

# STEPPING UP

Fall 2016

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PUBLISHED BY THE NORTHWEST DOWN SYNDROME ASSOCIATION  
CELEBRATING EVERY PERSON WITH A DISABILITY, INCLUDING DOWN SYNDROME

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## The kids are alright: the new Social Justice Youth Camp

*“Going into this camp, I thought social justice was only about helping people who can’t help themselves...but I learned that it is so much more. In order to create social justice, we have to start with ourselves.” - James, 2016 Social Justice Youth Summer Camp Participant*

Our organization has always benefited from the energy and creativity of youth. We’ve never been about only feel-good, inspirational messages—we dig into the dirty work of creating real social change. A big part of that work is nurturing the leadership of the kids growing up in our community, with and without disabilities. Through programs like Dreambuilders and Think College Inclusion Oregon, we enable younger generations to have high expectations for their lives, and support the belief that they have real rights and a voice to lead. Our new Social Justice Youth Program is an innovative collaboration of young adults, with and without disabilities, and leadership mentors within the community focusing on social change.

In late August, we hosted an all-inclusive, weekend-long summer camp for fourteen young adults, half of whom experienced disability.

Please see Voices on page 5

## Celebration: sometimes the journey is the destination

By Abby Braithwaite

This past July, our family spent a week in Manzanita with grandparents, cousins, an aunt, an uncle, and a couple of very cool teenage girls. There was good food, uproarious Uno games, cold swims, glorious sunny kite flying, and a dozen people sharing one house.

Just a few weeks earlier, our daughter Adara had completed her second year of NWDSA Bike First Camp. She put impressive effort into getting on her bike and riding around the gym every day, belting out *Let It Go* with her favorite spotters, and ending each day with a spring in her step and a new confidence. At camp’s closing ceremony, Bike First camp founder Ann Donaca-Sullivan congratulated each biker with a trophy and a smile, and exhorted parents to make sure that we got our kids up on bikes every day for 30 minutes for the next two weeks in order to cement the skills they learned at camp.

Our family failed mightily at this task; our house is miles from anywhere, our driveway full of potholes, and the road out front littered with sharp stones, barking dogs and cars that drive too fast. Adara’s bike gathered dust in the garage for the three weeks between camp and our trip to Manzanita. Not even knowing if she’d want to ride, we packed her bike, along with ours, into the truck and headed to the coast.

Please see Celebration on page 9



# NWDSA

northwest down syndrome association

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To be added to our mailing list visit [nwdsa.org/connect](http://nwdsa.org/connect) or send your mailing info to the address above. There is no subscription fee, but if you would like to make a donation, you may send a tax deductible contribution to the address listed above or on our website at [nwdsa.org/donate](http://nwdsa.org/donate).

Readers are welcome to submit letters and articles to the address above or [abraithwaite@nwdsa.org](mailto:abraithwaite@nwdsa.org). Please include your name, address, and phone number. All submissions will be reviewed and edited for content and style.

### The NWDSA Mission:

Create and nurture a loving and inclusive community celebrating every person with a disability, including Down syndrome.

NWDSA will accomplish this mission by empowering and supporting families and individuals who have been touched by Down syndrome. We will work to increase education, promote public understanding and acceptance, and toward full inclusion of individuals with Down syndrome in our community.

Opinions published in *Stepping Up* are not necessarily those of NWDSA.

## Dear families and friends of the NWDSA

By Steve Holland, NWDSA President

Greetings from the Board of Directors of Northwest Down Syndrome Association / All Born (in). We had a busy and productive retreat this June, planning the upcoming year of goals and collaborations while taking time to appreciate everything that went into the past year. We are so grateful for the contributions and efforts of our board, and for all of the work they do behind the scenes to keep our organization thriving.

We are very excited about some new additions to our board—Nancy Anderson is a long-time friend and ally of our organization. She received a Friend of Inclusion award at the 2016 All Born (in) Conference (see page 7), and we are thrilled to welcome her to our board.

We are also happy to announce that Diego Conde is our new board member. Diego has been an important part of our Hispanic outreach and we look forward to the work we will be doing together in expanding our community.

Another exciting development is that Michael Bailey and Carrie Hutchinson are hosting weekly drop-in hours at the Resourcefulness Center every Thursday from noon to 2 PM. Michael is a veritable fountain of knowledge about the ins-and-outs of IEPs, advocacy, the law and more. Carrie is the director of the Kindergarten Inclusion Cohort and will also be here, ready to discuss your situation by phone or in person during drop-in hours. We also have an expansive library of resources available for you to browse.

School has started and we've loved seeing all the photos of your children's smiling faces as they head off to school. I love to be reminded of the little ones who are at the heart of all our work.

We look forward to seeing you all at the Buddy Walk! This event helps fund all of the programs that you enjoy. We hope everyone has a fantastic fall and winter.

Best regards,  
Steven Holland  
Board President



## KIC grads ready for kindergarten transition

Kindergarten is an exciting time filled with changes, and many families seek help navigating the way. The Kindergarten Inclusion Cohort provides a series of workshops that empower families to develop and share their visions for their children to live rich full lives as members of the community, beginning with inclusive school placements in kindergarten.

The innovative and successful KIC program, now in its 7th year, recognizes school inclusion as a civil rights frontier and the forefront of an inclusive life. The new KIC grads are prepared to advocate for their children and help education teams with supportive resources that benefit all students.

## Other workshops provide transition resources

- For parents and guardians unable to participate in the Kindergarten Inclusion Cohort, NWDSA/ABI created the **Kindergarten Transition Boot Camp**, a one-day, condensed workshop based on the Cohort program. A panel of 12 experts brought parental expertise, knowledge of laws and policies, and classroom tools and supports focused on supporting inclusion.
- Parents of young adults transitioning into high school or adult services received information and resources at **Brokerage 101: A Primer on Support Services**, presented in partnership with Independence NW.

To stay informed about future trainings and workshops, join our email list at [nwdsa.org/connect](http://nwdsa.org/connect) or follow us on facebook at [facebook.com/nwdsa](https://facebook.com/nwdsa)

## Educational advocacy expands

We're always seeking new connections and collaborations within the community to help strengthen resources and supports for early childhood through adulthood. A few of examples of recent advocacy efforts and collaborations include:

- Representatives from NWDSA/ABI were invited to join a conversation about early childhood at Portland State University. Among the panelists were Congresswoman Suzanne Bonamici and Ranking Member of the House Committee on Education and the Workforce, Congressman Bobby Scott. We are grateful for the opportunity to share our perspective at this event.
- NWDSA/ABI has teamed up with Early Learning Multnomah to provide a disability perspective for future preschools. The partnership with ELM focuses on a conversation about equity and the intersectionality of race and disability.
- Think College Inclusion Oregon remains involved in the development of Portland State University's new program for students with intellectual disability, the first of its kind in Oregon. Input includes admissions, student supports, UDL, financial support, and sustainability.



*Cohort graduates raise a glass in celebration of completing the eight-month program.*

*"I will carry this knowledge with me forever and it will benefit our family greatly" - Jenna D.*

*"Nothing is better than knowing we are all on this journey together" - Dara E.*



*Larry Deal from Independence NW explores transition services available for young adults at the Brokerage 101 workshop.*



*Abby Braithwaite (l) meets with Molly Day, the Early Learning Director of United Way of the Columbia-Willamette to share ideas.*



## World Down Syndrome Day Celebration

World Down Syndrome Day is observed around the world every year on March 21st (3/21), in recognition of the 3 copies of chromosome 21 that are present in most people living with Down syndrome.

This year we celebrated World Down Syndrome Day north of the border with two parties. In the morning, Dizzy Castle in Vancouver offered free or discounted admission for families to the giant indoor playground. Later that afternoon, families gathered at the Old Spaghetti Factory and made merry into the evening.

We'd like to thank Jenna Dillon for organizing the events and making it a great day to celebrate with family and friends!

## Register today for the 18th Annual Buddy Walk® Festival

The Portland Metro & SW Washington Buddy Walk® Festival is our day to celebrate friends and family who experience Down syndrome. It's also NWDSA's biggest fundraiser of the year and provides funding for many of the vital services we provide the community.

This year's festival promises to be bigger and better than ever! Featuring our special guest **Megan Bomgaars** from A&E's *Born This Way*, games, bounce houses, food, face painting, music from Tony Starlight & his AM Gold Band, favorite characters from Star Wars, pirates and more, and of course the raffle and silent auction!



**Saturday Sep 24, 2016, 10 AM - 1 PM**  
**Rose Quarter Commons, Main Amphitheater & Center Court**  
**Register now at [nwdsa.donordrive.com](http://nwdsa.donordrive.com)**

**Five ways you can support Buddy Walk—If you are interested in helping, please contact us at (503) 238-0522 or [info@nwdsa.org](mailto:info@nwdsa.org)**

**Volunteer**—The festival wouldn't be possible without a great team of volunteers. If you'd like to join the team and help with anything from planning and organizing to working the day of the event, please let us know.

**Sponsor**—If you are a business owner, or work for a company that might be interested in sponsoring the event, we would love to hear from you!

**Donate Goods & Services**—Every year, the raffle and silent auction tables are packed with fantastic prizes but it takes a great deal of support and creativity from the community to make it happen. We would love to hear about any gift basket or prize package ideas you might have, or any goods and services you would like to donate.

**Promotion**—Help us get the word out! If you have connections with or access to local Portland or SW Washington media resources, please contact us.

**Cash Donation**—If you're unable to attend but still want to donate, please visit [nwdsa.donordrive.com](http://nwdsa.donordrive.com) to learn how.



*Families celebrate World Down Syndrome Day at Dizzy Castle and Old Spaghetti Factory in Vancouver, WA.*

## Youth voice

*Continued from page 1*

Campers came from different backgrounds and varying racial and gender identities. For two and a half days, they were immersed in interactive art and media workshops led by artists, mentors, activists, and advocates from within the All Born (in) community and beyond.

Campers stayed in dorms at PSU and spent the weekend discussing social issues ranging from racism to equity, LGBTQ rights, immigration, animal rights, climate change, poverty and homelessness, and much more. Campers recognized that all of their peers face challenges, and they explored visual art, music, social media, and dance as modes of expression.

The Camp was the result of the work of Austin Nugent and Rachel Esteve, Camp Co-Directors and NWDSA/ABI staff members, under the leadership and youth development experience of NWDSA/ABI Executive Director Angela Jarvis-Holland. A small grant from the Northwest Health Foundation and the Alan Jarvis Memorial Fund helped make the camp possible.

Austin described the connections formed among campers as “magical and powerful”—the weekend started with 14 diverse individuals, and by Sunday afternoon they were one group united by determination to advocate for social equity. Most of the campers would not have otherwise had the opportunity to connect with individuals outside of their geographic location, socioeconomic status and/or social groups. As the weekend drew to a close and campers posed for a group photo, Rachel felt “empowered and connected” to the group.

If you are 16 to 25 years old and interested in learning more about our youth programs and how you can be involved, please email [anugent@nwdsa.org](mailto:anugent@nwdsa.org) or call us at (503) 238-0522.

## Self-advocates making a difference

As part of our Youth Social Justice Program, Rachel Esteve (23) and Daniel Jarvis-Holland (17), self-advocates, have been making their voices heard at meetings and events around Portland and surrounding areas. Some of their recent appearances include:

- Both recently spoke at Philomath High School as part of the school’s “Respect Campaign”. They talked about their hopes, dreams, and accomplishments, and asked the students to commit to eliminating use of the “R word”.
- Daniel spoke before PPS principals and administrators to share the story of his path to inclusion. He encouraged them to join him in the challenging but rewarding work of successful inclusion. You can see video of his presentation at [www.youtube.com/nwdsa](http://www.youtube.com/nwdsa)
- Rachel, along with self-advocate Linnea Goranson, presented at the All Born (in) Conference. With support from Sam Sennott and Sue Bert from PSU, Rachel and Linnea shared their personal stories of why inclusion matters to them.



*The Youth Social Justice Summer Camp brought young adults together to explore social issues in an inclusive, creative space.*

*“I cannot let the world define me, I must define myself” - James*



*The Youth Program’s presentation at PPS gets a standing ovation.*



*Rachel (l) presents at the ABI Conference during a panel entitled “Why Inclusion Matters: Personal Stories from School, College, and Work.”*

*Daniel (r) presents at Philomath High School.*

## 11th Annual All Born (in) Cross-Disability Best Practices Inclusion Conference

Thank you to everyone who came to the 11th Annual All Born (In) Cross Disability Best Practices Inclusion Conference on April 23rd, 2016. Over 550 attendees (a record!) gathered at the Portland Airport Holiday Inn to participate in 35 workshops on topics ranging from inclusive education to financial planning to disability history and so much more. This year's attendees included parents, professionals, educators, caregivers, self-advocates, policymakers, and community members all coming together to share ideas about how to reach and teach all children, and support everyone to succeed through transition into adult life.

Our keynote speakers this year were Dr. Richard Villa and Keith Jones. Dr. Villa opened the day with a moving and informative keynote presentation on successful inclusion that energized the room. Mr. Jones made us laugh and think, and challenged ideas about humanity during his lunch time keynote address.



Resources and handouts from the sessions and presentations from this year's conference (and previous conferences) are available for download at [www.allbornin.org/resources/](http://www.allbornin.org/resources/)

The ABI conference would not be possible without our staff and volunteers, support from the community, and the generosity of our sponsors and partners. Thank you to everyone who made this year's conference a success!



“ What a dynamic, powerful day!

“ It's all within the realm of possibility

“ Amazing to have the room filled with teachers, policy makers, parents, self-advocates, all working towards a common goal of belonging for everyone

“ The choices of sessions were great and covered so many levels and needs

“ The power of family and educators working together is impressive



## Reflections on the 11th Annual All Born (in) Conference

By Mindy Parker

There was such a sense of community among attendees who brought with them a desire to learn, educate, and promote inclusion of diverse populations. Pretty much everyone I've spoken with since has indicated they were empowered and engaged by the sessions and speakers. Myself and those around me left wanting more from Dr. Richard A. Villa, feeling Keith Jones' challenge to *deal with the humanity* of disability and difference, and empowered to move forward another day on the path to inclusion. Hope for the future was found in the ABLE act, judgments were removed as parents and educators collaborated on session activities, and the importance of understanding systems and policy was made clear.

A friend of mine, not new to the All Born (in) movement, indicated to me that the conference this year actually changed her. I know she's not alone. I share this actuality in the sense that it left me feeling unwilling to compromise what's best for my child. I shouldn't have to feel like a "pain in the \*\*\*" because I want her to be 100% included and to be forever a valued part of her community. The research is valid, the sense of belonging is essential, and the how to's are available. The core of it really doesn't seem that hard. But it is. Due to a lack of resources and training, difficulty in implementing change across large systems, and a fear of difference or the unknown, it's hard to get the right supports despite disability laws and good intentions. Thankfully there are people out there working toward change. I'm trying to play a part by embracing ideals, supporting efforts, and bringing awareness to the cause. There is something powerful in realizing we are human and *all born in* despite our race, color, religion, sex, sexuality, national origin, class, disability, genetic information, or age.

Thanks to our sponsors who make this conference possible:

**The Carol & Velma Saling Foundation**

**The Standard**

**David Douglas School District**

West Linn / Wilsonville School District

Concordia University • Early Learning Multnomah

Oregon Council on Developmental Disabilities

Independence NW

Oregon 529 Savings Network • OrFIRST

Multnomah County • DSAMC

Portland Public Schools • Inclusive Child Care Program

United Cerebral Palsy • MESD • Disability Rights Oregon



*A special Friend of Inclusion Award was presented to Nancy Anderson, Assistant Director of Student Services at David Douglas School District. Nancy's unwavering support of inclusion has been a gift to our community and the students she serves for many years.*



NWDSA/ABI ally Michael Bailey recently released his book *Here to Stay: Americans with Intellectual and Developmental Disabilities* which is available at Amazon.com and other retailers. It tells the story of disability in America and is a powerful commentary on civil rights, social justice, and the past, present, and future of one of history's most marginalized populations. Michael previously penned *Special Education: A Parent's Guide for Children's Success*, also available at Amazon.com.

Michael is now hosting weekly Drop-In Hours at the Resourcefulness Center every Thursday, noon to 2 pm, along with Kindergarten Cohort Director Carrie Hutchinson. Call or drop by with your IEP questions!



Celebrate friendships and inclusion at Open Arms Cross-Disability Play Groups in Portland and Vancouver! Visit [nwdsa.org/events](http://nwdsa.org/events) for schedule.

## Farewell to a friend & advocate

Earlier this year, we lost a very special friend, father, husband, brother, and advocate. Alan Jarvis supported NWDSA/ABI from the beginning and shared his enthusiasm and humor with the entire community. He will be deeply missed and we will continue to celebrate his wonderful life in all that we do.



## New Parent Guide now available in Spanish

The *New Parent Guide* is an invaluable resource that NWDSA has been providing to parents of babies born with Down syndrome for years. The guide brings information, resources, comfort, and warm congratulations to new moms and dads.

Thanks to the help of our community, we now offer the *New Parent Guide* translated into Spanish. María Quinones, Sheyla Hirshon, Rosa Flores, and Isis Sánchez provided translation and proofreading. Personal stories were submitted by Magdalena Morgado and Shakyra Rosario.

Thanks to the volunteers who worked so hard to help us make this guide a quality resource for our Spanish-speaking families. If you know of any parent or organization that would benefit from receiving the *New Parent Guide* in Spanish, please contact us at (503) 238-0522 or [newparent@nwdsa.org](mailto:newparent@nwdsa.org).





## Celebration Story Cont

*Continued from page 5*

As anticipated, when the cousin energy ramped up on Tuesday morning, I needed to get out of the house. Remembering Manzanita's great little bike path, I pitched the idea of a family bike ride to the kids. Our son Corwin was eager, Adara willing, and so we headed off—Corwin and David in the lead, me on foot holding the training handle on the back of Adara's bike as she peddled her way along. There were many false starts as she remembered the tricks she'd learned, and remembered to trust her mother, but in time we made it to the park. And let me tell you, that was one proud little girl, whipping off her helmet and greeting her dad and her brother. And when she was done playing, we hooked her bike to an attachment on the back of David's bike, and the three headed off for home, while I enjoyed a lovely solo walk back to the beach house.

And so a daily routine was born. Most mornings during our vacation we would pile onto our bikes and head to town for a snack, or to the park for a round on the monkey bars. Suddenly I understood the magic of the "destination rides" that Ann and the Bike First instructors talked about at the end of camp. Riding to somewhere is way more fun than riding around the driveway! Adara has never been an eager—or fast—walker, so human-powered outings have always been very limited in distance and time. But with wheels under her, the horizon stretched farther ahead than ever, and we were able to explore in a whole new world together. Her dad and brother could bike at their own pace, and meet us at our destination, while Adara and I made our own way. We sang silly songs, told adventure stories, and played the longest, most detailed game of "I Spy" that I have ever enjoyed. She was curious about the hole the Public Works guy was digging as we passed, so she stopped and asked him what he was doing, and we got an impromptu demonstration of dowsing. We stopped for blackberries, peered into the windows of houses we passed, and critiqued golfers' swings. And by the last ride, after a morning rain, Adara was on the lookout for puddles, peddling through them as fast as she could to make the biggest splash.

The week at the beach was lovely for all sorts of reasons, but the joy and freedom provided by the skills we learned at Bike First were a definite highlight. Hats off and an enormous thank you to Ann and her incredible crew of volunteer spotters at Bike First for bringing this bit of delight to our family and so many others.

The Bike First program works with youngsters and adults who experience difficulty getting past training wheels and onto conventional two-wheelers. Sponsored by the Northwest Down Syndrome Association and founded in Portland in 2006. Bike First has helped over 400 individuals learn to ride a bicycle. Visit [www.nwdsa.org/bikefirst](http://www.nwdsa.org/bikefirst) for more info.





*NWDSA/ABI staff and community members were part of several presentations and breakout sessions when the TASH Annual Educational Conference came to Portland last December.*



*Everyone works hard at NWDSA Resourcefulness Center, even the kiddos! Having fun at Bring Your Child to Work Day, 2016.*

## Et Cetera

... **New Staff Members** at the Resourcefulness Center: Jenna Dillon, Events Coordinator and New Parent Outreach; Alison Schneiger, Grant Writer; Susan Hiler, Buddy Walk Festival Chair; Mindy Parker, Birth thru Five Program Coordinator; Carrie Hutchinson, Kindergarten Cohort Coordinator.

... **Closed Captioning** is now required to be turned on for all televisions in bars and restaurants in Portland. The new city ordinance went into effect in December of 2015.

... **Executive Director Angela Jarvis-Holland** was named "Keep Oregon Well Mental Health Hero" by Trillium Family Services in April at a gala event. The Mental Health Hero Awards are a celebration of the people, nonprofits, community groups and business leaders who help pave the way for Mental and Behavioral healthcare to thrive in the Pacific NW.



*Sunny faces and family fun at the 2016 Summer Social! Thanks to Jenna Dillon, Camp Angelos, Newel Briggs, Mikki Keller and the Odd Fellows for your help! Photos by FickleZeal Photography.*

**Events • Full calendar & details at [www.nwdsa.org/events](http://www.nwdsa.org/events)**

**Dec 2, 2016, 6 PM - 10 PM • Toast to Inclusion Benefit •** Portland Community Room, Lagunitas Brewing Co • 237 NE Broadway, Portland • Food, beer, wine, raffle prizes • Family-friendly • Proceeds benefit the Kindergarten Inclusion Cohort

**Dec 11, 2016, 6 PM - 10 PM • Winter Social • JJ Jump •** 9057 SE Janssen Rd, Clackamas • Annual winter/holiday get-together for our families in the Down syndrome community

**Drop-In Hours:** Every Thursday, 12:00 - 2:00 PM • NWDSA Resourcefulness Center • 11611 NE Ainsworth Circle, Suite 321 • Portland • (503) 238-0522

**Open Arms Playgroups:** **Cross-disability** • Join other parents and their children age 0 - 5 to share, play, learn, and have fun!

**Portland:** • 2nd Wed of every month • 10 AM - Noon • Earl Boyles Elementary School • 10822 SE Bush St, Portland

**Vancouver:** 1st Sun of every month • 3:30 - 5:30 PM • Central Park Childcare, 2115 East Mcloughlin Blvd, Vancouver WA

**Club Upside Vancouver:** **Cross-disability** • Where parents can share & children of all ages can play • 2nd Saturday of every month • 2 - 4 PM • St. Andrew Lutheran Church, 5607 NE Gher Road, Vancouver WA



*Special thanks to Pistons Wild Motorsports Club who donated a portion of proceeds from their 4th Annual Life is a Journey 4x4 Poker Run to NWDSA programs. What a great group of adventurers! And thanks to the Herbig family for all that you do!*



*The NWDSA Resourcefulness Center is located in the MESD Administration Building at 11611 NE Ainsworth Circle. It houses a growing selection of best practices resources, including articles, books, and videos. It is a place where we work and learn together. During the school year, we host drop-in hours every Thursday from noon to 2 PM. Stop by to browse our resources or have a cup of tea and a chat!*



Angela Jarvis-Holland  
Executive Director

NWDSA Board of Directors:

- Steven Holland
- Abigail Braithwaite
- Angela Jarvis-Holland
- Angela Frome
- Becky Adelman
- Guiseppa Lipari
- Michelle Wallace
- Ruth Falco
- Isis Sanchez
- Diego Conde

For more info please visit  
[www.nwdsa.org](http://www.nwdsa.org) or  
[www.allbornin.org](http://www.allbornin.org)

NWDSA is organized for charitable, scientific, and educational purposes to provide social opportunities, education, support and information to families and individuals with Down syndrome.

The NWDSA is a registered non-profit corporation in Oregon and has 501(c)3 tax-exempt status with the federal government.

Down syndrome is a genetic condition that occurs in approximately 1 of every 691 live births. The chance of having a baby with Down syndrome is not affected by where you live, social class, or race. Having a baby with Down syndrome does not mean you did anything wrong: nothing done before or during pregnancy causes Down syndrome. In recent years, we have seen incredible success in school, community, and employment that would have been hard to imagine a generation ago. High expectations, coupled with appropriate supports, allow our children to live full, rich lives as contributing community members.

Each board member of the NWDSA has firsthand experience with the joys and the hardships of caring for a child with individual needs. We understand the importance of connecting with other families and how much we rely on these relationships when we encounter the inevitable challenges. We also celebrate each others' victories, making the journey so much richer. The Board of Directors of the NWDSA consists of volunteers and is supported by enlightened professionals. For more information on our organization and ways in which you can become involved or make a donation, please visit our website at [www.nwdsa.org](http://www.nwdsa.org) or call (503) 238-0522.

Para comunicarse en español, llame a Sheyla Hirshon (503) 239-1509 o Isis Sanchez (503) 442-5817



## Winter Events

Mark your calendar for these upcoming shindigs!  
More info at [nwdsa.org/events](http://nwdsa.org/events)



**Dec 2 • Toast to Inclusion Benefit**  
Portland Community Room • 237 NE Broadway  
Food, beer & wine, and raffle prizes!  
Proceeds benefit the Kindergarten Inclusion Cohort.

**Dec 11 • Winter Social**  
JJ Jump • 9057 SE Jannsen Rd, Clackamas  
Our annual winter/holiday social in celebration of our families and friends in the Down syndrome community.  
RSVP required! Call (503) 238-0522

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