



November 2018 Newsletter

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Spotlight On



This school year marks the 5th year in a row the DSC is offering **The Learning Program**, a curriculum specially designed by the Down Syndrome Foundation of Orange County for individuals with Down syndrome. Although there is a fee to participate,

scholarships are offered, and the program is heavily

#GivingTuesday

Tuesday, November 27

#GivingTuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide. Following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, this year's #GivingTuesday will take place on November 27th and will kick off the giving season by inspiring people to collaborate and give back.



The DSC would be grateful for your support on #GivingTuesday. Your donation will help the DSC continue our efforts at outreach, hosting community events (like the upcoming Holiday Party!), gathering community groups, providing educational programs, and advocacy for people with Down syndrome. So on November 27, join over a million people from around the world who are participating in #GivingTuesday and give back to a community that you love.

Stay tuned for more information about this great day of giving!

Holiday Party

Please join us to celebrate the season at our traditional potluck extravaganza, complete with a decorated tree, festive music and a visit from Santa, who will hand out the labeled gifts you bring for your kids. Refreshments provided by DSC.



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

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

Click [HERE](#) for all the details and to RSVP by Wednesday, Dec. 12.

iCan Bike - Seeking Volunteers

iCan Bike - Seattle is currently recruiting the planning committee for the 2019 camp.

Volunteers are needed to fill the following positions:

- **Camp Director** - oversees all positions. Main point of contact with iCan Shine, communicates with rider families, maintains records, plans items needed the week of camp. **I will be available to answer questions and offer support as needed.
- **Volunteer Recruitment** - identifies volunteer spotters utilizing previous volunteer list, schools, running clubs



program is heavily subsidized by our generous donors. Providing this program has been a priority for the DSC because our families have found so much value in it, and beneficial educational programming is a pillar of our organization. We spoke with **Cassie Borges** who teaches the parent class and **Sara Behrens**, lead teacher in the childrens' class - to understand more about this incredible program.

What is the Learning Program?

Cassie: The Learning Program offers multi-disciplinary, evidence-based support to families and children with Down syndrome. The materials and teachings give families confidence needed to support their children in and out of the classroom. The program also provides a community support system allowing families to share their experiences and learn about local options that they may be unaware of.

Sara: The Learning Program is an opportunity for families of children with Down syndrome to come together once a month to learn! During the 90-minute class period, the children participate in math, literacy, speech and fine motor activities while the adults learn a variety of ways to support their student's learning.

To continue reading the *Spotlight On* article about about the

utilizing previous volunteer list, schools, running clubs, etc.

- **Fundraising** - procures donations from local businesses and individuals to offset expenses in order to maintain current registration fee.
- **Registration Lead** - reviews incoming registrations for rider eligibility as set forth by iCan Shine and assigns riders to a session.

To volunteer or learn more, please contact [Alison Winfield](#).



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.

Sweetheart Dance

Our popular Valentine's Day dance party returns! Grab your friends and family and join us for pizza and dancing.

When: Saturday, February 9, 2019, 5:30-8:00 PM

Where: Mercer Island Community and Event Center, 8236 SE 24th St, Mercer Island, WA 98040

4th Annual DSC Fashion Show

Stay tuned for details.

When: Saturday, March 9, 2019, 6-8 PM

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

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, Kids, Tweens, and Teens

We invite all groups to come to our Annual Holiday Party on Sat., Dec. 15. It's a great opportunity to meet up with old friends and make new ones! We hope to see you there.

Babies/Toddlers (ages 0-3)

Contact: Jessieca Graff at jessiecaj@gmail.com

We're still looking for a new leader for this Friends group. Jessieca Graff has done a wonderful job over the last 2 years - thank you!! You can always ask a friend and co-lead it together! Please contact [Melanie Harrington](#) if you're interested.

November - last play group for 2018.

Bring your whole family (including siblings) and enjoy a play date with your littles. There are plenty of toys (large motor and small motor) plus a huge back yard and 12 acres to explore. Snack and drinks provided though if anyone wants to bring something to share, please feel free but it's not required.

When: Saturday, November 17, 10:30 AM - 1:00 PM

Where: The Graff's House, 30433 312th way SE, Ravensdale, WA 98051

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

Kids (ages 4-7)

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

November

Since we had so much fun the first time, we're going back for more fun! "We Rock the Spectrum is a gym for all kids. We Rock the Spectrum Kid's Gym is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe

Learning Program, check out the entire [post](#) on the DSC website.

Stay Connected



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

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

sensory experiences."

When: Saturday, November 17, 2 PM

Where: [We Rock the Spectrum](#), 1910 132nd Ave NE #7, Bellevue, WA 98005

RSVP: Courtney Criss or the Facebook [Event](#).

December

Whether the weather cooperates or not, there's always something to do at the Zoo! We hope you can join us.

When: Saturday, Dec. 1, 9:30 AM

Where: [Woodland Park Zoo](#), 5500 Phinney Ave N, Seattle, WA 98103

RSVP: [Courtney Criss](#) for ticket and meet up location information.

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

November

Tweens will hang out playing indoor mini golf and enjoy some pizza afterwards.

When: Saturday, November 17, 11:00 AM - 1:00 PM

Where: [Tower Lanes Entertainment Center](#), 6323 6th Ave, Tacoma, WA 98406

RSVP: [Jessica Evertt](#) of be looking for a Facebook event

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: Maura Dunn at maura@downsyndromecommunity.org

It's November which means it's time for what has become our traditional Pre-Thanksgiving Moms' Night Out. Bring a favorite side dish or dessert that you want to try out on us.

When: Saturday, November 17, 7:00 PM

Where: Alison Winfield's House

RSVP: [Alison Winfield](#) for the address or RSVP on our DSC Facebook [Event](#) page.

2018 King County Legislative Forum for Developmental Disabilities

Support inclusion and join us Monday, November 19, 2018, for an evening of story sharing designed to help elected leaders understand the work done here in King County to help all people live full, integrated and productive lives. This event is hosted by [The Arc of King County](#) for the [King County Board for Developmental Disabilities](#), with interpretation and cultural support from Open Doors for Multicultural Families.



When: Monday, Nov. 19, 2018, 6:30 - 8:30 PM

Where: DoubleTree Suites, 16500 Southcenter Parkway, Seattle, WA 98188

Click [HERE](#) for more information and to register.

Are you interested in volunteering for the Forum? The Arc of King County couldn't do it without you! There are jobs for everyone: big, small, before the forum or during. Check out this [volunteer form](#) for more information.

