



# DSC Newsletter

Down Syndrome Community

March 2012 Issue

## 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.

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## DSC Conference 2012

DSC Conference 2012 – Saturday, April 14th

By now you should have received the DSC Conference 2012 brochure either by e-mail or snail mail. The conference will be held from 9 AM until 3:30 PM on Saturday, April 14th, at the Blackriver Training and Conference Center (800 Oakesdale Ave SW) in Renton, with check-in beginning at 9AM. (See brochure for driving directions.)

This year we will focus on Nutrition, Fitness and Family Health. Although this is indeed the DSC Conference, our topics are applicable to any family, friend, teacher, therapist or care provider working with people with any developmental disability. DSC is the host. So please share with your friends,

schools, care providers and others, as appropriate. We appreciate your support in this effort. The conference topics offer food for thought for parents/providers of children of all ages. They stimulate discussion and perhaps answer questions you haven't yet thought to ask.

Our keynote speaker this year is **Joan Guthrie Medlen**, a regis-

tered, licensed dietician with an advanced certificate in weight management and health literacy. She is the author of *The Down Syndrome Nutrition Handbook: A Guide to Healthy Lifestyles*, which was the first book to look at health promotion for people with Down syndrome. In addition to the keynote address, Joan will lead

*(Continued on page 3)*

We need volunteers for this year's Buddy Walk in October. The work begins now!

*Anyone can help. Join the fun!*



Contact Lynne Palmisano  
lyntoy1@aol.com  
425-681-2957

## Bake a Difference! Cookbook Project Gains Steam

The *Bake a Difference!* cookbook project, benefitting the Down Syndrome Community, is one of three finalists for Embassy Suites' "I Can Make a Difference" program. The other two finalists are Embassy Suites Charlotte-Concord (Project Haiti) and Embassy Suites Tulsa (Turkey Trot benefitting local homeless shelter). All three finalists are required to

submit a 60-second video to promote their charity of choice, and the entire Embassy Suites brand will have a chance to vote live during the 3/29 live teleconference. The winner will receive a grant of up to \$7000 to go towards their project.

We had to submit a business plan and supporting documentation for this award, and it was chosen as a

finalist based upon its uniqueness, tie to the community, and personal connection to the property. We attended the Embassy Suites awards ceremony at the Library of Congress in Washington, DC last week and the cookbook was greeted with much enthusiasm. We are hopeful.

—Kristie Richardson, organizer of "Bake" a Difference

# DSC Newsletter

## From the President

Dear Members,

A sure sign of the end of winter is the annual Sweetheart Dance, Pizza Party and Silent Dessert Auction. It went extraordinarily well this year with our largest attendance ever of nearly 190! So many smiles and hugs and conversations, keepsake photos, new friendships. This event is one of those that really captures the networking goal of our mission statement, and it gets better and better every year. There is a certain comforting strength to be had when we find the time to get together and share experiences.

I hope you can make it to this year's conference. We're trying hard to create a day that offers something of value to a wide range of people, something that isn't exclusive to Down syndrome. Please take a look at the article in this issue and help spread the

word to friends and professionals in your world.

The Can Bike 2012 Committee is deep into the planning of this year's Lose the Training Wheels event. We need to line up camp volunteers, so let me know if you're interested in giving a couple hours of your time for a few days, July 23-27. I speak from experience: This is extremely rewarding volunteer work. It is visceral, immediate and impactful for the kids and their volunteer helpers—a unique experience you shouldn't miss.

Our biennial excursion to Camp Prime Time is set to happen this year, too, so watch for details about this fun and rare camping adventure coming soon.

We are continuing to work hard for you and prove that when you contribute your money to our cause, you are getting a powerful

bang for your buck. We're always finding ways to cut expenses even further, to spend our treasured funds frugally, and to get ourselves well-positioned for the next phase in our development as an essential part of the Puget Sound nonprofit landscape.

Thank you all so much for your support and enthusiasm!

—Sean King  
seanking@hotmail.com



Sweetheart Dance photos by Tom Ellis Photography



## Board of Directors Nominations Open

Do you know somebody who would like to serve on the DSC Board of Directors? Elections are coming in April, so it's time to nominate that special volunteer to serve a three-year stint, helping directly with the evolution of our organization.

This article serves as official notice to membership of the commencement of the nominations period for open positions on the DSC Board of Directors as required by the DSC bylaws.

Join us!

**THANK YOU  
VOLUNTEERS FOR A  
SUPER SWEETHEART  
DANCE!**  
**Girl Scout Troop 42129  
Tom Ellis Photography  
Pazzo's on Eastlake**  
  
Linda Michael  
Brandii Hope  
Georgia Hope  
Brian Michael  
Marcie Mineard  
Laurie King  
Kirk Gillett  
Nicole Jensen  
Jennifer Pariseau  
  
...and all our wonderful  
auction benefactors  
and bakers!



The DSC's *Heidi Heier Memorial Sharing Library* will be at the Conference and the Annual Meeting.

Please bring CDs, DVDs or other media related to living with Down syndrome to share with others, or contact Sean for pickup: 425-228-3391, president@downsyndromecommunity.org

## DSC Conference 2012

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a participatory demonstration and discussion regarding healthy foods.

Our other presenters this year:

**Scott Rutledge** is a licensed marriage and family therapy associate with a private practice in Seattle. He is also a member of the DSC Board of Directors. Scott will be addressing the ups and downs of daily life in families with disabled members.

**Sue Steindorf** is a licensed physical therapist and certified yoga therapist. She worked as a Physical Therapist (PT) in the school district for 20 years addressing the needs of children of all ages and disabilities. She will co-present with **Karen Kilbane**, coordinator for the BRIDGE Fitness, an innovative community focused fitness program.. Both Sue and Karen are coaches in the TOPSoccer program. In the morning they will present on how fitness activities not only help in physical health but also emotional health and community access. In the afternoon they will present a participatory fitness activity.

**Amy Patterson** is co-coordinator for the Down Syndrome Association of Snohomish County. She will be bringing back information from the Affiliates in Action Conference held last month in Washington D.C.

The DSC Library will be available to check out and return books and media from the Heidi Heir Memorial Library. It contains a wealth of information on disabili-

ties, Down syndrome, special education, therapies, curricula, and teaching strategies, as well as books to share with siblings and young children.

A new offering this year is our quasi Resource Fair. Community organizations that offer opportunities for people with developmental disabilities and their families have been invited to send a representative or information on their offerings to be available at the conference. Additionally, we will have Woodbine House books for sale.

Please register early. First it helps the planners so that there are sufficient chairs set up during presentations and sufficient food ordered for lunch. Additionally, though the Blackriver Training and Conference Center in Renton is spacious, it does have limited capacity.

There is a link to the conference registration form on the DSC website: [downsyndromecommunity.org](http://downsyndromecommunity.org). The registration fee, of \$25 for DSC members and \$15 for self-advocates, includes a sandwich and salad luncheon buffet provided by Alki Bakery. If this conference

is one that you should attend but simply can't afford, request a stipend as you register. We want you there.

You can mail your registration form with check enclosed to DSC, c/o Anne Mullis, 5276 Old Mill Road, Bainbridge Island, WA 98110.

Alternatively, you can e-mail your registration information to [anne@oldmillmicro.com](mailto:anne@oldmillmicro.com) and pay via PayPal on the Donation button of the DSC website, indicating conference as purpose.

A third option would be to either e-mail [anne@oldmillmicro.com](mailto:anne@oldmillmicro.com) or telephonically provide your registration information to Anne at (206) 842-9027 and bring check, cash, or credit card to the conference site.

We're excited to offer this year's DSC conference to the community and hope that you are able to join us.

—Anne Mullis  
[anne@oldmillmicro.com](mailto:anne@oldmillmicro.com)

*Please register early!  
\$25 covers conference  
registration and  
catered buffet lunch  
from Alki Bakery.*

### Annual Meeting Potluck & Dance

*Dance with DJ Shane and enjoy a community potluck at our Annual Meeting. Everyone please bring a main dish **plus** a salad or side. Dessert and drinks provided by DSC.*



**More exciting info to come!**  
Saturday, May 19, 6-8:30pm  
Highland Center, Bellevue



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

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Normandy Park, WA 98166

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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](http://www.downsyndromecommunity.org)

## Upcoming Events

### World Down Syndrome Day

March 21, 2012      [www.worlddownsyndromeday.org](http://www.worlddownsyndromeday.org) &  
[www.ds-int.org](http://www.ds-int.org)

### DSC Conference 2012

Saturday, April 14, 9am-3pm, Blackriver Conference Center  
800 Oakesdale Ave SW, Renton, WA 98057  
Contact: Anne Mullis, 206-842-9027, [anne@oldmillmicro.com](mailto:anne@oldmillmicro.com)  
*Sharing Library Event*

### Potluck, Dance and Annual Meeting

Saturday, May 19, 6-8:30pm, Highland Community Center  
*Sharing Library Event*

### Can Bike (Lose the Training Wheels)

July 23-27, Magnuson Park, Seattle

### Megarama Day

Saturday, August 18, M-Bar-C Ranch, Whidbey Island  
Register at [www.MegaramaDay.com](http://www.MegaramaDay.com)

### 16th Annual Buddy Walk of Puget Sound

October 2012, Seattle Center  
Contact: Lynne Palmisano, 425-681-2957, [lyntoy1@aol.com](mailto:lyntoy1@aol.com)

## Board of Directors

Sean King, President  
[president@downsyndromecommunity.org](mailto:president@downsyndromecommunity.org)

Louise Avery, Vice President,  
Community Relations Liaison  
[dsc\\_relations@comcast.net](mailto:dsc_relations@comcast.net)

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Curtis Thelin, Treasurer  
[treasurer@downsyndromecommunity.org](mailto:treasurer@downsyndromecommunity.org)

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Lynne Palmisano,  
Buddy Walk Chair

Dan Hartung

Sue Hartung

Jennifer Mullis, Self  
Advocate

Scott Rutledge

Laurel Sturges

## Board Meetings

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

May 1, 7-9pm, Pacific Market Center

September 4, 7-9pm, Pacific Market Center

November 6, 7-9pm, Pacific Market Center