



## April 2019 Newsletter

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### Spotlight On



This month, we are featuring local Girl Scout Troop 41331, also known as the **The Ladybug Girl Scout Troop**. Anjulie, Faith, Grace, Hannah, Lillie, Maddie, Mia, Nora, Raechel, and Sarina are 10 teenage girls who have been friends for a remarkably long time. Their friendship cemented in large part because of the Girl Scout troop formed by

### DSC Membership Drive - Join or Renew Today

#### The DSC's Membership Drive is Underway!

Membership dues go to support all of our events and programs including our upcoming Talent Show, Ready Set Kindergarten, the Learning Program, and our First Call outreach packets.

Please join or renew your membership today so we can continue to offer and expand our programs.

Click [HERE](#) to join or renew.

### Now Hiring - DSC Executive Director

The Down Syndrome Community of Puget Sound is excited to announce that we are looking to hire our first Executive Director to help us expand our reach and impact!

To be considered for this position, email a resume, cover letter, and contact information for three professional references in one document to Alison Winfield at [alison@downsyndromecommunity.org](mailto:alison@downsyndromecommunity.org) no later than April 30, 2019.

Click [HERE](#) to learn more about our decision to hire for this important role and for the job description and qualifications.

### Join the DSC Board of Directors

The Down Syndrome Community has openings for new board members! Join our energetic working board now and help shape our future. If you're looking for a way to volunteer with a passionate group of people in a fulfilling role, you've found the right place. Help us continue to innovate and evolve into an organization that provides meaningful programs, events, and resources to all our members. We are in particular need of board members with experience in:

- Outreach/First Call Program
- Fundraising
- Event Planning

If interested, please fill out this [application](#). *The application deadline is Friday, April 19.*

For more information, contact Alison Winfield, Board President, at [alison@downsyndromecommunity.org](mailto:alison@downsyndromecommunity.org).

*This notice is the official call for DSC Board of Directors nominees.*

### Spring Fling Talent Show and Annual Meeting

Scout troop formed by their moms 9 years ago. We caught up with them as they were being filmed for a television news story in celebration of World Down Syndrome Day.

### What do you like about your Girl Scout Troop?

Faith: "All the friends, dancing at the meetings, and the talent show!" Grace loves being the DJ at these dance parties! Maddie likes hosting the Girl Scouts at her house for horse camp, and Nora pipes in that she loves horse camp too! Beyond horses and parties, these girls serve their community - recently they visited a nursing home whose residents requested they come back again!

The parents see the troop as a benefit too. "The community we build with this group means the kids get bonus moms and dads to dance with, ask questions of, ask for help, and laugh with."

To continue reading the Spotlight On article about the Girl Scout Troop, check out the entire [post](#) on the DSC website.

### Stay Connected



Please check the

**DSC online  
[Events Calendar](#)  
regularly!**

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, June 1, 5:30 - 8:00 PM

**Where:** Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007



Click [HERE](#) to RSVP.

Come enjoy dinner, desserts, and refreshments! **Free** fun for all family and friends!

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

### Be a Star at the Talent Show!

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

Perform on stage at our Big Time Talent Show during the Spring Fling! Whether you want to be part of a group or on your own, join us for a fun, supportive evening guaranteed to empower. Show us what you've got!

Email [maura@downsyndromecommunity.org](mailto:maura@downsyndromecommunity.org) to register for the talent show.

Registration deadline: Friday, May 24



### Save-the-Date for Upcoming DSC Events

Mark your calendar for these upcoming events:

#### Megarama Day

Spend a day on picturesque Whidbey Island playing cowpoke with your family - horseback rides, hayrides, and lunch-on the kid-friendly, expansive M-Bar-C Ranch.

**When:** Saturday, Aug. 10, 2019, 9:30 AM - 3:00 PM

**Where:** M Bar C Ranch, 5264 Shore Meadow Road, Freeland, WA

**Upcoming  
Events:**

### 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:** Caewyn Barnett at [caewync@gmail.com](mailto:caewync@gmail.com) and Angela Allen Martin at [angela@fpskirkland.com](mailto:angela@fpskirkland.com)

#### April

Come join us for a Spring Egg Hunt and fun playtime at Eastside Church in Bothell!

**When:** Saturday, April 20, 9:00 - 11:00 AM

**Where:** Eastside Church, 14520 100th Ave NE, Bothell WA

**RSVP:** [Caewyn Barnett](#), or be looking for the event on our DSC Friends 0-3

Facebook page.

#### May

Get excited, we're going to the POINT DEFIANCE ZOO!!

**When:** Saturday, May 18, 10:00 AM - noon. Please plan to arrive as close to 10:00 as

possible for this event.

**Where:** [Point Defiance Zoo](#), 5400 N Pearl St, Tacoma, WA 98407

**RSVP:** [Caewyn Barnett](#), or be looking for the event on our DSC Friends 0-3 Facebook page.

### **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)

#### **April**

Come create art with friends. We have a room reserved with an art teacher to help us make beautiful creations.

**When:** Saturday, April 20, 10:00 AM

**Where:** [Roaring Mouse Creative Art Studio](#) 7526 20th Ave NE, Seattle WA 98115

**RSVP:** [Courtney Criss](#) or on our [Facebook Event](#). Space is limited so RSVP is required and we need to ask siblings to stay home.

### **Tweens (ages 8-12)**

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

#### **April**

Tweens let's get our skate on! We will eat pizza and skate our hearts out. Siblings are welcome.

**When:** Saturday, April 13, noon - 3 PM

**Where:** [Lynnwood Bowl and Skate](#), 6210 200th St SW Lynnwood, WA 98036

**RSVP:** [Jessica Evertt](#) or on our [Facebook Event](#)

### **Teens (ages 13-19)**

**Contact:** Kate O'Leary at [kate.oleary@hotmail.com](mailto:kate.oleary@hotmail.com), Julie Habegger at [jahabs@aol.com](mailto:jahabs@aol.com) and Betsy Kavi at [elizakavi@gmail.com](mailto:elizakavi@gmail.com)

Join us for a walk, picnic, and ferry ride!

**When:** Saturday, April 27, 11:00 AM - 2:00 PM

**Where:** Meet at [Lincoln Park](#) (upper parking lot),

**RSVP:** Please email [Betsy Kavi](#) with desired picnic food and how many people from your family will attend.

## **Moms' Night Out**

**Contact:** Maura Dunn at [maura@downsyndromecommunity.org](mailto:maura@downsyndromecommunity.org)

Calling all moms! Come join us for a fun night out! There's free parking. Chopstick skills not required.

**When:** Saturday, April 27, 7:00 PM

**Where:** Wicked Chopstix, 6021 Martin Luther King Jr Way S, Seattle, WA 98118

**RSVP:** [Bao Ng](#) or on our [Facebook Event](#)

## **Ability Summit 2019**

### **Microsoft Invites YOU to the Ability Summit Community Day!**

You are invited for an afternoon of learning, networking, and fun at the Microsoft

Conference Center in Redmond, WA on May 30th! The goal of the event is to bring together members of the disability community to build awareness around accessibility and disability inclusion and provide networking opportunities. Anyone who is interested in learning more about Accessibility at Microsoft is welcome to attend this free event.



The high-energy afternoon kicks off with Microsoft Chief Accessibility Officer Jenny Lay-Flurrie and Chief Marketing Officer Chris Capossela, along with a special cast of characters. Attendees can then visit an open house, which includes a Job Fair, Product Expo, and the Inclusive Tech Lab. The product expo offers demos of the accessibility features within Microsoft products and the job fair will include many other amazing companies who want to meet candidates with disabilities and discuss job opportunities. Candidates, bring your resumes!

Click [HERE](#) for more information and to register.

### Nutrition for Life

Virginia Mason is offering Nutrition and Fitness for Life (N.F.L.) classes for kids, teens and young adults with Down syndrome and their families! N.F.L. Program at Virginia Mason teaches children and teens ages 5-18 and their families how to make healthy choices with food and exercise. It's a healthy lifestyle program, not a weight loss program.



**When:** 6-session classes on Thursdays from 6:30 - 8:00 PM, May 9, May 16, May 23, May 30, June 6, and June 13.

**Where:** Virginia Mason - University Village, 2671 NE 46th St, Seattle, WA 98105

Click [HERE](#) to learn more about the NFL Program.

To learn more or register for classes, please contact [Beth Olenchek](#), NFL Health Educator.

### Investing in Student Potential

If you like to stay up-to-date with what's happening in the Washington State Legislature and how it impacts special education in our public schools, you should check out [Investing in Student Potential](#).



They "believe Washington state needs to assess and adjust how we accommodate and support the diverse and complex needs of students in public schools. Human potential is our state's most important asset. When we design schools and learning to be accessible and inclusive, we reach the greatest number of learners - and ultimately benefit from what they later contribute to our communities."