



August 2020 Newsletter

## Programs, Advocacy and More!

### In This Issue

[Spotlight On](#)

[Online Learning Program](#)

[Ready, Set, Kindergarten](#)

[Buddy Walk Update](#)

[Advocacy](#)

[DSC Friends Social Groups](#)

[Moms' Night Out](#)

[DSC Social Media](#)

### Spotlight On



To get some pandemic and Learning Program perspective from our community, we spoke with Jacque Baker about how her daughter, Madeline, who has benefited from Learning Program in the past and now applies the program to the present.

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

With Madeline, we've been working on maintaining reading and math goals, and also

broaden life skills, while becoming very creative with what a play date

### Programs

#### Online Learning Program

*"I cannot say enough good things about the Learning Program. The Learning Program instructors are phenomenal, as they not only provide tips for learning, but also strategies for handling challenging behavior that can arise." -M.L.*

The Learning Program is a literacy and numeracy strategies and education program for students with Down syndrome and their parents and caregivers. It is an innovative program that delivers evidence-based educational support to children, parents and teachers. The program's goal is to improve the overall development and academic success of all children with Down syndrome.

**When:** Classes meet every Saturday via Zoom. The program will run from September 2020 to June 2021.

**For Students:** Students receive virtual instruction focused on literacy, numeracy, fine motor skills and language development from special educators and therapists. Each week students will receive a 15-30 minute lesson from Special Educators, SLP or OT.

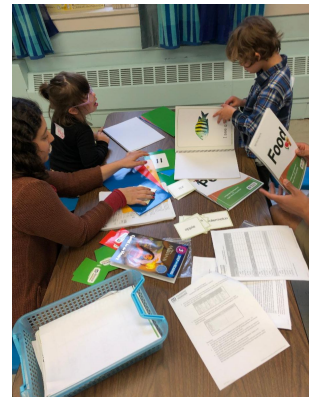
**For Parents & Caregivers:** In separate sessions, parents and caregivers in the program receive instruction on a wide range of topics such as reading and comprehension, mathematics and memory skills, and creating an effective learning session.

**Materials & Resources:** Take-home materials will be sent to families each month to help parents and caregivers reinforce student learning at home.

**[REGISTER NOW!](#)**

**Registration will close Saturday, August 15th at 10 am**

To learn more visit [DSC Website](#).



looks like. We've been delighted that Madeline has accepted Zoom interaction so readily after a short, "I don't want to do this" period. She misses seeing friends in person, greatly, and she REALLY misses swim hang outs, but she has accepted being on Zoom with friends to draw (Art Hub for Kids) or both parties just hang while doing a similar craft, share a SO Gymnastics class, or play charades or a scavenger hunt, for example, and that helps her emotionally. If what is done over Zoom is a task that both parties are actively doing, then it's a good fit. The few safe hangouts have been taking turns running through sprinklers, playing water balloons in perfect social distancing fashion, and making and going through an outdoor obstacle course that involves water of course. Family time has been playing a board or card game, or heading out in the backyard for soccer or basketball together.

**When did you participate in the Learning Program? How many times?**

We took part in the Learning Program from its inception, completed three years and two levels.

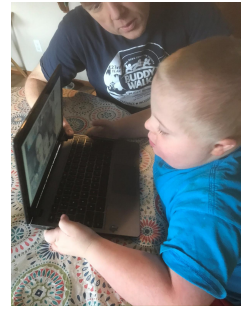
**What was so impactful about Learning Program?**

It was impactful that we learned that our daughter could read and recognize words, given the right opportunity and practice. She was 4 and up to that point I wasn't seeing her read any words and it was a real struggle to get her to learn from me. She had visual trouble too, so it complicated her looking at a printed page and

wanting to maintain her attention, but in this method, with the simple and bold materials offered, she could read and attend anyway. She

## 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 volunteers Erin Klones 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.**

For more information about Ready, Set, Kindergarten, please email [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org).

**Registration will open Monday, August 17th.**

## Puget Sound Buddy Walk

### A Virtual Puget Sound Buddy Walk!



In these unprecedented times, let's make the best of it!

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!

Our Puget Sound Buddy Walk® may be different but our mission is not! 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.

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

**Registration will open Monday, August 10th**

Questions? Contact Katelyn Peters at [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)

## Advocacy

### King County Mask Requirement

and attend anyway. She saw herself succeed and that was gold to her continuing to try. Additionally, having seen this, I could confidently advocate to school that they should expect her to be able to read and show comprehension, and I could show them a method that would be successful.

Having the printed material from the courses has also been impactful over the years by being a source of what she should be working on next, and seeing examples of how to practice those skills through examples provided.

During COVID, I got the Learning Program binders out and reviewed the material; searching for what should precede what skill, so that I could design my child's own curriculum at home with authority. Madeline is in a different place in academia than where she was when we left the program, and there were still worksheets that supported goals she has right now.

The program can be especially impactful during COVID time, to support parents having materials, and knowing how to begin to teach their kids at home themselves. Each month a "Daily Activity Guide" is provided. It has a summary page of suggested literacy and math exercises to complete for the month, websites, and apps that are relevant to supporting those skills, and a Facebook group to join to post any questions and read how other families are using the materials or how they are setting up things that work for

gaining cooperation for their children.

### What were some of your favorite activities during LP?

Madeline was the most interested in reading

"The directive to wear face coverings while in public goes into effect May 18 to help slow the spread of COVID-19. King County asks people to be mindful that it is not recommended for all community members to wear a face covering - including some people with disabilities."



To learn more visit [here](#).

### Arc of Washington's Virtual Advocacy Days

The Arc of Washington has been holding Virtual Advocacy Days throughout the month of July. If you haven't had a chance to attend one, below will be the link to a recorded session. The Budget Crisis Session was with Senator Christine Rolfes from the 23rd Legislative District and Senator Andy Billig from the 3rd Legislative District who discussed proposed budget cuts.

To view the recorded session, click [here](#).

### Parent Leadership Training Institute

The Parent Leadership Training Institute is a free, 11-week college course that teaches parents, community members and professionals working with families to understand systems and develop civic, advocacy and public speaking skills to become community leaders. Join Advocacy Committee in attending this free training institute.

To learn more visit [here](#).

## DSC Friends Social Groups

**Babies/Toddlers (ages 0-3)** [Facebook Group](#)

**Kids (ages 4-7)** [Facebook Group](#)

**Tweens (ages 8-12)** [Facebook Group](#)

**Teens (ages 13-19)** [Facebook Group](#)

**Adults (ages 18 and older)** [Facebook Group](#)

## Moms' Night Out

### Calling all DSC Moms!

Get ready for a virtual DIY Bath Salt making night!

Grab a glass of wine and join the fun as you catch up with other DSC Moms!

DSC will provide the supplies and you follow along with Dawn Greip for a fun MNO! Register today, and pickup supplies on Thursday, August 20th at DSC in Bellevue.



More information to come on the [Facebook Event page](#).

**When:** Thursday, August 20th at 7 pm

**Where:** Zoom

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

## Quentin Kaufman Drum Lessons

## Dustin Kaufman Drum Lessons

when I had her physically involved. Given a sentence in the story book, she'd duplicate placing given word cards in the order of the example, and then she would use the picture cue and a choice of 3-word cards to select the correct ending of the sentence. (I'd cover up the last word on the page: which was the novel word) For example:.. I see the

She liked this activity because it was tactile and engaging, and she saw her success. She'd repeat saying the beginning phrase on each page, and then there was a component that she got to "think" about and finish the sentence. With a picture cue to select the word that matched it, and having been introduced to the novel words already in print through matching picture to word exercises, she could select the right card to finish the sentence receptively, and then practice saying it, expressively. The activity supported a lot of learning goals. We used a fun pointer stick that she could use for the exercise.

Other exercises she liked were simply the matching of cards: word to word, picture to picture, and then, picture to word. She also liked the drawing lines activity of similar contexts and I liked how it allowed her to practice her grip and control the pen on a slippery surface. The treat of finishing that activity was wiping off the board, after.

To continue reading visit [here](#).

Dustin Kaufman has partnered with the DSC to provide virtual weekly lessons to DSC members.

Dustin Kaufman has over 20 years of drumming experience with a Bachelor of Fine Arts Degree from the Manhattan School of Music and a Masters of Arts Degree from Columbia University. As the drummer for St. Lucia, he's played Coachella, Red Rocks Amphitheater, The Tonight Show Starring Jimmy Fallon, Jimmy Kimmel Live and Good Morning America.

Check out this awesome [video](#) from one of the lessons!



## What are you doing this summer?

### Tag DSC on Social Media!

We want to see how our community is spending their summer! Tag DSC on social media and we will re-post and share with the community!

**Instagram:** @dscofpugetsound

**Facebook:** @DownSyndromeCommunity  
#dscofpugetsound



## DSC Needs Your Feedback!

Check your email for the DSC Survey. Your feedback will help DSC better serve our community!

Please take 2-3 minutes to fill out a brief, easy questionnaire to let us know your connection to the DSC. Your participation will help us provide services and programs to you, your family, friends, colleagues and neighbors.



## Puget Sound Community Events:

### Playhouse Northwest Virtual Camps

#### Virtual Kids Half and Half Camp! -- 1/2 Acting and 1/2 Martial Arts!

For kids and teens (ages 7+)

Get the best of both worlds! Both camps have been so popular over the years we thought, "Let's take the best parts from each camp and combine them." Kind of like peanut butter and chocolate: two very different tastes that complement each other extremely well. We are very excited to do this camp online!

**Dates:** Monday, August 24th - Friday, August 28th

**Time:** 1:00- 4:00 PM Interactive via Zoom

**Price:** \$225

Scholarships are available on request.

This week-long camp includes:

Basic skills for on-camera auditions, Onset etiquette and terminology, Improvisation, Taekwondo, Personal Safety, Scene Study, Intro to Meisner Technique, Nunchucks

To learn more visit [here](#).



Stay Connected!



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.dscpugetsound.org](http://www.dscpugetsound.org) | [contact@dscpugetsound.org](mailto:contact@dscpugetsound.org)