagsl.org/run-for-21)

## DADS DAY FAMILY CELEBRATION

**June 10th | 2:00-4:00 | Suson Park**  
Join DSAGSL and DADS STL for a celebration of dads! Meet at Picnic Area 4 and enjoy fishing, grilling, and games. Bring the whole family and don't forget to visit the petting zoo!  
[dsagsl.org/family-events](https://dsagsl.org/family-events)

## COUPLES NIGHT OUT

**June 23rd | 4:00-6:00 | Hearth & Soul in Clayton**  
Book a sitter and join other couples at Hearth & Soul for snacks, drinks, and great company!! More details coming soon. Visit our website for updates and to RSVP.  
[dsagsl.org/events/parents-caregivers](https://dsagsl.org/events/parents-caregivers)

## CIRCLE OF FRIENDS GAMES IN THE PARK

**June 24th | 2:00-4:00 | Tiles Park**  
The Young Friend Board has teamed up with SLU Best Buddies to offer inclusive social events for teens and adults! Join us on June 24th for outdoor games, picnic snacks, and fun with friends.  
[dsagsl.org/social-activities](https://dsagsl.org/social-activities)

## INTRO TO VISUAL SCHEDULES

**June 27th | 6:00-7:00 | on Zoom**  
In this workshop you will learn about the benefits of visual schedules and visual supports for individuals with Down syndrome. A variety of pre-made schedules will be available and we will discuss how to create personalized schedules.  
[dsagsl.org/workshops](https://dsagsl.org/workshops)

## DOWN SYNDROME EDUCATION SPECIALIST

**July 17th, 18th, & 19th | 8:30-12:00 | DSAGSL Office**  
The Education Specialist program provides training and support to educators, parents, and professionals seeking to build a meaningful education for students with Down syndrome. Join us for this three day workshop and leave with tools and strategies to use in the classroom!  
[dsagsl.org/for-educators](https://dsagsl.org/for-educators)

## YOUNG FRIENDS BOARD CORNHOLE TOURNAMENT

**August 26th | 1:00-6:00 | Vetta Sports in Ballwin, MO**  
The Young Friends of DSAGSL is planning a super fun Cornhole Tournament! Choose from the Social Bracket or Competitive Bracket, or come as a spectator! Everyone will enjoy food, beverages, and prizes. More details coming soon!  
[dsagsl.org/events](https://dsagsl.org/events)

## DADS STL GOLF TOURNAMENT

**September 29th | Incline Village in Foristell, MO**  
The 18th annual DADS STL Puttin for DS golf tournament and silent auction benefits the DADS Outreach Community Program, Pujols Wellness Center and DSAGSL. This is an 18-hole, four person scramble.  
[dadsstl.org/puttin-for-ds.html](https://dadsstl.org/puttin-for-ds.html)

## WALK IN THE PARK

**October 1st | Busch Stadium**  
Walk in the Park is an annual tradition that brings together families and friends for a day of raising awareness, cheering on the Cardinals, and an overall fun experience that fills the stadium with excitement. General ticket sales open on July 10.  
[dsagsl.org/walk-in-the-park](https://dsagsl.org/walk-in-the-park)

## SMALL STEPS THERAPY SUMMER PROGRAM

**Weekly | DSAGSL Office & Illinois**  
We are finalizing the details for our weekly Small Steps Therapy Summer Program in partnership with Special Olympics Young Athletes and Midwest Music Therapy. Kids with Down syndrome ages 3-8 are invited to work on fine and gross motor skills, enjoy music therapy, and play and learn together. Visit our website for updates and to sign up!  
[dsagsl.org/programs/early-childhood](https://dsagsl.org/programs/early-childhood)

## DSAGSL LET'S PLAY SUMMER MEETUPS

**One Saturday Afternoon Each Month | Various Locations**  
Bring your littles and meet other families! This group will move around MO and IL to ensure everyone can join in on the fun. June and July meetups are both at splash pads! Follow the Facebook group and subscribe to our emails to ensure you get the latest details on every event!  
[dsagsl.org/programs/early-childhood](https://dsagsl.org/programs/early-childhood)

## MOMS NIGHT OUT

**Monthly at various locations**  
The DSAGSL Moms Night Outs have been a huge success so far! We've done splatter painting, we've gone jewelry shopping, we hammered and stained some home decor signs, and on August 4th we'll be at the DSAGSL office for a charcuterie class! Stay tuned for all the details.  
[dsagsl.org/events/parents-caregivers](https://dsagsl.org/events/parents-caregivers)

## ADULT FAMILY RESOURCE NETWORK MEETING

**2nd Wednesday Each Month | 6:30-8:00 | Zoom**  
Join the DSAGSL and other parents and caregivers of aging adults with Down syndrome at 6:30pm on Zoom to discuss resources, strategies, and support.  
[dsagsl.org/calendar](https://dsagsl.org/calendar)

## ALZHEIMER'S, DEMENTIA, REGRESSION GROUP

**2nd Thursday Each Month | 6:00-7:30 | Zoom**  
The DSAGSL invites you to participate in our monthly support group if you are caring for someone with Down syndrome who exhibits symptoms of Alzheimer's disease or a related dementia.  
[dsagsl.org/calendar](https://dsagsl.org/calendar)

# CORNHOLE TOURNAMENT


**Saturday, August 24th | Vetta Sports - Manchester | Registration begins at noon | Bags fly at 1:00pm**

The Young Friends Board of DSAGSL is hosting a very exciting new event this summer that DSAGSL has never done before! Join us at Vetta Sports - Manchester in Ballwin, MO on Saturday, August 26th for a super fun Cornhole Tournament! Participants can choose from Social League or Competitive League, and we'll have cash prizes for 1st and 2nd place in both leagues! Just \$50 for a team of 2, or purchase a spectator ticket if you'd like to cheer on the teams from the sidelines. This event is perfect for friends, families, and our community partners who want to come out to support a great organization, enjoy some food and drinks, and play a great game of bags. Check out all the details at [dsagsl.org/events](https://dsagsl.org/events)



# PROGRAMS FOR TEENS & ADULTS

Have you heard about our weekly in-person and virtual programs for teens and adults with Down syndrome? Our Lifelong Learning and Fusion Friday programs are in-person at the DSAGSL Office in Brentwood, and participants can come every week or anytime their schedule allows. Our virtual programs like Improv, Let's Talk, and Bingo are open to everyone, all you have to do is click the Zoom link! The spring schedule will go until June 30th, but there's no need to wait for a new session to start. Participants are welcome any time! The schedule will change in July and August, but we'll still offer all the same great programs. Find the details and sign up at [dsagsl.org/programs](https://dsagsl.org/programs)





## DSAGSL Programs for Teens, Adults, and Older Adults for April 10th - June 30th

\*\*no programs week of May 29 - June 2\*\*

Discover more at [www.dsagsl.org/programs](https://www.dsagsl.org/programs)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1:00</b> <b>Living Your BEST Life</b> <small>Video Modeling focused on health &amp; independence skills for adults</small> <a href="#">Facebook</a>	<b>9:30-12:00</b> <b>Lifelong Learning Session 1</b> <small>This session is for participants with higher support needs. Activities include music, art, and communication.</small> <b>In Person</b> <small>April 18 - June 12</small>	<b>10:00</b> <b>IMPROV</b> <small>with Andi</small> <a href="#">Zoom</a>	<b>7:00</b> <b>Ukulele Club</b> <small>Questions? Email <a href="mailto:andi@dsagsl.org">andi@dsagsl.org</a></small> <a href="#">Zoom</a> <small>April 18 - June 15</small>	<b>9:30-1:00</b> <b>Fusion Friday</b> <small>Group activities &amp; games for adults.</small> <b>In Person</b> - and - <a href="#">Zoom</a> <small>Program registration required for in-person</small>
<b>3:00</b> <b>BINGO!</b> <small>with Andi</small> <a href="#">Zoom</a>	<b>12:00-3:00</b> <b>Lifelong Learning Session 2</b> <small>Activities in this session include skills for independence, music, communication, and self-determination.</small> <b>In Person</b> <small>April 18 - June 12</small>			



# GET INVOLVED

## 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 2,000+ 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)

## READY2WORK POP-UP MARKETPLACE

Our Pop-Up Marketplace is back, and better than ever! We are ready to bring our Employment Training Program to your business, organization or event! For more information, contact don Williams at [don@dsagsl.org](mailto:don@dsagsl.org), or visit [dsagsl.org/employment](https://dsagsl.org/employment).

If you're ready to "up your coffee game", then you need to try a cup of 3•21 Roasting coffee - packaged by our Ready 2 Work team. It tastes delicious and is roasted locally! Plus, we have local partners helping us create hand-painted coffee cups, 18 oz. tumblers, and more. To see our expanding list of items, please visit [dsagsl.org/merch](https://dsagsl.org/merch).

## DSAGSL MERCH STORE

We have some great items in our merch store and all purchases go toward supporting DSAGSL programs and services. We have our signature 321 Roasting coffee beans, tumblers, hand-painted mugs, annual Friends for All Season calendar, and our sugar & spice candle. JUST IN, we have two new apparel designs! Choose from short sleeve, long sleeve, and crewneck sweatshirt! Check it out at [dsagsl.org/merch](https://dsagsl.org/merch)

## 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](mailto: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.

One of our valued volunteers and family members, Sara, offers why she has been contributing to the DSA from her IRA account for some time,

*"First of all I contribute to DSAGSL because I am so impressed with the dedication and commitment of the staff and the board. I believe the money truly helps the families and the persons with Down syndrome. I grew up with a sibling who had Down syndrome and I am excited about the opportunities and possibilities for these persons today that DSAGSL provides. I believe in contributing a portion of my income to my church and to organizations that I support. By having my financial institution send the money directly from my IRA to DSAGSL, I do not pay income tax on that amount!"*

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

# THANK YOU FOR YOUR SUPPORT

## GRANTS

**YEP STL!** - Small Steps Music Therapy Grant

**United Way** - General Operating Grant

**Cardinal's Care** - New Family Support Welcome Baskets and Ages and Stages Program

## THIRD PARTY FUNDRAISERS

**Gateway Science Academy Middle and High School** - Genes Day Fundraiser

**Gateway Science Academy Elementary School** - Genes Day Fundraiser

**Meramec Valley R-III School District** - Genes Day Fundraiser

**Kendra Scott LLC** - Give Back Fundraiser

**Mary, Queen of Peace** - Church Fundraiser

**Austin Vandeven** - 321 Fetch Give Back Fundraiser

**Knights of Columbus Kirkwood Council 2117** - Tootsie Roll Campaign

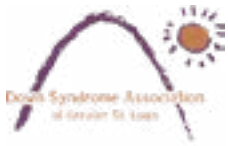
**Deer Creek Bar and Grill** - Give Back Fundraiser

**White Castle Corporate** - Round Up Give Back Fundraiser

## VOLUNTEER OPPORTUNITIES

DSAGSL is always looking for interns and volunteers to help with our day to day operations, as well as with events and programs. We are currently looking for volunteers for an exciting new opportunity with the Cardinals! DSAGSL has been assigned a concession stand at some Cardinals games, as well as two concerts throughout the summer. Our volunteers will work the concessions and all tips, plus a portion of sales, will be donated back to the organization! An online training is required, and volunteers must be 18 years or older. Individuals with Down syndrome over 18 are also welcome to volunteer with a family member! Learn more and sign up at [dsagsl.org/volunteer](https://dsagsl.org/volunteer)





1300 Strassner Drive  
Brentwood, MO 63144

[www.dsagsl.org](http://www.dsagsl.org)



# DOWN SYNDROME EDUCATION SPECIALIST SUMMER PROGRAM

**JULY 17, 18, 19 | 8:30-12:00**

The Education Specialist program provides training and support to educators, parents, and professionals seeking to build a meaningful education for students with Down syndrome. Join us for this three day workshop and leave with tools and strategies to use in the classroom!

**[DSAGSL.ORG/FOR-EDUCATORS](http://DSAGSL.ORG/FOR-EDUCATORS)**

