



June 2019 Newsletter

In This Issue

[Spotlight On](#)

[Summer Picnic](#)

[Sponsors Needed for the 23rd Annual Puget Sound Buddy Walk](#)

[Save-the-Date for Upcoming DSC Events](#)

[DSC Friends Meet-Ups](#)

[Moms' Night Out](#)

[You're Invited! Zoo for All: Celebrating All Abilities - July 2.](#)

[2019 7th Annual Family Weekend at Great Wolf Lodge](#)

Spotlight On



Becky and her daughter, Frannie

A huge thank you to two of our tenured DSC board members who have stepped away from the board to focus on the many other great pursuits they are engaged in: **Devon Adelman** and **Becky Ronan**. You've

likely encountered them already as they are often at the

Summer Picnic

Enjoy a summer afternoon at the park with friends from our community! Town Square Park in Federal Way has a splash park, playground, zip line, basketball courts and more so there's something for everyone! The picnic is potluck so please make sure to RSVP.

When: Saturday, July 13, 11 AM - 2 PM

Where: Town Square Park, 31600 Pete von Reichbauer Way South, Federal Way, WA 98003

[RSVP Here](#)



Sponsors Needed for the 23rd Annual Puget Sound Buddy Walk

The Puget Sound Buddy Walk is the DSC's largest fundraising event of the year and our most popular event with over 1,000 attendees! We are currently looking for companies and individuals to sponsor the event and help us continue to offer our programs. Sponsorship benefits include name and logo on the Buddy Walk t-shirt, the website and more! Please contact [Becky Ronan](#) for more information.

When: Sunday, October 6, 1:00 PM

Where: Woodland Park Zoo *New Location*

Check out our [Facebook](#) page for the latest information about it! Registration information coming this summer.



Save-the-Date for Upcoming DSC Events

Mark your calendar for these upcoming events:

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

For more information, please visit the official [Megarama](#) website.

Upcoming Events:

DSC Friends Meet-Ups

DSC Friends Meet-Ups are hosted by the DSC at no cost to you!

are often at the forefront of what is happening in our area, and we invite you to join us in applauding their significant contributions to our community.

How long did you serve on the Board of Directors of the Down Syndrome Community of Puget Sound?

Devon: Being on the board of the DSC was an honor. Everyone was a delight to work with. I have been on the board for 3 years.

Becky: 6 years

What was your purpose for applying to serve on the Board?

Becky: I wanted to help create connections for families who have a member with Down syndrome.

Devon: One of my purposes on the board as a self-advocate was to help show that we believe in the "nothing for us without us" motto.

To continue reading the Spotlight On article about **Devon**

Adelman and **Becky Ronan**, check out the entire [post](#) on the DSC website.



Devon

Stay Connected



All Friend Groups are invited to Zoo for All day at the Woodland Park Zoo!

July

All our groups are invited to come to [Zoo for All](#) day at the Woodland Park Zoo and then join in a potluck picnic! We'll meet in the big field by the carousel. This is a weekday, so realize that it might be challenging. Good opportunity to support the zoo's inclusion efforts nonetheless!

When: July 2, 4-6 PM

Where: [Woodland Park Zoo](#), 5500 Phinney Ave N, Seattle, WA 98103

RSVP: kate.oleary@hotmail.com

Fee: Zoo admission or membership

Babies/Toddlers (ages 0-3)

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

June

Join us for a morning of sun and fun at Bellevue Downtown Park and Inspiration Playground!

When: Saturday, June 15, 10:00 AM - noon.

Where: [Bellevue Downtown Park](#), 10201 NE 4th St, Bellevue, WA 98004

RSVP: [Caewyn Barnett](#), check DSC Friends 0-3 Facebook for meet up location

July

It's summer and perfect for a picnic!

When: Saturday, July 20

Where: Golden Gardens, Seattle

More details to come in the July Newsletter and our Facebook page.

Kids (ages 4-7)

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

June

See that clean kitchen? We are gonna get it dirty and have fun!! Please join us to learn to make pizza and cupcakes. Let us know if there are dietary restriction. This event is limited so at this time not open to siblings.

When: June 29, 10 AM - noon

Where: [Frog Legs](#), University Village, 2643 NE University Village St, Seattle, WA 98105

RSVP: [Courtney Criss](#) or on our [Facebook Event](#)

July

Join us (and the Tweens) at this awesome outdoor swimming pool! We have the pool reserved from 10-12. It has a great shallow area and there will be lifeguards on duty. The pool has a double diaper policy (swim diaper plus plastic diaper over). Siblings are welcome. We'll have some snacks too. Hope to see you there!

When: Saturday, July 20, 10:00 AM - noon

Where: Wedgwood Pool, 7727 28th Ave NE, Seattle, WA 98115

RSVP: [Courtney Criss](#) or on our [Facebook Event](#)

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

July

Join us (and the 4-7 group) at this awesome outdoor swimming pool! We have the pool reserved from 10-12. It has a great shallow area and there will be lifeguards on duty.

The pool has a double diaper policy (swim diaper plus plastic diaper over). Siblings are welcome. We'll have some snacks too. Hope to see you there!

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

When: Saturday, July 20, 10:00 AM - noon
Where: Wedgwood Pool, 7727 28th Ave NE, Seattle, WA 98115
RSVP: [Jessica Evertt](#) or on our DSC Friends Tweens Facebook group

Teens (ages 13-19)

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

We have three upcoming events. Take a look, let the organizers know if you have questions and definitely RSVP so they can plan!

June

Your teen creates and keeps their own unique wood sign!

When: either Saturday, June 22

Where: [Board and Brush Creative Studio](#), 20621 State Route 410, Bonney Lake, WA 98391

RSVP: rebecca.pike@experis.com Please RSVP as soon as possible so that signs can be picked out in time for the event.

July

Come to [Zoo for All](#) day at the zoo and then join us for a potluck picnic! We'll meet in the big field by the carousel. This is a weekday, so realize that it might be challenging. Good opportunity to support the zoo's inclusion efforts nonetheless!

When: July 2, 4-6 PM

Where: [Woodland Park Zoo](#), 5500 Phinney Ave N, Seattle, WA 98103

RSVP: kate.oleary@hotmail.com

Fee: Zoo admission or membership

August

Becky Pike and family have generously offered to host our teens for a day at their home on Bonney Lake. Expect sun, water, and food! More details to come.

When: Saturday, August 17, 1 PM

Where: Becky Pike's house in Lake Tapps, WA

RSVP: rebecca.pike@experis.com (for address)

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

Join us for an evening at a local, NE Seattle Thai restaurant - a perfect location for a Moms' Night Out! We hope you can make it.

When: Friday, June 21, 7:30 PM

Where: [Marlai Thai Cuisine](#), 3719 NE 45th St, Seattle, WA 98105

RSVP: [Sue Adelman](#) or on our [Facebook Event](#)

You're Invited! Zoo for All: Celebrating All Abilities - July 2

[Zoo for All](#) is a series of events aiming to deepen connections in communities that are often underserved. Celebrating All Abilities invites the special needs/inclusion communities to come to the zoo for a day of fun events and programming, including a "Sensory Map" to the zoo and more.

When: Tuesday, July 2, 2019 9:30 AM - 3:00 PM

Where: Woodland Park Zoo, 5500 Phinney Ave N, Seattle, WA 98103

Fee: [Zoo admission or membership](#)



The DSC Friends groups are hosting a Zoo for All potluck so check out the Meet-ups for more information.

2019 7th Annual Family Weekend at Great Wolf Lodge

2018 Fall Annual Family Weekend at Great Wolf Lodge

The LuMind IDSC Foundation Family Weekend at Great Wolf Lodge provides families an opportunity to connect and meet other families with a loved one with Down syndrome while individuals with Down syndrome experience a fun-filled weekend among their friends.



2018 was their largest Family Weekend yet with over 900 families participating at 17 Great Wolf Lodge locations. They anticipate an even larger turnout for 2019!

Closest location: Great Wolf Lodge, Grand Mound, WA

When: September 20 - 22, 2019

Click [HERE](#) for more information.

Down Syndrome Community of Puget Sound | 206-257-7191
www.downsyndromecommunity.org | contact@downsyndromecommunity.org