



All Ages Swim Social!

6:15 - 7:15 pm

Saturday, August 24

Arne Hanna Aquatic Center, 1114
Potter Street

Free event for families of children with developmental delays, disabilities and on-going health care needs. Come join us for some family fun splashing around! We rent out the whole facility for this event. Children under the age of 7 must be in the pool with an adult. If you need an extra pair of helping hands to assist you in the pool, contact our office at p2p@arcwhatcom.org

Summer Park Gathering

Wednesday, August 7th, August 21
11am, Cordata Park, 4510 Cordata
Parkway

Looking for a fun park play date with other families raising children with developmental disabilities? Bring swimsuit and towel if your child would like to play in the Spray Park! Water turns on at 11. Bottled water and small snacks provided. Questions? Contact p2p@arcwhatcom.org or 360-715-0170 ext 302



Down syndrome Outreach's

Buddy Fest

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

Buddy Fest is a 3/4 mile walk, festival and lunch with plenty of fun activities for everyone. Lunch is provided with registration. 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 and take photos with your team!

1:00pm: Buddy Fest Awareness Walk

1:30-3:00pm: Lunch, Games, Activities & Music!

3:00pm: Buddy Fest Ends

T-Shirts are included with registration! Registration MUST be completed by September 12th to ensure preferred shirt size. Make sure to include the T-Shirt size you want (and for the rest of your family if purchasing a family ticket) during registration!

<https://www.classy.org/event/buddy-fest-2024/e593225>

You can register online until September 26th. If you miss the deadline, you may register in person at Noon at the event. Questions about registration, volunteering, or sponsorship? Contact Rhonda at 360-715-0170 ext 203 or rhondar@arcwhatcom.org.

Parent Coalition

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 17

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/ye7au5dz>



Part 2: Building a Foundation for Advocacy:
Parent Action, Accountability, & Resolving Differences
6 – 8pm, Tuesday, October 15

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/8had5eu3>



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

Parent to Parent



Monthly Parent Connect

7 - 8pm, Monday, August 12
7 - 8pm, Monday, September 9
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 p2p@arcwhatcom.org

Register: p2p@arcwhatcom.org



Need Paperwork & Application Support from Arc Staff Members?

2nd Wednesday of every month
August 14, September 11
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 Paperwork & Reporting

Coffee & Conversation



August 5
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.

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:



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

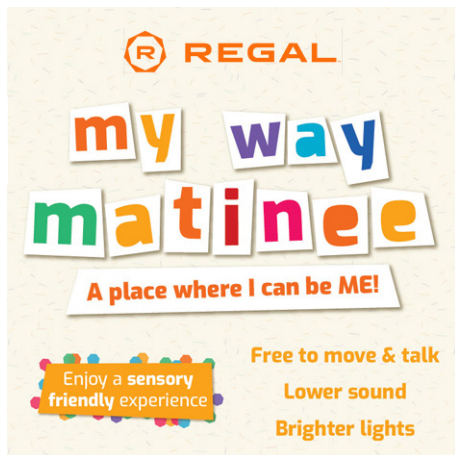
Monday, August 19th | 6-8pm | Depot Market Square |

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



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/>



Sensory-Friendly Movies

Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films! These showings will be the first show of the day on select Saturdays each month.

Regal Barkley Village
3005 Cinema Place, Bellingham WA
98226

<https://www.regmovies.com/promotions/my-way-matinee>



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, August 28 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>**

The best way to ease the back-to-school transition

By Bob Cunningham, EdM



Getting kids ready to go back to school is not always an easy task. And when you think about it, why would it be? Back-to-school transitions can be really tough for kids.

Starting a new school year can be scary. But the key is to help make this transition smooth and gentle. If you're not feeling prepared for the upcoming school year, don't panic. Don't lose hope. I've shared lots of ideas with families and teachers over the years. Here are some of the suggestions they've found most helpful:

Keep the summer fun going. Plan at least one activity for the first week of school. Allow more downtime with the TV or computer after school than you usually will during the school year. Then gradually reduce or eliminate screen time once school really gets underway. Keep the schedule clear. Try not to make any extra plans or appointments for the first two weeks of school, so kids can relax after school. Be present as much as possible for at least the first week. This way you can set up school-day routines gradually instead of all at once. Let kids stay up a little later the first week of school. In the second and third weeks, begin moving to an earlier sleep schedule. Stress the importance of breakfast. Eating before school will give kids energy to start their day.

Returning to school can be exciting, stressful, and exhausting all at the same time. Some kids might need a little more time to adjust. If getting back into the school groove isn't working out well, tackle things gradually. Keep some of the summer fun alive and give enough downtime.

Are you a parent or caregiver looking for more? Try these back-to-school downloads to help start the year off right. <https://www.understood.org/en/articles/printable-back-to-school-downloads>
Learn more tips, find resources, and support at [understood.org](https://www.understood.org)



PAVE provides support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities in Washington.

Learn about special education rights, civil rights, and general education rights. Students with Individualized Education Programs (IEPs) are protected by the full pyramid of rights. Students with IEPs and Section 504 Plans have civil rights that protect their right to be accommodated and supported at school. All children in the United States have the right to access a free public education. Learn key terms from these rights: Free Appropriate Public Education (FAPE), equity, and access, and how to use those words to help a student get their needs met. <https://wapave.org/student-rights-iep-section-504-and-more/>

Learn more about Special Education at our upcoming Arc of Whatcom County's Ask the Advocate Workshop. More info on page 2.

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

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

Thursday, September 5, 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

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

Ken Larson – Co-Vice President

Jason McGill – Co-Vice President

Susan Jewell – Treasurer

Sam Hogan – Secretary

Dale Whipple – 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 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



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://store.usgs.gov/access-pass>

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 to let us know.

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

2024 Event Calendar

AUGUST

5 Monday, 10am
Coffee & Conversation
more info on page 3

7, Wednesday, 11am
Family Park Gathering Cordata
Park
more info on page 1

8 Thursday, 11am - 12pm Open
Office Hours
more info on page 8

12 Monday, 7pm
Virtual Parent Connect
more info on page 3

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

14 Wednesday, 11am - 1pm
Application & Paperwork Drop-in
more info on page 3

15 Thursday, 11am - 12pm Open
Office Hours

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

21 Wednesday, 11am
Family Park Gthering
Cordata Park

22 Thursday, 11am
Open Office Hours

24 Saturday, 6:15 - 7:15
Free All Ages Swim Social

28 Wednesday, 6 - 7:30pm
Board of Directors Meeting
<https://arcwhatcom.org/about-the-arc/board-of-directors/>

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

29 Thursday, 11am - 12pm
Open Office Hours

SEPTEMBER

5 Thursday, 11am - 12pm
Open Office Hours
more info on page 8

9 Monday, 10am
Coffee & Conversation
more info on page 3

9 Monday, 7pm
Virtual Parent Connect
more info on page 3

11 Wednesday, 11am - 1pm
Application & Paperwork Drop-in
more info on page 3

12 Thursday, 11am - 12pm Open
Office Hours

17 Tuesday, 6 - 8pm
Ask The Advocate: Special
Education 101 Workshop more
info on page 2

19 Thursday, 11am - 12pm Open
Office Hours

28 Saturday, 12 - 3pm
Buddy Fest
more info on page 1



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