



## February 2018 Newsletter

### In This Issue

[Spotlight On](#)

[17th Annual Sweetheart Dance and Pizza Party](#)

[Understanding Adolescence and Puberty Program](#)

[3rd Annual Fashion Show](#)

[Join the DSC Board of Directors](#)

[iCan Bike](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[Residential and Respite Care Services Study](#)

[Developmental Disabilities Housing Conference - Save the Date](#)

[Earn Money for DSC While Shopping at Fred Meyer](#)

### Spotlight On



Last month, we introduced you to Elaine Walker, Special Olympics coach for

the Washington State Gymnastics Team

### 17th Annual Sweetheart Dance and Pizza Party

**The Sweetheart Dance is THIS WEEKEND so RSVP today!**

This event is for all ages, friends and family. We will have music from our favorite DJ Anthony Jacob from Mobile Grooves, free pizza, salad and keepsake sweetheart photos by photographer Tom Ellis to be downloaded for free after the dance.

Please bring a tasty dessert to share for our dessert potluck.

**When:** Saturday, Feb. 10, 2018, 5:30 - 8:00 PM

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

Click [HERE](#) for all the details. The deadline to RSVP is today!



### Understanding Adolescence and Puberty Program

Teens and Tweens with Down syndrome go through puberty during the same years as their typically developing peers (ages 9-14), and as with all children, they have questions and concerns about the changes affecting their bodies during this time of their life.



The DSC is offering *Understanding Adolescence and Puberty*, a series of four classes on this subject. Rebecca Partridge, MD, head of the Down Syndrome Program at Virginia Mason, will teach the classes. Click [HERE](#) for more information.

**When:**

Saturday, March 3, 2018

2:00-3:00 PM - parents/caregivers only

Saturdays, March 10, 17, 24, 2018

2:00-3:00 PM - girls and parents/caregivers

3:30-4:30 PM - boys and parents/caregivers

**Where:**

Experimental Education Unit - Haring Center at the University of Washington  
1981 NE Columbia Road, Seattle, WA

competing in the 2018 USA Games being held in Seattle this July. This month, we thought we'd introduce you to one of the athletes, 13 year old **Mia Crump**. Mia placed 1st, All-Around, at the SOWA Fall Games, qualifying her for the USA Games.

*Congratulations! Are you excited to represent Special Olympics Washington (SOWA) at the USA Games? I am very excited for the USA Games! I have been dreaming of going to the Olympics for a really long time. I want to know what it is like to be a world champion.*

*How long have you been doing gymnastics? 3 years. It's my favorite sport. I really like my coaches.*

To learn more about the Mia Crump, check out the entire [post](#) on the DSC website.

## Stay Connected



Free Parking in the S1 Parking garage

Cost: \$50, including books

Click [HERE](#) to register.

## 3rd Annual DSC Fashion Show - Tickets Now Available

Members of our community will strut their stuff down the runway while supporting the DSC at our 3rd Annual Fashion Show.



Tickets are \$50/person which includes admittance to the event, beer, wine, non-alcoholic beverages, and heavy appetizers.

Purchase tickets [HERE](#).

**When:** Saturday, March 10, 2018, 6:00-8:00 PM

**Where:** Victoria Hall at St. Catherine of Siena, 8524 8th Ave NE, Seattle, WA 98115.

Click [HERE](#) for more information.

## Join the DSC Board of Directors

### This is an exciting time to be a part of the DSC Board!

The Down Syndrome Community has 4 openings for new board members! Join our energetic working board now and help shape our future. If you're looking for a way to volunteer with a passionate group of people in a fulfilling role, you've found the right place. Help us continue to innovate and evolve into an organization that provides meaningful programs, events, and resources to all our members. We are in particular need of board members with experience in:

- fundraising
- event planning
- accounting

If interested, please fill out this [application](#). The application deadline is Friday, April 6.

For more information, contact Alison Winfield, Board President, at [alison@downsyndromecommunity.org](mailto:alison@downsyndromecommunity.org).

*This notice is the call for DSC Board of Directors nominees.*

## iCan Bike

The DSC and [My Village Northwest](#) are sponsoring an *I Can Bike* camp this summer! *I Can Bike* teaches individuals with disabilities how to ride a conventional bike in 75-minute session over the course of 5 consecutive days, using a fleet of adapted bicycles, specialized instructional program and trained staff. Click [HERE](#) for general camp information.



The camp is scheduled for the week of July 9-12th at Magnuson Park in Seattle. The DSC will announce when registration opens in mid-March to April 1st.

We are currently looking for volunteer greeters and spotters to help run the camp. Please see the volunteers details and sign-up [HERE](#)

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

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

## 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](mailto:jessiecaj@gmail.com)

#### February

##### [PlayHappy Cafe](#)

Can't go to the playground because of all the February rain? Join us for some indoor playtime!

**When:** Saturday, February 24, 10:30 AM - 12:30 PM

**Where:** 4114 198th Street SW, Suite 3, Lynnwood, Washington 98036

**RSVP:** [Jessieca Graff](#) or look for details on our DSC Friends Babies/Toddlers Facebook page

### Kids (ages 4-7)

**Contact:** Alison Friend Burchett at [papershred@hotmail.com](mailto:papershred@hotmail.com)

#### February

##### **Sweetheart Dance and Pizza Party**

Hoping to see lots of our 4-7 year olds at the Sweetheart Dance on February 10th!

This will be our meetup for the month.

**RSVP and Details:** [HERE](#)

### Tweens (ages 8-12)

**Contact:** Jessica Evertt at [jessicaevertt@hotmail.com](mailto:jessicaevertt@hotmail.com)

#### February

##### **Ceramic Painting Fun!**

**When:** Sunday February 11th from 1:30-3:00

**Where:** [Creatively Yours](#) in Crossroads Mall in Bellevue, 15600 NE 8th ST G-1, Bellevue, Washington 98008.

**RSVP:** [Jessica Evertt](#) or on our Facebook [Event](#) page.

#### March

##### ***The Little Prince***

**When:** Sunday March 4th from 4:30-6:15

**Where:** [Seattle Children's Theatre](#)

**RSVP:** Tickets are limited so please RSVP to [Jessica Evertt](#) by Feb. 25th with how many tickets you will need.

### Teens (ages 13-19)

**Contact:** Kate O'Leary at [kate.oleary@outlook.com](mailto:kate.oleary@outlook.com)

##### **Sweetheart Dance and Pizza Party**

Calling all teens!! This will be a great time to hang out and catch up.

**RSVP and Details:** [HERE](#)

Interested in organizing fun teen meet-ups? Kate would love a co-leader to help her. If so, please email either [Kate O'Leary](#).

## Moms' Night Out

**Contact:** Courtney Criss at [courtney@downsyndromecommunity.org](mailto:courtney@downsyndromecommunity.org)

This is no Moms' Night Out in February but our next one will be Saturday, March 24. More information to come!

### Residential and Respite Care Services Study

The Vanderbilt Kennedy Center are looking for families to participate in a study for family members of adults with Intellectual and Developmental Disabilities to anonymously share your experience with Residential Care Services and Respite Care Services. Click [HERE](#) for more information.

### Developmental Disabilities Housing Conference - Save the Date

#### Housing Now! A conference on housing for the the DD community

- Saturday, March 10, 2018
- Housing Now! A conference on housing for the the DD community
- Highline College, 2400 S. 240th Street, Building 8, Student Union Building, Des Moines, WA 98198
- 8:30 am to 4 pm - Conference session
- 4 pm to 5 pm - Networking



This one-day conference, planned in collaboration with members of the King County Board for Developmental Disabilities, is designed for families of individuals with intellectual and developmental disabilities who are looking for creative options in planning to meet the housing needs of their family member. Sessions will also be available for people with intellectual and developmental disabilities.

### Earn Money for DSC While Shopping at Fred Meyer

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:



- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Down Syndrome Community at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number: 89562.
- Then, every time you shop and use your Rewards Card, you are helping us earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.