

## 2015 Calendar Models Celebrated at Red Carpet Release Party

The Arc of Whatcom County hosted a calendar release party at the beautiful Squalicum Boathouse on December 1st. Each of the 2015 calendar models walked the red carpet, had the opportunity to sign autographs, and enjoyed the spotlight.

The calendar features beautiful photos and inspiring profiles of individuals with developmental disabilities. Models are nominated by friends, families, and community members. If you or someone you know is interested in being in our next calendar, please contact us at: 360-715-0170.





## Meet Your Elected Officials

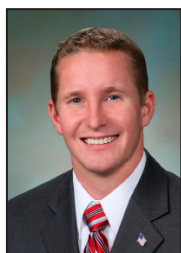
### LOCAL & STATE

#### 42<sup>nd</sup> Legislative District

##### HOUSE OF REPRESENTATIVES



**Rep. Luanne Van Werven (R)**  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7980  
[luanne.vanwerven@leg.wa.gov](mailto:luanne.vanwerven@leg.wa.gov)



**Rep. Vincent Buys (R)**  
465 John O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7854  
[vincent.buys@leg.wa.gov](mailto:vincent.buys@leg.wa.gov)

##### SENATE



**Sen. Doug Ericksen (R)**  
414 Legislative Building  
PO Box 40442  
Olympia, WA 98504-0442  
(360) 786-7682  
[doug.ericksen@leg.wa.gov](mailto:doug.ericksen@leg.wa.gov)

#### 40<sup>th</sup> Legislative District

##### HOUSE OF REPRESENTATIVES



**Rep. Kristine Lytton (D)**  
310 John O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7800  
[kristine.lytton@leg.wa.gov](mailto:kristine.lytton@leg.wa.gov)



**Rep. Jeff Morris (D)**  
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[jeff.morrisf@leg.wa.gov](mailto:jeff.morrisf@leg.wa.gov)



**Sen. Kevin Ranker (D)**  
215 John Cherberg Building  
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Olympia, WA 98504-0440  
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[kevin.ranker@leg.wa.gov](mailto:kevin.ranker@leg.wa.gov)

### Governor

**Governor  
Jay Inslee (D)**  
PO Box 40002  
Olympia, WA 98504  
Phone: (360) 902-4111  
Fax: (360) 753-4110  
[info@ofm.wa.gov](mailto:info@ofm.wa.gov)



**To reach the Legislative Hotline in Olympia, call 1-800-562-6000.**

### FEDERAL

#### 1st Congressional District

**U.S. Representative  
Suzan Delbene (D)**  
[delbene.house.gov](http://delbene.house.gov)  
Phone: (360) 416-7879  
Fax: (202) 226-1606



Canyon Park Business  
Center  
22121 17th Ave SE  
Building E, Suite 220  
Bothell, WA 98021  
Phone: (206) 361-0233

#### 2nd Congressional District

**U.S. Representative  
Rick Larsen (D)**  
[larsen.house.gov](http://larsen.house.gov)  
Phone: (360) 733-4500  
Fax: (202) 225-4420



119 N. Commercial Street  
Suite 1350  
Bellingham, WA 98225  
Phone: (360) 733-4500

2930 Wetmore Avenue, Suite 9F  
Everett, WA 98201  
Phone: (425) 252-3188

### United States Senate

**U.S. Senator  
Patty Murray (D)**  
[murray.senate.gov](http://murray.senate.gov)  
Phone: (425) 259-6515  
Fax: (202) 224-0238



2930 Wetmore Avenue,  
Suite 903  
Everett, WA 98201  
Phone: (425) 259-6515

**U.S. Senator  
Maria Cantwell (D)**  
[cantwell.senate.gov](http://cantwell.senate.gov)  
Phone: (425) 303-0114  
Fax: (202) 228-0514



2930 Wetmore Avenue,  
Suite 9B  
Everett, WA 98201  
Phone: (425) 303-0114

**NOTE: Due to screening procedures, mail to DC offices is often delayed. Send mail to state offices or use email/fax/phone.**

## Sharing Your Story

The Arc's Parent Coalition was pleased to host our annual Legislative Coffee on December 10th. This was a wonderful opportunity for families to share stories with their elected officials. Our thanks to Representative Vincent Buys, Representative Luanne Van Werven (standing at right), Thomas Boucher (Community Liason for U.S. Congressman Rick Larsen), Karlee Deatherage (Congressional Outreach Coordinator for U.S. Congresswoman Suzan DelBene), and Joe Downs (Northwest Washington Outreach Director for U.S. Senator Maria Cantwell) who attended the event.



Communication with your elected officials is important. All of the elected officials and staff in attendance stressed the importance of sharing your personal story. Stories help officials understand the impact of legislation for real people. Stories can also be a valuable tool for legislators to use on the floor when debating a piece of legislation. But before you write, email or call, think about the message you want to send. Consider following these four basic suggestions:

- **IDENTIFY** yourself by name and the town from which you are calling or writing.
- **EXPLAIN** why you are contacting your representative: "I am calling/writing to support/oppose House Bill: HB\_\_\_\_\_, Senate Bill: SB\_\_\_\_\_." Be polite and concise in your explanation. Ask your legislator what their opinion is on the issue, and do not assume that they have prior knowledge of your issue.
- **REQUEST** a written response to your contact.
- **THANK** the person who took your call or your legislator for their time and consideration.

*Get up to date contact information and tips on what to say at: <http://capwiz.com/arcwa/home/>*

## ABLE Act Becomes Law

The Achieving a Better Life Experience (ABLE) Act, now known as the Stephen Beck Jr. ABLE Act, was passed by Congress and signed into law by President Obama in December. The ABLE Act allows for tax advantaged savings accounts for individuals with disabilities, without jeopardizing certain important federal benefits such as SSI and Medicaid. The funds saved in these accounts, if managed correctly, can be another tool in planning for the lifetime support needs of an individual with disabilities.

- People with disabilities or family members can put up to \$14,000 per year in the account and up to \$100,000 total.
- The funds must be spent on qualified expenses related to the individual's disability, such as health, education, housing, transportation, training, assistive technology, personal support, and related services and expenses.
- Individuals with significant disabilities with age of onset before 26 years of age qualify.
- States would be able to recoup some expenses through Medicaid upon the death of the beneficiary.
- The Secretary of the Department of Treasury will begin to develop regulations that will guide the states in terms of a) the information required to be presented to open an ABLE account; b) the documentation needed to meet the requirements of ABLE account eligibility for a person with a disability; and c) the definition details of "qualified disability expenses" and the documentation that will be needed for tax reporting. No accounts can be established until the regulations are finalized. States will begin to accept applications to establish ABLE accounts before the end of 2015.
- The cost of establishing an ABLE account will be considerably less than a Special Needs Trust and will provide more choice and control for the beneficiary and family. With an ABLE account, account owners will have the ability to control their funds and, if circumstances change, still have other options available to them. Determining which option is the most appropriate will depend upon individual circumstances. For many families, the ABLE account will be a significant and viable option in addition to, rather than instead of, a Trust program.

*Excerpts from National Down Syndrome Society*

# Community Events

## ASK THE ADVOCATE WORKSHOP

### *Safety & Wandering*

**6-8pm, Tuesday, January 20**

The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham



Does your family member often wander or run off? Are you concerned for his or her safety? Do you want to know what options are out there to keep him or her safe? We will have parents and professionals available to provide safety tips and discuss their experiences with various options.

Please RSVP: 360-715-0170 ext. 303, [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org). Supervised care for family members is available if you RSVP by January 15th.

## Get to Know The Arc: Volunteer Orientation

**Wednesday, January 14th, 12-1pm**

The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham

Want to learn more about the various programs and opportunities at The Arc? Then this fun and quick "Get to Know The Arc" Volunteer Orientation is for you! There are so many exciting things happening at The Arc, and we would love for you to be a part of it.

For more information or to sign up, please contact Makenna: (360) 715-0170 ext. 205, [makennap@arcwhatcom.org](mailto:makennap@arcwhatcom.org). We look forward to hearing from you and working with you soon!

## Out & About



"Out and About" is a peer social group for people with disabilities who want to participate in their community and meet new people. The group is hosted by Center for Independence North Sound.

The group holds business/support meetings on the second Monday of the month from 3-5pm at the Bellingham Public Library to discuss activities they would like to do in the community (such as bowling, visiting museums,

movies, community festivals, and more) and to discuss important issues in their lives.

To learn more, call 360-393-3890 or toll free at 1-888-482-4839. Or email Shawn Latham at [shawnl@cfnorth.org](mailto:shawnl@cfnorth.org).

## P2P Support Meeting

**7-8:30pm, Monday, January 12**

The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham



Join other parents of children with developmental delays, disabilities, and ongoing health care needs in a comfortable, confidential setting for mutual support. On-site child care available for those who RSVP by January 9th: (360) 255-2056 ext 1.



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

## Autism 200 Series

Autism 200 is a series of free classes for parents and caregivers of children with autism sponsored by Seattle Children's Autism Center. **You must RSVP in advance.** Contact Katey: [sulliv42@students.wvu.edu](mailto:sulliv42@students.wvu.edu).

### **Autism 201: The State of Autism in 2015**

7:00pm-8:30pm, Thursday, January 15

Instructors: Raphael Bernier, Ph.D. & Jim Mancini MS, CCC-SLP  
Western Washington University Speech-Language Clinic  
AIC Building, 516 High Street, Bellingham

[www.seattlechildrens.org/clinics-programs/autism-center/resources](http://www.seattlechildrens.org/clinics-programs/autism-center/resources)



## Spin Dance

**6-8pm, Monday, January 19**

Bellingham Senior Center  
315 Halleck Street, Bellingham

Bellingham Parks and Recreation, The Max Higbee Center and Whatcom County Parks sponsor monthly dances for individuals with disabilities. All persons age 14 and over are invited for music, dancing and fun! For information, call Amanda: 778-7000.



# Advocacy Days 2015

Advocacy Day offers a way for you to learn about the legislative process in person. It's a hands-on tool kit for learning how to make a difference! For information and/or to register, call: 1-888-754-8798, ext 105, email: [bean@arcwa.org](mailto:bean@arcwa.org), or visit [http://arcwa.org/takeaction/washingtonstate/advocacy\\_day](http://arcwa.org/takeaction/washingtonstate/advocacy_day).



## **Climb on Board!**

*Opportunity to visit Olympia and meet with your legislators!*

Efforts are being made to charter a bus from Bellingham to Olympia to participate in the Supporting Families Legislative Advocacy Day on Wednesday, March 18. We are in the early stages of planning and want to get an idea of how many seats we can fill on a bus. If you, family members, or caregivers are interested and can plan for a full day away from Whatcom County, please email Monica at [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org) or call (360) 715-0170, ext. 303. We will have updated information in our February newsletter, and you will be able to reserve seats at that time.

## **Save the Date: Whatcom County Transition Fair**

**Wednesday, March 25  
9am - 12:30pm**

St. Lukes Health Education Center  
3333 Squalicum Parkway, Bellingham



The Transition Fair is for students with developmental and other disabilities, families, educators, and interested community members. Both middle and high school aged students and their families are encouraged to attend. All who are interested in thinking about the future are welcome! Come and learn about: housing options, recreation, advocacy, employment and vocational supports, guardianship, community/tech Colleges, Social Security, Division of Vocational Rehabilitation (DVR), Division of Developmental Disabilities (DDD) and more!

*For more information, contact: Whatcom County DD Program: 360-676-6724 ext. #32014.*

## **Advocacy Day Schedule**

### **Dates & Highlighted Topics**

January 12	(First Day of Session)
January 28	Legislative Briefing
February 4	Budget Overview
February 11	Promoting Independence
February 18	Medicaid Services
February 25	Supported Living Rally
March 4	Education
March 11	Civil Rights
March 18	Supporting Families
March 25	Employment Supports
April 1	Autism Awareness Rally
April 27	(Last Day of Session)

All Advocacy Days are held at United Churches (110 - 11th Avenue SE, Olympia, WA) unless otherwise noted.

## **Multicultural Children's Group**

**10-11am, Saturday, January 10 & 24  
and February 7 & 21**

Bellingham Public Library  
210 Central Avenue, Bellingham  
Dodson Room (ELC)

Foster cultural connections with diverse community members through play. There will be a selection of multicultural books to become familiar with other languages, traditions and beliefs. Participants are encouraged to bring a favorite book to share with the group.

*For more information, please email:  
[colorfulbhamsters@gmail.com](mailto:colorfulbhamsters@gmail.com)*

## **Autism Outreach Project**

**Next Workshop in Bellingham: February 5th**

Building Executive Functioning Skills in Students with Autism. Julie George, M.Ed., BCBA

Single-day courses are \$90 for professionals and \$30 for parents of children with autism spectrum disorder.

*For more information or to register visit:  
<https://www.nwesd.org/aop/training>*

## MEET TERRI HANSEN, INCLUSION ADVOCATE AT THE ARC

Terri Hansen has been working for The Arc as our Assistant Inclusion Advocate for almost 14 years. Prior to being an employee of The Arc, Terri was a volunteer through the Community Transitions program of Bellingham Schools. Terri's job consists of communicating and making connections with individuals in Whatcom County through various advocacy groups. Terri shares her knowledge and experience as well as her talents, by giving presentations on inclusion, respectful language, reasonable accommodations and person-centered planning.

Terri says that working at The Arc and meeting with people in the community has taught her a lot about different ways to advocate for the rights of individuals with disabilities. Terri sees how individuals possess equal choice in their life. "The challenge of this job is keeping up with all the paperwork. My goal is to keep inspiring the audiences that I come in contact with," Terri says.

Terri has seen little and big changes in legislation and society through her involvement. She provides and models respectful support, helping individuals make desired changes and gain independence as well as helping their families find the right resources to better their everyday lives. Terri strives for a community where individuals with disabilities have the right to make their own choices and decisions in how they want to successfully run their lives.

### **Opening Doors to Hospitality**

Terri is working to have a local impact in the hospitality industry in how travelers with disabilities are served by hotels and restaurants. People with disabilities, in the United States and around the world, travel for both business and pleasure and regularly use hotels. This market represents over 18% of the population. According to a 2002 study by the Open Doors Organization (ODO), a Chicago non-profit, annual spending by travelers with disabilities equals \$13.6 billion.



*Arc Board Member, Leon Kinsley, and Terri Hansen at the Everybody Fair in September 2014*

The hospitality industry prides itself on giving its customers a warm welcome and providing outstanding service in pursuit of high guest retention and consumer satisfaction. By extending that same level of customer service to guests who have disabilities, hotels and lodging establishments can build a clientele in a growing, diverse market that remains, as yet, nearly untapped. People with disabilities and older adults who benefit from accessible features are likely to become repeat customers for businesses that provide them with accurate information, informed assistance, and a friendly attitude.

Hospitality is not provided when a guest cannot get to the front door, register at the front desk, eat in the restaurant, or maneuver around his room. Good customer service practices that assist people with disabilities will bring repeat business from guests with disabilities, older travelers, and friends and families that accompany this large and growing market.

*If you have a local business that wants to explore how they can improve and build on their customer service and hospitality, contact Terri Hansen at 360-715-0170, ext. 206, [terrih@arcwhatcom.org](mailto:terrih@arcwhatcom.org).*

*(Excerpts from <http://www.ada.gov/accesscust.htm>.)*





**The Arc**

For people with intellectual  
and developmental disabilities

## Meet Kayla Day: Inspirational Speaker & Advocate for Inclusion

Whatcom County resident Kayla Day was the featured presenter at the Everybody Fair, a county-wide celebration of disability in September. Kayla also spoke to all the students at Cordata Elementary in four different fall assemblies. Not only did she share some pretty personal stuff, she also left students with tips on how to be “curiously friendly” when they meet someone with a disability. She explained how lonely it was for her in high school. In spite of the fact that she was surrounded by students all day, no one took the time to get to know her.

Kayla’s “other job” is working at Walgreen’s. She described how she is a part of the team providing “extraordinary customer care.” Besides detailing shelves and displays, Kayla makes announcements over the store PA system.

One of Kayla’s dreams is to be an inspirational speaker, and it’s a delight to watch that dream come true, over and over again!

*If you, your business or class is looking for an uplifting and motivating speaker, contact Phil at Work Opportunities, (360) 306-3957, for more information about having Kayla speak.*



Kayla dancing at Out of the Ashes



Kayla working at Walgreens

### 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](http://www.arcwhatcom.org)  
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Todd Childs, Vice President  
Susan Radke, Secretary  
Jenny Martin, Treasurer  
Katie Edson, Dale Whipple,  
Bobbie Wiley and Leon Kinsley

### Stay Connected

**Online Community Calendar:** Visit The Arc’s online calendar: [www.arcwhatcom.org/events](http://www.arcwhatcom.org/events).

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://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](http://www.arcwhatcom.org) or email [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org).



PARTNER AGENCY

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

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### DID YOU KNOW?

Whatcom Transportation Authority is changing the names of two of their services. Specialized Transportation will now be called Paratransit, and Safety Net will now be called Zone Service.



The Arc of Whatcom County  
Dan Godwin Community Center  
2602 McLeod Road  
Bellingham, WA 98225

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## Event Calendar

### January 2015

**10 Saturday, 10am-12pm**  
**Young Adult Self-Advocacy (YASA)**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Jessica: 715-0170, ext 304

**12 Monday, 7-8:30pm**  
**Parent to Parent Support Meeting**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Christine: 255-2056, ext 1

**14 Wednesday, 12-1pm**  
**Volunteer Orientation**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Makenna: 715-0170, ext 205

**15 Thursday, 11:30am-1pm**  
**SEPAC Meeting**  
Bellingham Public Schools District Office  
1306 Dupont Street, Room 212  
Contact the District Office: 360-676-6400

**15 Thursday, 7-8:30pm**  
**Autism 201: The State of Autism in 2015**  
(see page 4 for details)

**17 Saturday, 6-7pm**  
**People First Meeting**  
114 W Magnolia, Suite 106  
Contact Susan: 738-2060

**19 Monday, 6-8pm**  
**Spin Dance**  
Senior Center, 315 Halleck Street  
Contact Amanda: 778-7000

**20 Tuesday, 6-8pm**  
**PC Workshop: Wandering**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Monica: 715-0170, ext 303

**26 Monday, 4:30-6pm**  
**DD Advisory Board Meeting**  
St. Lukes Health Education Center  
3333 Squalicum Parkway  
Contact Jessica: 676-6724, ext 32014

**28 Wednesday, 5:30-6:30pm**  
**The Arc's Board of Directors Meeting**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Beverly: 715-0170, ext 306

### I ♥ Camp TEAM!

**11am-7pm, Thursday, February 12**  
The FIRS Conference Center  
4605 Cable Street, Bellingham

Join WWU Recreation students for a Valentine-themed day chock full of activities (and great company!) including karaoke, arts and crafts, games, sports, and surprises galore! This event includes one-on-one partnering with a WWU student, a tasty noon snack, a late afternoon hot meal, and a wild and crazy time! (Cost: \$5. Ages 14 and older.)

Please note: Participants must be available to stay for the entire event. You must provide your own transportation. Personal care assistants are welcome at no cost, but must register to ensure a meal.

For more information, contact Amanda:  
778-7000.

**NOTE: All listed events are in Bellingham unless otherwise noted. More events are listed on The Arc's community calendar: [www.arcwhatcom.org/events](http://www.arcwhatcom.org/events).**