



DSC Newsletter

Our Goals:

- Build a caring, understanding, supportive community open to all individuals and families whose lives include a person with Down syndrome.
- Share and nurture a climate where every human being is recognized, their strengths appreciated, and their accomplishments respected and valued.
- Strengthen the network of individuals and groups working with issues affecting the lives of those with developmental disabilities and their families.



Annual Down Syndrome Community Conference Nears

Space is limited at our annual conference, so register now to guarantee your spot. The conference provides a unique opportunity to engage with local professionals and socialize with people like you, who work with and support people with Down syndrome.

This year's conference, *Issues Regarding Childhood, Adolescence and Adulthood*, brings together local professionals to present topics involving supports in the community and in the school, nutrition and fitness, as well as medical, dental and legal information. The morning keynote, *One Road to Advocacy*, will be delivered by King County Parent Coalition's renowned advocate, Margaret Lee Thompson. The afternoon key-

note, *Motivated to Move*, will be delivered by children's fitness and nutrition specialist, Maureen Eckersley.

In between, attendees will select from four breakout sessions in both the morning and the afternoon. Session topics are designed to address a wide array of subjects, so there is something appealing to self advocates, parents of children of all ages, educators and other professionals.

A special guest room rate is available at the Extended Stay Hotel across the parking lot from the conference center. There is no childcare available for the conference, and a box lunch will be provided. The DSC Sharing Library will be available at this event.

Where: Blackriver Training and Conference Center, 800 Oakesdale Ave SW, Renton, WA 98057

When: Saturday, April 10th, 9:00am-3:30pm

Cost: \$20 per person (includes box lunch)

Contact: Anne Mullis
anne@oldmillmicro.com
206-842-9027

For more details and a printable brochure, including a registration form, visit our home page at www.downsyndromecommunity.org and click on *Conference 2010*.

Registration via email and PayPal is also available online.

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Board Members and Volunteers

You've seen what we can do. What possibilities can you bring to the Board? There are at least three openings on our thirteen-member Board of Directors this year. Volunteer with a fun, dedicated group of people. Contact a Board Member today via the email addresses on Page 4, or call Sean King at 425-228-3391.

We meet officially as a Board about six times a year, and we

work together to produce the various events, services and activities the DSC provides. If you have ideas about where the DSC should put its money and its energy, now is your chance to share your enthusiasm and skills.

We also have volunteer opportunities that don't involve a Board Member commitment. The Buddy Walk Committee always needs more people. We also need help

with our newsletter, fundraising, and each of the events we sponsor throughout the year. It's easy to volunteer—just contact a Board Member and they will set you up.

Board of Directors nominations are due by April 5th, 2010. This article serves as official notice to membership of acceptance of nominations to the DSC Board of Directors as required by the DSC bylaws.

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Sweetheart Dance pics online:
[picasaweb.google.com/
 tomellisphoto/
 SweetheartDance22010](http://picasaweb.google.com/tomellisphoto/SweetheartDance22010)



From the President

Please consider joining me on the DSC Board of Directors. I started on the Board when my son was only a year old, and in nine years I've never looked back.

The DSC occupies a unique niche in the world of support for persons with Down syndrome and their families in the Puget Sound area. Although much of the advo-

cacy and support ground is covered by Arc programs (especially Parent to Parent and King County Parent Coalition), and by the myriad agencies and organizations for people with special needs, the DSC has managed to carve out a spot. Our focus on education and advocacy specific to Down syndrome, combined with events

where networking and socializing can occur in non-judgmental environments among people with similar concerns, clearly provides value to the people who make up the Down syndrome community.

And yet, I believe there is more our organization can be, and more we can do. Won't you join us and help make it happen? —Sean King

Sweetheart Dance Sweet Success

More than 130 people attended the Sweetheart Dance this year. As usual, we had all ages attending this well-rounded and rewarding social event. Our regular DJ, Foremost DJ, spun the tunes, while proud father and professional photographer Tom Ellis, snapped keepsake pictures for the partygoers.

We added a successful new element this year—the Sweetheart Dance Silent Dessert Auction. People bid generously on the scrumptious desserts provided by Board Members and donated by some of the Seattle area's top chefs.

Add two or three slices of pizza to the mix, and you have an event people continue to look forward

to year after year.

Thanks to everyone who donated money to help cover the costs of this event, and thanks to those who helped out during the evening.

Next year will be the dance's ten year anniversary! How can we make it extra special? Email Sean with your ideas: president@downsyndromecommunity.org.

Spreading the Word

www.r-word.org

"Spread the Word to End the Word" is the slogan of the Special Olympics campaign to eliminate the derogatory use of the r-word from everyday speech and promote the acceptance and inclusion of people with intellectual disabilities.

"Our language frames how we think about others," states the website. "Help eliminate the use of the R-word in everyday speech."

Learn more about the campaign and watch PSAs from John C. McGinley and Joe Jonas by visiting www.r-word.org.

KUOW 94.9 FM

On the January 29th episode of KUOW's *Weekday*, DSC members Marcella Young, Paula McDade and Terri Chudzik joined host Marcie Sillman, specialists and callers for an honest, frank and extensive discussion about living with Down syndrome.

You can listen to the show and share it with others by visiting KUOW's website. You can find the program's page at www.kuow.org/program.php?id=19257 (no spaces) or simply go to their website, kuow.com, and search for "down syndrome."

Down Syndrome Day

March 21, 2010 is World Down Syndrome Day, a date "chosen to signify the uniqueness of Down syndrome in the triplication (trisomy) of the 21st chromosome." The day has been commemorated since 2006, spearheaded by Down Syndrome International (DSi).

Their official website at www.worlddownsyndromeday.org says their aim is "to promote awareness and understanding of Down syndrome and related issues, and to mobilize support and recognition of the dignity, rights and well-being of persons with Down syndrome."

"Down syndrome: A condition to embrace."

—Marcie Sillman,
 KUOW Weekday host

Eric Matthes Advocates before State Legislators

At the Arc of King County's legislative forum in Olympia on November 23, 2009, Eric Matthes presented the following address.

My name is Eric Matthes. I live in the 34th legislative district. I am an Arc of King County Board Member.

The Arc of King County Board supports President Obama's "The Year of Community Living" declaration. President Obama stated: "I am proud to launch this initiative to reaffirm my Administration's commitment to

vigorous enforcement of civil rights for Americans with disabilities and to ensuring the fullest inclusion of all people in the life of our nation."

President Obama directed Health and Human Services Secretary, Kathleen Sebelius and Housing and Urban Development Secretary, Shaun Donovan to work to improve access to housing, independent living arrangements and community supports for people with disabilities.

It is important for people with

developmental disabilities to have:

- A life of our own choosing
- Good quality lives
- To have rights and dignity
- And to participate fully in community life

Please join me in supporting "The Year of Community Living."

The King County Parent Coalition for Developmental Disabilities sponsors this annual forum on issues of importance in the Developmental Disabilities System with members of the Washington State Legislature (King County) and other local/regional officials.



Eric Matthes was an Arc of King County Board Member and is now employed with the Arc as an Outreach and Advocacy Specialist.



December's **Holiday Party Potluck** was our largest ever. Next year we promise to supplement the potluck with more food!

Remembering Diane Mumma

Last June, the Down Syndrome Community lost a dear and devoted friend with the passing of Dianne Mumma. For many years, Dianne was an active and dedicated member of the DSC. She was instrumental in organizing and promoting the Down Syndrome Community Holiday Party and her commitment to this annual event established what is

now a very special yearly tradition for our group.

The DSC is honored to be one of the organizations to receive donations made in remembrance of Dianne. In recognition of her contributions to our organization these funds were used to purchase a greatly needed portable sound system. A group of Dianne's friends compiled several

holiday mix CD's and a *Down Syndrome Community - Holiday Song Book*. Both were used for the first time at this year's party, adding a very special and festive spirit to the occasion.

Our sincere thanks go to the Mumma family and to those who donated so generously to our community.



♦ **Down Syndrome** ♦
C O M M U N I T Y

17930 Normandy Terrace SW
Normandy Park, WA 98166

The Down Syndrome Community is a registered 501(c)(3) non-profit organization whose mission is to improve the lives of individuals with Down syndrome and their families by focusing on education, communication and advocacy. Our service area includes the entire Puget Sound region and Western Washington. Our members include a wide cross section of families and professionals across the United States.

You can find more information and make a tax-deductible donation through PayPal by visiting our website at www.downsyndromecommunity.org

Upcoming Events

Annual DSC Conference

April 10, 9am-3:30pm, Blackriver Conference and Training Center, 800 Oakesdale Ave SW, Renton, WA 98057

“Issues Involving Childhood, Adolescence and Adulthood”

Open to all. \$20 per person (includes box lunch). Register by visiting www.downsyndromecommunity.org.

Annual Meeting and Country Kicker Dance

May 15, 2009, 5-8pm, Highland Center, Bellevue

While the Board of Directors Executive Committee counts votes to elect Board Members, everybody else gets to do the Boot Scootin’ Boogie and the Electric Slide: country music, dancing, refreshments, fun!

Megarama Day

August 21, 2010, M Bar C Ranch, Whidbey Island
www.megaramaday.com

This is a full day of fun: horseback rides, hayrides, cowpokes, costumes and a replica of a wild West town.

Board Meetings

Board meetings are open to all members. Please let Sean know you are coming: president@downsyndromecommunity.org, 425-228-3391

Board Meeting

May 4, 7-9pm

Mercer Island Library

Annual Planning Meeting

(Board members only)

June 26

Board of Directors

Sean King, President
president@downsyndromecommunity.org

Louise Avery, Vice President of Community Relations
dsc_relations@comcast.net

Carla Snyder, Secretary

Curtis Thelin, Treasurer
treasurer@downsyndromecommunity.org

Anne Mullis, Recording Secretary

Nick Kappes, Finance Committee Chair

Sarah Holcombe

Mangala Lonkar

Lynne Palmisano

Laurel Sturges



♦ **Down Syndrome** ♦
C O M M U N I T Y