

## Advocacy Days 2019

### Advocacy Day Schedule Dates & Highlighted Topics

January 16th	Legislative Reception
<b>January 30th</b>	<b>Family Supports (see right)</b>
February 6th	Employment
February 13th	Self - Advocates
February 20th	Providers
February 27th	Home Life
March 6th	DD Awareness Month
March 13th	Learning (School Services)
March 20th	Focus on Biennial Budget
March 27th	Activists
April 3rd	Autism Acceptance Month
April 10th	Notes to Legislators

For more information about each Advocacy Day, visit  
[https://arcwa.org/resources/2019\\_Adv\\_Days.pdf](https://arcwa.org/resources/2019_Adv_Days.pdf)

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!

What to expect at Advocacy Day: Advocacy Day begins at 10 a.m. Wednesdays during the legislative session. All Advocacy Days are held at United Churches 110 - 11th Avenue SE, Olympia unless otherwise noted. We start the day with an hour briefing on current issues and end with an afternoon of advocacy (about 3:00 p.m.). While we feature a highlighted topic each week, the morning briefing will also cover late breaking news on budget items and bills of interest relating to individuals with developmental disabilities. If this is your first visit and you need a guide for the day, please let us know when you register. To register, please call: 1-888-754-8798, ext. 105, or e-mail: [bean@arcwa.org](mailto:bean@arcwa.org)

### Climb on Board!

Opportunity to visit Olympia  
and meet with your legislators!

The Arc will be chartering a bus from Bellingham to Olympia to participate in the Family Supports Advocacy Day on **Wednesday, January 30th**. The bus will leave at approximately 7am for a full day in Olympia. Parents, self-advocates and care providers are welcome to come at no cost to you. We will provide information and materials to help you understand the issues and share your story. Email [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org) or call (360) 715-0170, ext. 303, to reserve your seat by January 21!

### Parent Coalition & Parent to Parent Workshop Telling Your Story with a Purpose



**6 - 8pm, Tuesday, January 15**  
**The Arc of Whatcom County**  
**2602 McLeod Road, Bellingham**  
**Do you want to make your voice heard?**

Join us for this free workshop on advocacy and leadership and learn to:

- Identify a policy or issue related to your child's needs where you would like to make a difference.
- Get your point across effectively using your family's experiences as an example.
- Present your message and personal story to advocate for change.

RSVP at (360) 715-0170 ext. 303 or [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org).

## Meet Your Elected Officials

### LOCAL & STATE

#### 42<sup>nd</sup> Legislative District

##### HOUSE OF REPRESENTATIVES



**Rep. Luanne Van Werven (R)**  
419 John L. O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7980  
[luanne.vanwerven@leg.wa.gov](mailto:luanne.vanwerven@leg.wa.gov)



**Rep. Sharon Shewmake (D)**  
465 John L. O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7854  
[sharon.shewmake@leg.wa.gov](mailto:sharon.shewmake@leg.wa.gov)

##### SENATE



**Sen. Doug Ericksen (R)**  
414 Legislative Building  
PO Box 40442  
Olympia, WA 98504-0442  
(360) 786-7682  
[doug@senatorericksen.com](mailto:doug@senatorericksen.com)

#### 40<sup>th</sup> Legislative District

##### HOUSE OF REPRESENTATIVES



**Rep. Debra Lekanoff (D)**  
368 John L. O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7800  
[debra.lekanoff@leg.wa.gov](mailto:debra.lekanoff@leg.wa.gov)



**Rep. Jeff Morris (D)**  
436A Legislative Building  
PO Box 40442  
Olympia, WA 98504-0442  
(360) 786-7970  
[jeff.morris@leg.wa.gov](mailto:jeff.morris@leg.wa.gov)

##### SENATE



**Sen. Kevin Ranker (D)**  
215 John Cherberg Building  
PO Box 40440  
Olympia, WA 98504-0440  
(360) 786-7678  
[kevin.ranker@leg.wa.gov](mailto:kevin.ranker@leg.wa.gov)

#### Governor

##### Governor

**Jay Inslee (D)**  
PO Box 40002  
Olympia, WA 98504-0002  
Phone: (360) 902-4111  
<https://www.governor.wa.gov>



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](http://www.delbene.house.gov)



Canyon Park Business Center  
22121 17th Ave SE  
Building E, Suite 220  
Bothel, WA 98021  
Phone: (360) 416-7879 or (425) 485-0085  
Email: <https://delbene.house.gov/contact/>

#### 2nd Congressional District

**U.S. Representative Rick Larsen (D)**  
[www.larsen.house.gov](http://www.larsen.house.gov)



119 N. Commercial Street  
Suite 275  
Bellingham, WA 98225  
Phone: (360) 733-4500 or  
(425) 252-3188  
Email: <https://larsen.house.gov/contact-rick>

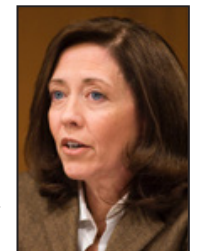
#### United States Senate

**U.S. Senator  
Patty Murray (D)**  
[www.murray.senate.gov](http://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](http://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.**

# Parent to Parent

## Managing Ourselves while Managing Life with a Child with Special Needs Free Webinar

10 – 11:15am, Wednesday, January 9th

Self-care for the caregiver of a child with special needs is a complicated topic that caregivers may find frustrating. The reality is simply most of us cannot fathom having the time or the capability to address our own needs ahead of a child with complex needs. This presentation encourages us to redefine what self-care really means for the parent of a child with special needs.

Details about how to join the webinar will be sent to you upon registration. (If you're unable to join, a recording will be available on the website.) Register for the free webinar at:

<https://www.cadreworks.org/events/self-care-strategies-families-children-disabilities>

## Parent Support Meeting

Topic: Self Care for Caregivers



7 - 8:30pm, Monday, Jan 14  
The Arc of Whatcom County  
2602 McLeod Rd., Bellingham

Would you like to connect with other parents on a similar journey? Join us for our confidential support meetings. Join us as we meet and talk about the importance of Self Care and share tips on how to achieve it. Free supervised care for children is available to those who RSVP by Friday, January 11. Contact us at p2p@arcwhatcom.org or (360) 715-0170 ext 302

## Parent to Parent Holiday Party

On December 8th, Parent to Parent held our annual Holiday Party for families in our community. We welcomed nearly 200 guests throughout the course of the day. Families were able to enjoy a meal and meet with others. We had a wonderful visit from Santa Claus, and each child had their picture taken. Our Super Sitters worked at multiple craft tables with children and had a sensory area available. The party was a success largely due to the assistance of our wonderful volunteers and Helping Parents. We appreciate the time and effort put in to make our Holiday Party a safe and inclusive event.

We sincerely appreciate Inner Child Studio for donating their time and bringing Legos and crafts for the kids. Big thanks to Bellingham Parks and Rec for co-sponsoring the event, and to Santa Jim and his family for being a part of the fun. We would like to thank the Bellingham Food Co-op, Starbucks, Boundary Bay, Whatcom Center for Early Learning, and Costco, for their generous donations.

Thank you so much!

- *Karlene, Melissa, and Marta*



# Community Events

## Autism 101

7 - 8:30pm, Thursday, January 24  
Presented by: Dora Hall, ARNP  
and Rachel Earl, Ph.D.

In this free lecture, participants will learn about:

- Up-to-date, evidence-based information regarding the core deficits of ASD
- Variability and presentation of behaviors associated with autism
- Prevalence and etiology (study of the cause of the disorder)
- Treatments available
- Resources for families

This lecture is intended for parents and families of children recently diagnosed with an autism spectrum disorder (ASD). There is no need to register in advance to attend. You can sign up to view the livestream at: <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/autism-101/>



Washington Hands & Voices

## Family Meet & Greet

For families of deaf, deaf-blind and hard of hearing children and their friends to meet one another and have fun!

*All Communications are Welcome!*

Light snacks and fun activities will be provided

For questions & RSVP: Christine Griffin [gbys@wahandsandvoices.org](mailto:gbys@wahandsandvoices.org) (425) 268-7087  
For more information about Washington Hands & Voices [www.wahandsandvoices.org](http://www.wahandsandvoices.org)



Birth to 7 years old  
**Saturday, Feb. 9, 2019**  
10am-12pm  
Maritime Heritage Park Pavilion  
500 W Holly St  
Bellingham, WA 98225

Thank you to our co-sponsors: Whatcom Educational Credit Union, Bellingham Parks & Rec and volunteers from the NSSLHA chapter at WWU for making these events possible

## Kaleidoscope Play & Learn

A FREE CLASS at the Bellingham Public Library!

*A storytime and facilitated play experience for young children and the people who take care of them.*

### Weekly on Wednesdays & Fridays

\*January 16 - May 10

10:05-11:05 a.m. OR 11:20 a.m.-12:20 p.m.

Lecture Room, Central Library

*\*Please note: We will not have Play & Learn during the Friends of the Library Book Sale 1/23 & 1/25 or during Spring Break 4/3 & 4/5*

### Stories, Songs, Play, and Activities!

For children ages 3-5

who are not enrolled in a Preschool program

Siblings welcome



Library programs are free of charge. Please call 778-7200 with questions.



Bellingham Public Library  
CHILDREN'S LIBRARY



MAX HIGBEE CENTER PRESENTS

**HEARTY PARTY 5K**  
RUN WALK & ROLL  
A RACE FOR INCLUSION

Saturday, February 9, 2019

Registration/Packet Pick-Up open from 9am-10:30am

Race Begins at 11am

Max Higbee Center, 1210 Bay St. #102

This Valentine's Day weekend, grab a pal, furry friend, or special someone and run your heart out at Max Higbee Center's "Hearty Party" 5k! This community event benefits Max Higbee Center, a non-profit organization providing recreational services to teens and adults living with developmental disabilities. Support a great cause and join the party in our 5th annual 5k with beautiful views of Bellingham Bay and Zuanich Park.

<http://www.maxhigbee.org/hearty-party-5k.html>

## S.P.I.N. Dance



6 - 8pm, Monday, January 21  
Bellingham Senior Center  
315 Halleck St, Bellingham

December Theme: Masquerade Ball

The Max Higbee Center provides a monthly dance for individuals with disabilities. All persons age 14 and over are invited for music, dancing, and fun! For more information, call Amanda: (360) 778-7000.

## Self - Advocacy Group Meeting NO JANUARY MEETING

4:30-6:30pm, Thursday, February 7  
The Arc of Whatcom County  
2602 McLeod Road, Bellingham

The Arc's Self-Advocacy group helps adults with developmental disabilities become strong self-advocates. Self-advocates are people with disabilities who speak up for themselves and others. They can express themselves with spoken words, sign language, language boards and in other ways unique to themselves. Self-advocacy enables people with disabilities to live a fulfilling life in the community with the support they need. For more information, visit <http://arcwhatcom.org/wp/programs/self-advocacy/>, call 360-715-0170 or email [selfadvocacy@arcwhatcom.org](mailto:selfadvocacy@arcwhatcom.org)

## 42nd Legislative District Town Hall

2-3:30pm, Saturday, January 5  
Meridian High School  
194 W. Laurel Rd., Bellingham

Senator Doug Ericksen and Representative Luanne Van Werven will host a Town Hall meeting for constituents. Representative-Elect Sharon Shewmake will also attend the event.



Tuesday, January 29  
11am - 9pm  
10% of sales at the Filling Station, located at 1138 Finnegan Way, will be donated to The Arc of Whatcom County!



**Unity Club at  
Western Washington University**  
6-7pm, Thursdays  
Academic West, Room 205, WWU Campus

6-7pm, Thursday, January 10

The WWU Unity Club is looking to have more people join! It is a great opportunity to expand connection with Western and meet new people. Meetings are once every 2 weeks. The WWU Unity Club is focused on closing the social barrier between people living with and without developmental disabilities in Whatcom County. Questions? Contact Chloe Rosenfield at 206-909-6801 or [rosenfc@wwu.edu](mailto:rosenfc@wwu.edu) Join the Unity Club Facebook page! (Search WWU Unity Club)



# Special Olympics



## Special Olympics Young Athletes is Coming to Bellingham!

**Who:** Children in Bellingham with and without disabilities from ages 2-7. Western Washington University students volunteering to help out with young athletes. All Young Athletes must complete the YA Registration Form: <http://specialolympicswashington.org/wp-content/uploads/Young-Athlete-Registration-Form-English-Update-3.14.pdf>

**What:** Young Athletes is an inclusive sports program for children with and without intellectual disabilities and it is all free. Young Athletes will be brought into the community through the Bellingham preschools. Young Athletes introduces basic sport skills, like running, kicking and throwing. **Young Athletes is an 8-week program** and Special Olympics Washington provides an Activity Guide and equipment.

**Where:** Bellingham High School Gym  
2020 Cornwall Ave Bellingham, WA 98225

**When:** Thursdays  
January 10 - February 28  
2:45-3:30 PM  
Practice will be every Thursday for 8 weeks

**Why:** It's comprised of research-based activities that build social and motor skills while engaging young children of all abilities. Studies have shown that 7 months of motor skill development is possible after just one eight-week program. It's also a great way to get young children introduced to sports, Special Olympics, and to become unified with children of all different abilities.

**Contact:** Chloe Rosenfield at 206-909-6801 or [chloerosenfield2@gmail.com](mailto:chloerosenfield2@gmail.com)



## Bellingham Special Olympics Basketball Season

Whatcom Community College Pavillion  
and Student Recreation Center.

### Practice:

Sundays from 10am - 12pm  
December 30  
January 6, 13, 27  
February 3, 10, 17, 24

### Tournament/Competition Dates:

- Basketball Sub Regionals: Stanwood, Sunday, January 20th (Pre-qualifier for Regionals)
- Basketball Regionals: Lynnwood, Sunday, February 10th (Qualifier for State Games)
- Winter State Games: Wenatchee, March 1st – 3rd



Special Olympics Bellingham is seeking volunteers to support the sports listed below:

### Current Sports:

- Basketball
- Soccer (*we have a head coach for 2019!*)
- Swimming (*we have a head coach for 2019!*)
- Softball
- Bowling
- Flag Football

### Sports on Waiting List:

- Bocce
- Cheerleading
- Paddle Sports
- Volleyball
- Cycling

Who we need? One person could do more than one of these positions.

- \* Traditional Team Coaches / Assistant Coaches
- \* Individual/Team Skills Coaches
  - \* Practice Volunteers
- \* Administrative Volunteer(s)
- \* Volunteer Coordinator(s)
- \* Fund Raiser(s)

If you know anyone interested, please let LaVonne and Jason Olsen know ASAP. They can be reached at: (360) 441-2624



# Looking Back and Moving Forward

Dear friends,

In 2018, The Arc of Whatcom County made remarkable strides toward fulfilling our goal: to ensure that people with developmental disabilities enjoy full participation and equitable rights in their community. Alongside our membership and our supporters, we've provided individuals with developmental disabilities and their families with information, education, and training. Staff and volunteers have worked to link individuals and families to natural supports, assist with accessing programs and services, education and train for community impact, develop leadership, provide information and resources, as well as offer networking opportunities in all life areas, birth through the lifespan.

As we wrap up 2018 over 2,400 community members received our monthly newsletter with information on relevant disability related topics, family perspectives, upcoming workshops, & community events.

Personalized one-on-one assistance, care coordination, and Parent matches were provided for over 950 requests for assistance on topics ranging from service navigation, evaluation and diagnosis, school services, housing, employment, advocacy, and more.

Attendance at workshops, support groups and networking events reached over 900 people, and well over 400 community members participated in the Down syndrome Outreach Buddy Walk.

Disability awareness & acceptance presentations and technical assistance to Whatcom County school reached over 1,250 staff, students, and families in all seven school districts; topics include self-determination, inclusion and positive behavior support.

We have done this work with the support and efforts of Sponsors and funders. Their commitment to our community is vital and deeply appreciated. We're grateful for the positive impact of Buddy Walk Silver Sponsors: Coppinger Carter Law Firm and Cascade Dafo.

Sadly, we did not produce a Smiles Of Life Calendar for 2019. Our Board and staff are determined to create one for 2020. When we evaluate the impact of our programs and services, our measures are defined by how well a program contributes to our mission, how many people's lives are influenced and improved by the program, as well as the costs of offering that service. We are committed to securing sponsors and funding early in the year to move forward with the extensive work of arranging for and coordinating photo shoots, photo editing, creating profiles, and completing the graphic design work.

At The Arc of Whatcom County, we are honored to walk with individuals and families on this journey and help them navigate the complex world of developmental disabilities. We can, and will, provide a place to gather, to engage, and to re-commit to our shared aims. We look forward to collaborating on our common purpose with each of you. Please don't hesitate to get in touch with us if you have any questions or concerns. We're eager to be helpful however we can.

Beverly Porter  
Executive Director



*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](http://www.arcwhatcom.org)

#### OFFICE HOURS:

**10am-1pm Monday - Friday**

#### Newsletter Production Staff:

Melissa Abraham, Karlene Umbaugh,  
Monica Burke

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

## Stay Connected

### Online Community Calendar:

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

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://www.facebook.com/ArcWhatcom) for the latest information and events.

**E-alerts:** The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit [www.arcwhatcom.org](http://www.arcwhatcom.org) or email [parentcoalition@arcwhatcom.org](mailto:parentcoalition@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.*

The 21st Annual Rev. Dr. Martin Luther King, Jr. Human Rights Saturday Conference

Remaining Awake Together: Nurturing a Revolution of Values

Saturday, January 19th, 2019, 9am – 4pm  
Whatcom Community College, Syre Student Center

235 W Kellogg Rd, Bellingham

This conference provides an accessible space for the community to come together and renew our commitment to the ideals that Dr. King held dear, and believed deeply that this country could attain only by working together and acknowledging our shared history: ideals of equity, freedom, and self-determination. Civil rights & disability rights aspire to a community free from stigma, prejudice, and discrimination. It will feature a People's Keynote: "Let's Get to the Root of Racial Injustice" designed to encourage conversation and build bridges, along with morning and afternoon workshop sessions. One of the morning sessions is specifically designed for families of young children: Celebrating Diversity – Stories and Play Session for 1 ½ to 6 years of age. More information at <http://mlkconference.org/> Whatcom Human Rights Task Force (360) 389-3898

# Event Calendar

## January

8 Tuesday 9:30am - 12pm  
Generations Forward  
Quarterly Meeting  
1026 N. Forest/YWCA Ballroom  
[GenerationsForward@co.whatcom.wa.us](mailto:GenerationsForward@co.whatcom.wa.us)

9 Wednesday 10 - 11:15am  
Managing Ourselves while  
Managing Life with a Child  
with Special Needs Webinar  
*see page 3 for more info*

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

15 Tuesday 6 - 8pm  
Parent to Parent  
& Parent Coalition Workshop  
Topic: Telling Your Story  
with a Purpose  
*see page 1 for more info*

21 Monday, 6 - 8pm  
SPIN DANCE  
Theme: Masquerade Ball  
*see page 5 for more details*

23 Wednesday 5:30 - 6:30pm  
Arc of Whatcom County's  
Board of Directors Meeting  
Contact Beverly 715-0170 ext 306  
or [beverlyp@arcwhatcom.org](mailto:beverlyp@arcwhatcom.org)

24 Thursday 7 - 8:30pm  
Autism 101 Class  
*see page 4 for more details*

28 Monday 4:30pm – 6:00pm  
Developmental Disabilities  
Advisory Board Meeting  
St. Luke's Health  
Education Center  
3333 Squalicum Parkway

29 Tuesday 11am - 9pm  
Arc Fundraiser at  
The Filling Station  
*see page 5 for more details*

30 Wednesday, all day  
Bus to Olympia  
for Legislative Advocacy  
*see page 1 for more details*

## February

7 Thursday, 4:30 - 6:30pm  
Self Advocacy Meeting  
*see page 5 for more details*

9 Saturday, 10am - 12pm  
Washington Hands & Voices  
Family Meet & Greet  
Maritime Heritage Park  
Pavilion  
*see page 4 for more details*

11 Monday, 7 - 8:30pm  
Parent Support Meeting

18 Monday, 6 - 8pm  
SPIN DANCE  
Theme: Masquerade Ball  
*see page 5 for more details*

25 Monday 4:30pm – 6:00pm  
Developmental Disabilities  
Advisory Board Meeting  
St. Luke's Health  
Education Center  
3333 Squalicum Parkway

27 Wednesday 5:30 - 6:30pm  
Arc of Whatcom County's  
Board of Directors Meeting  
Contact Beverly 715-0170 ext 306  
or [beverlyp@arcwhatcom.org](mailto:beverlyp@arcwhatcom.org)

Our full community  
events calendar can be  
found at [arcwhatcom.org/wp/events/](http://arcwhatcom.org/wp/events/)



### Common misperception

People with developmental disabilities lack the capacity to work, lead meaningful lives or have meaningful relationships. They are too vulnerable to be out in their communities. The best outcome is to be well supported within programs and services.

### Reality:

People with developmental disabilities face exclusion because of structural, spatial, systemic and attitude barriers. In addition to financial impoverishment, people with intellectual disabilities often face a poverty of experience, which restricts their opportunities to grow and find fulfillment, as well as a poverty of expectations, which restricts what they can do and who they can become.