



◆ Down Syndrome ◆

C O M M U N I T Y

November

2016

In This Issue

["Spotlight On"](#)

[DSC Holiday Party](#)

[My Voice, My Participation, My Board Curriculum](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[DSC Friends Groups on Facebook!](#)

[2017 Legislative Priorities](#)

[Special Needs Respite Program](#)

[Families as Mentors Program](#)

"Spotlight On"



Becky Ronan is the Vice-President of the DSC Board of Directors and is a very important part of our organization. She brings to our community a unique perspective - that of a parent and a sibling. We talked with Becky about her brother, her daughter, and the DSC.

Tell us about your relationship with your brother:

Kevin was born in 1968, when little was understood about Down syndrome. My parents were told he was a "mongoloid" and they should not bring him home. He became a ward of the State of Minnesota. I did not get to grow up with my brother as a sibling, but as someone we visited in a group home on birthdays and holidays. Because that was society's norm back then, I never really thought anything different about Kevin living in a home other than ours. I loved going to visit him and always made sure to see him and his friends when I was in town. I eventually became co-guardian of Kevin along with my mom. I love seeing Kevin's pure joy when he sees his family and my kids (Bella and Frannie). He is genuinely so happy to be with everyone. It helps

RSVP now for our Holiday Party

Please join us to celebrate the season at our traditional potluck extravaganza, complete with a decorated tree, festive music and a visit from Santa, who will hand out the labeled gifts you bring for your kids. Refreshments provided by DSC.

When: Saturday, Dec. 10, 2016, 5:30-8:00 PM

Where: Mercer Island Community Center
8236 SE 24th Street, Mercer Island 98040

Click [HERE](#) for all the details and to RSVP by Dec. 6.



My Voice, My Participation, My Board

Interested in advocacy? What is advocacy? Learn more with us.

Starting in January, the DSC would like to run a pilot of the

[My Voice, My Participation, My Board Curriculum](#). This is a program designed for self-advocates to learn more about themselves and how to tell their story in an effective way.

If you are interested in more information, please contact

[Sue Adelman](#) with "Advocacy Pilot" in the subject line.

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](#)

December 3, 10:00 AM-noon, location TBD

The 0-3 group usually meets the last Saturday of the month, but with Thanksgiving and Christmas coming up, the group will host a combined holiday celebration. Be looking for details in next month's newsletter or on Facebook for Meet-Up details.

Kids (ages 4-7)

Contact: [Alison Friend Burchett](#)

Saturday, November 12, 10:00 AM

Burke Museum

Corner of 17th Avenue NE and NE 45th Street
University of Washington Campus, Seattle, WA
<http://www.burkemuseum.org/>

Join us for some dinosaur fun at the University of Washington's Burke Museum! We'll spend an hour or so exploring the museum with a focus on the dinosaur exhibits.

See you there!

RSVP: [Alison Friend Burchett](#)

Saturday, December 17, 3:00-5:00 PM

Next month, we'll enjoy the holiday season decorating cookies at the home of Jamie Kivela. Details will be in the December newsletter.

Tweens (ages 8-12)


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

Saturday, November 10, 4:00 PM

make up a bit for the time we lost together as children. His caregiver brought him here for the 2015 Puget Sound Buddy Walk. He wore his medal every day for months afterward.

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

STAY CONNECTED

 Like us on Facebook

Follow us on  twitter

 View on Instagram

[Visit our website](#)

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

Support the DSC while doing
your holiday shopping

[Go to smile.amazon.com](#)

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

Sunday, November 19, 1:30 PM

Paint Away - Redmond Town Center

7345 164th Avenue NE, Ste I-130, Redmond, WA

<http://paintawaynow.com/>

This event is to bring out our kiddos' creative side. Please note for this event you will need to accompany your child and help with any of the projects they decide to take on. We hope to socialize while our kiddos paint.

We hope to see you there!

RSVP: [Sonja Braunlich](#) by Nov 17th for final head count

Teens (ages 13-19)

Contact: [Kate O'Leary](#) and [Julie Habegger](#)

Saturday, November 12, early evening show

A Night Out at the Movies: Trolls

Thornton Creek Cinemas

301 NE 103rd Street, Seattle WA 98125

Join the Teen group for a night out at the movies. We'll meet beforehand for a snack and time to chat with friends. The show times haven't been released so be looking on our new Teen Facebook page or email Kate or Julie for the times.

RSVP: [Kate O'Leary](#) or [Julie Habegger](#) by Nov. 9

Transition and 20's

Contact: [Sue Adelman](#)

Monday, November 21, 6:30-9:00 PM

King County Legislative Forum

DoubleTree Suites in South Center

16500 Southcenter Parkway, Tukwila, WA 98188

RSVP: [Sue Adelman](#) so we can plan to meet for dinner at the mall first.

Sunday November 27, 1:30 PM

THE LITTLE MERMAID

5th Avenue Theater, 1308 5th Avenue, Seattle, WA 98101

<https://www.5thavenue.org/>

CELEBRATE! The start of the Transition and 20's! We will include Teens as well, up to 10 total participants (including one accessible seat). Priority will be given to those that attend the Legislative Forum on a first come first served basis, so get your RSVP in for these two great events!

RSVP: [Sue Adelman](#)

You can find out more about these activities, share ideas, and make helpful connections on our new Facebook pages! See below to join your age group and invite friends to join, too.

Moms' Night Out

Saturday, November 19

Alison Winfield's House

RSVP [Courtney](#) for details and address and look for the event on Facebook

DSC Friends 0-3, DSC Friends 4-7 and DSC Friends Tweens are now on Facebook!!

We are so excited for our new Facebook groups. We have started the [DSC Friends 0-3](#), [DSC Friends 4-7](#) and [DSC Friends Tweens](#) groups. The community has really connected in these forums. Plus it's a great place for parents to connect locally with children of common ages, or to find out what events are coming up that may be fun for you and your child(ren). If you haven't already done so, please join and introduce yourself/children. You never know what connections you will make.

We are looking to launch the Teen and Transition and 20's Facebook groups soon so keep an eye out for it!





2017 Legislative Priorities - you're invited

The 27th Annual Legislative Forum
Monday, Nov. 21, 2016, at the Doubletree Suites
16500 Southcenter Parkway
Seattle, WA, 98188
Sign in at 6:30pm; program starts at 7pm

The Washington State Parent Coalitions for Developmental Disabilities have agreed on the following priorities:

- The state should be accountable for recruiting, retaining and reviewing qualified providers.
- The legislature needs to adequately fund Supported Living Services.
- The coalitions support adequate funding and policies for the early intervention system to identify and serve all eligible children.
- The coalitions support an automatic increase in the DDA budget to cover employment services for students with I/DD transitioning from high school.

Services are not services if you cannot access them!

Washington State Parent Coalitions strive to identify the needs of people with intellectual and developmental disabilities and their families and work toward solutions to meet those needs.

Click [here](#) for handout with more detail and talking points.

SPECIAL NEEDS RESPITE PROGRAM at the BELLEVUE FAMILY YMCA

The Bellevue Family YMCA will pilot a Special Needs Respite Program available for middle school aged participants. Our mission is to provide a safe, wholesome environment for special needs individuals, allowing parents some time to address other family and personal needs. Participants will engage in physical, team building, and social activities, all designed to create for a meaningful afternoon.



Click [HERE](#) for more details.

Families as Mentors Program seeking families \$150 stipend for participating

The UW CHDD/LEND Program is looking for a few families to take part in their Families as Mentor Program. The goal of the program is to give the program trainees more insight into the experience of raising a child with special needs. This will help the trainees recognize that services that appear important from a professional perspective, may decrease in importance when viewed with the context of the family routine, and it will increase their leadership skills in advocating for systems change around family centered care.

The program asks that you have at least 3 meetings with your assigned trainee between now and May, and that you complete an evaluation at the end of the program. There are not age requirements. You will receive \$150 stipend for your time. Please contact [Susan Ramage](#) if you are interested.