



# ◆ Down Syndrome ◆ C O M M U N I T Y

December

2016

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## "Spotlight On"



**Dr. Rebecca Partridge** is a familiar name in the Down syndrome community. Not only does she lead Virginia Mason Issaquah's Down syndrome program, she is a parent to a teenager with Ds. Her unique perspective and expertise has made her a popular pediatrician amongst DSC families. This March, she will be the teacher at our class series: "Understanding Adolescence and Puberty". Many of us know Rebecca the doctor but we thought we'd ask a few questions to get to know Rebecca the mom (and advocate for all people with Down syndrome).

### Tell us a little about yourself:

*I was born and raised in Salt Lake City, Utah. I went to nursing and medical school there. I was planning on leaving for my residency when I found out I was pregnant and my child had Ds (Josh). I wanted to be near family so we stayed. Eventually we moved to Nashville, Tennessee where I was at Vanderbilt for 3 years before coming to Seattle for a job at Seattle Children's. Josh was 6 at the time. I worked in the Emergency Department for 4 1/2 years. I loved it there but wanted to change my focus. I dreamed of starting a program for children with Down syndrome in the Puget Sound area. Virginia Mason gave me that opportunity. That*

## 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: THIS 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. 9.



## Understanding Adolescence and Puberty for Girls and Boys with Down Syndrome

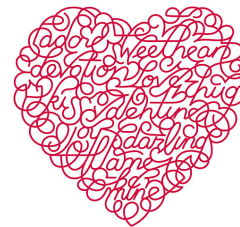


Teens and Tweens with Down syndrome go through puberty during the same years as their typically developing peers (ages 9-14), and as with all children, they have questions and concerns about the changes affecting their bodies during this time of their life.

The DSC is proud to present a series of 4 classes, on 4 Saturdays in March 2017, on this topic. Rebecca Partridge, MD, head of the [Down Syndrome Program](#) at Virginia Mason, will teach the class. Registration will open in January.

Click [HERE](#) for more information.

## Save-the-Date for Upcoming Events!



**Annual Sweetheart Dance and Pizza Party**  
Saturday, February 4, 2017

was 4 years ago last month.

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



Support the DSC while doing your holiday shopping

[Go to smile.amazon.com](http://smile.amazon.com)

STAY CONNECTED



[Visit our website](#)

206-257-7191

or

[contact us](#)

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



### DSC 2nd Annual Fashion Show

Saturday, March 25, 2017

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!

#### Babies/Toddlers (ages 0-3)

Contact: [Jessieca Graf](#)

The 0-3 group usually meets the last Saturday of the month, but with the holidays, we will use the DSC Holiday Party as our monthly get-together. See you there! A big thank you to Caitlin Hanney who worked so hard to plan outings for the 0-3 group. She has moved on and Jessieca Graf has graciously volunteered to be our new leader!

#### Kids (ages 4-7)

Contact: [Alison Friend Burchett](#)

December 17, 3:00-5:00 PM

At the home of Jamie Kivela in Redmond

Join us for some fun holiday cookie decorating! Cookies, icing, sprinkles and other decorating supplies will be provided. (If gluten free, dairy free, or other dietary restrictions are needed, please let us know in advance!). Thank you to the Kivela's for hosting this fun get-together!

RSVP: [Alison Friend Burchett](#) or via the facebook event and we'll send you the address.

January, date and time TBD

Seattle Children's Museum

See next month's newsletter for information.

February 4

At the home of Sam Pak

The kids will have fun making Valentine's and jumping in Sam's bouncy house!

Thank you to the Pak's for opening their home to this wonderful group. More information to come in next month's newsletter!

We love spending time with you! If you'd like to host a playdate or have any questions about our group, please contact [Alison Friend Burchett](#).

#### Tweens (ages 8-12)

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

Tuesday, December 20, 1:00 - 3:00 PM

Skating Rink, Southgate Roller Rink

9646 17th Ave SW, Seattle, WA 98106

<http://www.southgaterollerrink.com/schedule.html>

Come join us on this Holiday break for some ice skating in Seattle! Let's get out and roll with our kids and listen to fun music at the same time. Parents do not have to use skates but walk along side your kiddo if they are uneasy with it. This should be fun event and a great way to kick off the vacation. For those sensitive to loud music might want to bring head sets. It may not be too loud but better safe than sorry. Hope to see you there!

RSVP: [Sonja Braunlich](#)

#### Teens (ages 13-19), Transition and 20's

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

Saturday December 10

Saturday, December 10

### DSC Holiday Party!!

Join the Teen, Transition, and 20's groups for the Annual DSC Holiday Party! We have a 2nd room dedicated to the older groups to hang out. And for those who are Seattle Sounder fans, we'll be showing the championship game!

*You can find out more about these activities, share ideas, and make helpful connections on our new Facebook pages! [DSC Friends 0-3](#), [DSC 4-7](#), and [DSC Tweens](#).*

### Moms' Night Out

It's a busy time of year so we're taking December off. Don't forget the Holiday party this weekend, December 10. It's a great place to connect with our "Mom Friends!" See next month's newsletter for information about our January Night Out.

### #GivingTuesday

Thank you to everyone that donated to the DSC on #GivingTuesday! We raised over \$1,100 to ensure that we are able to continue supporting people with Down syndrome and their families through events and programs. If you missed #GivingTuesday, you can still support us [HERE](#).

#GIVINGTUESDAY



*the best of friends*

"THE DSC PROVIDES A COMMUNITY OF GREAT FRIENDS."