



July 2020 Newsletter

## Virtual Programs Update and More!

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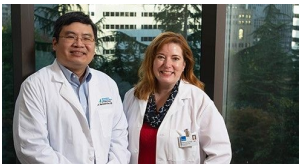
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### Spotlight On



We are so fortunate in the Puget Sound area to have an amazing trio of doctors who are working collaboratively to improve healthcare and outcomes for individuals with Down syndrome.

We interviewed Dr. Rebecca Partridge, one of the DSC's newest board members and the creator of Virginia Mason's Down syndrome program, her colleague Dr. John Morrison who helped her expand that program beyond pediatrics, and Dr. Bernard Khor of Virginia

Mason's Benaroya Research Institute.

### DSC Programs

## Understanding Adolescence and Puberty Class



**Registration Now Open!**

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.

Join Dr. Rebecca Partridge, head of Down Syndrome program at Virginia Mason, Beth Olenchek, health educator at Virginia Mason, and Co-teachers, Ari Charoni and Ayman King for the four-week program this summer.

This program will be held **virtually via Zoom**, for 4 consecutive Saturdays, starting on **Saturday, July 18th**. Topics will include: why it's necessary to teach adolescents with Ds detailed information about puberty, body basics, hygiene, and safety,

**Cost:** \$100- includes books and all class supplies (class supplies and books will be mailed out on a weekly basis)

**Registration Deadline:** **Friday, July 10th at 9am**

***"Dr. Partridge and her team have put together a great program that clearly explains this time of change to young people with Ds, through interactive discussion and hands-on activities, and gives parents strategies on how to keep the discussion going. We didn't want it to end!" - Becky R.***

## [Register Now](#)

To learn more visit [DSC website](#).

Questions? Contact Katelyn Peters at [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)

## Virtual Learning Program



**What was the inspiration for the Down syndrome program at Virginia Mason?**

**Dr. Partridge:**

The inspiration was definitely my son, Joshua! I moved to Seattle in 2009 to work at Seattle Children's and immediately wanted to know how to get him the best medical care. Although there were great doctors, there wasn't a location to provide him the coordinated expertise he needed. In October 2012 I moved to Virginia Mason with the dream of developing a program to provide excellent care to all people with Down syndrome since it was such a gap in our community.

**What are you proudest or happiest about with the reception of the clinic/program in our community?**

**Dr. Partridge:**

The community support inspires me. The way families are committed to the best for not just their loved one makes me feel like I am part of a whole community. I love seeing connections develop between families and resources. We are stronger together as we work toward our goal of creating the best lives for our families.

**People often ask if individuals with Down syndrome need to be seen in your clinic even if they are happy with their current primary care physician - what is your advice?**

**Dr. Morrison:** Strong relationships are important in primary care, and I don't want to replace a primary care physician

that you love. That being said, I do think occasional consultation with our clinic is helpful to address and monitor clinical issues that are

The Learning Program is a literacy and numeracy strategies and education program for students with Down syndrome and their parents and caregivers. Our curriculum was developed by the *Down Syndrome Foundation of Orange County* in California in partnership with researchers, educators and therapists. It is an innovative program that delivers evidence-based educational support to children, parents and teachers. The program's goal is to improve the overall development and academic success of all children with Down syndrome.



**When:** Classes meet every Saturday via Zoom. The program will run from September 2020 to June 2021.

**For Students:** Students receive virtual instruction focused on literacy, numeracy, fine motor skills and language development from special educators and therapists. Each week students will receive a 15-30 minute lesson from Special Educators, SLP or OT.

**For Parents & Caregivers:** In separate sessions, parents and caregivers in the program receive instruction on a wide range of topics such as reading and comprehension, mathematics and memory skills, and creating an effective learning session.

**Materials & Resources:** Take-home materials will be sent to families each month to help parents and caregivers reinforce student learning at home. Teachers and therapists affiliated with the program also receive information about effective teaching strategies and cognitive, developmental, and educational research.

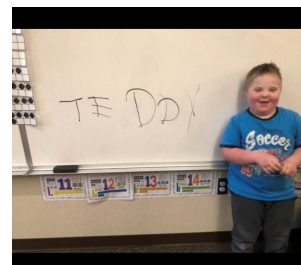
**Registration will open Wednesday, July 8th**

To learn more more visit [DSC Website](#).

Questions? Contact Katelyn Peters at [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)

**School Inclusion-what's it all about!**

Join Ready, Set, Kindergarten (RSK) instructor Courtney Criss, Esq. for an **informational webinar on advocating for inclusion in schools**. This webinar is beneficial for parents of children:



- In birth-to-three and looking ahead to preschool
- In preschool and learning about Kindergarten
- Starting Kindergarten Fall 2020
- All other grades are welcome as well

**When:** Thursday, July 9th at 4 pm.

**Where:** Zoom [Register in advance for this meeting](#).

**\*\*This webinar is an informational session and is not legal advice.\*\***

**DSC Upcoming Events**

**The DSC 2020 Buddy Walk will be VIRTUAL!**



clinical issues that are specific for Down syndrome - similar to occasionally seeing a specialist for an ongoing issue. We can also help coordinate care with other specialist that many people with Down syndrome need to see, such as audiologists or sleep medicine.

**Dr. Partridge:** One of the best parts of my job is getting to play different roles for different families. For some families it works for us to function as their primary medical care home. For others, we serve as consultants, especially if they far away, although virtual visits are making this easier. Our entire team is committed to providing the most up to date care in a coordinated fashion. As a parent myself, it's unbelievably difficult to keep up on everything my own children need. We are able to coordinate not just visits with a doctor, but also the most experienced clinicians - audiology, ophthalmology, sleep medicine, otolaryngology and more and ensure every patient's health care needs are met.

***You've been a pediatric clinic for several years - can adults with Down syndrome be seen in your clinic?***

Both doctors respond "Absolutely!"

**Dr. Partridge:** It's been fascinating how my own needs as a parent have helped our program evolve. My son is now 18; he needs a great doctor too! With Dr. Morrison joining our team, we can provide

care for people with Down syndrome from before birth through end of life. We never have to tell people they have "aged out." Your team is with you every step of the way.

Given the uncertainty of social distancing restrictions in October, and for the safety of our community we will be holding a Virtual Buddy Walk.

Join DSC on **Sunday, October 4th** for the 24th annual Buddy Walk. Walk in your neighborhood, at a local park, on your favorite trail, in your driveway, or anywhere else you have in mind!

We invite you to form your team, and invite your family and friends to virtually come together for one unified purpose- to promote the acceptance, inclusion and respect of individuals with Down syndrome. Let's have fun and support our community!

More information to come. Registration will begin in August.

Questions? Contact Katelyn Peters at [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)



## Virtual Friends Meet-Ups

*Please join us and have fun!*

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

**Contact:** Courtney Criss at [courtneycrissesq@gmail.com](mailto:courtneycrissesq@gmail.com)

Check out the [Facebook Group](#) for meet-up information.

### Kids (ages 4-7)

**Contact:** Molly Lyman at [mooharlyman@gmail.com](mailto:mooharlyman@gmail.com) and Jessica Nordahl at [jessicanordahl@hotmail.com](mailto:jessicanordahl@hotmail.com)

Check out the [Facebook Group](#) for more information.

### Tweens (ages 8-12)

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

Check out the [Facebook Group](#) for meet-up information.

### Teens (ages 13-19)

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

Check the [Facebook Group](#) for meet-up information.

### Adults (ages 18 and older)

**Contact:** Katelyn Peters at [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)

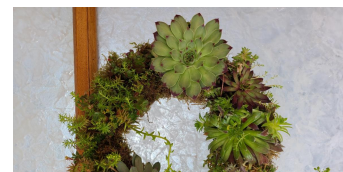
Check the [Facebook Group](#) for more information.

## Moms' Night Out

### Calling all DSC Moms!

Get ready for a virtual floral arrangement making night!

Join florist, Dawn Greip, for a fun night of floral making



To continue reading, visit [here](#).

and catching up with other DSC Moms!

More information to come on the [Facebook Event page](#).

**When:** Thursday, July 16th at 4 pm

**Where:** Zoom

[Register in advance for this meeting.](#)



## Special Olympics Washington

Special Olympics Washington will be offering a virtual summer season! This will not be a traditional competitive season but an opportunity and an encouragement to get our participants engaged and staying active. Anyone and everyone is welcome to participate!



To learn more visit [here](#).

**Stay Connected!**



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



Down Syndrome Community of Puget Sound | 206-257-7191  
[www.dscpugetsound.org](http://www.dscpugetsound.org) | [contact@dscpugetsound.org](mailto:contact@dscpugetsound.org)