



March 2018 Newsletter

In This Issue

[Spotlight On](#)

[World Down Syndrome Day - 3/21](#)

[3rd Annual Fashion Show](#)

[Join the DSC Board of Directors](#)

[iCan Bike](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[Down Syndrome Listening Sessions](#)

[Jensen-Schmidt Tennis Academy for Down Syndrome](#)

[Summer Camps...We Asked, We Compiled!](#)

[Intellectual/Developmental Disability & Alzheimer's Disease/Dementia Support Group Survey](#)

[2018 IDSE Great Wolf Lodge Family Weekend](#)



World Down Syndrome Day - 3/21

The DSC invites one and all to celebrate WSD with us to help raise awareness about the abilities and possibilities of people with Down syndrome. Whether it's taking a ride on the **Big Wheel** lit up in blue and yellow or eating a blue and yellow sprinkled doughnut from **Top Pot Doughnuts**, here are some ways to celebrate WSD:



Spotlight On



Teachers are so important to our kids' education and every once in a while you

come across one that stands out. **Jodi** Cadanaru is one of

Airways Brewing Co. Beer and Bistro - Kent Station

320 W Harrison Street
Kent, WA 98032

<http://www.airwaysbrewing.com/the-bistro/>

The Bistro is family friendly. Airways Brewing will donate \$1 from every Airways pint sold 5pm-8pm on 3/21 to the DSC - valid at the Bistro locations only.

Heyday

1372 31st Ave S, Seattle, WA 98144
<http://www.heydayseattle.com/>

Our own community member's dad, Gary Snyder, owns Heyday and will donate 10% of all sales on 3/21 to the DSC.



Gedansky is one of them. She is a special education teacher at Seattle's Eckstein Middle School. She has taught many children with Down syndrome over the years and is currently teaching 4 students from our community. We wanted to learn more about Jodi and what makes her so passionate about being a special education teacher.

What have you learned from teaching kids with Down syndrome?

I am always inspired to be my most positive and best self when I am around people with Down syndrome. People with Ds have to work extra hard to learn things that come easily to many others and they do so with a "can do" spirit, an amazing amount of perseverance, and lots of humor and joy. Though there are tough times, people with Ds do not let the tough times and challenges define them and we could all learn from that approach to life.

To learn more about Jody Gedansky, check out the entire [post](#) on the DSC website.



Geraldine's Counter

4872 Rainier Ave S, Seattle, WA 98118

<http://geraldinescounter.com/>

Geraldine's Counter is another restaurant that our community member's dad, Gary Snyder, owns and will donate 10% of all sales on 3/21 to the DSC.



glassybaby

glassybaby

University Village, 2627 NE Village Lane, Seattle, WA 98105

<http://www.glassybaby.com/>

Phone Number To Order: 206-274-4683

On 3/21, 10% of all sales of their one-of-a-kind hand-blown glass voltives and drinkers at the University Village store will go to the DSC. Sales can be made either in person or over the phone (includes free shipping).



speed • style • pizza

Mod Pizza - Factoria

3622 Factoria Blvd SE Bellevue, WA 98006 (425) 312-2860

All day on 3/21 bring in [THIS](#) flyer and MOD will donate 20% of your bill to support our great work! *Don't forget your flyer - without it, we don't get the donation!*



Top Pot Doughnuts

<http://www.toppotdoughnuts.com/>

Top Pot doughnuts is creating a special doughnut in honor of WDS. On 3/21, all of their stores in the Seattle area will be selling blue and yellow sprinkled doughnuts. Stop by any of their stores and celebrate the day with a tasty treat!

3rd Annual DSC Fashion Show - Last Chance to Purchase Tickets

Members of our community will strut their stuff down the runway while supporting the DSC at our 3rd Annual Fashion Show.

Tickets are \$50/person which includes admittance to the event, beer, wine, non-alcoholic beverages, and heavy appetizers.

Purchase tickets [HERE](#).

When: Saturday, March 10, 2018, 6:00-8:00 PM

Where: Victoria Hall at St. Catherine of Siena, 8524 8th Ave NE, Seattle, WA 98115.

Click [HERE](#) for more information.



Stay Connected



Join the DSC Board of Directors

This is an exciting time to be a part of the DSC Board!

The Down Syndrome Community has 4 openings for new board members! Join our energetic working board now and help shape our future. If you're looking for a way to volunteer with a passionate group of people in a fulfilling role, you've found the right place. Help us continue to innovate and evolve into an organization that provides



Don't forget to use AmazonSmile while doing your online shopping and support the DSC! Click [HERE](#) to start shopping.

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

place. Help us continue to innovate and evolve into an organization that provides meaningful programs, events, and resources to all our members. We are in particular need of board members with experience in:

- fundraising
- event planning
- accounting

If interested, please fill out this [application](#). The application deadline is Friday, April 6.

For more information, contact Alison Winfield, Board President, at alison@downsyndromecommunity.org.

This notice is the call for DSC Board of Directors nominees.

iCan Bike

The DSC and [My Village Northwest](#) are sponsoring an iCan Bike camp this summer! iCan Bike teaches individuals with disabilities how to ride a conventional bike in 75-minute session over the course of 5 consecutive days, using a fleet of adapted bicycles, specialized instructional program and trained staff. Click [HERE](#) for general camp information.



The camp is scheduled for the week of July 9-12th at Magnuson Park in Seattle. Registration for the first 10 DSC members will be open on March 15th. Registration information will be posted to our Facebook page.

We are currently looking for volunteer greeters and spotters to help run the camp. Please see the volunteers details and sign-up [HERE](#).

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: Jessieca Graff at jessiecaj@gmail.com

March

Join Max and his family for a St. Patrick's Day celebration at his house. Snacks and toys provided. The whole family is welcome.

When: Saturday, March 17, 10:30 AM - 1:00 PM

Where: Max's House, 30433 312th way SE, Ravensdale, WA, 98051 (Lots of parking!)

RSVP: [Jessieca Graff](#) or look for details on our [DSC Friends 0-3](#) Facebook page

Kids (ages 4-7)

Contact: Courtney Criss at courtney@downsyndromecommunity.org and Jessica Voetmann at jessica.voetmann@gmail.com

March

[PlayHappy Cafe](#)

When: Saturday, March 31. 10:00 AM

Where: 4114 198th Street SW, Suite 3, Lynnwood, Washington 98036

Join us for some indoor playtime!

RSVP: [Courtney Criss](#) or look for details on our [DSC Friends 4-7](#) Facebook page

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

April

Circus Party!

Plan to dress in comfortable clothes because we will be jumping, hanging, and tumbling

the afternoon away.

Where: [SANCA](#) (School of Acrobatics and New Circus Arts)

When: Saturday April 21st from 1:30-3:00 PM

RSVP: Space is limited and waivers need to be signed, please RSVP to [Jessica Evertt](#) or RSVP on the DSC Friends Tween Facebook Event.

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com

March and April

Bowling and a trip to the Microsoft Accessibility Lab are in the works though times/dates are still being worked out. Email [Kate O'Leary](#) for information or be looking on our [DSC Friends Teen](#) Facebook

Interested in organizing fun teen meet-ups? Kate would love a co-leader to help her. If so, please email [Kate O'Leary](#).

Transitions and Beyond (and anyone else wanting to learn)

Contact: Sue Adelman at sue@downsyndromecommunity.org

Transition Fairs

There are 2 transition fairs scheduled in March - it's never too early to begin planning for a future beyond high school!

Highline Community College

When: Saturday, March 17

Where: 2018 Highline College Student Union Building 2400 S. 240th St. Des Moines, WA 98198

Register: <http://bit.ly/S2WHighline>

The Commons at Microsoft

When: Friday, March 30, 2018

Where: 5255 NE 40th St. Redmond, WA 98052

Register: <http://bit.ly/S2WMicrosoft>

Click [HERE](#) for more information.

Moms' Night Out

Contact: Courtney Criss at courtney@downsyndromecommunity.org

Mark your calendars for March 24! Details are still being worked out but we'll post them onto our Facebook page or you can contact [Courtney Criss](#).

Down Syndrome Listening Sessions

- *Are you an adult with Down syndrome?*
- *Do you LOVE an adult with Down syndrome?*
- *Will you grow up to be an adult with Down syndrome?*
- *Are you interested in helping to create a GREAT Adult Down Syndrome Program?*



Please come share your vision and ideas at a listening session with the staff of the Down Syndrome Program at Virginia Mason

Wednesday, March 28, 6:00-7:00 PM, ISSAQUAH

100 NE Gilman Blvd., Issaquah, WA 98027

Saturday, April 7, 10:00-11:00 AM, FEDERAL WAY

33501 First Way S., Federal Way, WA 98003

Thursday, April 19, 6:00-7:00 PM, UNIVERSITY VILLAGE
2671 NE 46th St., Seattle, WA 98105

Monday, April 30, 5:00-6:00 PM, LYNNWOOD
19116 33rd Ave., W Lynnwood, WA 98036

For more information, contact (425)557-8000

Jensen-Schmidt Tennis Academy for Down Syndrome

Boeing Employees Tennis Center (BETC) is sponsoring a 2-day tennis camp for people with special needs. All equipment is provided and athletes of all experience levels are welcome.

When: Saturday, May 5, 9:00 AM-12:30 PM and
Sunday, May 6, 12:30-4:00 PM

Where: 6727 South 199th Place, Kent, WA
98032, Courts 4, 5 and 6



For more information and to register, click [HERE](#).

One of our own DSC members and Special Olympic National Tennis Athlete and Bronze medal winner, **Maeson Harper**, learned to play tennis at BETC. Click [HERE](#) to learn more about Maeson and her journey to the championship. It will inspire all those who want to learn to play tennis!

Summer Camps...We Asked, We Compiled!

It's that time of the year to start scheduling summer camps. Fortunately, the Puget Sound region has a wonderful variety to choose from. The Center for Children with Special Needs has a very comprehensive online [Summer Camp Directory](#).



- Lists over 80 summer camps and programs for children, youth and young adults with behavioral conditions, learning and developmental disabilities, medical conditions, and physical disabilities across Washington
- Now includes camps in northern Oregon and western Idaho to help serve families in southern and eastern Washington
- Search the online directory by camp type, specific condition, region, and more!

We also asked our community members to send us summer camps to share. Here are their recommendations:

- [Wonderland Explorers Summer Camp](#) through Wonderland Development Center
- [Seattle Parks and Recreation Specialized Programs](#)
- [Tiger Lily Preschool](#)
- [Outdoors for All](#)
- [Open Play at Children's Playgarden](#)
- [Dance Fremont](#) - Summer Youth Camps
- [Camp Corey](#) in Mt. Vernon
- [Camp Burton](#) on Vashon Island - Christian Camp for Special Needs
- [Campfire Camp Sealth](#) on Vashon - various summer programs for kids with special needs
- [Campfire Day Camps](#)
- [Camp Beausite Northwest](#) in Chimacum on the Olympic Peninsula

Support Group Survey

For Families Caring for Adults with ID/DD and Alzheimer's/Dementia

The Washington Chapter of the Alzheimer's Association is working to create a support group for families caring for a loved one with ID/DD and dementia. To understand how to best tailor this program for families, they are doing a needs assessment. If you are interested in sharing your input on what you would like to see in such a support group please take this brief survey [HERE](#).

2018 IDSC Great Wolf Lodge Family Weekend

The IDSC Family Weekend is an opportunity for families to connect and meet in person. With our 16 IDSC Facebook Groups, families are able to seek support and guidance from other parents and families with loved ones with Down syndrome.

Many of these families live throughout the United States as well as throughout the world. The Family Weekends provide an opportunity for families to finally meet.



When: September 14-16, 2018

Where: Grand Wolf Lodge, Grand Mount, WA

Use their [website](#) or call 1-800-559-WOLF (9653) for reservations. Reserve your room by July 31, 2018.