



July 2019 Newsletter

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Spotlight On



If you happen to be in Olympia during a legislative session, you're likely to run into **Eric Matthes**, The Arc of King County's Coordinator of Community Change Champions. His eloquent testimony influences legislators

and impacts individuals with varying abilities statewide. We

Ready, Set, Kindergarten 2019-2020 Registration Now Open

Calling all parents whose kids with Down syndrome will be entering Kindergarten in the fall of 2020!

Do you want your child included in a general education Kindergarten class? DSC's Ready, Set, Kindergarten program (RSK) can provide you with the tools you need to advocate for your child. In its third year, RSK is a coalition of parents committed to the inclusion of their children with Down syndrome in general education classrooms. Parents will meet one Saturday a month for six months during 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.

Click [HERE](#) to register or for more information, including dates, times, and cost.

The Learning Program 2019-2020 Registration Now Open

Give your child a head start on reading and math!

The DSC is offering 3 levels of the Learning Program for the 2019-2020 school year: Level 1 through Level 3. One Saturday a month, children receive small group instruction with a focus on literacy, numeracy, fine motor skills and language development from special educators and therapists. Simultaneously in a separate classroom, parents in the program receive instruction on a wide range of topics.

Click [HERE](#) to register or for more information, including class descriptions, dates, times, and cost.



Summer Picnic - RSVP Today

Our summer picnic is just around the corner, so RSVP today! Enjoy a summer afternoon at the park with friends from our community! Town Square Park in Federal Way has a splash park, playground, zip line, basketball courts and more - there's something for everyone! The picnic is potluck so please make sure to RSVP.

When: Saturday, July 13, 11 AM - 2 PM

Where: Town Square Park, 31600 Pete von Reichbauer Way South, Federal Way, WA 98003



[RSVP Here](#)

abilities statewide. It's worth a trip to the state capitol to see him in action and learn from his years of experience working at the Arc. When you see him, he'll often have his camera in hand. We're so excited to catch up with this mover and shaker and ask him a few questions about his work and his photography!

Please tell us about your work at The Arc. I work with the Community Change Champions which uses a mix of peer mentoring and skills development, along with partnerships with local government to increase public service and participation in public events. This empowers emerging activists to be fully included in their communities. We envision a society in which people with intellectual and developmental disabilities are not only respected but engaged as equal citizens who make valuable contributions to their communities.

What are your specific responsibilities at The Arc? Along with other Outreach staff, I help self-advocates learn about issues affecting them, such as access to employment, housing, healthcare, and transportation. I also host workshops that help self-

advocates engage in their community. In addition, I host meetups to mentor and support self-

Megarama Day

Are you looking for an opportunity to spend the day on Whidbey Island playing cowpoke with your family? Do you want to meet more families in our community? If so, look no further! Come visit the kid-friendly, expansive M-Bar-C Ranch for horseback rides, hayrides, and lunch.

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

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



For more information and to RSVP, please visit the official [Megarama](#) website.

Save-the-Date for Upcoming DSC Events

Mark your calendar for this upcoming event:

23rd Annual Puget Sound Buddy Walk

Our biggest and most popular event brings together family, friends, professionals and community leaders from across Puget Sound for a day of celebration to promote acceptance, inclusion and respect of individuals with Down syndrome.

When: Sunday, October 6, 1:00 PM

Where: [Woodland Park Zoo](#) *New Location*

Check out our [Facebook](#) page for the latest information about it! Registration information coming later this summer.

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 and Angela Allen Martin at angela@fpskirkland.com

July

It's summer and perfect for a picnic!

When: Saturday, July 20

Where: [Carkeek Park](#), 950 NW Carkeek Park Rd, Seattle, WA 98177

RSVP: [Caewyn Barnett](#) for details or our DSC 0-3 [Facebook](#) group

Kids (ages 4-7)

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

July

Join us (and the Tweens) at this awesome outdoor swimming pool! We have the pool reserved from 10-12. It has a great shallow area and there will be lifeguards on duty. The pool has a double diaper policy (swim diaper plus plastic diaper over). Siblings are welcome. We'll have some snacks too. Hope to see you there!

When: Saturday, July 20, 10:00 AM - noon

Where: Wedgwood Pool, 7727 28th Ave NE, Seattle, WA 98115

RSVP: [Courtney Criss](#) or on our DSC Friends 4-7 [Facebook Event](#)

advocates, and create opportunities for self-advocates to learn from and share with others about issues that affect their lives.

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

Stay Connected



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

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

July

Join us (and the 4-7 group) at this awesome outdoor swimming pool! We have the pool reserved from 10-12. It has a great shallow area and there will be lifeguards on duty. The pool has a double diaper policy (swim diaper plus plastic diaper over). Siblings are welcome. We'll have some snacks too. Hope to see you there!

When: Saturday, July 20, 10:00 AM - noon

Where: Wedgwood Pool, 7727 28th Ave NE, Seattle, WA 98115

RSVP: [Jessica Evertt](#) or on our DSC Friends Tweens [Facebook Event](#)

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@hotmail.com, Julie Habegger at jahabs@aol.com and Betsy Kavanaugh at elizakavi@gmail.com

August

Becky Pike and family have generously offered to host our teens for a day at their home on Bonney Lake. Expect sun, water, and food! More details to come.

When: Saturday, August 17, 1 PM

Where: Becky Pike's house in Lake Tapps, WA

RSVP: rebecca.pike@experis.com (for address)

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

July is a busy month for the Moms, so we're taking it off. Check back next month for details on our August Moms' Night Out!

The Seattle Children's PlayGarden Summer Open Play

Every child has the right to play!

Open Play is an opportunity to drop by and PLAY in the PlayGarden's (1745 24th Ave S, Seattle, WA 98144) beautiful, inclusive park. During Open Play, their staff greet your family, answer your questions, help facilitate inclusive play between kids, help you visit with the animals and can work on a construction, art or garden project with your kids. NO prior registration. NO fees. Just drop in and PLAY!

Click [HERE](#) for more information.

