



## January 2020 Newsletter

[Downsyndromecommunity.org](http://Downsyndromecommunity.org) has a new look!  
Check out our new website and let us know what you think.

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### Spotlight On



She's been a star employee at her neighborhood Quality Food Center for many years, and now **Dani Martin** has a healthy food focus to share. We talked to her about her advice on eating, exercise, dancing in the kitchen, and more!

*How long have you*

### An Evening with the DSC

Join the DSC Executive Director and the Board of Directors to learn about the exciting vision for the future of the DSC. We are eager to hear from you - our Community! This evening provides the opportunity to share your feedback and for the Board and Executive Directive to answer any questions you may have.

**When:** Wednesday, January 29, 6:30 - 8:30 PM

**Where:** The Ninety, 406 Occidental Ave S, Seattle, WA 98104

Light appetizers and desserts will be served.

Click [HERE](#) to register.

*Thank you to the Seattle Sounders for sponsoring this event.*

### Sweetheart Dance and Pizza Party

Grab your family and friends and join us for our biggest dance party of the year...The **Sweetheart Dance!** Not only will there be yummy pizza and salad for dinner, and a chocolate fountain for dessert, but we'll also have the fabulous **DJ Shane** to play our favorite songs! For those who prefer board games, we'll have a room filled with Twister, Giant Jenga, Checkers, and other fun non-electric games. To top it off, **Tom Ellis**, will be taking group photos and capturing your dance moves. It's a perfect evening for all ages!



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

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

**Cost:** \$5 per person, children on laps are free

This is a popular event and space is limited so get your tickets early. Click [HERE](#) for tickets.

### Style & Stars

The DSC is excited to host, *Style & Stars*, on Saturday, March 14, at Canvas Event



worked at QFC and how did you get your job? "I've worked at QFC for 15 years. I just got my 15-year award earrings." Dani shares. She secured her job at QFC the summer after her junior year in high school. "I told myself just walk in, go upstairs, get the job!" After being hired, her beginnings were absolutely equitable. She had to get a food handlers permit and "my manager said one thing to me. If you don't do the job, I will fire you right away." Her reply: "I got it, sir, I got it - so I will do the job the way you want. I was 18 years old."

Tell us about making good food choices? "People need to eat whole grain bread, and not white bread...Mostly they need to eat a lot of healthy things for nutrition like salads and water and a little bit of milk. Keep amounts low, not too high for milk, coffee. Every night now I eat healthy things like salads, a little bit of chicken, and little bit of fruit and ice water. I usually have veggies every day. I usually have a lot of water."

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

**Don't forget to use AmazonSmile while shopping and**

Space (Sodo). It will be an unforgettable evening featuring a fashion show, exquisite dining, dancing, and a silent auction benefiting the DSC.



Support of this annual event will enable DSC to provide programs to individuals who need them within our community, as well as raise awareness to further our reach within the broader community.

Click [HERE](#) to purchase tickets. If you are interested in being a table captain or an event sponsor, please email [maura@downsyndromecommunity.org](mailto:maura@downsyndromecommunity.org).

### Style & Stars Call-for-Models!

The highlight of our event, *Style & Stars*, is when our models strut their stuff down the runway showing off their fabulous outfits! We will accept model applications beginning next Wednesday, January 22 through Friday, January 31.

Click [HERE](#) for more application information and model information about the event.

Applicants will be notified on Monday, February 3, if they will be in the fashion show.



### Advocacy Opportunities!

#### Are you or your family member interested in systems Advocacy?

Working together we can impact systems like healthcare, education, transportation, inclusive employment and housing by creating relationships with our elected officials. No experience needed, just an interest in making our systems work better.



Join Sue Adelman and Alison Burchett from the DSC Board as we collaborate with the **Arc of Washington** and **Investing in Student Potential** throughout the Washington State 2020 legislative session, January 22 - March 4. There are many ways to be involved from writing letters to attending meetings. *We need your help.*

#### In person opportunities:

January 22nd - State Wide Legislative Reception in Olympia, 5:30 - 7:00 PM  
Click [HERE](#) for more information.

January 28th - Investing in Student Potential Advocacy Day in Olympia, 9:00 AM - 3:00 PM

Click [HERE](#) for more information.

Arc of Washington Advocacy Days every Wednesday in Olympia during the session  
Click [HERE](#) for more information.

#### At home opportunities:

Writing and Calling - we can provide sample letters/scripts for you during the legislative session to call and write to your representative.

Please contact Sue Adelman [sue@downsyndromecommunity.org](mailto:sue@downsyndromecommunity.org) or Alison Burchett [AlisonEB@downsyndromecommunity.org](mailto:AlisonEB@downsyndromecommunity.org) for more information

support the DSC!  
Click [HERE](#) to start shopping.



### Stay Connected



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

[Alison\\_D@downsyndromecommunity.org](mailto:Alison_D@downsyndromecommunity.org) for more information.

## Facebook Friends Groups - JOIN!

If you aren't in one of our age specific DSC Friends groups, please join! We post all of our play date and get together information on these group pages. It's a great way to connect with other parents and caregivers who may be on a journey similar to yours! They are private groups so you will be asked to join.

### Here are the links:

[DSC Friends 0-3](#) (0-3 year olds)

[DSC Friends 4-7](#) (4-7 year olds)

[DSC Friends Tweens](#) (8-12 year olds)

[DSC Friends TEENS](#) (13+)

## 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 Sweetheart Dance, Saturday, Feb. 8. It's a fun, family-friendly event that is fun for all ages! We hope to see you all there. Click [HERE](#) for details.

### 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)

*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. 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](mailto:courtney.spears@gmail.com)

### Tweens (ages 8-12)

Contact: Sigrun Denny at [sigrunc@comcast.net](mailto:sigrunc@comcast.net) and Cesily Greene at [cesilygreene2280@gmail.com](mailto:cesilygreene2280@gmail.com)

We have new co-chairs for the Tween group! Thanks to Siggy and Cesily for volunteering to lead this group. Please email them any suggestions for meet-ups.

### Teens (ages 13-19)

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

## Moms' Night Out

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

The Moms had a great January night out last weekend! Thanks to all who were able to attend! We will create an event on our Facebook page for our February MNO once it's been scheduled. If you have a fun location or venue suggestion, please let us know!

Down Syndrome Community of Puget Sound | 206-257-7191  
[www.downsyndromecommunity.org](http://www.downsyndromecommunity.org) | [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org)