



December 2018 Newsletter

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Spotlight On



In this season of giving, **Bob and Jill Benoit** were asked to share the story of their recent gift to the Down Syndrome Community of Puget Sound. The DSC is grateful for their generous gift and the story surrounding it and hope it will inspire everyone this holiday

#GivingTuesday - Thank You!

Thank you to everyone who supported the DSC on #GivingTuesday! We raised over \$2000, doubling the number of people who donated last year! A special thank you to our member, Sara Eizen, who fund-raised on behalf of the DSC and raised \$880! It is through the generous support of our donors that we are able to 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.



Holiday Party - RSVP Today!

The Holiday Party is in a little over a week! Please join us as we 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.

Pathways to Employment Presentation

Are you prepared for high school transition and what lies beyond? Is your son or daughter on a pathway to employment? The steps to success and accessing support start early. This presentation and discussion, hosted by the DSC and presented by Richard Wilson from the School-to-Work Program at King County Development Disabilities Division, will help you better understand transition, adult services, and what needs to be in place to support your student to find a job they love.

When: Tuesday, January 15, 6:30-8:00 PM

Where: Northgate Community Center, 10510 5th Ave NE, Seattle, WA 98125

RSVP: [Maura Dunn](#) or on our Facebook [Event](#) page

Holiday Giving With a Smile

With the holiday season upon us, remember how easy it is to give back to the

DSC! Just go to: smile.amazon.com and register "Down Syndrome Community of Puget Sound" as your charitable organization of choice. The DSC receives 5% of the



season.

What is your family's story?

We have been married 16 years and have 3 boys: Reed (10), Joey (7), and Noah (5). Like any family, raising kids is a crazy adventure, and each child has their own challenges. In January of 2013, our youngest son, Noah, was born with Down syndrome. Since Jill had worked as an elementary school teacher in the Northshore school district, she was familiar with Down syndrome and the local special needs community. Having our own child with Down syndrome was a new thing to absorb, though, and we were initially struck with grief as well as joy. Our first meeting with a doctor was to offer an appointment to end the pregnancy and our first search online for Down syndrome indicated the financial burden on society that should be considered when choosing to have a child with Down syndrome - this wasn't the information we were looking for, and as we have learned, isn't the full picture.

Fortunately, we were put in contact with local families who had been through this already, and we learned from them. We were also put in contact with the Down

Syndrome Community. These connections have given us real life experience and

purchase price of eligible purchases.

amazon
You shop. Amazon gives.

Save-the-Date for Upcoming DSC Events and Information Sessions

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

Upcoming
Events:

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

Let's Start a Conversation - Special Needs Financial and Estate Planning

Chat with other parents and/or family members who are dealing with some of the same challenges and listen to the Financial Advisers and Estate Planning Attorney from F-Squared, Pacific Capital Resource Group, Inc. and PCRG Special Needs Resource who will be facilitating the conversation.

When: Tuesday, February 26, 6:00-7:30 PM

Where: Seattle Northeast Library, 6801 35th Ave NE, Seattle, WA 98115

Understanding Adolescence and Puberty for Girls and Boys with Down Syndrome

The DSC, with Dr. Rebecca Partridge, head of the Down Syndrome Program at Virginia Mason, is once again hosting our popular series of 4 classes, on 4 Saturdays in March 2019, on adolescence and puberty for tweens and teens with Down syndrome. Click [HERE](#) for more information.

When: Saturday, March 2, 2:00-3:00 PM - parents/caregivers only

Saturdays, March 16, 23, and 30

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

Cost: \$75 (including curriculum and handouts), scholarships available

Registration will open in January

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

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.

feedback at each stage of our journey with Noah. From our first stay at Children's Hospital to our home group and involvement in the move to inclusion in our local schools, the experience and insight we gain from the wisdom of others has been such a great benefit to our family and to Noah. Our hope is that in the future, when families receive the diagnosis of Down syndrome, it will quickly be followed by hopeful and accurate information - and that the community surrounding them will be inclusive and embrace all of the beautiful qualities in addition to challenges the child will bring to their lives.

Today Noah is super active, and with his brothers, loves to run, wrestle, and play legos and Mickey Mouse! He is included in a general education private kindergarten, and we plan to enroll him in public school next year. The future for Noah and our family looks bright and is full of hope.

To continue reading the *Spotlight On* article about about the Benoit Family, check out the entire [post](#) on the DSC website.

Stay Connected



Please check the DSC online

Kids (ages 4-7)

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

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

Teens (ages 13-19)

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

Join us for a drumming circle with [Simone LaDrumma](#), "The World's Oldest, Shortest, Deafest, Blindest Female Hand Drum Teacher."

When: Saturday, January 12, from 1:00-3:00 PM

Where: 1608 23rd Ave., Seattle 98122, parking on 24th may be easiest

RSVP: [Betsy Kavi](#) Space is limited to 7 teens and 3 adults. Please carpool if possible and plan for a coffee on Capitol Hill if you don't stay for the circle. First come, First served so RSVP soon!

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

January

Let's start the new year with a fun night out with the Moms!

When: Saturday, January 12, 7:00 PM

Where: Joey Restaurant, University Village, 2603 NE 46th St., Seattle, WA 98105

RSVP: [Maura Dunn](#) or on our DSC Facebook [Event](#) page

Free Basketball Program for Youth Ages 8-21

Lace up your sneakers and come join the Seattle Parks Minnow Sharks basketball team! Learn the fundamentals at practice, then compete in Special Olympics sanctioned tournaments! A completed Special Olympics Application For Participation is required at the start of the season to participate in tournaments. Practice begins Wednesday, January 2. No experience necessary and all abilities welcome. No one-on-one supervision is provided, but caregivers are welcome to attend!

When: Wednesdays, January 2 - March 6, 4:00-5:00 PM

Where: Montlake Community Center, 1618 E Calhoun Street Seattle, WA 98112

Questions: Email coach Jill at jill.ellison@seattle.gov

To register, call (206) 684-4950. A Participant Information Form (in addition to Special Olympics paperwork) is required to participate and will be provided by the coach. This program is offered by the Specialized Programs unit of Seattle Parks and Recreation.

Click [HERE](#) to view the full catalog of activities.

12th Annual King County School-To-Work Transition Resource Fair

Save the Date!

Mark your calendar for the 12th Annual King County Transition Resource Fair! This event provides information and resources for students with disabilities and their families. Sponsored by King County Developmental Disabilities Division, this fair will include workshops for families, educators, and students.

2 Dates, 2 Locations:

When: Saturday March 16th, 2019

Where: Highline College, Student Union Building, 2400 S. 240th St., Des Moines, WA 98198.

Register [HERE](#).



[Events Calendar](#)
regularly!

When: Wednesday March 27th, 2019

Where: The Commons at Microsoft, 15255 NE 40th
St., Redmond, WA 98052

Register [HERE](#).

Click [HERE](#) for a printable flyer.



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