



November 2019 Newsletter

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



Spotlight On



For our Spotlight On, we interview so many

Holiday Party

Please join us as we celebrate the season at our annual holiday extravaganza, complete with a decorated tree, festive music, and a visit from Santa, who will sit for pictures and hand out the labeled gifts you bring for your kids. We will also be serving a delicious pasta bar dinner catered by [Fiasco](#) and tasty holiday treats for dessert.

When: Sunday, December 15, 4:00-7:00 PM

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

Cost: \$5 per person, free for kids on laps.

Everyone is welcome so if cost is a challenge, please email

contact@downsyndromecommunity.org.



Click [HERE](#) for all the details. Space is limited so register today!

[Click to register](#)

Understanding Adolescence and Puberty Program Registration

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 offering a series of four classes specifically for adolescents with Down syndrome starting in January 2020 on this topic. **Dr. Rebecca Partridge**, head of the Down Syndrome Program at Virginia Mason, and **Beth Olenchek**, health educator at Virginia Mason, will teach the classes.

Click [HERE](#) for more information on the classes.

When: Saturday, January 11, 1:00 - 2:00 PM - parents/caregivers only

Saturdays, January 18, 25, and February 1
1:00-2:00 PM - girls and parents/caregivers

2:30-3:30 PM - boys and parents/caregivers

Where: Virginia Mason Issaquah, 100 NE Gilman Blvd, Issaquah, WA, 98027

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

We interview so many wonderful people involved with the DSC. For this month, we're posting an interview from our archive on **Melinda Raebyne** who directed "This is Me," a public service announcement (PSA) highlighting the importance of inclusion, made by the DSC and [Raise Expectations](#).



This is me

How did you come about directing the PSA? I met Sean and Devon Adelman on a music video shoot I did highlighting all the different types of people in America. Sean approached me with the idea for the PSA. He gave me the freedom to use my storytelling skills in laying out the script.

Prior to that, had you had the opportunity to know anyone with Down syndrome? Not extensively. I have a co-worker and a friend who both have a child with Down syndrome. It was very important for me to meet each individual that we'd be highlighting in the PSA, so I sat down with each of them for an hour prior to filming. When trusting me to tell your story, it's crucial that I have an idea who each person is and what they're about so I can properly tell it.

To continue reading

Cost: \$75 (including curriculum and materials), scholarships available (email contact@downsyndromecommunity.org for scholarship inquiries)

Registration deadline is Monday, November 18.

[Click to register](#)

#GivingTuesday

Mark your calendars for a day of giving on Tuesday, December 3.

[#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 December 3 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 December 3, 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!

Our calendars fill up quickly so add this date 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 8, 2020, 5:30-8:00 PM

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

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

We're looking for a co-leader for this Friends group. Angela has done a wonderful job but she and her son are moving up to the 4-7 group. Please contact [Caewyn](#) if you're interested.

November

Plans are still being made for the November Meet-up. An indoor activity will be scheduled and posted to the [DSC Friends 0-3](#) Facebook page.

the *Spotlight On* article about about Melinda Raebyne, check out the entire [post](#) on the DSC website.

Stay Connected



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

Kids (ages 4-7)

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

November

Spend a Sunday afternoon exploring all that the science museum has to offer! The best part is being able to do it with friends!

When: Sunday, Nov. 17, 1-3 PM

Where: [Pacific Science Center](#), 200 2nd Ave N, Seattle, WA 98109

RSVP: [Jessica Voetmann](#) or be looking for a Facebook Event soon.

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

November

Come with your tween to Dawn's Candy and Cake! We will pick candy trays to fill with chocolate of different colors and have fun playing with chocolate. This is a tween-only event (no siblings) because of space.

When: Saturday, October 10th from 4-6 PM

Where: [Dawn's Candy and Cake](#), 333 184th St. SW, Ste. J, Lynnwood, WA 98037

RSVP: [Jessica Evertt](#) or on our Facebook [Event](#). Please let us know if you have any food allergies.

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

Our fantastic fan at Microsoft, Bryce Johnson, invited us back for a second visit this year! Come play games - Xbox, PC, Virtual reality - and play around with some other cool tech! We'll have pizza and snacks. Adults and siblings are welcome to stay and play!

When: Saturday, November 16th, 1-3 PM

Where: Microsoft Inclusive Tech Lab, Microsoft Main Campus, Studio B, 15101 NE 40th St, Redmond, WA, 98052

RSVP: [Kate O'Leary](#), 206-819-7403

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

The Moms are taking November and December off but will return in January for a New Year's party/dinner at Alison Winfield's house. Information on the MNO will be in the December newsletter and posted on our Facebook page.

2019 King County Legislative Forum for Developmental Disabilities

Support inclusion and join us Monday, November 25, 2019, 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

30th Annual
King County
Legislative Forum
for Developmental
Disabilities

YOUR PRESENCE IS IMPORTANT!
Hear from individuals with developmental disabilities and their family members and meet your elected leaders. They represent you! King County Executive Dow Constantine will give opening comments. This is a free event and everyone is welcome. PLEASE JOIN US!

Sign-in starts at 6:30 pm. The program starts promptly at 7 pm.

Open Doors for Multicultural Families.

When: Monday, Nov. 25, 2019, 6:30 - 9:00 PM

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

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



Interpretation of the event and printed information in alternate formats are available. Please call Michelle Monday at 206-263-9955 or TTY Relay Service 711.

Monday, November 25, 2019
6:30 p.m. to 8:30 p.m.
DoubleTree Suites
16500 Southcenter Parkway
Seattle, WA 98188

King County
The Arc

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