



March 2020 Newsletter

In This Issue

[Matt Lyman's 3/21 Journey](#)

[World Down Syndrome Day - 3/21](#)

[Style & Stars](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)



How Are You Celebrating 3/21?

321 Miles for 3/21- The Fight for Inclusion!

Over the course of March, Matt Lyman will be riding his bike 321 miles to raise awareness in the community and to celebrate his daughter Phoebe, including a 32.1-mile ride on March 21st. This is his opportunity to do something to help give back to a community that has meant so much to his family, and hopes everyone will follow along with him as he starts this journey!



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



Stay Connected



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

One month before Phoebe's due date in 2014, his wife Molly was having some minor complications. They were sent to have some tests run, where an ultrasound showed a hard marker for Down syndrome. After getting tests run, the news was shared that it was, in fact, the case. While this news scared them and changed what they were expecting, the family happily welcomed their daughter into the world.

Since that day, Matt and Molly have worked to increase awareness about Down syndrome in the community as well as advocating for inclusion, particularly in the educational system. It is their belief that inclusion benefits all children and that a child with Down syndrome should be offered the same opportunities to succeed as those available to a typically developing peer. [The Down Syndrome Community \(DSC\)](#) has been an amazing resource for when the family was looking to learn more about what to expect, classes to get themselves and Phoebe ready for school, and a community to turn to for support.

Let's join forces and support Matt on his journey! Follow Matt [HERE](#).

World Down Syndrome Day - Saturday, 3/21

Happy World Down Syndrome Day! To celebrate, we invite our community, family, and friends to celebrate WSD with us to help raise awareness about the abilities and



possibilities of people with Down syndrome. Whether it's taking a ride on the **Great Wheel** lit up in blue and yellow or eating a blue and yellow sprinkled doughnut from **Top Pot Doughnuts**, here are some ways to celebrate WDS:



Geraldine's Counter

4872 Rainier Ave S, Seattle, WA 98118
<http://geraldinescounter.com/>

Our own community member's dad, Gary Snyder, owns Geraldine's Counter and will donate 10% of all sales on 3/21 to the DSC. Hours: 7:00 AM - 4:00 PM



Heyday

1372 31st Ave S, Seattle, WA 98144
<http://www.heydayseattle.com/>

Heyday is another restaurant that our community member's dad, Gary Snyder, owns and will donate 10% of all sales on 3/21 to the DSC. Hours: 4:00 PM - 10:00 PM



Top Pot Doughnuts

<http://www.toppotdoughnuts.com/>

Top Pot doughnuts is once again creating a special doughnut in honor of WDS. On 3/21, all of their stores in the Seattle area will be selling blue and yellow sprinkled doughnuts. Stop by any of their stores and celebrate the day with a tasty treat! Better yet, call in your order ahead of time for a dozen doughnut to share with your friends and family!

Share your 3/21 celebration with us! Email stories and photos to contact@downsyndromecommunity.org.

Style & Stars is Next Weekend!

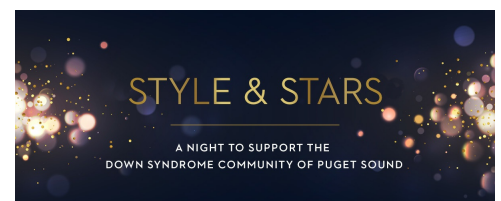
The DSC is excited to host **Style & Stars**, an unforgettable evening featuring a fashion show, exquisite dining, dancing, and a silent auction benefiting the DSC.

Chairs: Shana & Gino Perrina

When: Saturday, March 14th 2020, 6:00-10:30 PM

Where: Canvas Event Space, 3412 4th Ave S, Seattle, WA 98134

The event is **SOLD OUT!**



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

Kids (ages 4-7)

We are actively looking for individuals to lead our Kids Meet-Up Group.
Please email contact@downsyndromecommunity.org if you're interested.

Tweens (ages 8-12)

Contact: Sigrun Denny at sigrunc@comcast.net and Cesily Greene at cesilygreene2280@gmail.com

Teens (ages 13-19)

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

Moms' Night Out

Contact: Alison Winfield at alison@downsyndromecommunity.org and Alison Friend Burchet at AlisonFB@downsyndromecommunity.org

Check back next month for April's Mom's Night Out details.