

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 sensory-friendly opportunity for children and adults of all different abilities to interact and have fun together!
All ages welcome!

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



Designed for children aged 12 and under with autism spectrum and/or sensory-processing needs, our Low Sensory Sundays provide a special, quieter experience at our museum's Family Interactive Gallery (FIG).

WHEN: Sep 24, Nov 26, Jan 28, Mar 24, May 26, and Jul 28.

TIME: 10 - 11:30 a.m.

WHERE: Family Interactive Gallery (FIG) inside the Lightcatcher building, 250 Flora Street.

COST: Absolutely FREE!

What to expect:

- Wheelchair accessibility
- A quiet room for downtime
- Supportive tools including gloves, cue cards, sunglasses, timers, and sensory maps

Brought to you by Hoagland Pharmacy, our mission is to break down barriers and foster a welcoming museum community. Our vision is to provide consistent access and support for families with children who benefit from a low-sensory environment.

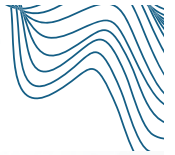
RSVP is appreciated but not required.

Let's make art inclusive!

Details: <https://ow.ly/b6LB50PLo24>



Special Education 2 Part Series Online Zoom Workshop



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

Miss our September Special Education 101 Workshop?
Watch a recording at: <https://youtu.be/m65CLztsCDI>

Helpful 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/>

Parent to Parent



Monthly Parent Connect

7-8pm, Monday, October 9
7-8pm, Monday, November 13
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.

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



Please join us for our Annual Parent to Parent

Holiday Party

Potluck

us for crafts, fun activities, photos with Santa and much more

Saturday, December 16

Bloedel Donovan Park
Large Multipurpose Gym
2214 Electric Avenue, Bellingham

There are 2 time slots families are welcome to join:

- *Families of a child with special needs ages birth to seven are invited from: **12 noon to 1:30 pm**
- *Families of a child with special needs ages eight and up from: **1:30 pm - 3 pm**

Beverages will be provided. Please bring your favorite healthy potluck dish to share.

Co-sponsored by Parent to Parent and City of Bellingham Parks and Recreation Department



Buddy Fest Recap

We'd like to thank everyone who came out to our annual Buddy Fest. We had **220 people** at the event! A BIG thank you to all of our volunteers, we could not do it without you!. We'd like to thank **Meridian High School Leadership Students** and Mr. Ames for starting our warm-up dance and helping wherever needed!

Down Syndrome Outreach Teams: Diana Dasovich, Chris Trinidad, Patty Tripp, Rhonda Rische, Gretchen Howard, Stacy Osterkamp, Carrie Coppinger Carter, Barbara Roxas, Kathy Kerven, Trisha Zimpfer, Baylee Tripp

Vendors and Community Resources: Max Higbee Center, Mindport, Airow, WCEL, DDA, Lions Club, Cascade Connections, Inner Child Studio, Kids in Motion, Hand Dancer signers, Bellingham Bells, Lynden Fire Department, Bellingham Circus Guild



THANK YOU SPONSORS & SUPPORTERS!



Interior Doors & More
HUB International
Costco
Lynden Grocery Outlet
It's the Sweet Things

Twinbrook Creamery
Lombardi's
Samson Rope
Trader Joes
Fred Meyer

Want to learn more about Down syndrome Outreach and find our about upcoming events? Visit <http://arcwhatcom.org/programs/down-syndrome-outreach/> or email dso@arcwhatcom.org

Resources & Events



Run FASD held a Whatcom County event on September 17th. We had a gorgeous sunny day and a total of 23 attendees! Learn more about FASD at:

Washington State: FASD FOCUS NW

<https://www.nofaswa.org/>

National: FASD United

<https://fasdunited.org>

FASD Focus NW (Formerly NOFAS WA) Washington State provides information, training and community for individuals, families, and communities who have and care for those with Prenatal Substance Exposures (PSE). FASt Friends – A family and Community Peer Support Network – meets via zoom the last Wednesday of every month from 8 to 9 p.m.

<https://www.nofaswa.org/support>

Looking for more info? Contact Laura at laurak@arcwhatcom.org



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!



Adapted Aquatics Arne Hanna Aquatic Center

Mission: To provide a fun, stimulating aquatic learning environment that positively contributes to the physical and social development of participants with differing abilities.

What is Adapted Aquatics?

Adapted Aquatics is a swimming program for individuals ages 3+ with neurological, developmental, or physical disabilities. Each participant is paired with a volunteer to assist in their personal exercise and behavioral goals.



What are the benefits?

Exercising in water facilitates muscle relaxation, strengthening, range of motion, mobility, endurance, and balance. This program is also a great opportunity for participants to work on communication and social skills.

How can I register to participate?

Want to join in on the fun? Check out cob.org/Adapted-Aquatics for more program and registration information or contact our front desk! Scholarships are available.

Volunteers needed!

This program is made possible with the help of volunteers. Anyone 16 years and older may register to volunteer. All volunteers must complete and pass a criminal background check, participate in one training session, and are required to commit to at least one class per week for eight weeks. Contact our front desk or program coordinator for registration information.



Registration Information:

Contact Arne Hanna Aquatic Center

Phone: (360) 778-7665 Email: aquatics@cob.org

Program Information:

Session One: Tues, Weds, and/or Thurs Oct 10th-Nov 2nd

Session Two: Tues, Weds, and/or Thurs Nov 7th-Dec 7th*

Time: 5:15-6:00 PM **Cost:** \$36 per four-week session

*No classes November 21st-23rd

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, 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.

Thursday, November 2, 4:30-6:30pm

Money & Financial Skills

We will talk about budgeting and identity protection to help us learn how to reach our financial goals. Join us virtually for this meeting on zoom.



Thursday, December 7, 4:30-6:30pm

Scavenger Map to Community Resources

Participants will have an opportunity to share community resources, opportunities and getting out in the community. 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



SELF-ADVOCACY

A program of The Arc of Whatcom County

"Be Strong. Be Proud. Be Heard."



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

Staff & Board of Directors

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!



Looking for a way to give back to your community? **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 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.
- **Parent to Parent Halloween Fall Festival, annually in October** – Volunteers are needed to help with set up, activities, and snacks during this event which supports families in our community.
- **Social Media Intern** – Help us spread the word about all the great things the Arc is doing to support individuals with disabilities in Whatcom County!

2023

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

2023 Event Calendar

OCTOBER

5 Thursday, 11am - 12pm
Open Office Hours

5 Thursday, 4:30 - 6:30pm
Self-Advocacy Meeting

9 Monday, 7 - 8pm
Parent Connect Meeting

12 Thursday, 11am - 12pm
Open Office Hours

17 Tuesday, 6 - 8pm
Parent Coalition's Virtual
Workshop Part 1:
Special Education 101
Register on page 2

19 Thursday, 11am - 12pm
Open Office Hours

25 Wednesday, 5:30 - 7pm
Halloween Fall Festival! All ages!
more info on page 6

26 Thursday, 11am - 12pm
Open Office Hours

NOVEMBER

2 Thursday, 11am - 12pm
Open Office Hours

2 Thursday, 4:30 - 6:30pm
Self Advocacy Meeting

9 Thursday, 11am - 12pm
Open Office Hours

13 Monday, 7 - 8pm
Parent Connect Meeting

16 Thursday, 11am - 12pm
Open Office Hours

30 Thursday, 11am - 12pm
Open Office Hours

***The Arc will be closed for
Thanksgiving, starting
Wednesday November 22. Our
offices will reopen Monday,
November 27.***

DECEMBER

7 Thursday, 11am - 12pm
Open Office Hours

7 Thursday, 4:30 - 6:30pm
Self-Advocacy Meeting

11 Monday, 7 - 8pm
Parent Connect Meeting

14 Thursday, 11am - 12pm
Open Office Hours

16 Saturday, noon - 3pm
Parent to Parent Holiday Party
Bloedel Donovan Park Building

***The Arc will be closed for the
Holiday Break, starting Monday
December 18. Our offices will
reopen Tuesday, January 2nd.***



STAY CONNECTED

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