



February 2019 Newsletter

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Spotlight On

DSC Plans on Hiring First Executive Director!

During the over [30 year history](#) of the Down Syndrome Community of Puget Sound, the work to impact the lives of those with Down syndrome and their families has been mostly volunteer based. The current Board of Directors is comprised of 14 volunteer members who are supported by a part-time (15 hours a week) paid administrative staff member.

In 2018, the Board of Directors held their annual planning retreat and identified the need to hire an Executive Director as the next phase of growth for the DSC. The Board gathered information from other Down syndrome organizations from around the country to help develop an action plan to facilitate this goal. The Board looked at the objectives of hiring an Executive Director, the financial considerations and the long term outcomes that having an Executive Director would achieve. The Board decided to work towards a "mini strategic plan" specifically focused on the recruitment and hiring of an Executive Director, with the goal of developing a full strategic plan once the Executive Director is on board.

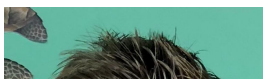
On January 26th 2019, the Board held a retreat facilitated by non-profit consultant, [Kim Rakow Bernier](#). The Board spent time discussing the current state of the DSC and envisioning what future success would look like. We brainstormed priorities for a new Executive Director and narrowed our focus to four key areas: Strategic Planning, Membership, Fundraising and Programming. Next, we identified the key outcomes during the first 24 months of the Executive Director's tenure. Lastly, we spent time talking about the attributes, skills and experience that we will be looking for in our first Executive Director. The Board walked away from the retreat with a clear sense of our shared vision of an Executive Director and action steps to move the process forward. At the end of the day, the Board described their outlook on the future of the DSC as "excited", "motivated" and "enthusiastic".

A Board committee was decided upon to take the next steps that were outlined during the retreat. This group will be working on writing the job description for the Executive Director, making recommendations to the Board regarding salary and benefits and creating a timeline for recruitment and hiring. The DSC Board of Directors will continue to update our membership as we move forward in hiring our first Executive Director and growing the impact of the DSC.

Join the DSC Board of Directors

This is an exciting time to be a part of the DSC Board!

The Down Syndrome Community has openings for new board members! Join our energetic working board now and help shape our future. If you're looking for a way to volunteer with a passionate group of people in a fulfilling role, you've found the right place. Help us continue to innovate and evolve into an organization that provides meaningful programs, events, and resources to all our members. We are in particular need of board members with experience in:





- Outreach/First Call Program
- Fundraising
- Event Planning

If interested, please fill out this [application](#). The application deadline is Friday, April 19.

For more information, contact Alison Winfield, Board President, at alison@downsyndromecommunity.org.

This notice is the official call for DSC Board of Directors nominees.

Maxford Brown

seems like any other teen, but he's recently achieved local fame! He may appear unassumingly in lots of places typical for a teenager - school, sports teams, or having fun with friends - but this school year, Maxford appeared in the news! His story is an inspiration to all of us about what a person can achieve with determination and persistence in pursuing a dream.

Tell us why you are famous!

"I was on KOMO News/Eric's Heros for becoming a mascot for my school." The full news story be viewed [HERE](#).

How did it feel when you first put on that Eagle costume?

"I felt excited because it meant I was a mascot and I love mascots so much."

When did you first know you wanted to become a mascot?

"When I met Harry the Husky when I was about 8 years old. Harry made me excited and happy."

What challenges have you had on this journey to follow your dream?

"I wrote a letter in 6th, 7th and 8th grades to

RESCHEDULED 18th Annual Sweetheart Dance and Pizza Party

Due to the weather conditions this past weekend, we have rescheduled our Sweetheart Dance to February 23, We hope you can still make it!

This event is for all ages, friends and family. We will have games, music, free pizza and salad, and keepsake sweetheart photos by photographer Tom Ellis to be downloaded for free after the dance.



Please bring a tasty dessert to share for our dessert potluck.

When: Saturday, Feb. 23, 2019, 5:30-8:00 PM

Where: Mercer Island Community and Events Center

RSVP: We have a *new* Signup Genius so please make sure to RSVP for the rescheduled dance.

Click [HERE](#) for all the details and to RSVP by Thursday, Feb. 21.

4th Annual DSC Fashion Show - Tickets Available Today!

You are invited to one of our most memorable events of the year - the 4th Annual DSC Fashion Show.

Tickets are \$50/person which includes admittance to the event, beer, wine, non-alcoholic beverages, and heavy appetizers.



Purchase tickets [HERE](#).

When: Saturday, March 9, 2018, 6:00-8:00 PM

Where: Victoria Hall at St. Catherine of Siena, 8524 8th Ave NE, Seattle, WA 98115.

Click [HERE](#) for more information.

Understanding Puberty and Adolescence - Register Today!

Teens and Tweens 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.

The DSC is once again offering a series of four classes in March 2019 on this topic. Rebecca Partridge, MD, head of the Down Syndrome Program at Virginia Mason and Beth Olenchek, a health educator at Virginia Mason, will teach the classes.



try to get a mascot at my school. At the end of 6th grade, I got Acute Flaccid Myelitis and was in the hospital for 6 weeks. So, I couldn't work on getting the mascot costume then. I came back in 7th grade but was in a wheelchair, and then I had to go to a lot of doctor appointments last year. I didn't have time to try to get a mascot at our school. Now I am out of the wheelchair and was able to focus on getting the mascot to our school!"

To continue reading the Spotlight On article about Maxford and his dream to become a mascot for his school, check out the entire [post](#) on the DSC website.

Stay Connected



Please check the DSC online [Events Calendar](#) regularly!

When: Saturday, March 2, 2:00-3:00 PM - parents/caregivers

only

Saturdays, March 16, 23, and 30

2:00-3:00 PM - girls and parents/caregivers

3:30-4:30 PM - boys and parents/caregivers

Where: Experimental Education Unit - Haring Center at the University of Washington
1981 NE Columbia Road, Seattle, WA

Cost: \$75 (including curriculum and handouts), scholarships available

Click [HERE](#) for more information and to register. *Deadline to register is Friday, Feb. 22.*

Let's Start a Conversation - Special Needs Financial and Estate Planning

Join us for an informal, round-table conversation about financial and estate issues that concern families and their children with special needs and what they might want to consider in planning and protecting their loved ones. Chat with other parents and/or

family members who are dealing with some of the same challenges and listen to the Financial Adviser and Estate Planning Attorney who will be facilitating the conversation.



Sheldon Sweeney, Financial Adviser and Leader of the Pacific Capital Resource Group, Inc, Special Needs Resource will facilitate the conversation. Estate Planning Attorney, Christy Thompson Ibrahim, from Jones & Ibrahim, PLLC, will also be on hand for questions.

When: Tuesday, February 26, 6:00-7:30 PM

Where: Seattle Northeast Library, 6801 35th Ave NE, Seattle, WA 98115

RSVP: [Maura Dunn](#) or on our Facebook [Event](#) page

Save-the-Date for Upcoming DSC Events and Information Sessions

Mark your calendar for these upcoming events:

DSC Annual Meeting and Spring Fling (including Talent Show)

Our annual Spring Fling celebrates Down syndrome with a talent show and our annual meeting.

When: Saturday, June 1, 2019, 5:30-8:00 PM

Where: Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007

Upcoming Events:

World Down Syndrome Day (WSD) - 3/21

WSD is a global awareness day which has been officially observed by the [United Nations](#) since 2012. The DSC will be celebrating the day so stay tuned for details!

When: Thursday, March 21

Megarama Day

Spend a day on picturesque Whidbey Island playing cowpoke with your family - horseback rides, hayrides, and lunch-on the kid-friendly, expansive M-Bar-C Ranch.

When: Saturday, Aug. 10, 2019, 9:30 AM - 3:00 PM

Where: M Bar C Ranch, 5264 Shore Meadow Road, Freeland, WA

DSC Friends Meet-Ups

*DSC Friends Meet-Ups are hosted by the DSC at no cost to you!
Please join us and have fun!*

Babies/Toddlers (ages 0-3)

Contact: Caewyn Barnett at caewync@gmail.com and Angela Allen Martin at angela@fnskirkland.com

February

Join us at this delightful indoor play venue! For those who are able to arrive at 10:00 AM, we will try to meet in the front; if you arrive late, let the desk know you are with our group. PARKING: Please see their [website](#) for parking information.

When: Saturday, February 16, 10:00 AM-noon

Where: [Children's Museum of Tacoma](#), 1501 Pacific Ave, Tacoma, WA 98402

RSVP: [Caewyn Barnett](#) or on our DSC Friends 0-3 Facebook [Event](#) page.

March

Come play in an open gym with use of all their equipment, including arts and crafts. Fun times for everyone in an inclusive gym for "all" kids.

When: Saturday, March 16, 10:00 AM-noon

Where: [We Rock The Spectrum Eastside](#), 1910 132nd Ave NE #7, Bellevue, WA 98005

RSVP: [Caewyn Barnett](#) or be looking for the event on our DSC Friends 0-3 Facebook page.

Kids (ages 4-7)

Contact: Courtney Criss at courtney.spears@gmail.com and Jessica Voetmann at jessica.voetmann@gmail.com

February

Our February meet-up will be the Sweetheart Dance. We hope you can make it!

March

Save the date on the morning of March 23. We're in the process of organizing a fun, yet-to-be-announced activity.

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

February

This month's activity is our Sweetheart Dance. Bring your dancing shoes!

Teens (ages 13-19)

Contact: Kate O'Leary at kate.oleary@outlook.com, Julie Habegger at jahabs@aol.com and Betsy Kavi at elizakavi@gmail.com

Mark your calendar for a fun day spent at the Inclusive Tech/Gaming Lab at Microsoft. We'll be going on Saturday, March 16th - time is TBD but likely in the afternoon. More details to come so be checking the [DSC Friends Teen](#) Facebook page.

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

March

With all the snow and school breaks in February, we had to schedule our February Moms' Night Out for the beginning of March! And what better way to spend the evening than playing ping pong with your friends. A ping pong table has been reserved so let the fun begin!

When: March 2, 7:00 PM

Where: SPIN, 1511 6th Ave, Seattle, WA 98101

RSVP: [Alison Winfield](#) or on our Facebook [Event](#) page.

Special Olympics North America Tennis Championships

Two families from our Community (the Harper's and the DePoppe's) recently returned from the Special Olympics North America Tennis Championships (SONATC)



Jillian DePoppe, age 17, won Gold in Individual Skills Competition (ISC - Level 1). ISC consists of Forehand and Backhand volleys and strokes with umpires counting all that land inside the lines. Jillian competed in four 1-hour sessions.

Maeson Harper, age 17, and her partner *Alyssa DePoppe*, age 12, won Silver in Level 4 Unified Doubles (Match Play). Maeson also won Bronze in Singles Level 4 (Match Play). Maeson played four competitive matches (two with Alyssa) and a couple of them were the longest of the tournament (close to two hours each).



If anyone is interested in participating in Special Olympics Tennis in Washington, please contact Daryl Harper at 253-335-4647. Additional players are needed (both with and without a diagnosis; any age), coaches, assistant coaches, and general-help volunteers. They are forming five teams in 2019 so there are many opportunities to participate throughout the Puget Sound Area.

Canadian Down Syndrome Conference

Individuals with Down syndrome, their parents and supporters across Puget Sound are invited to the 32nd Annual Canadian Down Syndrome Conference that will be held in nearby Victoria, British Columbia from May 10-12, 2019.



The line-up of speakers include:

- *Shelley Moore* - Passionate and sought after advocate inclusive education here in British Columbia
- *Dr. Dennis McGuire* - Global Down Syndrome Foundation and former Director at the Adult Down Syndrome Center in Chicago
- *Dr. Lina Patel* - SIE Center for Down Syndrome, University of Colorado
- *Dr. Kishore Vellody* - Chair of the National Down Syndrome Congress and Medical Director of the Center for Down syndrome at the University of Pittsburgh Medical Center
- *Dr. Elizabeth Head* - formerly of the Sanders Brown Center for Aging and now taking up a position with the University of California Irvine.

The conference will cover a wide range of topics for all different age groups and stages of life. Click [HERE](#) for more information on the conference.

Rescheduled - Take the Polar Plunge in Support of SOWA!

Due to this past weekend's snow, the Polar Plunge has been rescheduled to February 23.

Help Special Olympics Washington make history as they attempt to break the record for the largest Polar Plunge in the world! Be a part of THE event of winter and join them for Polar Plunge Seattle.



When: Saturday, Feb. 23, 10:00 AM - 3:00 PM

Where: Alki Beach and Boat House in West Seattle

Click [HERE](#) for more information.

