



NEW YORK STATE SENATOR
Pamela Helming

Helming Celebrates World Down Syndrome Day With 'Lots of Socks'

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GENEVA, NY – Senator Pam Helming, on March 21st, celebrated World Down Syndrome Day at the State Capitol. The date for World Down Syndrome Day, the “21st day of the 3rd month,” is selected to signify the uniqueness of the triplication of the 21st chromosome, which causes Down Syndrome. On this day, wearing brightly colored socks, mismatched socks, or even extra socks signifies the extra chromosome that people with Down Syndrome usually carry. Members of the Legislature wear “Lots of Socks,” as a fun way to raise awareness of Down Syndrome and the important role developmentally disabled people in our communities.

“This important day is designed to recognize and advocate for greater public awareness and inclusion for individuals living with Down Syndrome. This is just one of many ways we can bring attention to the important role people of all ages with Down Syndrome play in our daily lives. As State Senator and someone who worked with individuals with developmental disabilities early in my career, I will continue to advocate for these remarkable individuals and their families,” **Senator Helming** said.

Senator Helming represents the 54th Senate District, which consists of Seneca and Wayne Counties, parts of Cayuga and Ontario Counties, and the towns of Lansing and Webster. For more information, please visit Senator Helming’s [website](#), or follow @SenatorHelming on Facebook or Twitter.

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