

The Arc's Community Halloween Party

Creating Inclusion for All Ages and Abilities



The Arc's Halloween Party was full of imagination, fun, smiles, and incredible costumes! Families and friends were thankful once again to have an inclusive event for all ages and abilities. In 2011, The Arc's Young Adult Self Advocacy (YASA) group began the Halloween Party as a community project to help build relationships, practice skills in communication and advocacy, and increase awareness, respect, and rights of individuals with disabilities. As adults and self-advocates, they recognize the need in our community for an inclusive event for this widely celebrated holiday—one that can be scary, overwhelming, and feel exclusive to many.

YASA's goal for this project is to create a fun and inclusive event, practice their advocacy skills, and serve the community. Not only does this event support our community, but the food drive for the Bellingham Food Bank goes one step further. This extra step is very meaningful to YASA members. As compassionate and encouraging individuals, they continue to express gratitude for the Food Bank being here for our community and helping so many people. Last year, the Bellingham Food Bank distributed over 3.3 million pounds of food to Whatcom County!

After delivering the food donations to the Food Bank, Self-Advocate, Matthew, said, "The tour was good. I liked to see people volunteer and sorting food. I liked seeing where they weigh the food. I would be interested in becoming a volunteer there now." Matthew and other YASA members have been working on expanding their skills and would welcome others to our meetings. YASA member, Laura, when asked why self-advocacy is important to her replied, "It gives me power."

If you are between the ages of 16 and 30 and an eligible client of the Developmental Disabilities Administration (DDA), you are welcome (and encouraged!) to come to a meeting and join! You do not need to have any special skills to join the group, just a desire to learn how to be your own best advocate. Come and try it out! Take this opportunity to express and discover what works for you in our group setting. Participants can attend the meeting independently or with a caregiver – whatever works best for you.

YASA meets 10 months out of the year, typically on the first Saturday of the month from 10am-12pm at The Arc's Dan Godwin Community Center at 2602 McLeod Road, Bellingham. Our next meeting is December 5th. To see the current schedule, visit www.arcwhatcom.org or contact Jessika (see below). We look forward to meeting you!

For more information, contact The Arc's YASA Coordinator, Jessika Houston: jessikah@arcwhatcom.org or (360) 715-0170, ext. 304.



Medicaid Personal Care Is Now Community First Choice with Changes and New Options

New Ways to Use Your Personal Care Hours

Personal care services provide assistance with everyday tasks like bathing, dressing, or managing your medication. If you qualify, you choose a qualified provider and where you would like to receive your care. Depending on your income, DSHS will pay for all or part of these services. DSHS also pays for basic caregiver training for all qualified caregivers.

The services listed are the services offered under Community First Choice (CFC) for eligible clients. There are limits on how much of each service you may choose. There are many people, options, and resources available to help as you consider your options.

Additional Services You May Be Able to Receive with Community First Choice Options

Skills Acquisition Training

Skills Acquisition Training provides training if you want to complete a task more independently. You may want to learn how to prepare a meal or do your laundry. Training on daily tasks is available in your home or in the location where the task occurs.

Assistive Technology

Assistive technology items can help you complete tasks without the help of another person or help you to be more independent with daily tasks. To get assistive technology, you should contact your physician and ask for a referral for an evaluation by a therapist. The therapist will recommend the right technology for you and help you learn how to use it once you get it.

Personal Emergency Response System (PERS)

A PERS is an electronic device connected to your phone which allows you to get help in an emergency. When activated, staff at a response center will follow the directions you have provided to call for help.

Assistive technology services are available if you qualify to have your PERS equipped with fall detection, a GPS locator, or a medication management system.

Not everyone is eligible to receive a PERS. Your case manager will help you determine if you qualify for these systems.

How to Manage a Caregiver and Be an Employer

Your caregiver is an important part of your care team. If you live at home or are thinking about moving to your own home, you will need to manage your caregiver's daily routine. Training tools are available that explain how to select, manage, and dismiss caregivers.

These materials are available to any client that requests this information. Ask your case manager if you would like a booklet, video training on DVD, or a link to the video training on the DSHS website.

Community Transition Services

Community Transition Services can help you move from a Nursing Facility or State Institution into the community. You may choose to move to your own home, or to an adult family home or assisted living facility.

Relief Care

When you live in your own home, relief care pays a backup caregiver to provide short-term relief for your caregiver. A relief caregiver can be used to give your regular caregiver a break, or to step in if your regular caregiver is sick or unavailable. You determine how many of your authorized hours will be used for the relief care provider.

If you have questions about Community First Choice, contact your case manager, or find more information in this Taking Action handout: <https://whatcomtakingaction.files.wordpress.com/2013/09/medicaid-community-first-choice-personal-care-2015-09-02.pdf>

Source: WA State Department of Social and Health Services

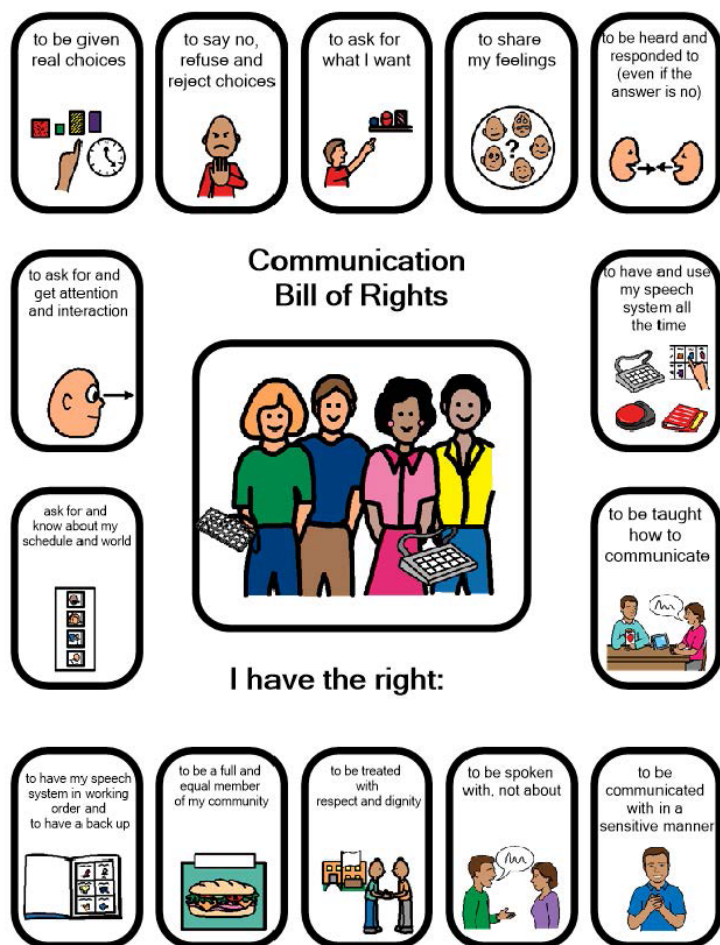


If you're not currently receiving personal care services, call (360) 714-5000 to request an assessment.

Communication Bill of Rights

Communication is a form of expression that can relay information about one's opinions, desires, and needs and can be either verbal or non-verbal. We may not give communication a second thought, but for some people, expressing how they feel can be a daily struggle. To ensure all receive proper communication support, a group of individuals with disabilities and professionals with a shared commitment to promoting effective communication created a Communication Bill of Rights. This reminds us what supports should be provided for individuals with communicative disabilities and how respect is a priority. As family members, educators and community partners, we can remember that communication is critical. Together we can promote and create opportunities for full communication in our daily interactions.

You can find more information on the Communication Bill of Rights at www.asha.org/NJC.



DDA and Birth to Three Services: Why Apply?

In Washington State, eligibility criteria for DDA and the Early Support for Infants and Toddlers (ESIT) program are the same for children ages birth to three.

If you have an infant or toddler in need of early intervention services, you will be asked to apply for eligibility from the Developmental Disabilities Administration (DDA) in addition to the Early Support for Infants and Toddlers (ESIT) program.

That's because the specialized therapies and educational services your child and family receive with the help of a Family Resources Coordinator (FRC) are paid, in part, through DDA funds.

Even if you have private insurance, funding through DDA is part of the publicly funded services provided by most early intervention providers. Simply put, becoming DDA eligible allows your 0-3 provider to access DDA funding for your services.

For some children with medically intensive needs, additional services may also be available such as in-home nursing services.

What to Expect

Once your DDA application is accepted, you will receive a letter called a "Planned Action Notice." The notice simply cites the rules that make your child eligible and notifies you when eligibility will need to be reviewed.

No Paid Services? Request an Assessment

You may receive a letter from DDA around your child's third birthday, indicating that you are now on the "no paid services" caseload. This means you have no assigned case manager or paid services. To request an assessment for paid services, please call the number listed on the letter.

DDA Services Include:

- Respite
- Personal Care
- OT/PT/Speech & Hearing
- Home & Vehicle Modifications
- Skilled nursing
- Short-term Emergency Services
- Supported employment and in-home support (for adults)

Re-Apply with DDA at Age 4

Six months before your child's fourth birthday, you will receive notice that your child's eligibility will expire at age four. It is important to call the number provided to get information about the process.

DDA eligibility will also be reviewed again at ages 10 and 18. Visit <https://www.dshs.wa.gov/node/5756/> for more information on eligibility.

Source: <http://informingfamilies.org/dda-and-0-3/>

Community Events



Special Olympics
Washington

Whatcom County Skiing & Snowboarding

Come and join the Baker 542 Ride, Ski, and Snowboard Team!

There will be 7-8 training days in January and February, one day per week at Mt. Baker. Transportation is included. There is also a three-day State Competition in February or March 2016 in Wenatchee. Cost: Free.

For more information, contact Terry Watson, Bellingham Skiing Head Coach, at 360-756-6644 or wbskier@comcast.net

Pacific Science Center To Continue "Autism Early Open" Program

Safeco Insurance renews grant to expand accessibility efforts and continue popular program for families on the autism spectrum, "Exploration For All: Autism Early Open"

With renewed support from Safeco Insurance, Pacific Science Center is proud to offer another year of "Exploration for All: Autism Early Open." The popular Saturday morning program will continue to provide families with children on the autism spectrum the opportunity to explore the Science Center before doors open to the public, free of charge through December 2016.

For children on the autism spectrum, a typical day at the Science Center can be overwhelming and nearly impossible to visit with heavy crowds, loud noises, bright lights, and visual stimulation from exhibits. Each month, families will continue to have the opportunity to enjoy the Science Center at their own pace, two hours before the Science Center opens to the public.

In addition to opening their doors early one Saturday a month, softening lighting and decreasing exhibits' sensory stimulation, Pacific Science Center will build on this year's inclusivity training through a program conducted by Partners for Youth with Disabilities (PYD). Earlier this year, Pacific Science Center trained 250 staff to assist guests who have disabilities; frontline staff also received in-depth training around autism spectrum disorder.

Mark your calendars for the 2016 dates for "Exploration for All: Autism Early Open,": January 9, February 13, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, and December 10.

For more information on "Exploration for All: Autism Early Open," please visit pacificsciencecenter.org/exploration-for-all/.

Source: <https://www.pacificsciencecenter.org/news/pacific-science-center-to-continue-autism-early-open-program/>

Young Adult Self-Advocacy (YASA) Meeting

10am-12pm, Saturday, December 5

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

Are you between the ages of 16 & 30 and an eligible client of the Developmental Disability Administration (DDA)? If you answered yes to both questions, you are welcome to join!

Come learn valuable communication and advocacy skills, gain the tools and confidence to express your needs, and get involved in the community.

For more information, contact Jessika: jessikah@arcwhatcom.org, call 360-715-0170, ext 304.



Spin Dance

6-8pm, Monday, December 21

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.

Autism Support Group Meeting

For Parents & Caregivers

Friday, December 11th, 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.



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 our 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.

Advocacy Days 2016

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!

Advocacy Day begins at 10am on Wednesdays during the legislative session. The day begins with an hour briefing on current issues and ends with an afternoon of advocacy (about 3:00 pm). There are highlighted topics each week, as well as late breaking news on budget items and bills of interest relating to individuals with developmental disabilities.

Limited reimbursements for travel to Olympia and interpreter services are available on a one time, first-come first-served basis. For information and/or to register, call: 1-888-754-8798, ext. 105, email: bean@arcwa.org, or visit http://arcwa.org/takeaction/washingtonstate/advocacy_day.



Members of The Arc traveled to Olympia for Family Support Advocacy Day in March 2015.

Advocacy Day Schedule

Dates & Highlighted Topics

January 11	(First Day of Session)
January 20	Legislative Briefing
January 27	Supported Living Services
February 3	Budget Overview
February 10	Disability Pride
February 17	Power Up Families
February 24	Disability Protections
March 2	Employment for All

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

Programs & People

Down syndrome Outreach Lending Library Gets a Makeover

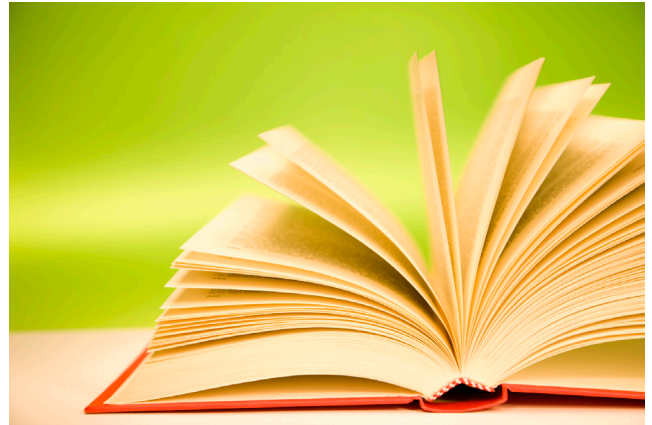
Out with the old and in with the new! The Arc and Down syndrome Outreach (DsO) are excited to announce the Lending Library update. Based on feedback from our community, The Arc and DsO have NEW fantastic books that are helpful for people of ALL ages, abilities, and all stages of development. Come by The Arc's Dan Goodwin Community Center and check out a new title. Library books can be checked out for two weeks. You also have the option to re-new your book if you need more time.

Some of our new books include:

- *Down Syndrome: What You CAN Do* by Qadashyah Fish. Information in the book is written by doctors, parents, professionals & individuals with Down syndrome. "It's full of facts and information, ideas for therapies, promotes early intervention and talks about health concerns and conditions that I often discuss with my physicians...there are also personal stories shared, giving inspiration and connection," says Krissy, parent and DsO Advisory Team member.
- *Gross Motor Skills for Children with Down Syndrome*, NEW edition, by Patricia C. Winders. A physical therapist with expertise in the gross motor development of children with Down syndrome shows how to improve skills from sitting to walking, and from jumping to riding a trike.
- *The Girls' Guide to Growing Up* and *The Boys' Guide to Growing Up* by Terri C. Couwenhoven. Written for girls, or boys, ages 8-14 with intellectual disabilities, this easy-to-follow guide covers what young people need to know about puberty to be hygienic, healthy, and safe.
- *The Down Syndrome Transition Handbook* by Jo Ann Simons. A veteran parent and expert on transitioning advises families on how to prepare their child with Down syndrome for independent adult life.
- *The Guide to Good Health for Teens & Adults with Down Syndrome* by Brian Chicoine. A comprehensive resource to encourage and maintain good physical health written by leading experts in Down syndrome. (Recommended by a self-advocate & member of the DsO Advisory Team.)
- *The Sibling Survival Guide* by Don Meyer and Emily Holl. Experts on disabilities and sibling relationships offer practical info and guidance for teens and adults considering, or in the midst of, caring for a sibling with a disability.
- *Getting from Me to We* by Shonna L. Tuck. Understand the roots of social skills challenges faced by children seven and younger with ADHD, anxiety, autism, language delays, or behavior issues. A Speech-Language Pathologist shows parents and teachers how to give these kids the foundational skills necessary to succeed.
- *When Down Syndrome and Autism Intersect* by Margaret Froehle, R.N. & Robin Zaborek. Examines the unique profile of a Down Syndrome-Autism Spectrum Disorder (DS-ASD) diagnosis and best practices for screening, treatment, education, and caregiving. For those whose child is already diagnosed, and those who suspect something more.

A special thank you to the families that contributed to our Lending Library! We welcome donations of books. If you have a book that has been helpful for your family, with a publication date after year 2000 that you would like to share with others, we would LOVE to take it off your shelf or out of that dusty box, and offer it to families in our community.

For Lending Library inquiries, please email Jessika at jessikah@arcwhatcom.org, or call (360) 715-0170, or stop by to drop off your books or check out a new title! Office hours are Monday – Friday, 9am-noon. Or contact Jessika to schedule a different time that works for you. Come on by and utilize these amazing books; they are here for YOU!



The 2016 Smiles of Life Calendar Is Now Available!

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 families. It is our true honor to celebrate the accomplishments and joys brought to us by our models. Despite any medical, developmental, or behavioral challenges, they live with joy, courage, and determination.

The calendar makes a unique and inspiring 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 are now available to order online at www.arcwhatcom.org.

MARGARET JAHN, ARNP, RECEIVES COMMUNITY ACHIEVEMENT AWARD

At the recent Brigid Collins Family Support Center Breaking the Cycle Breakfast, Margaret Jahn, ARNP, was honored with a Community Achievement Award for her work supporting victims of child abuse and children with special health care needs.

As a nurse practitioner, Margaret worked in rural primary care practices in Alaska and California before moving to Whatcom County to take a position in the county program for children with special health care needs. Recently retired from Whatcom County Health Department, she continues to provide medical evaluations for the Whatcom County Child Advocacy Center, a very specialized skill. Margaret remains involved in community activities promoting the welfare of children with special health care needs and their families as a member of Whatcom Taking Action for Children and Youth with Special Health Care Needs.

Always wanting to do and learn more, Margaret was a 2012-13 University of Washington Center on Human Development and Disability Leadership Education in Neurodevelopmental and Related Disabilities (LEND) trainee with a focus of interest in improving community access to midlevel, behavioral-developmental evaluations. Her work with LEND and Taking Action has been the driving force behind the new General Interdisciplinary Developmental Evaluation System (GIDES) here in Whatcom County. She currently partners with The Arc providing GIDES evaluations for local children who may have Autism Spectrum Disorder.

Margaret is also the recipient of the Whatcom Family & Community Network 2006 Ken Gass Community Building Award and the Seattle Children's Hospital 2010 Duncan Award for Leadership and Advocacy for Children with Special Health Care Needs. Thank you, Margaret, for all you do for children in Whatcom County!



Margaret Jahn receiving the 2010 Duncan Award from Dr. McLaughlin at Seattle Children's Hospital

What is Inclusion?

Inclusion means belonging. It means connection, affiliation, and involvement. Inclusion means being with one another and caring for one another. It means inviting parents, students, and community members to be part of a connected culture. Inclusion means joining with new and exciting educational concepts such as cooperative education, adult education, whole language, computer technology, and critical thinking. Inclusion means inviting those who have been left out—in any way—to come in, and asking them to help design new systems that encourage every person to participate to the fullness of their capacity— as partners and as members.

Through The Arc's community outreach and disability awareness programs, we work to increase awareness and understanding, promote potential and abilities. Led by Terri Hansen, Assistant Inclusion Advocate, we visit local schools, businesses, and community groups. Terri and other staff are available for presentations and trainings to help create a supportive and inclusive community for people with developmental disabilities. To contact Terri, call (360) 715-0170, ext. 206, or email terrih@arcwhatcom.org.



*For people with intellectual
and developmental disabilities*

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: Jessica 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.*

IN THIS ISSUE

Page 1: The Arc's Halloween Party

Page 2: Community First Choice

Page 3: Communication Bill of Rights

Page 4: Community Events

Page 5: Advocacy Days

Page 6: Lending Library

Page 7: Meet Margaret Jahn

DID YOU KNOW?

If you need assistance with Personal Care or Activities of Daily Living and you are eligible for Medicaid, you may qualify for Personal Care hours. Children and clients of DDA should call (360) 714-5000. Adults that are not eligible for DDA can contact Northwest Regional Council:

- Phone: (360) 676-6749
- Toll Free: (800) 585-6749 (Western WA only)
- Email: ADRCwhatcom@dshs.wa.gov
- Address: 600 Lakeway Dr, Suite 100, Bellingham, WA



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

RETURN SERVICE REQUESTED

Event Calendar

December 2015

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

5 Saturday, 12-3pm
P2P Holiday Party
(see page 4 for details)

10 Thursday, 9:30am-12:30pm
Legislative Coffee
(see page 5 for details)

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

12 Saturday, 10am
Sensory Friendly Film: The Good Dinosaur
Barkley Village Stadium
3005 Cinema Place
For info: (360) 527-1320

16 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

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



2016 Smiles of Life Calendars are now available! Order yours today at www.arcwhatcom.org.

NOTE: All events listed are in Bellingham unless otherwise noted. To find more events, visit www.arcwhatcom.org/wp/events/.



Bellingham Parks and Recreation has partnered and collaborated with The Arc in many events, supporting community inclusion for people with developmental disabilities and their families and caregivers. These efforts provide support to experience positive and nurturing typical community events, offer opportunities to adopt healthy and active lifestyles, promote inclusion, and help people build safe connections and natural supports. Thank you to Bellingham Parks and Recreation for co-sponsoring the Spring Fling and the Buddy Walk, and for helping build healthy families and neighborhoods!