



November 2020 Newsletter

Adult Care Virtual Meeting

Global Down Syndrome Foundation has released Medical Care Guidelines for Adults with Down Syndrome which were published in the October 20, 2020 Issue of JAMA (Journal of the American Medical Association). This published study is aimed at providing medical recommendations to support clinicians in their care of adults with Down syndrome.

DSC invites you to join **Dr. Rebecca Partridge**, head of Virginia Mason Down Syndrome Program and DSC Board Member, and **Dr. John Morrison**, of Virginia Mason Down Syndrome Program for a virtual meeting as we discuss the publication's findings and medical care guidelines for adults with Down syndrome.

Wednesday, November 4th at 4pm

[Register Today](#)

Save the Date



Virtual Holiday Party

When: Sunday, December 6th

Where: Zoom

More information to come!

Spotlight On: Raechel Benson

We are so proud that DSC member, Raechel Benson, will be participating in the Miss Washington Teen USA Pageant later



this month where she will be the first participant to have Down syndrome. We interviewed Raechel to learn more about her favorite DSC events, her passions, and why she is participating in this year's Miss Washington Teen USA Pageant.

How have you been involved with the DSC? What are your favorite events?

My absolute favorite event has been the Down Syndrome Community's Fashion Show, which I participated in four times. I also enjoy the Talent Show, Sweetheart Dance, and Buddy Walk.



Tell us about your passion for fashion, acting, and singing.

I really want to become a fashion designer. I like being creative, I love putting outfits together and I draw dresses daily. I took some sewing lessons and hope to learn more.

Acting is fun, it lets me use my imagination, be on stage and be in character and costumes. I started participating in performances when I was in Kindergarten, I was in the school musical and was part of the Kindergarten dance number. I loved participating in the Seattle Parks & Recreation talent show. Then I tried Broadway Bound and performed in Mama Mia – it was so fun! I took many classes at Seattle Children's Theater and was really challenged when I auditioned and won the role of the Bride in the Brothers Grimm Summer Play.



What made you want to participate in the Miss Washington Teen USA Pageant?

I was attending a Zoom Meeting where Miss Washington USA 2020, Imani Blackmon was the guest speaker. I emailed her to learn more about how to become Miss Washington USA because I love to model fashion and be on stage. She told me about the Miss Amazing Pageant. I discovered there wasn't one in Washington so I decided to pursue the Miss Washington Teen USA Pageant.

What does inclusion mean to you?

When I'm included, it makes me feel challenged, strong, and, successful. Being included allows me to do anything I want. I want everyone with disabilities to have the opportunity to feel that way.

[Read More](#)

Mom's Night Out

Let's Get in the Fall Spirit!



Join DSC and local florist Dawn Greip on **Thursday, November 12th** for a super fun MNO!

Grab a glass of wine and join the fun as you decorate fall pumpkins and catch up with other DSC Moms.

DSC will provide the supplies and you follow along with Dawn as she guides you through decorating the perfect fall pumpkin!

Register today, and pickup supplies on Thursday, November 12th at DSC in Bellevue.

**Registration deadline is Tuesday, November 10th at 3pm*

[Register Today!](#)

DSC Calendar of Events

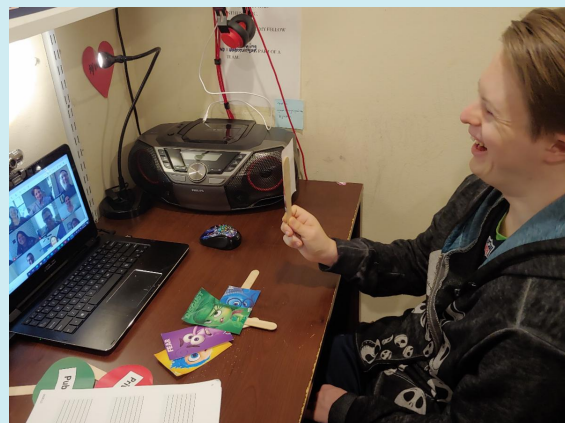
[DSC Program Dates](#)

- 11/7 Learning Program
- 11/7 Understanding Adolescence & Puberty Program
- 11/10 Ready, Set, Kindergarten Program
- 11/14 Learning Program
- 11/14 Understanding Adolescence & Puberty Program
- 11/21 Learning Program
- 11/21 Understanding Adolescence & Puberty Program

[Upcoming Events](#)

- 11/4 Adult Care Virtual Meeting
- 11/12 Mom's Night Out
- 12/1 Giving Tuesday
- 12/6 Virtual Holiday Party

[View Full Calendar](#)



Community News

Eli's Park Project Needs Your Help!

The Eli's Park Project is proud to share the most recent design concept for an accessible, inclusive, nature-based park space for people of all ages, backgrounds and abilities. Would you use a space like this? Join a zoom call to learn more about the design and let us know how we can improve it for your unique needs!

Monday, November 2nd 12-1pm
Wednesday, November 11th 7-8pm



ALL ARE WELCOME


The Eli's Park Project is proud to share our most recent design concept for an accessible, inclusive, nature-based park space for people of all ages, backgrounds and abilities. Would you use a space like this? Join a zoom call with project volunteer, Eli's mom to learn more about the design and let us know how we can improve it for your unique needs!

CLICK HERE TO JOIN Monday Nov. 2, 12-1pm
CLICK HERE TO JOIN Wednesday Nov. 11, 7-8pm





UW's Reading Development Project

The Reading Development Project is conducting important research on reading development in children with developmental delays. The study is recruiting participants with learners in Kindergarten, First, and Second grade. Interested in participating?

[Link to the Parent Interest Form](#)



INFORMATION FOR TEACHERS
Thank you for your interest in the Reading Development Project with the UW Department of Special Education! This document will provide you with a brief overview of how you can help with this project.

	WHO? We want to partner with special educators serving students in grades K-2 who are interested in supporting research in the field of Special Education.
	WHAT? Help identify students for the RDP by sending forms to parents & Complete 1 initial adaptive skills assessment We are looking for students with any eligibility that exhibit significant needs in cognitive and adaptive skills. We want to understand how reading skills develop in students with various intellectual and developmental disabilities.
	WHEN & WHERE? As soon as possible! If your students qualify for our study, we may ask to assess participating students in the school setting when conditions are safe. Currently all interactions have moved to virtual only. The total number of sessions per student will be 1-4 sessions over the entire academic year.
	WHY? To learn about how students with significant support needs develop reading skills over time We hope to build a relationship with educators to support the educational development of students with significant support needs. You will help educators across the nation use research informed practices to build reading skills in their students! For your involvement in this study, you will receive: <ul style="list-style-type: none">- Comprehensive assessment for participating students- Opportunities for PD in Literacy & Classroom consultation- \$20 gift card for completion of student assessments!

We hope to build an effective and sustainable relationship with teachers in the Seattle area, and work collaboratively to the benefit of all students with disabilities! Please visit our website at <https://education.uw.edu/reading-development-project/> or contact us with any questions at readingdevproject@uw.edu.

*Images & paraphrased content from Research + Practice Collaboratory (2020)

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.



Down Syndrome Community | www.dscpugetsound.org

