

The Arc's Halloween Party

Creating Inclusion for All Ages and Abilities

The Arc's Halloween Party was another successful evening for over 150 community members with smiles, laughter, and incredible costumes! Families and friends were thankful once again to have an inclusive event for all ages and abilities. It is a priority for The Arc's Young Adult Self-Advocacy (YASA) group to facilitate a safe and fun event that is all-inclusive. YASA began the Halloween Party as a community project in 2012 to practice skills in communication and advocacy; increase awareness, respect, and rights of individuals with disabilities; and help build relationships within the community. As adults and self-advocates, they recognize that Halloween can be scary, overwhelming, and feel exclusive to many – and they understand the need to have an event for this widely celebrated holiday that is accepting and inclusive for all.

In addition to supporting our community in those ways, this event also serves as a food drive for the Bellingham Food Bank. This aspect 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, helping so many people. Self-advocates enjoyed going to tour the food bank and learning about the process from donations to getting food to community members. The food banks in Whatcom County feed 2,300 families every single week. This year, The Arc's Halloween Party contributed 146 pounds of food!

YASA believes we can all "Be Proud. Be Strong. Be Heard." The Halloween party is a reflection of this, and members continue to work independently and as a group to meet those goals. YASA members warmly welcome others to our meetings, so we can all be proud, be strong, and be heard.

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 ten months out of the year, typically on the first Thursday of the month from 4:30pm–6:30pm at The Arc's Dan Godwin Community Center at 2602 McLeod Road, Bellingham. 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.



Meet Your Elected Officials

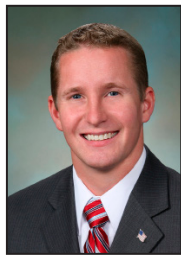
LOCAL & STATE

42nd Legislative District

HOUSE OF REPRESENTATIVES



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Olympia, WA 98504-0600
(360) 786-7980
luanne.vanwerven@leg.wa.gov



Rep. Vincent Buys (R)
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PO Box 40600
Olympia, WA 98504-0600
(360) 786-7854
vincent.buys@leg.wa.gov

SENATE



Sen. Doug Ericksen (R)
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PO Box 40442
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(360) 786-7682
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40th Legislative District

HOUSE OF REPRESENTATIVES



Rep. Kristine Lytton (D)
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kristine.lytton@leg.wa.gov



Rep. Jeff Morris (D)
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(360) 786-7970
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Sen. Kevin Ranker (D)
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(360) 786-7678
kevin.ranker@leg.wa.gov

Governor

Governor Jay Inslee (D)
PO Box 40002
Olympia, WA 98504
Phone: (360) 902-4111
Fax: (360) 753-4110
<https://fortress.wa.gov/es/governor/>



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

FEDERAL

1st Congressional District

U.S. Representative Suzan Delbene (D)
www.delbene.house.gov



Canyon Park Business Center
22121 17th Ave SE
Building E, Suite 220
Bothell, WA 98021
Phone: (360) 416-7879 or (425) 485-0085
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2nd Congressional District

U.S. Representative Rick Larsen (D)
www.larsen.house.gov



119 N. Commercial Street
Suite 1350
Bellingham, WA 98225
Phone: (360) 733-4500 or (425) 252-3188
Email: <http://larsen.house.gov/contact-rick>

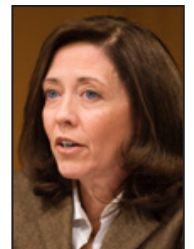
United States Senate

U.S. Senator Patty Murray (D)
www.murray.senate.gov



2930 Wetmore Avenue,
Suite 9D
Everett, WA 98201
Phone: (425) 259-6515 or (202) 224-2621
Email: <https://www.murray.senate.gov/public/index.cfm/contactme>

U.S. Senator Maria Cantwell (D)
www.cantwell.senate.gov



2930 Wetmore Avenue,
Suite 9B
Everett, WA 98201
Phone: (425) 303-0114 or (202) 224-3441
Email: <https://www.cantwell.senate.gov/contact/email>

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

The Arc's Parent Coalition to Host Legislative Coffee

Wednesday, December 7

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 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.



Senator Kevin Ranker and Parent to Parent coordinator Karlene Umbaugh at the 2015 Legislative Coffee. Parents and self-advocates shared their experiences and discussed education, employment, and healthcare issues with local and federal elected officials.

Advocacy Days 2017

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 or to register, call: 1-888-754-8798, ext. 105, email: bean@arcwa.org, or visit http://arcwa.org/index.php/takeaction/washingtonstate/advocacy_day.



Members of The Arc's Young Adult Self-Advocacy group traveled to Olympia for Advocacy Day in February 2016.

Advocacy Day Schedule

Dates & Highlighted Topics

January 9	First Day of Session
February 1	Employment Day / Legislative Briefing
February 8	Disability Protections
February 15	Supported Living Day
February 22	Multi-Cultural Day
March 1	Meet Your Legislators!
March 8	How McCleary Affects You
March 15	Family Services
March 22	Budget Overview
March 29	Self-Advocates, Autism, and Down syndrome
April 5	Take Note!
April 23	Last Day of Session

All Advocacy Days are held at The United Churches of Olympia (110 11th Avenue SE, Olympia) or the General Administration Building (210 11th Ave SW, Olympia).

Community Events



Special Olympics
Washington

Special Olympics Basketball Season Starts Soon!

North Whatcom Special Olympics
Lynden Middle School
516 Main Street, Lynden



Basketball practices will be on Saturdays beginning December 3rd from 4:00-6:30pm. There will be two shifts of practice, 4:00-5:15 and 5:15-6:30. We have individual skills, an upper level Unified team, and at least two other teams. Application for participants and physical must be current and on file.

For more info, contact Karen Smith at karensmith4953@comcast.net.

Bellingham Independents Basketball
Whatcom Middle School
810 Halleck Street, Bellingham

Practice Schedule: 10am-12pm
December 3, 10, 17
January 7, 14, 21
February 4, 11, 18

Please arrive on time. Bring a water bottle marked clearly with your name. Wear appropriate footwear and clothing for a good workout. If you have any questions, please contact Jason at (360) 630-4554 or LaVonne at (360) 927-5233. Email admin@sobellingham.org.



Special Olympics Ski and Snowboarding Season

Trainings are scheduled for the following dates:
December 8, 15
January 12, 19
February 2, 9, 23

There may be some changes to these dates, so stay tuned. A couple of dates may be added as the time gets closer. The State Games are scheduled for March 3-5 in Wenatchee with the alpine and snowboard events taking place at nearby Mission Ridge. For more info, contact Terry Watson at (360) 269-7136.

Please Note! New Bellingham School District and Unified Sports Website:

<http://bellingshamschools.org/special-olympics-unified-sports/>

Spin Dance

6-8pm, Monday, December 19
Bellingham Senior Center
315 Halleck Street, Bellingham

Theme: Masquerade Ball



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: (360) 778-7000.



My Way Matinee: Sensory-Friendly Films

Regal Barkley Village Stadium 16 IMAX & RPX has announced their December sensory-friendly family movie. These shows will be presented with

the lights turned up and the sound turned down to accommodate those guests who may need a less intense viewing experience and are specifically for those guests who may need more freedom of movement or expression when enjoying a film. Tickets: \$6.50. Films will be shown at

10:30am:
Dec. 10: Moana

Barkley Village Stadium 16 IMAX & RPX
3005 Cinema Place, Bellingham
(360) 527-1320



P2P Holiday Party

Saturday, December 3rd, 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.

FACES

New Parent Meeting

6-7pm, Wednesday, December 14
(Q&A after 7pm.)

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



Do you want to learn more about FACES? Join this informational meeting about the FACES Summer Program for youth with Autism Spectrum Disorder (ASD). Now is the time to get involved if you want your child to be a part of FACES next summer. Bring your questions about FACES and learn about the Summer Program, tuition discounts, and payment resources for families. Application deadline is February 1st, 2017. Refreshments will be provided.

For more information, visit www.facesnorthwest.com, call (360) 389-2151, or email facesnw@hotmail.com



SAVE THE DATE

Washington State Community of People with Disabilities

36th Annual Disabilities Legislative Reception

Where people with disabilities and the organizations that represent them meet with legislators to discuss issues critical to people with disabilities.

5:30-7:00pm, Wednesday, February 1, 2017

State Capitol, Legislative Building, Columbia Room

Hosted by:

The Washington State Developmental Disabilities Council, The Arc of Washington State, The Governor's Committee on Disability Issues and Employment, Washington State Rehab Council Division of Vocational Rehabilitation, State Rehabilitation Council for the Blind, Self Advocates in Leadership, and Washington State Independent Living Council.

P2P Support Meeting

7-8:30pm, Monday, January 9

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



*With guest: Linda Schleef, Director of the
E-ATRC at WWU*

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 is available for those who RSVP by January 6th: (360) 255-2056, ext. 1.



Whatcom Infants & Children's Council At Large Meeting

12-1:30pm, Tuesday, December 13

St. Luke's Health Education Center (HEC)

3333 Squalicum Parkway, Bellingham

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 for children birth to three years old who have disabilities or developmental delays. It is part of a larger system that includes the State ICC. 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.

The focus of this At Large Meeting is a Parent Panel on Early Intervention Services.

Attention Parents! Child care is available at the meeting. You do not need to request child care in advance.

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You're Invited!

Please be our guest at the Infants and
Children's Council

Provider Networking Social

5-7pm, Thursday, December 8

Jalapenos - Barkley

2945 Newmarket Place, Bellingham

Join us for an informal networking gathering. Enjoy food and drink, while you get the chance to connect with other providers serving young children in Whatcom County!

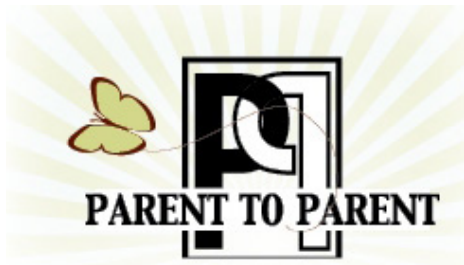
*For more information, please contact Kristin Clements
at (360) 671-3660, ext. 105, or Monica Burke at (360)
715-0170, ext. 303.*

Find the Whatcom Infants and Children's Council
online at:

www.facebook.com/WhatcomICC

<http://whatcomicc.wordpress.com>

WELCOMING PARENT TO PARENT TO THE ARC



By now, many of you know that Parent to Parent of Whatcom County is moving to the Dan Godwin Community Center. We are thrilled to welcome the program and know that this is a tremendous opportunity to achieve goals together. The Parent Coalition program of The Arc and Parent to Parent are both funded through Whatcom County Health Department. Both programs are designed to provide support services to parents of children with special health care needs, developmental delays and disabilities. For well over a decade, Parent to Parent and The Arc have had the shared responsibility of the Parent and Membership Committee of the Whatcom Infant and Children's council as well as collaborating on workshops and providing opportunities for inclusion and connection. Many

parents (and staff) are connected in multiple ways as members of The Arc, Down syndrome Outreach members, Helping Parents, etc. Now, we'll have the opportunity to work side by side! You can expect that Parent to Parent activities will continue with support meetings, sibshops, events for connecting, and matches with helping parents. Together, we will work to decrease the isolation that families experience and increase your opportunities for inclusion and welcome.

When you contact Parent to Parent you can expect:

- Emotional support for families of a child with a new, changed, or open diagnosis.
- Matches with trained helping parents.
- Monthly support meetings with on-site child care.
- Newsletters in English and Spanish with information, education, and family events and opportunities.
- Access to the resource/parent library.
- Sibshops for siblings of children with developmental differences and/or special health care needs to obtain peer support and education while participating in recreational activities.
- Social networking events for both English and Spanish-speaking groups.
- Home and community site visits for Spanish-speaking families, including resource, referral, and translation assistance.
- Super Sitter training.

Parent to Parent provides support to parents of children with developmental disabilities in the following ways:

- Social and networking opportunities for parents and family members of children with disabilities and delays.
- Emotional and educational support for parents of children with developmental disabilities by parents of children with disabilities.
- Training to parents so that they can assist, support, and mentor other parents in one-to-one relationships, based on having children with similar diagnoses and facing similar family issues.
- Culturally relevant outreach and parent support services to ethnic communities within Whatcom County.

Parent to Parent services are expected to produce the following outcomes:

- Decreased isolation, improved health and stability of families with a child or children with developmental disabilities and/or delays.
- Improved ability of families to cope with the grieving and education process often associated with initial diagnosis.
- Network creation of support among families with children with developmental disabilities and delays, including both parents and non-disabled siblings.

PADRES A PADRES JOB OPENING

We're sad to say goodbye to Marcela Jiménez, Latino Community Coordinator at Parent to Parent, who has also been working at The Arc for the past year, providing support, connection, and translation for Latino families. Marcela will still be in the community, in a new role at SeaMar clinic, and we are seeking someone to provide Latino community coordination. Padres a Padres is designed to serve Whatcom County's Latino families, promoting cultural diversity and enabling navigation, access and care coordination. The coordinator will work within The Arc's Parent to Parent and Padres a Padres, Parent Coalition, Down syndrome Outreach, Young Adult Self Advocacy, and Taking Action Programs to develop, implement, and report on family-centered emotional support and resource navigation for Spanish-speaking families of children with developmental differences/disabilities and/or chronic health care needs in Whatcom County. We are accepting resumes and letters of interest through Friday, December 9, 2016. Please email your application materials to admin@arcwhatcom.org.

INCLUSION & ACCEPTANCE: CELEBRATING OUR DIFFERENCES

The most formidable barrier facing individuals with disabilities is often found in the behavior of others. If a person considers another individual to be different than what he/she considers to be the norm, that person may treat others negatively, including ignoring or otherwise discounting the other person's existence. Such behavior may be due to a lack of understanding or knowledge about what disabilities are and what it means to have one. The Arc's Inclusion and Acceptance program is working to address these negative perceptions regarding individuals with disabilities by providing information that hopefully fills in the blanks for people who are unfamiliar with the disability experience. The Arc visits local schools, businesses, and groups to increase awareness and understanding that everyone has special talents and abilities to offer and to promote inclusion for all. Inclusion and Acceptance Activities include Spread the Word to End the Word, our Smiles of Life Calendar, and the Sprout Film Festival.

"Everyone has a gift, and the world would be better off if we recognized it."

-Timothy Shriver, Chairman of Special Olympics

Spread the Word to End the Word: The r-word, "retard," is slang for the term mental retardation. We've replaced that demeaning term with intellectual disability. Today the r-word has become a common word used as an insult for someone or something stupid. For example, you might hear someone say, "That is so retarded" or "Don't be such a retard." When used in this way, the r-word can apply to anyone or anything and is not specific to someone with a disability. But, even when the r-word is not said to harm someone with a disability, it is hurtful. The Arc and its members prefer to focus on people and their gifts and accomplishments, and to dispel negative attitudes and stereotypes. We can come to your school, workplace, or community gathering to provide more information and connection as well as help you conduct a pledge drive to end the use of the r-word.



Smiles of Life Calendars: Our 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. They continue to persevere with great spirit, courage, and determination to live life to the fullest. Our goal is for the community to be inspired by their stories and encouraged by their smiles. Smiles of Life

Calendars are available through our website at www.arcwhatcom.org or by calling (360) 715-0170.

Sprout Film Festival: The Arc of Whatcom County is proud to host an annual Sprout Film Festival, a one-day event showcasing films by and about people with developmental disabilities. We choose films that speak to the issues facing people with developmental disabilities in our community. We also offer special screenings to school groups, which can be tailored to suit their individual needs on a classroom, grade-specific, or school-wide level. We are happy to announce our second school film festival for 2016 at Central Elementary in Ferndale will be happening on December 9th. The Arc is making plans to set up more film festivals in Lynden and Bellingham School Districts for 2017. Please call or email us to arrange your own film festival!

Please contact The Arc to discuss ways we can build connection and community in your neighborhood, school, or workplace: (360) 715-0170.



The Arc

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

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Susan Larson; Samantha Bokor

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.*

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DID YOU KNOW?

You may receive a letter from DDA around your child's 3rd birthday, indicating that you are now on the "no paid services" caseload. This means you have exited birth to 3 services and now have no assigned case manager or paid services. To request an assessment for paid services, please call the number listed on the letter.

Six months before your child's 4th birthday, you will receive notice that your child's eligibility will expire at age 4. It is important to call the number provided to get information about the process.



The Arc of Whatcom County

Dan Godwin Community Center
2602 McLeod Road
Bellingham, WA 98225

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RETURN SERVICE REQUESTED

Event Calendar

December 2016

3 Saturday, 12-3pm
P2P Holiday Party
See page 4 for details.

7 Wednesday, 9:30am-12:30pm
Legislative Coffee
See page 3 for details.

8 Thursday, 5-7pm
ICC Provider Networking Social
See page 5 for details.

10 Saturday, 10:30am
My Way Matinee: Moana
Barkley Village Stadium 16 IMAX & RPX
3005 Cinema Place
Contact: (360) 527-1320

13 Tuesday, 12-1:30pm
ICC At Large Meeting
See page 5 for details.

14 Wednesday, 6-7pm
FACES New Parent Meeting
See page 4 for details.

17 Saturday, 6-7pm
People First Meeting
For meeting location and details,
contact Susan Larson: 738-2060

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

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

**Happy Holidays from
your friends at The Arc!**



*NOTE: All events listed are in Bellingham
unless otherwise noted. Find more events at
www.arcwhatcom.org/wp/events/.*

Special thanks to this month's sponsor:



2017 Smiles of Life Calendars Are Available Now!



These special calendars make great gifts for family, friends, neighbors, and just about anyone on your holiday list! Featuring beautiful photos, inspiring profiles and motivating quotes, the 2017 Smiles of Life Calendar is dedicated to people with developmental disabilities and their friends and family. 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. 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.