



October 2019 Newsletter Happy Down Syndrome Awareness Month!

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Spotlight On



In just days, Woodland Park Zoo will host our 23rd annual Puget Sound Buddy Walk! We are clearly thrilled with this new partnership and spoke with the zoo's President and CEO **Alejandro Grajal** about this event and

the zoo's ongoing commitment to inclusion and access

Only 5 Days Until the Puget Sound Buddy Walk®

The big event is this coming Sunday! We are just under \$25,000 from our fundraising goal. If you have been meaning to donate and haven't gotten around to it, or created a team and haven't begun to fundraise, now is the time!

This is our biggest fundraiser of the year. The success of the Puget Sound Buddy Walk allows us to continue to offer our programs (*First Call; Learning Program; Puberty & Adolescence Program; Ready, Set, Kindergarten*) and our community building events (Sweetheart Dance, Holiday Party, Megarama Day, Talent Show, Summer Picnic, Friend's Groups, Moms' Night Out). Please consider supporting today!



[Donate Now](#)

If you plan to attend and have not registered yet, you **MUST** do so by noon on Saturday, October 5th. **Pre-registration is required for free entry to the zoo!** There will be no exceptions.

When: Sunday, October 6, 2019, 1-4 PM / Zoo opens at 9:30 AM. Pre-registered guests are free to come early and enjoy the zoo.

Where: Woodland Park Zoo - West Entrance

Who: The Buddy Walk® is open to everyone!

Cost: Registration is FREE! T-shirts are optional, and are free to our Walkers with Down syndrome and \$12 for everyone else when pre-purchased online. *We don't have many shirts left.*

[Register Now](#)

For more information about the event, click [HERE](#).

To stay up to date with the latest news about the Walk, follow us on our Puget Sound Buddy Walk [Facebook](#) page. Questions? Contact buddywalk@downsyndromecommunity.org

Dine Out for Ds

To celebrate Down Syndrome Awareness Month and support the Down Syndrome Community, we have partnered with 2 local restaurants who will donate a percentage of their sales from the evening to the DSC. Check your family and friends, and come enjoy

inclusion and access for all.

We are so excited and grateful that Woodland Park Zoo is hosting our Puget Sound Buddy Walk this year! How did this opportunity arise?

This came straight out of Special Olympics last year, but the zoo is booked months in advance and wasn't available on the date the Down Syndrome Community had already chosen, so we said, 'let's plan for next year!'

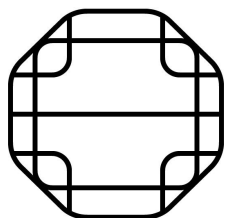
It's obvious the zoo is as excited to host us as we are to be hosted at the zoo. It's great that we're making this connection between the Down Syndrome Community and the zoo community! Synergies make a rich environment in which we can help each other with our particular goals. We can be stronger together.

To continue reading the *Spotlight On* article about about Alejandro Grajal, check out the entire [post](#) on the DSC website.

Stay Connected



their sales from the evening to the DSC. Grab your family and friends and come enjoy dinner out!



P A J U

**11 Mercer St, Seattle, WA 98109
Tuesday, October 15, 5 PM - closing**

10% of all sales from this new Korean restaurant in Lower Queen Anne will be donated to the DSC! Some of their wait staff will also donate their tips!

mioposto

**Mioposto - Bryant location
3426 NE 55th St, Seattle, WA 98105
Tuesday, October 22, 4-10 PM**

Any sales brought in during 4-10 PM will contribute to a donation to the DSC. This includes sales from dine in, take out, gift card purchases, retail sales, or delivery via our delivery partner Caviar.

Thank you to Paju and Mioposto for their support of the DSC!

Trunk-Or-Treat

Back by popular demand and open to all in our Community, the DSC is once again hosting our very own Trunk-or-Treat. We'll have a parking lot all to ourselves where kids and adults alike can go from trunk-to-trunk collecting candy in a safe and fun environment. We'll also have snacks and more so there will be lots of fun entertainment for everyone. Families are welcome to decorate their trucks, too!



When: Saturday, Oct. 27th, 2-4 PM

Where: Happy Hour by Marisa, 13615 NE 126th Place, Suite 430, Kirkland, WA

RSVP: [Jessica Evertt](#) or the Facebook [Event](#) page and please indicate if you're planning to decorate your trunk

Understanding Adolescence and Puberty for Girls and Boys with Down Syndrome

The DSC, with Dr. Rebecca Partridge, head of the [Down Syndrome Program at Virginia Mason](#), is once again hosting our popular series of 4 classes, on 4 Saturdays in January 2020, on adolescence and puberty for tweens and teens with Down syndrome.



Click [HERE](#) for more information about the program.

When:

Saturday, January 11, 1:00 - 2:00 PM - parents/caregivers only

Saturdays, January 18, 25, and February 1

1:00-2:00 PM - girls and parents/caregivers

2:30-3:30 PM - boys and parents/caregivers

Where: Virginia Mason Issaquah, 100 NE Gilman Blvd, Issaquah, WA, 98027

Registration will open soon. In the meantime, if you have any questions, email contact@downsyndromecommunity.org

October Learning Program



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

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

October Learning Program

The next Learning Program session will be held Saturday, October 19.

The theme is **Fall** and the color to wear is **Orange**.

Curious about the Learning Program? Click [HERE](#) for more information or email alisonfb@downsyndromecommunity.org.



Save-the-Date for Upcoming DSC Events

There are a number of events coming up over the next few months. Our calendars fill up quickly so add these dates today.



Holiday Party

Come celebrate the season at the annual holiday party, complete with a decorated tree, festive music, and a visit from Santa.

When: Sunday, December 15, 4:00 - 7:00 PM

Where: Mercer Island Community Center, 8236 SE 24th Street, Mercer Island, 98040

Sweetheart Dance

Our popular Valentine's Day dance party returns! Grab your friends and family and join us for pizza and dancing.

When: Saturday, February 9, 2020, 5:30-8:00 PM

Where: Highland Community Center, 14224 Bel-Red Rd, Bellevue, WA 98007

DSC Friends Meet-Ups

*DSC Friends Meet-Ups are hosted by the DSC at no cost to you!
Please join us and have fun!*

Babies/Toddlers, Kids, Tweens, and Teens

Some groups are not organizing a specific October Meet-up and instead inviting everyone to participate in both the Puget Sound Buddy Walk on Sunday, Oct. 6 and the DSC Trunk-or-Treat on Saturday, Oct. 26. Details on both events are in this newsletter.

Babies/Toddlers (ages 0-3)

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

October

It's October which means it's time to visit a pumpkin patch! We hope you can join us for this fun outing.

When: Saturday, October 19, 10:30 AM - 12:30 PM

Where: [Thomasson Family Farm](#), 38223 236th Ave SE, Enumclaw, Washington 98022

RSVP: [Caewyn Barnett](#) or the Facebook [Event](#) page

Kids (ages 4-7)

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

Tweens (ages 8-12)

Contact: Jessica Evertt at jessicaevertt@hotmail.com

Are you interested in planning the Tween monthly meet-ups? If so, we would love to talk to you! It's a great way to meet people and plan fun outings for your child! Email contact@downsyndromecommunity.org for more information.

October

Join our tween group at our annual Trunk-or-Treat! Costumes, games, treats and friends - who could ask for more! See event details in this newsletter or on our Facebook [Event](#) page.

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

November

Come to this 24-acre working family farm with "you pick" Pumpkin Patch, duck races, large sunflowers and corn maze, and animal train!

When: Saturday, October 12, 2-4 PM

Where: [Serres Farm](#), 20306 N.E. 50th St, Redmond, WA 98053

RSVP: [Julie Habegger](#), 206-853-7003 or [Betsy Kavanaugh](#), 206-372-2744 (day of event, contact Betsy)

November

Our fantastic fan at Microsoft, Bryce Johnson, invited us back for a second visit this year! Come play games - Xbox, PC, Virtual reality - and play around with some other cool tech! We'll have pizza and snacks. Adults and siblings are welcome to stay and play!

When: Saturday, November 16th, 1-3 PM

Where: Microsoft Inclusive Tech Lab, Microsoft Main Campus, Studio B, 15101 NE 40th St, Redmond, WA, 98052

RSVP: [Kate O'Leary](#), 206-819-7403

Moms' Night Out

Contact: Maura Dunn at maura@downsyndromecommunity.org

With Laduree in Paris as our inspiration, we invite you to join us as we celebrate the fine art of macarons. You'll leave with the know-how and tools to make these delectable bites from the comfort of your own home. We will also learn the fundamentals to building a show-stopping charcuterie platter while sipping on Rosé to accompany.

When: Saturday, October 19, 2019 at 7 PM - 9 PM

Where: [Froglegs Academy](#), University Village, 2643 University Village Lane, Seattle, WA 98105

RSVP: [Alison Burchett](#) or on our Facebook [Event](#) page

JOB FAIR Presented by Goodwill's Disability Services Program

In celebration of National Disability Employment Awareness Month, Goodwill is excited to be hosting a job fair and employer education event on October 23, 2019. As a community partner who works with individuals within the disability community, Goodwill of the Olympics and Rainier Region personally extends an invitation to our Community to attend the event.

When: Wednesday, October 23, 2-5 PM (employer pre-event presentation, 1-2 PM)

Where: Goodwill Milgard Work Opportunity Center, 714 S. 27th St, Tacoma

Employers, click [HERE](#) for more information.

Job Candidates, click [HERE](#) for more information.