

## Halloween Fall Festival

Friday, October 25th, 5:30 - 7pm  
Cordata Park Pavilion\*  
4510 Cordata Pkwy, 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](mailto:p2p@arcwhatcom.org). Fully accessible location for all to enjoy!

\*Please notice new location this year

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

Approximately 80% of children with learning disabilities have dyslexia. It's the big one in the room.

A Day in Our Shoes.com



October Awareness Months:  
ADHD, Dyslexia, Learning Disabilities

**The Truth About Reading**  
Sunday, October 20, 1:30 to 4:30 p.m.  
Bellingham Public Library's  
Lecture Room, 210 Central Avenue

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?

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!

Register by emailing [admin@arcwhatcom.org](mailto:admin@arcwhatcom.org).

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



Enjoy a sensory friendly experience  
Free to move & talk  
Lower sound  
Brighter lights

### 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

Learn more at:  
<https://www.regmovies.com/>



### All-Star Club!

6pm, Friday, November 15  
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, schedule a free one-on-one session and request interpretation services. To learn more and register, visit: <https://www.nwaccessfund.org/>





**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>

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](mailto:parentcoalition@arcwhatcom.org) or can be asked during the workshops.

Contact us at 360-715-0170 or [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org)



## Virtual Office Hours

Join Arc Staff on Zoom for Resources, Information & Support.

No RSVP Required.

Thursdays

11am - 12 noon

Join Meeting:

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

Meeting ID: 869 0930 4702

## Virtual Office Hours

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No RSVP Required.

Thursdays, 11am - 12 noon

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Meeting ID: 869 0930 4702

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.

## Helpful School Related 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 14  
7-8pm, Monday, November 11  
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](mailto: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.



## 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**  
October 7, November 4  
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, October 24  
Coconut Kenny's, 1740 La Bounty 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](mailto:p2p@arcwhatcom.org)



# 2024 Buddy Fest Recap

We'd like to thank everyone who came out to our 2024 Buddy Fest. We had 240 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 the High School cross county student for starting our warm-up dance and helping wherever needed! Thank you Mark Stremler for reading the Down syndrome Awareness Month Proclamation.

Vendors and Community Resources: Max Higbee Center, Cascade Connections, Northside Buddy Break, NCCTK All-Stars, Lions Club, Work Opportunities, and Developmental Disabilities Administration (DDA), Lynden Fire Department, Bellingham Circus Guild



## THANK YOU SPONSORS & SUPPORTERS!

Ellie Posel & Stephen Gockley



Bellingham Cider Co.  
Fred Meyer  
Interior Doors & more  
Lombardi's  
Safeway  
Target  
Twinbrook Creamery  
Winco

Costco  
HUB International  
LFS Marine  
Samson Rope  
Starbucks  
Trader Joes  
Whole Foods



# Down syndrome Awareness Month

*Barbara Roxas, mother to Kieran, would like to share her personal experience with the diagnosis of Down Syndrome Regression Disorder (DSRD).*



Two years ago, my son and I stood in our kitchen as he told me, "Mom, I have two years left of high school, then I graduate. I'm going to college!" He was fully engaged in family life and his school community in general education classes, played several sports, and was chosen as the senior male athlete to represent his school in a sportsmanship event.

In the fall of 2023, his senior year of high school, we noticed some changes. He was acting and behaving out of the ordinary: very slow and stilted movements, staring off, less engaged with people, he stopped speaking (except in whispers, then sign language only, progressing to little to no communication), slow eating and loss of weight. His high school team of teachers, support staff, and administrators noticed the changes as well and were equally puzzled. He was becoming someone we didn't recognize anymore.

In December, Kieran reached critical decline and was admitted to Seattle Children's Hospital where he went through an extensive medical workup over eleven days to exhaust all other potential illnesses that may have caused the presenting symptoms. We left the hospital without any answers but, in March 2024, he was diagnosed with Down Syndrome Regression Disorder by a doctor at the Down Syndrome clinic at Virginia Mason.

He began treatment immediately and got progressively better over time but never returned to his baseline. In August, we had an appointment with Dr. Santoro, a

neuro-immunologist at Children's Hospital Los Angeles, he confirmed the diagnosis given earlier and we have a plan for treatment moving forward, though it is not certain of the outcome yet.

Dr. Eileen Quinn, a developmental pediatrician at the University of Toledo, and Dr. Jonathan Santoro have been crucial in bringing attention to what is truly a devastating experience for families. Dr. Santoro launched a research paper in 2022 that describes the current research on regressive symptoms for people with Down Syndrome. An article in the Washington Post featured Dr. Quinn and includes other key players like Dr. Santoro:

"Santoro and his team say they now have evaluated over 500 patients from all over the world, and many had abnormal brain scans or immune systems in overdrive, leading to inflammation that appeared to have affected their brains, possibly triggering the regression."

There is a lot that is still unknown about this disorder but if you are concerned about a loved one with Down Syndrome with unexplained regression, note the following symptoms but see the full list here: Regression & Down Syndrome | National Down Syndrome Society (NDSS)

- Behavioral changes
- Changes in thinking and processing of information
- Loss of functional and social skills
- New seizures or neurological deficits determined by a physician (weakness, slurring of speech)
- Difficulty sleeping or sleeping at irregular times
- Language difficulties
- Irregular movements
- Mental health symptoms

*If you have concerns, reach out to your primary care provider and share the information about Down Syndrome Regression Disorder so they can help support your loved one.*

<https://ndss.org/resources/regression-down-syndrome>

<https://www.washingtonpost.com/wellness/2024/05/12/down-syndrome-regression-disorder-mothers-support/>

[https://dsmigusa.memberclicks.net/assets/23DSMIG\\_Regression%20Quick%20Facts%20-%20Update%209.20.23.pdf](https://dsmigusa.memberclicks.net/assets/23DSMIG_Regression%20Quick%20Facts%20-%20Update%209.20.23.pdf)

<https://www.youtube.com/watch?v=eWh8JzDGaQU>



**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



# LIONS CAMP HORIZON SPOOKY CAMP CARNIVAL

OCTOBER 31st

4:00 PM - 7:00 PM

Sponsored by  
**Pacific Customs Brokers Inc.**  
International Trade Solutions

**evergreen**  
HOME LOANS  
Team Becky Farrar

PRINTING SPONSORED BY  
**AMS**  
PRINT & LABEL SPECIALISTS



7506 GEMINI ST., BLAINE

LOCATED AT BAY HORIZON PARK

GAMES, PRIZES, TRICK-OR-TREAT STATIONS - EVERYONE WELCOME

THIS IS A FREE EVENT BUT DONATIONS TO CAMP HORIZON ARE ALWAYS APPRECIATED

WHATCOM MUSEUM

**Low  
Sensory  
Sunday  
Hours  
@ The FIG**



**OCT 13, 2024** 10 - 11:30 am  
Family Interactive Gallery 250 Flora St.

This program offers reserved museum time for children ages 12 and younger with autism spectrum and/or sensory processing needs and their families. We will have tools available and accommodations in place to support your visit.

Presented by Hogland Pharmacy

**Carnival Games**

Cookie Walk  
Food & Drink

**BOUNCE HOUSE**

Candy & Prizes  
Sensory Friendly Stations

## Harvest Festival

HOSTED BY  
NORTHSIDE COMMUNITY CHURCH

**FREE FAMILY FUN!**

SATURDAY, OCTOBER 26TH

1:00-4:00 PM

950 KLINE RD. BELLINGHAM, WA

NCCBELLINGHAM.NET

FOLLOW US



# 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 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. Join us virtually for this meeting on zoom



**Thursday, December 5, 4:30-6:30pm**

### What is Important to Me

We will have an opportunity to share what is important to us. Please join us for a fun and friendly discussion 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](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

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

To see a list of staff positions and extensions, visit:  
<http://arcwhatcom.org/about-the-arc/staff/>



#NDEAM  
dol.gov/odep



## Access to Good Jobs for All

National Disability Employment Awareness Month



OFFICE OF DISABILITY EMPLOYMENT POLICY  
UNITED STATES DEPARTMENT OF LABOR



October is National Disability Employment Awareness Month (NDEAM), and this year's theme is "Access to Good Jobs for All." Everyone deserves the chance to have meaningful work, including people with disabilities. Did you know only 22.5% of people with disabilities were employed last year? Creating accessible workplaces isn't just the right thing to do—it's a smart move! It can boost productivity, open new markets, and help businesses thrive.

# 2024 Event Calendar

## OCTOBER

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

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

10 Thursday, 11am - 12pm  
Open Office Hours

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

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

17 Thursday, 11am - 12pm  
Open Office Hours

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

23 Board of Directors Meeting  
All Community Member Welcome!  
more info at:  
[arcwhatcom.org/about-the-arc/  
board-of-directors/](http://arcwhatcom.org/about-the-arc/board-of-directors/)

24 Thursday, 11am - 12pm  
Open Office Hours

24 Thursday, 6pm  
Dads Social  
more info on page 3

25 Friday, 5:30 - 7pm  
Halloween Fall Festival  
more info on page 1

## NOVEMBER

4 Monday, 10am - 11am  
Coffee & Conversation  
more info on page 3

7 Thursday, 11am - 12pm  
Open Office Hours

7 Thursday, 4:30 - 6:30pm  
Self -Advocacy Meeting  
more info on page 7

11 Monday, 7pm  
Virtual Parent Support Meeting  
more info on page 3

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

14 Thursday, 11am - 12pm  
Open Office Hours

21 Thursday, 11am - 12pm  
Open Office Hours

## DECEMBER

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

5 Thursday, 4:30 - 6:30pm  
Self -Advocacy Meeting  
more info on page 7

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



## 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)