

Smiles of Life Models

This 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. Despite any medical, developmental, or behavioral challenges, 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. Enjoy!



The Arc's 2023 smiles of life calendar is now available! Featuring beautiful photos, inspiring profiles, and motivating quotes, the 2023 smiles of life calendar is dedicated to people with developmental disabilities and their friends and families. The calendar makes a unique and inspiring gift for families, friends, neighbors, teachers. Your generous support (suggested donation of \$10 per calendar) will help fund valuable programs for individuals with developmental disabilities.

Order: <https://www.classy.org/give/412351/#!/donation/checkout> Calendars are available pickup Monday through Thursday from 10am - 1pm at 2602 McLeod Rd., Bellingham. Please contact admin@arcwhatcom.org for other pickup arrangements.



Partners4Housing
The journey home starts here

We are so excited to announce that The Arc of Whatcom County is partnering with partners4housing to provide free Residential Assessment (RA) to local families, courtesy of the Dan Thompson Memorial Fund.

Completing this RA will help your family explore housing possibilities for your loved one and make a resilient plan for the future. The RA starts with an online questionnaire, where you and your loved one answer questions about your loved one's needs and current benefits and define your vision of "home." After completing the questions, you'll meet online with a trained Solutions Coordinator. They will help you understand how to access all the benefits your loved one is eligible for, including that all-important section 8 voucher, so you can start planning for your loved one's future housing needs.

Please watch this short video: <https://www.youtube.com/watch?v=ljQOB3bCvbo&feature=youtu.be>



Eligible families will also have free access to a roommate matching pool, to help you connect with other families and find compatible roommates for your loved ones. We are so excited to be partnering with partners4housing on this important project because we know how much this can help families like yours in our local communities.

How to get started: If you or someone you know has a loved one with IDD, 18 years or older, living in Washington State, claim your free RA today ... at no cost!

SIGN UP HERE: <https://signup.partners4housing.com/promo/WAWAT>

Please reach out if you have any questions. We look forward to helping you take this important step for your loved one!

Parent to Parent

THANK YOU!

We are so thankful for everyone who attended our Holiday Party on December 10th. 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. Families enjoyed multiple craft tables and our sensory play area. The party was a success largely due to the assistance of our wonderful volunteers, Super Sitters, Arc of Whatcom County Staff and Helping Parents. We appreciate the time and effort put in to make our Holiday Party a safe and inclusive event.

Thank you Christine Griffin for your wonderful photography skills and Mr. and Mrs. Skinner for bringing joy to our families!

We'd like to thank our Community Partners and Donors:

Costco
Bellingham Parks and Rec
Haggen
Inner Child Studio
Lions Club
McKay's Taphouse and Pizzeria
Starbucks



Upcoming Virtual Parent Support Meetings



7- 8pm, Monday, January 9

Register: p2p@arcwhatcom.org or
360-715-0170 ext 302

These virtual meetings are for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs. Those who attend will be entered into a drawing for a gift card. You will receive the Zoom link after registering.



Parent to Parent of Whatcom County

DADS SOCIAL



Thursday, January 26
6 - 7 pm
Coconut Kenny's
1740 La Bounty Dr,
Ferndale

Join Parent to Parent's Dads Social. For fathers raising loved ones with developmental disabilities and chronic healthcare needs. A chance to be able to meet and talk with other dads that are dealing with similar issues and enjoy wonderful pizza.

Please RSVP so we can get a heads up on how many people will be there. For questions or to register contact P2P at (360) 715-0170 ext 302 or p2p@arcwhatcom.org



Learn more about Parent to Parent



Resources & Events

NORTHSIDE BUDDY BREAK OPEN HOUSE

Come learn more about how to get involved with Northside Buddy Break and meet our current volunteers!



RSVP @ <https://forms.office.com/r/xn1kyHfNnK>

Or scan QR code



01/14/2023 | 11AM-12:30PM
NORTHSIDE COMMUNITY CHURCH
950 KLINE ROAD,
BELLINGHAM, WA 98226

BUDDY BREAK NORTHSIDE

WHAT IS BUDDY BREAK?

Buddy Break is a FREE kids/respite program designed to give caregivers of kids with special needs (VIP kids) a break from their ongoing care-giving responsibilities.



WHO ARE VIP KIDS?

Kids with special needs are our VIP kids! VIPs include kids with any physical, cognitive, medical, or hidden disability, chronic or life-threatening illness, or those who are medically fragile.



WHAT IS A BUDDY?

Each VIP kid at Buddy Break is paired up with a Buddy friend, who is a trained volunteer for one-on-one attention as everyone has fun playing games, doing crafts, exploring sensory rich activities, enjoying music and more while giving the caregivers a much needed break!

HOW DOES BUDDY BREAK INCLUDE THE WHOLE FAMILY?

Siblings are invited to attend too and they get paired with a Buddy as well. This gives caregivers a break from the on-going caregiving responsibilities for 3 hours once a month.



To find out about the more about the national program visit nathanielshope.org

nccbellingham.com



Informing Families

Today and Tomorrow

The legislature asked DDA to reach out each year to individuals who are DDA-enrolled but do not receive a service. You may receive a phone call in 2023 from a DDA outreach staff or case manager to discuss your needs, interest in services, and to make sure that your contact information is correct. You may also receive a link to take a survey that will ask about your needs and interest in services now or within the upcoming year. The information that you provide helps us plan for future services.

It is important for DDA to be able to reach you to keep your enrollment active. If you have recently moved, or have a new phone number or email address, please contact your local DDA office to update your information: <https://www.Dshs.Wa.Gov/dda/find-dda-office>.

If you would like to request services or information now, please follow this link: <https://www.Dshs.Wa.Gov/dda/service-and-information-request>.



FAMILY ACTIVITY

Sensory Days

*Scan for
more info!*

A FREE early access opportunity for visitors with sensory needs.

Sensory Days are for families of children, teenagers and young adults with disabilities including intellectual disabilities, autism, sensory processing disorders and other cognitive disabilities. Families will have access to the Museum*, during off-hours, where they can explore and self-guide through the galleries with adjusted light and sound for the best possible experience.



FREE Admission; pre-registration required.
Scan the QR Code or visit our website for upcoming dates.

Visit us online at museumofflight.org/SensoryDay

VIRTUAL OFFICE HOURS

Every Thursday, 11am – 12:00pm

Staff will be available on zoom to help with resources, support, information, and connection. No RSVP needed. We will not have a password to join, but participants will be in a waiting room until we admit you. We can utilize breakout rooms to enhance privacy if multiple participants have joined.

Join Meeting: <https://us02web.zoom.us/j/86909304702>

Meeting ID: 869 0930 4702

opportunity
council



Kinship Programs



Kinship Caregiver Support Program
and Kinship Navigation



Are you raising a child of another family member or friend or know of someone who is?

Please reach out to the Opportunity Council Kinship Programs line at 360-734-5121 ext. 1455 to talk with a Kinship Navigator about legal, financial, and basic needs resources that might be available to Kinship Families in Whatcom, Island and San Juan Counties.

CONTACT KINSHIP PROGRAMS:

 360-734-5121 ext. 1455
 kinship@oppco.org



Jaime has worked at Safeway for more than 7 years. She is proud to be part of the Safeway team - cleaning and assisting the customers with a welcoming smile.

Self-Advocacy Group Meetings



Thursday, January 5, 4:30-6:30pm

Spinning your Wheels

Share your goals and plans with others. We will use an interactive spinning wheel that prompts discussion and fun!

These are virtual meetings on zoom. After registering you will receive an e-mail containing the link for you to join the Self-Advocacy Meeting. For more questions or information call (360) 715-0170. Pre-registration is **REQUIRED** to get the link. Must be able to connect through a cell phone, tablet or computer.

Register at: SelfAdvocacy@arcwhatcom.org

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 Arc of Whatcom County
 Dan Godwin Community Center
 2602 McLeod Road, Bellingham, WA 98225
 (360) 715-0170
www.arcwhatcom.org

Arc of Whatcom County Staff:

Executive Director: Beverly Porter
 GIDES Family Advocate: Barbara Roxas
 Asst Inclusion Advocate: Terri Hansen
 Family Advocate: Laura Kaptinski
 Parent to Parent & Self Advocate Coordinator: Karlene Umbaugh
 P2P Parent Assistant & Parent Coalition Co-Coordinator: Melissa Abraham
 Rhonda Rische: Assistant Director
 Padres a Padres: Marta Mejia
 Office Manager: Hilary Scheibner

Board of Directors:

Susan Larson, President
 Melissa Mitchell & Leslie Weilbacher, Co-Vice Presidents
 Missy Bartel, Secretary
 Susan Jewell, Treasurer
 Ellie Posel, Margaret Jahn, Melanie Hartley, Sarah Godwin; Directors

Follow our Facebook Pages:

www.facebook.com/ArcWhatcom

www.facebook.com/ParenttoParentWhatcom

www.facebook.com/WhatcomCountySelfAdvocacy

The Parent Coalition is funded by grants from the Developmental Disabilities Program of Whatcom County, the United Way and your generous donations.



Event Calendar

JANUARY

5 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

5 Thursday, 4:30 - 6:30pm
 Self-Advocacy Meeting
 Register: SelfAdvocacy@arcwhatcom.org
 more info on page 7

9 Monday, 7 - 8pm
 Parent Support Meeting
 Register: p2p@arcwhatcom.org
 more info on page 3

12 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

19 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

25 Wednesday, 5:45-7:15pm
 Board of Directors Meeting
<http://arcwhatcom.org/wp/about-the-arc/board-of-directors/>

26 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

26 Thursday, 6 - 7pm
 Dads Social
 more info on page 3

FEBRUARY

2 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

2 Thursday, 4:30 - 6:30pm
 Self-Advocacy Meeting
 Register: SelfAdvocacy@arcwhatcom.org
 more info on page 7

9 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

13 Monday, 7 - 8pm
 Parent Connect Meeting
 more info on page 3

16 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

22 Wednesday, 5:45-7:15pm
 Board of Directors Meeting
 All community members welcome!
<http://arcwhatcom.org/wp/about-the-arc/board-of-directors/>

23 Thursday, 11 - 12noon
 Virtual Office Hours
 more info on page 3

Full community events calendar can be found at:
www.arcwhatcom.org/wp/events