Join our 2023 Buddy Fest on Saturday, September 23!

Buddy Fest is a 3/4 mile walk, festival and lunch with plenty of fun activities for everyone. Lunch is provided with registration this year! Hots dogs (with a vegetarian option), chips or a healthy snack and a drink! Come join us in supporting and celebrating individuals with down syndrome in our community.

12 Noon: Arrival & Registration
12:30pm: Event kick-off! Hear local speakers, make posters, take photos with your team!
1:00pm: Buddy Fest Awareness Walk • Join us for a stroll through Lynden
1:30-3:00pm: Lunch, Games, Activities & Music!

You can register online until September 20th. If you miss the deadline, you may register in person at noon at the event. Register Today at https://www.classy.org/event/buddy-fest-2023/e495671

This year we made ordering your shirt for Buddy Fest simple, easy and affordable! Click the link below to order and pay for the shirts you’d like through Advantage Sports, a local and online vendor. Choose pick up at Advantage Sports - Lynden and we will pick them up and have them ready for you at Buddy Fest!
Orders must be placed by Sept 6th by Midnight: https://www.shopadvantagesports.com/buddy-fest-dso/

THANK YOU SPONSORS!

Interior Doors & More
HUB International
Costco

LFS Marine
Twinbrook Creamery
Lombardi’s
Samson Rope
The Arc of Whatcom County's Parent Coalition “Ask the Advocate”

Special Education 2 Part Series Online Zoom Workshop

Part 1: Special Education 101
6 – 8pm, Tuesday, September 19

Families are encouraged to attend this parent focused workshop navigating the IEP process. Participants will gain an overall understanding of special education, its purpose, and the process. Learn more about the ‘nuts and bolts’ of an IEP.

Pre-registration required at:
https://tinyurl.com/436xdbbp

Part 2: Building a Foundation for Advocacy:
Parent Action, Accountability, & Resolving Differences
6 – 8pm, Tuesday, October 17

Families are encouraged to attend this parent focused workshop empowering participants to advocate for their child’s Special Education services. Parents will learn the importance of their role, how to voice disagreements or concerns at any time within the process, and how to resolve differences or disagreements. We will share skills needed for a successful IEP team meeting.

Pre-registration required at:
https://tinyurl.com/yz2u6xc5

After the presentation, there will be a Q & A with Arc of Whatcom County staff. Questions can be submitted prior by sending an email to parentcoalition@arcwhatcom.org or can be asked during the workshops.

Questions about registration or in need of accommodations? Contact us at 360-715-0170 or parentcoalition@arcwhatcom.org

www.arcwhatcom.org
Monthly Parent Connect

7 - 8pm, Monday, September 11
7-8pm, Monday, October 9
Virtual Meeting via Zoom

This is a meeting for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs.

REGISTER your spot today!
Register: p2p@arcwhatcom.org

You will receive an email containing the link for you to join the Parent Support Meeting via Zoom. Please register early so you can get the link. Must be able to connect through a cell phone, tablet or computer.

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 free wonderful pizza.

Thursday, September 28
6pm
Coconut Kenny’s
1740 La Bounty Dr, Ferndale

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

Join us for an afternoon of Bowling & Pizza Sibshop!

Sunday, October 1, 12 - 2:30 pm
Mt. Baker Lanes & Coconut Kenny’s
1788 Labounty Drive, Ferndale

A fun filled event for brothers and sisters of kids with developemental differences, delays, and on-going health care needs! This sibshop is offered for siblings ages 8 - 16 Mentor siblings welcome.

Please call Parent to Parent (360) 715-0170 or email 2p@arcwhatcom.org to register your child by September 27.

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
Websites:

**Office of Education Ombuds (OEO)** assists anyone with questions or concerns about Washington’s K-12 public schools. We can provide you with information, referrals, toolkits, and other resources.

Learn more at: https://www.oeo.wa.gov/en

**Wright’s Law** is a resource where parents, advocates, teachers, and attorneys come to for reliable, up-to-date information about special education law and advocacy for children with disabilities.

Read more at: https://www.wrightslaw.com/

**Understood** is a lifelong guide for those who learn and think differently.

Find resources, toolkits, and videos at https://www.understood.org/

Podcasts:

**Once Upon a Gene** is a podcast that explores the world of raising children with disabilities and rare genetic disorders.

Listen at: https://effieparks.com/

**The LowDOWN: A Down Syndrome Podcast** brings a professional perspective on issues facing individuals with Down syndrome and their loved ones. Hosts Marla Folden and Hina Mahmood of the Down Syndrome Resource Foundation welcome North America’s leading Down syndrome experts, parents and self-advocates to cover topics from across the lifespan including health, physical and intellectual development, advocacy, employment and much more.

Listen at: https://www.dsrf.org/resources/the-lowdown-podcast/

**The Special Siblings Podcast:** For Parents, Healthcare Providers, and Sibs Themselves We focus exclusively on supporting siblings of kids with disabilities—a too-often overlooked population—and the unique issues they face. Hear from psychologists, researchers, and sibs of all ages on how to best support the sib in your life. For parents, healthcare providers, and sibs themselves.

2023 FASD 5K Your Way
1pm, Sunday, September 17
Zuanich Point Park playground
2600 North Harbor Loop Drive,
Bellingham

Anyone interested can join us at Zuanich Point Park playground at 1:00 p.m. on Sunday, September 17th. We will walk, run, or roll to DISH Foundation’s Our Kitchen, in the Container Food Stalls next to the Pump Track downtown.

For more information, please contact Laura Kaptinski at 360-715-0170 ext 307 or laurak@arcwhatcom.org or call or text Laura Jane Randall at 360-201-1719.

The event is free but folks can show their support by registering at: https://runfasd.org/

Run FASD is a project of FASD United

FASD United (formerly NOFAS) is the National Voice on FASD. Proceeds from Run FASD go to benefit FASD United a 501(c)3 registered non-profit.

Join a Virtual Run from September 9th - 17th!

Run FASD embodies Strength, Tenacity, Empowerment, Hope, and Vision. A virtual 5k event that can happen at your own pace wherever you are. From September 9th-17th, 2023, we want you to Run FASD to bring awareness to Fetal Alcohol Spectrum Disorders.

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.

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.

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!
Halloween Fall Festival

Wednesday, October 25th, 5:30 - 7pm
Bloedel Donovan Park Multipurpose Building
2114 Electric Ave, Bellingham

This event is for families and individuals with developmental delays, disabilities and ongoing healthcare needs. There will be fun games and prizes for all to enjoy. Costumes are encouraged but not required. No scary costumes, please.

This party will be a great inclusive opportunity for children and adults of all different abilities to interact and have fun together!

For more information or if you would like to volunteer, contact us at (360) 715-0170 ext 302 or email p2p@arcwhatcom.org. Fully accessible location for all to enjoy!

Co-sponsored by the City of Bellingham Parks and Recreation Department

Register at: https://www.dadsmove.org/
Register at: https://www.tfaforms.com/5080955

11TH ANNUAL FALL DAD'S RETREAT

This weekend event is open to Dads, grandparents, and other male caregivers, who have a special needs child in their family, or extended family.

Register at: https://www.dadsmove.org/
Self Advocacy

Build your Self-Advocacy & Leadership Skills. These meetings empower individuals to develop advocacy and leadership skills and set lifetime goals for employment, independence and community involvement.

Self-Advocacy Group Meetings

Thursday, September 7, 4:30-6:30pm
What is Self-Advocacy?
Develop and build your self-advocacy, self-confidence, and self-awareness skills. Join us virtually for this meeting on zoom.

Thursday, October 5, 4:30-6:30pm
Goal Setting
Setting goals for employment, recreation, independent skills, and community involvement. Join us virtually for this meeting on zoom.

The virtual meetings are 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

Sponsored by The Arc of Whatcom County with funding from the Whatcom County Developmental Disabilities Program
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.

**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, Alina Zollfrank
Office Manager: Hilary Scheibner

**Board of Directors:**
Melissa Mitchell & Leslie Weilbacher, Co-Vice Presidents
Missy Bartel, Secretary
Susan Jewell, Treasurer
Ellie Posel, Margaret Jahn, Melanie Hartley, Sarah Godwin Dale Whipple; Directors

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

Our office is now open to the public Monday through Thursday, 10am - 1pm if you would like to browse our Lending Library or are in need of resources. Staff are available outside those time also by appointment. Please call 360-715-0170 if you are needing any assistance and would like to connect with a staff member.

Staff are available every Thursday via Zoom for Open Office Hours. No RSVP needed. For more information, see page 3.

The Arc of Whatcom County
Dan Godwin Community Center
2602 McLeod Rd
Bellingham, WA 98225-1368

Phone: (360) 715-0170
Fax: (360) 715-8522

Email: admin@arcwhatcom.org

To see a list of staff positions and extensions, visit: http://arcwhatcom.org/about-the-arc/staff/
Get Involved!

Volunteer at The Arc!

The Arc of Whatcom County has exciting opportunities for volunteering, college internships, or high school culminating projects. Help others in your community and gain valuable skills at the same time!

Contact the Arc today for details. We greatly appreciate your interest and look forward to working with you soon!

Volunteer & Internship Opportunities

- **DsO Spring Fling, annually in May** – Join the fun at this annual event for individuals with Down syndrome and their families.

- **Self-Advocacy (SA)** – Help support adults with developmental disabilities work on skills to advocate for themselves and others in the community. Meets one Thursday afternoon per month.

- **DsO Buddy Fest, annually in September** – Join the fun and promote the inclusion and acceptance of people with Down syndrome!

- **Board Members** – We are looking for passionate and committed individuals to join our Board of Directors, providing oversight of The Arc’s programs and representing The Arc in the community.

- **Spanish Speaking Intern** – Help support our Padres a Padres program in supporting our Spanish speaking community in Whatcom County.

- **Outdoor Landscaping and maintenance** – Help keep the Dan Godwin facility in great shape by helping with yard work and small projects around the facility.

- **Smiles of Life Calendar** – Help with the development of our annual Smiles of Life Calendar featuring photos and profiles of individuals with developmental disabilities.

- **Parent to Parent Holiday Party, annually in December** – Help with setting up event, food, games, and making the event memorable for children and their families.

- **Resource updates and distribution** – Help update and distribute resources for individuals, families, and youth with special needs.

- **DsO Spring Fling, annually in May** – Join the fun at this annual event for individuals with Down syndrome and their families.

Looking for a way to give back to your community?

Some information listed is time-sensitive and subject to change. Please contact us for current details.
# 2023 Event Calendar

## SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>More Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Thursday</td>
<td>4:30 - 6:30pm</td>
<td>Self-Advocacy Meeting</td>
<td>more info on page 5</td>
</tr>
<tr>
<td>11 Monday</td>
<td>7 - 8pm</td>
<td>Parent Connect Meeting</td>
<td>more info on page 3</td>
</tr>
<tr>
<td>14 Thursday</td>
<td>11am-12pm</td>
<td>Open Office Hours</td>
<td>more info on page 3</td>
</tr>
<tr>
<td>17 Sunday</td>
<td>1pm</td>
<td>2023 FASD 5K</td>
<td>more info on page 5</td>
</tr>
<tr>
<td>19 Wednesday</td>
<td>6 - 8pm</td>
<td>Parent Coalition’s Virtual Workshop Part 1:</td>
<td>Special Education 101</td>
</tr>
<tr>
<td>21 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td>more info on page 3</td>
</tr>
<tr>
<td>23 Saturday</td>
<td>12noon - 3pm</td>
<td>Down syndrome Outreach’s Buddy Fest!</td>
<td>more info on page 4</td>
</tr>
<tr>
<td>28 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td></td>
</tr>
<tr>
<td>28 Thursday</td>
<td>6pm</td>
<td>Dad’s Social</td>
<td>more info on page 3</td>
</tr>
</tbody>
</table>

## OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>More Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Sunday</td>
<td>12 - 2:30pm</td>
<td>Pizza &amp; Bowling Sibshop!</td>
<td></td>
</tr>
<tr>
<td>5 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td></td>
</tr>
<tr>
<td>5 Thursday</td>
<td>4:30 - 6:30pm</td>
<td>Self-Advocacy Meeting</td>
<td>more info on page 6</td>
</tr>
<tr>
<td>9 Monday</td>
<td>7 - 8pm</td>
<td>Parent Connect Meeting</td>
<td>more info on page 3</td>
</tr>
<tr>
<td>12 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td></td>
</tr>
<tr>
<td>17 Tuesday</td>
<td>6 - 8pm</td>
<td>Parent Coalition’s Virtual Workshop Part 1:</td>
<td>Special Education 101</td>
</tr>
<tr>
<td>25 Wednesday</td>
<td>5:30 - 7pm</td>
<td>Halloween Fall Festical! All ages!</td>
<td>more info on page 6</td>
</tr>
<tr>
<td>19 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td></td>
</tr>
<tr>
<td>26 Thursday</td>
<td>11am - 12pm</td>
<td>Open Office Hours</td>
<td></td>
</tr>
</tbody>
</table>

## NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>More Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Thursday</td>
<td>4:30 - 6:30pm</td>
<td>Self Advocacy Meeting</td>
<td></td>
</tr>
<tr>
<td>13 Monday</td>
<td>7 - 8pm</td>
<td>Parent Connect Meeting</td>
<td>more info on page 3</td>
</tr>
<tr>
<td>17 Tuesday</td>
<td>6 - 8pm</td>
<td>Parent Coalition’s Virtual Workshop Part 1:</td>
<td>Special Education 101</td>
</tr>
</tbody>
</table>

Follow our Facebook Pages:
- www.facebook.com/ArcWhatcom
- www.facebook.com/ParenttoParentWhatcom
- www.facebook.com/WhatcomCountySelfAdvocacy
- www.facebook.com/DownsyndromeOutreach

Follow our Instagram @arc_whatcom

Find resources, information, and more at: www.arcwhatcom.org