



◆ Down Syndrome ◆

C O M M U N I T Y

February Newsletter

2017

In This Issue

"Spotlight On"

[Understanding Adolescence and Puberty Class](#)

[Save the Date! Fashion Show](#)

[New!! Conference Scholarships](#)

[Save the Date! WDSO Dine Out!](#)

[Sweetheart Dance - Thank You!](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[Webinar Series...Potty Time!](#)

"Spotlight On"



Last year, the Down Syndrome Community of Puget Sound decided to hire our first employee. After a thorough interview process, we chose **Maura Dunn** as the DSC Program Coordinator. We decided to put the spotlight on her this month so our community can get to know her a little better!

How did you originally get involved with the DSC? *My daughter Faith, who has Down syndrome, was born in 2003. I became a member of the DSC when she was young. She was even in a couple of the DSC calendars! I started organizing the tween Friends group in August 2015 and loved being a part of the organization. When the Program Coordinator job came up, I was excited to apply. I was ready to get back into the workforce after being focused on*

Understanding Adolescence and Puberty for Girls and Boys with Down Syndrome

Is your child with Down syndrome about to hit puberty? The DSC is offering a 4-part class taught by Dr. Rebecca Partridge in March to help you through this! Click [HERE](#) for more information and to register.



Save the Date! 2nd Annual DSC Fashion Show

When: Saturday, March 25, 6:00 - 8:00 PM
Where: Victoria Hall on the campus of St. Catherine of Siena in Northeast Seattle.
Tickets go on sale next week. Click [HERE](#) for more information.



NEW!! Conference Scholarships

The DSC is now offering our members scholarships ranging from \$100-\$500 to attend Down syndrome or related conferences! Interested? Click [HERE](#) for more information!

Save the Date! 3/21

World Down Syndrome Day. Dine out around Seattle for Down Syndrome. Details coming soon.



Sweetheart Dance - Thank you!

What a fantastic night of dancing and hanging with friends! Thanks to all who attended our Sweetheart Dance this past weekend. The DJ, **Mobile Grooves**, played everyone's favorite songs; the pizza, donated by **Pazzo's on Eastlake**, was delicious; and the desserts were out-of-this-world!

We'd also like to thank all our amazing volunteers who so generously gave their time in support of the DSC. And last but not least, a huge thanks to our photographer, Tom Eliis. His photos are available and free to download [HERE](#).



DSC Friends Meet-Ups

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

raising my family for the last 14 years. Maura and her husband, Steve, have three daughters Flannery (15), Faith (13) and Fiona (10). Their family lives in NE Seattle.

To get to know Maura better, check out the entire [post](#) on the DSC website.

Support the DSC while shopping

[Go to smile.amazon.com](https://www.smile.amazon.com)

STAY CONNECTED



[Visit our website](#)

206-257-7191
or
[contact us](#)

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

Babies/Toddlers (ages 0-3)

Contact: [Jessieca Graf](#)

Saturday, February 25, 10:30 AM - noon

Dr. Seuss Storytime

Barnes and Noble, Issaquah

1530 11th Ave NW, Issaquah, WA 98027

RSVP: [Jessieca Graf](#) or look for information on our [DSC Friends 0-3](#) Facebook page.

Saturday, March 25, 10:30 AM - 1:30 PM

Potluck Brunch and a Movie

The Graf House, hosted by Jessieca Graf

Fun for all the families to get together enjoy good food and company while the kids have plenty of room to play with toys and each other. If weather permits we can go on a nature walk, as well.

RSVP: [Jessieca Graf](#) for address, or look for information on our [DSC Friends 0-3](#) Facebook page in March.

Kids (ages 4-7)

Contact: [Alison Friend Burchett](#)

Saturday, March 18, 1:00

[Yoga in the Center](#)

15117 Main St #207, Mill Creek, WA 98012

Thanks to Jacque Baker for arranging our class. Yoga helps develop strength and coordination and this class will be tailored just for our kids. Arrive at 1:00 for the yoga class and/or join us next door afterwards at 2:00 at Frost for evolved doughnuts and French macarons.

RSVP: Watch for details and to RSVP on our [DSC Friends 4-7](#) Facebook page or email [Alison Friend Burchett](#) as space will be limited.

Tweens (ages 8-12)

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

Sunday, February 19, 2:00 - 6:00 PM

Movie Night! Or at least late afternoon and early evening

The James' house

The Tweens will watch the Trolls movie, eat snacks and have pizza. Kids can watch the movie and play while the adults chat and snack.

RSVP: [Jessica Evertt](#) for address, or look for details on our [DSC Friends Tween](#) Facebook page.

Sunday, March 19, 1:00 - 3:00 PM

[Froglegs Culinary Academy](#)

501 Market St., Kirkland, WA 98033

Frog Legs Culinary Academy is an engaging and interactive school allowing children a hands-on approach to cooking. This tween-only event will be a fun outing where the tweens will make delicious food together!

RSVP: [Sonja Braunlich](#) by March 15th and no later than March 17th, or via our [event](#) on Facebook.

Teens (ages 13-19)

Contact: [Kate O'Leary](#)

March Movie Night

RSVP: Watch for details in the March newsletter and on our [DSC Friends Teen](#) Facebook page.

Transitions and Beyond (and anyone else wanting to learn)

Contact: [Sue Adelman](#) or 734-274-1839

Have you ever been to Olympia? Are you interested in your rights and advocacy? The Arc of King County runs a program called *Advocacy Days*. Every Wednesday they have a focus and head to Olympia.

March 29th is Self Advocate day which is a day for everyone in the disability world to meet the people that make the rules that govern our state. Sue is driving to Olympia that day and wants you to join her.

Thursday, February 16, 5:00 PM - 7:00 PM

Pizza, Biography Writing and Hanging Out

The DSC is excited to get as many people to go to Olympia on March 29th as are interested. It is a good idea to have a one page outline about yourself and what you are interested in to share with the representatives.
If you aren't able to make it this evening, we will also hold a Short Bio session at Highline College. Details will be posted on Facebook.
RSVP: [Sue Adelman](#) for address.

Sunday, February 26

If it is nice weather, we can do a scavenger hunt downtown, if it is rainy we can plan on going to the Aquarium.

RSVP: [Sue Adelman](#)

Wednesday, March 29

Advocacy Day, Olympia, WA

Sue is driving to Olympia for Advocacy Day and has room for 6 people in her car so contact her you want to join her and learn more about advocacy.

RSVP: [Sue Adelman](#)

Moms' Night Out

Saturday, February 18, 7:00 PM

Los Bigotes De Villa

668 Strander Blvd, Tukwila, WA 98188

This Mexican restaurant is calm and cozy, with great service and a fresh salsa bar.

RSVP: [Courtney Criss](#) or look for the event on our [DSC](#) Facebook page

Webinar Series- Potty Time!

A Journey to Successful Toilet Training

Thursday, February 16

11 AM - 12 PM MST

Global Members - Free

Non-Members - \$10

For more information and to register, click [HERE](#).

