



## [Down Syndrome Association \(DSA\) of Snohomish County](#)



# July 2026 Newsletter

The Down Syndrome Association (DSA) of Snohomish County is a non-profit organization dedicated to improving the lives of people with Down Syndrome. From early childhood through adulthood, we provide resources, connection, and support to individuals with Down Syndrome and their families.

If this newsletter was forwarded to you, please subscribe directly at [dsasc.org](https://dsasc.org).

## DSA of Snohomish County Events

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**Join Us for Independence Day Parades**



## Join us in these parades or watch!

More than just parades, these fun events feature games, food trucks, bouncy houses, beer gardens, live music, fireworks displays, and much more! Visit the individual websites to learn more.

To join us in a parade, please see meeting times and places below, or contact [info@dsasc.org](mailto:info@dsasc.org) for more information.

**Saturday, July 4<sup>th</sup>** : Meet at 10:00 a.m., parade at 11:00 a.m.

- [City of Everett 4<sup>th</sup> of July Parade](#)
  - **We will meet 10:00 a.m.** on Colby Ave between 23<sup>rd</sup> and 24<sup>th</sup> St in Everett (near *Hawthorn Court Apartments*)
  - 'Day of' contact: Julie Angelos, 425-268-3771

**Saturday, July 4<sup>th</sup>** : Meet at 4:15 p.m., parade at 5 p.m.

- [Arlington 4<sup>th</sup> of July Parade](#)
  - **We will meet at 4:15 p.m.** in the parking lot of *Coastal Community Bank* in Arlington.
  - 'Day of' contact: Kristi Hoover

**Saturday, July 18<sup>th</sup>** : Meet at 9:15 a.m., Parade at 10 a.m.

- [Kla Ha Ya Days Parade](#) in downtown Snohomish
  - **We will meet at 9:15 a.m.** on 1<sup>st</sup> St and Union Ave in downtown Snohomish. For GPS, enter *Snohomish Bakery at First and Union*.

## Join or Visit Us at Mukilteo Farmer's Market

- **Starting Wednesday, July 1<sup>st</sup>**, DSA of Snohomish County is pairing up with [Gigi's Playhouse](#) to host a booth at the [Mukilteo Farmer's Market](#).

## Questions?

Reach out to our Committee at [info@dsasc.org](mailto:info@dsasc.org)

<http://www.DSASC.org>



## Beginning Anew

This month, we renewed our commitment to Down Syndrome Awareness. You can expect to see our presence at many upcoming events in your community! See the **DSA of Snohomish County Events** section of this newsletter for more details.

## Member spotlight

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“Popcorn Soda!” -Alena’s phrase for ‘a movie at the theater.’

### Meet Alena Plotnick

Alena loves to sing, dance, swim, hang out with friends, watch YouTube and TikTok, and eat her favorite meal: chicken and french fries.

At 19 years old with 7 siblings, Alena’s life is full of fun family events. But her favorite thing of all is to watch movies at the theater.

## Volunteer spotlight

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Last December, our young adult group began volunteering at Brookdale Senior Living in South Everett/Lynnwood. On our first visit, the kids and parents served refreshments and socialized with the residents. The connection was instant—the administrator, Nate, has invited us back multiple times since. The kids have formed wonderful bonds with the residents, even making them handmade Valentine's Day cards that many still keep in their rooms! It continues to be a deeply rewarding experience for everyone involved.

# Community Events

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## Gigi's Playhouse Gala



Join [Gigi's Playhouse](#) on October 24, 2026 at 6:00 PM at the beautiful [Edward D. Hansen Conference Center](#) for GiGi's Playhouse Everett's first-ever **I Have a Voice** Gala & Fundraiser — an unforgettable evening of inspiration, celebration, and community impact. Registration coming soon!

[Down Syndrome Community of Puget Sound \(DSC\)](#)

Save the Date for the [2026 Buddy Walk!](#)



Mark your calendars for the best day of the year! Start getting your team members and loved ones together to celebrate our amazing community.

The [Buddy Walk](#) is our largest celebration and fundraiser of the year.

**Thousands of people gather to fill the day with connection and joy for all things DS.** You can explore kids' activities, visit resource booths, meet beloved Star Wars characters, and so much more!

**10.11.26**

**Woodland Park Zoo**

**10am-1pm**

**Registration opening NEXT MONTH!**

## Did You Know?

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### Washington State ABLE Savings Program

The ABLE (Achieving a Better Life Experience) Savings Program allows individuals with disabilities to save and invest money tax-free without jeopardizing their eligibility for crucial means-tested government benefits like Medicaid and Supplemental Security Income (SSI).

**Tax-Free Earnings:** Investment growth and withdrawals are 100% tax-free when used for qualified disability expenses.

**Asset Protections:** You can save up to \$100,000 without impacting Supplemental Security Income (SSI) eligibility. If you exceed \$100,000, your SSI cash benefit is suspended, but your Medicaid benefits continue uninterrupted.

**Low Barriers to Entry:** Accounts require a \$25 initial deposit to open and a \$10 minimum for subsequent deposits.

**Maintenance Cost:** The standard administrative fee is \$35 per year, plus an optional \$10 if you opt for paper statements instead of electronic delivery.

**High Lifetime Cap:** The plan allows a maximum lifetime balance of \$500,000.

For more information, see <https://www.washingtonstateable.com/benefits>

## Lead with the Person

Always use people-first language to emphasize the individual before the diagnosis. Instead of saying "a Down Syndrome child," say "**a child with Down Syndrome.**"

Also, remember it is *Down Syndrome*, not *Down's*—because Dr. John Langdon Down described the condition, but he didn't own it!



# Thank you!

Let us know what you'd like to see in upcoming newsletters here!

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