



DSC Newsletter

Our Goals:

- Build a caring, understanding, supportive community open to all individuals and families whose lives include a person with Down syndrome.
- Share and nurture a climate where every human being is recognized, their strengths appreciated, and their accomplishments respected and valued.
- Strengthen the network of individuals and groups working with issues affecting the lives of those with developmental disabilities and their families.

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Down Syndrome Community

New Parent Packets on a Roll

The New Parent Packet Project team recently delivered 50 New Parent Packets to the Skagit County Arc/Parent to Parent in Mount Vernon. They will be delivered by the Arc during their community visits planned in recognition of Down syndrome Awareness Month. The team is currently producing packets for distribution in Snohomish and Island

Counties. By the time you read this, those packets should have been delivered to the respective distribution contacts in those counties.

The production of these packets was made possible by a grant from the Nysether Family Foundation. If you have any ideas where similar grants can be obtained, or would like to apply for grants on behalf

of the DSC, please let Curtis Thelin (treasurer@downsyndromecommunity.org) know.

The New Parent Packet Project ensures that hospitals have positive, practical materials on hand for presentation to new and prospective parents of babies with Down syndrome.

Down Syndrome Association of Snohomish County

The DSASC, our new affiliate organization in Snohomish County held its first meeting on November 5, 2011. The room was filled to capacity (about 50), with both families and children. Amy Patterson reports she was pleased with the turnout at the event:

“We had a great discussion at the meeting about reaching out to

families around the county, so we are just getting started!”

This group is for everyone. They would like to hear your ideas and needs. To be added to the group email list and get updates on the potluck and other activities, you can join the Yahoo! group DS-Snohomish, or email Stephanie Taylor-White at taylor-

white84@hotmail.com or Amy Patterson at mama2emma@comcast.net. You can also email Stephanie or Amy if you're interested in helping the group plan and organize activities, and you can check out their Facebook page—search for Down Syndrome Association of Snohomish County.

From the President

Thank you for the best time I've ever had at a Buddy Walk. Not only did the Buddy Walk Committee and the volunteers pull off an emotionally and socially rewarding event, but they proved it can be financially successful too by raising the most money ever at a Puget Sound Buddy Walk. Congratulations! Thank you to all of you who

bought raffle tickets and t-shirts, and a special thank you for the superhuman effort twenty-one fundraisers put into our FirstGiving campaign. It's so rewarding to see you step up for the DSC in that way.

Speaking of money, we've received a grant from the Nysether foundation to help establish the DSASC.

We are thankful for their support.

I hope you can make it to our annual Holiday Party on the 17th. See our website for more info. We're gearing up for a fun year with the traditional Sweetheart Dance, our conference, another CanBike camp, and more fun just around the corner!

—Sean King

DSC Newsletter

2011 Buddy Walk of Puget Sound Self-Advocate Speech

Everyone should treat people with Down syndrome the same as other people in the world.

Hi, welcome to the Buddy Walk. I'm glad to see you here. This is the Fifteenth 15th Buddy Walk and I've been to every one – and I have the T-shirts to prove it. I hope you all have lots of fun today.

My name is Brian Michael and I'm 27 years old. I want to tell you a little bit about me. First of all, I have a job. I love working at Old Navy and getting a discount there. I work hard and as fast as I can. I am proud to clean the whole store and get it ready for customers. I have been working there for over 2 years. But most of all, I like getting a paycheck so I can buy things I want.

I do lots of things with the money I earn.

I have been bowling in a league at HiLine Lanes for over 15 years. I love getting good scores and bowling with my buddies. My high

score is 245.

Dancing is my thing. I pay for Zumba lessons and Music class. I dance any time and anywhere I get a chance.

I even pay for my plane ticket to go back to Minnesota to visit my dad and my family and friends back there.

I enjoy lots of games to play with other people, most of all with my grandma. It doesn't matter if I lose or win, I still have fun. I play cribbage and gin rummy and lots of other games. I love to play video and computer games. I play Wii bowling at home and at the Senior Center when I volunteer there – until it's time to go work in the kitchen.

The other thing you should know about me is that I'm a big Tim Allen fan. I have all his movies and all

the Home Improvement shows.

My life is very busy with family and friends. I love to hang out with lots of different friends. We go out to dinner and a movie, bowling, parties, and socials. Sometimes we go out to the bar and play pool or go dancing when my favorite band plays. My girlfriend, Marcie, and I go out on dates – or just talk on the phone a lot. We've been dating for a long time. She is my wonderful girlfriend!

It doesn't matter if you have Down syndrome. Everyone should treat people with Down syndrome the same as other people in the world. Grab your buddy and walk with him or her. That's why this is called the Buddy Walk.

And we definitely need WORLD PEACE!

—Brian Michael

As a self-advocate, it's important to educate others.

Jennifer's Corner

Hi! Jennifer Moe, here, your Self-Advocate member of the DSC Board. The following quotations from Wright's Law (www.wrightslaw.com) explain what self advocacy is. After you read it, I will tell you what I'm doing as a self-advocate.

From Wright's Law:

“What is Self-Advocacy? Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out

to others when you need help and friendship, and learning about self-determination.”

“Why is Self-Advocacy Important? So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.”

Back to me: Early this month, I went to the Transition meeting and got to meet with people who help young adults who are graduating from the school system. My class hosted the event. I gave out programs and greeted everyone. Right now, I'm getting ready for my IEP in the Adult Living Program (ALP). I typed out the invitations and am preparing for the meeting. I'll be

letting everyone there know what it is that I want to do for the rest of this year and next year, because in June of 2013, I'll graduate from the program. I'll also let them know what I want my life to look like once I graduate. I hope to have a job lined up by then. As part of the program, I volunteer at many jobs to help determine what I do and don't like to do. I've worked at the Kid's Discovery Museum and as an assistant in my old Kindergarten classroom. This year, I'm working with the Headstart Program. Other places I'd like to work are at the cat adoption center, at a florist shop, and as a greeter at a restaurant.

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Thank you to everyone who contributed to the success of the 2011 Puget Sound Buddy Walk®.



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Artists, Community Partners, Volunteers and more

Arc of King County
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 Brian Michael, speaker
 Bruce Savadow, photography
 Can Bike
 Charrissa Browning, speaker
 Clara Link, photographer
 Ellensburg HS Key Club

Friendship Adventures
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 Joani Bishop, ASL
 Keith Black, Emcee
 Kindering Center
 Kristy Yawman, artist
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 Base Bangor
 Seattle Betsuin Bon Odori dancers
 Surrendered School of Arts
 The Voetberg Family
 Tom Ellis Photography
 Wahluke HS Key Club
 Young Life Open Door
 and all the volunteers!

A special thank you to the 2011Buddy Walk® Committee!

Lynne Palmisano, Chair
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 Adrienne Fraley-Monillas
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Sue Hartung
 Barbara Matthes
 Linda Michael
 Barbara O'Kelly



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The Down Syndrome Community is a registered 501(c)(3) non-profit organization whose mission is to improve the lives of individuals with Down syndrome and their families by focusing on education, communication and advocacy. Our service area includes the entire Puget Sound region and Western Washington. Our members include a wide cross section of families and professionals across the United States.

You can find more information and make a tax-deductible donation through PayPal by visiting our website at www.downsyndromecommunity.org

Upcoming Events

Gift Wrap Day

December 11, 10am-7pm,
Pacific Place, 6th & Pine,
Downtown Seattle, across
from Barnes and Noble en-
trance

Holiday Party

December 17, 6pm-8:30pm
Community Center at Mercer
View, Mercer Island

Potluck: Everyone please
bring a main course *and*
a salad/side dish that could feed
your group.

Sweetheart Dance

February 18, 2011, Highland
Community Center, Bellevue

Jennifer's Corner

(Continued from page 2)

As a self-advocate, it's important to educate others. This can be done by being visible in your community. I do cooking and sewing with 4-H, go horseback riding once a week, participate in Special Olympics track and bowling, volunteer (outside of the ALP) at MOPS in the 3 and 4 year old classroom, take piano lessons, (My favorite part is our recitals.) and am very active at my church. I do lots of things with a group of friends at Island Time Activities. I love to sing and once a year I love joining the Total Experience Gospel Choir when they give a concert in our

community to celebrate the Martin Luther King, Jr. holiday. With all of these things, you can see that I'm pretty visible in my community. I also like to go grocery shopping because I almost always see people I know and it is fun to greet them in the store.

As part of your Board, I go to meetings and try to get to as many events as I can. I also write this column. I worked as a volunteer at the Buddy Walk and am looking forward to wrapping gifts at Pacific Place on December 11th. I hope you can come see me there and get some gifts wrapped too. I also go to UPSIDE meetings and events. They are the DSC unit on the

Kitsap and Olympic Peninsulas.

Once a month, the Self-Advocates of Washington (SAW) come to the ALP and we discuss advocacy. I want to go to their other meetings but Mom says I have no time just now. And I guess that's true. I'm hoping to go once I graduate. People First sponsor dances for special occasions. They had one for Halloween and it was a blast!

I like being a self-advocate, standing up for my own choices, educating others by being visible and giving back to my community through my volunteer work and music.

—Jennifer Mullis