



## March 2021 Newsletter

### 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**.

DSC Parent, **Matt Lyman**, has been training nonstop to ride 321 miles to celebrate his daughter **Phoebe**, and raise funds in support of **DSC**. Stay up to date with Matt's training and 321 mile journey by following him on Instagram [@matt\\_keeps\\_pedaling](https://www.instagram.com/matt_keeps_pedaling).



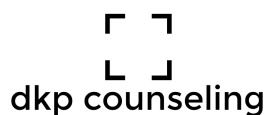
**Looking for Some Good Cyclists!!!**  
Interested in riding alongside Matt for a few miles or the whole trip?  
Email [kpeters@dscpugetsound.org](mailto:kpeters@dscpugetsound.org)

[Click here to learn more and see Matt's Route.](#)

**Help Matt reach his fundraising goal in celebration of WDS!**

**Donate Today!**

### Thank You To Our Event Sponsors



Interested in sponsoring this event?  
Email [sponsor@dscpugetsound.org](mailto:sponsor@dscpugetsound.org)

# World Down Syndrome Day

March 21, 2021



## WDSO Celebration Zoom Party

Join DSC in celebrating World Down Syndrome Day on Sunday, March 21st at 4:00 pm. Joey Kane, DSC Board Member, and self-advocate will be leading the group in a game of Bingo!

**When:** Sunday, March 21st at 4:00 pm

**Where:** Zoom

[Register Today!](#)

## Mom's Night Out

Let's get ready to celebrate World Down Syndrome Day with a WDSO inspired Garden Gnome!



DSC will provide the supplies and you follow along with Erin Azose as she guides you through creating the perfect Garden Gnome!

Register today, and pick up supplies on Thursday, March 18th at the DSC office in Bellevue.

*\*Registration deadline is Tuesday, March 16th at 3:00 pm*

**Hosted by:** Erin Azose

**When:** Thursday, March 18th at 7:00 pm

**Where:** Zoom

[Register Today!](#)

## Top Pot Doughnuts

Visit any Top Pot Doughnuts location on March 20th and March 21st to get your Down Syndrome Awareness Doughnut!

Post to social media and show us your doughnuts! Tag [@dscofpugetsound](#) and [@toppotdoughnuts](#) on Instagram.



## Spotlight On: The Lyman Family



DSC parent, Matt Lyman will be celebrating World Down Syndrome Day with a 3-day bike ride from Bellingham, WA to Portland, OR. This month we interviewed Matt Lyman to learn more about his family's involvement with the DSC and what inspired him to create the **321 for 3/21 event**.

### How have you and your family been involved with the DSC?

We have been part of the DSC family for nearly 7 years. We joined when we found out about our daughter Phoebe's diagnosis and have been active since. We've taken part in kid's playgroups, events like holiday parties and the fashion show, gone through different programs like Ready-Set-Kindergarten and the Learning Program, and I also spent some time on the DSC board. We've also been very active in the Buddy Walk with our team "Phoebe's Fans"!



### What gave you the idea to ride 321 miles for 3/21?

I wanted to do something to celebrate **Phoebe**. When she was born, I went through a lot of emotions. It was extremely difficult for me to hear, to not know what the future would hold, to not know how to handle all of this. We did some different courses through Boyer Children's Clinic and one of the videos they showed us hit me really hard.



The video "[Perfect](#)" is the story of a father who experienced the same thoughts and emotions I did, but was able to work through it all through running marathons. And he soon began running with his daughter with Ds. Watching the video, I promised myself to do something similar to celebrate my little girl – and this 321 ride was the way that felt the most real for me.

Last year, I rode 32.1 miles and promised myself that since this is March (3) of 2021, that there was no better time to go for the full 321. Now I just need to figure out how to get Phoebe included in the ride!

[Read More](#)

## DSC Calendar of Events

### [DSC Program Dates](#)

- [3/2 Understanding Behavior](#)
- [3/6 Learning Program](#)

- 3/6 Understanding Adolescence & Puberty
- 3/9 Understanding Behavior
- 3/13 Learning Program
- 3/13 Understanding Adolescence & Puberty
- 3/16 Understanding Behavior
- 3/16 Ready, Set, Kindergarten
- 3/20 Learning Program
- 3/20 Understanding Adolescence & Puberty
- 3/23 Understanding Behavior
- 3/27 Learning Program
- 3/27 Understanding Adolescence & Puberty



### [Upcoming Events](#)

- 3/18 Mom's Night Out
- 3/19-21 321 for 3/21 Event
- 3/21 World Down Syndrome Day



[View Full Calendar](#)

## 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](#)

## Community News

### Down for Dance

Down for Dance just released their upcoming spring session entitled 'RISE UP ROCK OUT' - a virtual arts program that offers many diverse and creative opportunities for individuals

with Down syndrome across the country! This is a 12-week online session that will be conducted through Zoom & kicks off on **Saturday, March 13th**, and runs through **Monday, June 14th**.

[Learn More](#)



**DOWN  
FOR  
DANCE**

**RISE UP  
ROCK OUT**

12 week virtual arts program

**SPRING #21**  
kicks off 3/13

visit our website for all details...  
[www.downfordance.org](http://www.downfordance.org)



## 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](http://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.](#)

Down Syndrome Community | [www.dscpugetsound.org](http://www.dscpugetsound.org)

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