



February 2021 Newsletter

Understanding Behavior



Registration Now Open!

This parent education course is focused on teaching parents, caregivers, and family members strategies and supports to prevent and respond to challenging behavior.

Sessions will cover behavior strategies rooted in Applied Behavior Analysis and seek to provide parents with knowledge and increased confidence to address behavior at home.

The program led by **Katherine Bateman, Ph.D., BCBA-D, LBA** and **Sara Behrens, M.Ed., BCBA, LBA**, will be held virtually via Zoom, starting on **Tuesday, February 23rd** for five consecutive weeks.

Cost: \$100

Financial Grants are available. Please contact DSC Program Manager at kpeters@dscpugetsound.org for more information or to see if your family qualifies.

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

**Registration closes Friday, February 19th at 5 pm*

Register Today

Sweetheart Celebration



Sweetheart Dance Party

Join us virtually on Tuesday, February 9th in celebration of Valentine's Day!

When: Tuesday, February 9th at 5 pm

Where: Zoom

[Register Today](#)



Valentine Swap

**Sign up to send a DSC friend a Valentine!
Submit your handmade valentine into the contest to win a gift card!**

How it works:

- Sign up on the form below
- DSC will email you your valentine. Valentine's will be selected at random.
- Create a handmade valentine and drop it in the mail
- All valentines must be mailed by Friday, February 12th
- **Email DSC a photo of your valentine to be entered into the contest. The winner will be announced Tuesday, February 16th on Facebook.**

[Register Today](#)



321 for 3/21

The DSC is proud to present **321 for 3/21**, a 3-day bike ride in celebration of **World Down Syndrome Day**.

Matt Lyman, DSC parent, is celebrating WDSD with a 321 miles bike ride from March 19th through March 21st!

Matt's goal is to raise awareness about Down syndrome, celebrate his 6-year-old daughter Phoebe, and raise money to support the DSC programs that have meant so much to his family.





Join us as we cheer Matt on his 3-day journey to celebrate WDSD!

[Click here to learn more.](#)

Interested in sponsoring Matt?

Email DSC at

sponsor@dscpugetsound.org

Spotlight On: Charlotte Fien



Charlotte (Charlie) Fien is a DSC Community Member who has spent years advocating for individuals with Down syndrome. As a self-advocate she spoke at the United Nations- Geneva in 2018. She will be getting married to her fiancé Riley this summer. This month we interviewed Charlie to learn more about her work in advocacy and about her wedding.

How have you been involved with the DSC?

I attended the Puget Sound Buddy Walk in 2019. I was planning on being in the 2020 Style & Stars Fashion Show, but when it was canceled due to COVID, I watched the virtual event.



What does inclusion mean to you?

Real inclusion means going to the same schools as regular kids, being part of society, and not hidden away. Being accepted for who I am. I have an extra chromosome but it doesn't make me less of a human being.

What type of advocacy work do you do?

I have been trying to get the UN to sanction countries in Europe practicing eugenics. You can view my work here <https://youtu.be/FHglwa8vYg>.



How did you meet your fiancé?

I met Riley in 2017 through my work at the United Nations in Switzerland. Riley saw my first speech at the UN and contacted me after he watched my speech go viral with 12 million views. We chatted on Skype for 6 months every day because he lived in Washington state and I lived in the UK. We met in person in April of 2017 in Olympia. In 2018, Riley came back to England and proposed after my summer job in New York for EMC Frontline. I moved to Washington on the 30th of August 2018. I started college here as a Sophomore. I'm studying Early Childhood Education and Child



Charlie is hoping to have DSC members as flower girls and page boys in her wedding this summer!

If interested please contact kpeters@dscpugetsound.org

Congratulations Charlie and Riley on your upcoming wedding celebration!

[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](#)

DSC Calendar of Events

[DSC Program Dates](#)

- 2/6 Learning Program
- 2/6 Understanding Adolescence & Puberty
- 2/9 Ready, Set, Kindergarten
- 2/13 Learning Program
- 2/20 Learning Program
- 2/20 Understanding Adolescence & Puberty
- 2/23 Understanding Behavior
- 2/27 Learning Program
- 2/27 Understanding Adolescence & Puberty

[Upcoming Events](#)

- 2/9 DSC Sweetheart Celebration
- 2/10 Mom's Night Out



Mom's Night Out

Calling all DSC Moms!

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

Hosted by: Alison Burchett

When: Wednesday, February 10th
at 7 pm

Where: Zoom



[Register Today!](#)

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 Myer 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.](#)

