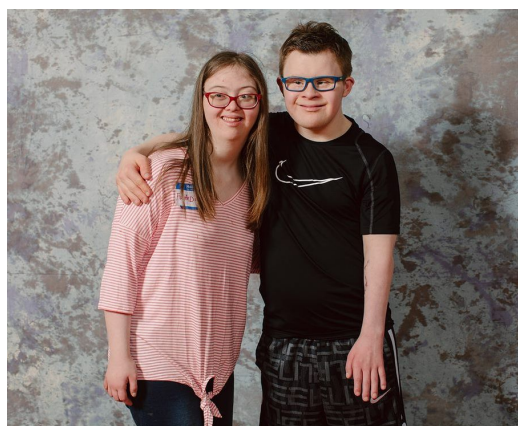




January 2021 Newsletter

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

The Understanding Adolescence and Puberty program has a one-time fee, including all books and materials.

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 at kpeters@dscpugetsound.org for more information or to see if your family qualifies.

[Download Flyer](#)

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

***Registration closes Friday, January 22nd at 5pm**

[Register Today](#)

DSC Speaker Series

Understanding Behavior



About: Behavior is communication. In this session, parents, families, and caregivers will gain an understanding of behavior and the function that it serves. Next, attendees will learn about reinforcement- the most fundamental component of behavior change. This presentation seeks to provide attendees with information to reinforce and increase positive appropriate behaviors, while also gaining a broader knowledge of why challenging behavior occurs.

Presented By: Katy Bateman, Ph.D., BCBA-D

When: Wednesday, January 13th at 4 pm

Where: Zoom

This is a moderated Zoom Meeting. Registration is required. DSC Speaker Series is free to the community.

[Register Today](#)

Spotlight On: Joey Kane

We are so fortunate to have a self-advocate on the DSC Board of Directors. This month we interviewed Joey Kane, to learn more about his job and his involvement with the DSC.



What is your favorite part about being on the DSC Board of Directors?

My favorite part of being on the DSC Board of Directors is being able to give my ideas and to help come up with different programs that benefit the families in the Down Syndrome Community.

How do you stay involved with DSC?

The way that I stay involved with the DSC is that I follow all the DSC Social Media accounts. One of my sisters encouraged me to make my Instagram account (@joey_kanerocks) public so that the DSC families could follow me and see an adult with Down Syndrome enjoying a great life. After this pandemic, I hope to help out with different activities and programs within the DSC.



Where do you work?

I work at a nursing home in West Seattle called Providence Mount St. Vincent. I am honored to be able to work at a place where I feel at home. There are about 300 people who live there and I have great friendships with many of the residents. I work in dining services. Before the pandemic, I worked in the cafeteria and I prepared for dinner and served the residents their meals and then I would clean up after dinner. Because of the pandemic the cafeteria is closed so my coworkers and I deliver dinner to the resident's rooms.



[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](#)



Drum Lessons Video

Virtual Drum Lessons

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

We 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

DSC Calendar of Events

DSC Program Dates

- 1/9 Learning Program
- 1/16 Learning Program
- 1/19 Ready, Set, Kindergarten
- 1/23 Learning Program
- 1/30 Learning Program

Upcoming Events

- 1/13 Understanding Behavior Session
- 1/21 Mom's Night Out

[View Full Calendar](#)



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, and celebrate the New Year!

Hosted by Becky Ronan

When: Thursday, January 21st at 7 pm

Where: Zoom



Community News

“New ways to support parents and preschool-age siblings of children with developmental and health concerns.”

The **Sibling Support Project and Influent Innovations** are creating an app called SIBTime* to help parents – especially those from minority and rural communities – easily and meaningfully address the social, emotional, and behavioral health needs of their 3-5 year-old typically developing children.

They wish to invite families who have a child who has a disability, and another typically developing child ages 3-5 to participate in a 1.5 hour online focus group. During the focus group, they will discuss the special ways parents connect with their typically developing 3-5 year-old child and ask them to share feedback on some of the app’s draft content and features. The focus groups will be scheduled according to parents’ availability and parents will receive \$75 for their participation.

For more information, please contact:

Melanie Santiago-Ruiz, Research Assistant: melanie.santiago-ruiz@influentin.com

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.

The Fred Meyer logo consists of the words 'Fred Meyer' in a bold, red, sans-serif font. A registered trademark symbol (®) is located at the end of the word 'Meyer'.

[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

