



May 2020 Newsletter

## Get Involved Edition

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### Spotlight On



To get some pandemic perspective from our younger crowd, we spoke with siblings Sara (10) and Ruben (13) Smith about how and what they are doing during the stay-at-home order. Here's their take on staying home (instead of spring break in Puerto Vallarta, they settled

for Puerta Backyarda!) and

### #GivingTuesday

**Help make an Impact for our community on May 5th-6th!**

[GiveBig](#) Washington, is the day when Greater Seattle comes together to support the nonprofits that are working to make life in our region better. Imagine the impact you can have on the lives of individuals with Down syndrome and their families- now more than ever.



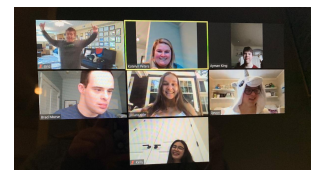
***Please join us and give generously, because when we give big - our Ds community thrives!***

### [Give Early, GiveBig Today!](#)

### DSC Adult Friend Group

**Calling all DSC Adults!**

The DSC Adult Friend group is open to adults ages 18 and older. This social group includes adults with Down syndrome and typically developing adults. The goal for this group is to meet-up once a month and create an inclusive environment. In the future we are planning to meet once a month for group meet-ups but for now we are hosting virtual meet-ups through Zoom. We have had dance parties, played games and have learned a lot about each other!



Join the Adult [Facebook Group](#)

Next meet-up is **Saturday May 16th at 3 pm**. Check out the Facebook group for more information.

### Internet Safety Virtual Meeting

**Join us on May 14th!**

We are all relying on technology more than ever right now. How can parents of tweens and teens with Ds encourage online independence without compromising safety? Join us for a discussion with



what they miss about school.

### How are you spending your time at home during this pandemic?

Ruben- I've enjoyed playing music (bass guitar) and watching movies as a family.  
Sara- I get iPad time for FaceTime with friends, doing arts & crafts, playing music, dancing, playing dress up, make up, fun hair-do's. My brother Ruben does my hair and make-up often.

### What do you miss about school?

R- Nothing other than my friends!

S- I miss my friends from school, Katie & Cailin. I also miss my teacher, Ms. Sedivy, and my aide, Miss Heather.

### What schools did you attend before we all had to stay home and how did you choose your school?

R- Holy Rosary School in West Seattle. My parents chose this school because it is a block away from our house. I have been at this school since preschool. I walk there every day.

S- Our Lady of Guadalupe in West Seattle. My parents chose this school because I can go there all day and be taught in the same classroom with my classmates.

### What does inclusion mean and why is it important?

R-It means that everybody is

Lindsey Strickland, a fellow Ds parent and founder of Worth The Conversation, to learn more about the specifics of online safety for kids with Down syndrome.

**When:** Thursday, May 14th 3 pm

**Where:** Zoom

For information on how to join the Zoom visit the DSC [Facebook Page](#).

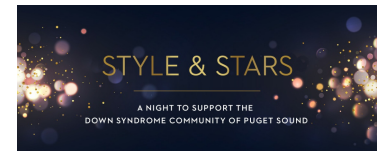


## DSC Upcoming Events

### Style & Stars Update

#### Live from Your Living Room!

The annual DSC Fashion Show is a beautiful evening to celebrate remarkable individuals in our community. This night raises crucial funds to enable the DSC to provide services for these remarkable individuals and their families.



In light of Washington state's stay at home orders, we invite you to join event chairs, Shana and Gino Perrina and local Athletes, for a Stylish Virtual event to celebrate the Down Syndrome Community.

**When:** Saturday May 23rd at 6:30 pm

**Where:** Live Stream from Canvas Event Space

For more information and registration for the event email [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org)

### Puget Sound Buddy Walk 2020

The Down Syndrome Community of Puget Sound is thrilled that the 2020 Puget Sound Buddy Walk will be hosted by the **Woodland Park Zoo!**

Mark your calendars for **Sunday, October 4th** and watch our monthly newsletters and Facebook for more information. Registration will open in July.



### 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)

Join us this month for a virtual meet-up!

**When:** Saturday, May 16th at 10:30 am

Check out the [Facebook Group](#) for more information

#### 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.

everybody is together doing the same things. If you don't include everybody, they will feel left out and feel sad.

### **How have you fought for inclusion?**

S-My parents have struggled to find a public school in which I could be taught alongside my classmates. Every school that has been chosen for me by the school district puts me in a separate room from my classmates. In the past, I wasn't even allowed to go to lunch with my classmates. Now I am in a school that costs a lot of money but supports me the way I need.

### **What have you done to help others understand the importance of inclusion?**

R-Every year I do a speech to some of our neighborhood schools and talk about Down syndrome and Inclusion. I encourage students to ask questions and learn more about Down syndrome. I want them to know how awesome my sister and her friends are. I would like to go to more schools and do my speech. I really enjoy speaking to a crowd. Another thing I practice at school is that I look for kids that aren't being included, I become their friend, help them make

### **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)

Join us this month for a virtual meet-up!

**When:** Saturday May 9th at 3 pm.

Check out the [Facebook Group](#) for more information

### **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)

Check the [Facebook Group](#) for meet-up information.

### **Moms' Night Out**

**Contact:** Alison Winfield

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



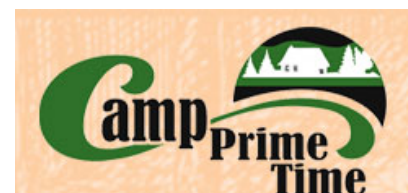
We can't wait to catch up and hear what you all have been up too!

**When:** Thursday, May 14th, 7:00 PM

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

### **Camp Prime Time**

Camp Prime Time is planning on moving forward with their 2020 Camp Season. They are continuing to monitor the situation with all of the attendees best interest in mind.



Check back for more information on Summer 2020 dates. Visit their [website](#) for more information.

more friends and  
then I move on to  
find other kids.

### 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.



Down Syndrome Community of Puget Sound | 206-257-7191  
[www.downsyndromecommunity.org](http://www.downsyndromecommunity.org) | [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org)