



September 2020 Newsletter

Virtual Buddy Walk, Programs, and More!

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Spotlight On



Eric Angelo has been selected by the National Down Syndrome Society (NDSS) as one of the 500 people to be featured in the video presentation that is being aired in Times Square during the New York City Buddy Walk on September 12th.

The Angelo Family has participated in the Puget Sound Buddy Walk since Eric was young. At the 2012 Buddy Walk, Eric helped to distribute Buddy Walk fliers at the start of the event. Eric loves seeing his friends at the Buddy Walk as well as

Puget Sound Buddy Walk



Buddy Walk Co-Chair Adjua Dupree and daughter Gwen.

Help raise Awareness and Acceptance for individuals with Down syndrome!

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, or anywhere else you have in mind!

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.

How To Build Your Team:

1. Visit [Event Page](#)
2. Click Register as Fundraising Participant
3. Create a Team
4. Set your Fundraising Goal
5. Spread the word, invite family & friends to join your team

Co-Chaired by:

Adjua Dupree & Neda Perrina

Win a \$100 Amazon Gift Card!

...dancing to live music.

Eric is very excited and proud that his photo will be included in the NDSS video, along with others who are engaged in community activities. To Eric, inclusion means being able to be a contributing part of his community in an activity that is both meaningful to and enjoyable for him. At events, Eric always makes sure that others are included and that they, literally, have a seat at the table.

The Angelo Family has been involved with the DSC for many years. When Eric was a youngster, their family was part of DSC's LAUNCH group, which met with other families once a month over a ten-year period to hear informative speakers while their kids played with supervision in the Highland Center gym. Now that Eric is older, he enjoys participating in the DSC Adult Group Zoom meetings.

Eric has been working at Microsoft since January 2016. In his spare time, Eric participates in Northshore Wrangler Inclusion programs such as bowling, dances and social gatherings and currently in their online yoga, marital arts, cooking, dancing, sign language and exercise Zoom classes, taking drama classes with STG, weekly horseback riding lessons at Little Bit Therapeutic Riding Center (since 2001), being a scorekeeper for his dad's volleyball team, going to the movies with friends, listening to music, and swimming (Eric is on a Special Olympics team). Eric also likes to do family/friend walks, bike

rides and kayak paddles and going camping. Eric is very social, has an incredible memory and a wonderful sense of humor and delightful ice de

How to enter: Build your team and fundraise **\$1,000 by 9/18**. Your team will then be entered into the drawing. The winning team will be selected at random on Monday, September 21.

[Register Now!](#)

Did you know? Teams who RAISE \$500 or more will have their team name listed on the back of the BW 2020 T-shirt, which gets mailed to all registrants. The deadline to have your name on the back of the T-Shirt is September 18th.

Your partnership and support allows DSC to continue our many programs, and initiatives, including COVID-19 response programming and grants to keep our community connected and thriving!

Questions? Contact Katelyn Peters at kpeters@dscpugetsound.org

Programs

Ready, Set, Kindergarten

"I started attending RSK the fall before kindergarten started, and quickly gained the confidence and knowledge I needed to better advocate for my daughter."- Molly

Ready, Set, Kindergarten program (RSK) provides parents with the tools needed to advocate for their children.

Parents meet once 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.

RSK is facilitated by Erin Klonos and Courtney Criss. Erin and Courtney are passionate about inclusion in school and both have children with Down syndrome who will be included in general education for the 2020-2021 school year. They will share their personal experiences in advocating for their children as well as provide informative textbooks and guest speakers at RSK meetings.

The 2020-2021 RSK Program will be virtual via Zoom.

[Register Now!](#)

To view class schedule visit the [DSC Website](#).

For more information about Ready, Set, Kindergarten, please email kpeters@dscpugetsound.org.

Registration closes Friday, September 18th



Understanding Adolescence and Puberty Fall Session

Tweens and teens with Down syndrome go through puberty during the same years as their typically developing peers



and delightful job de
vivre that draws people in.

To view photos and the
NDSS Press Release
visit [here](#).

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](#)

Registration will close Monday, September 28th

What is Advocacy?

Advocacy is standing up for your needs, whether that is
choosing an outfit, asking for directions or educating
lawmakers it is all advocacy.



As for Legislative Advocacy, that is where **We Need YOUR Help**.

Policy, laws and guidelines created by governing bodies is made by those that show
up. 0-3 programs, K-12 schools, Post Secondary Education, Healthcare,
Developmental Disabilities Administration, Social Security, ABLE Account are all
parts of our lives that are ALL POLICY, and they are ALL looking at substantial cuts
locally and nationally due to budget constraints. Washington State is already ranked
in the bottom 10 of states for providing for people with developmental disabilities, if
we work together we can make a difference.

Watch Virtual Advocacy Days with your policy makers
here: <https://arcwa.org/advocacy/advocacy-days/> Scroll to July 30th to see
Advocacy Committee members Alison Burchett and Devon Adelman presenting on
issues that matter.

Be informed, then educate your lawmakers and vote.

Information on the issues look here: <https://arcwa.org/action-center/>
Find your lawmakers look here: <https://www.ndscenter.org/political-advocacy/take-action-stay-informed/>

Educate your lawmakers by signing up for Action Alerts

Here: <https://www.ndss.org/programs/national-advocacy-public-policy/>

For more information please reach out to Sue and Devon Adelman at

sue@dscpugetsound.org

DSC Friends Social Groups

DSC Teen Arboretum Walk--Social Distancing

When: Saturday, September 19th

When: Saturday, September 10th

Location: 2532 E McGraw St, Seattle, WA 98112--which is across the street from the arboretum

Parking: Street parking available

Questions or texts: Betsy Kavanaugh (206) 372-2744

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!

Hosted by DSC Board Member Jennelle Murphy

jennelle.m.murphy@gmail.com

When: Thursday, September 24th at 7:30 pm

Where: Zoom

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



Back To School!

Tag DSC on Social Media!

We want to see how you are virtual learning! Tag DSC on social media and we will re-post and share with the community!

Instagram: @dscofpugetsound

Facebook: @DownSyndromeCommunity

#dscofpugetsound



Stay Connected!



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



