



June 2020 Newsletter

As We Head Into Summer!

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Spotlight On



To get some pandemic perspective from our community, we spoke with Ayman King (20) about how and what he is doing during the stay-at-home order.

How are you spending your time at home during this pandemic?

I use a daily schedule and check things off a

DSC Programs Update

Understanding Adolescence & Puberty

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 and Beth Olenchek, a health educator at Virginia Mason, and Ayman King teaching assistant for the four-session classes.

This program will be held virtually via Zoom, for 4 consecutive Saturdays, starting on **Saturday, July 18th**. The first one-hour session, for the parents/caregivers includes an overview of the program. The following three, one-hour sessions are gender specific and each meeting is for one hour. Topics for the weekly sessions are the same for both girls and boys but include gender-specific details. The class materials and supplies will be mailed to participants on a weekly basis.

Registration will open Monday, June 15th.

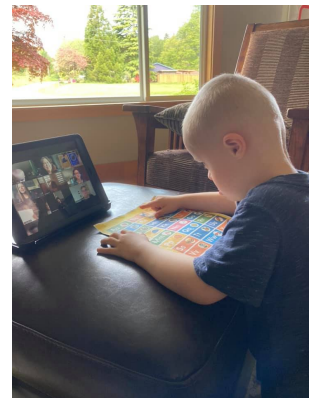
More information on registration email contact@downsyndromecommunity.org

Learning Program and Ready, Set, Kindergarten

Our literacy and numeracy classes, the **Learning Program** went virtual for March, April and May. Sessions were held via zoom, and all families were provided with recorded lessons and activities as well. The last Learning Program class is scheduled for Saturday June 13th.

The **Ready, Set, Kindergarten** program, which provides parents with the tools to advocate for their children has been holding virtual sessions as well.

Stay tuned for information on registration for the upcoming 2020-21 DSC Programs!



things off. Some things are drum practice, reading, writing, go on walks, all the chores, cooking, listen to music and make TikToks. We do FlipGrid in ACT (transition program) to see my classmates. Facebook, email, text, Zoom, Sponge Bob.

What does inclusion mean and why is it important?

Inclusion means work as a team. We can unite the people. Inclusion lets everyone share their best lives and positive thinking. It helps all of us be stronger for the world to be a better place.

How have you fought for inclusion?

I expect to be included. People include me. I don't fight, but I represent for people for inclusion. I am an example to have high standards to live a better life. People (who don't have Down syndrome) see me and know me, so they know it is good to be together. I have a good attitude. I lift people up to help them be happy and strong. I represent Down syndrome.

What have you done to help others understand the importance of inclusion?

At Liberty High School in Unified Basketball I did #RESPECT. I was Vice President. We

L.A.U.G.H. App Information Session

An exclusive and fun experience for the whole family!

On Wednesday, June 3rd join Catherine Mayer, artist and creator of The L.A.U.G.H.® App (Let Art Unleash Great Happiness) for a fun Zoom meeting as she guides us through L.A.U.G.H.!



L.A.U.G.H. is an evidence based app combining visual arts, music and breathing to create calming and positive energies for its users. Download the App for FREE and join us for a fun and interactive hour of creating art in your own "private art studio"!

When: Wednesday, June 3rd at 3pm

Where: Zoom

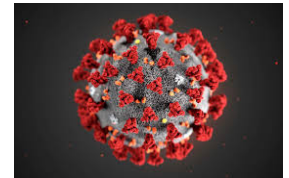
To register, visit [here](#).

Make sure you have downloaded the app before the call. L.A.U.G.H. app only available for iPads and Android tablets.

COVID-19 Q &A with Dr. Partridge and Dr. Khor

Join us June 8th!

In response to a recent article in the Cell Reports Medicine, *Down Syndrome and COVID-19: A Perfect Storm*, the DSC will be hosting a Zoom meeting with Dr. Rebecca Partridge, head of Down syndrome program at Virginia Mason and Dr. Bernard Khor, Benaroya Research Institute.



Join us on **Monday, June 8th at 4 pm** for a presentation on the science behind COVID-19.

When: Monday, June 8th at 4pm

Where: Zoom

To register, visit [here](#).

Financial & Estate Planning Session

"As a caregiver to a child with special needs, are you familiar with the legal milestones that you and your family may encounter? Learning about these milestones can help you to prepare for and meet each challenge and transition with confidence."

Join Suzanne Burke, Attorney-at-Law and Sheldon Sweeney, Wealth advisor with Snider Financial Group on **Thursday, June 25th at 4pm** for a Zoom session for a presentation on financial and estate planning.

Sheldon Sweeney, is a wealth advisor specializing in Special Needs Planning and Retirement Planning. Sheldon is extremely passionate about helping families and their children with special needs. He connects with them on a personal level with his youngest daughter having Down Syndrome.

For over 20 years, Suzanne Burke, has worked with individuals and families as they plan for the future and take care of the present. Suzanne focuses her practice on guardianship and estate planning for individuals with special needs and the families

vice President. We have hoodies and t-shirts. It is a program to raise awareness, so the high schoolers sign up for respect for inclusion.

What are some of your favorite hobbies?

I am a good drummer and I practice a lot. I have a drum kit in the basement and electronic drums in my bedroom. I can play a lot of songs. I am learning to play "I Feel Good" by James Brown. I like making playlists on Spotify and Amazon. I read books and write letters and emails and texts. I ride my bike and I like to hike. I like to learn to cook different things.

What is your favorite DSC memory?

I have a lot of memories, like CanBike, Sweetheart Dances and Buddy Walks, Megarama Days, Pazzo's Pizza. I was a little kid on my dad's shoulders at the Buddy Walk, and talking on stage with my dad at Sweetheart Dance and Buddy Walk. My favorite memory is the Buddy Walk at Woodland Park Zoo last year.

What has been your favorite part about DSC Adult Group Meet-Ups?

My favorite part would be the trivia questions. I like to answer them for puzzling my brain. It is a fun competition with friends. I like to

guardianship and estate planning for special needs and the families who care for them.

When: Thursday, June 25th at 3 pm

Where: Zoom

To register, visit [here](#).

Style & Stars Virtual Event



A Million Thanks!

Thank you to everyone who joined the virtual DSC Style & Stars on Saturday, May 23rd, and for your wonderful support of our community. Thanks to your incredible generosity, we're proud to share that we raised close to **\$190,000!**

A big thank you to our Chairs (Gino and Shana Perrina), Speakers (Roger Levesque, Devon Adelman, and Brendan Mervin), Emcee (Jordan Steele), sponsors, donors and everyone who pledged their support to DSC-we are so grateful!

If you were unable to view the event visit [here](#).

DSC Upcoming Events

Virtual Friends Meet-Ups

Please join us and have fun!

Babies/Toddlers (ages 0-3)

Contact: Caewyn Barnett at caewync@gmail.com

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

We are actively looking for parents to lead our Babies/Toddlers group! Please email kpeters@downsyndromecommunity.org if interested.

Kids (ages 4-7)

We are actively looking for parents to lead our Kids Meet-Up Group! Please email kpeters if you're interested.

Tweens (ages 8-12)

Contact: Sigrun Denny at sigrunc@comcast.net and Cesily Greene at 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, Julie Habegger at jobabe@aol.com and Remy Kovi at elizakovi@gmail.com

see all the adult friends to say, "Hey, how's it going?" We dance and talk about our best lives. It makes us happy.

at janabs@aol.com and Betsy Kavi at elizakavi@gmail.com

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

Adults (ages 18 and older)

Contact: Katelyn Peters at kpeters@downsyndromecommunity.org

Join us **Saturday, June 13th** for a Movie Party! We will be watching Disney's Onward!

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

Moms' Night Out

Contact: Alison Winfield

Calling all DSC moms! Grab your favorite drink and join us for a virtual night out.



We can't wait to catch up and hear what you all have been up too!

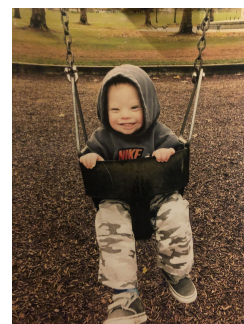
When: Thursday, June 18th, 7:00 PM

Check out the [Facebook Event](#) for information to join the call.

A Home for Gnome- Supporting Eli's Park Project

A new children's book by Washington author entitled **A Home for Gnome** is now available for purchase!

Written by June Vanderhoff, the book is dedicated to the memory of her grandson, Elijah Del Reischl. Eli also inspired the community-led Eli's Park Project, which is transforming the Burke-Gilman Playground Park in Seattle into an accessible, inclusive, nature-based space to benefit people of all ages and abilities. 100% of the book's proceeds will be donated to the park project. Books can be purchased at: www.ahomeforgnome.com



The Eli's Park Project is transforming the Burke-Gilman Playground Park into an accessible, nature-based space. If you'd like to follow along with the project please visit www.elispark.org

Stay Connected!



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





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www.downsyndromecommunity.org | contact@downsyndromecommunity.org