

DSASTX NEWSLETTER

August 2019



A message from the Executive Director

Summer has sure flown by this year! As we start a new school year, we would like to wish everyone a successful start to the year. We have been busy this summer making sure the community knows about the all amazing things happening at the DSASTX by holding events all over San Antonio. The DSASTX has been very fortunate to have made some new partnerships within the San Antonio community that will benefit our mission and purpose in tremendous ways - we cannot wait to share what we have in store for you all! Please be sure to stay connected with us via social media and by reading our e-blasts to stay updated on all that is going on at the DSASTX.

We look forward to seeing you and your family in the month of August.

And remember, you are always welcome here!

Warm Regards,
Brooke Kearney



Stay Connected...



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Recap of July 2019

It seems like July came and went for us at the DSA! It was a fun and busy month, but we would not have it any other way. Some of the highlights in July include our annual Splashtown day, CPR class, Karaoke night, and glam day - just to name a few. We have hit the ground running with Buddy Walk and we cannot wait for this year's event to be bigger and better than the last! The Collective Palette event has also secured a date for next year, so be on the lookout for the Save the Date coming soon!

Splashtown -

We had a refreshing time with our DSA community at Splashtown that took place on Saturday, June 13th. Thank you to the DSA community members who joined us this year - we look forward to expanding our time at Splashtown in the coming years!



CPR Class -

In partnership with Inspire CPR, the DSA was able to offer CPR classes for individuals and their families. Participants were able to learn:

- Perform effective life saving compression's
- Use an AED during an emergency
- Activate the Emergency Repose system
- And become CPR Certified



Thank you, Inspire CPR!

Glam Day -

We had the pleasure of having makeup guru, Shannon Hargrave and Sarah of Blue Betty Photography come in for a 'Glam Day'. Together the two gave make overs and a photo session to 3 of our active individuals from Teen & Adult Club. We would like to thank Shannon & Sarah for taking the time out for Glam Day! Stay tuned for more opportunities!



Karaoke Night -

In the month of July, we had the opportunity to be 1 of 3 beneficiaries at Cherry Bar! We were able to host a karaoke night to drive revenue. We would like to thank everyone who came out to help us raise funds and awareness! Cherry Bar has agreed to have us back on the month of November - so keep an eye out for some fun events in the near future!



Stay Connected...

[.com/DownSynSTX](https://www.facebook.com/DownSynSTX)

[@dsastx](https://www.instagram.com/dsastx)

[@DownSynSTX](https://twitter.com/DownSynSTX)

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Buddy Walk 2019

The 19th Annual Buddy Walk of South Texas is underway! This year's walk is scheduled for Saturday, October 19th at River City Community Church. Join us as we celebrate individuals with Down Syndrome while increasing awareness and inclusion. This one mile walk is a family event that is sure to have something for the whole family! Register today for only \$10 on our website at www.dsastx.org/events/buddy-walk. Team incentives coming soon - stay tuned!

#BuddyWalkSTX2019

4 New Fun Facts about Buddy Walk!

Saturday, October 19, 2019
9AM - 1PM
River City Community Church



FACT #1: 2019 Presenting Sponsor - WHATABURGER

- For the first time ever, Whataburger has partnered with DSASTX to be the Presenting Sponsor for this year's Buddy Walk!
- "We're so proud to support the Down Syndrome Association of South Texas and all the fantastic work they do to empower and support those with Down syndrome and their families," said Don Hurrell, Whataburger Regional Director of Operations.



FACT #2: Sponsors Can Dedicate Funds to a Specific Team

- You are able to allocate your corporate sponsorship toward a specific Buddy Team.
- Sponsorship benefits will still be included if you choose to allocate funds.
- Please see sponsorship packet for full benefits.



FACT #3: We Have a Tent Town!

- This year, teams have the option to purchase a reserved parking space to place a tent as a designated team area - team will be allowed to bring tables, chairs, and snacks for their tent area.
- All team tents will be placed in 'Tent Town' - a reserved area in the blueprint of Buddy Walk.
- To purchase a reserved spot, please visit the Buddy Walk website, www.ds-stride.org/buddywalksouthtexas
- Space is limited, so reserve today!



FACT #4: Team Captain Packet Available

- The success of our walk is dependent upon the hard work of all team captains to spread the word and encourage others to get involved.
- Team Captains have access to quick start guides that can be beneficial to setting up the team page, and includes a guide to fundraising ideas and ways to raise awareness.
- Packet can be found on www.dsastx.org/events/buddy-walk.

Join the Down Syndrome Association of South Texas as we unite for a common cause and raise funds at the 2019 Buddy Walk® of South Texas. Whether you have Down syndrome, know someone who does, or just want to show your support, take the first step and donate or register today! Help us spread the word; all are welcome for our day of celebration!

Register today at www.ds-stride.org/buddywalksouthtexas
For more information, please visit www.dsastx.org/events/buddy-walk



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What's Happening in August at the DSASTX

Another busy month for the DSA community! Join the fun and spread the word. See you all soon at one of our events!

AUGUST 2019

8/7, 8/14, 8/21, 8/28 (every Wednesday)

Teen & Adult Club

6 - 8:30PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

For adults, register at bit.ly/TACadult.

For teens, register at bit.ly/TACteen.

8/8, 8/15, 8/22, 8/29 (every Thursday)

Open Play (0-5 year olds)

10AM - 1PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustOpenPlay

8/15 will be held at We Rock the Spectrum, 932 Coronado Blvd, Universal City, TX 78148

8/8

Kid's Connection (6-12 year olds) - Drum Circle

5:30 - 7PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustDrumCircle

8/10, 8/17, 8/24 (every Saturday)

Music & Movement (0-6 year olds)

11 - 11:50AM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustMusicMovement

8/13

Parent Education Sessions - 'Improving Fine Motor Skills at Home'

6 - 8PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustEduSession

8/17

M.O.M.S. Meet Up! - Yoga

8:30 - 9:30AM at MelMarie Yoga Studio (11844 Wurzbach Rd. 78230)

Register at bit.ly/AugustMomMeetUp

8/22

D.A.D.S. Meet & Greet! - Dinner and Financial Planning

6:30PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustDadsMeetGreet

8/24

Family Fun Day

12 - 3PM at DSASTX Maggie Hartman Education Center, 1127 Patricia

Register at bit.ly/AugustFamFun