

EXPANDING OUR  
**impact.**



## mission statement

THE MISSION OF THE DOWN SYNDROME ASSOCIATION FOR FAMILIES OF NEBRASKA IS TO IMPROVE THE LIVES OF INDIVIDUALS WITH DOWN SYNDROME, BY EMPOWERING THEM AS WELL AS EDUCATING AND SUPPORTING THEIR FAMILIES AND THE LARGER COMMUNITY.

## vision statement

A COMMUNITY THAT ACTIVELY INCLUDES, FULLY EMBRACES, AND SUPPORTS ALL INDIVIDUALS WITH DOWN SYNDROME BY PROVIDING OPPORTUNITIES TO CONTRIBUTE AS VALUED CITIZENS WHO HAVE THE CHOICES TO CREATE THEIR OWN PATHS OF FULFILLMENT AND SUCCESS.

## statement of inclusion

The Down Syndrome Association for Families of Nebraska (DSAF) embraces diversity and inclusion and the values, policies, and practices needed to ensure every person is represented and treated with equal dignity and respect. DSAF illustrates this commitment by ensuring equal opportunities exist for all individuals with Down syndrome and their families regardless of race, color, ethnicity, national origin, age, gender, disability, sexual orientation, identity, income, geographic location, special health care needs, citizenship, language, philosophy, pregnancy, leave status, military status, results of genetic testing, religion, and/or any other characteristic or status protected by national, federal, state, or local law. DSAF continually strives for inclusiveness in all programs and services in order to honor and celebrate the uniqueness of all individuals.

## board of directors

Brandi Benson  
Rick Bohaty  
Dexter Drbal  
Liz Echternkamp  
DEan Fuelberth  
Susan Loveall

Rick Meyer  
Jarrod Rosberg  
Bailey Snow  
Tami Urwin  
Lyndsie Koon



# letter from leadership

a message from the executive director

Friends of the Down syndrome Community,

2022 was a banner year for the Down Syndrome Association of Nebraska, and we owe our success to our incredible members - self-advocates, members, sponsors, and volunteers. We never could have made it without you all!

With social connections returning after the COVID period of isolation, DSAF was able to craft exciting new events and programming devoted to health and wellness. We introduced a golf tournament that will become an annual fundraising event, a race team for the Market-to-Market race, an amazing Down Syndrome Awareness Night at the Ice Box that exceeded our hopes in every way, and CrossFit for Adaptive Athletes, which is the cornerstone that our Health and Wellness programming is built on. Thank you every believer, supporter, donor, and ally, for paving the way to new paths for our community.

Looking ahead to a positive 2023 outlook for our members who are living with Down syndrome or care for someone with Down syndrome, our team is committed to creating more inclusive environments that can help create meaningful relationships between our organization and families.

Together we will continue working towards an even brighter future!

With Warm Regards,

Jamie Rejda  
Executive Director



# 12

NEW FAMILY PACKETS  
WERE DISTRIBUTED

# 4

BABY BASKETS  
DELIVERED

# 4

NEW LANGUAGES  
ON DHHS WEBSITE

# 42

PHYSICIANS IN  
LINCOLN W/3 VISITS

# 600

NEBRASKA PHYSICIANS SENT  
INFORMATION ON THE NEW  
2022 AMERICAN ACADEMY OF  
PEDIATRICS GUIDELINES FOR  
PEDIATRIC CARE

## welcome baskets & first-call parents

We are committed to providing resources and support to families from early diagnosis through the rest of their child's life. We offer welcome baskets to parents upon the first call to our organization, with educational materials and information. The Down Syndrome Association for Families invests in building relationships with medical providers throughout the year. Averaging 75 visits to hospitals and clinics throughout the city, the Medical Outreach team provides up-to-date information, education, materials, and training for physicians and staff on supporting parents receiving the diagnosis of Down syndrome for their child. The Medical Outreach team is a group of volunteers that dedicate their time to reaching out to communities across the state to reach parents who are welcoming a child with Down syndrome.

Our members are encouraged to connect with other families with similar experiences, as well as with individuals who have expertise in Down syndrome-related topics. We believe that this type of support is key in giving parents the confidence they need to advocate for their child's education, healthcare, and social opportunities.

DSAF also provides comprehensive parent education programs. These programs offer an interactive, comprehensive approach to helping families understand and navigate the Down syndrome journey. We believe that information and support are paramount for families and provide resources for medical, educational, and community programs. Our parents also provide invaluable support to one another, often forming long-lasting friendships in the process.

## strokes of luck golf tournament

In 2022, DSAF hosted a new fundraising event, the Strokes of Luck golf tournament. We aim to exponentially expand this opportunity by securing additional sponsorships and donations in 2023. As an incentive, we are offering a Dormie Network Vacation package to one major donor. We hope that this added benefit can help increase the level of participation and funds generated by this event year over year, benefiting our members by providing more programming opportunities.



## market to market relay

The 2022 Market-to-Market relay race marked a milestone for DSAF, with 8 runners covering 78 miles between Omaha and Lincoln. The Lucky Few Running Crew, composed of 8 committed runners, trained hard and raised over \$3000. Over 13 hours were dedicated on race day alone! If you would like to join or sponsor the 2023 Lucky Few Running Crew Team or learn more about the experience, please email [Director@dsafnebraska.org](mailto:Director@dsafnebraska.org) for more information.



 **Lucky Few  
Running Crew**  
Down Syndrome Association for Families 

## step up for down syndrome walk

The 2022 Step Up Walk saw an increase in registrations compared to the previous year and we are thrilled to continue the usual route. From live music and entertainment to face painting, balloon animals, food, and drinks, we had it all! We'd like to thank Froggy 98 for emceeing the event as well as The Music Bingo People for playing. Check out our list of sponsors and be sure to show their business love by supporting them throughout the year. DSAF is fortunate to have donors and volunteers to help make our silent auction and raffle a great success. This is our biggest event of the year, and it funds nearly every program that we offer. While we haven't quite gotten revenue back to pre-COVID-levels yet; thanks to staying under budget, DSAF has been able to manage through this dip. We are restructuring our sponsorship offerings in 2023. Keep an eye out on our socials and website for more details about this coming soon! Finally, a big thanks to all our sponsors, volunteers, families and individuals who attended and supported us - your help is incredibly appreciated!



## world down syndrome day

We were honored to deliver the World Down Syndrome Day Proclamation to Governor Pete Ricketts to commemorate March 21st for all individuals with Down syndrome. DSAF proudly returned to an in-person World Down Syndrome Day celebration in 2022. Our guests enjoyed a fun evening of minute-to-win-it style games, music bingo provided by The Music Bingo People, food by Doorstep Diner and more. Premier O&P sponsored the photo booth at the event, capturing memories from the evening's adventures. Clowning Around added face painting and balloon animals to the list of activities. City Impact offered everyone numerous places to have an unforgettable time - whether it was on stage or at one of the game tables! We were especially glad that our members could come back together again, fellowship and make new friends. The anticipation for 2023 is already building!



## crossfit competition

In August 2022, Lincoln Nutrition & Fitness held the first CrossFit for Adaptive Athletes Competition. Lyndsie Koon, a board member at DSAF, a team of dedicated volunteers and coaches at Lincoln Nutrition & Fitness, and partners, including Convergent and GLOBAL Down Syndrome Foundation, worked together to make it possible. In addition to physical health, this competition celebrated the importance of community relationships and inclusion. We aim to offer weekly sessions for athletes so that they may continue their growth and improvement, without placing a heavy financial burden on our members. We need help from our community to make it happen. To support this incredible program, please contact [Director@dsafnebraska.org](mailto:Director@dsafnebraska.org).



## lincoln stars hockey game

DSAF was delighted to have hosted a commemorative evening at the Ice Box in Lincoln: Down Syndrome Awareness Night. We could not have pulled this off without Hillary and William Swain of Lincoln, members and STARS supporters alike. Ultimately, we created a night that no one will soon forget. The STARS players donned DSAF + STARS-branded apparel during the game and the jerseys were auctioned off at the end of the night. It's remarkable how much money was raised for our cause - over \$15,000! Our organization is so thankful for people like Hillary and William, who embody passion and give generously to benefit those in our community. Get ready for another exciting season in 2023-2024 - come join us! If you are interested in tickets or ways to get involved, please contact [Director@dsafnebraska.org](mailto:Director@dsafnebraska.org).

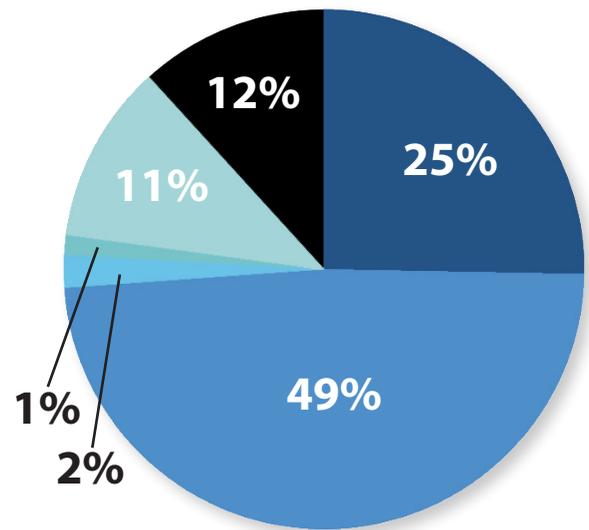




# 2022 budget information

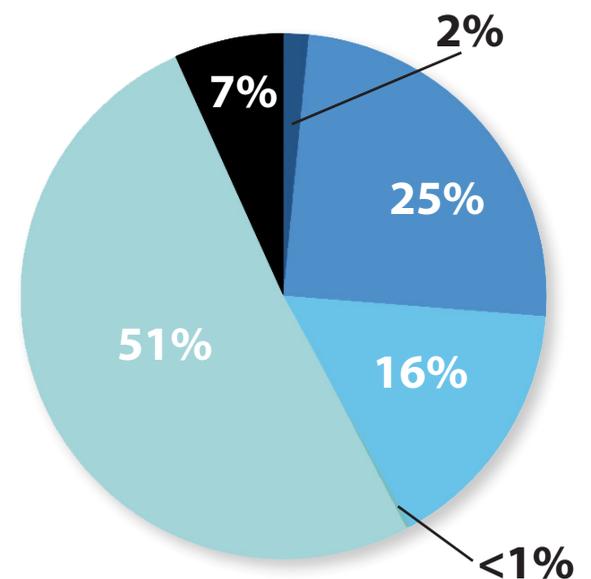
## expenses

|                                   |                     |
|-----------------------------------|---------------------|
| Awareness                         | \$32,306.09         |
| Education & Events                | \$62,027.88         |
| National & Community Partnerships | \$2,568.15          |
| Organization Development          | \$1,640.50          |
| Programming                       | \$14,183.05         |
| DSAF Administration               | \$14,999.47         |
|                                   | <b>\$127,725.13</b> |



## revenue

|                    |                     |
|--------------------|---------------------|
| Sales              | \$1,991.00          |
| Donations          | \$31,537.22         |
| Grants             | \$20,000.00         |
| Membership         | \$535.00            |
| SUDS Step Up Walk  | \$65,041.16         |
| Interfund Transfer | \$8,620.75          |
|                    | <b>\$127,725.13</b> |



# become a sponsor (sponsorship packages)

| LEVELS OF SUPPORT   | \$7500 | \$5000 | \$3500 | \$2500 | \$1000 |
|---|--------|--------|--------|--------|--------|
| Naming rights to Step Up for Down Syndrome Walk & Golf Tournament, radio advertising, prominent logo displayed across print & digital platforms | ✓      |        |        |        |        |
| Article or ad featuring business in each quarterly newsletter   | ✓      | ✓      |        |        |        |
| Logo on event signage, print & digital advertising  | ✓      | ✓      |        |        |        |
| Free team registration at golf tournament   | ✓      | ✓      | ✓      |        |        |
| Tickets to DSAF Hockey Night  | ✓      | ✓      | ✓      |        |        |
| Logo featured in print & digital advertising for Step Up Walk & on website  | ✓      | ✓      | ✓      | ✓      |        |
| Logo on Step Up for Down Syndrome Walk t-shirts   | ✓      | ✓      | ✓      | ✓      | ✓      |
| Recognition in newsletters, e-newsletters, & annual report  | ✓      | ✓      | ✓      | ✓      | ✓      |

**Sponsor any event and tailor incentives around your business's needs.  
Contact [director@dsafnebraska.org](mailto:director@dsafnebraska.org) for more information**

full name \_\_\_\_\_

company name \_\_\_\_\_

mailing address \_\_\_\_\_

phone number \_\_\_\_\_

email address \_\_\_\_\_

step up team name *please have my commitment be designated to the following team(s)*  
\_\_\_\_\_

Mail form & check to DSAF, P.O. Box 57362, Lincoln, NE 68505 or email form to [director@dsafnebraska.org](mailto:director@dsafnebraska.org).  
Donations can be made online at [www.dsafnebraska.org](http://www.dsafnebraska.org). Contact [director@dsafnebraska.org](mailto:director@dsafnebraska.org) for online submissions.

 **Down Syndrome Association for Families of Nebraska**  
P.O. Box 57362  
Lincoln, NE 68505

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# thank you to our wonderful sponsors...

