



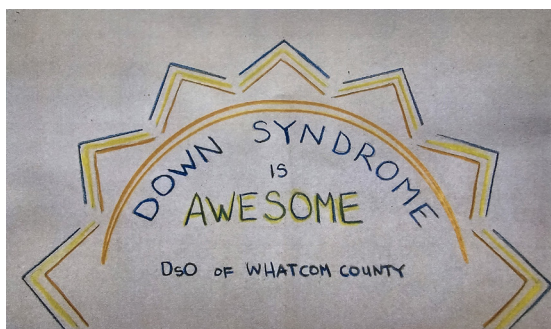
Down syndrome Outreach's Buddy Fest

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

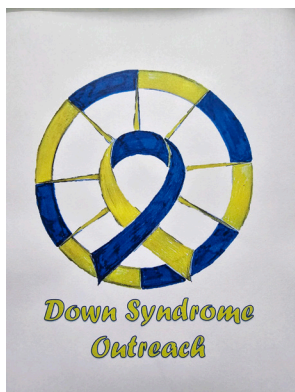
Buddy Fest is a 3/4 mile walk, festival and lunch with plenty of fun activities for everyone. Lunch is provided with registration. Hots dogs (with a vegetarian option), chips or a healthy snack and a drink! Come join us in supporting and celebrating individuals with Down syndrome in our community. T-Shirts 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!! You can register online until September 26th. If you miss the deadline, you may register in person at Noon at the event.

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

Questions? Contact Rhonda at 360-715-0170 ext 200 or rhondar@arcwhatcom.org.



The winning logo for our DsO Contest was created by Patty Yunge. Artist Notes *"The rising sun represents shining potential in people with Down syndrome. The three chevrons is a nod to 'the lucky few' (a growing symbol that originated from some Ds mamas somewhere in the US calling themselves the lucky few). The 21 rays in groups of three represent the three 21st chromosomes. And the blue and yellow colors are Ds colors. I feel like it's about time we celebrate the benefits of Down syndrome and see Down syndrome in a positive way, It's about time people believe Down syndrome is Awesome, because it is."*



Thank you to everyone who submitted a logo!
These are the Runner-Up Designs. We appreciate everyone who submitted a logo and voted.

Special Education 2 Part Series

Online Zoom Workshop

Part 1: Special Education 101

6 – 8pm, Tuesday, September 17

Learn more about the ‘nuts and bolts’ of an IEP. <https://tinyurl.com/ye7au5dz>



Part 2: Building a Foundation for Advocacy:

*Parent Action, Accountability, &
Resolving Differences*

6 – 8pm, Tuesday, October 15

We will share skills needed for a successful IEP team meeting.
<https://tinyurl.com/8had5eu3>



There will be a Q & A with Arc of Whatcom County staff. Questions about registration or in need of accommodations? Contact us at 360-715-0170 or parentcoalition@arcwhatcom.org

The Truth About Reading Presentation

The Arc of Whatcom County presents
“The Truth About Reading”
Sunday, October 20, 2024, from 1:30 to
4:30 p.m.

Bellingham Public Library’s
Lecture Room, 210 Central Avenue,
Bellingham*

Do You Ever Wonder...

- Why reading is challenging for some children, despite their motivation?
- Why some children dislike reading or struggle with writing?
 - Why schools might report a child is “fine” despite lower reading scores?
- How students who are behind in reading can catch up?
- Why teacher training often lacks instruction on how the brain learns to read?
 - How to advocate effectively for a child struggling with reading?

The number of students meeting state reading standards is alarmingly low. What does research say about how children learn to read, and what should we expect from public schools? if you’re a parent, teacher, student, or simply curious about why reading scores are so low, join us to learn more, ask questions, and find out what can be done to improve literacy education!

Questions? Contact Laura at (360)715-0170, ext 307. Register by emailing admin@arcwhatcom.org. Registration is recommended but not required for attendance.

*This program is not sponsored or endorsed by the Bellingham Public Library

Parent to Parent



Monthly Parent Connect

7 - 8pm, Monday, September 9
7 - 8pm, Monday, October 14
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
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.

Coffee & Conversation



September 9, October 7
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.

Dads Social

6 - 7pm, Thursday, September 26
Coconut Kenny's
1740 La Bountv Dr. Ferndale



Join our event 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. 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



Save the Date!

Halloween Fall Festival

5:30 pm - 7 pm, Friday, October 25
Cordata Park Pavilion
800 W Horton Rd, Bellingham 98226

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.

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



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, September 16th
SPIN Dance | FREE! | 6:00 – 8:00pm
Depot Market Square

Bellingham Parks and Recreation and Max Higbee Center host a monthly dance party for individuals with disabilities. Everyone 14 and older is invited to dance with us to music provided by Glitt3r Lyfe's Aireekah! Registration is STRONGLY encouraged but not required:

<https://tinyurl.com/Fall24SPIN>



FREE
14 AND OLDER
ALL ABILITIES

WITH LIVE DJ AIREEKAH

Glitt3r Lyfe
LIVE DJ





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>



All-Star Club!

6pm, Friday, September 20
North County Christ the King
1816 18th Street, Lynden



The All-Stars Club is hosted by North County Christ the King Church! This is a bi-monthly, faith-based, respite program for families and caregivers with individuals who have special needs. We welcome you to bring your All-Star for a night of pure fun which will include adaptive sports activities, arts & crafts, karaoke, gluten-free snacks, and some of the best volunteers who are excited to facilitate a personal and joyful experience! You are welcome to drop your children off and enjoy the evening away, or you are welcome to stay and participate or just observe.

Check in will begin at 6pm and pickup will be scheduled for 8:30pm. If you would like to join us for a devotion and time of worship and prayer, please be at the Student Center at 8:00pm

Learn more and register at:
<https://www.allstarsclub.org/ncctk/>

Navigating SSI Applications

Navigating SSI Applications: Monthly Classes - NW Access Fund

Bring your questions! Monthly classes are led by a Certified Benefits Planner and provide an overview of the SSI application process. Get tips and strategies for the application and redetermination process and leave with a clear idea of the next steps to take. These classes are recorded and shared with the people who registered. Classes are held on the first Monday of each month.

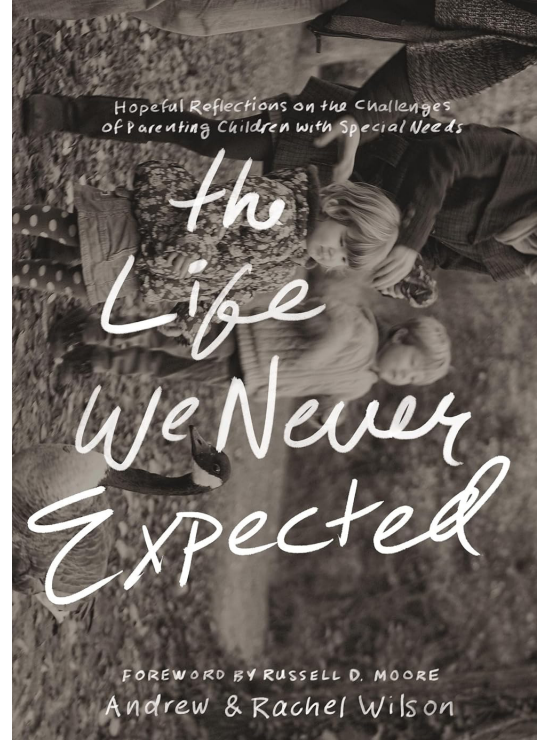
If you need spoken language interpretation, please schedule a free one-on-one session and request interpretation services.

To learn more and register, visit: <https://www.nwaccessfund.org/>



Caregiver Book Group

You are invited to a Caregiver Book group for women in Fairhaven this fall. It will begin the last week of September. The first book is *The Life We Never Expected: Hopeful Reflections on the Challenges of Parenting Children with Special Needs*. A Christian book that includes Psalms and other references to the Bible. Anyone ok with that is encouraged to attend, even if not identifying as a person of faith. There is no childcare for this group yet. For more information email Susan at: susancarollo@hotmail.com



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/>



<https://wapave.org/get-help/>

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 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.

Thursday, October 3, 4:30-6:30pm

Taking Care of Myself

We will share ideas and inspiration to help you find a little more self-care in your life and advocate for your health. Please join us for a fun and friendly discussion on zoom.



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

Assistive Technology to Support Independent Living

We will share about tools that can be used to help us with time management, completing tasks, budgeting, developing social skills, and living a healthy lifestyle.

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



Partners4Housing
The journey home starts here

Benefits and Housing Review

Thanks to a generous grant from the Dan Thompson Memorial Fund and contracted through the Developmental Disabilities Administration, our \$500 review is free to Washington State residents for a limited time!

Intended for individuals with IDD 16 and older



Benefits and Housing Review

- Identify gaps in benefits and services
- Learn about Section 8
- Housing options in WA
- Access to Roommate Matching Pool



Roommate Matching Pool

- Find compatible roommates and partnering families
- Easy-to-use search functions
- Private messaging



Watch our video to learn more



partners4housing.com

971-599-1010

2024 Event Calendar

SEPTEMBER

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

16 Monday, 6pm
SPIN Dance
more info on page 4

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

19 Thursday, 11am - 12pm
Open Office Hours

20 Friday, 6pm
Lynden All-Stars
1816 18th Street, Lynden
more info on page 5

25 Wednesday, 6 - 7pm
Board of Directors Meeting
All Community Members
Welcome! Learn more at:
<http://arcwhatcom.org/about-thearc/board-of-directo>

26 Thursday, 11am - 12pm
Open Office Hours

26 Thursday, 6 - 7pm
Dad's Social
more info on page 3

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

OCTOBER

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

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

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

15 Tuesday, 6 - 8pm
Ask The Advocate: Special
Education Building a Foundation
for Advocacy
more info on page 2

20 Saturday, 1:30 - 4:30pm
The Truth About Reading
Presentation
more info on page 2

25 Friday, 5:30 - 7pm
Halloween Fall Festival
more info on page 4



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