



## October 2018 Newsletter Happy Down Syndrome Awareness Month!

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### Only 10 Days Until the Puget Sound Buddy Walk® - Register Today!

The Puget Sound Buddy Walk is less than 2 weeks away! If you have not registered yet, now is the time! Online registration will be open until the day before the Walk.

The Buddy Walk celebrates families and community members with Down syndrome, promotes their acceptance, inclusion and respect; and raises funds in support of the DSC. Join over 1,500 friends and supporters for an afternoon of fun including family activities, resource booths, vendors, food trucks, team photos, a fun walk around Seattle Center, and a post walk T21 Dance Party.



**When:** Sunday, October 14, 1-4 PM

**Where:** Seattle Center, Founder's Court *\*New Location\**

[Register Now](#)

To stay up to date with the latest news about the Walk, follow us on our Puget Sound Buddy Walk [Facebook](#) page. Questions? Contact [buddywalk@downsyndromecommunity.org](mailto:buddywalk@downsyndromecommunity.org)

### Spotlight On



We met with **Joey Kane** the morning after he threw the opening pitch for the Seattle Mariner's baseball game! Although an absolutely delightful surprise as part of his award the previous evening, he was still a bit embarrassed that

### Celebrate Down Syndrome Awareness Month with a Doughnut!

To celebrate Down Syndrome Awareness Month, the DSC is teaming up with **Top Pot Doughnuts** to advocate for the rights, inclusion and well-being of people with Down syndrome. This month in all Top Pot cafes, pick up a doughnut for Down Syndrome - a portion of the net proceeds from the sale of this doughnut will benefit the DSC, so do your part and grab one today!



### Trunk-Or-Treat

Back by popular demand and open to all in our Community, the DSC is once again hosting our very own Trunk-or-Treat. In the safety of a remote parking lot, we will go

from trunk-to-trunk collecting candy in a safe and fun environment. We'll also have snacks and more so there will be lots of fun entertainment for everyone. We do need some



be lots of fun and entertainment for everyone. We do need some people everyone sharing our elevator had to hear about it when we brought it up. We'll leave the rest of that story for later in our interview, but we enjoyed seeing his modesty in being highlighted for his achievements.

October is Down Syndrome Awareness Month, and when we recently read an article Joey wrote years ago, about living with Down Syndrome, we knew we had found the right person to spotlight this month. That article, by the way, paired with his brother's earned them a 3rd place in a nationwide essay contest!

#### *What is Down Syndrome?*

"Down Syndrome is when you are born with one extra chromosome" Joey explains as he wears a t-shirt his sister's friend made which graphically announces "Chromosomally Enhanced."  
"For me, I don't see myself as having Down Syndrome. I see myself as everyone else. I know that I have it. I don't see myself as different."

To continue reading the *Spotlight On* article about about Joey Kane, check out the entire [post](#) on the DSC website.

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**When:** Saturday, Oct. 27th, 2-4 PM

**Where:** Happy Hour by Marisa, 13615 NE 126th Place, Suite 430, Kirkland, WA

**RSVP:** [Jessica Evertt](#) or the Facebook [Event](#) page and please indicate if you're planning to decorate your trunk



## Save-the-Date for Upcoming DSC Events

There are a number of events coming up over the next few months. Our calendars fill up quickly so add these dates today.

*Upcoming Events:*

### **Holiday Party**

Come celebrate the season at our traditional potluck extravaganza, complete with a decorated tree, festive music and a visit from Santa.

**When:** Saturday, December 15, 5:30-8:00 PM

**Where:** Mercer Island Community Center, 8236 SE 24th Street, Mercer Island, 98040

### **Sweetheart Dance**

Our popular Valentine's Day dance party returns! Grab your friends and family and join us for pizza and dancing.

**When:** Saturday, February 9, 2019, 5:30-8:00 PM

**Where:** Mercer Island Community and Event Center, 8236 SE 24th St, Mercer Island, WA 98040

### **4th Annual DSC Fashion Show**

Stay tuned for details.

**When:** Saturday, March 9, 2019, 6-8 PM

**Where:** Victoria Hall at St. Catherine of Sienna, 8524 8th Ave NE, Seattle, WA 98115

## 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, Kids, Tweens, and Teens**

Some groups are not organizing a specific October Meet-up and instead inviting everyone to participate in the Puget Sound Buddy Walk on Oct. 14 and the DSC Trunk-or-Treat on Oct. 27.

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

**Contact:** Jessieca Graff at [jessiecaj@gmail.com](mailto:jessiecaj@gmail.com)

### **October**

It's October which means it's time to visit a pumpkin patch! We hope you can join us for this fun outing. At 11 AM sharp, we want to get a group photo by the already picked pumpkins next to the pony rides.

**When:** Saturday, October 27, 10:30 AM - 1:00 PM

**Where:** [Remlinger Farms](#), 32610 NE 32nd St., Carnation, WA 98014

We will meet up in main area NOT in the patch. Please go to the Remlinger Store and meet in the main entrance at 10:30 AM so we can get a final head count. Call Jessieca 509-860-0180 if your running behind.

**RSVP:** [Jessieca Graff](#) or the Facebook [Event](#) page

## Stay Connected



### **Future Playdates - Mark your calendars**

November 17 - TBA

December 15 - DSC Holiday Party



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!

**Kids (ages 4-7)**

**Contact:** Courtney Criss at [courtney.spears@gmail.com](mailto:courtney.spears@gmail.com) and Jessica Voetmann at [jessica.voetmann@gmail.com](mailto:jessica.voetmann@gmail.com)

### November

Since we had so much fun the first time, we're going back for more fun! "We Rock the Spectrum is a gym for all kids. We Rock the Spectrum Kid's Gym is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe sensory experiences."

**When:** Saturday, November 17, 2 PM

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

### Moms' Night Out

**Contact:** Erika Mervin at [erika@downsyndromecommunity.org](mailto:erika@downsyndromecommunity.org)

Plans are being made for this month's MNO! Details will be posted on our Facebook page.

**RSVP:** [Erika Mervin](#) or on our Facebook Event page

### ABLE Accounts

ABLE allows individuals with disabilities to save money for qualified disability expenses without losing their federal benefits. From the ABLE National Resource Center, [10 Things You Should Know About ABLE Accounts](#).



**Washington State**  
ABLE SAVINGS PLAN

Sign up for a Washington State [ABLE](#) account online or by filling out an [enrollment form](#). If you have questions about the Washington State ABLE Savings Plan, call 1-844-600-2253 9 AM - 5 PM PT or 1-844-888-2253 (TTY), 6 AM - 5 PM PT, Monday-Friday.

Stay up to date on ABLE news through [Facebook](#) or [Twitter](#).

### Family Caregiver Support Group

Are you caring for someone with Down syndrome who exhibits symptoms of memory loss? The Support Group for Caregivers of those with I/DD and Dementia at the Alzheimer's Association is open and looking for participants who would like to join. Click [HERE](#) for more information.