

The Informer

DRTC Ability at Work

Guest Editor: Angela Waldrop, Case Manager Publisher: Sierra Carney, Communications Specialist

Down Syndrome Festival & 5K Run

The annual Down Syndrome Festival and 5K will be held Saturday, September 27, at the Myriad Botanical Gardens in OKC. The 5K race starts at 8:00 am, followed by an Awareness Walk around the Gardens. The festival is held on the Great Lawn and the Sheridan Lawn north of the Crystal Bridge. The festival is free and open to the public. If you would like to sign up for a race or create a team to run, visit www.dsaco.org. DRTC will have an information table at the event. Be sure to visit us!



DRTC at DSACO Festival and 5k 2024

Family and Caregiver Lunch and Learn



DRTC
Lunch & Learn

Learn about DRTC's transition
away from 14 (c).
Enjoy a lunch on us!



The upcoming lunch and learn sessions are for caregivers only. These are specifically for caregivers who have loved ones currently participating in the enclaves.

Sign up for the following dates:

Thursday, September 25, 11:30 a.m. - 1 p.m.

Thursday, October 23, 11:30 a.m. - 1 p.m.

Thursday, November 20, 11:30 a.m. - 1 p.m.

Lunch will be provided, but if you have any food restrictions, please let us know when you reserve your seat. Please contact Sierra Carney at 405-946-4489 ext. 1432 or email scarney@drtc.org to sign up.

STABLE

ACCOUNT

STABLE Account

The STABLEAccount is a savings account for individuals who receive SSI or SSDI. It allows individuals to save up to \$15,000 without affecting their benefits. Funds are not subject to state or federal taxes. The individual will be provided with a STABLE card which is like a debit card they can make purchases with. For more information go to www.okstable.org or call 800-439-1653.

Mental Health Awareness

Life is not always easy, and times are so difficult for many folks right now. If you are in crisis, please call Mental Health Lifeline by dialing 988 and get connected with a trained professional.

988 | SUICIDE & CRISIS
LIFELINE
24/7 CALL, TEXT, CHAT



Brittanie, Savannah, and Deborah at the 2024 Fall Festival

Fall Festival

Mark your calendars!! The Fall Festival is coming October 31. Please look for more detailed information in the coming months.

Agency Closures:

September 1 - Labor Day

November 27 - 28 - Thanksgiving Holiday

December 25 - 26 - Winter Holiday

January 1 - New Year's Day Holiday

Helpful Resources:

ouhsc.edu/thecenter/Publications/Focus-Facts

oklahoma.gov/ddco

Thank you!