



December 2019 Newsletter

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



Spotlight On

2019 Holiday Party - Register Today!

Please join us as we celebrate the season at our annual holiday extravaganza, complete with a decorated tree, festive music, and a visit from Santa, who will sit for pictures and hand out the labeled gifts you bring for your kids.

Since this time of year is busy for everyone, we are moving away from our traditional potluck and instead, we have partnered with [Fiasco](#) who will prepare a delicious pasta bar for our event! The dinner includes vegan and gluten-free pasta, salad, amazing garlic parmesan sweet rolls, and dessert and coffee from [Top Pot Doughnuts!](#)



When: Sunday, December 15, 4:00-7:00 PM

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

Cost: \$5 per person, free for kids on laps. Everyone is welcome so if cost is a challenge, please email contact@downsyndromecommunity.org.

Click [HERE](#) for all the details. Space is limited so register today! Registration deadline is Thursday, December 12.

[Click to register](#)

GivingTuesday - Thank You!!

GivingTuesday was a global giving day focused on making a difference in communities. The idea was to support organizations that matter to us and our community did just that! We are so thankful for your generosity.

All donations made on GivingTuesday will go directly to empower people with Down syndrome and their families through life-long learning and experiences, while building an accepting and inclusive society.

Your support will make a difference!



Our calendars fill up quickly so add this date today.



Mia Crump is one impressive teenager! Her independence and ability to articulate the issues that are a priority in her life are more developed than most adults, let alone the typical teenager. When we interviewed the Lady Bug Girl Scout Troup earlier this year, Mia spoke about advocating for individuals with Down syndrome and others facing similar issues. Fostering that ability and developing this self assurance seems to have begun very early in life. Read on to learn more about this independent adventurer!

How old were you when you first flew on your own? Where did you go and how did it go? "6 years old - to Pennsylvania to spend a week with my grandparents." This first successful unaccompanied minor flight led to an annual flight on her own to visit her grandparents. "My parents packed me a special snack bag filled with all I love, and we downloaded all my favorite movies, so I was all set. I felt independent."

What impact has this solo travel experience had on your life?

"I feel brave and confident."

What other experiences have

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 8, 2020, 5:30-8:00 PM

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

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, Kids, Tweens, and Teens

We invite all groups to come to our Annual Holiday Party on Sunday, Dec. 15. It's a great opportunity to meet up with old friends and make new ones! We hope to see you all there. Click [HERE](#) for details.

Babies/Toddlers (ages 0-3)

Contact: Caewyn Barnett at caewync@gmail.com and Angela Allen Martin at angela@fpskirkland.com

We're looking for a co-leader for this Friends group. Angela has done a wonderful job but she and her son are moving up to the 4-7 group. Please contact [Caewyn](#) if you're interested.

Check out the [DSC Friends 0-3](#) Facebook page for details for the new year. Consider hosting a meet up in your home/community and message Caewyn on Facebook if interested.

Kids (ages 4-7)

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

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

We are still looking for a new Tween leader. Please contact [Jessica](#) for questions or if you're interested.

Teens (ages 13-19)

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

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

The Moms are taking November and December off but will return in January for a New Year's party/dinner at Alison Winfield's house. Information on the MNO will be in the January newsletter and posted on our Facebook page.

Access for All Families

The navigation of services for people of disabilities is a challenge but for culturally and linguistically diverse families, it's even more complex. Catalina Angel has written a very informative article. ["Access for All](#)



helped give you confidence and courage in life?"

"Special Olympics - state meets and also the national games for gymnastics, and Outdoors for All for downhill skiing."

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

[Families](#)" for [Informing Families](#) which includes many useful resources and a starting place for families to get the help they need.

Washington Putting More Focus on the Promotion of Inclusive Education

It is worth noting that while Washington State lags behind other states in providing inclusive general education classrooms, both the State Legislature and the Office of Superintendent of Public Instruction (OSPI) have made it a priority to provide more students with disabilities access to learn in general education settings with their non-disabled peers.

Click [HERE](#) for an article with more information about the efforts they are taking and the partnership they recently made with [TIES Center](#), "a national technical assistance center on inclusive practices and policies."

Stay Connected



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