



Possibilities

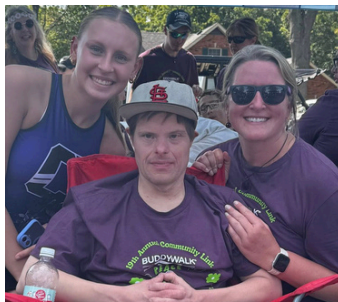
Fall 2025

✿ PEACE LOVE WALK ✿

What an incredible day we had at the 19th Annual Community Link Buddy Walk! Over 1,500 registrants came together at Northside Park in Breese to celebrate inclusion and show support for individuals with Down syndrome and other developmental disabilities. Thanks to the love and generosity of our families, teams, businesses, and sponsors, we not only met our goal — we surpassed it, raising more than \$168,000 to date!

From karaoke and the sacred one-mile walk, to tie-dying, raffles, food, and even a brand-new participant fashion show, the day was filled with joy, laughter, and community spirit.

To every person who walked, volunteered, cheered, or simply showed up — thank you. You are the reason this event is so special. Your presence reminds us: **Every person matters. Every person belongs. Together, we are stronger.**



Peace, Love, Walk,
Laurie Henken
Director of Adult Day Programs



EMBRACING NEW POSSIBILITIES

In both our Day Program and our Community Integrated Living Arrangement (CILA) Program, we did lots of new things this summer!

We are dedicated to helping our participants thrive by encouraging them to try new things, explore different events, and work toward their personal goals. We believe in supporting each individual's dreams and giving them the opportunities they need to succeed and do the things that matter most to them.

CILA Prom

Our CILA program hosted a fabulous prom, giving participants a magical evening to dress up, dance, and celebrate together. It was filled with joy, friendship, and unforgettable memories!



Nashville Trip

A group of us enjoyed our first-ever trip to Nashville, TN, filled with sightseeing and new experiences. We spent time outdoors exploring the city and capped it off with a visit to the Grand Ole Opry for an unforgettable music hall experience.

East Party Planners



At our Breese East location, we planned our very own 4th of July celebration for the very first time! We got to pick all of the activities ourselves, which made it extra fun. Water gun fights, face painting, and even karaoke were some of our favorites.

Alton Trip

Our Metro Go group took a trip to Alton, IL where we explored the Piasa Bird and enjoyed a scenic hike. We even capped off the day with ice cream and a visit to the historic McPike Mansion.



West Begins Meals on Wheels

At our Breese West location, we recently started volunteering for Meals on Wheels. We couldn't be more excited about it! While we love delivering the meals, our favorite part is the chance to connect with recipients, share smiles, and brighten someone's day with conversation.



Buddy Walk Team Spotlight: Paula's 56 Friends

Wayne and his family have been part of the Buddy Walk since the very beginning, first walking as “J. Winks” in honor of his brother, Jerome. After the passing of his sister Paula, her friends stepped up to form Paula's 56 Friends, a team that now honors both Paula and Jerome.

Wayne loves seeing how the Buddy Walk has grown over the years, especially the way Community Link participants are celebrated. His family also appreciates the walk's move to Breese—the flat, accessible grounds make it easy to enjoy the day.

Last year was extra special, with Wayne's 97-year-old father as the oldest participant and his 2.5-month-old granddaughter as the youngest. Their whole family and many of Paula's friends attend each year, and they look forward to continuing the tradition for years to come—always walking in honor of Paula and Jerome.



Willa

2025 Top Buddy Walk Teams

Thank you to all of our amazing teams and team captains! You are the heart of the walk and we are happy that you are part of our Community Link family.

Willa's Wonders
Alex's Allies
Bradford National Bank
Clinton Manor Living Center
Heather's Angels
UNCOMN Buddy Walk
CILA THRILLA
Michelle's Mashers
Colin's Crusaders
Huelskamp Hippie Hikers



Alex



Bradford National Bank



The 20th Annual Community Link Buddy Walk

We are planning an extra special day for our anniversary 20th Annual Buddy Walk for September 2026! Together, we'll raise awareness and support for individuals with Down syndrome and other developmental disabilities. More details coming soon!

Please contact Michelle Delfel at MichelleD@commlink.org or 618.526.3989 for more information