



August 2019 Newsletter

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Spotlight On

We spoke with Erin Klones and Courtney Criss, our own Down Syndrome Community members, who created the incredible **Ready, Set, Kindergarten** program, a much needed resource and knowledge building class available for our members with children entering Kindergarten in the coming year or two.

There's Still Time to Register for Ready, Set, Kindergarten!

Calling all parents whose kids with Down syndrome will be entering Kindergarten in the fall of 2020!

Do you want your child included in a general education Kindergarten class? DSC's Ready, Set, Kindergarten program (RSK) can provide you with the tools you need to advocate for your child. In its third year, RSK is a coalition of parents committed to the inclusion of their children with Down syndrome in general education classrooms. Parents will meet one Saturday a month for six months during the year before their children start Kindergarten to educate themselves, strategize, and form a support network. Once these students enter Kindergarten, the parents will continue to offer support, idea sharing and problem solving to ensure students are receiving an inclusive education.

Click [HERE](#) to register or for more information, including dates, times, and cost.

The Learning Program 2019-2020 Registration Extended

Give your child a head start on reading and math!

The DSC is offering 3 levels of the Learning Program for the 2019-2020 school year: Level 1 through Level 3. One Saturday a month, children receive small group instruction with a focus on literacy, numeracy, fine motor skills and language development from special educators and therapists. Simultaneously in a separate classroom, parents in the program receive instruction on a wide range of topics.

Click [HERE](#) to register or for more information, including class descriptions, dates, times, and cost.



Megarama Day - THIS Saturday!

Megarama is in a few short days so don't miss the opportunity to spend a day on Whidbey Island playing cowpoke with your family and meeting new friends in the community! Come visit the kid-friendly, expansive M-Bar-C Ranch for horseback rides, hayrides, and lunch.

When: Saturday, Aug. 10, 2019, 9:30 AM - 3:00 PM
Where: M Bar C Ranch, 5264 Shore Meadow Road, Freeland, WA



For more information and to RSVP, email [Miss Kitty](#).

What inspired you to develop Ready, Set, Kindergarten? We were inspired by the attending many inclusion conferences and workshops including All Born (in) in Portland and NDSC national conference and wanting to have an option in the Puget Sound area. We also heard from parents who had their kids fully included in general education and parents who wished theirs were. We recognized the need for knowledge about inclusion in the Puget Sound area and wanted to be involved in changing the system. We also wanted to empower ourselves as parental advocates for our own children with Down syndrome, both of whom will start Kindergarten this fall.

What does the series of classes include? We wanted RSK to be a combination of education, advocacy, and support. Our program consists of 6 sessions starting in October and finishing in April, for parents of kids who are entering Kindergarten the next fall. Each session is a different topic including advocacy, IEPs, accommodations, behavior, and a parent panel. We also have plenty of opportunities for discussion and questions. We want parents to form a community to ask

questions and share experiences.

Who do you invite to participate in the

Save-the-Date for Upcoming DSC Events

Mark your calendar for this upcoming event:

23rd Annual Puget Sound Buddy Walk

Our biggest and most popular event brings together family, friends, professionals and community leaders from across Puget Sound for a day of celebration to promote acceptance, inclusion and respect of individuals with Down syndrome.

When: Sunday, October 6, 1:00 PM

Where: [Woodland Park Zoo](#) *New Location*

Registration will open soon! Check out our [Facebook](#) page for the latest information.

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

August

We will be meeting at the Arc of King County's [Community Inclusion Festival!](#) Remember to bring a blanket and sunscreen! Snacks provided! See below for details.

When: Saturday, August 24, 10 AM - noon

Where: Cromwell Park, 18030 Meridian Ave N, Shoreline, WA 98133

RSVP: [Caewyn Barnett](#) for details or our DSC 0-3 [Facebook](#) group

September

Save the date for an outing at a park on the Eastside!

When: Saturday, September 21

Kids (ages 4-7)

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

August

We don't have an official August outing scheduled but we'd love to see you at either [Megarama Day](#) on Saturday, August 10, or the [Community Inclusion Festival](#) on Saturday, August 24.

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

August

Join our Tween Group on Angel Lake Park for some outdoor fun! Don't forget to bring your swimwear because this park has a lake with lifeguards and a fun splash pad. The whole family is welcome!

When: Saturday August 10th from 2-4 PM

Where: Angel Lake Park, 19408 International Blvd, SeaTac, WA 98188

RSVP: [Jessica Evertt](#) or on our DSC Friends Tweens [Facebook Event](#)

Teens (ages 13-19)

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

August

program? We choose our speakers from the community and try and find those who have expertise related to kids with Down syndrome and/or the education system. Past speakers have included teachers from the Learning Program, staff from the EEU, and local education advocates. This past year, our last session was a panel of past RSK parent participants, parents of older children who are advocating for inclusive education, and a self-advocate with Down syndrome who was included during her education.

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

Stay Connected



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

Becky Pike and family have generously offered to host our teens for a day at their home on Bonney Lake. Expect sun, water, and food!

When: Saturday, August 17, 1 PM

Where: Becky Pike's house in Lake Tapps, WA

RSVP: rebecca.pike@experis.com (for address)

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

DSC member and Certified Wellness Coach Sinead Quinn will be at this month's MNO to talk with us about reducing stress and anxious feelings - finding the calm in the chaos. Please bring your favorite summer salad to share. DSC will provide non-alcoholic drinks and dessert.

When: Saturday, August 17, 7:00 - 9:30 PM

Where: Becky Ronan's house in Kirkland

RSVP: Email Becky Ronan at ronanbecky@gmail.com for address or on our DSC

[Facebook Event](#)

DADS Night Out - BARBECUE!

Contact: Justin Hanney at justin@hanney.net

Nothing says end-of-summer like a barbecue! Join the DADS for an evening of good food, drinks, and relaxation while getting to know other DSC dads. Main dish will be provided, please bring sides, dessert, or drinks to share. Hosted by Justin Hanney.

When: Saturday, September 14, 2019 at 5:30 - 9 PM

Where: Justin Hanney's house in Shoreline.

RSVP: Call or email Justin for address: 425-553-7339 or justin@hanney.net, or on the DSC [Facebook Event](#)

Special Olympics Washington Summer Games

DSC is at the SOWA Resource Fair!!

At the 2019 Summer Games games on August 17th, Special Olympics is hosting a resource fair for Athletes, Parents, Caregivers and Guardians. The DSC will be part of the Resource Fair and we would love for you to stop by and say hi!

If you are a competing athlete, you will have a Passport Card to participate in games at the fair. Complete all the games and be eligible for a basket of Special Olympic gear at the end of the day.

When: Saturday, August 17, 8 AM - 4 PM

Where: Kasch Park, 8811 Airport Rd, Everett, Washington 98204

SOWA Summer games will be played all weekend so come cheer on your favorite athletes! See you in Everett!!



**Special
Olympics
Washington**

Community Inclusion Festival

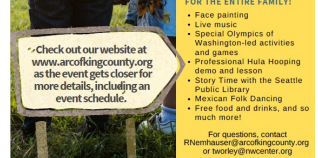
Hosted by The Arc of King County and Northwest Center

Enjoy outdoor fun for the entire family!

- Facepainting
- Live music
- SOWA led activities and games



- SOWA-led activities and games
- Professional hula hooping demo and lessons
- Story time with the Seattle Public Library
- Mexican folk dancing
- Free food and drinks and so much more!



When: Saturday, August 24, 10:00 AM - 2:00 PM

Where: Cromwell Park, 18030 Meridian Ave N, Shoreline, WA 98133

For more information, contact Rachel Nemhauser at Nemhauser@arcofkingcounty.org

Career Empowerment Fair - For People with Disabilities

Presented by Northwest Center and Special Olympics of Washington

Join us for a day of career workshops and skill-building sessions for people with intellectual and developmental disabilities. Get hands-on experience, practice job skills, and take home your own toolkit, all to get you a step closer to achieving your career goals.

When: Saturday, September 14, 9:00 AM - 4:00 PM

Where: Microsoft Visitor Center, Building 92, 15010 NE 36th St, Redmond, WA 98052

Cost: Free

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

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