



December 2020 Newsletter

Understanding Adolescence & Puberty Program *2021 Winter Session*



Registration Now Open!

The program is now open to all tweens and teens with intellectual disabilities.

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 seven week program.

This program will be held virtually via Zoom, on Saturdays, starting on **Saturday, February 6th**. The program will begin with a one-hour online session providing an overview of what parents and caregivers can expect from the classes. The following six sessions are gender specific and each meeting is 30-45 minutes. Each family will receive two books that focus on teaching children with intellectual disabilities about their bodies, boundaries, and sexuality. Additional materials will be sent to parents and caregivers each week.

Cost: \$125

DSC is now accepting DDA hours. Please email DSC Program Manager at kpeters@dscpugetsound.org for more information.

Financial Assistance is available. Please contact DSC Program Manager

[For more information visit the DSC Website.](#)

Register Today

Virtual Holiday Party



**Join us Virtually on
Sunday, December 6th to
Celebrate the Holiday Season!**

Join the party as we greet Santa for a virtual visit, enjoy holiday treats, and have a cookie decorating contest. Stop by (virtually) and catch up with all your DSC friends!



Calling all Holiday Bakers!

Decorate your favorite holiday cookie and email DSC a photo to be entered into the contest.

The winners will receive:

- 1st Place: **\$50 Target Gift Card**
- 2nd Place: **\$25 Target Gift Card**
- 3rd Place: **\$15 Target Gift Card**

Email cookie photos to

kpeters@dscpugetsound.org

When: Sunday, December 6th at 4pm

Where: Zoom



Register Today

Spotlight On: The Criss Family

We are so fortunate to have so many amazing families in the DSC. This month we interviewed Courtney Criss, DSC parent and instructor for the Ready, Set, Kindergarten Program, to learn how the DSC has impacted her family.



Tell us how the DSC has impacted your family.

We have been involved with the DSC since I became a Board Member in Spring 2015. My son with Ds was 18 months. I served on the Board until the spring of 2018. I currently still serve as a leader for the 0-3 Friends Group and an instructor in the Ready, Set, Kindergarten Program.

What DSC programs is your family involved in?

The DSC has provided multiple opportunities for me individually to make friends with other moms, my son with Ds to make friends with other kids with Ds, and my daughters to make friends with other siblings. I have also been able to get to know adults with Ds and celebrate their achievements and appreciate their talents. In addition to making friends, I have attended DSC workshops and seminars to learn about special education, medical information, and financial planning. And when my second child with Ds was born and subsequently hospitalized, the DSC welcomed her and provided support for our family.



What does inclusion mean to you?

When I was growing up, children with disabilities were educated in a separate classroom. I am ashamed to admit that I only had limited, uncomfortable interactions with them. Today I advocate for my children to be included in every part of daily life so the next generation will be raised side by side with children with and without disabilities. My children with Ds have a right to be in the same public-school class as same-aged children without disabilities. They also have a right to be in the same church class, same playground, same swimming lesson, and same neighborhood. My goals for my children are for them to have trusted friends, strong skills, varied education, and fulfilling employment.



[Read More](#)



DSC Face Masks are Here!



Stay safe and show off your support for DSC with these stylish cloth face masks! These cloth masks are washable and reusable. Youth and Adult sizes available.

\$10

**Shipping cost included*



Order Today

Virtual Drum Lessons



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

We have currently have **ONE** spot open for a DSC member who is at least 16 years old. You must have a drum set to participate.

Lessons are on Tuesday's from 3-3:30pm on Zoom.

Interested? Email kpeters@dscpugetsound.org

Drum Lessons Video

DSC Calendar of Events

DSC Program Dates

- 12/5 Learning Program
- 12/12 Learning Program
- 12/19 Learning Program

Upcoming Events

- 12/6 Virtual Holiday Party

View Full Calendar



Support the DSC this Holiday Season

You Shop, Amazon Gives!

Are you signed up with Amazon Smile?

When you shop with Amazon Smile a percentage of your purchase will be donated to the DSC! Go to www.smile.amazon.com to select Down Syndrome Community of Puget Sound as your charity.



With the Fred Meyer Community Rewards Program, Fred Meyer donates to local organizations based on your everyday shopping. Choose Down Syndrome Community of Puget Sound as your organization. Once you link your card to the DSC, all you have to do is shop at Fred Meyer and swipe your Rewards Card.



[Visit here to register your rewards card.](#)

We want to make giving more accessible, so we've partnered with **Good Deeds**, an app that lets you shop your favorite brands, earn cash back, and automatically donate some or all of it to support our mission. Download the free app to start saving and giving to Down Syndrome Community of Puget Sound (DSC) .



[Download Good Deeds App.](#)

[Down Syndrome Community | www.dscpugetsound.org](http://www.dscpugetsound.org)

