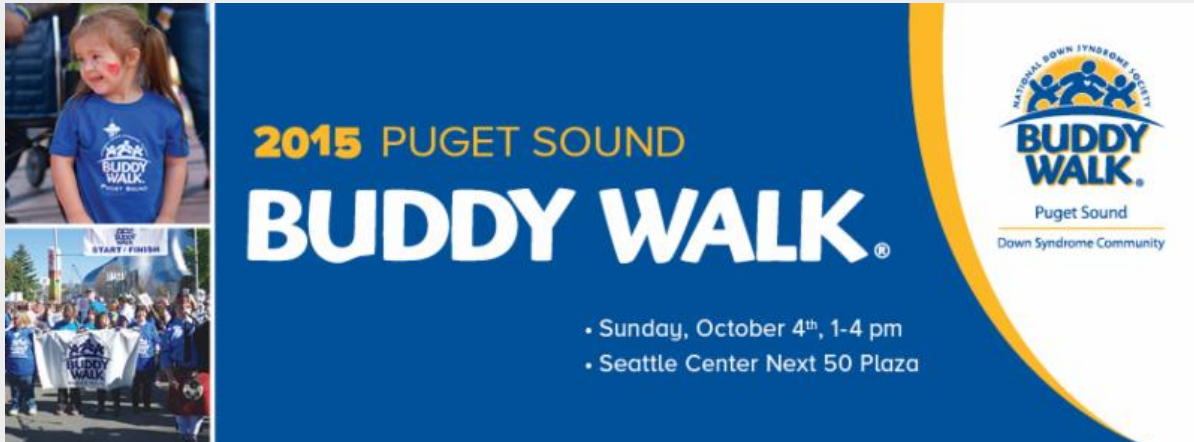


2015 Puget Sound Buddy Walk details!  
Plus, the Learning Program, Social Groups, and more!

## Down Syndrome Community News Blast



### 19th Annual Puget Sound Buddy Walk

Join over 1,500 friends and supporters for a day of fun including activities for the family, live music, food trucks, photos and of course, a walk around Seattle Center! Rock out to [Living the Dream](#) band just back from the Special Olympics World Games, hear from amazing self-advocates [Karen Gaffney](#) and [Dev Adelman](#), visit your favorite resource booths, and celebrate the talent of local artists with Down syndrome.

**REGISTER TODAY!**

[Register](#) as an individual, join an existing team, or create your own team. Those who register online by **September 4th** can order a walk t-shirt for \$10 each, with a free t-shirt for individuals with Down syndrome. There will be a limited number of t-shirts available for purchase at the registration table the day of the walk if you miss the pre-order deadline. If you want to guarantee a t-shirt you'll need to register early!

*Fundraising is optional but greatly appreciated and critical to our success.* The top fundraising teams will be recognized at the Walk with these unique experiences:

[Top Fundraising Teams](#) (as of Midnight on October 2, 2015)

1. **Top Fundraising Team** will be invited to lead the Walk, carrying the banner.
2. **Top 3 Fundraising Teams** will have a "tailgating" tent reserved, including a sign for your team and decorated in Buddy Walk® colors. What a great way to participate in all the activities of the day and thank your team for their support!

Don't wait! Register now and share with everyone! Keep watching the [DSC Website](#) and [Facebook](#) page for more information.

## The Learning Program

After an extremely successful pilot of the [Learning Program](#) Level 1A last year, we are pleased to announce that DSC is continuing the Learning Programs with both Levels 1A and 1B this year!

Level 1A (for ages 4-7) is now [accepting applications](#). Give your kids a head start, and arm yourself with advocacy tools and connections. **Application deadline August 22.**



[More info and simple application form here!](#)

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## DSC Friends Social Groups

Here's the slate of upcoming social group meet-ups. Please check our [website calendar](#) for meet-up details and additional dates as they're scheduled.

### Ages 0-3

Generally meets the 4<sup>th</sup> Saturday of the month.  
Contact Caitlin Hanney: [Email Caitlin](#)

August Meet-up

Date & Time: August 29th, 10am-12pm

Location: Big Finn Hill Park, 8106 NE 138th St, Kirkland, WA 98034

September Meet-up

Date & Time: September 26th, 10am-12pm

Location: Alki Beach

October meet-up

Date & Time: October 24th, 10am-12pm

Location: Play Happy Cafe in Lynnwood

November meet-up

Date & Time: November 21st, 10am-12pm (meeting a week early to avoid Thanksgiving)

Location: (reservation pending) Burien Community Center 14700 6th Ave SW, 98166

### Ages 4-7

Contact Kara Freel-Sparks: [Email Kara](#) 206-850-4129

### Ages 8-12

Contact Catalina: [Email Catalina](#) 954-665-8621

### Ages 13-19

Generally meets the last Sunday of the month

Contact Sue Adelman: [Email Sue](#) 734-274-1839

August 30: 11am-2pm Alki Beach

September 27: 11am-2pm Public Library or Help with Buddy Walk prep

October 4: BUDDY WALK 1-4pm NEXT 50 Plaza Seattle Center

November 22: 11am-2pm to be determined.

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## Board Members Needed!

Interested in volunteer service that directly impacts individuals with Down syndrome and their families? The DSC has two board positions open, and we're hoping to find people with marketing, grant writing or fundraising talents to

offer. For more info, contact [Sean King](#).



## What We've Been Doing

- Our **2015 Conference**, brought to you by NDSS and DSC, presented international speakers who helped us learn about aging with Down syndrome. Thanks to Anne Mullis and team for making this event a success!
- This summer's **Megarama Day** was a resounding success as the rain stayed away and imaginations flourished. Thanks to Louise Avery for once again pulling off a magnificent event! Megarama Day XVI is already set for August 13, 2016. Giddy up!
- **DADS of Puget Sound** has a Facebook page! Meetings will resume this fall. Hope all you dads can join us! [Facebook - DADS of Puget Sound](#)
- We renewed our commitment to the **Learning Program**, offering Levels 1A and 1B this year. We're excited to help this empowering program grow in the Northwest.
- We launched our **new website** this year, on the heels of our revamped strategic plan. It's full of information about the DSC, as well as useful resources.
- Our biggest event and main fundraiser, the **Puget Sound Buddy Walk**, celebrates its 19th year, bigger and better than ever!
- We're setting up streamlined communications, and **connecting with other nonprofits**, locally and nationwide, to join forces and become stronger for you.
- Our volunteers are working hard to continue the growth of our **DSC Friends Social Groups**. Join us in creating meaningful relationships for you and your kids! If you have some good ideas, please let your group leader know.

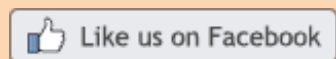
## Facebook and Twitter

For the latest DSC updates and other crucial information related to Down syndrome, please join us on Facebook! [Facebook - Down Syndrome Community](#)

You can also find us on Twitter! [Twitter - Down Syndrome Community](#)

Down Syndrome Community | 206-257-7191 | [contact@downsyndromecommunity.com](mailto:contact@downsyndromecommunity.com)

STAY CONNECTED:



[Visit our website](#)