



## February 2020 Newsletter

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### Spotlight On



You can't help but want to know more when you talk with **Lindsey Strickland**, founder of "Worth the Conversation" and mom to four kids, including one adopted son with Down syndrome - so that's what we did, sat down

to learn more about Lindsey's family and

### Sweetheart Dance is THIS Weekend so RSVP Today!

**Don't miss out!** This family friendly evening includes delicious pizza and salad provided by Pagliacci Pizza and a chocolate fountain for dessert. We'll also have the fabulous **DJ Shane** to play our favorite songs! For those who prefer board games, we'll have a room filled with Twister, Giant Jenga, Checkers, and other fun non-electric games. To top it off, **Tom Ellis** will be taking group photos and capturing your dance moves.



**When:** Saturday, February 8, 5:30 - 8:00 PM

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

**Cost:** \$5 per person, children on laps are free

Everyone is welcome so if cost is a challenge, please email [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org).

Click [HERE](#) for tickets. **The deadline for purchasing tickets is tomorrow, Thursday, February 6.**

### Join Our Team!

Do you have a passion to work for a growing organization that believes in empowering people with Down syndrome and their families through life-long learning and experiences, while building an accepting and inclusive society? If so, the DSC is currently seeking a **Program Manager** to join our staff!

Click [HERE](#) for the qualification requirements and job description.

To be considered for this position, email a resume, cover letter and contact information for three professional references in one document to [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org) no later than Friday, Feb.14th.

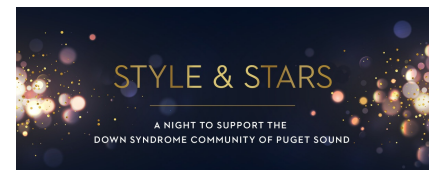
### Style & Stars

The DSC is excited to host **Style & Stars**, an unforgettable evening featuring a fashion show, exquisite dining, dancing, and a silent auction benefiting the DSC.

**Chairs:** Shana & Gino Perrina

**When:** Saturday, March 14th 2020, 6:00-10:30 PM

**Where:** Canvas Event Space, 3412 4th Ave S, Seattle, WA 98134



her work.

*How did you and your husband decide to adopt your son, Ben?*

Daniel and I had always talked about adopting. My parents were foster parents when I was in high school, so adoption had always been close to my heart. We had three biological children and discovered our youngest had some neurological diagnoses. From there - being in the world of therapy and medical appointments - we started to discuss adopting a child with special needs. As we researched adoption, we knew we wanted to adopt a child who wouldn't otherwise have a chance at a permanent family and we found China had many waiting children with lots of medical needs.

It was really scary! Just like having a biological child, you don't really know what you're getting into! We had a small medical file and a few videos in which we could see Ben was spunky and had a strong personality that would fit with our family. Although we didn't have much experience with Down syndrome, we were smitten by this chubby toddler on the other side of the world. But still, we were terrified to enter the unknown!

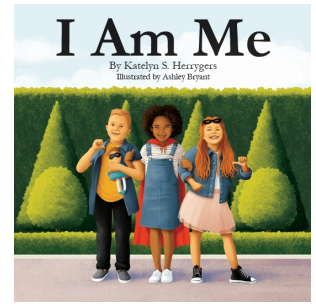
To continue reading the Spotlight On

The event will sell out, so get your tickets today!

Click [HERE](#) to purchase your tickets.

## I Am Me - A Book of Love and Empowerment

In honor of World Down Syndrome Day next month, the DSC is pleased to announce a special offer for our community. Author and mom of an almost 3-year-old boy son boy with Ds, **Katelyn Herrygers** wrote a love poem to him and turned it into an empowering and inspirational illustrated book with the message that we are all meant to be.



Members of our community can save \$3.21 off the retail price between now and World Down Syndrome Day (3/21) and Katelyn will donate \$3.21 to the DSC for every book sold. It's a savings for you and a fundraising opportunity for us! Order your book for just \$15, shipping included in this price.

Shop [HERE](#) for the book and to learn more about the Katelyn.

*\*In the order notes section, be sure to put "DSCPS" for us to earn our donation funds.*

## 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, Kids, Tweens, and Teens

We invite all groups to come to our **Sweetheart Dance**, this Saturday, Feb. 8. It's a fun, family-friendly event that is great for all ages! We hope to see you all there. Click [HERE](#) for details.

### Babies/Toddlers (ages 0-3)

**Contact:** Caewyn Barnett at [caewync@gmail.com](mailto:caewync@gmail.com)

*We are still looking for a leader or co-leaders for this Friends group. Please contact [Caewyn](#) if you're interested.*

### February

We hope you can join us for some indoor fun in a safe environment. 'We Rock the Spectrum is a gym for all kids. We Rock the Spectrum Kid's Gym is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe sensory experiences.'

**Where:** [We Rock The Spectrum Kid's Gym](#), 1910 132nd Ave NE #7, Bellevue, WA 98005

**When:** Saturday, Feb. 22 from 10 AM - noon

**RSVP:** [Caewyn Barnett](#) or be looking for an Event on our [DSC Friends 0-3](#) Facebook group

### Kids (ages 4-7)

*Thank you Jessica Voetmann and Courtney Criss for all the time they put into organizing so many fun activities for the 4-7 group. They both have moved on so we are looking for a leader or co-leaders for this Friends group. Please email [contact@downsyndromecommunity.org](mailto:contact@downsyndromecommunity.org) if you're interested.*

### Tweens (ages 8-12)

the Spotlight on article about about **Lindsey Strickland**, check out the entire [post](#) on the DSC website.

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



**Stay Connected**



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

**Contact:** Sigrun Denny at [sigrun@comcast.net](mailto:sigrun@comcast.net) and Cesily Greene at [cesilygreene2280@gmail.com](mailto:cesilygreene2280@gmail.com)

Plans are underway for a March Tween get-together at [Froglegs Culinary](#). Information on it will be included in the March newsletter and will be posted on our [DSC Friends Tweens](#) Facebook group. Be on the lookout for this popular get-together!

### Teens (ages 13-19)

**Contact:** Kate O'Leary at [kate.oleary@outlook.com](mailto:kate.oleary@outlook.com), Julie Habbeger at [jahabs@aol.com](mailto:jahabs@aol.com) and Betsy Betsy Kavanaugh at [elizakavi@gmail.com](mailto:elizakavi@gmail.com)

As with the Tweens group, plans are underway for a March Teen get-together at [Froglegs Culinary](#). Information on it will be included in the March newsletter and will be posted on our [DSC Friends Teens](#) Facebook group. Be on the lookout for this popular get-together!

### Moms' Night Out

**Contact:** Alison Winfield at [alison@downsyndromecommunity.org](mailto:alison@downsyndromecommunity.org) and Alison Friend Burchet at [AlisonFB@downsyndromecommunity.org](mailto:AlisonFB@downsyndromecommunity.org)

The Moms are going straight to the desserts for our February MNO! And why shouldn't we! We hope you can join us for an amazing evening of sharing beautiful and delicious desserts with old and new friends.

**When:** Saturday, Feb. 29, 7:30 PM

**Where:** [Lumi Dessert Cafe](#), 4713 168th St SW #101  
Lynnwood, WA, 98037

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

### 13th Annual King County School-To-Work Transition Resource Fair

**For students with developmental disabilities, their families, caregivers, teachers, agencies, and employers.**

There are 2 opportunities to learn about:  
Supported Employment, Community Resources, Transportation, Parks & Recreation Programs, Family Advocacy, Housing, Higher Education, Eligibility Requirements, Family Resources

**Where:** The Commons at Microsoft, 15255 NE 40th St. Redmond, WA 98052

**When:** Thursday Feb. 27th, 9:00 AM - 3:30 PM

**Pre-Register:** <http://bit.ly/microsreg>

-AND-

**Where:** Highline College, Student Union Building, 2400 S. 240th St., Des Moines, WA 98198

**When:** Saturday March 14th, 9:00 AM - 3:30 PM

**Pre-Register:** <http://bit.ly/highlinereg>

Click [HERE](#) for more information.



**Teens and Adults - Join Best Buddies in Washington for a statewide Ambassador Training!**

An Ambassador training offers Best Buddies staff and volunteers the opportunity to engage individuals with and without intellectual and developmental disabilities (IDD) in advocacy opportunities through the teaching of speech writing and presentation skills.



By attending an Ambassador training, you are taking the next step of involvement in Best Buddies. In hosting this workshop, Best Buddies hopes to empower those with and without IDD to advocate for themselves and others with IDD.

As an Ambassador for Best Buddies, you could assist our efforts by spreading the news about Best Buddies. As events occur to help meet our goal, you may be asked to join us to greet people, share your story, and much more.

**When:** Saturday, Feb. 29, 10:00 AM - 2:00 PM

**Where:** University of Washington, Seattle Campus (RSVP for specific location)

Click [HERE](#) to RSVP.

### **Who are we looking for?**

#### Ambassadors

A participant with or without IDD who is committed to promoting and educating audiences about the mission, philosophy, and benefits of Best Buddies through public speaking.

#### Speech Coaches

A volunteer who is paired with one ambassador for the duration of an ambassadors training to assist with the writing and practicing of a speech. Speech coaches help ambassadors in areas of brainstorming, organization, and editing. Speech coaches should not be writing speeches for their matched ambassadors, but serve as a guide/mentor who provides one-on-one attention as needed.

## **Ruby's Rainbow - Now Accepting Scholarship Applications**

Ruby's Rainbow's is an organization that grants scholarships to adults with Down syndrome who are seeking post-secondary education, enrichment or vocational classes, helping them achieve their dreams of higher education while spreading awareness of their capabilities and general awesomeness. Their goal for 2020 is to help as many people rockin' that extra chromosome as they possibly can to go for their dreams of higher education and independence!



Click [HERE](#) for more information about the scholarship application process. The application deadline is April 19.