

Arc of Whatcom County Annual Membership Meeting



6 - 7pm, Wednesday, May 22

Zoom Room will open at 5:30 and the meeting will officially start at 6pm

Connect with The Arc of Whatcom County Board of Directors and Staff. Hear updates from the programs as we look to the year to come. Share and listen to stories and experiences from participants. Your participation is crucial as we expand and improve our services and work together to create effective programs and inclusive activities.

Everyone is welcome! No RSVP needed.

Link to join: <https://us02web.zoom.us/j/85401244924>



Join Meeting

When you become a member you:

- Help fund programs in Whatcom County for individuals with developmental disabilities, their families and organizations that serve them.
- Receive newsletters and learn more about what people with developmental disabilities are doing and the issues impacting them
- Vote to determine who serves on the Board of Directors of The Arc of Whatcom County.
- Receive information about special events, programs, and opportunities sponsored by The Arc

Become a member at:

<https://www.classy.org/event/membership/e427252>



Become a
Member

Parent Coalition

**Looking for support
as your loved one
transitions to adult
services?**



Navigating Adult Services Virtual Workshop

Thursday, May 23, 6 - 8pm

A Panel of local representatives from The Developmental Disabilities Administration (DDA), Division of Vocational Rehabilitation (DVR), School to Work and the Arc will provide an overview of the adult service system and important steps to help keep you on track for a successful transition.

After a short presentation, we will open up the workshop to Q&A with representatives from DDA, DVR, and Arc staff.

Register at: <https://us02web.zoom.us/meeting/register/tZlodeCvpzItH9NVfzy58Bfj4VynYIN1izID>

Questions? Email parentcoalition@arcwhatcom.org or call 360-715-0170

Need Paperwork & Application Support from Arc Staff Members?



2nd Wednesday of every month

May 8, June 12, 11am - 1pm

Dan Godwin Community Center, 2602 McLeod Rd., Bellingham

Join Arc Staff in-person at the Dan Godwin Community Center. We will be supporting families with filling out paperwork for their loved ones. Bring a laptop or tablet if you have one, some laptops will be available for use at the Arc. We may not have time to complete all your paperwork, but this is a great opportunity to have support looking over where to start. If you need private one-on-one support, please email admin@arcwhatcom.org to set up an appointment at a different time. At our Paperwork Support Workshops, staff may be helping multiple people, and we cannot guarantee privacy.

- Partners4Housing Residential Assessment
- Developmental Disabilities Administration (DDA) Eligibility
 - Supplemental Security Income (SSI)
 - Guardianship

Parent to Parent



Monthly Parent Connect

7-8pm, Monday, May 13th
Virtual Meeting via Zoom

This is a meeting for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs. After registering 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. For questions, contact Parent to Parent at 360-715-0170 ext 302 or

Virtual Helping Parent Training

6 - 8pm, Tuesday May 28

As parents of children with disabilities we have access to so many professionals and resources. However, sometimes the best support and information comes not from the professionals but from other parents who have walked a similar path. The Helping Parent training is for parents and caregivers of children with developmental disabilities. This training explores your personal experiences of raising your child, and teaches strategies for how to support other families who have been on a similar journey.

A Helping Parent is the parent/guardian of a child with a disability, developmental delay, or ongoing medical need who completed training through the Parent to Parent (P2P) Program. A Helping Parent is matched with a parent of a child with similar experiences, needs or disability.

A Helping Parent is willing to share their feelings and journey with other parents, providing one to-one emotional and informational support to families who have a child with similar needs. It is a relationship based on "I know and I understand." *Please RSVP by Friday, May 24, so we can provide you with a Helping Parent Notebook. For questions or to RSVP contact us at (360) 715-0170 ext 302 or p2p@arcwhatcom.org*

Coffee & Conversation



May 6, June 3
10am - 11am

The Arc of Whatcom County
2602 McLeod Rd., Bellingham

Parents and Caregivers of loved ones with developmental delays, disabilities, and on-going healthcare needs are welcome to join us for coffee (or tea) and a relaxed and friendly chat. Meet other caregivers in our community, find out new resources, and share your thoughts, insights, triumphs and experience.

Adults only please! RSVP is welcome but not required.
Light refreshments provided.

Adult Caregiver Connect

Thursday, June 20, 6:00 pm - 8:00 pm

This Parent Connect is for people who are in the role of caring for adult loved ones (ages 16 and up) with a developmental delay or disability. Register by emailing p2p@arcwhatcom.org. After registering 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. Connect through a cell phone, tablet or computer. For questions, call 360-715-0170 ext 302 or p2p@arcwhatcom.org*



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: 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>

Is your child “consistently inconsistent”, or do they struggle with many, or all, of the following:

- understanding consequences
- emotional regulation and/or behavior challenges
- ADD/ADHD
- fine or gross motor delays
- sensory processing sensitivities
- language delay or related challenges
- memory and/or processing speed difficulties
- math comprehension – i.e. money, time, large quantities



Fetal Alcohol Spectrum Disorders are the number one cause of Intellectual and Developmental Disabilities (IDDs) nationwide and worldwide, and are more common than Autism, Down Syndrome, Cerebral Palsy, and Tourette's combined.

Community is important, as are people who “get it,” and who understand. FASD Focus NW support groups are a chance to build community, make connections and share ideas. To know that you are not alone. Each group meeting is spent sharing joys as well as tears, asking questions, and offering and receiving support from others. This is a volunteer ran and peer-led support group that is open to families or caregivers to individuals who have been diagnosed with or are suspected of being impacted by Prenatal Substance Exposure (PSE) and/or Fetal Alcohol Spectrum Disorders (FASDs) as well as to adults impacted by PSE/FASDs. Our groups are respectful of and open to birth mothers. In 2008, the CDC reported that more than half of all pregnancies (51%) were unplanned. At FASD Focus NW, we seek to educate and reduce stigma related to unintentional alcohol consumption and pregnancy.

***FASt Friends Virtual Support Group will be held on Wednesday, the 22nd in May from 8:00 to 9:00 p.m.**

Our support group is always the 4th Wednesday of each month from 8-9pm. There is no fee to attend and you do not need to sign up each month.



Sign up to receive meeting invites at:
<https://www.nofaswa.org/support>

WCLS provides sensory kits to support autistic patrons

April is Autism Acceptance Month, and the Whatcom County Library System is taking part by rolling out sensory kits at all county library locations. The kits include essential items to support the sensory needs of autistic children and adults during library visits. Items in the sensory kits are recommended by the University of Washington iSchool Autism-Ready Libraries project.

The kits include noise reduction headphones to block unwanted auditory stimuli; glare reducing sunglasses to mitigate unwanted visual stimuli; visual communication cards to support communication for nonspeaking or minimally speaking children; and a tangle fidget toy to calm tactile sensory stimulus. Sensory kits are available at the information counter of each WCLS library. Items may be borrowed while visiting the library.

WCLS Youth Services Assistant Anglina Kuchar brought the idea to the library system after attending an Autism-Ready Libraries training. Kuchar, who works at the Deming and North Fork libraries, created and tested a sensory kit for the Deming branch where it has been positively received by patrons. She also integrated autism-aware program techniques such as visual aids to show children what to expect during Storytimes.

“Integrating autism-aware techniques in our Storytimes and providing sensory kits affirm our commitment to being an inclusive and welcoming space for everyone,” Kuchar says. “We don’t want parents and caregivers to skip library programs because they’re concerned their child may disturb other patrons. We welcome autistic people. The ability to borrow an item from a sensory kit can enhance a visit to the library.”

According to the Autism Society of America, autism is the fastest-growing developmental disability in the United States. In a press release, the Autism Society wrote: “One in 36 children is diagnosed with autism, which can be attributed to a variety of factors, primarily improved diagnostic screening and identification, as well as an increased prevalence rate itself.” Autism Acceptance Month highlights issues affecting people with Autism Spectrum Disorder (ASD) and their families, educates the public on support services, and celebrates and destigmatizes the perspectives of those living with ASD. For more information, visit AutismSociety.org.



Looking for Housing Supports for your Loved One?

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. Your Zoom consultation will generally cover information in these six buckets:

- Housing options
- Social Security benefits
- DSHS Services
- Section 8
- Food benefits / SNAP
- The Roommate Matching Pool

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! <https://signup.partners4housing.com/promo/WAWAT>

2024 Rascal Rodeo

All Ages Adaptive Rodeo

Lynden, Washington

TUESDAY, AUGUST 13th 10:00 - 11:00AM

NW Washington Fair and Event Center

Rascal Rodeo produces adaptive rodeos for those with intellectual and developmental disabilities of all ages throughout several states.

Events are safe, modified and free of charge.

Volunteers and horses needed 9:00 - 11:30am

Registration: rascalrodeo.org

Questions: 509.528.5947



SPONSORED BY:



Design a New Logo for Down syndrome Outreach!!



- April 28th – Contest begins
- June 10th – SUBMISSION DEADLINE
- July 1st – Community voting begins
- July 15th – Voting closed
- July 22nd – Winner announced
- Buddy Fest 2024** – T-shirt release

Download forms at:
<https://arcwhatcom.org/programs/down-syndrome-outreach/>

SPIN Dance

Every 3rd Monday of the Month

May 20, 6 - 8pm

Bloedel Donovan Gym, 2114 Electric Ave, Bellingham

Everyone 14 and older is invited to dance with us to music provided by Glitt3r Lyfe's Aireekah! Though we are returning to in-person, registration is still suggested. Learn more at: <https://maxhigbeecenter.org/special-events/>



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, May 2, 4:30-6:30pm

Self-Advocacy 101

Build your self-advocacy and self-awareness skills with our interactive game of Jeopardy. Join us virtually for this meeting on zoom.

Thursday, June 6, 4:30-6:30pm

Pedestrian Dignity & Independent Travel

We will have an opportunity to learn about accessibility in our community and independent transportation skills. Join us virtually for this meeting on zoom.



Self-Advocacy Group Connecting to our Community

Monday, August 19, 6 - 8pm

Spin Dance, Ice Cream Social

Meet at the in-person Spin Dance, Ice Cream Social at Depot Market Square. Register for SPIN through the Bellingham Parks and Rec website at: https://anc.apm.activecommunities.com/bellingham/activity/search/detail/38454?onlineSiteId=0&from_original_cui=true&locale=en-US

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

Assistant Director: Rhonda Rische

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

Padres a Padres: Marta Mejia, Alina Zollfrank

Office Manager: Hilary Scheibner

Board of Directors:

Missy Bartell – President

Jason McGill – Vice President

Susan Jewell – Treasurer

Dale Whipple – Director

Sarah Godwin – Director

Ellie Posel – Director

Margaret Jahn – Director

Melanie Hartley – Director

Frances Chalmers – Director

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 open 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. Call 360-715-0170 if you are needing any assistance and would like to connect with a staff member.

We now offer Open Virtual Office Hours.

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

Thursdays, 11am - 12 noon

Join Meeting:

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

Meeting ID: 869 0930 4702

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

Summer Activities



ADAPTIVE & INCLUSIVE SUMMER CAMP 2024
REGISTRATION IS OPEN!

FUN & CREATIVE OUTDOOR ACTIVITIES FOR EVERYONE & EVERYBODY!

TIME
10:00-2:00PM

JULY 1- AUG 22ND

Cost
\$375.00
or DDA funds can be used

Activities

- ✓ Hiking
- ✓ Crafts
- ✓ Kayaking
- ✓ Swimming
- ✓ Exploring & MORE!

The AIROW PROJECT
Adaptive Inclusive Summer Camp

Registration Link
<https://airowproject.com/programs>

More Information 360-788-3099
@aprillkatz@airowproject.com







1974 **50** Celebrating Years of Smiles! 2024



REGISTER NOW FOR 2024 CAMP SESSIONS

ADVENTURE CAMP 1: JULY 8-12
ADVENTURE CAMP 2: JULY 15-19
BASE CAMP 1: JULY 22-26
BASE CAMP 2: AUGUST 5-9
BASE CAMP 3: AUGUST 12-16

Lion's Camp Horizon is celebrating their 50th year at Camp Horizon and they can't wait to see all the smiling faces at camp this summer. If you have not registered, now is the time! Spaces are filling fast. Register at:
www.LionsCampHorizon.org
Email admin@lionscamphorizon.org with any questions.

Summer & Recreational Guides

Check out The Arc's full guide for Recreational Activities for Children with Special Healthcare Needs. Ask your DDA Case Manager if DDA will cover costs of any of the following activities. Have ideas of new activities to add? Email admin@arcwhatcom.org to let us know.

<https://arcwhatcom.org/wp-content/uploads/2024/04/Recreational-Activities-CYSHCN-2024-04-23-1.pdf>

List of diagnosis specific camps throughout Washington and Oregon:

<https://arcwa.org/parent-to-parent/info-resources/camp-resources/>



2024 Event Calendar

MAY

2 Thursday, 11am - 12pm
Open Office Hours

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

6 Monday 10 am – 11 am
Coffee & Conversations

8 Wednesday, 11am
Paperwork Support with Arc Staff

9 Thursday, 11am - 12pm
Open Office Hours

13 Monday, 7 - 8pm
Parent Connect Meeting

16 Thursday, 11am - 12pm
Open Office Hours

22 Wednesday, 6 - 7:30pm
The Arc's Annual Membership Meeting - more info on page 1

23 Thursday, 11 - 12pm
Open Office Hours

23 Thursday, 6pm
Parent Coalition Workshop
"Navigating Adult Services"

28 Tuesday, 6pm
Helping Parent Training
more info on page 3

JUNE

3 Monday 10 am – 11 am
Coffee & Conversations

6 Thursday, 11am - 12pm
Open Office Hours

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

10 Monday, 7 - 8pm
Parent Connect Meeting

12 Wednesday, 11am
Paperwork Support with Arc Staff

13 Thursday, 11am - 12pm
Open Office Hours

20 Thursday, 11am - 12pm
Open Office Hours

20 Thursday, 6 - 8pm
Adult Caregiver Connect
more info on page 2

26 Wednesday, 6 - 7:30pm
Board of Directors Meeting
All Community Members
Welcome! Learn more at:
<http://arcwhatcom.org/about-the-arc/board-of-directors/>

27 Thursday, 11am - 12pm
Open Office Hours



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