200 newborns, infants, toddlers and parents received early intervention support in a play-based environment.

DSNetwork assisted 190 ADULTS with Down syndrome as they experience accelerated aging that affects them medically, physically and functionally.

2,500 individuals with Down syndrome and their families receive essential services from DSNetwork.

DSNetwork assisted 170 YOUTH in team building activities while gaining self-confidence.

DSNetwork reached 64 PARENTS when they first learn their baby has Down syndrome and provided them with a new born packet and personal connection.

190 ADULTS were important to the programs as they provided encouragement, physical and safety support.

240 VOLUNTEERS were important to the programs as they provided encouragement, physical and safety support.
ONE OF THE JOYS of preparing this annual report is that it gives us the opportunity to look back and BE THANKFUL for all that the Down Syndrome Network has accomplished.

**DSNetwork Enrichment Center** ★ Down Syndrome Knowledge, Support & Advocacy

2,500 individuals with Down syndrome and their families were reached with essential services

**DSNetwork Enrichment Center:**
- provided a place to discover innumerable resources available to them
- educators, therapists, service providers and medical professionals received hands-on information and workshops
- lending library made relevant books available to families

**Demographics**
- 2% Asian
- 8% Native American
- 10% African American
- 45% American Caucasian
- 30% Hispanic
- 5% Unknown

**Volunteer Engagement**
- 237 volunteers contributed 1,284 hours, valued at $31,175

**Ages of Those with Down Syndrome**
- 31% ages 0-7
- 41% ages 8-17
- 28% ages 18+
SUPPORTING NEW PARENTS:

32 resource packets were provided to parents who learned their baby has Down syndrome
15 parent mentors made personal connections with new parents

nurturing children

CLUB XTRA FOR KIDS (0-7):
• babies and toddlers learned basic skills during their early years of life
• parents learned ways to navigate challenges of raising their child
• family members engaged in networking, shared knowledge and experiences and supported each other

empowering youth

TWEENS & TEENS UP FOR DOWN SYNDROME:
• monthly group sessions and community activities assisted youth to be more socially involved and emotionally healthy, while making long-lasting friendships
• after 4 months in the program, 90% felt the program participant increased their self-confidence, became more socially involved, and less isolated
• 1:2 ratio of youth participants to trained community members
• Absolute HCBS, Inc., a collaborating partner, provided qualified individuals to assist the youth
• 32 transportation requests fulfilled for youth in need
Initially very reserved and nervous about the thought of playing tennis with so many others; however, by the third week Melina was dancing around the court hitting the ball and excited to play with the other participants. “It turns out I’m pretty good at tennis,” says Melina with a huge smile.

**XCELL FOR ADULTS: AGING WITH DOWN SYNDROME:**

- monthly group sessions held for aging adults with Down syndrome, addressing safety, stability, social (emotional) issues, and symptoms.
- 157 parents, family members and professionals attended DSNetwork’s all-day conference on “aging”
- overall rating of the conference presenters and relevant topics was 4.6 and above (one a scale 1-5; 5 being the highest)
- received the Family Caregiver Alliance’s annual Innovations in Alzheimer’s Caregiving Award in the category of Diverse/Multicultural Communities

**BUDDY UP TENNIS:**

- 17 children, youth and adults with Down syndrome participated
- learned tennis, fitness skills, became more self-confident, fostered friendships
- 31 volunteers assisted athletes with nearly a 2:1 ratio
- 98% of participants were satisfied with program

**Prior to participating,**

85% felt they had extremely limited resources in caring for their aging adult with Down syndrome

**After three months,**

90% no longer felt they were alone in caring for their loved one and were more attuned to early changes in their loved one, which allows them to proactively respond to changes

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188 first generation

180 caregivers and family members

100
90
80
70
60
50
40
30
20
10
0
Month 1
Month 2
Month 3

BUDDY UP TENNIS

**TENNIS - FITNESS - FUN**

48 participants in inaugural program
"In the SIBS group I meet other kids, like me, whose brother or sister has Down syndrome, says Cade. "We have fun, laugh, talk about the good and not-so good parts of having a sibling with special needs."

through my eyes...

COMMUNITY EDUCATION:
• 162 attended DSNetwork’s regional all-day conference on Aging: Growing Older with Down syndrome
• 43 attended 2 additional workshops: IEP Goal Writing & Collaborative Advocacy; The Key to Full Inclusion

OUTREACH & AWARENESS:
• programs and services reached Valley-wide
• agency e-newsletter total impressions: 81,378
• social media total impressions: 146,348

MOMS’ NIGHT OUT:
45 moms attended monthly gatherings

D.A.D.S. (Dads Appreciating Down Syndrome):
58 dads participated in monthly gatherings

DS CONNEX 4 SIBS:
• 2019 SIBS program was launched
• only program in Arizona that focuses on support for brothers & sisters of individuals with Down syndrome
• identified 120 youth brothers and sisters of individuals with Down syndrome
• 4 group sibshops were held with 21 participants, ranging in age from 6-12

205 parents, family members and professionals attended conference/workshops

565 children, teens and adults attended the holiday party
650 attended World Down Syndrome Day celebration
1,402 registered people raised awareness at the Buddy Walk
2,385 community members were reached through attendance at nine community resource events
Rodger doesn’t let Down syndrome keep him from doing what he loves, and he loves to live his life to the fullest. Now 37-years old, his mom is noticing some health issues.

“Adults with Down syndrome experience accelerated aging,” says his mom. “DSNetwork’s Xcell program accommodates everyone no matter the limits they may have due to aging.”

“I have a lot of fun being in the program,” says Rodger. “I like to go bowling, golfing, swimming and play tennis.”

DEEPLY GRATEFUL

our heartfelt gratitude goes to our funders who include hundreds of individuals, businesses, corporations and foundations

— Rebecca Frederick-Jilg, 2019 Chair, DSNetwork Board of Directors

investment of resources

Financial Overview For Fiscal Year Ending December 31, 2019

REVENUE & SUPPORT

- 11% contributions
- 37% foundations
- 49% special event fundraising
- 3% program service fees & other

EXPENSES

- 79% program services
- 13% fund development
- 8% management/general

NET ASSETS

Net assets without donor restrictions
- $158,201

Net assets with donor restrictions
- $79,213

Beginning total
- $223,074

Ending total
- $237,414

$349,641 total revenue & support

$335,301 total expenses
Our mission at DSNetwork is to educate, support and advocate for those in our community touched by Down syndrome.

A community that embraces, supports and inspires individuals with Down syndrome to live healthy, self-determined and fulfilling lives.

DSNetwork dedicates this report to the memory of Vickie Herd and Excell Henry Gauthreaux.

THANKS & GRATITUDE TO
Concept & Design: Carol Kaminsky | Design Visual
Photography: Randy Bingham & Sophia Gonzales-Bingham | RSVP Photography

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leadership

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