



## November 2017 Newsletter

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### Spotlight On



Thanks to the vision and tenacity of DSC Board Member **Daryl Harper**, Special Olympics Washington (SOWA) has tennis teams for the first time

in 20 years. We spoke with Daryl to get an

### Ready, Set, Kindergarten

**Do you have a student entering Kindergarten in Fall 2018?** The DSC is excited to announce a new parent support program just for you! *Ready, Set, Kindergarten* is a coalition of parents committed to the inclusion of their children with Down syndrome in general education classrooms. Parents will meet the year before their children start Kindergarten to educate themselves, strategize, and form a support network. Once these students enter Kindergarten, the parents will continue to offer support, idea sharing and problem solving to ensure students are receiving an inclusive education.

This group will meet January, February, March, April and August 2018. The location will be determined based on the participants. Session topics will be finalized based on feedback from the participants but may include topics such as:

- What is Inclusion and Why is it important?
- Writing IEP Goals for Inclusion
- Placement Options and Rights
- Universal Design for Learning (UDL)
- Grievances and Due Process
- Being Your Child's Best Advocate
- Behavior Management

Parents involved in this program will:

- Have a child with Down syndrome entering Kindergarten in September 2018
- Be committed to inclusive education. Members will be working towards inclusion in a general education classroom for all students.
- Bring grit, determination, big ideas, empathy, open communication and a willingness to do the hard work necessary to support your student and others in achieving inclusion.
- Be a paid member of the DSC and pay a \$50 registration fee for the program. Limited scholarships will be available upon request.

If you are interested, please complete [this survey](#) by November 15th. Once the survey is complete, we will reach out to interested participants with the final details and registration information.

If you have questions, please contact [Erin Klonos](#) or [Courtney Criss](#).

### RSVP Now For Our Annual Holiday Party!

Please join us to celebrate the season at our traditional potluck extravaganza, complete with a

*Holiday Party*

idea how this team came to fruition and what motivated him to get teams formed.

*How did you get involved with the Down Syndrome Community of Puget Sound?* My daughter, Maeson, is 16 and years ago we attended Megarama Day and went to a couple of talent shows and other events. We've always enjoyed them. When a position became available on the Board of Directors, I decided to join. My focus is on policy development and advocating for people with Down syndrome.

*When did you start coaching tennis?* I picked up tennis about 3 years ago. My daughter really enjoyed playing with me. We played once a week. I searched the internet for a tennis program for people with Ds and found the Jensen-Schmidt Tennis Academy ([www.jensen-schmidt.com](http://www.jensen-schmidt.com)). I called them and found out how to bring their program to Seattle. We worked together to host a 2-Day tennis event for the last two years.

*How did you bring tennis back to Special Olympics Washington?* I thought tennis would be a great addition for SOWA. After discussions over the last couple of years, a unified team was

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:** 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.

## Support the DSC on #GivingTuesday

**Tuesday, November 28, 2017**

As we begin this holiday season, the DSC would be grateful for your support on [#GivingTuesday](#), a global day of giving fueled by the power of social media and collaboration.

**#GIVING  
TUESDAY**

Your donation will help the DSC continue our efforts at outreach, hosting community events (like the upcoming Holiday Party!), gathering community groups, providing educational programs, and advocacy for people with Down syndrome. So on November 28, join over a million people from around the world who are participating in [#GivingTuesday](#) and give back to a community that you love.

Stay tuned for more information about this great day of giving!

## Follow-up to our Special Olympics Washington Presentation to the Down Syndrome Community

Last month, The DSC held an informative meeting with Special Olympics Washington (SOWA) President & CEO, Dave Lenox. For those who weren't able to attend, here are some of the takeaways:



**Special  
Olympics  
Washington**

- Processes are being put in place so that SOWA can more efficiently and effectively respond to athlete and volunteer requests for engagement.
- For athletes, the best way to engage is to contact the Athlete [hotline](#).
- For volunteers, fill out the online [volunteer form](#) on their website.
- Click [here](#) for information on available teams and contact information.
- The USA Games are coming to Seattle and the University of Washington July 1-7. There will be engagement opportunities for both athletes and volunteers.
- Athletes can compete in two sports during the same season through the regional games. They cannot compete in two sports in the same season in the State games due to logistics.
- Did you know that Special Olympics provides health screenings at their events? This program will expand to community-based delivery after the USA Games.

Click [HERE](#) for more information on how to get involved in SOWA.

## 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](mailto:jessiecaj@gmail.com)

limited team was formed this year and we use the annual Tennis Academy as a feeder program for our SOWA Tennis teams.

To learn more about Daryl and SOWA Tennis, check out the entire [post](#) on the DSC website.

### Stay Connected



Don't forget to use [Amazon Smile](#) while doing your holiday shopping and support the DSC!



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

### Move Beyond Limits

**When:** Saturday, November 18, 11:00 AM

**Where:** [Move Beyond Limits](#), 15650 NE 24th, Suite C3, Bellevue, WA 98008

**RSVP:** [Jessieca Graff](#) or look for details on our DSC Friends Babies/Toddlers Facebook page.

### Kids (ages 4-7)

**Contact:** Alison Friend Burchett at [papershred@hotmail.com](mailto:papershred@hotmail.com)

### November Reindeer Festival

Meet two of Santa's Reindeer, plus Curly the Camel! We'll then grab a map and tour Christmas tree land, the model train village, and take a photo in the sleigh! We'll end with frosting and decorating our own ice cream cone Christmas tree!

**When:** Saturday, November 11, 10:00 - 11:30 AM

**Where:** [Swanson's Nursery](#), 9701 15th Ave NW, Seattle WA 98117

**RSVP:** [Alison Friend Burchett](#) or RSVP on our [DSC Friends 4-7](#) Facebook Event page.

### December

Stay tuned for holiday fun! - please let Alison know if you have a great idea or want to host!

### January Crafting Fun!

More information to come in the December newsletter about this fun crafting event.

**When:** Saturday, January 13, 3:30 - 4:30 PM

**Where:** [Satsuma](#), 8511 35th Ave NE, Seattle WA 98115

**RSVP:** Space will be limited, so watch for an opportunity to RSVP in January.

Alison would like to THANK EVERYONE for a fun year of playdates! Her kiddo has aged out of this group (though they're still likely to attend for a while) so this is your opportunity to become THE NEW DSC 4-7 FRIENDS MEETUP COORDINATOR! Activities are already being planned into January, so you would begin making plans for February 2018. Contact [Maura Dunn](#) with questions and interest.

### Tweens (ages 8-12)

**Contact:** Jessica Evertt at [jessicaevertt@hotmail.com](mailto:jessicaevertt@hotmail.com)

### Mr. Popper's Penguins

Seattle Children's Theatre has graciously offered to once again host the DSC for their next play, *Mr. Popper's Penguins*. This production is best suited for children ages 4 and up. Here's more information on the play: <https://www.sct.org/Shows/2017-2018-Season/MrPoppersPenguins>

**When:** Sunday, November 26, 2:30 PM

**Where:** Seattle Children's Theatre, 201 Thomas St., Seattle, WA 98109

**RSVP:** [Jessica Evertt](#) or RSVP on our [DSC Tweens](#) Facebook Event page. Please RSVP with how many tickets you'd like for your family. We have a limited amount of tickets, so once we hit that limit, I'll have to close the event. Please only ask for tickets if you are sure you can attend.

### Teens (ages 13-19)

**Contact:** Kate O'Leary at [kate.oleary@outlook.com](mailto:kate.oleary@outlook.com)

Check out our [DSC Friends Teens](#) Facebook page for the latest Friends Meet-Ups!

### Moms' Night Out

**Contact:** Courtney Criss at [courtney@downsyndromecommunity.org](mailto:courtney@downsyndromecommunity.org)

### Moms' Pre-Thanksgiving Celebration

Join the Moms for our annual Pre-Thanksgiving Moms' Night Out. Bring a favorite side dish or dessert that you want to try out on us.

**When:** Saturday, November 18, 7:00 PM

**Where:** Alison Winfield's House

**RSVP:** [Alison Winfield](#) or [Courtney Criss](#) for the address or RSVP on our [DSC](#) Facebook Event page.

### 28th Annual Legislative Forum for Developmental Disabilities

Please join us for a special evening of story sharing designed to help elected leaders understand the work we do here in King County to help all people live full, integrated and productive lives.



The speakers are primarily people with developmental disabilities or their family members. The evening gives legislators an opportunity to see the impact of state investments on people's lives and learn about promising legislative changes, and helps community members connect and engage.

Your attendance helps show the importance of inclusion.

**When:** Monday, November 20, 6:30 - 8:30 PM

**Where:** DoubleTree Suites, 16500 Southcenter Parkway, Seattle, WA 98188

### Brains On - What is Down Syndrome?

*Brains On*, A podcast for kids & curious adults, has a new podcast called *What is Down Syndrome?* In this particular episode, they break down the science of chromosomes and how having an extra one leads to this fairly common condition. Plus, it gives tips for making friends with someone who might seem different than you.



A podcast for kids & curious adults

Click [HERE](#) for more information and to listen to the podcast.

### Global Down Syndrome Foundation Makes History in Washington, DC

#### Congress Holds Unprecedented Hearing on Need for Increased NIH Funding for Down Syndrome Research

Click [HERE](#) to read the full article on the Congressional hearing.



