

## Membership Pizza Party!

5 - 7pm, Thursday, July 11  
The Arc of Whatcom County  
2602 McLeod Rd., Bellingham

Arc of Whatcom County Members are welcome to join us for a summer pizza party. Arc Staff and Board Members will be present to share more about upcoming events and how The Arc is supporting the IDD community. If you are not a member, but interested in learning more, please join us!

When you become a member you help fund programs in Whatcom County for individuals with developmental disabilities, their families and organizations that serve them. You receive newsletters and learn more about what people with developmental disabilities are doing and the issues impacting them. Join us yearly and vote to determine who serves on the Board of Directors.

Become a Member at:

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

Please RSVP to 360-715-0710 ext 200 or send an email to [admin@arcwhatcom.org](mailto:admin@arcwhatcom.org) to let us know how many people in your family will be joining us.



## Super Sitter Training

Wednesday, June 26

and Thursday, June 27

9:30 am - 2:30 pm

Saturday, June 29

12:45 - 2:45 pm

The Arc of Whatcom County  
2602 McLeod Rd, Bellingham

This popular class is available for youth ages 13 and older and teaches basic baby-sitting skills along with skills for caring for children with disabilities. Participants will gain confidence in caring for children, particularly for children with special needs, and they will also enjoy the learning environment of the camp as they meet new friends. This training also includes a day of infant/child CPR and First Aid certification. We recommend participants have some prior baby-sitting experience.

Registration forms are due June 24 Fee: \$85. Partial scholarships are available. For questions and registration forms please contact Karlene at (360) 715-0170 ext 302 or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)

# Parent Coalition

The Arc's Parent Coalition has spent the Spring hosting Transition to Adulthood related webinars. In case you missed any of them, please visit our Youtube page with recordings of the presentations.

Arc Youtube Channel: <https://www.youtube.com/@arcwhatcom563>

Helpful Transition Resources:

Whatcom County Developmental Disabilities Transition Resource Guide:

<https://www.whatcomcounty.us/DocumentCenter/View/2116/Resource-Guide-PDF?bidId=>

Whatcom County Health and Community Services, more transition resources and videos:

<https://www.whatcomcounty.us/3246/Developmental-Disabilities>

The Arc Future Planning Guide:

<https://arcwhatcom.org/wp-content/uploads/2024/04/Future-Planning-Guide-2023-5.pdf>

How to apply for DDA:

<https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>

Apply for SSI: <https://www.ssa.gov/apply/ssi>

Apply for services with the Division of Vocational Rehabilitation (DVR) 360-812-6610

<https://www.dshs.wa.gov/dvr/services-individuals-disabilities>



## Need Paperwork & Application Support from Arc Staff Members?

2nd Wednesday of every month

June 12, July 10, 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](mailto: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, June 10  
7 - 8pm, Monday, July 8  
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



## Cupcake Decorating Sibshop

Sibshops are a fun filled event for brothers and sisters of kids with developmental differences, delays, and on-going health care needs. Sibs have an opportunity to share joys, concerns, problem solve and have a better understanding of their sibling's disability.



**Saturday, June 29, 1 - 2:30 pm**

The Arc of Whatcom County, 2602 McLeod Rd.  
Bellingham WA 98225

This sibshop is offered for siblings ages 6 -12

Limited spots available! Please RSVP by Thursday, June 27 to guarantee your child's spot. Register at [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)  
Questions? [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) or (360) 715-0170 ext 302.

## Coffee & Conversation



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.

**Reminder to register!**

**Adult Caregiver Virtual  
Connect Meeting  
6 - 8pm, Thursday, June 20**

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](mailto: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.



# 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](http://rascalrodeo.org)**

Questions: 509.528.5947



**SPONSORED BY:**



**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.

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>

**SPIN Dance**

Every 3rd Monday of the Month

**NO JUNE SPIN DANCE**

Monday, July 15th | 6-8pm | Depot Market Square

Monday, August 19th | 6-8pm | Depot Market Square |

**Register for AUGUST Ice Cream Social:**

[https://anc.apm.activecommunities.com/bellingham/activity/search/detail/38454?onlineSiteId=0&locale=en-US&from\\_original\\_cui=true](https://anc.apm.activecommunities.com/bellingham/activity/search/detail/38454?onlineSiteId=0&locale=en-US&from_original_cui=true)



FREE  
14 AND OLDER  
ALL ABILITIES



WITH LIVE DJ AIREEKAH  
**Glitt3r Lyfe**  
LIVE MUSIC



Everyone 14 and older is invited to dance with us to music provided by Glitt3r Lyfe's Aireekah! Though not required, registration is still suggested. Learn more at: <https://maxhigbeecenter.org/special-events/>





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:** July 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, June 26 and July 24 from 8:00 to 9:00 p.m.**

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>

# Down syndrome Outreach

## Design a 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

All community members are welcome to submit their ideas for a new Down syndrome Outreach logo! The winning design will be placed on the front of Buddy Fest T-shirts and used for Down syndrome Outreach promotional materials. Designers are encouraged to use their creativity and imagination while highlighting Down syndrome Outreach, and may also include Buddy Fest and Spring Fling. Entries will be evaluated first by the DsO Committee.

Upon final review, the top three designs will be presented for a public vote from the community (limit of one vote per person). Vote must be submitted by 11:59pm (PST) on July 15th 2024 via survey monkey. If a tie breaker is required, the DsO committee will cast the final vote

Winners Will Receive:

- \$100 Amazon Gift Card
- Recognition on the Arc of Whatcom County website
- Recognition on social media
- A free t-shirt

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



## Down syndrome Outreach's Buddy Fest

**SATURDAY, SEPTEMBER 28, 2024 | NOON TO 3 PM**  
**NORTHWEST WASHINGTON FAIRGROUNDS**  
**LYNDEN, WA**

Join us for a celebration of our loved ones with Down syndrome! We will have lunch, an awareness walk, activities for all ages and loads of fun!

*For more information about registration, volunteering, sponsorship, or general questions: contact Rhonda at 360-715-0170 ext 200 or [rhondar@arcwhatcom.org](mailto:rhondar@arcwhatcom.org).*

## New Down syndrome Resources

Watch 'Forget Me Not: Inclusion in the Classroom' Please be aware that there are some moments of visual imagery of institutional life that may be sensitive to viewers. Go to <https://tubitv.com> and search: Forget Me Not

### Podcasts:

**If We Knew Then:** <https://ifweknewthen.com/>

**Talk Down Syndrome**

<https://www.facebook.com/TalkDSPodcast/>

**The LowDOWN**

[www.dsrf.org/resources/the-lowdown-podcast/](http://www.dsrf.org/resources/the-lowdown-podcast/)

**T21 Mom:** <https://t21mom.com/>

**First Barbie Doll with Down syndrome!**

<https://ndss.org/barbie-ndss>



# 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

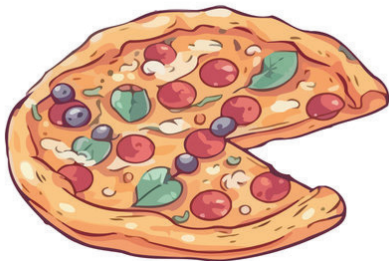
**Thursday, June 6, 4:30-6:30pm**

### **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



**Thursday, July 11, 5 - 6:30pm**

### **The Arc Membership Pizza Party**

Join us for The Arc Membership Pizza Party at 2602 McLeod Rd, Bellingham WA 98225.  
*No Self-Advocacy Meeting on July 4th.*

**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](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](mailto: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

Samantha Hogan and – Director

Ellie Posel – Director

Margaret Jahn – Director

Melanie Hartley – Director

Frances Chalmers – Director

Ken Larson – 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 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](mailto:admin@arcwhatcom.org)



# Summer Activities



## Washington Parks Disability Pass

Offered to Washington State residents who are legally blind, profoundly deaf, developmentally disabled or who meet the disability definition used by the Social Security Administration.

Benefits of this pass include:

- Free entry to state parks.
- Free watercraft launch.
- Free trailer dump
- 50% discount on nightly camping or moorage fees.
- Ability to reserve ADA accessible campsites

This pass is free to apply for and must be renewed every 1 or 5 years.

- One-year, temporarily disabled pass.
- Five-year, permanent disabled pass

Learn more about the pass and how to apply:

<https://www.parks.wa.gov/1207/Disability-Pass>



## America the Beautiful - The National Parks and Federal Recreational Lands Access Pass

The Interagency Access Pass is part of the America the Beautiful – The National Parks and Federal Recreational Lands Pass series and is available free for US citizens or permanent residents with permanent disabilities. The Pass may be issued to US citizens or permanent residents of any age that have been medically determined to have a permanent disability (does not have to be a 100% disability) that severely limits one or more major life activities.

Learn more about how to qualify and how to apply for your pass, visit <https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm>

## Year Round Recreation Guide



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](mailto:admin@arcwhatcom.org) to let us know.

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

# 2024 Event Calendar

## 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, 9:30 - 2:30pm  
Super Sitter Training

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/>

26 Wednesday, 8 - 9pm  
FASt Friends Virtual Support  
Group  
more info on page 5

27 Thursday, 9:30 - 2:30pm  
Super Sitter Training

27 Thursday, 11am - 12pm  
Open Office Hours

29 Saturday, 1 - 2:30pm  
Sibshop!  
more info on page 1

## JULY

1 Monday, 10 - 11am  
Coffee & Conversations

8 Monday, 7 - 8pm  
Parent Connect Meeting

10 Wednesday, 11am - 1pm  
Paperwork Support with Arc Staff

11 Thursday 5 - 7pm  
Membership Pizza Party  
more info page 1

11 Thursday, 11am - 12pm  
Open Office Hours

18 Thursday, 11am - 12pm  
Open Office Hours

24 Wednesday, 8 - 9pm  
FASt Friends Virtual Support  
Group  
more info on page 5

25 Thursday, 11am - 12pm  
Open Office Hours

## AUGUST

13 Tuesday, 10 - 11am  
Rascal Rodeo  
more info on page 4

19 Monday, 6 - 8pm  
SPIN Dance Ice Cream Social  
more info on page 4



## STAY CONNECTED

Follow our Facebook Pages:  
[www.facebook.com/ArcWhatcom](http://www.facebook.com/ArcWhatcom)  
[www.facebook.com/ParenttoParentWhatcom](http://www.facebook.com/ParenttoParentWhatcom)  
[www.facebook.com/WhatcomCountySelfAdvocacy](http://www.facebook.com/WhatcomCountySelfAdvocacy)  
[www.facebook.com/DownsyndromeOutreach](http://www.facebook.com/DownsyndromeOutreach)

Follow our Instagram @arc\_whatcom

Find resources, information, and more at:  
[www.arcwhatcom.org](http://www.arcwhatcom.org)