



◆ Down Syndrome ◆ C O M M U N I T Y

January

2017

In This Issue

"Spotlight On"

DSC Sweetheart Dance

Understanding Adolescence and Puberty Class

2nd Annual DSC Fashion Show - Call for Models

DSC Friends Meet-Ups

Moms' and DADS Night Out

Protect the Lifeline

Open Doors for Multicultural Families

Earn Money for DSC While Shopping at Fred Meyer

RSVP Now for Our 16th Annual Sweetheart Dance, Pizza Party and Dessert Potluck

Be part of our biggest dance party of the year! This event is for all ages, friends and family.

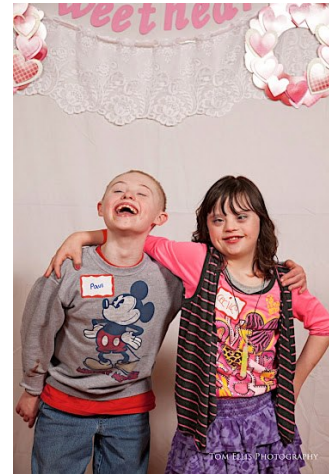
Live DJ, free pizza provided by Pazzo's and keepsake sweetheart photos by photographer Tom Ellis. Please bring a tasty dessert to share for our dessert potluck.

When: Saturday, February 4, 5:30 - 8:00 PM

Where: Mercer Island Community Center
8236 SE 24th Street, Mercer Island 98040

** Note change of venue from previous years **

Click [HERE](#) for all the details and to RSVP by Feb. 1.



"Spotlight On"



This year you might see **Devon Adelman** showing off latest fashions or racing down a ski slope, when she's not hitting the books. Dev is a very busy lady but she took a few minutes to speak to us:

1. *What do you think of when someone says DSC?* I think of a very inclusive and supportive organization where people can go for help.
2. *What is your favorite activity that the DSC puts on?* The DSC's Fashion Show. It is so fun to strut my stuff and support each other.
3. *What is your favorite activity outside of the DSC?* Definitely skiing. Our first meeting with Special Olympics is this Saturday and I am very excited for it.
4. *What do you want people to know about you?* I have been given opportunities that are incredible and I am grateful for the DSC's support.

Understanding Adolescence and Puberty for Girls and Boys with Down Syndrome



Teens and Tweens with Down syndrome go through puberty during the same years as their typically developing peers (ages 9-14), and as with all children, they have questions and concerns about the changes affecting their bodies during this time of their life. The DSC is proud to present a series of 4 classes, on 4 Saturdays in March 2017, on this topic. Rebecca Partridge, MD, head of the [Down Syndrome Program](#) at Virginia Mason, will teach the class.

[Register Now](#)

Click [HERE](#) for more information. Register early - space is limited.

2nd Annual DSC Fashion Show CALL FOR MODELS



This year's Fashion Show, with an expected attendance of 300 people, will take place

inclusive and supportive for the DSC. I really enjoy being on the DSC's Board of Directors and being a self-advocate. I will also soon be speaking at a panel discussion for the Arc of King County.

5. *What do you want people to know about Down syndrome?* This is something I was born with. People should learn and know about it. If bullies start learning about it, they will treat all people with respect. Also it's really important to know that people with Down syndrome can go to college too. I am finishing my second year.

Check out the previous Spotlight On [posts](#) on the DSC website.

Support the DSC while shopping

Go to smile.amazon.com

STAY CONNECTED



[Visit our website](#)

206-257-7191

or

[contact us](#)

Please check the DSC online [Events Calendar](#) regularly!

on **Saturday, March 25**, from 6:00 - 8:00 PM, at Victoria Hall on the campus of St.

Catherine of Siena in Northeast Seattle.

We invite our community to strut your stuff down the runway while supporting two of our great programs: The DSC Learning Program and the soon-to-come Self-Advocacy Training Program.

We will be accepting model applications beginning **February 3**. Click [HERE](#) for more information about the application process and model details.

Applicants will be notified by Friday, February 10th if they will be in the fashion show.

Please contact [Maura Dunn](#) with any questions about the fashion show!

DSC Friends Meet-Ups

*DSC Friends Meet-Ups are hosted by the DSC at **no cost** to you! Please join us and have fun!*

Babies/Toddlers (ages 0-3)

Contact: [Jessieca Graf](#)

Saturday, January 28

time and location - tbd

Be looking for a Facebook event with specific information.

Kids (ages 4-7)

Contact: [Alison Friend Burchett](#)

Saturday, January 14

[Seattle Children's Museum](#)

The Children's Museum is open 10:00 AM to 6:00 PM and you are welcome to spend as much time there as you'd like that day. Simply check in at the party desk and as long as we know you're coming, we'll have you on the list to enter and play! We have the Seaside room reserved 2:30 to 4:00 pm for a craft and treats, so meet us at that time for a fun get together.

RSVP necessary: [Alison Friend Burchett](#) with names of adults and children who will attend OR RSVP via the [Facebook event](#) (if you haven't already joined the DSC Friends 4-7 facebook group, this is your invitation).

February 4, 1:00 - 4:00 PM

At the home of Sam Pak in Seattle's Magnolia neighborhood

The kids will have fun making Valentines and jumping in Sam's bouncy house! Thank you to the Pak's for opening their home to this wonderful group.

Thank you to families for hosting, offering ideas, and joining us each month. If you'd like to host a playdate or have any questions about the Friends 4-7 group, please contact [Alison Friend Burchett](#).

Tweens (ages 8-12)

Contact: [Jessica Evertt](#) and [Sonja Braunlich](#)

Sunday, January 29, 1:30 PM

[Southgate Roller Rink](#)

9646 17th Ave SW, Seattle, WA 98106

Tween's, come with a parent and put on a pair of roller skates as we see how well you can roll. Parent can walk on rink with socks to help support your tween. Hope to see you there!

RSVP: [Jessica Evertt](#) by January 27 so we know who to expect.

Teens (ages 13-19)

Contact: [Kate O'Leary](#) and [Julie Habegger](#)

Sunday, January 29, 12:30 - 2:00 PM

[West Seattle Bowl](#)

4505 39th Ave SW, Seattle, WA 98116

Anyone up for lunch and bowling? Come join us and have fun hanging out with friends while bowling!

Transition and 20's

Contact: [Sue Adelman](#)

No event has been scheduled for January.

You can find out more about these activities, events, share ideas, and make helpful connections on our new Facebook pages! [DSC Friends 0-3](#), [DSC 4-7](#), and [DSC Tweens](#)

Moms' Night Out

Contact: [Courtney Criss](#)

Saturday, January 12 at 7:00 PM

[Elliot Bay Brewery](#)

12537 Lake City Way NE, Seattle, WA 98125

This is a joint MNO and DADS event.

Mark your calendars for more Moms' Nights Out:

Saturday, February 18

Saturday, March 18

Locations, TBD

Protect the Lifeline - Grassroots Training for Disability Awareness and Inclusion

Big changes could be in store this year for services you or a loved one rely on. The Advocacy Team at The Arc of King County is hosting a drop-in event at our Seattle offices from 10 am to 4 pm for advocates and activists to get grounded and develop messaging. Come for an hour, or several. We'll have workshops, legislative reviews, and opportunities to fill out postcards. You can find a lineup [here](#).



This event is free, but please RVSP [here](#) so we can plan accordingly. The Arc offices are at 233 6th Ave. N, Seattle, WA 98109.

Open Doors for Multicultural Families - Upcoming Events

Check out these events hosted by Open Doors in January and February:

- [IEP Workshop Series](#)
- [Understanding Behavior Workshop](#)
- [Sensory Processing Challenges Workshop](#)



OPEN DOORS
for MULTICULTURAL FAMILIES
...dedicated to the needs of diverse families who have loved ones with developmental disabilities and special health care needs.

Click [here](#) for more information about Open Doors, including the programs and services they provide.

Earn Money for DSC While Shopping at Fred Meyer

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:



- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Down Syndrome Community at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number: 89562.
- Then, every time you shop and use your Rewards Card, you are helping us earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.