

ADA: Celebrating 30 Years of Progress for All

The signing of the Americans with Disabilities Act on July 26, 1990, marked the single greatest milestone in the civil rights movement for individuals with disabilities by granting people with disabilities equal access to opportunities offered all citizens. In short, the ADA prohibits discrimination against individuals with disabilities in all areas of public life, including: jobs, schools, transportation, government services, and all public and private places that are open to the general public.

It's about more than physical access, however. It signifies a sea change in attitudes toward people with disabilities. In a 1999 landmark lawsuit that tested the institutional bias of placing individuals with developmental disabilities into large congregate care facilities (*Olmstead v L.C.*), the Supreme Court held that under the Americans with Disabilities Act, individuals with intellectual and developmental disabilities have the right to live in the community rather than in institutions.

At the time, Washington State was on the verge of signing in support of the state of Georgia, against the plaintiffs, until disability advocates rose up to demand that our state change its position. It did. And the Supreme Court ruled in favor of the plaintiffs. *Olmstead* firmly established the ADA as the bedrock of disability rights throughout the country and here at home.

Almost everything we advocate for in Washington State is framed by the ADA and the *Olmstead* decision: living in the community instead of institutions, earning livable wages in regular jobs instead of sheltered workshops, inclusive education, and free from restraints and seclusion. Each of these areas continues to see debate and resistance as advocates push for public policies that adhere to the ADA. So, while we celebrate the achievements of the ADA, there is more work to do to ensure that people with disabilities have access to the same opportunities as all citizens.

Learn more about ADA at: <https://informingfamilies.org/ada30/>

For more Information and Technical Assistance regarding the American with Disabilities Act, visit <https://www.ada.gov/>

The U.S. Department of Justice provides information about the Americans with Disabilities Act (ADA) through a toll-free ADA Information Line. 800-514-0301 (voice) or 800-514-0383 (TTY)



Learn about key disability issues before you vote this Election Day with The Arc of the US resources! <https://thearc.org/vote/>



Ask the Advocate Workshop: Creating a Plan for the Future



"I want to make sure my child has what he needs as he becomes an adult and lives his best life!"

"I won't be able to care for my daughter in the future, I need to know she is set up as best as possible."

"Help! Where do I begin??"

Financial Planning Workshop

Tuesday
August 18, 2020
6-8 pm
(zoom meeting)

If you need special accommodations
please RSVP by 8/11/20

parentcoalition@arcwhatcom.org

360-715-0170

*Interested in learning more about
ABLE Accounts, Special Needs Trusts?
Looking for financial planning tips in
times of COVID and beyond?*

**Join us and a panel of financial
experts who will share ideas and
resources**

*After registering you will receive an email
containing the link for you to join the Zoom call.
Pre-registration is REQUIRED to get the link. Must
be able to connect through a cell phone, tablet
or computer.*



www.facebook.com/arcwhatcom
www.arcwhatcom.org



For people with intellectual and developmental disabilities

Parent Support meeting is now Virtual!

**Topic: Tips for Navigating the Emotions
During Quarantine**

7 - 8 pm, Monday, August 10

We may not be therapy, but we sure are therapeutic! We understand how isolating it can be right now, so we are hosting our monthly Parent Support Meeting through ZOOM. We will share knowledge, resources, provide support and guidance. Register by emailing p2p@arcwhatcom.org. After registering you will receive an email containing the link for you to join the Parent Support Meeting. Pre-registration is REQUIRED to get the link. Must be able to connect through a cell phone, tablet or computer.

Once Upon a GENE

"As a new parent of a child with a rare disease, I was lost. There was no guide. There was no rulebook. This was not what I had imagined. As I navigated my way through this new reality, I realized something that should have been simple, but was not. A truth that had always been there, but that I had lost sight of for a time - I am not alone.

And neither are you.

These are the stories of my family, and of families like ours. These are the stories of how we have persevered, cried, bonded, and grown. These are the stories of children who have been told that they cannot, and that have proved the world wrong."

- Effie Parks

To listen to the free Once Upon a Gene Podcast, visit <https://effieparks.com/podcast>

You are not alone. We are here to help.



- Call: 360-715-0170 ext 302
- Email: p2p@arcwhatcom.org
- Facebook Messenger (Search Parent to Parent of Whatcom County)

Mental Health and Wellness Resources to Manage COVID-19 Related Stress

- COVID-19 Emotional Support Line: 1-866-342-6892
- National Suicide Prevention Lifeline Toll-Free: 1-800-273-TALK (8255) Toll-Free (español): 1-888-628-9454 Website <http://www.suicidepreventionlifeline.org>
- NAMI (National Alliance on Mental Illness) <https://www.nami.org>
- Opportunity Council <https://www.opcco.org/> Click on "Whatcom Resources available during COVID-19" for a continually updated community resource list for services and organizations in Whatcom County.
- 7 Cups connects adults and teens to caring listeners offering emotional support through online community forums with a 24/7 chat: <https://www.7cups.com/>



Community Resources & Events



Do you and your family have masks?

Face coverings are required in all public spaces because they are effective in slowing the spread of COVID-19, especially when combined with 6 feet of physical distance. Washington state's newest order, intended to combat the increase of COVID-19, has stricter requirements for face coverings. We can carry the virus and not realize we're spreading it when we talk, cough or sneeze.

Whatcom Unified Command has distributed over 130,000 masks to schools, service agencies and other providers throughout the county. We have a limited amount of cloth face masks available at The Arc for families and individuals. At the beginning of July, we distributed 60 masks during a drive-up event at the Dan Godwin Community Center.

If you and your family are in need of cloth masks, please email admin@arcwhatcom.org

For more information about masks, please visit <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/ResourcesandRecommendations/ClothFaceCoveringsandMasks>

LAW ADVOCATES

TENANT CLINIC

A Virtual Clinic

FREE LEGAL ADVICE
FOR LOW-INCOME RENTERS
IN WHATCOM COUNTY

If you are worried about being evicted or have any questions regarding your rights as a tenant during these confusing times contact our office to see if you qualify and set up an appointment.

Visit our website – www.lawadvocates.org

Call our office – (360) 671-6709 dial ext. 15

Email our Programs Coordinator – lauren@lawadvocates.org

Whatcom Transportation Authority

WTA is continuing to take the following measures, to keep riders and drivers safe:

- Free fares until further notice
- Entering and exiting from rear doors unless the ramp is needed
- Providing reduced service (until September 20, 2020)
- Disinfecting high-touch surfaces nightly
- Limiting fixed route buses to 12 riders max
- Adding buses when needed

WTA is continuing to count on YOU to wear a mask when you ride the bus, and on all WTA property. Visit <http://www.ridewta.com/> or call 360-676-7433 for more information.

Special Olympics Washington Virtual Games



Calling all athletes, Unified partners, family members and coaches! Join us for the first-ever Special Olympics Washington Virtual Summer Games. Although we can't gather in person, you can still train and compete from your living room, back yard or local park!

Get started at SOWAVirtualGames.org

Be Counted!

Every 10 years, everyone in the United States is counted through the census. It is important that everyone is counted because the census data impacts many key things. For example, the census data is used to figure out how much money state and local governments get for Medicaid, housing vouchers, the Supplemental Nutrition Assistance Program (SNAP), and education programs. When there isn't enough money, services and programs for people with disabilities can be cut. Census data is also used to determine how many representatives each state gets in the House of Representatives. The count affects you and your loved ones. <https://thearc.org/census/>



Washington State Parks Disability Passes

Passes are available at no charge for people with permanent disabilities. Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for limited income senior citizens, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass, although only one pass may be used at a time. These passes are valid only at Washington state parks. This is a great way to reduce the costs of exploring our state parks.

Learn how to apply at: https://www.parks.state.wa.us/205/Passes?fbclid=IwAR3_bo1egj87v31dRiTIFyxD2mOAvGnrvqQ8yIP-JzAj06PUGd37_UfnRJI



America the Beautiful - National Parks & Federal Recreational Lands Access Pass

Did you know that people with permanent disabilities can apply for a FREE lifetime pass to the National Park Service?

Learn more at about the pass and how to apply at : <https://store.usgs.gov/access-pass>

Arc Membership Meeting

Due to the COVID-19 pandemic, the annual Membership Meeting was held virtually on June 18th. Members of The Arc of Whatcom County, staff and board members met on zoom to hear the board share details from the annual report, a six-point strategic plan of development, and hold elections.

Program Director, Monica Burke, shared in 2019, over 2,400 community members received the Parent Coalition's monthly newsletters. The Arc responded to 1,151 requests for personalized 1:1 assistance, care coordination, and parent matches on topics ranging from service navigation, school services, housing, personal care issues, advocacy, and coaching.

The meeting ended with a "Call to Action" message from The Arc of Washington. This information is being shared broadly across the state because budget cuts will most likely affect all sectors of government and the Developmental Disabilities Administration (DDA) will experience cuts that will affect individuals and families DDA eligibility, personal care hours, and employment. This was a request for people in our county to engage; our civic leaders don't always know or understand the lived experiences, challenges, and successes of people with developmental disabilities.

Members who attended felt that the meeting was "informative" and that on-line access was "...helpful in terms of presenting information..." and made it easy to participate. An area for growth includes: "more effort to reach new members and advertise the annual meeting on the website and other places". But, the general sentiment included comments like: "Keep up the great work!" and "I'm grateful to have the services in our county that The Arc provides".

If there are any program or workshop suggestions you have, please let us know. We welcome your input and also welcome your membership! To take the brief survey, Scan the QR code or visit <https://forms.office.com/Pages/ResponsePage.aspx?id=0HrBcVkd00mjZoali4Hmdb4-yQmAi7ZCn-ptjorvteZUM0w2REZCRFVPOVdHT EYwTUQwMjjGTE9aWC4u>



Your membership helps us help you.

There is power in numbers and your membership will increase our influence and advocacy efforts. The Arc of Whatcom County represents the public interest, supporting and acting with and on behalf of all people with intellectual and developmental disabilities and their families. Your membership enables us to:

- Promote the self-sufficiency, independence and inclusion of children and adults with intellectual/developmental disabilities (I/DD) in education, employment, and community living.
- Support self-advocacy and self-determination.
- Encourage supportive legislation.

As a member, you will receive regular newsletters from The Arc's Parent Coalition, The Arc of Washington State and The Arc of the US. You will get more news about what activities are available for people with developmental disabilities and about the legislation that affects them. You will get information about special events and opportunities sponsored by The Arc of Whatcom County and the programs we sponsor. <http://arcwhatcom.org/wp/about-the-arc/membership/>

Self Advocacy

Self Advocacy Meeting is now Virtual!

4:30 - 6:30 pm, Thursday, August 6



Register: SelfAdvocacy@arcwhatcom.org

After registering you will receive an email containing the link for you to join the Self Advocacy Meeting. Pre-registration is **REQUIRED** to get the link. Must be able to connect through a cell phone, tablet or computer.



**BEST BUDDIES
WASHINGTON**

**VIRTUAL
"HANG-INS"**

**EVERY TUESDAY
5-6PM**



TUESDAYS

5-6PM

JOIN US ON ZOOM!

zoom.us
Meeting ID: 803 609 099
Password: 648700



FOR MORE INFORMATION, CONTACT
ERICABRODY@BESTBUDDIES.ORG



The Parent Coalition

The Arc of Whatcom County provides leadership support for individuals with developmental disabilities and their parents/guardians. The goal of the Parent Coalition is to enable persons with developmental disabilities and their parents/guardians to become effective and involved in accessing services.

The Parent Coalition newsletter is published monthly by:

The Arc of Whatcom County
Dan Godwin Community Center
2602 McLeod Road
Bellingham, WA 98225
(360) 715-0170
www.arcwhatcom.org

Office is currently closed due to COVID-19, Staff working remotely

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Parent Coalition Co-Coordinator:
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P2P Coordinator: Karlene Umbaugh
P2P Parent Assistant: Melissa Abraham
Padres a Padres: Marta Mejia

Board of Directors
Michelle Karaffa, President
Jennifer Thistle & Susan Larson
co-Vice President
Whitney Kiewit, Treasurer
Detrick Grimes, Director
Susan Radke, Director
Bahar Yolac, Director

Stay Connected

Online Community Calendar:
Visit The Arc's website at www.arcwhatcom.org and click on **Events**.

Facebook: Visit our FB page: www.facebook.com/ArcWhatcom for the latest information and events.

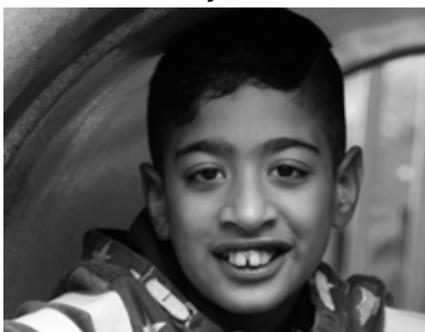
E-alerts: The Parent Coalition emails updates on legislation, workshops, and upcoming activities. To sign up, visit www.arcwhatcom.org or email parentcoalition@arcwhatcom.org.



The Parent Coalition is funded by grants from the Developmental Disabilities Program of Whatcom County, the United Way and your generous donations.

2020 Smiles of Life Calendar Spotlight

Arjun



Emma



The Arc is Here for You!

WITH MANY NEW REMOTE OPTIONS FOR SUPPORT,
INFORMATION, CONNECTION & ADVOCACY!

- FIND OUT MORE BY CALLING THE ARC OF WHATCOM COUNTY AT 360-715-0170 OR EMAILING US AT PARENTCOALITION@ARCWHATCOM.ORG
- STAY TUNED FOR EVENT UPDATES ON FACEBOOK AND ON OUR COMMUNITY EVENT CALENDAR

www.facebook.com/arcwhatcom

www.arcwhatcom.org



The Arc of Whatcom County thanks you for your support of The Arc of Washington clothing donation business over the past 30 years. Your donations of clothing and other small items have helped our State Chapter continue statewide advocacy for the rights and full participation in society of all people with intellectual and other developmental disabilities. Unfortunately, due to the economic impact of the coronavirus, the donations & truck pickup are permanently closed. The Arc of Washington State is no longer able to accept any donations. You can still support us! Our local programs and services, here at The Arc of Whatcom County, can be gifted financially, either one-time donations or by setting up monthly donations, large or small, any donation helps.

Coping During Covid

Parenting during COVID 19 is complex and challenging. Having a child with a special health care need can place added stress on families as our support systems and routines are disrupted. There are lots of resources available and most importantly people to connect to who care about you, your family and our community. The full list of resources can be found at: <https://whatcomtakingaction.org/covid-19/>.

The SEAS line is open. Anyone can call or email for resources on child development. SEAS is here for you, from the time your child is 0 until 21. For information, referrals and guidance around available resources to support child development, any family or provider can contact the SEAS line (Single Entry Access to Services) at 360-715-7485 or email SEAS@oppco.org or fax. The SEAS line connects families to local developmental evaluations, early intervention, and resources to support their child's health and wellbeing.

