



Down Syndrome Community Newsletter

AUGUST 2014

DSC Board members

President: Sean King

Vice President:

Louise Avery

Secretary: Carla Snyder

Treasurer: Curtis Thelin

Buddy Walk Chair:

Lynne Palmisano

Friends Coordinator:

Alison Winfield

DSC Gives Back

Coordinator:

Laurel Sturges

Reign Liaison:

Becky Ronan

By-Laws committee chair:

Kara Freel-Sparks

Conference Coordinator:

Anne Mullis

D.A.D.S. Liaison:

Tim Larmore

NDSC Conference

Representative:

Tanya Coldiron

Self Advocate member:

Jennifer Mullis

DSC: Changes

Afoot!



Web Site: Our web site is in the process of being revised, renewed, revamped and reinvigorated. If there is something that you think should be there, please let us know. Stay tuned!!

www.downsyndromecommunity.org

We have a phone! We're maturing and have finally become old enough to have a phone. The DSC helpline phone number is: [\(206\) 257-7191](tel:2062577191).

We're on Facebook:

DownSyndromeCommunity

and Twitter: #downsyndromecommunity.

Sometimes it just takes a while to document things that are happening, especially when they are coming so fast and furiously. Our newsletter is in the process of changing platforms and there is a learning curve that we hope to climb relatively seamlessly. Time will tell!

The goal is to get information out quickly and with regularity via all media means so everyone has the opportunity to join us. Your input into the news is most welcome. If something is happening in your neighborhood, spread the word so others are aware and perhaps other neighborhoods will adopt similar opportunities.

Two examples:

Independence Day Parade in Burien

The Down Syndrome Community invited members, family and friends to participate in the **Independence Day Parade in Burien**. A long standing Burien tradition, the 4th of July Parade runs about 2 hours long and runs through the streets of downtown Burien. Start time was 3PM.

Coordinator Linda Milligan reserved a 6'x12' trailer for those who couldn't walk the length of the parade. Other participants walked, rode in strollers or wagons. The theme was the Buddy Walk – so participants wore their Buddy Walk shirts. Buddy Walk signs were waved, information on the DSC and the October Buddy Walk were passed out to those on the sidewalks, and most fun of all –candy was thrown too! Several advocates and their families attended the parade and all had a fabulous time.

Fourth of July Parade on Bainbridge

Your Self Advocate Board member, Jennifer, joined the Island Time Activities float for their parade. ITA is an organization on the island that provides learning and social activities for people with developmental disabilities. More than 30 members of ITA spent three weeks shaping and painting a delightful float with the theme of Diversity and Independence for All. Eighteen members rode or walked in the parade, smiling, waving and enjoying, while Jennifer played a keyboard the entire length of the parade. This float wasn't DSC-specific; however, it included our members joining in their local community to garner support for acceptance and equality.



New Program Updates

The President's letter – Special Edition Newsletter sent out June 27th – talked about several new programs: DSC Friends, DSC Gives Back, the Virginia Mason DS Nutrition Program and others. Here are some updates:

The DSC Gives Back Program

...is where our self advocates are volunteering their time and talents to projects/programs in their communities. Sometimes this will be a group effort; other times, and probably more frequently because of our geographic dispersion, it will be an individual or two assisting others in their own communities.



The DSC Board would like to recognize these groups, individuals and projects. The only way this can be done is for each of you to forward to us – information about your advocate(s) and their project(s). When group efforts are being planned by us, you'll be informed, so that if the time and location fits in your schedule you can join in that particular activity. If your advocate is doing something already, just send us a note (and photo) to let us know and we can highlight it in our newsletter and provide recognition at our annual meeting. Director Laurel Sturges is the POC for this program. She can be reached at lesturges@comcast.net

Examples: A group of DSC advocates including Bobby Sturges and their families gathered in Renton and assisted in making sandwiches for the homeless in May. Phillip Thelin and a group of his friends assist in the compilation of New Parent Packets that are delivered to new parents in area hospitals during a DSC representative or hospital staff's First Call after diagnosis. Jennifer Mullis serves Meals on Wheels in the Senior Community Center twice a week for the noon meal.

Please send us information on and pictures of both on-going and planned participation by your advocate or family so this program can grow in all of our communities as we advocate through service.



DSC Friends

... Director Alison Winfield has identified volunteer Points of Contact for each age group and activities have begun. A whole hearted thank you is sent from all of us to each of the POCs listed below:

Infants and Toddlers (Birth to 3) Chelle Smith csmith@cssolutionsllc.com (360) 941-4738 This group had their first meeting on July 26th.

Kids (4 – 7) Deborah Miller debbieelia66@hotmail.com This group met on June 14th and July 12th. They plan to meet on the 2nd Saturday of each month. In August, they will participate in Megarama Day.

Tweens (8 – 12) Catalina Angel ariel-catalina@yahoo.com (954) 665-8621 This group met on June 29th.

Teens (13 – 19) Sandy Walker - HomePhone: (253) 859-2090 Cell: (253) 740- 0709 This group met on June 14th and July 24th.

Adults (20 and up) Margie Leiberton mleiberton@msn.com (425) 401-8434 This group had plans to meet on June 25th.

As things get rolling, the dates for planned activities will be published in the newsletter in advance! In the meantime, contact the POC for the group that matches your family needs and join them as we establish friendships for our children and ourselves. Siblings are always welcome. Once an activity is over, send a blurb and a photo and we'll share it through our newsletter

Nutrition and the Down Syndrome Program at Virginia Mason



... Dr. Rebecca Partridge, who has Ds clinics in both Issaquah and University Village, will be joined by Beth Olenchek, a health educator, to put on a free, all-age, Family Health Camp on Saturday, August 2nd from 1:00 – 3:00 pm. An inter-active afternoon workshop with stations will be held to learn about choosing healthy foods in the right amounts and balancing our energy needs with our choices. The camp is being held at the Haring Center directly behind the UW Medical Center. See our website for directions.

Dads Appreciating Down Syndrome (D.A.D.S)

... This group has been meeting monthly since May. Please plan to join them at their first annual summer *family* picnic at the Game Farm Park in Auburn on Saturday, August 16th from 4:00 to 6:00 pm. Meat and drinks will be provided. Please bring a side dish to share.



Things we've been up to:

Camp Prime Time – June 6-8

All cabins were full and participants had a grand time playing games, riding/steering the boat on Clear Lake, resting in the tree house, singing round the camp fire and enjoying s'mores. This is an event we are able to do every other year, so plan on joining us in 2016.



Seattle Reign - July 21

On July 21st, a beautiful Monday afternoon, about 60 members of the DSC joined the Seattle Reign and Athletes for Hope on their home field in Memorial Stadium for drills, play, photos and autographs. The background for this event is that one of the Reign players, Sydney Leroux's, best friend in school beginning in Kindergarten was a girl with Down syndrome. Now not just Sydney but the whole organization is adopting the DSC. This was the first of what we hope to be many fun outings together. If you weren't able to join us this time, we hope that you can in the future. Photos of the event can be seen on our web site.

Next Newsletter

Upcoming Articles are being prepared by the Buddy Walk Committee, our Self-Advocate Board member, the Conference Planning Committee, and hopefully, YOU!! Suggestions: Review a book that you found helpful, share an article you read, tell us about your family or an adventure or activity for one of our many groups to pursue.

We are also preparing an article about the committees that make the events that the DSC sponsors happen. We would love for more community members to join us on these committees. Many hands make light work!! Think about your skill set and how it might enhance the DSC.

Much more to come – Below: a small sampling!

Upcoming Events:

Family Health Camp – August 2
DSC GoToMeeting Board Meeting - August 7
Megarama Day – August 9
D.A.D.S. Picnic – August 19
DSC Board Meeting – September 4

Further out:

Buddy Walk – October 5
Santa Express – December 9
Holiday Party – December 13