

## ASK OUR BENEFITS AND HOUSING EXPERTS!

Webinar with Q & A for families, self-advocates, and professionals

NOVEMBER 14, 2024  
10 AM PST / 1 PM EST



Register at [partners4housing.com](https://partners4housing.com)



## Housing Workshop Thursday, November 14, 10am

The journey toward home for your Loved One is challenging. Navigating the social service silos, finding suitable housing, choosing roommates, hiring caregivers; it can be daunting. That's why we offer these free webinars, to help you begin to understand it all.

Each webinar begins with a short video that describes our services. Yet the real learning often happens after the video, when participants ask the tough questions about their real-life challenges. We all have different circumstances, needs and aspirations for our families. This open Q&A session is the perfect opportunity to start getting the answers you need.

Sign up for a webinar below, and bring us your burning questions. You'll learn more about our Roommate Matching Pool, online Benefits And Housing Review, and Consulting Services. We've helped hundreds of families find peace of mind, maximize their benefits and identify achievable steps to help their Loved One on their journey toward a shared living solution. We'd love to help your family too.

[partners4housing.com/learn-more/webinars](https://partners4housing.com/learn-more/webinars)



Please join us for our Annual Parent to Parent

## Holiday Party

### Potluck

Join us for crafts, fun activities, photos with Santa and much more!

Sunday, December 8  
Bloedel Donovan Park Building  
2214 Electric Ave., Bellingham

There are 2 time slots families are welcome to join:

\*Families of a child with special needs ages birth to seven are invited from: **12 noon to 1:30 pm**

\*Families of a child with special needs ages eight and up from: **1:30 pm - 3 pm**

Beverages will be provided. Please bring your favorite healthy potluck dish to share.

Co-sponsored by Parent to Parent and City of Bellingham Parks and Recreation Department



# Parent Coalition

The start of a new school year brings mixed emotions for children, especially for those with dyslexia, who may feel anxiety and frustration alongside hope.

National Dyslexia Awareness Month is a chance to focus on understanding and supporting these children, as dyslexia affects about one in five individuals, often without proper diagnosis or intervention. Many misconceptions about reading instruction persist, leading to ineffective teaching methods that don't align with research on how reading is learned.

Dyslexia is a specific learning disability impacting reading and language processing. While fostering a love for books is important, it isn't enough for developing reading skills, especially for struggling readers. Effective instruction requires structured, phonics-based approaches, as research shows that many children need explicit teaching of reading skills.

Fortunately, proven methods exist that can help nearly every child learn to read, and it's crucial to recognize that dyslexia does not reflect a child's overall intelligence. By raising awareness and advocating for effective teaching strategies, we can ensure that all children have the opportunity to succeed in literacy.

This month encourages us to challenge myths around reading instruction and promote inclusive environments for all students.

For more information:

Understood:

<https://www.understood.org/>

The Yale Center for Dyslexia and Creativity:

[www.dyslexia.yale.edu](http://www.dyslexia.yale.edu)

Decoding Dyslexia Washington:

<https://www.decodingdyslexiawa.org/dyslexia>

A graphic for Virtual Office Hours featuring a top-down view of a desk with a laptop, a coffee cup, a notebook, and a small potted plant. The text is overlaid on the right side of the image.

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

No RSVP Required.

Thursdays, 11am - 12 noon

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

Meeting ID: 869 0930 4702

We 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.

## **Did you miss our Fall 2024 Special Education Workshops?**

September Recording "Special Education 101"

<https://youtu.be/uXrUXNlVjoA?si=rR9M3hk5vmJMIj-8>

October Recording "Building a Foundation for Advocacy"

<https://youtu.be/fjw18OevOSQ?si=am94NjburlRokNG2>

# Parent to Parent



## Monthly Parent Connect

7-8pm, Monday, November 11  
7-8pm, Monday, December 9  
Virtual Meeting via Zoom

This is a meeting for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs.

Register: [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)

**Coffee & Conversation**  
**November 4, December 2**  
**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! Light refreshments provided.

**Dads Social & Pizza**  
**6pm, Thursday, December 5**  
**Coconut Kenny's**  
**1740 La Bounty Dr, Ferndale**

For fathers raising loved ones with developmental disabilities and chronic healthcare needs. Meet and talk with other dads that are dealing with similar issues and enjoy 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)



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

**2nd Wednesday of every month**  
**November 13, 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.



The holidays can be a stressful season. Parent to Parent has joined forces with Toys for Tots to bring joy and laughter into your home this year. We would love to be able to support our local families with receiving a gift for your child through Toys for Tots.

If you would like a toy for your child/children, please send an email to [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) with your child's (children's) name, gender and age by **Thursday, November 14**. We will work with Toys for Tots to support your child, and will connect with you for a pickup arrangement.



# Transition Services

Hosted by Lynden School District

# ROAD SHOW

WHAT DO WE DO WHEN THE BUS STOPS?

Thursday, Nov. 21st

6-8pm

Lynden School District Office: 516 Main St., Lynden

For individuals with developmental disabilities, their families and educators. Join us to learn about navigating the adult service system. This is a chance to ask questions and gain clarity as you plan for the road ahead. We aim to help families better understand the service system and ease the transition to adulthood.

### TOPICS INCLUDE:

- ✓ Building a meaningful life post-school
- ✓ Key transition dates & tips
- ✓ DDA eligibility & services
- ✓ Employment supports

Facilitated Self-Advocacy meeting will be available for students during the event

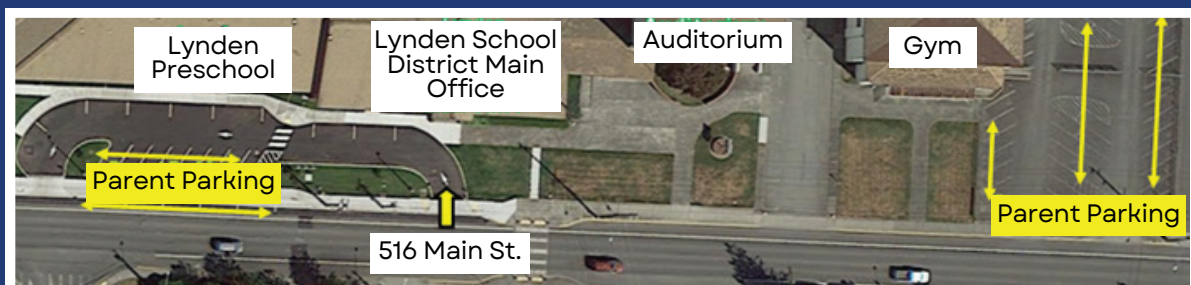


### WHO WE ARE:

Beverly Porter: Parent Advocate, The Arc of Whatcom County  
Naomi Siegel: Whatcom County Dev. Disabilities Program  
Staff from the Division of Vocational Rehabilitation (DVR)



Enter through the front main door, parking available:



# 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, 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, completing tasks, budgeting, developing social skills, and living a healthy lifestyle. Join us virtually for this meeting on zoom



Thursday, November 21, 6-8pm

### In-Person Self Advocacy Meeting

Please join us for a fun and friendly in-person meeting at the Lynden School District Office: 516 Main St., Lynden 98264

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.



Thursday, January 2, 4:30-6:30pm

### Trying New Things in 2025

We will share our goals and what new things we would like to try in the New Year. 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)



Sponsored by The Arc of Whatcom County with funding from the Whatcom County Developmental Disabilities Program



## 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/youth/navigating-ssi/>



## SPIN Dance

Open to the Community  
Free!

When & Where: Third Monday of each month | 6pm-8pm

Monday, November 18th, 6 - 8pm  
Bloedel Donovan Community Building

Monday, December 16th, 6 - 8pm  
Bloedel Donovan Community Building

Come dance with us to music provided by Glitt3r Lyfe's  
Aireekah!

Registration Information:

<https://maxhigbeecenter.org/special-events/>

# SPIN DANCE

EVERY 3RD MONDAY OF THE MONTH | 6-8PM

FREE  
14 AND OLDER  
ALL ABILITIES

WITH LIVE DJ AIREEKAH

**Glitt3r  
Lyfe**  
EVENTS,  
FUN & ART



## First Friday Silent Disco Party!

Open to the Community!!



## SILENT DISCO PARTY!

EVERY FIRST FRIDAY OF THE MONTH | 6-8PM

FREE \* ALL AGES \* ALL ABILITIES

MAX HIGBEE CENTER | CORNER OF STATE & MAGNOLIA

When: First Friday of each month  
6pm-8pm

Where: Max Higbee Center

Join us for an awesome headphone dance  
party hosted by weekend group program  
members and staff!

<https://maxhigbeecenter.org/special-events/>







## SPORTS FOR ALL!

### Adaptive Sports Demo Series

#### JUST ADDED!

WWU Adaptive Sports Club is providing a Wheelchair Basketball Exhibition and Clinic!

**TRY IT! | LEARN IT! | PLAY IT!**

Sports chairs will be provided.

Additional sports available to try:

- Adaptive Pickleball
- Sitting Volleyball
- Boccia

**WHO:** Anyone

**WHERE:** Whatcom Family YMCA

**WHEN:** Saturday | November 2  
11:30am - 1:30pm

**COST:** Member | FREE  
Non-Member | \$5 Per Day



Questions? Contact Jillian at [jpolitz@whatcomymca.org](mailto:jpolitz@whatcomymca.org)

**WHATCOM FAMILY YMCA**  
1256 N State St, Bellingham, WA, 98225  
360 733 8630 | [whatcomymca.org](http://whatcomymca.org)



Scan to learn more & register online, visit us in person, or give us a call!



# AUTISM FAMILY SWIM SOCIAL

Join FACES Northwest for a FREE fun filled hour of swimming for individuals on the autism spectrum and their families.

Sunday, November 3

6:15 pm – 7:15 pm

Arne Hanna Aquatic Center

1114 Potter Street, Bellingham, WA 98229

Children must be accompanied by a parent/caregiver. Children under the age of 7 must be in the pool with an adult. For more information email:

[info@facesnorthwest.com](mailto:info@facesnorthwest.com)

[www.facesnorthwest.com](http://www.facesnorthwest.com)

[\(360\)389-2151](tel:(360)389-2151)





Ready, Set, KNOW...

## Changes to DDA Enrollment Criteria: *Coming October 2024*

House Bill 2008 was passed in June 2022, requiring the Washington State Department of Social and Health Services Developmental Disabilities Administration to stop using intelligent quotients, better known as IQ, to determine DDA enrollment. Beginning Oct. 7, 2024, they will no longer use IQ to determine enrollment. DDA will rely on diagnosis and adaptive functioning only for enrollment eligibility.



### Other changes made to DDA eligibility include:

- Enrollment for all qualifying conditions\* is now available from birth to 3.
- Age of onset before 18 is now for all qualifying conditions
- The list of accepted adaptive assessments
- Expansion of the list of people who can make a diagnosis:
  - ➔ For some conditions, and under specific circumstances, DDA can accept diagnoses from the Center of Excellence, naturopathic doctors, advanced registered nurse practitioners, and physician assistants. Additionally, a geneticist can diagnose another neurological or a condition similar to ID.
  - ➔ Diagnoses from before October 7th by a qualified diagnostician can be used.

\*Qualifying conditions are defined as Developmental Delays, Intellectual Disability, Cerebral Palsy, Epilepsy, Autism, and another neurological or other conditions similar to Intellectual Disability.

### Changes to diagnosis criteria (Effective October 7th, 2024)

- ▶ DDA now accepts autism diagnoses from a COE, ND, ARNP, or PA affiliated with an autism or developmental center.
- ▶ DDA now accepts **cerebral palsy diagnoses** from a ND, PA, or ARNP associated with neurological practice.
- ▶ DDA now accepts diagnoses for **neurological conditions or other conditions similar to intellectual disabilities** from an ND, geneticist, or ARNP or PA associated with a neurological clinic or genetic testing center.
- ▶ DDA now accepts **developmental delay diagnoses** from a ND, ARNP, or PA.

You, **the applicant**, are responsible for providing the information required to determine DDA eligibility.

#### **How long does it take to complete a determination of eligibility through DDA?**

DDA has up to 30 days from receiving the final requested documentation to decide if you are eligible.

**To apply to be a DDA client, submit** a Service and Information Request. To learn more visit <https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>.

**If you need help contact** your local DDA office. To find your local office visit <https://www.dshs.wa.gov/office-locations>.

# 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 also available by appointment outside of those times. 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/>



# 2024 Event Calendar

## NOVEMBER

*Our office will be closed starting Wednesday, November 20 and will reopen Monday, November 25.*

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

20 Wednesday, 6 - 7:30pm  
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/)

21 Thursday, 11am - 12pm  
Open Office Hours

21 Thursday, 6 - 8pm  
Road Show  
more info on page 4

## DECEMBER

*Our office will be closed starting Monday, December 21 and will reopen Monday, January 4.*

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

5 Thursday, 11am - 12pm  
Open Office Hours

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

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

8 Sunday, 12 - 3pm  
Holiday Party  
more info on page 1

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

12 Thursday, 11am - 12pm  
Open Office Hours

8 Sunday, 12 - 3pm  
Holiday Party  
more info on page 1

19 Thursday, 11am - 12pm  
Open Office Hours



## 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](https://www.instagram.com/arc_whatcom)

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