



DSC Newsletter

Down Syndrome Community

Our Goals:

- Build a caring, understanding, supportive community open to all individuals and families whose lives include a person with Down syndrome.
- Share and nurture a climate where every human being is recognized, their strengths appreciated, and their accomplishments respected and valued.
- Strengthen the network of individuals and groups working with issues affecting the lives of those with developmental disabilities and their families.

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2010 Buddy Walk of Puget Sound: A Day to Remember



Wow! What a fantastic turnout for the 14th Annual Puget Sound Buddy Walk at Seattle Center last Oct. 3rd! Thank-you to all who came to participate, volunteer, inform, and entertain us on a beautiful Sunday afternoon in our new location at Center Square. An estimated 750 – 900 people attended (many attendees didn't register) and enjoyed various activities, including crafts, fishing for prizes, visiting informative booths, face painting, mingling with jug-

glers, clowns and Star Wars characters, listening to wonderful speeches, and dancing to great music. And the Grand Finale – the Buddy Walk- with hundreds and hundreds of people strolling through the park with our own bagpiper in the lead, raising Down syndrome awareness to great heights – even to the top of the Space Needle!

Our inspirational speakers this year were Eric Matthes and Mimi Siegel. They did a fabulous job, touching on our theme “Get Involved, Be Inspired”. We also honored Al O'Brien, retiring legislator, for attending all but one of our Buddy Walks, and for his continued support of those with disabilities. Embassy Suites, our

(Continued on page 5)

Get your gifts wrapped by the DSC Board!
 Our banner will be hanging as we wrap for the
 New Parent Packet Project.

We will get half of all money received for gift wrapping!

Sunday, December 12, 10am-7pm
 Pacific Place, 6th & Pine, Downtown (outside the Barnes and Noble entrance) seattlegiftwrap.com

Innaugural FirstGiving Campaign Huge Success

Kristie Richardson of Team Noah - Embassy Suites Seattle Airport is the winner of the \$300 Brooks Running gift certificate for most funds raised during this year's campaign. The runners up, in order, are: Kelly Spivey, Scott Rutledge, Sean King and Rachelle Snyder.

It was a very close race for first place between the top three fundraisers. Next year we will have

more incentives, because such strong efforts should not go unrewarded. Thanks to Brooks Running for donating this year's prize.



Nineteen active fundraisers raised thousands of dollars for the Buddy Walk, DSC and NDSS.

“It was really pretty easy,” said one

fundraiser. “I set up the FirstGiving page in a few minutes, sent out an email to all my friends and posted to Facebook. The money steadily came in and added up fast. It's a good cause, so people want to donate.”

Next year we will run this successful campaign again, so get ready! You can view this year's fundraising activity at www.firstgiving.com/14286

DSC Newsletter

From the President

Dear members, sponsors, donors and volunteers: Thank you! Never did I expect our biggest and best Buddy Walk of all time. We hit new highs in terms of both attendance and money raised to support the DSC and NDSS.

The day was amazing—the compassion, strength and joy created so much positive energy. Did you know we made KOMO 4 and

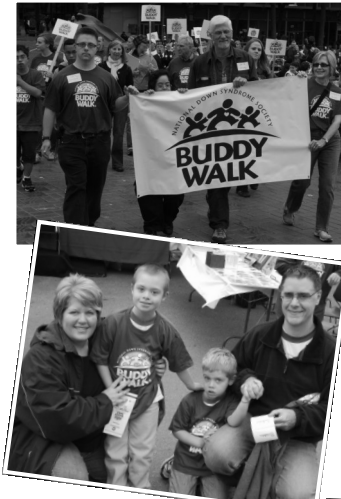
KCPQ 13 local news? Please post your photos on the Puget Sound Buddy Walk Facebook page. I'm longing for a shot that captures the magnificence of nearly 900 people walking together. It's hard to contain such greatness on film.

This has been a satisfying year all the way around. Although we're small and all-volunteer, we continue to grow. It's clear you be-

lieve in what we're doing. As always, please let us know what you think.

Join us at the Holiday Party on December 18. Come get your gifts wrapped at Pacific Place on December 12. And before the next newsletter arrives, our famous Sweetheart Dance is upon us on February 19. See you there!

—Sean King



Last Chance at Entertainment

We still have some 2011 Seattle/Eastside Entertainment books remaining for the discounted rate of \$25.

They make a great gift! To purchase, contact Lynne Palmisano: lyn-toy1@aol.com, 425-681-2957.



Spreading the Word

End the Word

Next year, Spread the Word to End the Word Day falls on 3/2/2011. T-shirts available online at www.r-wordstore.com. Start talking to your school district now to make it an event! See the toolkit at www.r-word.org.

Santa Knows

Santa realizes that some children need extra time with him and need special accommodations. For a low-stress, leisurely experience for kids with special needs at Nordstrom Downtown Seattle, call his elf, Elizabeth Montero, at 206-373-2981 for appointments.

"Monica and David"

Look for the HBO Documentary Films award-winning "Monica and David" to be available on DVD this spring.

Ali Codina's affectionate documentary is an intimate, year-in-the-life portrait of two childlike spirits with adult desires as they prepare for their fairy tale wedding and face the realities of married life afterward. But their unique circumstances still have them living with Monica's mother and husband. How will this exceptional family face its challenges and move forward?

Rosa's Law

Rosa's Law, a law that would remove the terms "mental retardation" and "mentally retarded" from federal health, education and labor policy, has been signed by President Obama. It now becomes law.

The law does not affect the rights of individuals with disabilities, but requires use of more acceptable terms, such as "intellectual disability" and/or "individual with an intellectual disability."

Changes will occur as laws and documents come up for revision over the next several years.

Jennifer's Notes

Jennifer Mullis was elected to the DSC Board in May of 2010. Her introduction here is the first in what we hope will be a continuing feature.

Hi! My name is Jennifer Mullis. I'm serving on the DSC Board of Directors as a self-advocate. I like to do arts and crafts and give them to people as gifts. My favorite game is Spelling Bee. I really enjoy

playing with my mom.

I'm in the Adult Living Program at my school. On one of our class trips, we went to see the President of the United States when he was in Seattle. It was a really fun day. I had a really good time.

More things about myself: I attend youth group at my church; I also play piano. I find it really hard

sometimes, but it's fun. I used to do Aikido and Athletic Club. They are both really fun. I am in the cooking and sewing projects of my 4-H club.

Thank you, Sean, for letting me write an article for the DSC Newsletter.

The End

"...we went to see the President of the United States when he was in Seattle."



Good news! The DSC's Heidi Heier Memorial Sharing Library will be at the Holiday Party and the 2011 Sweetheart Dance

Please bring CDs, DVDs or other media related to living with Down syndrome to share with others or contact Sean for pickup:
425-228-3391, president@downsyndromecomunity.org

Next DSC/Camp Prime Time Opportunity in 2012

Camp Prime Time was another successful DSC venture. There were a couple late cancellations—and even later add-ons! Thank goodness for folks who like to do things spontaneously. The end result was 68 folks spread over all the cabins.

Boat rides were in decent weather. There were lots of tiny (like smaller than your pinky's last phalange) brown frogs everywhere! The camp fire was cancelled; however, we enjoyed singing in the lodge, with s'mores made in the oven. The volunteer

kitchen staff was magnificent. Horse back riding could have occurred, but the horses were engaged in a hunting expedition and unavailable to us.

The weather was cooperative (most of the rain was at night and lovely to listen to on the rooftops of the cabins) until the ride home. Instead of stopping at a rest stop to eat our picnic lunch, we stopped during a severe downpour at a very good Mexican restaurant.

I think that everyone who attended enjoyed the weekend. The expansion of the camp lodge is well under way. It will be exciting to see the end result when we once again meet there in 2012. Please plan to join us!

—Anne Mullis

For a closer look at the Camp Prime Time experience, visit their website at campprimetime.org



Boat ride on the lake at Camp Prime Time.

Thank You

The Down Syndrome Community Board of Directors, with sincere and heartfelt gratitude, salutes the 2010 Puget Sound Buddy Walk Committee. On behalf of all who attended, thank you for a superlative event that exceeded all expectations!

Your 2010 Buddy Walk Committee

Adrienne Fraley-Monillas

Tasha Hanley

Wendy Hawley

Sean King

Jacque Martin

Barbara Matthes

Linda Michael

Barbara O'Kelly

Lynne Palmisano

Curtis Thelin

DSC Newsletter

2010 Buddy Walk of Puget Sound Self-Advocate Speech



Eric Matthes was an Arc of King County Board Member and is now employed with the Arc as an Outreach and Advocacy Specialist.

“...the power is in you to create an even better world for people with disabilities! Be inspired! Get involved!”

What a great event this is! I am so excited to be here and honored to be a speaker today. And I'm really looking forward to our walk together here at the Seattle Center. My friend Sponge Bob Square Pants would say, "It's my best day ever!" That really is my philosophy of life: EVERY DAY is my best day ever!

You already know my name is Eric Matthes. And you already know that I happen to have Down Syndrome! Now I would like to share some things that you may not know about me.

I was born in Salt Lake City, Utah and I lived there until 3 years ago when I moved to Seattle with my family. My three cats came with us too. I don't think they liked the 800 mile ride in the car but they probably didn't want to disappear like our furniture did when it went on to the moving van.

Since last January I have been working at the Arc of King County—just over that way on 6th Avenue. I LOVE MY JOB! (Just like Sponge Bob. He loves going to work every day too.) I work with the Outreach and Advocacy team at the Arc. More about this later!

I'm living with my parents now and I am very independent. I do my own laundry. I get myself up and get ready for work on time. I make my own breakfast and lunch. I keep my room clean and even help out around the house. I also take care of my three cats. Sheba is almost 18 years old and I give her medicine twice a day everyday—and I never forget!

In the future I do want to have a place of my own, and I will need some support services. Like I will need someone to help me plan my meals and shop. Managing a budget

and paying bills would be pretty hard all by myself. I will need a healthcare advocate and stuff like that.

I do love my job. And I love my days off too! There are so many things I like to do, like talking to friends on the phone or on Facebook. I really enjoy movies—mostly DVDs but I like to see some in the movie theaters too. I like first Thursdays every month when the museums are free. Sometimes I go to the Museum of Flight or the EMP. I enjoy walking and I really like going to different coffee places. With my Flash Card I can go to the Seattle Aquarium whenever I want. (Maybe I will see Sponge Bob Square Pants there some time—but I haven't yet!)

Something important that I forgot to tell you is that I have an older brother. His name is Todd and he lives in Seattle. In December I am going to be an uncle—for the first time! I am really excited about that!

I also want to tell you a little about my life before Seattle. After high school, my first paid job was as a nursing assistant. It was challenging, but I like to help people and I worked really hard. I worked in long-term care and adult day care for three years.

I was also a volunteer for a year at a Neighborhood House. That is a United Way Agency that provides adult day care for seniors when their family members are at work. I helped with activities and serving a hot lunch. And I really liked helping with outings. I think I did a pretty good job because a local TV station even did a short story about me. I was a star for five minutes! Ta da! (I did feel very grown up and proud of myself.)

My last job in Utah was working for Cinemark as an usher. I collected tickets and told customers which theater to go to. Sometimes I would help with concessions too. And the best part was I could see free movies every week.

Many words ago, I said I would tell you more about the job I have here at the Arc of King County. It's really like a dream come true for me. I have a passion for advocacy and I want all people with disabilities to be respected and included in their communities. About six years ago when I was still in Utah, I was on the DD council and just learning about advocacy. That was the first time I went to the legislature and testified.

After that I wanted to know lots more about our rights as citizens and about laws and services that concern us. I joined People First and I even went to a national convention. Now I get to work with an amazing team of advocates who also want the best possible life for people with disabilities.

Wow! Today I want to tell you all that the POWER IS IN YOU to create an even better world for people with disabilities!

Be inspired! Get involved! Learn about the issues, local and national!

Communicate with your legislators and schools! VOTE!

Be a volunteer! Join the campaign to end the R word. SPREAD THE WORD TO END THE WORD!

Do something and do it now.

YOU ARE HERE TODAY SO YOU HAVE ALREADY TAKEN THE FIRST STEP.

Thank you all so much for this opportunity.

Your 2010 Buddy Walk of Puget Sound Sponsors!

Seattle Center
Embassy Suites
Alaska Airlines
Great Wolf Lodge
Knott's Berry Farm
The Children's Museum, Seattle
Creative Activities
VSA Arts of Washington

Brooks Running
Costco
Farmhouse Market
Fred Meyer, Issaquah
Sun Press Printing
Tim's Cascade Chips
Top Foods



501st Legion Vader's Fist members at the Buddy Walk in their authentic costumes.

2010 Buddy Walk of Puget Sound a Day to Remember

(Continued from page 1)

Gold Sponsor, was also thanked for all their support and wonderful raffle prizes.

Special thanks go to all who participated in helping us raise money as well. We had teenagers bringing in pledge forms, and families creating FirstGiving web pages. We had people selling and buying raffle tickets, as well as others procuring and donating items. Everyone was so generous the day of the walk

with just donating in the big blue boxes, too. We certainly raised more than we ever have, due to your outstanding generosity.

Support for the Buddy Walk and the DSC was strong in spite of economic pressures. Please patronize the Sponsors and Donors of this year's Buddy Walk, as listed in this newsletter. We also had about 100 volunteers, and we wish to thank each and every one of them! And last, but not least, a warm thank-you to the committee

who really made the event come to life. We couldn't have done it without any of you!

Plans are already in the works for another fabulous walk next year! Please let me know if you'd like to be on the committee or volunteer for the day. (I promise to order more t-shirts for next year, too!)

Thank-you, and Be a Buddy!

—Lynne Palmisano, Puget Sound Buddy Walk Chair

“Please support the Sponsors and Donors of this year's Buddy Walk, as listed in this newsletter.”

Your 2010 Buddy Walk of Puget Sound Donors!

Adriatic Grill
Anthony's Restaurants
Aqua Verde Paddle Club
Argosy Cruises
Basil's Kitchen
Belltown Billiards & Lounge
Camaloch Golf Course
Claim Jumper Restaurants
Dimitriou's Jazz Alley
Doubletree Hotel
Seattle Airport
Duke's Chowder House
Educational Insights
Embassy Suites Hotel
Anaheim North
Embassy Suites
Portland Downtown

Everett Aquasox
Experience Music Project
Family Fun Center
HiLine Lanes
Hilton Bellevue
Hilton, Vancouver WA
Hong's Garden Restaurant
Hoodsport Winery
Imagine Children's Museum
Intiman Theatre
Ivar's, Inc.
Jillian's
John Howie Restaurants
KI Speed Seattle
KidsQuest Children's Museum
Lolly and Company
Lupita Cano

Majestic Bay Theatres
Mount Si Golf Course
Museum of Flight
Northwest Outdoor Center
Pacific Place
Safeco Insurance
Seattle Art Museum
Seattle Children's Theatre
Seattle Musical Theatre
Seattle Theater Group
Storybook Theater
Top Ten Toys
Toyology
Traxx Racing
Uncles Games
Woodland Park Zoo
Yuen Lui Studio, Inc.



Eric Matthes holds up Sponge Bob Square Pants during his address at the Buddy Walk. Aneeda Lonkar provides ASL interpretation.



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The Down Syndrome Community is a registered 501(c)(3) non-profit organization whose mission is to improve the lives of individuals with Down syndrome and their families by focusing on education, communication and advocacy. Our service area includes the entire Puget Sound region and Western Washington. Our members include a wide cross section of families and professionals across the United States.

You can find more information and make a tax-deductible donation through PayPal by visiting our website at www.downsyndromecommunity.org

Upcoming Events

Gift Wrap Day

December 12, 10am-7pm, Pacific Place, 6th & Pine,
Downtown Seattle, across from Barnes and Noble entrance

Holiday Party

December 18, 6pm-8:30pm
Community Center at Mercer View, Mercer Island

Potluck: Everyone please bring a main course *and* a salad/side dish that could feed your group.



Sweetheart Dance

February 19, 2011, Highland Community Center, Bellevue

Spread the Word to End the Word Day

March 3, 2011, www.r-word.org

World Down Syndrome Day

March 21, 2011, www.worlddownsyndromeday.org

DSC Conference 2011

April 9, 2011, Blackriver Conference Center, Renton

Board of Directors

Sean King, President
president@downsyndromecommunity.org

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Community Relations Liaison
dsc_relations@comcast.net

Carla Snyder, Secretary

Curtis Thelin, Treasurer
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Nick Kappes,
Finance Committee Chair

Lynne Palmisano,
Buddy Walk Chair

Dan Hartung

Sue Hartung

Jennifer Mullis,
Self Advocate

Scott Rutledge

Laurel Sturges

Board Meetings

Board meetings are open to all members. Please let Sean know you are coming: president@downsyndromecommunity.org, 425-228-3391.

January 4, 7-9pm, Pacific Market Center

March 2, 7-9pm, Pacific Market Center

May 4, 7-9pm, Pacific Market Center