



◆ Down Syndrome ◆ C O M M U N I T Y

September Newsletter

2016

In This Issue

["Spotlight On"](#)

[Puget Sound Buddy Walk](#)

[New Parent Social](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[It's That Time of the Year - Back To School](#)

[The Arc 5K for Inclusion Run](#)

[27th Annual King County Legislative Forum](#)

[Save 30% at Woodbine](#)

Puget Sound Buddy Walk

The Puget Sound Buddy Walk is less than one month away! If you have not registered yet, now is the time!

[Register Here!](#)

Register by September 9 to guarantee a t-shirt with our 20th Anniversary logo in your size (t-shirts are free for walkers with Down syndrome). Here are some exciting updates about the walk:



"Spotlight On"



With the 20th year of the Puget Sound Buddy Walk upon us, we thought we'd touch base with a DSC member who has been there since the beginning. **Linda Michael** has been on the Buddy Walk committee for many of the past 20 years. Here, she shares her thoughts on the DSC's biggest event of the year:

When did you originally get involved with the DSC? We moved here from Minnesota in 1991, when Brian was 7 (Brian, who is now 32, has Down syndrome. Linda also has a daughter, two other sons, and 7 grandchildren). At

- Your commute just got exciting! Look up the next few weeks while you are stuck in traffic - there will be **three billboards** around the Seattle area promoting the Puget Sound Buddy Walk! Ask your passenger to snap a photo and post it on our Facebook page or Instagram. Be sure to use #PSBW2016.
- **University Village ivivva** is supporting the DSC once again (they also provided clothes to our models for our Fashion Show in May). They are providing two activities - make sure to check them out and thank them for their support!
- We will have **medals** again this year at the finish line for all self-advocates and children. Make sure to funnel all the way through the finish line and stick around for our post-walk entertainment - a Beatles tribute band - The Fab Three.
- **Fundraising** is not required, but is greatly appreciated and enables the DSC to continue our current initiatives and create new ones. The top two fundraising teams will each receive plaques at the walk and have a tailgating tent just for them. A great meeting spot for your team and a way to thank them for their support. It isn't too late to create a team and fundraise for the DSC.
- **Not able to attend this year?** You can still support the Buddy Walk by either clicking on the blue "Donate" button on the homepage of our [registration site](#) on clicking on the "Leaderboard" link on the homepage and searching for a team/fundraiser that you want to support.

New Parent Social

Are you new to the world of Down syndrome?

Join other parents like you who are just starting out on this journey, as well as a few who were in your shoes not too long ago. Ask questions. Connect with others who "get it." Find your tribe.

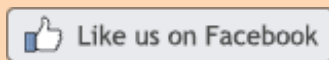
Saturday, September 17, 11am-1pm
Children's Therapy Center
10811 SE Kent Kangley Rd.



the time, the DSC was a group of local parents who got together in Renton. Eventually we expanded to meeting in the north end as well. As our group grew, we developed a board and pursued non-profit status. I was on the Board of Directors from 1998-2009. Although I retired from the board in 2009, I continued on with the Buddy Walk committee.

To read our entire interview with Linda, check out the entire [post](#) on the DSC website.

STAY CONNECTED



[Visit our website](#)

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

Support the DSC While Shopping



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

Kent, WA 98030

Any parent with a baby with Down syndrome up to age 1 is welcome. Parents who are expecting are encouraged to attend as well! Please RSVP to melanie@downsyndromecommunity.org by 9/16

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](#)

The Babies/Toddlers group is taking the month off to prepare for the Buddy Walk! They will reconvene in October.

Kids (ages 4-7)

Contact: [Kara Freel-Sparks](#)

Be looking on Facebook for Meet-Up details.

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

Tween Contact: [Jessica Evertt](#) and [Sonja Braunlich](#)

Teen Contact: [Sue Adelman](#)

September

Thursday, September 8th from 5:30-8:00pm

Laurelhurst Salmon Bake

This is a fun outdoor event at the Laurelhurst Community Park which benefits the Seattle Parks Specialized Program. Meals are \$8-15 with the proceeds going to the programs. Click [HERE](#) for more information.

Saturday, September 10, check in at 8am, run starting at 9am
5K for Inclusion Fun Run

Benefiting The Arc of King County, Sue has made a team: DSC RaiseExpectations, so register and we will meet up at the event. Join the team [HERE](#).

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

October

Sunday, October 2

Plan on being at the Buddy Walk October 2nd at Seattle Center! Register [HERE](#).

Teens (ages 13-19)

Contact: [Sue Adelman](#)

September 25th is wide open! Lets make a plan, How about a book club, meet for a walk around Discovery Park, try out the Link Light Rail.... What do you want to do? Reply to [Sue Adelman](#) or text 734-274-1839

Please SAVE the DATE for the King County Parent & Family Coalition Legislative Forum. As Teens, Young Adults and Adults we get to start thinking bigger and that includes Advocacy. This meeting is a great start. Representatives from all over the County come and discuss policy that is important/vital for programs that effect all of our lives. Having a large group present shows that we are important members of society. More to come to see what we can do to make an impact.

Please consider taking on the role of coordinator for the Teen Group... Dev turns 20 this month... so she is no longer a Teen... and we want to work on a young adult group. Let [Sue Adelman](#) or [Maura Dunn](#) know if you are ready to help out.

Moms' Night Out

Saturday, September 17, 7:30pm

Julie Korslund's home in Duvall (this is only 20 min from Redmond)
Celebrate the start of another school year by socializing with moms who understand. We will have plenty of food, dessert, and laughs. Can't wait to see you.

RSVP courtney@downsyndromecommunity.org for the address
Or look for the event on Facebook

It's That Time of Year - Back to School

Raise awareness about Down syndrome and promote inclusion in your child's Elementary School classroom with the National Down Syndrome Society's (NDSS) Get To Know Me poster and lesson plan sets. A great back-to-school resource, the two poster and lesson plan sets (one featuring boys and the other girls) are ideal for sharing with new teachers and school administrators. The lesson plans, for grades K-2 and 3-5, reinforce the poster's inclusive message. Parents can share this helpful tool with teachers or volunteer to teach the lesson plan to their child's class. This positive and colorful addition to your child's classroom will enable their classmates to better understand and support their peers with Down syndrome. Request complimentary copies today!



- View the Get To Know Me posters online [here](#).
- View the Get To Know Me lesson plans online [here](#).
- View and print the Questions & Answers About Down Syndrome sheet for students [here](#).

Looking for more back-to-school resources? Reach out to the NDSS Helpline at atinfo@ndss.org or 800-221-4602. Through our toll-free helpline and email service, NDSS receives more than 10,000 requests a year for information on Down syndrome.

Join the DSC **THIS WEEKEND** at the Arc of King County



The DSC is one of the partners 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.

Save the Date



Please join us as we present the

**27th Annual King County
Legislative Forum**



We hope you will be able to join us in November where you will be able to meet the King County contingency of the Washington state Legislature!

Monday, November 21, 2016
DoubleTree Suites at Southcenter
16500 Southcenter Parkway
Seattle, WA 98188

Sign-in starts at 6:30. The program begins promptly at 7pm.

King County Parent and Family Coalition for Developmental Disabilities

Cathy Murahashi, KCPFC Parent Engagement Coordinator

cmurahashi@arcofkingcounty.org

Ramona Hattendorf, Director of Advocacy

rhattendorf@arcofkingcounty.org

Woodbine House www.woodbinehouse.com

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