

Local Athlete Honors His Native American Heritage at National Special Olympic Games



Clifford Green, a local Self Advocate, was part of the 50th Annual 2018 Special Olympic USA Games opening ceremonies held this summer in Seattle. Clifford sang and drummed with members of the Duwamish Nation all the while representing his hereditary and cultural rights with fellow members of the Lummi Nation. The Coast Salish American Drum Circle performed 'Welcome, Bless and Celebrate Canoe Journey.' Clifford has regularly competed in track and field, soccer, softball, basketball, and bowling on both the regional and state level for the last 14 years. We are excited to announce Clifford will be a featured speaker at our 15th Annual Buddy Walk held in Bellingham on Sunday, October 7th. To read more about Special Olympics, visit page 7.



BUDDY WALK[®]

Noon-3pm, Sunday, October 7th

Depot Market Square, Bellingham



Registration and Fundraising: You can register online until Wednesday, October 3rd. Visit <https://give.classy.org/2018whatcomcountybuddywalk>. Paper registrations will be available at the event. Donation and Team Pages will be open till the end of the year.

T-shirt pickup: If you pre-registered before September 14th, Shirt pickup will be available from Wednesday, Oct 3rd, till Friday, Oct 5th, from 9am - 2pm at The Arc of Whatcom County, 2602 McLeod Rd. Once you've picked up your shirts, you do not need to check-in at the event.

Parking at the event: Street parking is free during the event. If you are looking for a parking lot, Diamond Parking is offering a reduced rate of \$1.00 for Buddy Walk participants! Lot WW18, 1115 Cornwall Ave. Once you arrive, parking can be paid by cell phone, by calling "Call to Park". Signs are posted in the lot with the phone and location number.

★ New this year: ★

- We are excited to welcome food trucks to our event. Trucks will be on site and ready to sell lunch for participants and volunteers to purchase at 12pm.
- Each person who is a registered attendee will receive a yellow Down syndrome Outreach bracelet to show their support. Bracelets will be available to pick up during our T-shirt pickup prior to the event, or at the Registration Table at Buddy Walk.

For questions, contact 360-715-0170, ext. 200, or BuddyWalk@arcwhatcom.org.

This event is being held in an accessible location and sign language interpretation will be provided.

Washington State Adopts New Curriculum for Disability History



In 2008, Washington state legislature passed a law declaring October as Disability History Month. Until now, schools have created their own approaches to honor the month. The title of this project is One Out of Five: Disability History and Pride because 1 out of 5 people in the United States has a disability, and this resource is designed to celebrate the history and identities within this large and diverse community. One Out of Five was designed by the Washington State Governor's Office of the Education Ombuds (OEO) in partnership with two local educators, Adina Rosenberg and Sarah Arvey, as a guide for schools to address Disability History Month. OEO has also partnered with Rooted in Rights, the video production team of Disability Rights Washington, to create student voice videos centered around Washington middle schoolers with disabilities and featuring a student from Ferndale.

One Out of Five is designed for middle school ELA (English Language Arts) classes, but can be modified for other grade levels or subject areas. This resource can be used during Disability History Month or any other time during the school year. The lessons are designed to be taught in order, but also function as stand-alone lessons and/or activities. Lessons are broken into 5 - 15 min components, and can be used to introduce ideas and vocabulary words on a limited time schedule.

This resource is designed to...

- Humanize the experience of disability by showcasing the voices of people with disabilities
- Help students recognize that disability is not a bad word or a bad thing to have
- Highlight the importance of building inclusive school communities and students' roles in being allies for people with disabilities
- Consider the role of bias and the history of disability as civil rights, as well as diversity within that movement
- Consider how disability became a more stigmatized experience as the United States emphasized economic productivity and autonomy as measures of human value
- Expand perspectives about United States and Washington history to include people with disabilities over time
- Shift stereotypes and limited ways of thinking about disability to consider the full range of disability experiences
- Make teaching about disability accessible to all teachers and students regardless of background and experience

For more information and to access One out of Five Curriculum, visit:

<https://oew.wa.gov/education-issues-topics/one-out-of-five-disability-history-and-pride-project/one-out-of-five-project-overview-2/>

Raising Ryan:

A Mother and Son's Journey

My son Ryan was diagnosed with autism when he was three years old. He had lost language, stopped making eye contact and was slowly disappearing into himself. These changes occurred quickly and I was scrambling to find out why this was happening. A year later his father died from complications due to cancer. As a widowed, single parent, I spent most of my free time as an autism warrior, getting Ry the therapies and treatments necessary to maximize his best potential, and creating support systems for him within our community. I was determined that he would lead the life he wanted and I steadfastly developed a plan so that one day he would attend college, live independently, and be gainfully employed.

As Ry drew closer to his eighteenth birthday, it was becoming painfully obvious to me that his life trajectory was going to differ from what I/we had been working towards. I was watching my peers take their teenage children on college tours while my son was still working out the vagaries of crossing the street safely, getting his daily dose of Sesame Street and struggling with reciprocal conversation. As my sadness was increasing, I realized that I was grieving the loss of a future I wanted for him. Not knowing how to process my sorrow, I began to write a story to myself, Ryan's story.

What began as journal entries to help me assuage my grief, slowly blossomed into a blog. As I was writing each entry, I would read them aloud to my son. I wanted to be transparent, get his permission to post, recruit his input and engage him in conversation. It gave us an opportunity to share in a manner that neither one of us had experienced with each other before. I gained invaluable insight in regards to Ryan's memories and how he processed the world around him and viewed himself (sometimes referring



to himself in third person). On Ry's part, he finally figured out that I was someone that was more than his Mom and that parenting by myself was really hard work. We developed a richer understanding of each other and that was more than I bargained for. Part way through the process, I asked Ryan if he wanted to participate and contribute his thoughts to each entry. He enthusiastically agreed and Raising Ryan: Living with Autism began to take shape.

"Who is your audience?" I get that question a lot! Raising Ryan is meant to provide resources and hope to families with a new diagnosis, allow educators a deeper understanding of the 24/7 responsibilities of parents with special needs children and adults, and to educate anyone that wants to know more about autism. From our perspective, each book that is purchased represents one more person that understands autism a little bit better and isn't that a grand idea?

We would like to thank Kimberly Reeves for sharing her Parent Perspective with us. To learn more about Kimberly Reeves & Ryan Cunningham, visit Village Books (Fairhaven) to hear a free reading of Raising Ryan: Living With Autism, on Sunday October 28th at 4pm. Meet the author and get your book signed!

Upcoming Parent Support Meetings:

Monday, 10/8, 7 - 8:30pm **Topic: *Creating Supports for your Child & Family***
The Arc, 2602 McLeod Rd., Bellingham

Thursday, 10/18, 1 - 2:30pm **Topic: *Feeding Tube Family Support***
WCEL, 2001 H. Street, Bellingham

Monday, 11/5, 7 - 8:30pm **Topic: *Resource Sharing for your Special Needs Child***
Fisher Elementary School, 501 14th St, Lynden

Supervised care is provided to those who contact us by the Friday prior to the meeting. For special accommodations and interpreting services, please contact us 3 weeks in advance at (360) 715-0170 ext 302 or p2p@arcwhatcom.org



Community Events

Parent Coalition Workshop

Topic: Housing

6-8pm, Tuesday, Oct 16
The Arc's Dan Godwin
Community Center
2602 McLeod Road,
Bellingham



Learn about housing options and resources from a knowledgeable panel of adults with developmental disabilities, families, and professionals.

Questions? Contact us at (360) 715-0170 ext 303 or parentcoalition@arcwhatcom.org

Parent Coalition Workshop

Topic: Guardianship

6-8pm, Tuesday, November
The Arc's Dan Godwin Community Center
2602 McLeod Road, Bellingham

- Guardianship & Alternatives to Guardianship
 - Power of Attorney
 - Supported Decision Making
 - New Reporting Rules
 - How to know if Guardianship is appropriate?
- For questions, contact us at (360) 715-0170 ext 303 or parentcoalition@arcwhatcom.org

Self - Advocacy Group Meeting

4:30-6:30pm, Thursday, October 4
The Arc's Dan Godwin Community Center
2602 McLeod Road, Bellingham

Topic: "A Day in the Life of a Young Adult"

Our Self-Advocacy group focuses on various aspects of self-advocacy through group meetings, individual skill building, involvement in legislative advocacy, and providing outreach and awareness in our community. Self-advocates are able to practice their skills and abilities to speak up for themselves and others who may need support. Visit <http://arcwhatcom.org/wp/programs/self-advocacy/>, call 360-715-0170 or email selfadvocacy@arcwhatcom.org

Autism 200 Series

7-8:30pm, Thursday, October 18

Autism 209: Let's Talk About AAC (Alternative and Augmentative Communication) and Autism Spectrum Disorder

7-8:30pm, Thursday, November 15

Autism 210: We Are All in This Together: Finding Common Ground Between Autistic and Parent Advocates – A Panel Discussion

Autism 200 is a series, watch at autism spectrum disorder. View at <http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/>

Autism 200

Adaptive Aquatics

Arne Hanna Aquatic Center
1114 Potter Street, Bellingham

Session 1

Tuesdays, Oct 9-30
Wednesdays, Oct 10-31
Thursdays, Oct 11-Nov 1

Session 2

Tuesdays, Nov 6-Dec 4
Wednesdays, Nov 7-Dec 5
Thursdays, Nov 8-Dec 6

Time: 5:15-6:00pm

*No classes November 20-22

A time for individuals with special needs to get in the water and work one-on-one with a volunteer. Participants will be working toward meeting the goals including increasing swim skills, flexibility, exercising and having fun.

Call (360) 778-7665 or visit <https://www.cob.org/services/recreation/aquatic/Pages/Adapted-Aquatics.aspx> for additional information.



My Way Matinee: Sensory-Friendly Films

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.

Films are at 10:30am on one Saturday per month.

<https://www.regmovies.com/promotions/my-way-matinee>

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



Square Pegs Adult Autistic Meetup Group

11 - 2pm, Sunday, October 28

11 - 2pm, Sunday November 25

Community Food Co-op Connections Building
405 E Holly St, Bellingham

Square Pegs is a peer-support and social group for adults (18+) who identify as being on the autism spectrum or as having Asperger's syndrome.

Questions? Contact Kenn at kenn.jones1@gmail.com Visit <https://www.meetup.com/Squarepegs/> and look for "Bellingham Meeting"

Health is:



Help us fill in the blanks for your community.

Your voice matters! Attend a listening session hosted by the Whatcom County Health Department to see local community health data, and tell us what health issues matter to you.

Health is many things. What is it for your community?



Health is _____.

Community Descriptions are short health assessments that look at health data specific to the communities within our county. The health department is preparing reports that take a closer look at how health varies by geography within Whatcom County. We've used school district boundaries to define the communities. Community meetings are being held to share the data in the Community Descriptions and to learn more about residents of each community.

Community Listening Session Dates:

Oct. 1: 125 Front St., Sumas, 5:00-7:00pm

Oct. 3: East Whatcom Regional Center, 5:30-7:30pm

Oct. 10: NW Baptist Church, 3545 Northwest Ave.), Bellingham, 10:00am-12:00pm

Oct. 11: Meridian School District, 214 W Laurel Rd, 5:00-7:00pm

<https://wa-whatcomcounty.civicplus.com/2961/Community-Descriptions>

Fundraiser for The Arc of Whatcom County



10:30am-9:00pm
Thursday, October 11
2925 Newmarket St.
Suite 101, Bellingham

Join us at MOD Pizza! They will be donating 20% of sales back to The Arc! Let your server know you're a supporter to make sure your check is counted towards The Arc. (Dine in only)



Padres a Padres Presents: Storytime and Crafts! Launching Success

133 Prince Avenue, Bellingham
4:30 - 5:30 pm, Friday, October 19

We invite you to spend an entertaining and educational time for kids, sharing and learning together with other families of children with developmental delays, and ongoing health care needs. There will be Storytime, books and crafts. This activity is for children under 12 years.

For more information or RSVP call Marta at (360) 715-0170 ext 308 or familia@p2pwhatcom.org



Ferndale Toddler Time

Wednesdays, 10am – 11:30am*

Ferndale American Legion Hall
5534 2nd Avenue, Ferndale

*Closed the 2nd Wednesday of the month

This is a busy drop-in play and socialization opportunity. Families who come can expect to have activities that excite and challenge all areas of development. Parental supervision is required. Donations of \$2 per child or \$5 per family requested to cover our program costs.

<http://www.wcel.net/ferndale-toddler-time/>



STATEWIDE EARTHQUAKE DRILL

Shake
Out™



The Great Washington ShakeOut
Annual Statewide Earthquake Drill

Disability/AFN Organizations

At 10:18 a.m. on October 18, 2018, hundreds of thousands of Washingtonians will “Drop, Cover, and Hold On” in The Great Washington ShakeOut, the state’s largest earthquake drill ever! All organizations that provide services to people with disability/or access/functional needs are encouraged to participate in the drill.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake from becoming a catastrophe for you, your organization, and your community.

Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great Washington ShakeOut is held on the third Thursday of October each year.

Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

Register today at ShakeOut.org/washington

HOW TO PARTICIPATE

Here are a few suggestions for how all disability/AFN organizations can participate in the ShakeOut. Learn more at ShakeOut.org/washington/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/washington/register to be as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/washington/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:18 a.m. on October 18. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Organize a support network to help your clients if they need to be evacuated who know how to operate necessary equipment.
- Ensure your organization has an emergency plan before a disaster happens.
- Keep at least a seven day supply of medications.
- Encourage clients to wear a medical alert tag or bracelet to identify their disability or health condition.

Share the ShakeOut:

- Outreach to everyone in the community and encourage them to register, prepare and drill.
- Add a link to ShakeOut.org from your web site.
- Find posters, flyers, and other materials for promoting ShakeOut are at ShakeOut.org/washington/resources.
- Share photos and stories of your drill at Shakeout.org/washington/share.



As a registered ShakeOut Participant you will:

- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate

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SPECIAL OLYMPICS

Sehome High School graduate and Unified Soccer player Evan Kaptinski earned a spot on Team USA for the 2019 Special Olympics World Games in Abu Dhabi next March.

Evan is one of 20 players on Team USA. He will train throughout the fall, traveling to Seattle for practices as well as to the Special Olympics USA Training Camp at the University of Delaware for a week-long training camp. He looks forward to traveling with his team to both the East Coast and the Middle East.

"I am excited about playing with some really good players," Evan said. "Hopefully I'll get a chance to meet more Seattle Sounders players, and I'm also excited about playing in a big stadium."

Evan's family is excited about his opportunity and grateful to the Bellingham Public Schools staff who played a role in helping Evan achieve this milestone. Unified Sports coordinator and Special Education teacher Dominique Lantagne and Sehome teacher and Unified Soccer coach Ed Wissing encouraged Evan to try out for Team USA, Evan's mother Laura Kaptinski said.

"It requires a bit of commitment on our part in terms of driving Evan back and forth to Seattle for practices," Laura Kaptinski said. "But it's worth it!"

Evan began playing soccer in elementary school through Whatcom County Youth Soccer Association, and represented Sehome High School on both the Unified Soccer team and the boys JV team.

"My favorite thing about soccer is playing the game," Evan said. "I also love to watch a good team play. I guess I love everything about it."

Laura Kaptinski credited the district's Unified Sports program with creating



inclusive opportunities for all students to enjoy sports. Evan also participated in basketball, bowling and track through Bellingham Public Schools, and downhill skiing through the Baker 542 Ride Community Special Olympics Program.

"Evan enjoyed his Unified Soccer experience so much that he was willing to branch out," Laura said. "Without the support from his excellent coaches and Dominique, we believe Evan would have had a different, less inclusive, high school experience."

Unified Sports is a division of Special Olympics where people with and without intellectual disabilities play on the same teams. Bellingham Public Schools has Unified bowling, basketball, and soccer teams. Worldwide, over 1.5 million people take part in Unified Sports, according to the Special Olympics website.

For more information about this program in Bellingham Public Schools, please contact Dominique Lantagne at Dominique.Lantagne@bellingshamschools.org or 360-739-5942. For more information about the 2019 Special Olympics World games in Abu Dhabi, visit <https://www.abudhabi2019.org/>

Article printed with permission from Bellingham Public Schools. Read and learn more at <http://promise.bellingshamschools.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:

10am-1pm Monday - Friday

Newsletter Production Staff:
Melissa Abraham, Karlene Umbaugh,
Monica Burke, Mt. Baker High School students
and volunteers

Executive Director: Beverly Porter
Program Director: Monica Burke
Care & Resource Coordinator:
Mary Jo Durborow
DsO & Self Advocacy: Jessika Houston
P2P Coordinator: Karlene Umbaugh
P2P Parent Assistant: Melissa Abraham
Padres a Padres: Marta Mejia

Board of Directors

Emily Shiels, President;
Susan Larson, Vice President;
Dale Whipple, Secretary; Michelle
Karaffa, Barbara Roxas, Luke Phifer

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.



Carina is a free self-service website created to help connect clients receiving Medicaid funded home care with Individual Providers (IPs) who meet their needs and have been contracted through DSHS. It is available to clients, IPs, case managers, and Home Care Referral Registry coordinators. Visit carinacare.com for more information, client testimonials, and to start your account.

REGISTER: <https://tinyurl.com/y92ueaqq>

FRAGILE X & DOWN SYNDROME CONFERENCE

VIA LIVE TELECONFERENCE

Keynote Speaker: Dr. Karen Riley, PhD

Dr. Riley lectures extensively throughout the US as well as internationally on behavioral & educational interventions for children with neuro-developmental disorders primarily those with Fragile X syndrome.

+ Teachers Credit Hours

HILLCREST CHAPEL
1400 LARRABEE AVE
BELLINGHAM, WA
Saturday, October 27, 2018 8 AM - 4 PM
\$30 Per Person, includes lunch.

Jessika Houston, our Self Advocacy and Down syndrome Outreach Coordinator is currently on family leave. Please see below for how to contact each program.

Self Advocacy
selfadvocacy@arcwhatcom.org
(360) 715-0170

Down syndrome Outreach:
DsO@arcwhatcom.org
(360) 715-0170 ext 304

2018 Buddy Walk
buddywalk@arcwhatcom.org
(360) 715-0170 ext 200

Event Calendar

October

4 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting
see page 4 for more details

7 Sunday, 12 - 3pm
Buddy Walk
Depot Market Square
see page 1 for more details

8 Monday, 7-8:30pm
Parent Support Meeting
see page 3 for more details

11 Thursday, 10:30am - 9pm
MOD Pizza Fundraiser for
The Arc of Whatcom County!
see page 5 for more details

15 Monday, 6 - 8pm
SPIN DANCE
Theme: Halloween Costume
<http://www.maxhigbee.org/spin-dances.html>

16 Tuesday, 6:30 - 8:30pm
Parent Coalition Workshop
"Ask the Advocate"
Topic: Housing
see page 4 for more details

18 Thursday, 1 - 2:30pm
P2P Feeding Tube Meeting
see page 3 for more details

18 Thursday, 7 - 8:30pm
Padres a Padres Craft Event
Launching Success
see page 5 for more details

19 Friday, 5:30 - 6:30pm
Autism 200 Series
see page 4 for more details

24 Wednesday 5:30 - 6:30pm
Arc of Whatcom County
Board Meeting
contact Beverly at
beverlyp@arcwhatcom.org

27 Friday, 8am - 4 pm
Fragile X & Down syndrome
Live Tele-conference
see left sidebar

November

1 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting

5 Monday, 7-8:30pm
Parent Support Meeting
Fisher Elementary, Lynden
see page 3 for more details

15 Thursday, 7 - 8:30pm
Autism 200 Series
see page 4 for more details

19 Monday, 6 - 8pm
SPIN DANCE
Theme: Favorite Movie Character

20 Tuesday, 6:30 - 8:30pm
Parent Coalition Workshop
"Ask the Advocate"
Topic: Guardianship
see page 4 for more details

28 Wednesday 5:30 - 6:30pm
Arc of Whatcom County
Board Meeting
contact Beverly at
beverlyp@arcwhatcom.org



Our full community events calendar can be found at arcwhatcom.org/wp/events/

