



# 2017 Annual Report



CADSA  
808 W. Lake Lansing Road, Suite 101  
East Lansing, Michigan 48823  
info@cadsa.org  
(517) 333-6655

Tax ID # 55-0821583

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# About CADSA



The Capital Area Down Syndrome Association (CADSA) is a 501(c)(3) nonprofit organization that supports people with Down syndrome and their families in the Mid-Michigan area. CADSA plays a critical role in providing resources, education, advocacy, and awareness about Down syndrome to the community. In 2017, the 8-member volunteer board of directors, 1 administrative staff, 1 volunteer Executive Director, 1 intern, countless volunteers and families comprised the organization. Through a range of services and programs described in the coming

sections we served 1,975 CADSA attendees providing various benefits. Whether it is through the services and programs offered, or through the financial support members can receive to participate in various activities, CADSA's key objective is to enhance the lives of people living with Down syndrome so they can reach their potential and be valued members of our community.

## Programs and Campaigns

### Social Programs

#### Welcome New Baby Program

This program was set up to welcome new and expectant mothers that have received the Down syndrome diagnosis. A CADSA mother of a child with Down syndrome will call and talk to you about concerns and help direct you to resources in our area. This support group will allow you to join a community of others that will help build you up. Contact our office to receive a CADSA Welcome New Baby Bag Gift.

Member Services [info@cadsa.org](mailto:info@cadsa.org)

#### Playtime Pals (5 & Under Monthly sensory class)

Structured play-based monthly classes focused on social skills fine/gross motor skills, and sensory awareness through music, art, stories, and playtime fun. This play group is designed to help toddlers and parents build friendships and support one another through this journey. Coordinator Lizette Vasquez, [lizette.urbina@gmail.com](mailto:lizette.urbina@gmail.com)

**Club 21Plus** (Social activities for members 14 and older) This program is designed as a social and community engagement opportunity as well as a platform for advocacy for individuals with Down syndrome ages 14 and older, and their families. Club21Plus members increase independence going on events and have a blast making friends! Coordinator Angela Rasegan, [info@cadsa.org](mailto:info@cadsa.org)



## **Moms Night Out/Dads Group**

This is a monthly event for networking and a night out to relax and mingle with other adults experiencing the same struggles and joys. Coordinator Janice Frankovich, [info@cadsa.org](mailto:info@cadsa.org)

## **Community Outreach**

In order to achieve our goals, we are engaged in a series of initiatives throughout the year to raise awareness of Down syndrome.

## **CADSA Community Events**

**Harvest Dance** Dinner, dancing, door prizes, complimentary corsages for the ladies and crowns for the gentlemen. Everyone was encouraged to wear their finest prom attire! This is a family event and the whole family enjoyed this exciting dance party.

**Annual Picnic** CADSA Community gathers for a potluck picnic. Lots of fun on the baseball fields in a friendly game of baseball! There were games, face painting, arts and crafts, and of course an opportunity to cool down in the water balloon toss.

**Annual Lugnuts Baseball Game** In 2017, 75 plus members of the CADSA Community went to the ballpark to watch the game and cheer on the Lugnuts team. We enjoyed watching the winner of our first pitch contest throw out the game opening pitch. The evening ended with a fabulous fireworks display.

## **Programs Planned for 2018**

### **New Monthly CADSA Community Fun Days**

This will be an opportunity for the CADSA community to come together as a whole group to enjoy friendships and get to know each other. Activities will vary from crafts, parent talks, date night, Zap Zone and many other opportunities for the whole family to enjoy.

### **Move Play Groove**

Move Play Groove Music Class, this is a 45-minute class with a licensed music therapist from Children's Therapy Corner. Join us for a program for members ages preschool and early elementary and their caregivers. This class is designed to enhance language development, play and social skills, pre-literacy skills, memory, fine and gross motor skills and coordination. Children will be following class routines through songs, musical stories, music games, creative movements and instrument play! Small class sizes. Classes take place at the CADSA Office 808 W. Lake Lansing Road Suite 101 East Lansing, MI 48823

### **Buckets of Fun Music Class**

Age: Program for kids 8 and up

Members will learn to play a variety of handheld percussion instruments in a group setting, learning rhythm patterns in a group setting. This class will have goals to help with fine and gross motor skills, memory, learning sequences, social skills, following non-verbal cues, and opportunities to take part in and lead participation in groups. (drums combined with exercise)

### **Sign Language Class**

Classes take place at the CADSA Office 808 W. Lake Lansing Road Suite 101 East Lansing, MI 48823. FREE CLASS

This program is facilitated by two individuals that are deaf that live and work in the Lansing area. They will offer a unique insight into the deaf culture while helping us learn the valuable skills of sign in our community. This program will teach sign language basic to intermediate skills. This can be very beneficial to our members, some struggle with speech.

The activities, vocabulary, and information are geared specifically to our special needs membership and parents. Bring the whole family to join in on the fun!

### **CADSA Cooks**

The pilot class for CADSA Cooks ran twice in 2017 and will run again twice in 2018.

This was a family table cooking class. Participants gained hands-on experience in the kitchen learning how to use tools and appliances, kitchen safety, preparation of meals. Increase reading, math and following direction skills while learning valuable life skills. This 4 week class met once a week, and each registered participant left with a meal for two, to freeze or enjoy with a friend each class night.

### **Karate Class**

Karate Class year-round 4-week sessions, this program runs year-round. This class is instructed by Victory Martial Arts. Classes take place at the CADSA Office 808 W. Lake Lansing Road Suite 101 East Lansing, MI 48823.

This is a safe and encouraging learning environment, where students can learn self-defense, discipline, and confidence. They gain a better sense of identity and boost their confidence, resulting in increased assertiveness when dealing with the high-pressure situations they face daily. Students gain independence while being challenged to work toward their maximum potential. By expanding their network with positive influences, they enjoy physical activity and increase social skills.

### **Playtime Pals**

Playtime Pal's is a monthly sensory class, held one Saturday a month, this group meets at the CADSA Office 808 W. Lake Lansing Road Suite 101 East Lansing, MI 48823, Coordinator Lizette [Vasquez-lizette.urbina@gmail.com](mailto:Vasquez-lizette.urbina@gmail.com), intended audience 0-5 years old. This is a structured play-based group focusing on social skills fine/gross motor skills, and sensory awareness through music, art, stories, and playtime fun.

### **Soccer Clinic Soccer Zone**

This clinic is held at Soccer Zone in the fall typically September and October for a 6-week program. This is a FREE clinic, for all ages and disabilities. Volunteer partners join with participants to work on skills and drills. Soccer clinic athletes of all ages and abilities will enjoy spending time with friends while building confidence.

### **New Tennis Clinic Summer 2018 Program**

Learning to play and enjoy this new sport opportunity @ the MSU Tennis Center  
3571 E. Mt. Hope Road Lansing, MI 48910

## **Community Awareness Campaigns**

### **Random Acts of Kindness**

Takes place the Saturday prior to World Down Syndrome Day in March. In 2017 and 2018 we have volunteered as a CADSA community at the local Meals on Wheels packing over 2500 meals each year for local residence. Our Random Acts of Kindness Event in celebration of World Down Syndrome Day helps us reach out a helping hand to the community in honor of all individuals with Down syndrome.

### **World Down Syndrome Day March 21st**

Monday, March 21, 2019, marks the 14th anniversary of World Down Syndrome Day. Each year the voice of people with Down syndrome, and those who live and work with them, grows louder to raise awareness about Down syndrome.

### **WDSO Capitol Rotunda Event**

Membership and loved ones gather to share a testimonial about loved ones at the Michigan State Capitol in the Rotunda. Guest included participation by other Down syndrome affiliates throughout the state, and our State Officials, including Lieutenant Governor Brian Calley joined us once again for this event. Join us in 2019 on Thursday, March 21 from 11:00am-12:00pm to ADVOCATE AND CELEBRATE at the state capital building!

## STEP UP FOR DOWN SYNDROME EVENT

Step Up for Down Syndrome (SUDS) walk is one of 300 events held annually across the country focused on increasing funding and awareness for individuals with Down syndrome and their families. In the past, we average 500+ people attending our event, making it our largest fundraising event of the year. We would love for YOU to join us, too!

Your support on our SUDS Campaign raised over \$50,000 in 2017 to help CADSA plan for 2018 programs and services. We work on fundraising and grant writing year round to increase and ensure that we can provide, scholarships, programs, education, advocacy and outreach to our Mid-Michigan Community!



## CADSA Volunteers

Over 200 volunteers generously donate their time and energy to CADSA each year. Among them are volunteers from Michigan State University Student Exceptional Children Group (SCEC). They volunteer on a regular basis and dedicate countless hours each year to working with our members and helping us provide wonderful experiences at our events. Additionally, the annual Step up for Down Syndrome (SUDS) event brings a wide range of volunteers. Volunteer crew includes representation from Michigan Freelance Mascots, Grand Ledge Pom Pom Teams, Century Glass, Food Fun Concessions, DJ Ron, Smiles Digital Photography, Planet X Events, CADSA members, CADSA Board members, CADSA staff and interns, Olivet College students, CADSA committee members.



# CADSA 2017 Financials

## 2017 Income

Membership Dues	\$ 1,623.00
General Donations/Community Perks	\$ 3,866.49
Other Grants	\$2,000
Earnings from SUDS	\$ 45,148.72
Interest	\$41.19
Other income	\$5,956
<b>Total Income</b>	<b>\$58,524.40</b>

## 2017 Expense

Business Expenses	\$1,573.29
Fundraising Expenses	\$9,594.38
Activity Expenses	\$9,529.88
Awareness and Education Expenses	\$2,000.57
Scholarships	\$6,095
Operations and Program Expenses	\$16,923.35
Salaries/wages	\$12,964.69
<b>Total</b>	<b>58,681.16</b>

The SUDS donations allowed CADSA to increase engagements in 2017 from 654 participants to 1,975 participants in our programs and services.



# 2017 Contributors

## Donor Level

## Donor

Associates/Platinum  
\$5001 and higher



Partners/Gold  
\$2501 to \$5000

Sponsors/Silver  
\$1001 to \$2500



Patrons/Bronze  
\$501 to \$1000



Supporters  
\$101 to \$500

- Over 50 friends contribute to this category.

Friends  
\$100 and under

- Over 300 Friends contribute to this category.

## Thank you all for your support!

# Message from the Board

CADSA is guided by a Board of Directors that is committed to fulfilling the purpose and mission of the organization. Each board member has a dedication to supporting people with Down syndrome and their families and has been elected by members based on personal experience, passion, and expertise. Each board member has a personal connection to an individual with Down syndrome and looks forward to creating a better tomorrow for the Mid-Michigan community.

## 2017 Officers

### Executive Board Members



**President**  
**Jennifer Botruff**



**Secretary**  
**Angela Rasegan**



**Treasurer**  
**Dave Martin**

### General Board Members



**Amanda Larraga**



**Dawn Tomlin**



**Mat Edick**



**Janice Frankovich**



**Lizette Vasquez**