



◆ Down Syndrome ◆

C O M M U N I T Y

August Newsletter

2016

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"Spotlight On"



Alison Winfield is the fearless new leader of the DSC. She is currently serving her second term on the Board, after joining three years ago. Alison's involvement with the Down Syndrome Community has been expansive. She re-started the DSC Friends groups, participated on the Buddy Walk committee, helped get the grant for the Learning Program (through the Global Down Syndrome Foundation), and then took over the role of secretary when another Board member vacated the position. When Sean King announced his retirement from the Board, Alison stepped up to take on the role. She has big shoes to fill, but we are excited to have her youthful energy and non-profit expertise (she currently works at the EEU at UW)

Puget Sound Buddy Walk

If you have not already, please mark your calendar for the 20th Annual Puget Sound Buddy Walk on **Sunday, October 2nd at Seattle Center from 1-4 PM**. We have a very special celebration planned! Featured guest speakers will be: *Margaret-Lee Thompson*, founder and retired Coordinator of the King County Parent Coalition for Developmental Disabilities; *Phillip Thelin*, leader of the Puget Sound Buddy Walk for many years with his bagpipes; and *Marcie Mineard*, Puget Sound Buddy Walk long-time volunteer and sign language interpreter. Registration will open soon - watch Facebook and your email for a link - and start getting your team together! We are still looking for sponsors - if you or someone you know would like to sponsor see our website or email becky@downsyndromecommunity.org.



Megarama Day

Calling all Cowboys and Cowgirls! The 19th Annual Megarama Day is around the bend.

Date: Saturday, August 13th, 10am - 3pm

Location: M-Bar-C Ranch, 5264 Shore Meadow Rd, Freeland, WA

Cost: FREE!

So giddy up and register at MegaramaDay.com.

Megarama Day is hosted by the M-Bar-C Ranch on Whidbey Island. It's a magical place where adults and kids play together as their imagination leads them into the Wild, Wild West.

Come one, come all...join Miss Megan and all her pals from the Down Syndrome Community for a rootin, tootin time.

Call Ms. Kitty with questions: 206-295-2147



Support the DSC While Shopping

Amazon donates 0.5% of the purchase price when you buy eligible items at smile.amazon.com. It's the exact same products, same prices, and same great service as Amazon, and there is no extra cost to you.

Remember to always start at smile.amazon.com to generate donations for Down Syndrome Community. Click the button below and start supporting the DSC!!

[Go to smile.amazon.com](http://smile.amazon.com)


leading the DSC.

To get to know Alison better, check out the entire [post](#) on the DSC website.

Down Syndrome in the News

Be a part of groundbreaking research on an upcoming thyroid study that may greatly impact individuals with Down syndrome. Click [HERE](#) for more information.

STAY CONNECTED

 Like us on Facebook

Follow us on [twitter](#)

[Visit our website](#)

206-257-7191
or
[contact us](#)

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

SOWA Summer Sports Classic 2016 Young Athletes Opportunities

All families with kids 2-7 with and without disabilities are invited to participate in the 2016 Summer Sports Classic. This unique sports and play program includes an Opening Ceremony and Parade of Athletes on Friday, August 12, and Young Athletes Exhibition and My First Sport Experience on Saturday, August 13. The exhibition will feature outdoor activity stations and an award ceremony with free t-shirts and ribbons.

All activities are **FREE** but space is limited. Click [HERE](#) to register. Click [HERE](#) for more information.

Join the DSC at the Arc of King County 5K For Inclusion!



The DSC is one of the sponsors for this event and we would love to have our members come out and support the Arc of King County - run, walk, or roll.

WHEN: Saturday, September 10th 2016.

Check In begins at 8:00am

5K Run/Walk begins at 9:00am!

WHERE: Magnuson Park - 7400 Sand Point Way NE, Seattle, WA

WHY: To raise awareness and funds in support of individuals with intellectual and developmental disabilities!

Click [HERE](#) to register.

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: [Caitlin Hanney](#)

Saturday, August 27, 10am - 12pm

Alki Beach

2701 Alki Ave, West Seattle

Meet at the Boathouse located at the south end of the beach.

Kids (ages 4-7)

Contact: [Kara Freel-Sparks](#) or [Shane Sparks](#)

The Kids group is taking the month of August off and will be back with fun activities scheduled in September!

Tweens (ages 8-12) and Teens (ages 13-19)

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

August

Thursday, August 11, 11am - 3pm

Green Lake, Seattle

Lets meet for a picnic and swim. We can even tryout some paddle boards if your parent is willing :-)

RSVP: [Sue Adelman](#) and I will have sandwiches/drinks for lunch.

Saturday, August 20, 10am

[Cougar Mountain Zoo](#)

19525 SE 54th Street

Issaquah, Washington 98027 USA

Then Lets explore the Zoo! We will meet at 10 am in the parking lot.

RSVP: [Sue Adelman](#) so I can purchase a group rate and make firm plans.

September

Saturday, September 10, 9am

We will have a team for the ARC 5K for INCLUSION Fun Run!! Join the team [HERE](#).

RSVP: [Sue Adelman](#) or [Maura Dunn](#)

Please RSVP early so we can have matching T-shirts.

October

Sunday, October 2

Get the BUDDY WALK on your calendar!

Dev turns 20! in September...so we will be starting a Young Adult Friend group and a new leader is needed for the Teen Group. Let [Sue Adelman](#) or [Maura Dunn](#) know if you are ready to help out.

Moms' Night Out

Saturday, August 20th 7:30pm

2C Thai Bistro

12506 Lake City Way NE

Seattle 98125

RSVP courtney@downsyndromecommunity.org

Or look for the event on Facebook