



January 2018 Newsletter

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Spotlight On



Next month, some of the world's greatest athletes will be competing at the Winter Olympics in Pyeongchang, South Korea. In July, Seattle will host some pretty impressive athletes.

17th Annual Sweetheart Dance and Pizza Party

It's time to RSVP for our biggest dance party of the year! This event is for all ages, friends and family. We will have music from our favorite DJ Anthony Jacob from Mobile Grooves, free pizza and keepsake sweetheart photos by photographer Tom Ellis to be downloaded for free after the dance.



Please bring a tasty dessert to share for our dessert potluck.

When: Saturday, Feb. 10, 2018, 5:30 - 8:00 PM

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

Click [HERE](#) for all the details and to RSVP by Wednesday, Feb. 7.

3rd Annual Fashion Show - Save-the-Date

Members of our community will strut their stuff down the runway while supporting the DSC at our 3rd Annual Fashion Show. *The application process which opened earlier this week has closed - we are no longer accepting applications.*



Tickets for the fashion show will go on sale soon. If you would like to volunteer for this fabulous event, contact [Gail Vecchiet](#) for more information.

When: Saturday, March 10, 2018, 6:00-8:00 PM

Where: Victoria Hall at St. Catherine of Siena, 8524 8th Ave NE, Seattle, WA 98115.

Click [HERE](#) for more information.

New Parent Social - Tomorrow, Jan 13th

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



impressive athletes as well during the Special Olympics USA Games. Coaching Team Washington Gymnastics is Seattle Gymnastics Academy President, **Elaine Walker**. We chatted with her to find out more!

In the fall of 2017, Seattle Gymnastics Academy started a new Special Olympics of Washington Gymnastics Team. Gymnastics had not been part of SOWA programming for several years. How did the gymnastics team come about? A year and a half ago, Terri Chudzik and some other Seattle Gymnastics Academy (SGA) parents that have children with Down syndrome, along with Joe Hampson from Special Olympics Washington (SOWA), reached out to me about adding gymnastics to SOWA programming. I worked with SOWA to get the program set-up, ensuring all requirements were met and running from a Special Olympics standpoint. I also held a seminar at the USA Gymnastics State Congress to let other gyms know about the opportunity. Terri pulled families together to create the first girls SOWA SGA gymnastics team in the fall so that they were able to qualify for the 2018 USA Special Olympics

Who: Expecting parents and parents with a baby with Down syndrome under 12 months
When: Saturday, January 13, 11:00 AM - 1:00 PM
Where: Kindering Bellevue, 16120 NE 8th Street, Bellevue, WA 98008
Contact: Becky Ronan at ronanbecky@gmail.com

Click [HERE](#) for more information.



Join the DSC for our NEW PARENT SOCIAL

SATURDAY, JANUARY 13, 2018 11am-1pm
Kindering
16120 NE 8th Street
Bellevue, WA 98008

Understanding Adolescence and Puberty Program

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 once again offering a series of four classes in March 2018 on this topic. Rebecca Partridge, MD, head of the Down Syndrome Program at Virginia Mason, will teach the classes.

Click [HERE](#) for more information. Registration will open later this month. Email [Maura Dunn](mailto:Maura.Dunn) if you have any questions about the program.

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 Graff at jessiecaj@gmail.com

January Family Potluck

Come join your friends for a family potluck! We would love for everyone to bring their family and their favorite dish to share.

When: Saturday, January 20, 10:30 AM - 12:30 PM

Where: Julie Korslund's house at 23415 124TH Dr SE, Snohomish, WA 98296

RSVP: [Jessieca Graff](#) or look for details on our DSC Friends Babies/Toddlers Facebook page

February [PlayHappy Cafe](#)

Can't go to the playground because of all the February rain? Join us for some indoor playtime!

When: Saturday, February 24, 10:30 AM - 12:30 PM

Where: 4114 198th Street SW, Suite 3, Lynnwood, Washington 98036

RSVP: [Jessieca Graff](#) or look for details on our DSC Friends Babies/Toddlers Facebook page

Kids (ages 4-7)

Contact: Alison Friend Burchett at papershred@hotmail.com

Valentine Craft Fun!

Join us at Satsuma in Seattle's Wedgwood neighborhood for a fun Valentine-themed craft! We love including siblings, but due to limited space, first priority will be given to

Special Olympics Games that will be in Seattle in July of 2018.

To learn more about the Elaine Walker and the Special Olympics of Washington Gymnastics Team, check out the entire [post](#) on the DSC website.

Stay Connected



Don't forget to use AmazonSmile while doing your online shopping and support the DSC! Click [HERE](#) to start shopping.

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

craft! We love including siblings, but due to limited space, first priority will be given to our kids with Down syndrome.

When: [Satsuma](#), 8511 35th Ave NE, Seattle, WA 98115

Where: January 13, 3:30-4:30 PM

RSVP: [Alison Burchett](#) or on our [Event](#) on the DSC 4-7 Facebook page. Places will be filled in order of who rsvp's first. Do indicate on your rsvp if you have siblings ages 4-7 who want to attend and we'll add them in rsvp order to a waitlist.

This is YOUR CHANCE to LEAD the DSC 4-7 year old FRIENDS group for 2018! Know some great children's activities? Love getting people together? Appreciate the friendships you and your children have formed at meet ups? The DSC 4-7 year old Friends group is looking for a new Leader for 2018. You don't have to attend every meet-up every month - you can enlist other members to host or help. You can keep it simple - and just have fun! I've gained so much support and friendship through this DSC Friends Group and can hardly believe my kiddo has graduated to the next age group. If you are interested in leading this group for our new year, please contact me ([Alison Burchett](#)) or [Alison Winfield](#) and we'll answer questions and help you get started!

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

Check out our DSC Friends Tweens Facebook page for the latest Friends Meet-Ups!

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com

Pizza and a Movie!

We'll have more information as we get closer to the date and know the movie schedule.

When: Saturday, January 27, late afternoon

Where: Issaquah/Renton Landing Regal Theater

RSVP: [Kate O'Leary](#) or look for details on our DSC Teens Facebook page.

Moms' Night Out

Contact: Courtney Criss at courtney@downsyndromecommunity.org

Join the Moms for a night out at one of Seattle's local breweries.

When: Saturday, January 27, 7:00 PM

Where: Elliott Bay Public House & Brewery, 12537 Lake City Way NE, Seattle, WA 98125

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

Call-To-Action from the Global Down Syndrome Foundation

In October the U.S. House of Representatives Appropriations Subcommittee on Labor, Health and Human Services, and Education, which provides federal funding for the National Institutes of Health, held the first ever hearing on current and future research funding priorities to accelerate scientific discovery that will benefit individuals with Down syndrome and lead to new therapies to treat Alzheimer's disease, cancer, and other major diseases.

The Global Down Syndrome Foundation is thrilled with the response to this hearing and needs your help! They are hoping to continue to build on the momentum from the Labor HHS Subcommittee hearing by sending an email to Senator Murray. Click [HERE](#) for a sample email. Please email this or one similar to Senator Murray's staff members:

Please cc the [Global Down Syndrome Foundation](http://GlobalDownSyndromeFoundation.org) on the email. Questions?
Contact Hannah Urano at hurano@globaldownsyndrome.org.

Special Needs Tennis Camp

- A bi-annual (May confirmed and August/TBD) weekend (3 hours on Sat, 3 hours on Sun) tennis academy for people with special needs to increase their ability to play and their appreciation of tennis.
- Offered through collaboration of Boeing Employees Tennis Club (BETC, 6727 S 199th Pl, Kent, WA, 98032, 253-872-5545) and Jensen-Schmidt Tennis Academy (JSTA).
- This is also the camp for Special Olympics WA (SOWA) Tennis Athletes as they train for the 2018 USA Games in Seattle (July 1-6).
- Program: May 5-6 on BETC Courts 4, 5, and 6.
 - Sat - GF lunch provided, 9:30 AM -12:30 PM
 - Sun - 12:30-4:00 PM
- Entrance Fee: \$75 per person or \$100/multiple special needs siblings. Enrollment is 30 athletes maximum (ages 8+).
- Each athlete receives and can keep: new tennis racquet, string bag, head and wrist bands, balls, tennis socks, and more.
- **Register:** www.jensen-schmidt.com/cities/seattle-wa.html
- Contact: Daryl Harper, daryl@harper3.org, 253-335-4647 (mobile)

Tim Tebow's Night To Shine

Night to Shine is a huge celebration for the special needs community! It is a huge prom designed to honor friends and family for everyone ages 15 and above with special needs. Everyone is crowned a prom king or prom queen on this Night to Shine!

Date: Friday, February 9th, 6:00-9:00 PM

Where: New Life Church, Renton Campus, 15711 152nd Ave SE, Renton, WA 98058

Registration: Deadline to register January 12th. Fill out the release form at <https://www.nlchurch.com/nighttoshine/>

Cost: Prom is free but registration is necessary. Crowns & Tiara's for everyone, dance music, food and more.

Eli's Park

In 2013, Elijah Del Reischl was born into this world. He entered it full of light, smiles, compassion and unbridled kindness toward all people. Eli saw no boundaries to how much one human could give. He loved hugs, the outdoors and his big brothers and would dance whether or not there was music playing. In a heartbreaking turn of events, the world lost this sweet boy in August, 2017. Eli's park is dedicated to him to carry on his spirit of inclusivity and building community through love.

The Mission of Eli's Park is to work with the community to create an inclusive, nature-based park space where people of all ages and abilities can find play and peace. For more information, check out their new website www.elispark.org

How You Can Help:

Take our survey! Your feedback is an important part of the planning process. If you are a Seattle resident, please tell



us what you want!

Pledge to Volunteer! Complete our volunteer form to share your talents with our team.

Donate! If you are able to give money, you can support us this way too!

www.elispark.org/get-involved

Spread the word! Tell your friends, like us on Facebook and share our story.

www.facebook.com/Elis-Park-145611486078652/



UW Haring Center: 2018 Jump School Break Camps Registration

Are you looking for camps for your kiddos during the school breaks this year? Check out these fun camps at UW Haring Center: Jump!

Mid-Winter Break Camp: Things That Beep!

Dates: Monday through Friday, February 19-23, 2018, from 9am-3:30pm

STEM Focus: Simple Machines (Engineering/Physics)

Spring Break Camp: Mud and Bugs!

Dates: Monday through Friday, April 9-13, 2018, from 9am-3:30pm

STEM Focus: Plants and Animals (Biology & Ecology)

Click [HERE](#) for more information or to register.

SOWA Young Athletes

For all of you with kids ages 2-7, SOWA is hosting another Young Athletes program beginning Sunday, January 21st, (every Sunday for 8 weeks). Practices will be held from 12:00-12:45 PM at Archbishop Murphy High School, 2911 39th Ave SE, Everett, WA 98208.

To register, please contact Esther Moon emoon1003@gmail.com and Linda Marshall at ljmarshall@hotmail.com.



**Special
Olympics**
Washington

Ruby's Rainbow - 2018 Scholarship Application is Open

Ruby's Rainbow is dedicated to the higher educational needs of adults with Down syndrome and their 2018 scholarship applications are now available. Click [HERE](#) for more information.