

June 2026

down syndrome community connections

INCLUSION + SUPPORT + ACCEPTANCE

25TH ANNIVERSARY



CELEBRATING 25 YEARS OF AWARENESS, ADVOCACY, & INCLUSION

SATURDAY, OCTOBER 3RD

ANTELOPE PARK

FESTIVITIES BEGIN AT 8 AM

25 Years of Running Down a Dream

The Down Syndrome Association for Families warmly invites our community—members, families, individuals, supporters, providers, educators, employers, neighbors, and friends—to celebrate a special milestone: 25 years of the annual Step Up for Down Syndrome Walk in Lincoln, Nebraska, this October. Over the past 25 years, this walk has been lovingly supported and organized by dedicated members, parents, siblings, and advocates, and it continues to be our organization's biggest fundraiser.

CREATE OR JOIN A TEAM TODAY!

- **ALL VIPS (INDIVIDUALS WITH DOWN SYNDROME) ARE FREE**
- **REGISTRATION OPTIONS INCLUDE A T-SHIRT.**
- **CHILD DISCOUNTS AVAILABLE NOW!**
- **FACT POSTERS FEATURING INDIVIDUALS WITH DOWN SYNDROME LINE THE WALK. TEAMS EARN THESE BY RAISING FUNDS FOR THEIR TEAM.**



25th Anniversary merch designs are HERE! Walk shirts are ONLY available with registrations

The 25th Anniversary Step Up for Down Syndrome shirts feature a gold-foil ink design on a lightweight cotton blend navy shirt. The cuff showcases the DSAF Walk logo and the back of the shirt will have the Team Name and sponsor logos. These shirts are only available by registering for the Step Up Walk! Additional merch options will be available on our walk site and at the event on Walk Day. Registering for the walk is the only way to secure the 2026 Walk shirt!



<https://charity.pledgeit.org/DSAFStepUp>

A Glimpse Back...A Step Forward



Awareness

The first walk in Lincoln, Nebraska, supporting and raising awareness for people with Down syndrome and their families was hosted in 2002. 2026 is the 25th year of Stepping Up for Down Syndrome. The Walk has undergone many changes in two and a half decades.



Inclusion

The Step Up Walk remains rooted in advocacy, awareness, and a desire to bring about positive change for people with Down syndrome. As the community comes together to celebrate the uniqueness of Down syndrome, we are reminded to embrace differences, advocate for equal treatment, and educate our community.



Education

This celebration raises funds that pay for nearly all of the programs and events for the following year. Teams compete for top spots by raising money and earning Fact Posters. Each poster is \$250. Posters feature VIPs with Down syndrome. Facts and statements are included and remind us of the special gifts people with Down syndrome possess.

GLOBAL DOWN SYNDROME FOUNDATION'S

EMPLOYMENT GRANT

AWARD RECIPIENT



ZACH KRIZ

COMMUNITY OUTREACH SPECIALIST

ZACH KRIZ HAS BEEN WORKING WITH THE DOWN SYNDROME ASSOCIATION FOR FAMILIES SINCE 2025, DEDICATED TO ENGAGING THE COMMUNITY, ENCOURAGING MORE MEMBER PARTICIPATION, WARMLY WELCOMING NEW FAMILIES, AND GATHERING SUPPORT FOR OUR INITIATIVES AND MISSION. ZACH SHOWS A GENUINE PASSION FOR HIS WORK, WITH A JOYFUL SPIRIT WHEN CONNECTING WITH INDIVIDUALS AND FAMILIES. HIS SINCERE DESIRE TO MAXIMIZE THE BENEFITS OF OUR PROGRAMS HELPS US SERVE AS MANY PEOPLE AS POSSIBLE. HE OFFERS VALUABLE INSIGHTS, GUIDANCE, AND CLEAR GOALS THAT HELP US BUILD MEANINGFUL, LIFELONG CONNECTIONS ACROSS LINCOLN.

AMERITAS CHARITABLE FOUNDATION



CONNECTION. SKILL BUILDING. JOY.

ENSURING CONSISTENCY IN PROGRAMS AND EVENTS FOR OUR MEMBERS REMAINS OUR TOP PRIORITY. DUE TO FUNDING CUTS, IT HAS BECOME MORE DIFFICULT TO GROW AND SUSTAIN OUR PROGRAMMING. WE ARE DEEPLY GRATEFUL FOR THE FUNDING OPPORTUNITIES THAT ALLOW US TO KEEP DOING THIS VITAL WORK. THE AMERITAS CHARITABLE FOUNDATION HAS AWARDED DSAF \$5,000 TO SUPPORT OPPORTUNITIES FOR CONNECTION, FRIENDSHIP-BUILDING, SKILL DEVELOPMENT, AND EDUCATIONAL TRAINING. OUR FIRST COOKING CLASS OF 2026, HELD IN JUNE, WAS WELL-ATTENDED, THANKS TO PASSIONATE MEMBERS AND THEIR LOVE FOR COOKING! CLASSES WILL CONTINUE THROUGHOUT 2026 AND ARE OPEN TO ALL SKILL LEVELS, AGES 13 AND UP.

\$5,000 AWARD FROM THE

MIRIAM MOELLER

CHARITABLE TRUST



PARTNERS WITH IMPACT

SPRING/SUMMER TRENDS

The Miriam Moeller Charitable Trust has renewed its support, entrusting DSAF with funds for another year to assist individuals with Down syndrome and their caretakers. We are grateful for the continued backing in 2026 and remain dedicated to our mission of enhancing the lives of those with Down syndrome and raising community awareness. We're adding more meaningful events and programs to our schedule. Stay engaged and make sure you're registered on our website to get the latest updates.

[DSAFNEBRASKA.ORG](https://www.dsafnebraska.org)

REMEMBERING

ANNE WILSON

JUL 27, 1964 – APR 9, 2026



We honor the memory of Anne Wilson; a mother of Luke, Nikolas, and Levi, grandmother, wife, sister, aunt, cousin, lifeguard, horsewoman, youth leader, vocal sports fan, cat lover, rancher, substitute teacher, educator, home cook & baker, a very devoted employee at Agate Fossil Beds National Monument "Ranger Anne", avid tv connoisseur, uninhibited movie critic, and friend.

May her memory serve as an example of a life lived to its fullest, guiding the steps of others to live with joy, hope, and love for others.

<https://www.chamberlainchapel.com/obituaries/anne-wilson>

Brain Outcomes with Lifestyle Change in Down Syndrome



kuadrc.org/boldstudy

HELP FIND A CURE

Most people with Down syndrome experience the brain changes of Alzheimer's by the time they are 40 and develop memory problems after the age of 50. Help unlock clues that may lead us closer to a cure.

WHAT WE NEED

We are looking for adults with Down syndrome to join a research study to help us learn how changing what someone eats and what they weigh impacts their risk of developing Alzheimer's disease.



WHAT'S REQUIRED

Adults with Down syndrome will either follow a weight loss program or get information about how to improve their overall health.



TIME COMMITMENT

The study is 12 months long and includes monthly virtual meetings and up to 5 visits to the University of Kansas Medical Center.



COST

There is no cost to join the study, and participants will be compensated for their participation.

BE A RESEARCH HERO. JOIN TODAY.
VISIT kuadrc.org/boldstudy OR CALL 785-764-3574

Reminders & Upcoming Events

Step Up Walk: Important Dates

July 15th

Incentive: All teams with \$500 raised earn a custom team banner to lead their team on walk day

July 27th

PRICE INCREASE! Early Bird prices end and registration prices INCREASE.

August 1st

Deadline to submit photos to Erica/Photo sessions with Erica to be complete for Fact Posters

September 1st

DEADLINES: Fact Poster fundraising ends, Stars Bios Due, T-shirt with registration ends.

October 1st

DEADLINE: funds for Top Teams ends at 11:50 pm. TOP TEAMS determined at 12:00 am on 10/2.

Upcoming Events

All Member Swim Event

July 11th – 5 – 7 pm

First-Call Parents Meeting

July 19th – 3:30 pm

Ed Series: IEP

July 21st – 7 pm



Programs & Events



Visit our website for the latest events, programs, and educational offerings!

[Event Calendar](#)

Follow us on social platforms for Walk updates and incentives.

[Facebook](#)

[Instagram](#)

[X / Twitter](#)

REMINDER: DSAF has a Special Pass to Omaha's Henry Doorly Zoo, which allows up to 10 of our members to enjoy the zoo at no cost. Please call (402) 421-1338 or email

Director@dsafnebraska.org to reserve your trip today.

SCHOLARSHIPS AVAILABLE NOW! Reach out to

Director@dsafnebraska.org for a \$100 scholarship that can be used for an individual with Down syndrome to participate in an event, camp, sport, or activity!

Thank you, Mission Partners!

Miriam Moeller Charitable Trust

