



October 2020 Newsletter

Buddy Walk, Programs, and Virtual Halloween Parties!

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Happy Down syndrome Awareness Month!

By spreading awareness, advocacy, and inclusion throughout the community, the month is a time to celebrate individuals with Down syndrome and make people aware of their abilities and accomplishments.



Puget Sound Buddy Walk



Join DSC on Sunday, October 4th as we virtually bring the community together for a fun day of Buddy Walk® celebration.

Walk in your neighborhood, at a local park, on your favorite trail, in your driveway, anywhere else you have in mind, or join us for the Honk and Wave Event!

We invite you to form your team, and invite your family and friends to virtually come together for one unified purpose- to promote the acceptance, inclusion and respect of individuals with Down syndrome.

Schedule of Events:

11:00am BW Posts will begin on [DSC](#) and [Puget Sound Buddy Walk](#) Facebook pages

11:30am Walk with your team and post to social media!

Stay Connected!



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



1:00pm Honk and Wave Event in Issaquah

**Co-Chaired by:
Adjua Dupree & Neda Perrina**

[Register Now!](#)

Honk and Wave Event!

Sunday, October 4th 1-2pm

- From 1:00-2:00pm DSC and Team Virginia Mason will take over the corners at the intersection of Front Street and Gilman Blvd in Issaquah
- Team Virginia Mason will be in their Toy Story costumes!
- We will have signs to encourage people to honk and wave and to support people with Ds! We'll be expressing our appreciation for the wonderful diversity our favorite people bring to the world!

Join us, drive by, honk, wave, and show your support.

**If you ordered a t-shirt or face mask those should be delivered to you by the end of the week.*

Questions? Contact Katelyn Peters at kpeters@dscpugetsound.org

Programs

Understanding Adolescence and Puberty Fall Session

Registration Deadline Extended!

Registration will close Monday, October 5th at 5pm.



Tweens and teens 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.

Join Dr. Rebecca Partridge, head of Down Syndrome program and Beth Olenchek, a health educator at Virginia Mason, and co-teachers Ari Charoni and Ayman King for the six session classes.

This program will be held virtually via Zoom, for 6 consecutive Saturdays, starting on Saturday, October 17th. The first one-hour session, for the parents/caregivers includes an overview of the program. The following five sessions are gender specific and each meeting is for 30-45 minutes. Topics for the weekly sessions are the same for both girls and boys but include gender-specific details. The class materials and supplies will be mailed to participants on a weekly basis.

[Register Now](#)

DSC Programs Start Dates

Learning Program Saturday, October 3rd

Ready, Set, Kindergarten Tuesday, October 13th

Understanding Adolescence and Puberty Program Saturday, October 17th

DSC Friends Social Groups

Virtual Monster Mash!

Dress up in your favorite Halloween costume or accessories and join us for a fun virtual meetup!

Register in advance to receive your Halloween goodie bag!

0-3 & 4-7 Groups

When: Saturday, October 24th at 11:30am

Visit the [0-3](#) and [4-7](#) Group Facebook Pages for more info.

[Register in advance for the meetup.](#)

Tweens & Teens Groups

When: Saturday, October 24th at 6pm

Visit the [Tweens](#) and [Teens](#) Facebook Pages for more info.

[Register in advance for the meetup.](#)

Adult Group

When: Thursday, October 29th at 7pm

Visit the [Adult](#) Group Facebook Page for more info.

[Register in advance for the meetup.](#)



Moms' Night Out

Calling all DSC Moms!

Get ready for a virtual MNO!



Grab a glass of wine and join the fun as you catch up with other DSC Moms, and celebrate Down Syndrome Awareness Month!

When: Thursday, October 15th at 7:00 pm

Where: Zoom

[Register in advance for this meeting.](#)

Amazon Prime Day

Prime Day October 13-14

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



New reserved accessibility hours begin Sept. 23

To create a safe and welcoming experience for all, Woodland Park Zoo is now able to offer an additional disability accommodation. **Beginning September 23**, WPZ is reserving the last two hours of daytime operations on Wednesdays for guests with a disability that prevents them from wearing a face covering per Washington's Safe Start guidelines. Visitors can look for a new "**Accessibility Admission**" ticket when purchasing their timed entry, and members can book their reservations during the special hours if this disability accommodation applies to them or a member of their party.



To learn more visit www.zoo.org/.