



August 2017 Newsletter

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Self Advocate - Devon Adelman



What does **DSC** board member

Learning Program Registration - Ends Tomorrow!

There's still time to register!

The DSC is offering 4 levels of the Learning Program for the 2017-2018 school year: Pre-K 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](#) for more information, including class descriptions, dates, times and cost.

[Click to register](#)

Megarama Day - There's Still Time To RSVP!

Don't miss out on spending a day at M-Bar-C Ranch on beautiful Whidbey Island. Click [HERE](#) for more information.

When: Saturday, August 12th, 9:30 AM - 3:00 PM

Where: M-Bar-C Ranch, [5264 Shore Meadow Rd., Freeland, WA](#)

Cost: FREE!

RSVP: Please go to www.megaramaday.com to register. Ms. Kitty will add your name to the Evite once you register.



If you have any questions, email Ms. Kitty at MegaramaDay@comcast.net.

Puget Sound Buddy Walk - Sponsors Needed!

We are looking for sponsors for our **21st Annual Puget Sound Buddy Walk** on October 1st at Seattle Center. Please share our [sponsorship materials](#) with your employer, or businesses that you frequent. Thanks in advance for helping us make this our biggest celebration ever!

Watch your email and our [Puget Sound Buddy Walk](#) Facebook Page for updates on when registration opens



Devon Adelman have in common with Seattle Seahawks greats like Jim Zorn, Matt Hasselbeck, Steve Largent, and Marshawn Lynch? Or USA Olympic athletes Courtney Thompson, Apolo Ohno, Emily Silver, and Ariana Kukors? What about the ever popular Mariners Edgar Martinez, Dan Wilson, and Kyle Seager? Self advocate Devon, along with numerous soccer and basketball stars, other former and current professional athletes, various coaches and broadcasters, and even a Rock and Roll Hall of Fame legend (Duff McKagan of Guns N Roses), are all official 2018 Special Olympics USA Games Ambassadors.

Her ambassador duties include promoting the USA games being held here in Seattle next year. If you are local in Washington State, you have probably seen or heard Dev on television or the radio. We are so very proud of her and thought we'd take a moment to brag about the many recent accomplishments of one of our own!

To learn more about all Devon's achievements, check out the entire [post](#) on the DSC website.

Stay Connected



and other details about the day.



Next New Parent Social on August 19

Are you new to the world of Down syndrome? Join the DSC for our New Parent Social!

Who: Expecting parents and parents of a baby with Down syndrome under 12 months

When: Saturday, August 19, 11:00 AM - 1:00 PM

Where: Northwest Center, [7272 West Marginal Way South, Seattle, WA](#)

Click [HERE](#) for more information.



Join the DSC for our NEW PARENT SOCIAL

Join other parents like you who are just starting out on this journey, as well as a few who were in your shoes not too long ago.

Ask questions. Connect with others who "get it". Find your tribe.

SATURDAY, AUGUST 19th 11am-1pm
Northwest Center
7272 West Marginal Way South, Seattle, WA

Any parent with a baby with Down syndrome up to age 1 is welcome.
Persons who are expecting are encouraged to attend as well!
PLEASE RSVP TO MELANEGRO@DOWNSYNDROME.COM BY 8/15/17

Special Olympics Washington Presentation to the Down Syndrome Community

Come hear Special Olympics Washington President & CEO, Dave Lenox, share information on how to get involved with Special Olympics. Dave will share information on sports available, how to sign up as an athlete, how to volunteer, and much more!

When: October 24, 2017

Time: 6:00pm - 7:30pm

Where: Northeast Seattle Public Library, 6801 35th Ave. N.E., Seattle, WA 98115

Please RSVP to Alison Winfield at alison@downsyndromecommunity.org.



**Special
Olympics
Washington**

Teens (18+) and Adults - We Want Your Feedback!

The DSC is working to engage older teens and adults with Down syndrome. If you are 18+ with Down syndrome (or a caregiver) please help us by filling out this quick survey so we can serve you better.

Click [HERE](#) to take our survey.

If you have additional questions or comments, please contact Sue Adelman at Sue@downsyndromecommunity.org.

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: Jessieca Graff at jessiecaj@gmail.com

Wading Pool Time!

When: Saturday, August 26th, 10:00 AM - 12:30 PM

When: Saturday, August 20th, 10:00 AM - 12:30 PM
When: Green Lake Park, 7201 E Greenlake Dr N Seattle 98115
RSVP: [Jessieca Graff](#) or look for details on our [DSC Friends 0-3](#) Facebook page.

**Support the DSC
While Shopping!**

[Go to smile.amazon.com](http://smile.amazon.com)

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

Combined Kids (ages 4-7) and Tweens (ages 8-12)

Contact: Alison Friend Burchett at papershred@hotmail.com and Jessica Evertt at jessicaevertt@hotmail.com

Outdoor Pool Party

Bring your towel and your floats of choice. Life guards are on duty. Adults, plan to get in too! If your child wants to jump off the diving platforms, they need an adult in the deep end unless the child passes the swim test. Safety vests are also allowed. There is a warm, walk in, kiddy pool which parents can sit around and put their feet in and chat while supervising. Swim diapers and covers are required if not toilet trained.

When: Sunday, Aug 20th, 10:15 AM -11:45 AM

Where: Kingsgate 1 & 2 Pool, [11711 NE 137th St, Kirkland, WA 98034](#)

RSVP: VITAL! Respond to [Jacqueline Baker](#) on her Facebook page. We need to have a final count by Sat, Aug. 12th, so we can adjust life guard numbers required by the pool, if needed.

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com

Check out our [DSC Friends Teens](#) Facebook page for the latest Friends Meet-Ups!

Moms' Night Out

Contact: Courtney Criss at courtney@downsyndromecommunity.org

August MNO Night Out

Aloha! Come celebrate the end of summer with a Hawaiian-themed Moms' Night Out. Food will be provided but bring a drink to share. Don't miss out!

When: Saturday, August 19 at 7 PM - 10 PM

Where: At the home of Julie Vester Plotnick in Shoreline

RSVP: [Courtney Criss](#) for address and phone number

D.A.D.S. Night Out

Contact: Justin Hanney at justin@hanney.net

D.A.D.S. Summer Barbecue

What better way to end the summer than hang with with the dads! BYOB and sides.

When: Saturday, August 26, 6 PM

Where: Kirby Winfield's house in NE Seattle

RSVP: Kirby Winfield at kirby@ascendsolutions.com for address

WA State Fathers Network Family Campout at Carnation Farms

For families who have children with special health care needs

When: September 22nd, 2:00 PM - September 24th, Noon

\$50 per person includes: lodging, food and activities. Activity options may include: ropes course, pottery painting, hiking, canoeing, campfire, winemaking, climbing wall, crafts and more!



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(for families who have children with special health care needs)

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*Ages for 500 people - *Parents will be responsible for their children - *Carnation Farms provides their program and facilities to be a benefit for ages 7 and older
*Carnation Farms Website: www.carnationfarms.com

w/smores, climbing wall, crafts and more!
Click [HERE](#) for more information.

Register at: <https://kinder.org/2017wsfncampout/>
KINDERING Health UnitedHealthcare

Register at: <https://kinder.org/2017wsfncampout/>

New Version of My Life Plan Launched This Week

[My Life Plan](#) is a secure online tool for planning and envisioning life at every age and stage of life. This new version, just released this week, allows you to revise plans and share them with all the important people in your life, such as: DDA case manager, IEP team, providers, other family members, etc.



Click [HERE](#) for a printable bulletin with more information.

Understanding Respite Care

*Do you want to learn more about respite care?
Do you want to learn how to access funding for respite?
Do you want to learn how to find respite providers?*

If you answered yes to any of these questions, check out *Understanding Respite Care*, a document explaining the different forms of respite care and how to access them. It is the newest edition to The Arc of King County's printed resource documents.



Click [HERE](#) to view it.

Down Syndrome Community of Puget Sound | 206-257-7191
www.downsyndromecommunity.org | contact@downsyndromecommunity.org