

## 2019 Advocacy Day

On Wednesday, January 30th, individuals with developmental disabilities, family members, and Arc members from all over Washington State met in Olympia for Incredible Family Supports Advocacy Day. The day began with a briefing on budget items and bills of interest that pertain to individuals with developmental disabilities and their families.

After the briefing, the large group split off into different legislative districts. Each small group had the opportunity to meet with legislators to tell their stories, and to express certain aspects of legislation that would benefit their individual situations. The different legislative districts represented by the Arc of Whatcom county had the opportunity to speak to Rep. Jeff Morris, Rep. Sharon Shewmake, Rep. Luanne Van Werven, and Senator Doug Ericksen. The legislative aide for Rep. Debra Lekanoff was also present during one of the sessions.

Advocacy day presents an important opportunity for state legislators to hear first-hand the experiences of individuals with disabilities, and to hear how the bills they pass directly affect the lives of their constituents.



*A wonderful day at the capital.*



*Representative Luanne Van Werven met with parents and self - advocates from the 42nd District.*



*Attendees were able to share their stories with Representatives from their Legislative District.*



*Parents and self - advocates met with newly elected Representative Sharon Shewmake*

# Parent Coalition

## IEP's and Re-evals: Making the most of Transition from High School

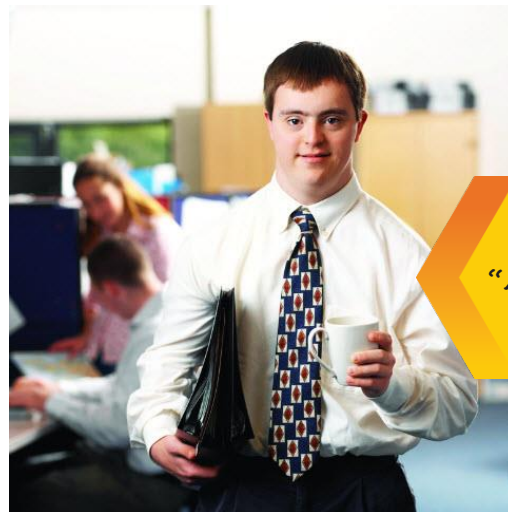
Transition services for youth in special education prepare students for life after high school. Both the Transition re-evaluation and Individualized Education Program (IEP) are powerful documents that allow students and families to participate in defining, developing, and using for future planning. This is also an opportunity for psychologists to have a significant impact in the provision of transition services. The focus of the evaluation should clearly describe the disability in a way that will meet the eligibility requirements of the adult service agencies; define the impact of the disability on learning, employment, daily living and any other relevant post-school activity areas; and identify any needed academic adjustments, reasonable accommodations or adaptive strategies that may be useful in post-school settings.

Information from formal and informal assessments is collected in the area of needs, strengths, preferences and interests. Age-appropriate transition assessments are related to education/training, employment, and can include independent living skills. Identifying instruction, related services, community experiences, the development of employment and other post-school living objectives and daily living skills leads to annual goal development. Transition services are designed to be a results-oriented process that facilitates the movement from school to postsecondary living activities that include adult services.

Make sure to obtain and save a copy of the re-evaluation and IEP for future use! School districts legally destroy these reliable documents after some time. Retaining documents from the district provides required proof and evidence to other agencies. These records contain the dreams, goals, attributes, strengths, and interests of the student, providing a history and framework for years to come.



Local graduate, Logan, entered employment programs and other adult services using the transition plan described in his IEP.



Parent Coalition  
"Ask the Advocate"  
Workshop

## Social Security: What You Need to Know

Tuesday  
March 19, 2019  
6 - 8pm

The Arc's Dan Godwin  
Community Center

2602 McLeod Road, Bellingham  
[parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org)  
360-715-0170

Are you interested in applying for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) for your son or daughter?

Is your child transitioning to adulthood?

Do you have questions about the application process for Social Security?

Please join us for an information session on Social Security, SSDI, and SSI for individuals with disabilities.

Staff from our local Social Security Office will be on hand to answer your questions.



Achieve with us.™

[www.facebook.com/arcwhatcom](https://www.facebook.com/arcwhatcom)  
[www.arcwhatcom.org](http://www.arcwhatcom.org)



For people with intellectual and developmental disabilities

## Low Sensory Sunday at the Whatcom Museum

For children 12 years old and younger, and their families, who would benefit from a low-sensory experience in the Museum, we will be open **Sunday, March 17, 10 AM - Noon** at the Family Interactive Gallery inside the Lightcatcher building.

We will have tools available and accommodations in place to support your visit.

- Noise Canceling Headphones
- Sensory Maps
- Social Stories

**Family Interactive Gallery**  
Inside the Lightcatcher building  
250 Flora Street  
Free pilot program

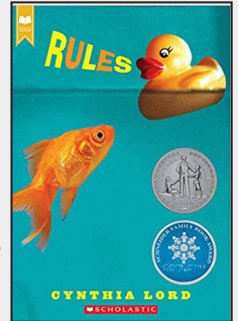


If you have any questions or would like access to pre-visit materials contact Sarah Hart at [slhart@cob.org](mailto:slhart@cob.org) or by phone at 360.778.8961. RSVP requested but not necessary.

[www.whatcommuseum.org](http://www.whatcommuseum.org)

### Book Review

#### 'Rules' by Cynthia Lord



I enjoyed reading 'Rules', for my book club at school. It's about a 12-year-old girl named Catherine whose 8-year-old brother David has autism. She has to make rules for him to learn manners and he loves them. Sometimes she gets embarrassed when he acts out and wishes he didn't have autism, but she loves him. I have a sibling with special needs. Sometimes it's hard for me, too. In the book, Catherine has to go to David's therapy and has to sit through it. I have to sit through therapy also. In conclusion, the book was good and I can relate to a lot of Catherine's experience.

-Roman

5th grader at Irene Reither Elementary

*If you'd like to check out 'Rules' or browse our Lending Library, stop by our office Monday - Thursday from 10am - 1pm. Interested in learning more about support for siblings? Contact us to learn about Sibshops, which are fun events specifically for children who have a sibling with special needs.*

## Upcoming Parent Support Meetings



Are you a parent, grandparent or caretaker of a child with special needs? Would you like to connect with others on a similar journey to share resources, ideas, and support? Join us for our confidential support meetings.

### March Parent Support Meeting

**Topic: Parenting Your Special Needs Child**

Monday, March 11, 7 - 8:30pm

The Arc of Whatcom County 2602 McLeod Rd., Bellingham

\*Child supervision is available to those who RSVP by Friday, March 8.

### Feeding Tube Family Social

Thursday, March 28, 10 - 11:30am

Whatcom Center for Early Learning, 2001 H St. Bellingham

\*Children are welcome to come play with toys in our meeting area.

*For Sign Language and Spanish Interpretation, please contact us 2 weeks prior to meeting. To request interpreting services or to RSVP for child supervision, contact us at [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) or (360) 715-0170 ext 302*

# Community Events

## Continuing Education/Provider Training Notice It's A Region 2, No-Cost-To-You, Training Opportunity!

**RIGHT RESPONSE™** is designed for anyone who might encounter an individual with a behavioral escalation. The 5-hour Primer Workshop focuses on preparation and management of oneself for success when needing to de-escalate an individual or avoid their potentially dangerous behavior. Attendees in this workshop will learn the cycle of risk management and response. This process includes Prevention Strategies, De-escalation Techniques, and Postvention Learning. The 6-hour Elements+ Training includes additional insight and strategies on triggers and 'Proactive Environments', Physical Intervention, Self-Protection Skills, and Postvention Teaching and Critical Debrief.

Ferndale: **(ENGLISH)**  
Primer (5 hours)  
April 20, 10am– 3:30pm  
WECU Education Center  
5659 Barrett Road, Ferndale

Bellingham: **(IN SPANISH ONLY)**  
Primer (4.5 hours)  
March, 23, 2019 10am - 2:30pm  
The Arc of Whatcom County  
2602 McLeod Rd., Bellingham

Elements+ (6 hours) **(ENGLISH)**  
May 18, 2019 9am – 4pm  
WECU Education Center  
5659 Barrett Road, Ferndale

Elements+ (6 hours) **(IN SPANISH ONLY)**  
May 4, 9am - 4pm  
The Arc of Whatcom County  
2602 McLeod Rd., Bellingham

*Primer is a 5 CE Training and Elements+ is a 6 CE Training. **Enrollment in the Elements+ Course requires completion of Primer.** Please use the event registration links for the English trainings:*

*Part 1 - <https://whatcomrightresponse1.eventbrite.com>*

*Part 2 - <https://whatcomrightresponse2.eventbrite.com>*

*To RSVP for the Trainings in Spanish, email [martam@arcwhatcom.org](mailto:martam@arcwhatcom.org) or call (360) 715-0170 ext 308*

### **Brought to You By:**

DDA Region 2 Training & Technical Assistance  
DDA Roads to Community Living  
The Arc of Whatcom County – Parent to Parent & Parent Coalition  
FACES Northwest (Families for Autism Care, Education, and Support)

Questions? Email [ddaR2TA@dshs.wa.gov](mailto:ddaR2TA@dshs.wa.gov) or call 206.568.5686

**These Trainings Are Offered Free of Charge and Open to All.  
Parent/Familial Caregivers of Individuals with Disabilities will be given  
preference for registration.**

## Unity Club at Western Washington University

6-7pm, Academic West, Room 205  
WWU Campus

Thursday, March 7: "Spread the Word to End  
the Word" poster making

Thursday, March 14: "Spread the Word to End  
the Word" in Red Square

*The WWU Unity Club is a opportunity to  
expand connection with Western and meet  
new people. Contact Chloe Rosenfield  
at 206-909-6801 or rosenfc@wwu.edu*



## Volunteer Orientation

5 - 6pm, Thursday, March 14  
The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham

This fun and quick "Get to Know The Arc"  
Volunteer Orientation is open to all! There are  
so many exciting things happening at The Arc,  
and we would love for you to be a part of it.

*To sign up, call (360) 715-0170 or email [volunteer@arcwhatcom.org](mailto:volunteer@arcwhatcom.org)*

## CAMP T.E.A.M.

**Together Everyone  
Achieves More**

Thursday & Friday, May 9-10

An outrageously fun experience for  
teens and adults with developmental  
disabilities, other community  
members, and WWU students.  
Western Washington University  
Recreation Program students will  
be your energetic co-campers and  
counselors. This event will be held at  
Warm Beach Camp and Conference  
Center, located in Snohomish County.  
The location has ADA Accessible  
cabins, rest rooms, dining hall and  
activity spaces.

*For more information, call Amanda  
at (360) 778-7000, or email [agrove@cob.org](mailto:agrove@cob.org)*

*Registration AND information sheet  
must be completed and returned  
by April 12. Registration begins  
Monday, March 4. Register online at  
[www.cob.org/ezreg](http://www.cob.org/ezreg), by phone, walk  
in or by mail at Bellingham Parks &  
Recreation, 210 Lottie St. Bellingham*



THE 11th ANNUAL AUTISM AWARENESS AUCTION

benefitting



Tickets are \$80 each  
Includes gourmet dinner and  
complimentary beer and wine

**Order your tickets today!**  
[www.facesnorthwest.com](http://www.facesnorthwest.com)  
Reserve your tickets by March 30

FACES Northwest is a non-profit organization founded by parents of individuals with autism. Since 1997, FACES has operated the ONLY local summer program providing education, recreation and one-on-one support for children and young adults with autism.

# Down syndrome Outreach

## March 21st is World Down Syndrome Day!

Use this day to help spread awareness in our community! We want to get people talking about Down syndrome on March 21st. Here are some ways you can get involved:

- **Wear mismatched socks and your Buddy Walk or Down syndrome awareness shirts** and invite all your friends, family, and colleagues to do the same. See below for more info.
- **Promote Down syndrome awareness in school and at work.** Encourage your classroom or workplace to watch and share the video *Just Like You: Down syndrome* (by the Down syndrome Guild of Greater Kansas City): [www.justlikeyou-downsyndrome.org](http://www.justlikeyou-downsyndrome.org).
- **Do three random acts of kindness!** Write someone a positive note. Clean up a local park. Give someone a helping hand. Or pass out our Down syndrome awareness cards. More ideas can be found at [www.worlddownsyndromeday.org/random-acts-kindness](http://www.worlddownsyndromeday.org/random-acts-kindness).



### Lots of Socks

The World Down Syndrome Day (WSDS) “Lots of Socks” campaign is an initiative encouraging participants to wear brightly colored, mismatched, or unique socks as a conversation piece, allowing the wearer to raise awareness about Down syndrome. Why mismatched socks? To show that we are all different, but the same! “An odd pair of socks may be a different pattern or color but can still be worn together quite happily if we change our attitudes about having to wear matching socks. So to wear non-matching socks is to remind us that the way we think is really important and makes a difference to whether people with Down syndrome feel included or not,” writes Agnieszka, a sibling. See more at <http://jumpmag.co.uk/odd-socks-for-world-down-syndrome-day/>.



You can wear the official “Lots of Socks” socks, other brightly colored socks, long socks, printed socks, one sock, or even three socks for three chromosomes. If you don’t normally wear socks, wear them! The choice is yours, but we ask you to join us in wearing something that people will ask you about so that you can tell them all about WSDS. It is easy to do, so whether you are at home, school, work, play, travel or anywhere, join in!

## Save the Date: You’re Invited to the Down syndrome Outreach Spring Fling!

Sunday, May 5th, 12-3pm

Fairhaven Park Pavilion Bellingham, WA

Connect with families in our local Down syndrome community, visit with friends, and enjoy a lovely afternoon, rain or shine! There will be activities and crafts, a potluck lunch, the fantastic playground and a Toy & Book Exchange. If you are interested in helping with the event or have questions, please contact [DsO@arcwhatcom.org](mailto:DsO@arcwhatcom.org) or (360) 715-0170, ext. 301

**This event is in an accessible location. For sign language interpreter service, assistive listening devices, or communication material in any alternative format, please call 10 days in advance: (360) 715-0170.**

# Self - Advocacy

## What is Self - Advocacy?

Self-advocacy can have many different meanings for different people. One focus of the self-advocacy group is teaching people with disabilities how to let others know what they need, while learning skills to be able to provide for themselves. The self-advocacy group meets the first Thursday of every month for two hours. Typically, a group of young-adults with developmental disabilities gather to discuss and practice different topics of interest that the group brainstormed at the end of 2018. Often, a guest attends to speak on the topic that is being discussed during that meeting. During this time, important skills are learned, connections are made, and healthy snacks are shared.

### Topics of Interest:

- Independent Living Skills
- How to Talk to Caregivers
- Peer Relationships
- How to Talk to Legislators
- Personal Safety & Emergency Preparedness
- Money Management
- Nutrition
- Future Education
- Assistive Technology
- Goal Setting

### How to Join

If you are over 16 and an eligible client of the Developmental Disabilities Administration (DDA), you are welcome to join. If you are not a client of DDA, and still want to get involved, contact us to find out how. To sign up, email [SelfAdvocacy@arcwhatcom.org](mailto:SelfAdvocacy@arcwhatcom.org) or call (360) 715-0170. Learn more at: <http://arcwhatcom.org/wp/programs/self-advocacy/> or check the group out on Facebook at [www.facebook.com/WhatcomCountySelfAdvocacy](http://www.facebook.com/WhatcomCountySelfAdvocacy)

## Advocacy Day January 2019

On January 30th, a group of self-advocates went to Olympia to speak to their legislators about what change they would like to see. Leading up to this day, the self-advocacy group prepared during their meetings for the event. They created "You Know Me" handouts to give to legislators in order for them to remember their stories, and their legislative goals. If you would like to fill out your own, email [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org). The group also prepared what they wanted to say while in Olympia, knowing they would have only a short time with the representatives. One self-advocate spoke to the importance of this day during the last group meeting by saying, "If you don't speak up, your voice won't be heard. They won't know change is needed unless we use our voices."



**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**  
Dan Godwin Community Center  
2602 McLeod Road  
Bellingham, WA 98225  
(360) 715-0170  
[www.arcwhatcom.org](http://www.arcwhatcom.org)

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Dale Whipple, Secretary; Michelle  
Karaffa, Barbara Roxas, Jen Thistle

## 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.*

## Whatcom County Transition Fair

9:30am-1pm, Tuesday, March 26  
Settlemyer Hall, BTC Campus Center  
Building  
Bellingham Technical College, 3028  
Lindbergh Ave

Come and learn about:

- Housing options
- Recreation
- Advocacy
- Employment & vocational supports
- Guardianship
- Community/tech colleges
- Social Security
- Division of Vocational Rehabilitation (DVR), Developmental Disabilities Administration (DDA)

For more information, call the Whatcom County DD Program at (360) 778-6047 or email [jllee@co.whatcom.wa.us](mailto:jllee@co.whatcom.wa.us).

## Save the Date Sensory Processing Disorder Panel & Networking Workshop

6 - 8pm, Monday April 29  
St. Luke's Health  
Education Center  
3333 Squalicum Parkway

This workshop will offer a panel discussion of professionals who will share their experience and insights on Sensory Processing Disorder. Focus of this workshop will include:

- Strategies for understanding sensory signals
- Helpful tips for managing outbursts
- Ways to coach others working with your child
- Resources for additional information and supports

More information and a full list of panelists will be in our April Newsletter.

# Event Calendar

## March

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

11 Monday, 7 - 8:30pm  
Parent Support Meeting  
Topic: Parenting your Special Needs Child  
*see page 3 for more details*

17 Sunday, 10am-12pm  
Whatcom Museum  
Low Sensory Sunday  
*see page 3 for more details*

18 Monday, 6 - 8pm  
SPIN DANCE  
Theme: St. Paddy's Day  
For more information, call (360) 733-1828

19 Tuesday, 6-8pm  
Parent Coalition Workshop  
Topic: Social Security  
*see page 2 for details*

21 Thursday, All Day  
World Down syndrome Day  
*see page 6 for details*

21 Thursday, 7 - 8:30pm  
Autism 203: The Visual Pathway in ASD: Explicit Teaching Methods to Promote Social Communication  
Watch the free livestream at:  
<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/autism-200-series/>

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

26 Tuesday, 9:30 - 1pm  
Transition Fair  
Bellingham Technical College  
*see left sidebar*

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

29 Friday, 7:45am - 4:15pm  
Duncan Seminar:  
Supporting Infants & Children with Neuromuscular Disorders  
Seattle Children's Hospital  
<https://www.seattlechildrens.org/globalassets/documents/healthcare-professionals/nppdi/outreach-education/duncan/duncan-brochure-2019.pdf>

## April

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

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

13 Saturday, 5:30pm  
FACES Northwest Auction  
*see page 5 for more details*

15 Monday, 6 - 8pm  
SPIN DANCE  
Theme: Crazy Hat Night

27 Wednesday 5:30 - 6:30pm  
Arc of Whatcom County's Board of Directors Meeting

29 Monday 6 – 8pm  
Sensory Processing Disorder Workshop  
*see left sidebar for more information*