



Stepping Up!

News from ABI & NWDSA
Programs of NW Disability Support

Issue 28
Summer 2020

In this Issue...

- Summer Learning • p1
- Letter from the Exec. Dir. • p2
- Letter from the Board • p2
- Rapid Change & Resilience • p3
- Graduation Pride • p4
- Social Justice Youth • p4
- Articulo en Español • p5
- #BuddyFestNW (Español) • p6
- #BuddyFestNW • p7

Summer is for Playing and Learning

By Molly Hulett

It's summertime and we all survived the distance learning during a pandemic. Way to go! Some days for me were joyful and many were challenging. Summer is a great time to continue learning in a less structured, fun, and engaging way. One of the first things I do as a parent going into summer is look at what we want to do as a family. My family enjoys swimming in our pool, going on hikes, relaxing in hammocks in the backyard, gardening, and cooking. Many would think that those are just activities but we can make them enriching learning activities for kids. I challenge you to think about fun and routine based ways to continue learning this summer.

Some of the things we will do in our home are:

Chores -- Parker has at least one chore to do everyday. There are so many valuable skills he is working on when doing chores.

Counting money -- Parker gets his allowance in change when he does his chores. He then counts it and adds to his change jar. He then will count larger quantities to get cash to buy the things he wants. This has been really engaging for him. We use a 100's chart to count and a money sorting visual to help him be more independent.

Cooking -- I found great adaptive and fun recipes that Parker enjoys at <https://accessiblechef.com/recipes/>. These recipes work on reading, following directions, and developing independence.

Reading -- Parker enjoys books and one of our favorite things to do is grab a bag of books and lay out on our trampoline or hammock and read together in the sunshine.

Board games -- One of our family's favorites right now is Uno Attack.

For younger kids, try embedding counting into lots of different activities, following your child's lead when reading, and get in all the sensory play you can over the break!

Whatever your summer looks like, make sure learning is fun and engaging for your child! It's a great time to look at your child's interests and expand learning in fun ways. Have a safe and fun summer!



VISIT OUR WEBSITES TO LEARN ABOUT OUR INCLUSIVE WORK, FIND RESOURCES & EVENTS, AND DONATE!
ABICOMMUNITY.ORG • NWDSA.ORG • BUDDYFESTNW.ORG



Welcome to our newest board member



Mike Rosen has 24 years of volunteer and public school advocacy experience and has won awards for his community leadership. Mike has a keen interest in inclusion, the environment and social justice. Professionally Mike has 26 years of team and program management experience in environmental work. Mike is supporting NWDSA/ABI grant writing and community partnerships.

We would like to share our gratitude to the Kuni Foundation and MRG for their recent support of our work during the pandemic.

Thank you!

NWDSA (abi)
northwest down syndrome association

PROGRAMS OF NW DISABILITY SUPPORT

NW Disability Support is a registered non-profit in Oregon with 501(c)3 tax exempt status.

Letter from the Executive Director

This has been a very challenging time. We are all living through a pandemic and a historical revolution. Our organization is based on a belief in the power of belonging and human dignity and we know we have much work to do together. Black Lives Matter.

Our staff are all parents of children with Down Syndrome and self advocates. We share in the stress of this health crisis and loss of supports and routines. We have been active in policy work nationally and locally related to health, education, and human services.

We have learned how to reach out and to support and connect virtually with the help of our ABI coalition community partners. Parents and people with disabilities are working hard and we are listening to your needs and grateful to be part of such a strong community.

Angela Jarvis Holland
NWDSA/ABI

Letter from the Board

Our board is proud of how the staff quickly pivoted to supporting families virtually in response to Covid 19 and are still here for calls, one on one support, new parent guides and trainings. AND Buddy Fest has gone virtual!

For my family Buddy Fest has been an important event that marks the passage of another year. The chance to celebrate Down syndrome and our wonderful friends and family members. It is when we see your great teams and enjoy your work raising funds for the vital work we do.

Buddy Fest is all about building our community, seeing old friends and making new ones and raising money to support the work. Two thousand plus marchers, musicians, clowns and food. But mostly a statement of the resilience, pride and power that we have together. We will miss the traditional celebration.

NWDSA is hosting a virtual Buddy Fest. It will be different but it will be great. As a parent and Chair of our Board of Directors I invite everyone to participate, form teams and contribute. Let's show what we can do, virus or no virus.

I look forward to 'seeing' you all for Buddy Fest 2020!!

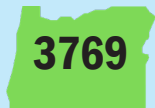
Michael Bailey
NW Disability Support



RAPID CHANGE & RESILIENCE

NEW WAYS TO SUPPORT COMMUNITY

WE SERVE FAMILIES, EDUCATORS, HEALTHCARE & SOCIAL SERVICE PROVIDERS, AND DISABILITY ADVOCATES IN OREGON, WASHINGTON, & BEYOND!



NEW PARENT OUTREACH

PROVIDING SUPPORT & RESOURCES TO NEW & EXPECTANT PARENTS OF CHILDREN WITH DOWN SYNDROME



- New Parent Guides
- Phone Support
- Primary Language Support
- Virtual Parent-to-Parent Connections

VIRTUAL SUPPORT & CUPS OF TEA



SHARED ON THE PHONE AND IN VIRTUAL DROP IN



CREATING RELEVANT TRAINING

DOWN SYNDROME & CROSS-DISABILITY



- Virtual Opportunities for Parents, Professionals, & Students
- Driven By the Needs of Our Families and the Community
- Cultural-Specific Offerings

KINDERGARTEN COHORT GRADUATION

CROSS-DISABILITY WORKSHOP SERIES HELPING PARENTS ADVOCATE FOR INCLUSIVE KINDERGARTEN PLACEMENTS



13% OF STUDENTS WITH COGNITIVE DISABILITIES ARE FULLY INCLUDED IN OREGON SCHOOLS



4% OF STUDENTS WITH COGNITIVE DISABILITIES ARE FULLY INCLUDED IN WASHINGTON SCHOOLS



90% OF KINDERGARTEN COHORT GRADUATES GOT THE INCLUSIVE PLACEMENTS THEY WANTED IN OREGON & WASHINGTON SCHOOLS

PUBLIC ADVOCACY

& AWARENESS

HEALTH • EDUCATION • HUMAN SERVICES



WORKSHOPS IN SPANISH

SERVING 233 SPANISH SPEAKERS



"todos pertenecemos"

BRINGING OUR SOCIAL JUSTICE YOUTH COMMUNITY TOGETHER

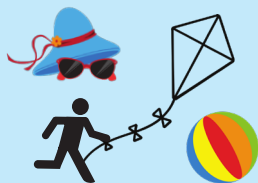
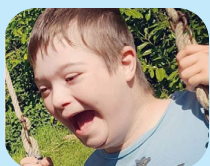
TO CONNECT, GIVE VOICE, AND BRING CHANGE



ALL BORN (IN) CROSS-DISABILITY COALITION

PARENTS, EDUCATORS, SELF-ADVOCATES AND YOUTH COLLABORATING TO CREATE INCLUSIVE EDUCATIONAL OPPORTUNITIES THROUGH WORKSHOPS, RESOURCES, AND ADVICE FOR THESE CHALLENGING TIMES.

SO MANY JOYFUL SMILES



SHARING IDEAS FOR SAFE SUMMER FUN

GUIDES OR BOOKLETS SENT

NEW PARENT HEALING HEARTS COUNTING CHROMOSOMES



4180 FACEBOOK FANS

19,625 VISITS TO OUR WEBSITES

4,871 INDIVIDUALS & FAMILIES

RECEIVE OUR NEWSLETTER AND COMMUNICATIONS



ALONE WE CAN DO SO LITTLE: TOGETHER WE CAN DO SO MUCH.

HELEN KELLER

NWDSA and All Born (in) have learned a lot and moved rapidly to address the needs of families and provide virtual opportunities for learning and connection in 2020. We hope you have enjoyed these tid bits representing this year's journey of promoting advocacy and education for inclusive communities and that you will please consider making a kind and generous donation to support our missions today!

So Proud of Our Graduates!

By Jamie Burch

There are so many seniors to celebrate. Congratulations to our Social Justice Youth (SJY) members who are graduating high school. We are so proud of you! Our SJY group is involved in the movement toward an inclusive civil society for ALL people, including people with disabilities. We want to thank two members (and life long volunteers), who did individual senior projects with our organization to promote disability pride and rights: Claire Burch created a disability rights video and Kennedy Keller-Coerper organized a disability awareness fundraiser.

We also want to congratulate the first graduating class from Portland State University's four year Think College Inclusion Oregon program. We are so proud of you! Our Think Inclusive College West Coast Coalition was involved in bringing this opportunity, the first university program for students with intellectual disabilities, to Oregon and now two of our staff members, Rachel Esteve and Will Larson, are PSU graduates with a Career and Community Studies certificate.

Graduates made it through their last year of school while experiencing the devastating effects of the pandemic and racism. Although graduation events are not as imagined, we hope you will celebrate your achievements with pride and joy. You are important and deserve it. The commencement signifies the beginning for something new and youth will help lead the way!

WAY TO GO GRADUATING CLASS OF 2020!



An Update from our Social Justice Youth

By Will Larson and Austin Nugent

The Social Justice Youth Community (SJYC) has been busy over the past year. They led six presentations on belonging. They attended an overnight summer camp on a college campus and learned about various topics including intersectionality, sexuality, mural making, and online safety.

COVID-19 and the transition to a virtual world create new opportunities for the Social Justice Youth to connect, learn, and lead. Austin Nugent and Will Larson are leading the work. Austin is a previous SJYC director and Will is recent PSU graduate and a young adult with an intellectual disability. Together with a group of youth advisors, they are organizing online workshops that will explore social justice, self-care, art and advocacy. They are also working on organizing a book club, movie nights, and other fun ways to connect!

The Social Justice Youth Community welcomes individuals 15 to 25 years old and is not limited to residents of Oregon and Washington. Please follow us on Facebook at SocialJusticeYouthPDX and Instagram at Youth4SocialJustice.

To learn more, visit www.abicommunity.org/programs/youth_program/.

Los sueños si se cumplen

Por Blanca Orozco

Esta historia que les voy a redactar es la que cambió mi forma de pensar sobre la discapacidad y por la cual creo que como padres nunca debemos darnos por vencidos, con nuestros hijos que tienen alguna discapacidad y mucho menos dejar de creer en ellos.

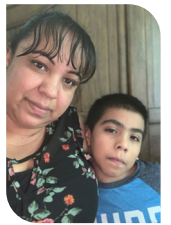
Mi hijo comenzó sus estudios en un salón segregado y en una escuela lejos de donde vivimos. Un salón cual yo no sabía cómo funcionaba, pero fue lo que me dijeron sería la mejor opción para mi hijo. Con el tiempo me di cuenta de que era un salón de comportamiento y lenguaje. Mi hijo no tenía las mismas oportunidades que todos los demás niños sin alguna discapacidad, como de interactuar en los salones de educación general ni en su comunidad escolar.

Mi hijo comenzó a ser agredido por otro niño de su clase, le hacían bullying constantemente. Mi hijo empezó a cambiar y tener mal comportamiento, cual nunca había tenido y creo que lo que pasaba era que mi hijo estaba repitiendo comportamientos que él observaba de sus compañeros de clase. Me empecé a preocupar. Comencé a mandar notas a la maestra y en ocasiones no me las respondía, traté de hablar con la maestra y por la barrera del idioma y la falta de personal bilingüe en esta escuela, hablar con ella era todo un proceso, tenía que hacer cita y la escuela necesitaba buscar alguien que tradujera. En cuando logré hablar con ella mis preocupaciones fueron ignoradas, puse varias quejas, no obtuve ningún resultado pasaron dos años, hasta que un día decidí no mandar más a la escuela a mi hijo porque ya me había cansado de la situación y no sabía qué más hacer para que mi hijo se sintiera seguro en la escuela y yo tranquila de que todo estaba bien.

Encontré el apoyo de NWDSA/ABI y fue cuando comencé a entender los derechos de mi hijo y los míos como madre dentro del sistema de educación especial. En esta organización se tomaron el tiempo para apoyarme y para ayudarme a seguir luchando por mi visión para mi hijo.

Comenzamos a tener juntas en el distrito para llegar a un acuerdo, porque yo quería que respetaran los sueños que yo tenía para mi hijo, como el de ser bilingüe y que creciera en la escuela de su vecindario con sus hermanos y conocidos del cual lo estaban privando por tener una discapacidad. Luche dentro del sistema sin rendirme hasta conseguir lo que yo siempre había soñado para mi hijo, porque en el camino habían roto todos mis sueños que yo tenía. Y todo mi esfuerzo valió la pena. Logré, regresar a mi hijo a su escuela de vecindario y con sus hermanos ahora ya empieza hablar español y a integrarse a su comunidad. He visto en mi hijo muchas habilidades y fortalezas que antes no miraba, porque me hicieron creer que él no podía y no iba a poder hacer cosas que hoy él hace.

Estoy feliz de no haberme rendido y haber luchado hasta lograrlo, mi hijo es muy inteligente y ha aprendido mucho en muy poco tiempo. Por favor, mamás y papás luchen por los sueños de sus hijos que no venga alguien a imponerles algo que no quieren para ellos, ustedes son los que conocen a sus hijos más que nadie, aboguen por sus derechos y sepan que no estamos solos hay organizaciones que nos brindan de su apoyo y que nos comprenden como NWDSA/ABI.



Our Bilingual Outreach Coordinator, Maria Rangel, supports Spanish speaking and at-risk families providing IEP support, new parent outreach, training, community connections to resources, and works supporting policy. Contact Maria at 503-262-4026 or mrangel@nwdsa.org.

Encuentra más información en español aquí: www.abicomunity.org/espanol/.



**POR FAVOR ACOMPAÑENOS AL
#BUDDYFESTNW ANUAL NÚMERO 22**
SÁBADO 29 DE AGOSTO DE 2020 A LA 1 PM
CAMINATA • CELEBRACIÓN • CONTRIBUCIÓN

Mensaje de agradecimiento

El año pasado celebramos una especie de cumpleaños dorado: ¡nuestro evento número 21 celebrando el 21^o cromosoma adicional el 21 de septiembre! El mar de color amarillo, caras felices, palabras apasionadas, llenas de fuerza y el orgullo radiante de nuestra comunidad fue increíble. Logramos recaudar casi \$43,000 para apoyar nuestra misión de crear y nutrir una sociedad amorosa e inclusiva para todas las personas experimentando una discapacidad incluyendo el síndrome de Down!

Mensaje de esperanza y perseverancia

¡Este año buscamos llevar nuestra celebración anual de aceptación e inclusión a nuestras familias y amigos de una manera segura y accesible a través de Facebook Live y sin duda necesitamos su ayuda para que sea un éxito! Le pedimos que marquen sus calendarios, desentierre sus camisetas #BuddyFestNW pasadas (o haga las suyas propias), involucre a los miembros de su equipo, considere cómo puede apoyar y no olvide que este es nuestro evento mayor recaudador de fondos del año para el trabajo que hacemos en la Asociación del Síndrome de Down del Noroeste que valora las relaciones, la justicia social, la equidad, la diversidad y la autodeterminación!

Seguiremos hacia delante (como lo hacemos con nuestros hijos), estableceremos nuestro objetivo alto y nos acompañará Tony Starlight para entretenernos a través de nuestro primer #BuddyFestNW virtual. Síganos en Facebook y esté atento a las ideas y formas de celebrar.

Mensaje para equipos y recaudadores de fondos

¡Realmente necesitamos su ayuda y nos encantaría darle luz al orgullo de su equipo y a los esfuerzos de recaudación de fondos! ¡Cree su perfil, establezca un alto objetivo de recaudación de fondos y comparta esos esfuerzos con nosotros! ¡La **registración es gratuita este año y se abre el 6 de julio!** Para ver los premios de este año visite www.buddyfestnw.org. Para apoyo en español para todo lo relacionado a este evento comuníquese con Maria Rangel al 503-262-4029 o mrangel@nwdsa.org.

#BuddyFestNW • www.buddyfestnw.org

**PLEASE JOIN US FOR
THE 22ND ANNUAL #BUDDYFESTNW
SATURDAY, AUGUST 29, 2020 @ 1PM
WALK • CELEBRATE • GIVE**

Message of gratitude

Last year we threw a golden birthday of sorts: our 21st event celebrating our extra 21st chromosome on the 21st day of September! The sea of yellow, the happy faces, the passionate words of strength, and the pride radiating from our community was nothing short of amazing and we managed to raise nearly \$43,000 to support our mission of creating and nurturing a loving and inclusive society for all people experiencing disability including Down syndrome!

Message of perseverance

This year we bring our annual celebration of acceptance and inclusion to our families and friends in a safe and accessible way on Facebook Live and we most certainly need your help in making it a success! Mark your calendars, dig out your past #BuddyFestNW t-shirts (or make your own), engage your team members, consider how you can support, and do not forget that this is the largest fundraiser of the year for the work we do at the Northwest Down Syndrome Association that values relationships, social justice, equity, diversity, and self-determination!

Message of hope

We will shoot for the stars (like we do for our children), set our goal high (\$50,000), and look to Tony Starlight (celebrating 10 years as emcee) to entertain us through our first ever virtual #BuddyFestNW! Please follow us on Facebook, keep an eye out for ideas and ways to celebrate, and don't lose track of those walking shoes!

Message for teams and fundraisers

We really do need your help and would love to shine a light on your team pride and fundraising efforts! Please create your profile, set your fundraising goal high, and share those efforts with us! **Registration is free this year and opens up on July 6th!** Check out this year's incentives at www.buddyfestnw.org. Send messages, questions, offers of help, and desire to sponsor to buddyfestnw@nwdsa.org.

Thanks to our 2019 Sponsors, In-Kind Donors, and Volunteers!

Tony Starlight • Rarebird Real Estate • Stan & Leslie Renecker • Campbell Global • Sysco • OnPoint Community Credit Union • Health Comp • Britton Frome • Odd Fellows • Parker, Smith & Feek • Rose City Sound • Jeff Day Photography • Naked Bread • Widmer Brothers • Infinity Impressions • Key Event Services • Breakside Brewing • Parties, Inc. • Bike First! • Wallace • Salesforce • Yoisy Sarao y Yolanda Reyes • Kidz with Ice • More!



Articulos en Español dentro del boletin!

Resourcefulness Center
11611 NE Ainsworth Cir, Ste 321 • Portland, OR 97220
(503) 238-0522 • allbornin.org • nwdsa.org
Para comunicarse en español, llame a Maria Rangel (503) 262-4029
facebook.com/nwdsa @nwdsa_abi
twitter.com/nwdsa_abi youtube.com/nwdsa

A GREAT BIG THANK YOU to all the teams and fundraisers for their support of the 2019 Annual #BuddyFestNW!
Top Teams: The Bullwinkles (pictured above), Team Dan the Wolfman, Oliver's Goldfish, Archer's Team, and Ivy's Army
Top Individual Fundraisers: Jamie Schmer, Eric Cerdana, Steven Holland, Donovan Smith, and Allen Scobba



Beginning July 6, 2020 you can create your team or give online at buddyfestnw.org!

CELEBRATE WITH US AUGUST 29TH!

BUDDY FEST NW



We will continue to add free virtual events to our calendar. Keep a look out for future offerings!
July 9 • Summer Routines: Visual Supports +
July 15 • Healing & Resilience
July 29 • Let's Talk Early Literacy at Home!
Aug 29 • Buddy Fest NW
Apr 16 & 17, 2021 • All Born (in) Cross-Disability Best Practices Educational Inclusion Conference
Full calendar at abicomunity.org/events