



September 2018 Newsletter

In This Issue

[Spotlight On](#)

[22nd Annual Puget Sound Buddy Walk® - Registration is Open](#)

[Save-the-Date for Upcoming DSC Events](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[DADS Night Out](#)

[2018 WA State Fathers Network Conference](#)

[Jill's House Open House](#)

[Fred Meyer Community Rewards - Support the DSC](#)

[Woodbine House - SALE](#)

Spotlight On



Seattle Parks and Recreation spans the city of Seattle, from Bitterlake to Rainier Beach with parks, pools, trails, community centers, and even golf courses - comprising over

6000 acres which amounts to about 12% of the city's land

22nd Annual Puget Sound Buddy Walk® - Registration is Open

Registration is now open for the 22nd Annual Puget Sound Buddy Walk® brought to you by the Down Syndrome Community of Puget Sound! The Puget Sound Buddy Walk® is a time to celebrate our family and community members with Down syndrome; to promote their acceptance, inclusion and respect; and to raise funds in support of the DSC.



When: Sunday, October 14, 1-4 PM

Where: Seattle Center, Founder's Court *New Location*

[Register Now](#)

Join over 1,500 friends and supporters for an afternoon of fun including activities for the family, resource booths, vendors, food trucks, photos and of course, a walk around Seattle Center! Stick around after the Walk and join us for our popular T21 Dance Party with DJ Anthony Jacob from Mobile Grooves! Enjoy the entertainment and food, visit your favorite resource booths, and celebrate the talent of local artists with Down syndrome.

Register today (registration is free, t-shirts are \$12 each and free for those with Down syndrome) so you can be sure to get a t-shirt in the size you want. We will have limited sizes and quantities available for purchase at the Walk for \$15.

Not able to attend this year? You can still support the Puget Sound Buddy Walk® by either clicking on the blue "Donate" button on the homepage of our registration site or clicking on the "Leaderboard" link or the homepage and searching for a team/fundraiser that you want to support.

To stay up to date with the latest news about the Walk, follow us on our Puget Sound Buddy Walk [Facebook](#) page. Questions? Contact buddywalk@downsyndromecommunity.org

Save-the-Date for Upcoming DSC Events

There are a number of events coming up over the next few months. Our calendars fill up quickly so add these dates today.

Dementia Training with Dr. Kathleen Bishop

The DSC is co-sponsoring this 3-day conference for professionals which includes an evening for parents and caregivers. More information will be posted on our [Facebook](#) page.

When: October 9-11, 2018

Upcoming

of the city's land. Within its vast offering is a unit that designs specialized programs for people of all abilities. We spoke with **Kyle Bywater**, Recreation Program Coordinator for **Seattle Parks and Recreation Specialized Programs**.

What is offered through the Specialized Programs unit?

We offer all kinds of recreation - yoga, basketball, swimming, bowling, track & field, pottery, football, rock climbing... We want all kids, teens, and adults to have the same opportunities and experiences their peers are having, so we design programs and train staff to make that happen. Our staff ratio ranges from 1:3 to 1:7 depending on the age being served, and the kind of activity we're doing.

To continue reading the *Spotlight On* article about Seattle Parks and Recreation Specialized Programs, check out the entire [post](#) on the DSC website.

Stay Connected



When: October 9-11, 2018
Where: Highline Community College

Trunk-Or-Treat

Back by popular demand and open to all in our Community, the DSC is hosting our very own Trunk-or-Treat. Plans are being made to rent a gym with a big parking lot for the event. We will go from trunk-to-trunk collecting candy in a safe and fun environment. We'll also have snacks and more so there will be lots of fun entertainment for everyone. Stay tuned for details on time and place!

Holiday Party

Come celebrate the season at our traditional potluck extravaganza, complete with a decorated tree, festive music and a visit from Santa.

When: Saturday, December 15, 5:30 - 8:00 PM

Where: Mercer Island Community Center, 8236 SE 24th Street, Mercer Island, 98040

Upcoming Events:

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

The DSC wants to say a thank you to Jessieca Graff for all her time and energy she has given as leader to the Babies/Toddler Friends group. Her get-togethers have been well attended and provided a great source of companionship for both the kids and adults. Jessieca would like to give others an opportunity to lead the group so we are looking for a new leader (or co-leaders). If you're interested, please email maura@downsyndromecommunity. Jessieca will work with the new leader so that it's a smooth transition.

September

Come spend a couple hours playing with friends at Dawn's house!

When: Saturday, September 29, 10:30 AM - 12:30 PM

Where: 14700 NE 73rd Way, Redmond, WA, 98052

RSVP: [Jessieca Graff](#) or the Facebook [Event](#) page

Future Playdates - Mark your calendars

October 27 - Pumpkin Patch

November 17 - TBA

December 15 - DSC Holiday Party

Kids (ages 4-7)

Contact: Courtney Criss at courtney.spears@gmail.com and Jessica Voetmann at jessica.voetmann@gmail.com

September

Fun farm time at Kelsey Creek!

When: Saturday, September 29, 10:00 AM - noon

Where: [Kelsey Creek Farm](#), 410 130th PI SE, Bellevue, WA 98005

RSVP: [Jessica Voetmann](#) or [Courtney Criss](#)

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

September

Let's make some chocolate candies!!! This is a Chocolate 101 class where our tweens will learn to make chocolate candies in molds. Expect your tween to get messy so make sure they wear clothes that can get chocolate on them. This is a tween only event (no siblings).

When: Sunday, September 16, 3:00 - 5:00 PM



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!

Where: Dawn's Candy & Cake Supply, 3333 184th St SW Ste #J Lynnwood, WA 98037

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

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com, Julie Habbeger at jahabs@aol.com and Betsy Czark at betsyczark@gmail.com

Be looking for information or an event on our [DSC Friends Teen](#) Facebook page.

Moms' Night Out

Contact: Erika Mervin at erika@downsyndromecommunity.org

Plans are being made for this month's MNO! Details will be posted on our Facebook page.

RSVP: [Erika Mervin](#) or on our Facebook Event page

DADS Night Out

Contact: Justin Hanney at justin@hanney.net

Let's end summer with a barbecue with the DADS! It's a perfect opportunity to catch up with friends or meet new ones! Don't miss out - it's this coming weekend!

When: Saturday, September 15, 6:00 - 9:00 PM

Where: Justin Hanney's house in Shoreline

RSVP: [Justin](#) or cell 425-553-7339 for address

2018 WA State Fathers Network Conference

Early registration is now open for the **2018 WA State Fathers Network Conference**. This is a great opportunity for men who have a child with special health care needs in their life to meet other men on that same journey, and to get information that can be of help to them and their family.



When: Saturday, November 3rd, 9 AM - 5 PM

Where: Bellevue School District Wilburton Instructional Service Center, 12241 Main St., Bellevue, WA 98005

Cost: \$25 (Early registration fee. The cost will increase to \$50 in October) - Scholarships are available. Please contact [Louis Mendoza](#) for more information.

Click [HERE](#) for all the details!

Jill's House Open House

Whether you are working through the intake process for Jill's House, have already sent your child to camp for the weekend, or work directly with families with special needs, please come join us at our open house! Bring your whole family and join Jill's House Puget Sound staff at Miracle Ranch to get a firsthand look at what our weekend adventures look like! You will be able to get a tour of the grounds, meet the Jill's House staff, see where your son/daughter will sleep, and ask any and all questions you may have. Click [HERE](#) for more information about Weekend Adventures.



When: Saturday, September 22, 11:00 AM - 1:00 PM

Where: Miracle Ranch, 15999 Sidney Rd SW, Port Orchard, WA 98367

RSVP: [Dani Zorn](#) with how many in your family will be coming!

Fred Meyer Community Rewards - Support the DSC

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. You can search for us by our name or by our non-profit number: **FL156**.
- 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.

Woodbine House - SALE

Save 30% on over 40 books on Down syndrome during September & October in recognition of Down Syndrome Awareness Month! Order online through 10/31/18 (discounts automatically apply) www.woodbinehouse.com.

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