



April 2020 Newsletter

## Stay Home, Stay Healthy

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### Spotlight On



We interviewed several researchers in the Puget Sound area - Nicole Simard, Roxanne Hudson, and the DSC Learning Program's own Katy Bateman - who are recruiting participants with Down syndrome for their studies.

Focused on enhancing our understanding and finding ways to provide better tools for individuals with

Down syndrome and their families and

### Online Educational Resources

- UW Reading Development Project provides resources for children in special education, click [here](#).
- Mystery Science is providing free science lessons, click [here](#).
- Virtual field trips that you can visit from the comfort of your own home, click [here](#).
- NASA Kids Club is providing free online space games that support children in STEM (Science, Technology, Engineering, and Math) click [here](#).
- Take a break from the classroom and take an online cooking class, click [here](#).
- Typing Club provides support for children wanting to improve their typing skills, click [here](#).
- Crayola has over 100 free online at-home craft ideas as well as free education learning tools, click [here](#).
- UW Education is providing free resources for Elementary-Aged Children, click [here](#).

### COVID-19 Resources

- Check out this informative video about the impact COVID-19 is having on our community, click [here](#).
- Want to know more about how COVID-19 has an impact on children with Down syndrome? Take a few minutes to listen to this podcast and stay informed, click [here](#).
- Having a hard time talking to your children about the pandemic? This document provides plain-language about COVID-19, click [here](#).

## DSC Upcoming Events

### Style & Stars Update

We have been monitoring and tracking the situation with COVID-19 on a daily basis. We believe at this stage out of concern for the health and safety of our guests and

broader community, we need to postpone the Style and Stars until **early June**.



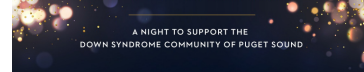
caregivers - each research project is an exciting new venture and opportunity for us! Some are specific to individuals with Down syndrome (Ds) and some expand to individuals with any intellectual or developmental disability (IDD).

Families we have already participated in the studies are enthusiastic about encouraging participation-DSC members Gail Lee, Alison Winfield, and Alison Burchett. "By participating in the study, I am hoping to help doctors understand more about Ds and how to help all people with Ds live their best lives" says Alison Winfield. Gail Lee adds that they all "enjoyed contributing to science with the bonus of a fun trip with friends to Utah! These kids were rock stars, especially in encouraging each other for the challenging MRI." Alison Burchett's son is also participating in the reading development project, "It's coordinated with his teachers at school, so it fits seamlessly into his academic plan."

To continue reading about the 4 different projects, click [here](#) and see if you or your child qualify to participate!

We will provide more information once we have a confirmed date.

Thank you everyone for your continued support!



## Save-the-Date for 2020 Buddy Walk

### Puget Sound Buddy Walk

**When:** Sunday, October 4, 2020

**Where:** Woodland Park Zoo

The Buddy Walk is open to everyone—from individuals with Down syndrome and their family members to those who know someone with Down syndrome to community members who simply want to show their support.



## Virtual Friends Meet-Ups

*Please join us and have fun!*

### Babies/Toddlers (ages 0-3)

**Contact:** Caewyn Barnett at [caewync@gmail.com](mailto:caewync@gmail.com)

#### April

This month we will be having a virtual meet-up through Zoom. Check out the 0-3 [Facebook Group](#) for more information.

**When:** Saturday, April 4th at 1pm

### Kids (ages 4-7)

We are actively looking for individuals to lead our Kids Meet-Up Group. Please email [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org) if you're interested.

#### April

This month we will be having a virtual meet-up through Zoom. Check out the 4-7 [Facebook Group](#) for more information.

**When:** Saturday, April 4th at 1pm

### Tweens (ages 8-12)

**Contact:** Sigrun Denny at [sigrunc@comcast.net](mailto:sigrunc@comcast.net) and Cesily Greene at [cesilygreene2280@gmail.com](mailto:cesilygreene2280@gmail.com)

#### April

This month we will be having a virtual meet-up through Zoom. Check out the Tweens [Facebook Group](#) for more information.

**When:** Saturday, April 4th at 1pm

### Teens (ages 13-19)

**Contact:** Kate O'Leary at [kate.oleary@hotmail.com](mailto:kate.oleary@hotmail.com), Julie Habegger at [jahabs@aol.com](mailto:jahabs@aol.com) and Betsy Kavi at [elizakavi@gmail.com](mailto:elizakavi@gmail.com)

## Stay Connected



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

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



## April

This month we will be having a virtual meet-up through Zoom. Check out the Teen [Facebook Group](#) for more information.

**When:** Saturday April 4th at 1pm

## Moms' Night Out

**Contact:** Alison Winfield

Calling all DSC moms! Grab your favorite drink and join us for a virtual night out.



We can't wait to catch up and hear what you are up to during this "Stay Home, Stay Safe" period.

**When:** Thursday, April 9, 7:00 PM

Check out the [Facebook Event](#) for information to join the call.

## Camp Without Borders

Camp Without Borders is a free travel program for young adults 18-35 with medical illnesses and disabilities.

**Summer 2020 Programs include:**

**White Water Rafting** June 26-28:

White water raft in beautiful Index Washington! We will camp, explore, raft, gold pan and have the time of our lives on this 3 day trip!



**Adaptive Hike in the Northern Cascades** July 24-26:

Come join us on a weekend of hiking and camping and exploring beautiful Winthrop Washington!

**San Juan Islands Tour** September 24-27:

If you want to enjoy an epic island vacation join us for a weekend of island hopping, sea kayaking, beach relaxation and meeting new friends!

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