

## Six Tips for Back to School Success

*Parents and teachers have spent countless hours doing everything they can to set their child up for success at school. Here are a few tricks some of them have learned along the way.*

### **Nonverbal Communication**

The first week of school can be an anxious time for everyone. One tendency is to be "super-positive" and cheerlead, asking open-ended questions like: "Are you in 5th grade now? Wow! You are so grown up/smart/handsome! What does that feel like?"

While well-meaning, this kind of noise has the potential to create even more anxiety for your child. There is a way to be positive without talking too much. The key is to be neutrally engaged. Use lots of non-verbal communication and try to take in information about the way your child is experiencing school, rather than putting it out.

### **Supplies**

Think of your child's school supply list as more than a list. Not only does the list contain materials that a teacher requires his or her students to have, it is also a list of the student's needs. What items does your child need to focus better or to organize better?

One teacher's school supply list called for students to have many folders for different subjects. Typically, in the first few days of school, the teacher dictates to the class which color folder should be used for what.

One family added to the list one huge six-inch binder with zippered dividers. They hole-punched the folders that the teacher required and put them all in that one binder. This way, the student only has to grab one thing at the beginning of a class and put away one thing at the end of it. Time at home allows for providing support to organize the binder and get a better picture of their day. It helps the student take ownership of belongings without having to deal with the time crunch and sensory pressure of the classroom.

### **The First Few Days**

One family got permission to photograph the classroom. Whether it's your child's aide doing this or your child himself, it really helps to filter information so that they can process it. After school, during your child's downtime, you and your child can look at the pictures on the computer together. It's a great opportunity to see what they see. Maybe certain kids or specific things in the classroom caught their eye. Invite your child to come up with a word or two that can give you an idea of what they're actually processing about their surroundings at school.

### **Find Your Friends, Too**

Who is your "go-to" person at your child's school? Who really understands their needs? Start the conversation there. It could be someone in the office, a learning specialist, the principal herself, or a single teacher teaching a single class – confidence is what makes the world go 'round. Small, tangible bits of progress fill everyone's tank and can be used as a template for other relationships and subjects within your child's school life.

### **Lime In A Lunchbox**

Lunchtime can be notoriously tricky for kids with sensory processing difficulties. Oftentimes, it's the loudest, most unstructured, and smelliest time on any given school day. Did you know that lime clears the olfactory palette? One parent learned this at a workshop and now sends one with lunch every day; they call it his secret weapon. If the smell of someone else's lunch is preventing him from eating his, he pulls it out and smells it. It's like a 'reboot' for his brain. Another student has taken a few whole cloves in their pants pocket. They have a wonderful, comforting smell and can be a tactile fidget as well.

### **One Deep Breath & Back-To-School**

Breathe, pace yourself, and let that reflect in how you approach this coming year with your child. The next few weeks are only a starting point. Be mindful and deliberate about where you put your energy – your child will thank you for it.

*Excerpts from [www.friendshipcircle.org](http://www.friendshipcircle.org) with additions from Whatcom County families. Written by Sara Winter.*



## New Funding for Employment

Good news for 2015-16 high school transition graduates! The budget for the Developmental Disabilities Administration (DDA) includes new employment funding for high school transition graduates who:

- Were born between September 1, 1993, and August 31, 1995;
- Want to work;
- Are not on a Home and Community Based Services Waiver (HCBS), but would like to be; and
- Are functionally and financially eligible for CFC personal care services.

Anyone who meets these criteria and requests employment services will be placed on the HCBS Basic Plus waiver and begin receiving long-term employment services from DDA\*. Contact your DDA case manager or call the No Paid Services Caseload Line (see right) to request this service.

### Employment Services

*Individual Supported Employment:* discovery (identifying interests, strengths, needs), assessment, job preparation, job placement, and coaching.

*Group Supported Employment:* supervised employment for groups of no more than 8 workers with disabilities in the same setting.

\*Note: Employment services from DDA are not available until after the individual turns 21 and has graduated from high school.

Source: *Informing Families, Building Trust*



### No Paid Services Caseload Line

800-567-5582

*Not a client of DDA yet?* Go through the eligibility process now, so your child is in line for these services when he/she graduates. Call (360) 714-5000 for an eligibility packet.

## Personal Care Is Now Part of Community First Choice (CFC)

Another big change that has been in the works for more than a year has recently been put into place. Effective July 1, 2015, nearly everyone who had been receiving Personal Care through a waiver or Medicaid Personal Care (MPC) is now receiving Personal Care through a new Medicaid state plan called Community First Choice (CFC).

If you are currently receiving Personal Care services, there is nothing you need to do to get onto the new program; however, there are some new services included in CFC that you can request (now, or at your annual assessment).

**The Core CFC Benefits include Personal Care, but also provide new options for using your hours\* including:**

- Skills Acquisition Training: skills-training to help the individual gain independence in key areas. Skills acquisition can be accessed through Personal Care hours or purchased as an enhanced service.
- Personal Emergency Response System (PERS): A basic electronic device that enables individuals to secure help in an emergency.
- Caregiver Management Training.

\*number of service credits/hours based on assessment

**You may be eligible for Enhanced CFC Benefits\***

- Assistive Technology (AT): Devices and apps that increase the individual's independence. Includes specialized add-ons to the basic PERS system such as fall detectors, medication reminders, and GPS locators for those who qualify.
- Additional Skills Acquisition Training: May be purchased along with, or instead of, assistive technology.
- Community Transition Services: Rent and utility deposits, bedding, basic kitchen supplies, and other expenses related to transitioning from a long term care facility (such as nursing home, hospital or RHC) to a person's own home in the community.

\*\$500 combined annual limit for AT and additional Skills Acquisition Training.

\*\$850 one time expenditure for Community Transition.

Source: <http://informingfamilies.org/cfc-services/>

**Don't have Personal Care?** If you or your family member is on Medicaid and needs assistance with activities of daily living, contact your DDA office for info on how to apply: (360) 714-5000.

## Important Information for Parent Providers

Many of you have received a letter in the mail from DSHS along with your June MPC invoice. This letter is about changes for Medicaid Personal Care (MPC) Providers who provide services for someone they live with. In 2013, there was an IRS ruling that said that Caregivers for people on the Waiver who lived with their client did not have to pay income taxes on their earnings. Because the state is moving MPC services out of the waiver and into the Community First Choice Option, this ruling will no longer apply, so wages received from providing MPC hours will now be considered taxable. This is because of IRS rules, not because of decisions made by state legislators.

### **Who does this impact?**

Caregivers who live with the person they care for AND the person is on a DDA waiver.

### **When does this begin?**

Income received after July 1, 2015, will be considered taxable.

### **Will I have to pay the FICA tax as well?**

No, family members who live with their son or daughter do not have to pay the FICA portion. This has not changed.

### **How do I have taxes withheld from my check?**

Providers may download a W4 form from the DSHS SSPS Internet: <https://www.dshs.wa.gov/sesa/social-service-payment-system/tax-info>



The completed W4 for federal withholding should be sent to:

Department of Social & Health Services  
Attn: SSPS/PFU  
PO Box 45346  
Olympia, WA 98504-5346

### **Is there anything else I can do?**

If this issue is important to you, consider contacting your Congress members and encourage them to change the IRS rules to allow the K plan to have the same rules as for waiver.

For information about how to contact your Congress members, go to: <https://www.govtrack.us/congress/members/WA>.

## **Clients' Rights Under the New Home and Community Based Services (HCBS) Rules**

On January 16, 2014, new federal rules were established for quality requirements for Medicaid home and community-based services provided under sections 1915(c), 1915(i), and 1915(k) of the Medicaid statute. The federal rules require all HCBS settings, including adult family homes, adult residential care, enhanced adult residential care, and in-home settings, to meet certain qualifications.

### **You have the right to:**

- Lead your service planning process by:
  - Inviting who you want to come to your assessment;
  - Having the assessment and service planning process take place in your home or a place that is convenient for you;
  - Getting the information you need to make choices about all the services and supports available to you.
- Be involved in your community, including the right to:
  - Work;
  - Participate in activities with other members of your community;
  - Control your own money and resources; and
  - Receive services in the community.

- Have privacy and be treated with dignity and respect
- Be free from restraints, abuse, exploitation or neglect
- Make your own life choices, including the freedom to decide:
  - Which services you will receive;
  - Who will provide your services;
  - Where you live and what activities you want to do;
  - Who you want to spend time with; and
  - Not to accept services you do not want.

### **In addition, if you live in a residential setting, you also have the right to:**

- Have a lockable entry door;
- Choose your roommate from among others who live there;
- Decorate your bedroom or unit;
- Make your own schedule and choose what activities you want to do;
- Have access to food at any time; and
- Have visitors at times that are convenient to you.

Source: Department of Social and Health Services



# Community Events

## Sensory Friendly Showing of "My Neighbor Totoro"

Sunday, September 13th, 1pm  
Pickford Film Center  
1318 Bay Street, Bellingham



Pickford Film Center will be hosting for the first time in Whatcom County a sensory friendly showing of the animated film 'My Neighbor Totoro' (dubbed)! Sensory friendly films modify lighting and sound levels, as well as encourage vocalization and movement for individuals on the Autism Spectrum or with other Sensory Processing Disorders. Cost: \$5 children / \$8 adults. For more info, call the Pickford at (360) 738-0735.

## Autism Support Group Meeting

For Parents & Caregivers

Friday, September 11th, 12-1:30pm  
The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham

For more info, contact Monica at [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org)  
or call (360) 715-0170, ext. 303.

## ICC At Large Meeting

Tuesday, September 29th, 3:30-5pm  
St. Luke's Health Education Center  
3333 Squalicum Parkway

Meeting Focus: Collaborating with School Districts

The Whatcom Infant & Children's Council (ICC) is an advisory group that provides input to the Lead Agency (Opportunity Council) regarding the system of services to children birth to three years old who have disabilities or developmental delays. Parents of children with special needs and service providers share information and experiences to shape the way children and families receive services in our community.

For more information, please contact Monica at (360) 715-0170, ext. 303, or [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org).

## DEVELOPMENTAL DISABILITIES COUNCIL TOWN HALL MEETING

Thursday, September 17th, 6:30-8:30pm  
Lakeway Inn Conference Center, Whatcom Room  
714 Lakeway Drive, Bellingham

The Washington State Developmental Disabilities Council (DDC) is hosting a Town Meeting. The Council would like to learn more about community supports in your area and the challenges facing individuals with developmental disabilities and families.

Please attend if you are:

- An individual with developmental disabilities
- A parent or family member
- Interested advocate or stakeholder
- An active service provider

Join us and provide information that the DDC will use as we build our next five year state plan. Members of the general public are encouraged to attend.

Please RSVP to Linda West at [linda.west@ddc.wa.gov](mailto:linda.west@ddc.wa.gov) or call 1-800-634-4473.



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 Jessica: [jessicaburchiel@gmail.com](mailto:jessicaburchiel@gmail.com).

### Autism 209: Toilet Training for Individuals with Autism and Developmental Disabilities

7:00pm-8:30pm, Thursday, September 17  
Western Washington University Speech-Language Clinic  
AIC Building, 516 High Street, Bellingham

Instructor: Mendy Minjarez, PhD

Many children with autism and developmental disabilities are delayed in reaching their toilet training milestones. The usual toilet training strategies are not always effective, leaving parents frustrated and unsure of how to proceed. Dr. Mendy Minjarez, a behavioral psychologist at Seattle Children's Autism Center, will review best practices in addressing toilet training goals in this population of children. This presentation will include information about toileting readiness, behavioral interventions for addressing toilet training in children with developmental delays, and troubleshooting specific toileting problems, such as fears and refusal.

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

## P2P Support Meeting

7-8:30pm, Monday, September 14  
NEW LOCATION: Cordata Elementary Library  
4420 Aldrich 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 September 11th: (360) 255-2056, ext. 1.



## IDEA: Blueprints for Special Education

September 19th, 9:30am-4:30pm  
Shoreline Conference Center/Mount Rainier Room  
18560 1st Ave NE, Shoreline, WA

A full day workshop that explains how to use the IDEA to develop services for your child. Presented by experts in Special Education law: Katherine George, Esq.; Charlotte Cassady; Lara Hruska; and Jeannette Cohen.

The special education process is like building a house. There is a logical order to both. This full day workshop will explain how to use the building blocks of the Individuals with Disabilities Education Act (IDEA) to develop appropriate services for your child.

### Morning session will include:

- Building a foundation for the Individualized Education Program (IEP)
- Identifying and involving the IEP team
- Developing the IEP to meet educational standards

### Afternoon session will include:

- Round table small group discussion with attorneys representing the region including Q&A time
- In-depth small group discussion of multiple interest areas

**Event Fees:** Parent: \$ 35.00 / Student: \$ 25.00 / Professional: \$ 75.00

Find more info at: <http://www.washingtonautismadvocacy.org/updates/events/?page=CiviCRM&q=civCRM/event/info&reset=1&id=48#sthash.weuETQDD.dpuf>

## "Difficult Conversations"

### Working Together Successfully: A Course in Collaborative Negotiations

Presented by: Interchange Northwest, David Black  
Thursday, September 24th, 1-5pm  
St. Luke's Health Education Center: 3333 Squalicum Parkway

"Working Together Successfully" is a half-day introduction to help people learn how to get what they need through collaborative negotiation. It was developed specifically for people with disabilities, family members, and service providers. The course is highly interactive and has proven to increase participants' skill and confidence in navigating difficult conversations. Participants will learn about strategies to navigate differences within the service team, working with team members to set clear and common expectations, the role of negotiation in resolving disagreement, the nature of conflict, styles of decision-making, and more!

Workshop is free but registration is required. Please contact Vicki McClure at (360) 788-6049 or [vmcclure@whatcomcounty.us](mailto:vmcclure@whatcomcounty.us) to register.



## Special Olympics Bowling

### Three Options in Whatcom County:

#### BELLINGHAM SCHOOL DISTRICT KING PINS

Practice: September 1st – November 3rd  
Once a week, the teacher will notify you of which day by community calendar.  
Park Bowl – Cordata, Shuksan, Community Transitions, some Sehome  
20th Century Bowl – Wade King, Fairhaven, Kulshan, Sehome  
Contact your teacher or visit: [www.bsdspecialolympics.blogspot.com](http://www.bsdspecialolympics.blogspot.com)

#### BELLINGHAM INDEPENDENTS

Practice: Sundays from 11-1, September 6th – November 1st  
Location: 20th Century Bowl; Note: There is no accessible ramp at this location. If you utilize a wheelchair, please contact the North Whatcom bowling program.  
Contact: Dave Frick, 360-296-1537 or [dfrickso@yahoo.com](mailto:dfrickso@yahoo.com)

#### NORTH WHATCOM

Practice: Saturdays from 12-3, starting September 19th  
Location: Mt. Baker Lanes, 1788 Labounty Dr., Ferndale  
Contact: Karen Smith, 360-815-6642 or [karensmith4953@comcast.net](mailto:karensmith4953@comcast.net)



## 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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& Susan Larson

## Stay Connected

### Online Community Calendar:

Visit The Arc's website at [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on 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).



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



# 12th Annual DsO Buddy Walk



The Buddy Walk® is a fun and rewarding opportunity to promote acceptance and inclusion of people with Down syndrome and celebrate Down Syndrome Awareness Month in October.

Developed by the National Down Syndrome Society, the Buddy Walk began in 1995 with 17 walks across the country. Last year was record breaking, with more than 305,000 participants in more than 250 events across the country and around the world. Whatcom County had over 350 participants last year, and this year, we expect to have even more!

The 12th Annual Buddy Walk in Whatcom County will be Saturday, October 3rd from 11am-2pm at the Fairhaven Village Green. This year's event will feature two walk options of 1/4 mile or 3/4 mile around beautiful Fairhaven. All ages and abilities are invited to participate. After the walk, there will be food, music, dancing, performances by special guests, a silent auction, and other fun activities for families to enjoy. ***All participants will receive a fun shirt and lunch (while supplies last)!***

Whether you have Down syndrome, know someone who does, or just want to show your support, your participation and generosity is greatly appreciated. Anyone can be a buddy--join in the fun!

The money raised will support local programs for individuals with Down syndrome. With everyone's active participation and generous support, the possibilities for great services and events are endless!

**Early Bird Registration!**  
Registrations received and paid in full by September 18th are eligible for early t-shirt pick up between September 21st and 30th (9am-12pm). You can register online at [www.arcwhatcom.org](http://www.arcwhatcom.org) or by completing and returning the registration form on the opposite page!

## HOW YOU CAN HELP

### Raise Money Using Pledge Forms

Ask your family, friends, neighbors, and coworkers to donate and help support local programs for individuals with Down syndrome. Pledge forms, registration forms, and fundraising tips are available online: [www.arcwhatcom.org](http://www.arcwhatcom.org). Don't forget to ask your employer if they have a matching gift program - often a great source of support!

### Organize a Team

Organize a group from your workplace, school, or community, and support people with Down syndrome while building team spirit. Visit [www.arcwhatcom.org](http://www.arcwhatcom.org) or our office for Team Pledge Forms.

### Volunteer

Volunteers are always needed on the day of the event to help set up, give directions, hand out information, and more. Email [makennap@arcwhatcom.org](mailto:makennap@arcwhatcom.org) to learn more and sign up.

### Donate

If you are unable to attend the Buddy Walk but would like to promote appreciation and inclusion for people with Down syndrome, your generous donation (100% tax deductible) would be greatly appreciated.

\_\_\_ \$10 \_\_\_ \$20 \_\_\_ \$50 \_\_\_ \$100 other: \$ \_\_\_

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

**Your support is greatly appreciated!**

Please mail your donation/s to:

The Arc of Whatcom County  
2602 McLeod Road, Bellingham, WA 98225

DsO is a program of The Arc of Whatcom County, a 501(c)3 Organization (Federal Tax ID #31-1579359)

NOTE: Checks should be made payable to:  
"The Arc of Whatcom County"

# BUDDY WALK® REGISTRATION FORM

11am-2pm, Saturday, October 3, 2015 • Fairhaven Village Green

**\*PLEASE PRINT CLEARLY\***

\_\_\_\_\_  
Contact Name

\_\_\_\_\_  
Team or Company Name (if applicable)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Name of person with Down syndrome you're walking in honor of

Please make checks payable to:  
**"The Arc of Whatcom County"**  
*Your donation is tax-deductible.*  
*DsO is a program of The Arc of Whatcom County,*  
*a 501(c)3 Organization (Federal Tax ID #311579359).*

*Each registration includes lunch & a t-shirt,  
while supplies last.*

Persons w/ Down syndrome: \_\_\_\_\_ (FREE)

Children 5 and under: \_\_\_\_\_ (FREE)

Adult registrations: \$10 x \_\_\_\_\_ = \_\_\_\_\_  
*(Ages 13 and older)*

Child registrations: \$5 x \_\_\_\_\_ = \_\_\_\_\_  
*(Ages 6-12)*

Raffle tickets: \$1 x \_\_\_\_\_ = \_\_\_\_\_

Extra t-shirts: \$7 x \_\_\_\_\_ = \_\_\_\_\_

Lunch only: \$5 x \_\_\_\_\_ = \_\_\_\_\_

I wish to make an additional donation: \$ \_\_\_\_\_

**GRAND TOTAL:** \$ \_\_\_\_\_

**LIST ALL PARTICIPANTS BELOW:**

*Attach additional sheets, if needed.*

NAME

T-SHIRT SIZE\*

NAME

T-SHIRT SIZE\*

_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**\*T-SHIRT SIZES:** YOUTH: YS, YM, YL ADULT: S, M, L, XL, 2XL

Registrations received and paid in full by 9/18/15 are eligible for **early t-shirt pick up** between 9/21/15 and 9/30/15.  
*Check here if you'd like to pick up your t-shirts early, and we will contact you when your order is ready.*

**WHETHER YOU ARE REGISTERING YOURSELF, A FAMILY OR MULTIPLE INDIVIDUALS, ALL PARTICIPANTS AGREE TO THE FOLLOWING WAIVER:**

In consideration of me and/or my minor child being permitted to participate in the Buddy Walk, I hereby – for myself, my heirs and personal representatives – assume any and all risks which might be associated with the event. I further waive, release, discharge and covenant not to sue Down syndrome Outreach, its officers, employees, or their successors, organizers, volunteers, or other representatives or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered by myself and/or my minor child as a result of taking part in the events and related activities. I also authorize the use by The Arc and NDSS of any photo, film, or video taken of me or my minor child for any purpose.

\_\_\_\_\_  
Signature (THIS REGISTRATION IS NOT VALID UNLESS SIGNED.)

\_\_\_\_\_  
Date

Return completed form with payment to The Arc of Whatcom County, Attn: Buddy Walk, 2602 McLeod Rd, Bellingham, WA 98225. Thank you!

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### DID YOU KNOW?

Victims of a motor vehicle crash can experience confusion or injuries that may make it difficult to communicate clearly to first responders about important information. In 2014, a legislative budget proviso created the Yellow Dot Program as an intervention, especially for those residents with special medical needs. By placing a Yellow Dot decal in the car's rear windshield, the citizen is letting first responders know that critical information is being kept in the car's glove box.



For more info and to get your dot, visit <http://wayellowdot.com>.



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

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Bellingham, WA  
Permit No. 124

## Event Calendar

### September 2015

11 Friday, 12-1:30pm

#### Autism Support Group

The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Monica: 715-0170, ext 303

13 Sunday, 1pm

#### Sensory Friendly Film at The Pickford

(see page 4 for details)

14 Monday, 5:30-7pm

#### Buddy Walk Planning Meeting

The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Jessika: 715-0170, ext 304

14 Monday, 7-8:30pm

#### Parent to Parent Support Meeting

Cordata Elementary Library  
4420 Aldrich Road  
Contact Christine: 255-2056, ext 1

17 Thursday, 6:30-8:30pm

#### DDC Community Meeting

(see page 4 for details)

17 Thursday, 7-8:30pm

#### Autism 209: Toilet Training

(see page 4 for details)

19 Thursday, 9:30am-4:30pm

#### IDEA: Blueprints for Special Education

(see page 5 for details)

19 Saturday, 6-7pm

#### People First Meeting

114 W Magnolia, Suite 104  
Contact Susan: 738-2060

21 Monday, 6-8pm

#### Spin Dance

Senior Center, 315 Halleck Street  
Contact Amanda: 778-7000

23 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

24 Thursday, 1-5pm

#### Difficult Conversations Workshop

(see page 5 for details)

29 Tuesday, 3:30-5pm

#### ICC At Large Meeting

St. Luke's Health Education Center  
3333 Squalicum Parkway  
Contact Monica: 715-0170, ext 303

**NOTE: All events listed are in Bellingham unless otherwise noted. To find more events, visit [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on "Events."**

### SAVE THE DATES!

## BUDDY WALK®

**12th Annual Buddy Walk**  
**11am-2pm, Saturday, October 3rd**

#### Fairhaven Village Green

Since 1995, the Buddy Walk has become the premier advocacy event for Down syndrome in the United States. See pages 6 & 7 for more info. Come join the fun!



**The Arc's Halloween Party**  
**5-7pm, Thursday, October 29**  
**Bloedel Donovan Park Building**

Sponsored by The Arc's Young Adult Self-Advocacy Group, this event is free and open to the community!