



# Down Syndrome

## COMMUNITY

DSC members Jun, Mary, Olivia, Phillip, Ayman and Silas pose to create promotional footage to promote the DSC's 'Bake a Difference' Cookbook in partnership with the Embassy Suites.



### Calling all bakers, the DSC needs your recipes!

The Embassy Suites Seattle-Tacoma International Airport was awarded a \$7500 grant from the Embassy Suites brand to turn the "Bake a Difference" Cookbook from an idea to REALITY!!

We are very proud to be this year's "I Can Make a Difference" award recipients, but we need your help to make this book a success! So please send us your recipes by June 22.

You can send this information via email to [kristie.richardson@hilton.com](mailto:kristie.richardson@hilton.com).

Kristie also has lined up a photographer to take photos for the book of those whose recipes are included! We will even be able to give everyone a copy of their professional shot! Please contact Kristie at 206-219-2141 with any questions. Thank you!

*To submit a recipe  
Please send the following by June 22:*

- Full Name(s) of Contributor
- Relationship to DSC
- Recipe Name and Instructions
- Short paragraph about your recipe and whether it has special meaning to your family and/or information about your family if you are DSC members
- Your email and phone number

*For more on the grant and photo shoot, please see page 3*

*Kristie's story behind the launch of the project is also among the NDSS' My Great Stories, at [ndss.org/en/My-Great-Story/Stories/Contents/Friends/Bake\\_A\\_Difference/](http://ndss.org/en/My-Great-Story/Stories/Contents/Friends/Bake_A_Difference/)*

### We hope to see you this summer at any of these great events



Lose the Training Wheels  
Bike Camp  
July 23-27, Magnus Park  
[canbikeseattle.com](http://canbikeseattle.com)  
See page 7



Megarama Day XV  
10am-3pm, Aug 18  
M bar C Ranch, Whidbey Island  
[Megaramaday.com](http://Megaramaday.com)  
See page 3



Camp Prime Time Weekend  
Aug. 24-26, Clear Lake  
Wenatchee National Forest  
[campprimetime.org](http://campprimetime.org)  
See page 7



Buddy Walk Puget Sound  
1-4pm, October 7  
Seattle Center Next 50 Plaza  
*More info to come.*



17930 Normandy Terrace SW  
Normandy Park, WA 98166

[downsyndromecommunity.org](http://downsyndromecommunity.org)

[facebook.com/downsyndromecommunity](https://facebook.com/downsyndromecommunity)

#### 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.

*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](http://www.downsyndromecommunity.org)*

#### DSC Board of Directors

Sean King, President

[president@downsyndromecommunity.org](mailto:president@downsyndromecommunity.org)

Louise Avery, Vice President, Community Relations

Liaison, [dsc\\_relations@comcast.net](mailto:dsc_relations@comcast.net)

Carla Snyder, Secretary

Curtis Thelin, Treasurer

[treasurer@downsyndromecommunity.org](mailto:treasurer@downsyndromecommunity.org)

Anne Mullis, Recording Secretary, Conf. Comm. Chair

Nick Kappes, Finance Committee Chair

Lynne Palmisano, Buddy Walk Chair

Dan Hartung

Sue Hartung

Jennifer Mullis, Self Advocate

Scott Rutledge

Laurel Sturges

Newsletter editor: Anna M. Jones

Upcoming board meetings: September 4 & November 6, 7-9pm, Pacific Market Center. Board meetings are open to all members.

Please let Sean know you are coming: [president@downsyndromecommunity.org](mailto:president@downsyndromecommunity.org), 425-228-3391

## Fashiontographer District of Fashion event raises \$355 for DSC

"The Fashiontographer District of Fashion event at the Triple Door on April 28 raised \$355 for the Down Syndrome Community.

Attendees, dressed in their finest Mad Men attire, paid \$20 each to have their photograph snapped by worldwide fashion photographer (and former Seattleite) Walter Grio.

Joe Carling of Mode Organic Salon generously donated a \$500 gift certificate as a raffle prize.



Thanks to DSC members Taylor and Meg Van Horn for facilitating DSC's involvement with this ultra cool event."

For more photos, please go to [fashiontographers.com/dof-apr28/](http://fashiontographers.com/dof-apr28/)

*DSC President Sean King (center)  
with Taylor and Meg Van Horn at the  
District of Fashion at the Triple Door on April 28.*



## 'Bake a Difference' cookbook project wins \$7,500 grant!

The 'Bake A Difference' cookbook, a joint project between the DSC and Embassy Suites Seattle-Tacoma International Airport, has won the I Can Make a Difference Award, earning a \$7,500 grant to help with the project! Kristie Richardson, who is coordinating the project, wrote, "We are very proud to be this year's 'I Can Make a Difference' award recipients, but we will need your help to make this book a success! If you are interested in being a part of this project, please send your recipe by June 22 to [Kristie.richardson@hilton.com](mailto:Kristie.richardson@hilton.com) or call 206-219-2141. Thank you!" Kristie is also coordinating a professional photo shoot for families whose recipes will appear in the book, which should be ready in time for the October Buddy Walk.

Below are photos that were taken on March 10 to create promotional footage for the cookbook.



## Self-Advocate's Corner: Discovering different job experiences

By Jennifer Mullis, DSC Self-Advocate

Today, I am going to talk about the job experiences that I have had so far in the Adult Living Program. I loved my first job. However, they want us to have lots of different experiences, so I had to move on to do other things.

Right now, I work at Chuck Wagon on Tuesdays for two hours. It is a program that provides lunch for Seniors at the Senior Center. I had to get my Food Handler's permit to do this job. What I do there is first wash my hands and sanitize the tables. I set the tables and then wait for the food to arrive. When it does, I bring the trays for everyone that is dining that day. When everyone is finished, I take the garbage out. Sometimes, I play the piano for the diners.

On Wednesdays, I work at the Interfaith Volunteer Caregivers. I do office work for them. I used to work at Woodward Middle School washing dishes in a commercial kitchen.

Last year, I worked at Kidimu (Kid's Discovery Museum). I helped sanitize the toys and put them away and made sure that things were picked up.

The other job that I did last year and I really loved was at the Island School in the kindergarten classroom with Kathy Schott. I helped with office work, making copies of lessons and filing them. I also listened to the children read to me and sometimes, I read to them. I helped with supervision on the playground at recess time. I miss everybody at Island School including the teachers, the secretary and the principal, Trish.

One last job I'll tell you about is volunteering at the Mothers of Preschoolers (MOPS) program. I've been doing this job for about five years now, even before I was in the Adult Living Program. I work in the toddler classroom helping set up when I arrive, mak-



*KING 5 news anchor Dennis Bounds and Jennifer Mullis at the Living our Legacy Luncheon held by the Arc of King County on May 24 at McCaw Hall in Seattle Center. Dennis is the father of a grown son with a disability.*

Photo by Louise Avery

ing nametags when the kids arrive, assisting with craft projects, putting away toys and getting snacks ready. When the weather is nice they go outside and if there is time, just before they leave they watch a short video. I really like working with kids.



## More than 70 attend the Spring Fling!

*Thank you* to all of our volunteers and board members who attended and helped with our Spring Fling on May 19 in Bellevue.



- Lori Intonti
- Rebecca Carter
- Danyelle Loucks
- Ruth Rutledge
- Bruce Rutledge
- Sarah Johnson
- DJ Shane

Thank you for helping DSC!

*Photos by Margaret Gordon*

## Philip Thelin helps with New Parents Packets as part of research project



Phillip Thelin assisted DSC Community Relations Liaison Louise Avery in delivering New Parent Packets to Swedish Medical Center as part of his "Culminating Senior Research Project," which included reporting on the parent packet process from start to finish.

Julie Habegger, of Family Support & Pediatric Therapy Services, welcomed Phillip and gave him a tour, explaining how the packets get into the hands of parents celebrating the birth of a beautiful baby born with Down syndrome at Swedish.

*Julie Habegger of Family Support & Pediatric Therapy Services, welcomes Phillip at Swedish Medical Center.*

*Photo by Louise Avery*

## Calling all Cowboys & Cowgirls!

The 15th Annual Megarama Day is right around the bend on August 18, so giddy-up and register online if you haven't already done so.

An e-vite will be sent to you next month. Please RSVP at that time.

Lookin for more info? Go to:

[MegaramaDay.com](http://MegaramaDay.com)

The M bar C Ranch ([M-Bar-C.org](http://M-Bar-C.org)) is tucked away on Whidbey Island and is full of the charm and character of the ol' Wild West.

So come join Cowgirl Megan and all the cowboys for a rootin', tootin' day of fun from sun up to sun down.

Happy Trails!, Ms. Kitty (Megan's Aunt)

**The 15th Annual  
MEGARAMA DAY XV  
August 18th, 2012  
10am to 3pm**



## Megarama Day agenda

- |       |  |       |  |
|-------|--|-------|--|
| 9:00  | Catch Mukilteo Ferry                             | 11:05 | Ride 'em cowboy - child takes their turn to ride the horse |
| 9:20  | Arrive in Clinton, drive to the M bar C Ranch.   | Noon  | Grub served  |
| 10:00 | Park in field as you enter onto the ranch.       | 12:30 | Lets all eat cake  |
| 10:15 | Parents register and turn in waiver to Ms. Kitty | 3:00  | Happy trails as you head home into the sunset!             |
| 10:30 | Grab your hat and spurs in the costume shop      |       | Hayrides all day   |
| 11:00 | Cowboy Creed - y'all gather around the flag pole |       | Don't forget to get your parting gift from Ms. Kitty       |



Left: Megan and Whitney's winning photo with 'Flat Packy,' taken by Megan's father. Top: Packy sees his birthday cake. Middle: Megan with Packy's cake. Bottom: Megan and her mom, Paula Schiedler, don elephant ears to celebrate.

## Megan Schiedler wins photo contest, gets to help Packy celebrate his 50th

Put on your elephant ears and get ready to party—It's Packy the Elephant's 50th birthday, and Megan Schiedler is his new best friend! Megan, of Lake Oswego, Ore., also known for the Megan in Megarama, *won* the photo contest sponsored by KGW News.

Entrants to the [Packy's Party Photo Contest](#) had to download and print Packy's photo, then pose in a photo with Flat Packy. Megan and her friend Whitney attended *Beauty and the Beast* and look who's there ... Packy, the Elephant!

Packy, Oregon's most beloved elephant, turned 50 on April 14, and the Oregon Zoo celebrated his big day with a pachyderm-sized party featuring music, games and a special "guest" who lead the 'Packy's Birthday Cake Parade.' Megan won the photo contest and had the unique opportunity to assist the zookeeper in placing his cake inside Packy's cage.

When Packy saw his treat, he came running and gobbled it up. The cake consisted of whole wheat bread slabs and graham crackers, frosting made with bananas, yams and apples, and, of course, his "candles" consisted of celery and carrots.

Elephant Ear party hats were given to all his fans as they sang *Happy Birthday* to the big guy.

Packy's party also commemorated his place in history—in 1962, Packy became the first elephant to be born in North America in 44 years, and he's held a special spot in his fan's hearts ever since.

Megan will receive a one-year family membership to the Oregon Zoo to visit Packy whenever she likes. When interviewed by the press, Megan's comments were "he's big, he's gray and he's happy."

Well said, Megan.



## Seeking volunteers for CanBike Seattle camp that will be held July 23-27

CanBike Seattle 2012 is full, but we still need volunteers. The camp will host 40 children with special needs. Each child needs two volunteer spotters to coach, encourage and support them during their daily sessions. The camp runs five days in a row with five different sessions per day and eight campers per session.

DATES: Monday July 23 - Friday July 27, Can Bike Camp, [Magnuson Park](#), Seattle

SESSIONS WILL BE HELD AT THE FOLLOWING TIMES:

- Session 1: 8:00 am - 9:15 am
- Session 2: 9:35 am - 10:50 am
- Session 3: 11:10 am - 12:25 am
- Session 4: 1:25 pm - 2:40 pm
- Session 5: 3:00 pm - 4:15 pm



### VOLUNTEER INFORMATION:

- Volunteers working directly with campers on bikes are called spotters
- Spotters must be able to walk/jog for one hour with short breaks
- Campers develop a relationship and trust with the spotters assisting them. Please consider signing up for the same session all week to foster the spotter/camper relationship
- You can sign up as a spotter for more than one session
- Tremendous group opportunity – a group of volunteers can sign up for the same session to share the experience

See [canbikeseattle.com](http://canbikeseattle.com) for more information and to volunteer.

## Food, fun and pontoons await at DSC Camp Prime Time on Aug. 24-26



Enjoy a weekend with family, pontoon rides, cabins, s'mores, campfire songs, good food, games, accessible treehouse, sunshine (we hope) at Camp Prime Time in beautiful Wenatchee National Forest. This is a fun opportunity, and fills up fast. Make your reservations now!

The Details: The camp consists of a main lodge, 14 cabins and two bathroom facilities.

Sleeping capacity is approximately 100 campers. Groups generally stay from Friday evening through Sunday afternoon. All food and meal preparation is provided by highly qualified volunteers. With some prior arrangements, individual dietary needs can be met. Camp Prime Time allows you the opportunity to spend a weekend in a beautiful setting, with all camp facilities and food provided.

Reservations: Reservations are accepted on a first come first served basis. A \$20 refundable deposit per family is required with your reservation. This deposit is refundable when you attend camp Prime Time or if you have to cancel due to an emergency. This deposit is to help compensate Prime Time for costs incurred and wasted in case of "No Shows." Checks should be made to "Prime Time" and mailed along with your reservation request to Laurel Sturges, 15349 SE 182nd Street, Renton, WA 98058. Tentative Reservations may be made by e-mail at [lesturges@comcast.net](mailto:lesturges@comcast.net).



See [campprimetime.org](http://campprimetime.org) for more information or to volunteer, or go to the DSC website at [downsyndromecommunity.org](http://downsyndromecommunity.org).



17930 Normandy Terrace SW  
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We are on Facebook!

[Facebook.com/downsyndromecommunity](https://www.facebook.com/downsyndromecommunity)

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## Swinging and swaying at the Spring Fling!

*See page 4 for more pictures from the May 19 dance.*

