

Mile High Down Syndrome Association Update

3515 S. Tamarac Dr., Suite 320, Denver, CO 80237



We want to thank you for your contribution to the Mile High Down Syndrome Association by supporting our programs. Whether you be a donor, participant, volunteer, or community partner, we greatly appreciate your contribution.

As you know, our mission is to assure inclusion and enhance independence of people with Down syndrome. By providing resources and support to families, we are helping people in the Rocky Mountain region with Down syndrome lead more healthy and self-sufficient lives. Your contribution plays a vital role in that process, and we thank you for joining us in providing these essential programs to those in our communities who need them most.

By supporting the MHDSA, you are ensuring that those living with Down syndrome in Colorado receive the same opportunities for success as their peers. On behalf of the families, board, and staff at MHDSA, thank you so much for your contribution to our mission and work. It is your involvement that makes it all possible!



MHDSA staff bonding over bowling and at Dads & Donuts

Thanks for your support!

MHDSA Staff



June's Birthday Card Making Event & Summer Kick Off

On June 1, MHDSA hosted its monthly birthday card making event with a summer kick off theme. Good Dog Hot Dogs donated delicious hot dogs and buns for the main course of our summer BBQ. Self advocates, staff, and volunteers joined together to make birthday cards that will be sent out to other self advocates on their birthdays. Three of our volunteers were incredible young women from Spread the Word Road Trip. They are three college students who have devoted their summer to travelling across the country to promote social acceptance. We were thrilled to have them join us and share their journey thus far.



Junior League

On June 2, the Junior League of Denver presented MHDSA with a grant of \$5,000 to support our family programs. We are so grateful for this grant and the Junior League's support!

Walmart Donations

Walmart has partnered with MHDSA to donate goods that cannot be sold to the public due to damaged packaging. On June 15, we unloaded a truck full of baby furniture and supplies. We are so grateful for Walmart's generosity!



Dads and Donuts

On June 18, MHDSA hosted our first Dads and Donuts event. This event gave fathers of children with Down syndrome the opportunity to both connect with their children and other dads for support. Dads and their kids ate breakfast donated by Einstein Bros, King Soopers, Krispy Kreme, Starbucks, and Udi's. They also spent the beautiful morning in City Park playing games and building wood kits. Every child walked away with both a wood project donated by The Home Depot and toys donated by Walmart.



Step Up for Down Syndrome Walk

Don't forget about our upcoming Step Up for Down Syndrome Walk! It will be held on September 25th at City Park. The annual SUDS Walk promotes the acceptance of people with Down syndrome and helps raise funds for the MHDSA.

3 COLLEGE STUDENTS, 78 DAYS, 35 STATES, 1 MISSION

STW ROAD TRIP

INCLUSION Be a fan of RESPECT FRIENDSHIP UNITY

www.r-word.org

SPREAD THE WORD TO END THE WORD



Volunteers Donors Self Advocates & Their Families

Thank You!

Community Partners

Participants

Staff

