



## December 2017 Newsletter

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### Spotlight On



If you've been to a DSC event in the last couple of years, you probably saw the **Gehrke Family**. They will be returning to help out at this year's DSC Holiday Party, so we thought it would

be fun to get to know them a little better.

### DSC Holiday Party!

Don't miss out on one of our biggest events of the year! Our Holiday Party is just over a week away so RSVP today and 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.



**\* New this year \*** Not only will Santa be giving out gifts but he will also be available for kids to visit with and get their photos taken with him. Thanks to our wonderful volunteer, Eric Gehrke and photographer, Amber Pineda.

**When:** Saturday, Dec. 16, 2017, 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 Wednesday, Dec. 13.

### New Parent Social

Are you new to the world of Down syndrome? Join the DSC for our next New Parent Social!

**Who:** Expecting parents and parents with a baby with Down syndrome under 12 months

**When:** Saturday, January 13, 11:00 AM - 1:00 PM

**Where:** Kinderling Bellevue, 16120 NE 8th Street, Bellevue, WA 98008

**RSVP:** [melanie@downsyndromecommunity.org](mailto:melanie@downsyndromecommunity.org) by 1/11/18

Click [HERE](#) for more information.

**Join the DSC for our NEW PARENT SOCIAL**

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 "got it!" Find your tribe.**

**SATURDAY, JANUARY 13, 2018 11am-1pm**

Kinderling  
16120 NE 8th Street  
Bellevue, WA 98008

Any parent with a baby with Down syndrome up to age 1 is welcome.  
Parents with one expecting are encouraged to attend as well!  
PLEASE RSVP TO MELANIE@DOWNSYNDROMECOMMUNITY.ORG BY 1/11/18

### Understanding Adolescence and Puberty

Teens and Tweens with Down syndrome go through puberty during the same years as their typically developing peers (ages 9-14), and as with all children, they have questions and concerns about the changes affecting their bodies during this time of their life.

The DSC is once again offering a series of four



How did you starting volunteering for the DSC? Our family volunteered with Special Olympics for years and worked with a couple of teams that had people with Down syndrome on them. These were our favorite teams to work with. We had such a great time with them! I looked for other opportunities to work/volunteer for organizations with people with Ds. Something that has stuck with me for years is from one day in high school. I was walking down the hall and a girl with Down syndrome came up to me and gave me hug. Kids in high school don't like anyone, but I loved that. I think that started my interest in working with people with Ds.

How long ago did you start volunteering for DSC? About two and a half years ago. We've helped with all of the events a few times now - Sweetheart Dance, Holiday Party, Spring Fling & Talent Show, Megarama Day, Fashion Show, Buddy Walk (Did you notice the new fishing booth at the Buddy Walk? The Gehrke's built and donated that!). The group that we bring continues to grow. Eric and I have volunteered with our kids - ages 25, 23, 23, 19 & 17. Now our kids have started bringing their friends and their

classes in March 2018 on this topic. Rebecca Partridge, MD, head of the Down Syndrome Program at Virginia Mason, will teach the classes.

Click [HERE](#) for more information. Registration will open in January.



### Save-the-Date for Upcoming Events



#### Sweetheart Dance and Pizza Party

Saturday, February 10, 2018  
5:30 - 8:00 PM  
Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007

#### 3rd Annual Fashion Show

Saturday, March 10, 2018

*Be looking for information on Call-for-Models to come out early next year.*

### DSC Friends Meet-Ups

*DSC Friends Meet-Ups are hosted by the DSC at no cost to you!  
Please join us and have fun!*

We would like to invite all our Friends groups to the DSC Holiday Party on Saturday, December 16. Santa pictures and gifts, festive music, delicious food, and an opportunity to hang out with friends - who can ask for more? If you haven't already, click [HERE](#) to RSVP.

### Moms' Night Out

It's a busy time of year so we're taking December off. Don't forget the Holiday party on Saturday, December 16. It's a great place to connect with our "Mom Friends!"

See next month's newsletter or the [DSC](#) Facebook page for information about our January Night Out.

### Get involved with the Welcome Inclusion Initiative (WIN)!

The Welcome Inclusion (WIN) initiative is a grassroots effort to help King County become a model of inclusion for children and adults with intellectual, behavioral, and social differences through 3 key activities: Awareness, Community and Training. WIN includes self-advocates, families, caregivers, practitioners, business owners, local leaders, and community members working together to build and celebrate a more inclusive community.



WIN will lay the foundation for partners large and small across Seattle and King County to adopt and formalize welcoming practices for all. WIN has signed a fiscal sponsorship with The Arc of King County, planned in tandem with the Special

Olympics USA Games coming to Seattle in the summer of 2018.

Visit the WIN website and join the community to learn more: [www.welcomein.org](http://www.welcomein.org).

their menus and their families. We all have a great time!

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

**Don't forget to use AmazonSmile while doing your holiday shopping and support the DSC! Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the DSC whenever you shop on AmazonSmile. Click [HERE](#) to start shopping.**



### Stay Connected



**Please check the DSC online**

**[Events Calendar](#)**

**regularly!**

Down Syndrome Community of Puget Sound | 206-257-7191  
[www.downsyndromecommunity.org](http://www.downsyndromecommunity.org) | [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org)