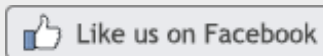




Down Syndrome Community May Newsletter

for the latest news and last minute updates, please like us on Facebook



Election Results

The 2016 election is over! Well, the election of the DSC Board is over - Unfortunately, we still have a long road ahead until the United States elects a new President in November.

Alison Winfield, President
Becky Ronan, Vice President
Courtney Criss, Secretary
Brenda Bartell, Treasurer
Devon Adelman
Sue Adelman
Jered Cady
Melanie Harrington
Matt Lyman
Erika Mervin
Ashly Williams

Thank you to the outgoing board members for their commitment to the DSC. All have spent countless volunteer hours giving of themselves to our community: Louise Avery, Kara Freel-Sparks, Sean King, Anne Mullis and Jennifer Mullis.

A special thanks goes to Sean King for serving on the board for nearly 16 years - the last 6 as president. The board will miss his knowledge, willingness to take things on, and his passion for our community. Thank you Sean!

Spring Fling Annual Meeting and Talent Show

On April 30th we held our Spring Fling Annual Meeting and Talent Show where we:

- reviewed achievements and shared plans for the upcoming year
- recognized our founders and long-serving board members
- enjoyed many talented individuals from the DSC



Camp Prime Time

Save the Date for camping fun this summer!

Camp Prime Time is available to the DSC members on July 29-31. There are comfortable cabins for families and all meals are provided. Space is limited - watch for registration info by the end of May.

<http://www.campprimetime.org/index.html>

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 generally meets the 4th Saturday of the month
Contact: Caitlyn Hanney caitlinhanney@gmail.com

May

Saturday, May 28th, 10am-12pm

Kelsey Creek Farm
410 130th Pl. SE, Bellevue

Come pet the farm animals and explore this beautiful park! We'll meet close to the barns so the kids can pet the animals.

June

Saturday, June 25th, 10am-12pm

[Seattle Children's PlayGarden](#)
1745 24th Ave S, Seattle, WA 98144

July

Saturday, July 23rd, 11am-1pm

Greenlake Wading Pool
The wading pool is located on the north end of Green Lake at the intersection of Wallingford Ave N

and East Green Lake Drive North. (The wading pool does not open until 11am).

August

Saturday August 27th, 10am-12pm

Alki Beach

2701 Alki Avenue, Seattle

Meet at the Bathhouse located at the south end of the beach.

Ages 4-7

Contact Kara Freel-Sparks: kara@freelsparkslaw.com 206-850-4129

or Shane Sparks: shane.sparks@icfi.com 206-351-6375

Sunday, May 22nd, 11am-1pm

Newcastle Beach Park

4400 Lake Washington Blvd. SE, Bellevue, WA 98006

Bring your shorts, swimsuit, sand toys, Frisbee, soccerball, etc. and let's have some fun together in the sun!!!

DSC will provide drinks and chips so feel free to pack a picnic lunch and a blanket.

No RSVP needed - we look forward to seeing you there.

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

Contact Maura Dunn: mauradunn@comcast.net 206-498-9872

This music class will allow the kids to have a hands-on experience of all the basic instruments of a band, hear what each instrument does, and attempt playing music with each other. If the kids have a great time, we can look into scheduling more classes.

Saturday, May 14, 1pm-2pm

[School of Rock Issaquah](#)

1640 NW Gilman Blvd, Ste 1

Issaquah, WA 98027

RSVP to Maura (info above) by Friday, May 13 so we know how many kids are coming

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

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

We have a great opportunity to join with the Tween group for a music class at the School of Rock in Issaquah. We are hoping that this could be a recurring class, even with the possibility of a performance of some kind if we have enough interest!

Saturday, May 14, 1pm-2pm

[School of Rock Issaquah](#)

1640 NW Gilman Blvd, Ste 1

Issaquah, WA 98027

RSVP to Sue Adelman (info above) by Friday, May 13 so we know how many will be attending

DSC Moms' Night Out

May

Saturday, May 28

Moms' Night Out (with the Dads)

Please notice date change. Take a break, get a baby-sitter, and come to dinner at Elliot Bay Brewery in Lake City during Memorial Day weekend. 12537 Lake City Way NE in Seattle. Appetizers provided by the DSC.

RSVP courtney@downsyndromecommunity.org

June

Saturday, June 18 in Redmond

Gab with gals and get your Luau on at Jamie Kivela's home in Redmond. Dig out your Hawaiian shirts and leis and bring sides, appetizers, and/or desserts to go with a Hawaiian ham.

RSVP courtney@downsyndromecommunity.org and you'll receive her address.



You're Invited! Sky's the Limit Down Syndrome Research Presentation & Awards Gala

Saturday, May 21, 2016

10:30am - 12:30pm:

FREE Down Syndrome Cognition Research Presentation, Courtyard Marriott
Seattle Downtown/Lake Union, 925 Westlake Ave N, Seattle, WA

6:00pm:

Awards Gala, Officer's Club, Magnuson Park, 7400 Sand Point Way NE,
Seattle, WA

**Research Presentation by Drs. Rafii, Reeves, and Harpold Gala Keynote
by Karen Gaffney, Down Syndrome Self-Advocate**

[Register Here](#)

Calling all Runners and Walkers

LuMind RDS Runners is the premier charity running program dedicated to raising funds and awareness for Down syndrome research. They are asking for your support in helping to form a team to represent LuMind RDS Runners at the Rock 'n Roll races series in Seattle, WA on *Saturday, June 18th!* You don't have to be a serious marathoner to participate. There are THREE different race distances from which you can choose: 8k, Half Marathon, and Marathon. Click [here](#) to learn more about the race events!

Please note that there is no fundraising minimum for this race, but we encourage you to set your sights high when it comes to setting a goal!

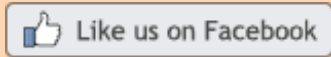
Please e-mail kdochelli@lumindrds.org for more information.

Please check the DSC online Events Calendar regularly!

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

Down Syndrome Community | 206-257-7191 | contact@downsyndromecommunity.com

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