

Adaptive Kayak Expo

On Sunday, June 30, The AIROW Project (Adaptive & Inclusive Recreation of Whatcom County) hosted their first annual Adaptive Kayak Expo at Blodel Donovan Park in Bellingham. AIROW partnered with Outdoors for All for this event. The Outdoors for All Foundation is a Seattle based non-profit, delivering adaptive and therapeutic recreation for children and adults with disabilities. Outdoors for All's mission is to enriches the lives of individuals with disabilities and families and helps them to get out and enjoy the great outdoors. 29 individuals came out to the kayaking expo. After a participant arrived and registered, they met with the Launch Access Team to discuss their strengths and ways our volunteers could support them best on entering the kayak. Participants were then went out into the water, using a kayak best suited for their needs, with a volunteer and enjoyed the beautiful day. 30 volunteers graciously supported the event with set up, registration, beach support, taking individuals out in the kayak, and also a water safety team was stationed on paddle boards supervising from the water.

AIROW would like to thank Cascade DAFO, Blue Goose Media, Brandon Nelson Partners, Farther Faster, Haggen, Community Food Co-op, Bellingham Grocery Outlet, and Whole Foods for their contributions to the event. A big thank you to all of the volunteers that were essential to making the day run smoothly. Thank you to the Bellingham Canoe and Kayak Sprint Team (BCKST)/Bellingham Youth Paddlesports (BYP) and Whatcom Padders for bringing so much knowledge, support, and expertise.

AIROW is a newly formed group in Whatcom County comprised of parents, therapists, and community members that are passionate about adaptive outdoor recreation. AIROW is focused on creating community-based outdoor recreational activities in Whatcom County for children, teens, and adults who have a special need or disability that impacts participation. **For more information, visit [**](#) or email [**](#)**



"I had a lot of fun. I got to kayak with an adult and then had a good experience of being in the kayak for the first time by myself. I felt safe and in control."

FAMILY SWIM SOCIAL

For families of children with developmental delays, disabilities and on-going health care needs.

Saturday, August 3

6:30 - 7:30 pm

Arne Hanna Aquatic Center,
1114 Potter Street, Bellingham

Free!



Come join us for some family fun splashing around!

Children under the age of 7 must be in the pool with an adult.

If you need an extra pair of helping hands to assist you in the pool, please call our office.

For questions, please call (360) 715-0170 ext 302 or email p2p@arcwhatcom.org

Parent Support Meetings

Parents and caregivers are welcome to join our confidential support meetings. Have a snack and connect with others. Free childcare is available during our meetings, provided by our trained Super Sitters.

NO AUGUST MEETING

- September Meeting: Back to School Q & A

Monday, September 9, 7-8:30pm

- October Support Meeting: tbd

Monday, October 7, 7-8:30pm

Meetings located by The Arc of Whatcom County, 2602 McLeod Rd., unless otherwise noted. For interpretation services, please contact us 1 week prior. To RSVP for supervised care, contact us by the Friday prior to the meeting at (360) 715-0170 ext 302 or email p2p@arcwhatcom.org



thank
YOU

We'd like to say a big thank you to everyone who came to our Summer BBQ on Saturday July 6th. We had well over 100 attendees! Thank you to our awesome Super Sitters for doing crafts and activities with the kids. Thank you Inner Child Studio for bringing Legos and games! Thank you to all the volunteers who came early to set up, helped during the event, and stayed late to clean up. Our event was graciously co-hosted by Bellingham Parks and Recreation.

Community Events



Rascal Rodeo

2 - 3pm, Wednesday, August 14th,
Grandstand Arena, Lynden, WA
Admission: FREE

Rascal Rodeo provides modified rodeos for people with special needs of all ages throughout the Pacific Northwest, giving those who are sometimes told “no” the opportunity to be the stars of the show. The purpose of Rascal Rodeo is to show the special needs community they are loved, cared for, accepted and can do things many say they cannot. Participants of all ages are encouraged to register for this free event to learn the different aspects of a rodeo in a safe and laid back atmosphere. Many abilities unknown to the participants, parents, and caregivers are revealed during this time of being cowboys and cowgirls. Lots of happy tears are shed at these events, especially for the parents who have never seen their child of any age so happy. Rascal Rodeo invites you to get involved by volunteering, donating, or registering your loved one with special needs. No rodeo experience is necessary.

Volunteers are needed from 1-3:30pm the day of the event. To participate or volunteer, visit www.rascalrodeo.org Preregistration is encouraged!



Sponsored by Coppinger Carter P.S Attorneys

Autism 200 Series

7-8:30pm, Thursday, August 15

Autism 207: Transition to Adulthood – Abuse and Neglect of Adults with Developmental Disorders

7-8:30pm, Thursday, September 19

Autism 208: Crisis Support and Autism for Complex Behavioral and Mental Health Needs

Autism 200 is a series of 90-minute classes for parents and caregivers of children with autism who wish to better understand autism spectrum disorder. Sign up for the livestream at <http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/>



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

S.P.I.N. Dance

6 - 8pm, Monday, Aug 19 Theme: Popsicle Social

6 - 8pm, Monday, Sept. 16 Theme: Sports Night
Bellingham Senior Center, 315 Halleck St.

At the SPIN Dances, you can always count on lively music provided by local bands or DJ's, a healthy snack at intermission, and FANTASTIC company!

Call Amanda: (360) 778-7000 or visit <http://www.maxhigbee.org/spin-dances.html>



FACES Northwest Car Wash



12 - 2pm, Monday, August 5

1530 Cornwall Ave., Bellingham

Support FACES Northwest by stopping by and getting your car washed! Donations accepted.

Visit www.facesnorthwest.com to learn more about their program.

Out of The Ashes

Every Tuesday, 3:30 - 5:30pm
Boundary Bay Brewery (Garden)
1107 Railroad Avenue, Bellingham

Celebrate summer with great music & fun friends! Out of the Ashes is a music program that gives people with disabilities the chance to play music. Come and join in the fun this summer and learn how you can be a part of Out of the Ashes!

For more information visit <http://www.outoftheashes.us/>

Bacon & Kegs Festival

Fundraiser to Support
Whatcom Center for Early Learning
Sunday, August 11
1-3:30pm (all ages)
5:30-9pm (21 and over)
Deport Market Square, Bellingham

Bacon & Kegs Festival is a celebration of Bacon, Brews and Music to benefit infants and toddlers with developmental delays and disabilities. Regional breweries and cider houses along with food trucks and restaurants offering bacon-themed items will be here! Baby Cakes will be performing an evening concert and Black Water will entertain during the afternoon. Pick the session time and admission price that works with your budget. Session one is more family friendly, with games and activities for you to do with your children of any age (no beer in the kids area and no kids in the beer garden, including babies - state law), so plan ahead if you bring kids. Session two is longer and exclusively 21 and over. We pack up all the kids stuff, enlarge the beer garden and eat and drink our way through the rest of the summer night. Tickets are on sale now through Whatcom Center for Early Learning's website: <http://www.wcel.net>.



Whatcom Center
for Early Learning

My Way Matinee: Sensory-Friendly Films at Regal Cinema

Get the movie theatre experience, but with lower sound and brighter lights. Movies start at 10:30am on 1 Saturday per month. For the movie schedule, visit <https://www.regmovies.com/promotions/my-way-matinee>

Challenge Air Fly Day

9am - 4pm, Saturday, August 24
Seattle/Everett, WA
Paine Field Airport

Challenge Air builds self-esteem and confidence of children and youth with special needs, through the experience of flight. Join Challenge Air at the Historic Flight Foundation located at Paine Field in Mukilteo for our annual Fly Day for kids with special needs between the ages of 7-21 years.

Visit <https://www.challengeair.com> to register or learn more.



Free Access Pass



The National Park Service is offering a free pass to federal recreation sites for people with disabilities who present documentation of disability status and ask for the free Access Pass. This life-long pass provides that person, along with three other adults, free admission to federal recreation sites around the country. For more details, visit www.nps.gov/findapark/passes.htm.

Washington State Parks also offer pass programs that reduce or waive camping, moorage and watercraft launch fees for limited-income senior citizens, disabled veterans, foster parents and people with disabilities. For more information, visit www.discoverpass.wa.gov/131/Exemptions.

2019 Buddy Walk



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:*

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www.arcwhatcom.org

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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 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.*

Event Calendar

DID YOU KNOW?

Whatcom Transit Free Fare Week
WTA offers a week of free fares every August, in appreciation of our regular riders, and to encourage new riders to try the bus. Free Fare Week is Sunday August 11 through Saturday August 17. Other than Route 80X to Mt. Vernon, on which regular fares apply, all rides are free throughout Free Fare Week, on all buses and paratransit minibuses.



AUGUST

***Please note there will be no Self Advocacy or Parent to Parent Meetings in August. Meetings will resume in September.*

3 Saturday, 11am
Bellingham Kids Fest
1355 Civic Field Way
Bellingham

5 Monday, 12 - 2pm
FACES Northwest
Car Wash
see page 4 for more details

3 Saturday, 6:30 - 7:30pm
P2P Swim Social
see page 3 for more details

14 Wednesday 2 -3pm
Rascal Rodeo at The Northwest
Washington Fair!
1775 Front St, Lynden
see page 4 for more details

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

19 Monday, 6 - 8pm
SPIN DANCE
Theme: Popsicle Social
see page 4 for more details

24 Saturday, 9am - 4pm
Challenge Air Fly Day
see page 5 for more details

SEPTEMBER

5 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting
Topic:
*Contact SelfAdvocacy@arcwhatcom.org
for more information*

9 Monday, 7 - 8:30pm
Parent to Parent Support Meeting
Topic: Back to School Q & A

16 Monday, 6 - 8pm
SPIN DANCE
Theme: Sports Night
see page 4 for more details

OCTOBER

3 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting
Topic: tbd

6 Sunday, 12 - 3pm
Down syndrome Outreach's Buddy
Walk!
Depot Market Square
see page 6 for more details

7 Monday, 7 - 8:30pm
Parent to Parent Support Meeting
Topic: tbd

21 Monday, 6 - 8pm
SPIN DANCE
Theme: Halloween Costume
see page 4 for more details

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