



January 2019 Newsletter - HAPPY NEW YEAR!!

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Spotlight On



Some would say **Overnight**

Camp is a rite of childhood. And thankfully that rite is becoming more accessible to all children

Reminder: Pathways to Employment Presentation is Tuesday, Jan. 15

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

18th Annual Sweetheart Dance and Pizza Party

It's time to RSVP for our biggest dance party of the year! This event is for all ages, friends and family. We will have music, free pizza and 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. 9, 2019, 5:30-8:00 PM

Where: Mercer Island Community and Events Center,

Click [HERE](#) for all the details and to RSVP by Thursday, Feb. 7.

4th Annual DSC Fashion Show

The DSC is excited to announce its 4th Annual Fashion Show will take place Saturday, March 9th, 2019 at Victoria Hall on the campus of St. Catherine of Siena in Northeast Seattle.



We invite our community to strut your stuff down the runway while

supporting the DSC.

MARK YOUR CALENDARS! We will be accepting model applications

more accessible to all children regardless of their needs, whether physical, financial, or otherwise. While it can be hard to let go and trust someone else to take care of our kids for a night or an entire week, many parents who send their child with Down syndrome off to camp for the first time find that the experience is wonderful for both caregiver and camper! In the words of Devon Adelman, a young adult with Down syndrome: *"Going to overnight camps, having those experiences away from home can lead to more independence and having more responsibility to DREAM BIG for themselves."* More than one mom has expressed how great it feels when their child waves and with a big, confident smile, says "Bye Mom!"

Where can we give our kids this vision and a chance to let their abilities shine independently? Here are a few ideas from members of our community:

Jill's House

<https://www.jillshouse.org/puget-sound/>

"Jill's House is a remarkable organization and our daughter loves their camps! The volunteer to camper ratio is outstanding, and the activities and care given to the kids make this a favorite every time. Best part: it's always Friday-Sunday so it's a great weekend respite!"
- Kirby Winfield, dad to camper Kate.

This unique experience happens every other month in the form of a weekend respite for parents and a weekend adventure at Miracle Ranch for campers. The intake process takes time and includes a visit from the local coordinator, Dani Zorn, who is fabulous to work with. They also take DDA funds.

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

MARK YOUR CALENDARS! We will be accepting model applications beginning **Wednesday, January 23, at 9 AM**. Click [HERE](#) for more information about the application process and model details. Applicants will be notified on Monday, January 28, if they will be in the Fashion Show.

Please contact [Maura Dunn](#) with any questions about the fashion show!

Understanding Puberty and Adolescence

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 once again offering a series of four classes in March 2019 on this topic. Rebecca Partridge, MD, head of the Down Syndrome Program at Virginia Mason and Beth Olenchek, a health educator at Virginia Mason, will teach the classes.

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

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

Conference Scholarships

Did you know that the DSC provides scholarships for members to attend a local or national Down syndrome or related conference? Interested? If so, check out our Conference Scholarship Fund!



Click [HERE](#) for more information!

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

Mark your calendar for this upcoming event:

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

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

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!*

Stay Connected



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



VOTE for Your Favorite!

Our very own **Devon Adelman**, DSC Board member and self-advocate, has been nominated for favorite *Female Sports Star 2018* and the **Special Olympics USA Games** has been nominated for favorite *Sports Story 2018* by the Seattle Sports Commission. Vote daily [HERE](#) until January 25.

Babies/Toddlers (ages 0-3)

Contact: Caewyn Barnett at caewync@gmail.com and Angela Allen Martin at angela@fpskirkland.com

January

It's time for our first playgroup of 2019! Robin Jones Henderson and her son Eli are graciously hosting at their home in Everett and are excited to see you all! Come and join the fun, snack will be provided!

When: Saturday, January 19th from 10:00-noon

Where: Robin Jones Henderson's House in Everett

RSVP: [Caewyn Barnett](#) for address or on our DSC Friends 0-3 Facebook [Event](#) page.

Kids (ages 4-7)

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

January

The Kids group will go to Seattle Recreative, a non-profit organization dedicated to promoting creativity, community, and environmental stewardship through creative reuse & art education. The play space where the kids will play allows them to develop their imaginations while playing with friends.

When: Saturday, January 19, 3:00-5:00 PM

Where: [Seattle Recreative](#), 8408 Greenwood Ave N, Seattle, WA 98103

RSVP: [Courtney Criss](#) or on the DSC Friends 4-7 Event page (be looking for it!)

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

January

This month the Tweens will head to Federal Way for fun activities and a sensory-safe environment at [We Rock the Spectrum](#).

When: Saturday, January 26th from 4:00-6:00 PM

Where: We Rock the Spectrum, 34930 Enchanted Pkwy S #180, Federal Way, WA 98003

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

February

We will be going swimming in February! Details are being made so look for the event on our [Tween](#) Facebook page

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

Mark your calendar for a fun day spent at the Inclusive Tech/Gaming Lab at Microsoft. We'll be going on Saturday, March 16th - time is TBD but likely in the afternoon. More details to come so be checking the [DSC Friends Teen](#) Facebook page.

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

January

We had our January Moms' Night Out this past weekend at JOEY Kitchen in Seattle and all 23 moms had a blast. We hope to continue this momentum next month!

February

We're in the process of planning our February Moms' Night Out. It will be posted in our February Newsletter and on our DSC Facebook page.

Engage! Classes For People Who Want To Advocate

The Arc of King County is holding a 3-part advocacy series starting later this month:

January 19 - Public Policy Basic
January 26 - Advocacy Tips and Tools
February 2 - Legislative Overview and Communications Strategies



9 AM-noon at The Arc of King County, 233 6th Ave N, Seattle, WA 98109

Click [HERE](#) for more information.

Family Caregiver Support Group

Caring for someone with Down syndrome who exhibits symptoms of memory loss? The Alzheimer's Association invites you to participate in a new support group.

When: 3rd Wednesday of each month, 11:30 AM - 1 PM

Where: Alzheimer's Association Washington State Chapter 19031 33rd Ave W, Suite 301 Lynnwood, WA 98036

Click [HERE](#) for more information.

Take the Polar Plunge in Support of SOWA!

Help Special Olympics Washington make history as they attempt to break the record for the largest Polar Plunge in the world! Be a part of THE event of winter and join them for Polar Plunge Seattle.



When: Saturday, Feb. 9

Where: Alki Beach and Boat House in West Seattle

Click [HERE](#) for more information.

Save the Date - 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](#).

When: Wednesday March 27th, 2019

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

Register [HERE](#)



Register [HERE](#).

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

Ruby's Rainbow - 2019 Scholarship Application is Open

Ruby's Rainbow is dedicated to the higher educational needs of adults with Down syndrome and their 2019 scholarship applications are now available. Click [HERE](#) for more information.



University of Washington Division of Physical Therapy "SPICE"

The University of Washington Division of Physical Therapy (PT) Pediatric PT course is offering its Student Pediatric Integrated Clinical Experience in 2019.

The objectives of this teaching experience are to enhance student learning of pediatric physical therapy, provide doctorate of physical therapy (DPT) students with increased opportunities to be coached by Clinical Instructors (CIs) and to learn how to provide hands-on PT evaluation and intervention under direct supervision and guidance by licensed pediatric physical therapists (PTs) which are either UW faculty members or community PTs. Under direct supervision by licensed pediatric PTs, 2nd year Doctoral PT students will perform an examination & evaluation (1st & 2nd visits), and 3 treatment sessions and a re-evaluation with you and your child.

If you are interested in participating in this, click [HERE](#) for more information and to sign up.