

# Down Syndrome Outreach

## Down syndrome Outreach Needs Your Help!

The Buddy Walk 2018 will mark the 15th year of Buddy Walk® in Whatcom County! The event is a highlight for the Down syndrome Outreach community, bringing together members, friends and family to walk and celebrate with each other. The annual Buddy Walk® in Whatcom county has grown over the years from a grass-roots event with a handful of families to a 'full-on' celebration with live music, food, activities, games and the 1-mile walk through Bellingham's downtown streets. Last year, over 450 community members participated! Down syndrome Outreach reaches over 90 individuals & families in our community with direct support and services, accessing support meetings, receiving information and education through our lending library, and connecting and networking with other parents. We receive limited funding for these direct services and rely on donations and sponsorships through the year to hold the Buddy Walk and other events. DsO is an exceptional program of support, inclusion and acceptance that is truly unique. This year we are asking the community and local businesses to join with us in supporting the Buddy Walk. In 2017, the total cost to host Buddy Walk was over \$15,000.

**With very limited resources available to host the event in 2018, The Down syndrome Outreach Advisory Board has set a goal of \$10,000 committed sponsorships/funds by May 31 to ensure that we can host the event this year.**

*Ways you can help....*

1. Make a cash donation to 'Down syndrome Outreach' through the Arc of Whatcom County website by clicking [HERE](#). Please note on your donation that the funds are in support of Buddy Walk.
2. Become a Buddy Walk sponsor. Contact Jessika to learn how.
3. Do you have 'Event Organization' experience? The DsO Advisory Board is looking for a responsible, effective, dedicated leader to act as official Chairperson for the 2018 Buddy Walk. Please contact Jessika Houston at [jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org)



### Save the Date for Spring Fling!

**Sunday, May 6, 12-3pm,  
Fairhaven Park Pavilion**

Connect with families in our local Down syndrome community, visit with friends, and enjoy a lovely afternoon, rain or shine! There will be activities and crafts, the fantastic playground and a Toy & Book Exchange. Please bring a potluck dish to share, if possible (last names A-M bring something savory; N-Z bring something sweet or bring a favorite dish!), and a gently used toy or book to exchange with your friends. To volunteer, contact Jessika: [jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org) or (360)715-0170, ext. 304

### March 21st is World Down Syndrome Day

Wear Buddy Walk shirts and invite all your friends, family, and colleagues to do the same. Support local organizations like Down syndrome Outreach. Promote Down syndrome awareness in school and at work. Encourage your classroom or workplace to watch and share the video Just Like You: Down syndrome (by the Down syndrome Guild of Greater Kansas City): [www.justlikeyou-downsyndrome.org](http://www.justlikeyou-downsyndrome.org). Do three random acts of kindness! Write someone a positive note. Clean up a local park. Give someone a helping hand.

More ideas can be found at [www.worlddownsyndromeday.org/random-acts-kindness](http://www.worlddownsyndromeday.org/random-acts-kindness).



## Do you know where your donation is going?



**Cash**



**Local**

The Arc of Whatcom County is the direct recipient! Your money is kept within Whatcom County to support individuals/families through programs, workshops, support groups, newsletter, etc.

**Donate Now at [www.arcwhatcom.org](http://www.arcwhatcom.org)**



**Clothing, Household Items**



**State**

Your donations help fund Washington state legislative advocacy

To schedule donations, call The Arc of Washington State (360) 671-3344