



◆ Down Syndrome ◆ C O M M U N I T Y

March Newsletter

2017

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"Spotlight On"



The 2017 Special Olympics World Winter Games will be held March 18-24. 2,700 athletes from around the world will come together in Austria. One of our Down Syndrome Community of Puget Sound members, **Virginia Wade**, will

World Down Syndrome Day - 3/21



DSC invites one and all to celebrate WDS Day with us to help raise awareness about the abilities and possibilities of people with Down syndrome. Here are 2 ways to celebrate:

DineOut at Pecado Bueno

[Pecado Bueno](#), at both their Fremont and West Seattle locations, is partnering with the DSC to DineOut for Down syndrome on 3/21. For all customers who put their receipt in a jar, Pecado Bueno will donate 25% to the DSC. Thank you, Pecado Bueno! We'll see you there!

Be looking for our south end DineOut restaurant location - to be announced soon!



Great Wheel for Down Syndrome

Once again this year, The Seattle Great Wheel will be lit up in Down syndrome colors to celebrate WDS Day. If you see it in person, make sure you take a pic (or a selfie!) and post it on social media using the hashtag #wdsd2017dsc.



March New Parent Social

Are you new to the world of Down syndrome? Join the DSC for our New Parent Social!

Who: Expecting parents and parents with a baby with Down syndrome under 12 months

When: Saturday, March 18, 11:00 AM - 1:00 PM

Where: Kinderling Bothell, 19801 North Creek Parkway, Ste. 200, Bothell, WA 98011

Click [HERE](#) for more information.



be one of those athletes! She is one of 22 skiers chosen to represent the United States Women's Alpine Team. She will be racing in the Giant Slalom and Super G courses. We asked her a couple of questions before she heads off to the Winter Games.

Tell us a little about yourself: *I am a freshman at Roosevelt High School. I am involved in gymnastics there. I love to ski. When I was four years old, I learned to ski through the Outdoors for All Foundation. I also like to write scripts. I especially love musicals. I enjoy making spaghetti sauce with my family. Virginia has 2 younger brothers and an older sister. They, along with their mom Amy, will be in Austria to cheer Virginia and the other Special Olympians on.*

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

Support the DSC while shopping

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

STAY CONNECTED



[Visit our website](#)

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

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

2nd Annual DSC Fashion Show

Grab your friends and family and watch 35 models with Down syndrome strut their stuff on the runway. It's an evening you won't want to miss!

When: Saturday, March 25, 6:00 - 8:00 PM

Where: Victoria Hall on the campus of St. Catherine of Siena in Northeast Seattle.

Tickets on sale now! Click [HERE](#) to purchase.



Attention DSC Families!

Do you have questions about the Individual and Family Services Waiver process (IFS)? Do you want to learn more about the process? If so, join us for an informational night with representatives from the Department of Social and Health Services (DSHS) and the Development Disabilities Administration (DDA).

When: Monday, April 3, 7:00 - 9:00 PM

Where: Renton Library, 100 Mill Ave. S, Renton, WA 98057

Click [HERE](#) for more information.

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, March 25, 6:30 - 9:30 PM

[Dream Night](#) at the Seattle Aquarium

The Seattle Aquarium welcomes children and adults with disabilities or special health care needs to relax and have fun enjoying the exhibits. Join your DSC friends for a fun-filled evening with many activities, talks and presentations around the Aquarium.

Register [HERE](#).

Questions: [Jessieca Graf](#) or look for details on where to meet on the [DSC Friends 0-3](#) Facebook page.

Saturday, April 29, 10:30 AM - 1:30 PM

Potluck Brunch and a Movie

The Graf House in Maple Valley, 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 details on our [DSC Friends 0-3](#) Facebook page in April.

Kids (ages 4-7)

Contact: [Alison Friend Burchett](#)

[Yoga in the Center](#) - *We are postponing our yoga class that was scheduled for this month. We look forward to scheduling this again later this year.*

Saturday, March 11, 1:00 - 2:30 PM

[Magnuson FunZone](#) at Arena Sports, Magnuson Park in NE Seattle

Meet at 1:00, eat pizza, and then jump at the bouncy houses until 2:30.

We've scheduled this directly after the DSC Learning Program in hopes that many of you who drive into Seattle for that will be able to stay and enjoy some fun afterwards!

RSVP or Questions: [Alison Friend Burchett](#) or look for details on our [DSC Friends 4-7](#) Facebook event page.

Tweens (ages 8-12)

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

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 or Questions: [Sonja Braunlich](#) by March 15th and no later than March 17th to hold your tween spot, or on our [DSC Friends Tweens](#) Facebook event page.

Teens (ages 13-19)

Contact: [Kate O'Leary](#)
Sunday, March 19, noon
Hike at Discovery Park

If the weather doesn't cooperate, we'll find a matinee! Keep an eye on Facebook for detail changes.

RSVP: [Kate O'Leary](#) for specific location to meet or look for details on our [DSC Friends Teens](#) 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.

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, March 11, 7:00 PM

Becky Ronan's House in South Kirkland

Come join us for an evening of Italian food with friends! We'll serve pasta from Maggiano's. Please bring a salad or dessert to share.

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

DADS Night Out

Saturday, March 18, 5:30 PM

Elliott Bay Brewing, Lake City Location

12537 Lake City Way NE, Seattle, WA 98125

Join the DADS for dinner, beer, and maybe even a little basketball!

RSVP: [Justin Hanney](#)

Save the Date!

Spring Fling and Talent Show

Don't miss out on our popular Spring Fling and Talent Show! Look for Talent Show sign-ups and RSVP in our April newsletter.

When: May 20, 5:30 - 8:00 PM

Where: Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007



Join the DSC Board of Directors

This is an exciting time to be a part of the DSC Board!

The Down Syndrome Community has openings for new board members! Join our energetic working board now and help shape our future. If you're looking for a way to volunteer with a passionate group of people in a fulfilling role, you've found the right place. Help us continue to innovate and evolve into an organization that provides meaningful programs, events, and resources to all our members. We are in particular need of board members with fundraising experience.

For more information, contact [Alison Winfield](#).

This notice is the call for DSC Board of Directors nominees.

IDSC 2017 Great Wolf Lodge

Family Weekend

When: September 15-17, 2017

Where: Great Wolf Lodge, Grand Mound, 20500 Old Hwy 99 SW, Centralia, WA 98531

Click [HERE](#) for more information.



Popular Summer Camps

We Asked - You Responded

We put the call out to find what summer camps you like best for your kids. Here are the ones you recommended (in no particular order or age group).

[Seattle Parks and Recreation Specialized Programs](#)

[Camp Corey](#)

[Childrens Hospital Stanley Stamm](#)

[Seattle Children's PlayGarden](#)

[Camp Beausite](#)

[Haring Center's Jump Camp](#)

[Outdoors For All](#)

[Boys and Girls Club of King County](#)



Your Child's IEP and You (Tips for Parents)

Do you have an IEP meeting coming up? If so, click [HERE](#) for some steps you can take to ensure that your child's educational needs are being met in a way that reflects their individual strengths, needs and priorities for learning.

