



March 2019 Newsletter

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Spotlight On



Our very own annual **Down Syndrome Community Fashion Show** is now in its 4th



World Down Syndrome Day - 3/21

Happy World Down Syndrome Day! To celebrate, we invite our community, family, and friends to celebrate WSD with us to help raise awareness about the abilities and possibilities of people with Down syndrome. Whether it's taking a ride on the **Big Wheel** lit up in blue and yellow or eating a blue and yellow sprinkled doughnut from **Top Pot Doughnuts**, here are some ways to celebrate WSD:



Geraldine's Counter

4872 Rainier Ave S, Seattle, WA 98118

<http://geraldinescounter.com/>

Our own community member's dad, Gary Snyder, owns Geraldine's Counter and will donate 10% of all sales on 3/21 to the DSC. Hours: 7:00 AM - 4:00 PM



Heyday

1372 31st Ave S, Seattle, WA 98144

<http://www.heydayseattle.com/>

Heyday is another restaurant that our community member's dad, Gary Snyder, owns and will donate 10% of all sales on 3/21 to the DSC. Hours: 4:00 PM - 10:00 PM





speed • style • pizza



show is now in its 4th year here in Seattle. Immediately popular, this event is not only a fun night out for family and friends to watch members of our community strut their stuff on the runway, but has also been an incredibly successful fundraiser for our programs and events. With 250 attendees, lots of great food, a variety of silent auction items, and of course the models walking the catwalk - it seems we've harnessed the ingredients for a successful event. **Gail Lee**, the chair of the show, shared a bit of her inspiration with us:

What prompted you to organize our fashion show?

After attending the Global Fashion Show in Denver, I decided it would be fun to have one locally. I was told that most local organizations haven't been successful at having these, but we are!

Tell us about the past 4 years for the show?

The fashion show has become a highlight of the year for many of our models. We are improving it every year and receiving a lot of praise for it not only being a fundraiser, but a FUN-raiser!

What is your favorite moment of the show?

I love the end of the show when all of the

models are on stage for the final song and dance! The crowd is also on their feet celebrating the

MOD Pizza - Factoria

3622 Factoria Blvd SE, Bellevue, WA 98006 <https://modpizza.com/locations/factoria/>
All day on 3/21, MOD will donate 20% of your bill to support our great work! We need at least 20 RSVP's by 3/18 or the event will be cancelled. An RSVP isn't a commitment to attend, nor must you RSVP to attend. On 3/21, you can either show your RSVP on your phone, or for those who haven't RSVP'd you can simply just mention the Down Syndrome Community's Dine Out for Ds. RSVP [HERE](#).
Hours: 10:30 AM - 10:00 PM

Top Pot Doughnuts

<http://www.toppotdoughnuts.com/>
Top Pot doughnuts is once again creating a special doughnut in honor of WDSO. On 3/21, all of their stores in the Seattle area will be selling blue and yellow sprinkled doughnuts. Stop by any of their stores and celebrate the day with a tasty treat! Better yet, call in your order ahead of time for a dozen doughnut to share with your friends and family!

4th Annual DSC Fashion Show - This Weekend!

Don't miss out on one of our most memorable events of the year - the 4th Annual DSC Fashion Show. Get your tickets today!

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

Purchase tickets [HERE](#).

When: Saturday, March 9, 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 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:

- Outreach/First Call Program
- Fundraising
- Event Planning

If interested, please fill out this [application](#). The application deadline is Friday, April 19.

For more information, contact Alison Winfield, Board President, at

alison@downsyndromecommunity.org.

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

DSC Membership Drive

models. The energy is contagious!

Anything special we should anticipate at this year's fashion show?

Come and see for yourself. Great food, great company, great music, and great show!

We are grateful for Gail's pioneering spirit in giving our fashion show a lift off - and for the numerous volunteers, sponsors, and of course, models we've had over these first years to make our Fashion Show a memorable tradition for all! If you haven't seen the show, you can still come this weekend! The show takes place this Saturday March 9th from 6-8 PM at Victoria Hall at St. Catherine of Sienna. Tickets are available [HERE](#).

Stay Connected



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

DSC Membership Drive

The DSC is renewing our membership program this month!. Funds from our membership program go to support all of our events and programs including the Sweetheart Dance, Holiday Party, Ready Set Kindergarten, the Learning Program, and our First Call outreach packets. Our membership drive will be announced on March 21st, World Down Syndrome Day, and we hope you will join us and continue to support the DSC!



Save-the-Date for Upcoming DSC Events

Mark your calendar for these upcoming events:

DSC Annual Meeting and Spring Fling (including Talent Show)

Our annual Spring Fling celebrates Down syndrome with a talent show and our annual meeting.

When: Saturday, June 1, 2019, 5:30-8:00 PM

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

Megarama Day

Spend a day on picturesque Whidbey Island playing cowpoke with your family - horseback rides, hayrides, and lunch-on the kid-friendly, expansive M-Bar-C Ranch.

When: Saturday, Aug. 10, 2019, 9:30 AM - 3:00 PM

Where: M Bar C Ranch, 5264 Shore Meadow Road, Freeland, WA



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

March

Come play in an open gym with use of all their equipment, including arts and crafts. Fun times for everyone in an inclusive gym for "all" kids.

When: Saturday, March 16, 10:00 AM-noon

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

RSVP: [Caewyn Barnett](#) or be looking for the event on our DSC Friends 0-3 Facebook page.

April

Mark your calendars for an meeting somewhere in the North end.

When: Saturday, April 20, 10:00 AM - noon

Where: tbd

Kids (ages 4-7)

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

March

Bring your kids for some hands-on playtime...climb, splash, crawl, build, and pretend indoors and out!

When: Saturday, March 23, 10:00 AM - noon

Where: [KidsQuest Children's Museum](#), 1116 108th Ave NE Bellevue, WA 98004

RSVP: [Jessica Voetmann](#)

April

The kids are invited to explore who they are through art-making and play.

When: Saturday, April 20, 10:00 AM

Where: [Roaring Mouse Creative Art Studio](#) 7526 20th Ave NE, Seattle WA 98115

RSVP: [Courtney Criss](#) Space is limited so RSVP is required and we need to ask siblings to stay home.

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

March

This month, the Tweens will be making S'mores from scratch. This is a Tween only event (no siblings) and only a limited # of participants.

When: Saturday, March 23, 1:30 - 3:30 PM

Where: [Frog Legs Kids Culinary Academy](#), 501 Market St, Kirkland, WA 98033

RSVP: We are currently overbooked so please contact [Jessica Evertt](#) to be added to the waitlist.

Teens (ages 13-19)

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

Come play video games and learn about some cool adaptive tech at the Microsoft Inclusive Tech Lab! Pizza will be served! Adults are welcome to stay - it is fun for all!

When: Saturday, March 16th, 11:30 AM - 2:30 PM

Where: Microsoft Main Campus, Studio B

RSVP: [Kate O'Leary](#) More details coming in email and Facebook. Reach out to Kate if you're not on the teen email list.

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

Plans are in the works for a March Moms' Night Out later this month on the Eastside. Details will be posted on our [Facebook](#) page.

4th Annual Special Needs Tennis Camp

Boeing Employees Tennis Center (BETC) is hosting its 4th Annual Tennis Camp, a 2-day tennis camp for people with special needs.

When: Saturday, April 6, 9:00 AM - 12:30 PM and Sunday, April 7, 12:30 - 4:00 PM

Where: Boeing Employees Tennis Club, 6727 S 199th Pl, Kent, WA 98032

Who: Any person age 8+ with an intellectual or developmental disability. Any level from new beginners to advanced beginners are welcome *Note: parents and/or caregivers must remain on-site (there is a nice viewing area).*

Fee: \$75 per athlete (please inquire about scholarships), all equipment provided

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

The camp is sponsored by [Boeing Employees Tennis Club](#) (BETC), [Jensen-Schmidt Tennis Academy](#) (JSTA) and [Down Syndrome Community of Puget Sound](#) (DSC)



Inclusive Physical Activity Fair

Inclusive physical activity engagement and community connections!

A FREE event for All students and families of



A FREE event for ALL students and families of Seattle Public Schools. All grade levels. This is a fully inclusive event for students with and without disabilities that provides an opportunity for the community to come together and support the inclusive physical activity engagement of students and families from Seattle Public Schools. Representatives from various community organizations will be present and activity stations will be universal for participation of all abilities. Students can sign up for spring/summer camps and enjoy a couple hours of FUN participation in physical activity.



When: Saturday March 23rd 3:30-6:30

Where: Eckstein Middle School - 3003 NE 75th St. Seattle, WA 98115

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

Any questions please email Toni Bader at albader@seattleschools.org. Support is available for activity modifications.

Seattle University's Best Buddies Ambassador Training

Best Buddies Ambassadors is a program that provides training for participants with and without intellectual and developmental disabilities (IDD) in areas of speech writing, public speaking, and self-advocacy. Ambassadors develop the skills to professionally share their life stories, promote Best Buddies programs, network, and most importantly, advocate.



Seeking:

- Volunteers in the community who are interested in learning public speaking and advocacy skills by becoming ambassadors
- Volunteers who are willing to support ambassadors writing their speeches by serving as speech coaches. We will provide resources for speech coaches to support and empower ambassadors; they train ambassadors to develop engaging, progressive speeches that speak to the heart of the Best Buddies mission.

When: Sunday, March 10, 10:00 AM - 2:30 PM

Where: Seattle University Campus, Pigott Building Room 109

Cost: Free but donations welcome!

If you are interested or have any questions, please contact Best Buddies Seattle University at seattleubb@gmail.com. *Registration is required.*

Please bring a lunch. Light snacks and refreshments will be provided. You do not have to be affiliated with Best Buddies to partake in the ambassador training! All are welcome!

Through this ambassador training, they are aiming to create a network of advocates and allies that can work to make Seattle a truly inclusive city!

UW Autism Center Now Recruiting Children with Down Syndrome at School-age

The University of Washington Autism Center Research Network is currently conducting a research study that seeks to understand brain structure and function and how this relates to the behavioral abilities of school-aged children with Down Syndrome. This multi-site study, funded by the National Institutes of Health, will utilize the knowledge gained from the last decade of studies by the IBIS network. We are seeking 15 school-aged children, 7-10 years of age to participate in comprehensive assessments of social communication, academic abilities, and cognitive development as well as a magnetic resonance imaging (MRI) brain imaging study. To learn more,

please contact our research coordinator at (206) 616-8839 or mwendt11@uw.edu or click [HERE](#) for more information.

Friendship Club

The Friendship Club, sponsored by King County Library System, is a program for adults with intellectual and/or developmental disabilities, including dementia. Adults of all ages are welcome to drop-in to enjoy each other's company while playing, listening to music and munching on cookies. Caregivers and groups welcome!

When: Fridays, 10:30 AM - 12 PM

Where: Federal Way Library, 34200 1st Way S, Federal Way, WA 98003

Click [HERE](#) for more information.

