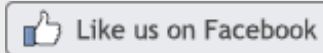


## ***Down Syndrome Community January News and Events***

*For all the latest news and last minute updates, please like us on Facebook:*



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### **DSC Sweetheart Dance and Pizza Party**



#### **You're invited to our Sweetheart Dance, Pizza Party and Dessert Potluck!**

Don't miss the 15th anniversary of this super fun, all ages event! It's the perfect venue for letting loose, having fun and networking. You'll meet all kinds of awesome self-advocates, from babes in arms to adult couples, as well as their amazing cast of supporting characters. Live DJ (mobilegrooves), free pizza (Pazzo's on Eastlake) and keepsake sweetheart photos (Tom Ellis Photography). Please bring a dessert to share! Water and juice will be provided.

**Saturday, February 20, 5:30pm-8pm**

[Highland Community Center](#)

14224 Bel-Red Rd, Bellevue, WA 98007

**RSVP by Wednesday, February 17: [Sweetheart Dance RSVP](#)**

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### **DSC Moms' Night Out**

Come join us for another fabulous DSC Moms' Night Out! This month we will be at the home of DSC Board Member, Becky Ronan in Kirkland, and we'll have a tea tasting in addition to the potluck dinner. Here's more information on the teas: [Lizzy Kate](#)

## **Saturday, February 6, 7:00pm-10:00pm**

Ronan's Home (address will be given when you RSVP)

Please let us know if you plan to attend and what you plan to bring to share.

Heavy appetizers and desserts will pair well with the tea tasting format.

## **RSVP to Becky by Monday, February 1st:**

[ronanbecky@gmail.com](mailto:ronanbecky@gmail.com)

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## **DSC Friends Meet-Ups**

**Babies/Toddlers Ages 0-3** generally meets the 4th Saturday of the month

Contact: Taryn Omran [taryn.omran@gmail.com](mailto:taryn.omran@gmail.com)

**Saturday, January 23, 9:30-11:30am**

[Laurelhurst Community Center](#)

4554 NE 41st St, Seattle, WA 98105

Contact Taryn Omran with any questions [taryn.omran@gmail.com](mailto:taryn.omran@gmail.com)

### **Ages 4-7**

Contact Kara Freel-Sparks: [kara@freel-sparks.com](mailto:kara@freel-sparks.com) 206-850-4129

or Shane Sparks: [shane.sparks@icfi.com](mailto:shane.sparks@icfi.com)

**Saturday, January 30, 10:00-11:30am**

[Roo's World of Discovery](#) Play and Learn

1008 Central Way, Kirkland, WA 98033

RSVP to Shane Sparks by January 21, [shane.sparks@icfi.com](mailto:shane.sparks@icfi.com)

**Tweens Ages 8-12** generally meets the 2nd Saturday of the month

Contact Maura Dunn: [mauradunn@comcast.net](mailto:mauradunn@comcast.net) 206-498-9872

Pizza and bowling night!

**Saturday, January 16, 6:00-8:00pm**

[Spin Alley Bowling Center](#)

1430 NW Richmond Beach Rd, Shoreline, WA 98177

RSVP to Maura Dunn by Friday, January 15, [mauradunn@comcast.net](mailto:mauradunn@comcast.net) 206-498-9872

**Teens Ages 13-19** generally meets the last Sunday of the month

Contact Sue Adelman: [sadel47714@me.com](mailto:sadel47714@me.com) 734-274-1839

Teens and Parents! Have you wondered about Advocacy Days in Olympia? Dev and I will be attending the Legislative Briefing on **Wednesday, January 20** in Olympia. We will be leaving here around 11:00am to get to Olympia for the 2:00pm briefing. We have invited the representatives from District 46 (NE Seattle) to join us at the [reception from 5:30-7:30pm](#). Would you like to join us? I have seats for 4-6 people in my mini-van. Join us and learn about how programs are funded and what you can do to change things in Washington State!

Teens! Join us on **Sunday, January 31** for KUNG FU PANDA 3! Time and place to be determined (the theaters do not have info up yet). Let's plan on the afternoon showing and we will choose a theater that is central to those who RSVP!

Would you join a BOOK CLUB? We would meet monthly at a coffee shop or someone's home. I think this would be a great way to enjoy more books in my house! Reading books together, a hot drink and friends! Dev and I are in, are you??

Contact Sue Adelman to RSVP and for more information

[sadel47714@me.com](mailto:sadel47714@me.com) 734-274-1839 Facebook: [RaiseExpectations](#)

## Opportunity for Advocacy, Olympia - January 19

A bill relating to Down syndrome resources is being presented this legislative session. Similar laws have been passed in other states and are typically known as the "Down Syndrome Information Act".

If the bill becomes law it would require the Department of Health to develop resources regarding Down syndrome that include: (a) up-to-date, evidence-based, written information that has been reviewed by medical experts and national Down syndrome organizations; and (b) contact information for support services. The resources would be culturally and linguistically appropriate and made available to any health care professional who provides prenatal care, postnatal care, or genetic counseling to parents receiving a prenatal or postnatal Down syndrome diagnosis.

The bill will be heard by the House Health Care & Wellness committee this coming Tuesday, **January 19th at 8:00am**. The Arc of Washington State is looking for people to testify at this open hearing (likely not more than a couple minutes will be allowed for each person testifying). You are free to leave after you testify.

If you aren't able to testify in person at the open hearing, you can also email or call those on the Health Care & Wellness Committee. They do consider these testimonies as well when voting. See below for committee contact info.

It would be great to have as many people as possible to testify on Tuesday. If you have any questions, feel free to contact Noah Seidel or Becky Ronan. And please let Becky know if you plan to testify in Olympia.

**Noah Seidel, Self-Advocacy Coordinator at The Arc of Washington State**

[noah@arcwa.org](mailto:noah@arcwa.org) 425-445-4695

**Becky Ronan, DSC Board Member**

[ronanbecky@gmail.com](mailto:ronanbecky@gmail.com) 512-788-4776.

Location of the hearing on January 19, 8:00am  
Health Care & Wellness: House Full Committee  
Hearing Room A, John L. O'Brien Building, Olympia, WA

House Health Care & Wellness Committee members and contact info, if you plan to call or send an email:

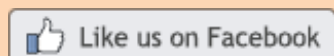
[leg.wa.gov/House/Committees/HCW/Pages/MembersStaff.aspx](http://leg.wa.gov/House/Committees/HCW/Pages/MembersStaff.aspx)

Please check the DSC online Events Calendar regularly!

<http://downsyndromecommunity.org/events-calendar>

Down Syndrome Community | 206-257-7191 | [contact@downsyndromecommunity.com](mailto:contact@downsyndromecommunity.com)

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