



April 2018 Newsletter

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DSC Spring Fling - Big Time Talent Show & Annual Meeting

**Cinco de Mayo Taco Bar!
You, onstage!
Free event! All ages!**

Our annual Spring Fling celebrates Down syndrome with a talent show and our annual meeting. As always, if there's time left after the show, we'll do some dancing, too!



When: Saturday, May 5, 2018, 5:30-8:00 PM

Where: Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007
Click [HERE](#) to RSVP.

Since it's also Cinco de Mayo, we will be hosting a festive taco bar! Free fun for all family and friends!

Interested in volunteering? We could always use your help. Click [HERE](#) to sign up.

Spotlight On



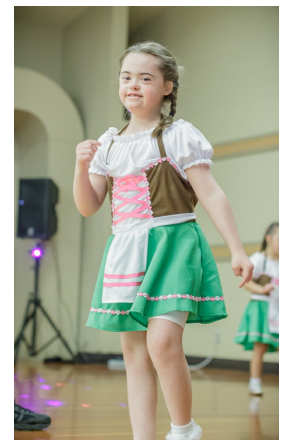
Many of you know **Louise Avery** as Miss Kitty, the powerhouse behind [Megarama Day](#), but you may not know that Louise has been part of the Down Syndrome Community for over 20 years and during that time, spent approximately 10

**Everyone has talent.
Share yours with us.
Be part of the Show!**

Get up on stage at our Big Time Talent Show during the Spring Fling. Join us for a fun, supportive evening guaranteed to empower. Show us what you've got!

Email maura@downsyndromecommunity.org to register for the talent show.

Registration deadline: Monday, April 30



Save the Date: GiveBig is May 9

GiveBIG is less than one month away! On May 9, the DSC will once again be participating in King County's largest day of online giving.

give

approximately 10 years on the DSC Board of Directors. Since Megarama is just around the corner, we thought it would be fun to learn more about her and how she got involved with the DSC.

How did you become involved with the Down Syndrome Community?

It all started in 1997 when my niece Megan, who lives in Lake Oswego, OR, [where I grew up] was born with Down syndrome. I made a vow at Megan's Baptism I would always be involved in Megan's life. Eventually I researched the DSC in Seattle and found out the next event was a Potluck. I showed up with Megan on one arm and a bowl of pasta from Mamma Melina's Ristorante on the other. Thus began my journey with the Down Syndrome Community of Puget Sound. I'll never forget that moment in time nor will I forget our first Buddy Walk we attended in Seattle 20 years ago.

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

Stay Connected



or online giving.

Donating is easy! Here's how you can GiveBIG:

Visit our GiveBIG page:

<https://www.givebigseattle.org/down-syndrome-community>

There are two options to donate:

1. Give Early: schedule your gift beginning April 26 - this way you won't forget!
2. Donate all day on the official GiveBIG day, May 9

All donations to the DSC help build a caring, understanding, supportive community for all individuals and families whose lives include a person with Down syndrome.



iCan Bike - Registration is Open

The DSC and [My Village Northwest](#) are sponsoring an iCan Bike camp this summer! iCan Bike teaches individuals with disabilities how to ride a conventional bike in 75-minute sessions over the course of 5 consecutive days, using a fleet of adapted bicycles, specialized instructional program and trained staff. Click [HERE](#) for general camp information.



When: July 9-13, five sessions scheduled

Where: Magnuson Park, 7400 Sand Point Way NE, Seattle, WA 98115

Click [HERE](#) to register.

Please note: The registration form is on the My Village Northwest website. Register soon! Session 2 is full and others are filling up fast. Session 5 has the most spots available.

Interested in volunteering? We are currently looking for volunteer greeters and spotters to help run the camp. Please see the volunteer details and sign-up [HERE](#).

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

April

No meet-up is scheduled.

May

Your baby or toddler is invited to enjoy one of the largest indoor play areas in Washington! The Playatorium is a "fun-filled world where play is as unlimited as your child's imagination." We hope you can join us! Please wear socks.

When: Saturday May 19th, 10:30 AM -12:30 PM

Where: [Funtastic Playatorium](#), 4077 Factoria Square Mall SE, Bellevue, WA 98006

RSVP: [Jessieca Graff](#)

Kids (ages 4-7)

Contact: Courtney Criss at courtney@downsyndromecommunity.org and Jessica Voetmann at jessica.voetmann@gmail.com

April

Spring is in the air which means it's a perfect time to spend time with your friends outside in one of our favorite playgrounds.

When: Saturday, April 21. 1:30 PM



Don't forget to use AmazonSmile while doing your online shopping and support the DSC! Click [HERE](#) to start shopping.

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

Where: [Seattle Children's Playgarden](#), 1745 24th Avenue South, Seattle, WA 98144

May

Kids are invited to come play in an open gym with use of all their equipment, including arts and crafts. Fun times for everyone in an inclusive gym for "all" kids. Siblings are welcome.

When: Saturday, May 12 from 2:30-3:30 PM

Where: [We Rock the Spectrum](#), 1910 132nd Ave NE Suite #7, Bellevue, WA 98005

RSVP: [Courtney Criss](#) so we can get an accurate count

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

April

Circus Party!

Plan to dress in comfortable clothes because we will be jumping, hanging, and tumbling the afternoon away.

Where: [SANCA](#) (School of Acrobatics and New Circus Arts)

When: Saturday April 21st from 1:30-3:00 PM

RSVP: Space is limited and waivers need to be signed, please RSVP to [Jessica Evertt](#) or RSVP on the DSC Friends Tween Facebook Event.

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com

We're still working on a potential time to meet for either this month or next. Be looking for information or an event on our [DSC Friends Teen](#) Facebook page.

Interested in organizing fun teen meet-ups? Kate would love a co-leader to help her. If so, please email [Kate O'Leary](#).

Transitions and Beyond (and anyone else wanting to learn)

Contact: Sue Adelman at sue@downsyndromecommunity.org

It's Time To Listen: Buddy Talk, Hosted by Best Buddies Seattle University

Join us for a night of speeches from disabled community members, Best Buddies members, and self-advocates. This event is lead solely by disabled people and is a great opportunity for those in our community (Seattle U and beyond) to hear about disability rights and inclusion.

Where: Seattle University Wyckoff Auditorium on the second floor of our engineering building (ENGR 206). The easiest point of entry is 12th and Columbia.

When: Tuesday, April 17 at 7 PM - 8:45 PM

Cost: Free but suggested donation at the door!

Click [HERE](#) for more information.

Transitions can be stressful.

"Transition" in the school system refers to programming for students between 18-21 years old, when students with an IEP are moving from the public school system into employment and adult services. In King County, the last year of this program is called *School to Work*. One of the settings for School to Work is "Project Search." There are two Project Search sites in the Seattle area, one at Seattle Children's and a new one at University of Washington. The UW program is funded by a grant to work with students with autism, but they do have a few spaces for other diagnoses as well.

Click [HERE](#) for more information about the UW program.

For more information on "Transition," please contact [Sue Adelman](#).

If there are self advocates that are interested in learning more about public speaking and advocacy they can contact [Sue Adelman](#) or [Tyler Bjork](#) from Special Olympics Washington.

Moms' Night Out

Contact: Courtney Criss at courtney@downsyndromecommunity.org

It's time to get out of the house and join your friends for a fun night of Chinese take-out and good conversation! Please bring a dessert to share.

When: Saturday, April 28, 7 PM

Where: Becky Ronan's house in Kirkland

RSVP: [Courtney Criss](#) for address

Terrible, Thanks for Asking - Live

The podcast *Terrible, Thanks for Asking* is coming to the Neptune Theater in Seattle on May 12, to do a live performance with **Kelle Hampton**, blogger and author of the book Bloom, the story of the first year in the life of her daughter Nella, who has Down syndrome.

You know how every day someone asks "how are you?" And even if you're totally dying inside, you just say "fine," so everyone can go about their day? *Terrible, Thanks for Asking* is the opposite of that. Hosted by the author of It's Okay to Laugh (Crying Is Cool Too) and notable widow (her words) **Nora McInerney**, this is a funny/sad/uncomfortable podcast about talking honestly about our pain, our awkwardness, and our humanness, which is not an actual word.

You can find tickets to *Terrible, Thanks for Asking* [HERE](#).



Best Buddies Washington Recruitment Event

[Best Buddies International](#) is continuing to make progress to bring more programs to Washington. As of now, the only Best Buddies program in the state is at Seattle University, however there is word that a new program is starting up at University of Washington this fall. In order to develop more programs in Washington, Best Buddies hopes to form an advisory board and they are currently recruiting members. They are hosting an event the evening of April 18th.

Please see [HERE](#) for more details on the event.



Root Academy Self-Defense Class for Teens and Adults

A self-defense class specifically for (and led by) neurodiverse teens and adults! For the purposes of this event, neurodiversity is broadly defined (Aspergers, Autism, ADHD, Bipolar, OCD, sensory processing issues, Dyslexia, Dysgraphia, Twice Exceptional, etc.). If you would like additional information, or have questions, please send an email to info@rootacademyseattle.org or check them out on Facebook [HERE](#).

When: Saturday, April 21st from 1:00 - 2:00 PM

Where: Root Academy, 6210 5th Ave NW, Seattle, Washington 98107

Please dress comfortably and bring a water bottle. \$10 suggested donation.