

What is School Advocacy?



Parents and special education administrators at the School & Family Networking Night on October 12th

Advocacy means to support or speak on behalf of someone or something. School or education advocacy is supporting a student by speaking up and taking action to make sure they get all the services and supports they need.

An advocate is a person who speaks up for and defends the rights of him or herself, or of another person.

Parent-advocates are people who speak up for and defend the rights of their children and are willing to work with a school or other service provider to make sure that their children get the services they need and deserve.

What if I have a question about special education or need someone to help by looking over a document or coming to a meeting?

- The Arc of Whatcom County provides free workshops, information, one-on-one support, and IEP advocates. Visit www.arcwhatcom.org or call (360) 715-0170, and ask to speak with Monica, our Parent Coalition Coordinator.
- Partnerships for Action, Voices for Empowerment (PAVE) provides free information, resources, and trained advocates who can assist individual families. Visit www.wapave.org for more info, or call (253) 565-2266.

What if I have a dispute with the school and need help to resolve it or information on what I can do?

The Office of the Education Ombuds provides informational booklets and can resolve complaints, disputes, and problems between families and elementary and secondary public schools in all areas that affect student learning. Visit www.oeo.wa.gov or call (866) 297-2597.

Where can I go on the web for comprehensive and parent-friendly information about special education law and advocacy?

WrightsLaw provides special education law and advocacy information. Visit www.wrightslaw.com.

Where can I learn about specific laws governing special education?

- The Office of the Superintendent of Public Instruction (OSPI) has information on the laws governing special education in Washington State. Visit www.k12.wa.us/specialed/default.aspx or www.k12.wa.us/specialed/families/assistance.aspx or call Scott Raub, Special Education Parent Liaison at (360) 725-6075.
- The US Department of Education (IDEA) has information on federal laws governing special education. Visit www.idea.ed.gov.



Parents and providers met with special and early education representatives from Bellingham, Blaine, Ferndale, Lynden, Meridian, and Mount Baker School Districts at the Infants and Children's Council meeting on September 29th.

Changes to Individual Provider Payments

Information for Individual Providers

Individual Providers (IP) who are paid by DSHS to provide personal care or respite services to clients in their homes will be transitioning to a new timekeeping and payment system in early 2016 called ProviderOne. IPs will continue to be paid through the Social Service Payment System (SSPS) until early 2016. If you are a contracted IP providing in-home care services, you have been contacted by e-mail or U.S. mail with details on when and how your payment system is changing.

Your new online billing system is coming early 2016!

Individual ProviderOne is an online, electronic system. As an individual provider (IP), you will begin using Individual ProviderOne in early 2016. Individual ProviderOne will replace the Social Service Payment System (SSPS) currently used. IPs will no longer be able to phone in hours for personal care or respite services.

New Payment Structure

Currently, IPs receive a whole month's wages in one payment. The payment structure will change to twice a month.

- Step 1: You report hours for January 1-15 on or by January 16.
- Step 2: Individual ProviderOne mails payment, sends a direct deposit or debit card by February 1st for the January 1-15 reported hours.
- Step 3: You report hours for January 16-31 by or on February 1.
- Step 4: Individual ProviderOne mails payment, sends a direct deposit or debit card by February 16th (or next business day) for the January 16-31 reported hours.

How do you submit your hours?

You can submit your hours online, by fax, or in the mail. Please note that time sheets sent through the mail may not get to Individual ProviderOne within the time period required in order to receive payment at the projected date.

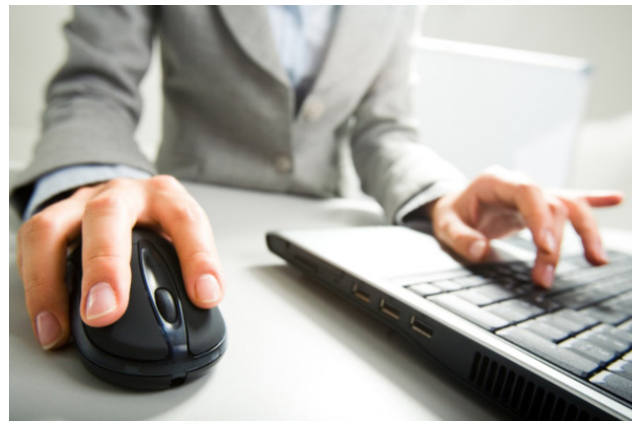
How to prepare for Individual ProviderOne switch:

- Review the additional information sent about Individual ProviderOne every month in your SSPS invoice.
- Return forms you will receive in the welcome packet during fall of 2015.
- Complete training to learn how to use Individual ProviderOne: Online, printed, or in-person (see box at right).

Any further questions can be sent to:

- ProviderOne: IPCommunications@hca.wa.gov
- The Arc of Whatcom County: Monica Burke, Parent Coalition Program Director, monicab@arcwhatcom.org or (360) 715-0170, ext. 303.

ProviderOne



In-Person Training Times

Location: Fairhaven Village Inn, 1200 10th St, Bellingham

Dates and Times:

- Tuesday, November 24th, 2015: 9:30am, 10:30am, 1:00pm, 2:30pm
- Tuesday, December 15th, 2015: 9:00am, 10:30am, 1:00pm, 2:30pm
- Tuesday, January 5th, 2016: 9:00am, 10:30am (Russian), 1:00pm, 2:30pm
- Wednesday, January 13th, 2016: 9:00am, 10:30am, 1:00pm, 2:30pm
- Wednesday, February 10th, 2016: 9:00am, 10:30am, 1:00pm, 2:30pm
- Tuesday, March 1st, 2016: 9:00am, 10:30am, 1:00pm, 2:30pm

WHAT IS A REP PAYEE FOR SSI?

You don't have to be an accountant to keep good records

Supplemental Security Income (SSI) is a Social Security program that provides a monthly payment to adults with a disability and to children who meet Social Security's disability and income criteria. A representative payee (rep payee) is an individual or organization appointed to receive Social Security and/or SSI benefits for someone who cannot manage or direct someone else to manage his or her money. The main responsibilities of a payee are to use the benefits to pay for the current and foreseeable needs of the beneficiary and properly save any benefits not needed to meet current needs. A payee must also keep records of expenses. When Social Security requests a report, the payee must provide an accounting of how benefits were used or saved.



Social Security will send you a "Representative Payee Report" once a year. When you receive the report, you should fill it out promptly and mail it back, or follow the directions received with the report to submit the report online. Whether you choose to complete the paper report or the online version, the report is simple to complete if you keep clear records of how the money is spent or saved throughout the year.

The simplest way to keep monthly records is to note every cost as one of two categories: (1) Food and Housing or (2) Other. Social Security asks the rep payee: How much did you spend for the beneficiary's food and housing? And how much did you spend on other things for the beneficiary, such as clothing, education, medical and dental expenses, recreation, or personal items? If you have classified every bank transaction in either of these categories, totaling the amounts for one year of reporting can be simple. You can find a Parent Coalition handout to help track expenses at <http://arcwhatcom.org/wp/wp-content/uploads/2014/11/SSI-Rep-Payee-Reporting.pdf>.

Source: Social Security Administration and a parent who recently filed

New Representative Payee Service in Whatcom County

Offering a participant directed service for money management

Representative Payee: What's that?

Over 7 million individuals who get monthly Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits require assistance in the management of those funds. The Social Security Administration (SSA) can appoint a relative, friend, or other interested party to serve as a 'representative payee.' The beneficiary's SSDI and/or SSI are deposited in the account of the rep payee to be used on the beneficiary's behalf and in their best interest. If there is no friend or relative willing or able to help, you may look for an agency that provides representative payee services.

Washington Home of Your Own

Washington Home of Your Own (WAHOYO) is an agency serving over 400 clients within the state. They are approved by SSA to act as fee-for-services

representative payees. WAHOYO is partnering with Sunrise Mental Health to provide Rep Payee services in Whatcom County. Their offices are located inside Sunrise Mental Health at 1515 Cornwall Avenue, Bellingham, (360) 746-7206. Staff are available for rep payee services on Mondays and Wednesdays from 9:00am – 12:00pm and 1:00 – 4:00pm.

Financial Management & Payee Services

- Budgeting
- Monitor Spending
- Managing Finances
- Financial Education
- Check Writing and Bill Paying
- Maintaining Records and Balancing Accounts

For more info, contact Washington Home of Your Own at (360) 746-7206.

Community Events

ASK THE ADVOCATE WORKSHOP

Care Notebook

Monday, November 17th, 6:00-8:00pm
The Arc of Whatcom County
2602 McLeod Road, Bellingham



It's always a good idea to keep your child's school and provider records in one place and in some kind of order. But sometimes those piles of paper get ahead of us.

Join us for an evening workshop to Get Organized! We will have Care Organizer files provided by Seattle Children's Hospital, along with sharing ideas on how to stay one step ahead of the paper parade.

Just bring your paper records, and we will get organized together!

Please RSVP: 360-715-0170, ext. 303, monicab@arcwhatcom.org. Supervised care for family members is available if you RSVP by November 10th.



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.

Autism 211: "If I Had Known Then What I Know Now", A Panel of Parents of Older Children & Young Adults with ASD

7:00pm-8:30pm, Thursday, November 19
Western Washington University Speech-Language Clinic
AIC Building, 516 High Street, Bellingham
Facilitator: Katrina Davis, BA

Join Seattle Children's Autism Center's family advocate, Katrina Davis, and a panel of veteran parents who will offer an intimate and personal look into their journey raising a child with autism. Parents will share their perspectives, experiences, challenges and joys. What helped? What did not help? What would you do differently? What advice do you have for new parents? Audience participation will be encouraged.

www.seattlechildrens.org/clinics-programs/autism-center/resources



"Get to Know The Arc" Volunteer Orientation

Tuesday, November 3rd, 5:30-6:30pm
The Arc's Dan Godwin Community Center
2602 McLeod Road, Bellingham

Have you already volunteered a few times with The Arc but want to learn more about the various programs and opportunities available? Or have you been considering getting involved and just need a little nudge? 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. We look forward to hearing from you and working with you soon!

Parent to Parent Helping Parent Training

Saturday, November 7, 9:30am – 3:00pm
Whatcom Center for Early Learning
2001 H St, Bellingham

Join P2P for a training for parents to learn how to support and mentor new parents. Morning snack and lunch will be provided. No childcare is available.

For questions or to RSVP, please contact the P2P office at (360) 255-2056 or info@p2pwhatcom.org.

P2P Holiday Party

Saturday, December 5th, 12-3pm
Bloedel Donovan Park Gym, Bellingham

This year, there are two time slots for families. Families of a child with developmental delays, disabilities or health care needs ages birth to 7 are invited from 12-1:30pm. Families of children ages 8 and up are invited from 1:30-3pm. There will be an appearance by Santa, crafts, fun activities, photos with Santa and much more! Beverages will be provided. Please

bring a healthy potluck dish to share. For more information, call (360) 255-2056 or email info@p2pwhatcom.org.

This event is co-sponsored by Bellingham Parks & Recreation.

The Arc's Parent Coalition to Host Legislative Coffee

Thursday, December 10

9:30am-12:30pm

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

An important goal of the Parent Coalition is to provide the connections and resources for families to make their voices heard. The Annual Legislative Coffee provides a relaxed environment for people to meet their legislators face-to-face and communicate their experiences in a meaningful way.

Prior to the coffee, there is an informational forum and guided discussion. Whether you are knowledgeable about the legislative process or completely new, this information is important to make the most of the opportunity with the legislators.

Due to limited space, please register by contacting Monica Burke: (360) 715-0170, ext. 303, monicab@arcwhatcom.org.



Representative Luanne Van Werven at the 2014 Legislative Coffee. Parents & self-advocates shared their experiences and discussed education, employment, and healthcare issues with local and federal elected officials.

ADMISSION TICKET

11.30.15

You're Invited to a

★ *Red Carpet* ★
Calendar Release Party

DATE & LOCATION: Monday, November 30, 2015
6:30-8:00pm
Bellingham Cruise Terminal
355 Harris Avenue, Bellingham

Event will include dessert and a red carpet entry for 2016 calendar models. Tickets are \$15 per person / \$10 per child (12 and under). To purchase tickets, visit www.arcwhatcom.org. For more information, contact Christine Stone: 360-715-0170, ext. 305. If you are unable to attend, but wish to make a tax-deductible donation, please visit www.arcwhatcom.org.



*Please join us for
this unique event to
celebrate our
beautiful, inspiring
models!*

PLEASE NOTE: The calendar release party will be your exclusive opportunity to purchase calendars at the low price of \$10 each. Following the party, the price will increase to \$15 per calendar. These calendars make excellent gifts for family, friends, teachers, and physicians, so stock up now!

The 2016 Smiles of Life Calendar has been made possible by our generous sponsors. Thank you:

CASCADE CONNECTIONS
opportunities for everyone

SUPERfeet



Programs & People

2015 BUDDY WALK DRAWS LARGEST ATTENDANCE EVER!

The 12th Annual Whatcom County Down syndrome Outreach Buddy Walk was held on a sunny Saturday, October 3rd, at Fairhaven Village Green in Bellingham. Families and friends joined together to celebrate and honor community members with Down syndrome. With 445 individuals registered at this year's event, it was Whatcom County's largest Buddy Walk so far! When so many people come together to recognize and appreciate Down syndrome, our community gains an incredible sense of strength and support, while spreading awareness.

Thank you to our generous donors and incredible volunteers who worked together to make this special day a reality! Highlights of the walk included two new routes around beautiful Fairhaven, fun music by local band Out of the Ashes, juggling by the amazing Chipps, face painting by Fancy Face, team photos with posters for the terrific Team Captains, and lunch provided by Hilltop Catering. It was a wonderful event for families and friends to reconnect and meet new people!

The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. If you would like to get involved with The Arc's Down syndrome Outreach Committee, please contact DsO Coordinator Jessika Houston: jessikah@arcwhatcom.org or (360)715-0170 ext. 304. Everyone is always welcome!



Janae plays along with band Out of the Ashes.



Who doesn't love bubbles?



Fairhaven Village Green was full of happy faces!



WECU's Sweat Equity Team volunteered for set up and registration. Thanks, WECU!



Fun & Friends!



Face painting was provided by Bailey of Fancy Face. Thanks, Bailey!

THANK YOU, BUDDY WALK DONORS!

Event Sponsors:

Bellingham Police Association
 Cascade Dafo, Inc.
 Lewis Logging
 Nielsen Bros, Inc.
 Lonnie & Robert Nielsen
 PeaceHealth
 State Farm Insurance
 Sweet Gravel Company, LLC
 Trans-Ocean Products
 WECU

In Kind Donors:

Ali Soto-Independent 31 Consultant
 Allsop
 Bellewood Acres
 Bellingham Athletic Club
 Brandywine Kitchen
 Costco
 Daphne's in Fairhaven
 Dickey's BBQ Pit
 Eterna Studios
 Fairhaven Village Inn
 Fringe Salon

Gallery West

Haggen NW Fresh
 Innovations for Quality Living
 Kids Northwest
 Kulshan Brewing Co.
 NW Sleep Solutions
 Osterkamp Family
 Project Little Dude
 Rocket Donuts
 Samuel's Furniture
 Value Village
 Wool Station

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 HOURS: 9am-12pm M-F

Newsletter Production Staff:

Christine Stone, Monica Burke,
Sonja Hellinga, Olivia Murguia,
Mt. Baker High School students and volunteers

Executive Director: Beverly Porter

Office Manager: Christine Stone

Program Director: Monica Burke

Care & Resource Coordinator:

Mary Jo Durborow

DSO & YASA: Jessika Houston

Board of Directors

Missy Bartel, President;

Todd Childs, Vice President;

Susan Radke, Secretary;

Katie Edson; Bobbie Wiley;

& Susan Larson

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 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.



Goodwill
Because jobs change lives

Learn about Fresh Bucks

And buy more food with your EBT card!

Wednesday, November 11th, 12pm

Bellingham Job Training Center at Goodwill, Classroom A
1115 E. Sunset, Bellingham

Instructors: Rocio Castillo-Foell, Sea Mar Health Educator
and Jessica Hilburn, Goodwill case manager

Come learn about Fresh Bucks and how you can buy more food with your EBT card. There will be a cooking demonstration, food samples, and giveaways (while supplies last). Everyone is welcome!

For more information, call (360) 738-0483.

Autism Support Group Meeting

For Parents & Caregivers

Friday, November 13th, 12-1:30pm

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

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



Special Olympics Basketball Season Starts Soon!

EVENTS

- Individual Skills (dribbling, passing, shooting)
- Team Skills (5 players pass, shoot and rotate spots)
- Team Competition (5-on-5 full court)



Special Olympics

BELLINGHAM SCHOOL DISTRICT

Practice: Contact your teacher for dates.

Look for updates on www.bsdspecialolympics.blogspot.com.

BELLINGHAM INDEPENDENTS

Practices begin in December.

Location: Whatcom Middle School

Contact: Dave Frick, 360-296-1537 or dfrickso@yahoo.com

NORTH WHATCOM

For those athletes that live outside of Bellingham or Bellingham School District.

Practice: First practice is Saturday, December 5th at 4pm. During this time, teams will be established and athletes will receive a schedule of when their team will practice.

Location: Lynden Middle School Gym, 516 Main Street

Contact: Steve Barthlow, 332-6601 or sbarthlow@webmail.blainesd.org

Application for participants and physical must be current and on file.

For more info, visit www.bsdspecialolympics.blogspot.com.

IN THIS ISSUE

Page 1: School Advocacy

Page 2: Individual Providers
Payment Changes

Page 3: What is a Rep Payee?

Page 4: Community Events

Page 5: Community Events, Cont.

Page 6: Buddy Walk Recap

Page 7: Special Olympics

DID YOU KNOW?

Your elected officials represent you, voting to fund programs we rely on to live and work in the community. These include health care, education, employment, housing, long term services and supports, and transportation. You only need one stamp to mail your ballot by November 3!



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

Nonprofit Org.
U.S. Postage
PAID
Bellingham, WA
Permit No. 124

Event Calendar

November 2015

3 Tuesday, 5:30-6:30pm
Volunteer Orientation
(see page 4 for details)

7 Saturday, 9:30am-3pm
P2P Helping Parent Training
(see page 4 for details)

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

9 Monday, 7-8:30pm
Parent to Parent Support Meeting
Fisher Elementary School
501 14th St, Lynden
Contact P2P: 255-2056, ext 1

13 Friday, 12-1:30pm
Autism Support Group
The Arc's Dan Godwin Community Center
2602 McLeod Road
Contact Monica: 715-0170, ext 303

17 Tuesday, 6-8pm
PC Workshop: Care Notebook
(see page 4 for details)

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

19 Thursday, 7-8:30pm
Autism 211: Parent Panel
(see page 4 for details)

21 Saturday, 10am
Sensory Friendly Film: Peanuts Movie
Barkley Village Stadium
3005 Cinema Place
For info: (360) 527-1320

21 Saturday, 6-7pm
People First Meeting
114 W Magnolia, Suite 104
Contact Susan: 738-2060

18 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

30 Monday, 6:30-8pm
Red Carpet Calendar Release Party
(see page 5 for details)

NOTE: All events listed are in Bellingham unless otherwise noted. To find more events, visit www.arcwhatcom.org and click on "Events."

Coming soon...

The 2016 Smiles of Life Calendar

Featuring beautiful photos, inspiring profiles and motivating quotes, The 2016 Smiles of Life Calendar is dedicated to people with developmental disabilities and their friends and family. *The calendar makes a unique gift for families, friends, neighbors, teachers and anyone special on your holiday list.* Your generous support (suggested donation is \$15 per calendar) will help fund valuable programs for individuals with developmental disabilities. Calendars will soon be available to order online at www.arcwhatcom.org.

Don't miss the
Calendar Release Party
on November 30th!

See page 5 for details.

