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## March 2007

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### March 2007

**19 Monday** 7:00 - 8:30 p.m.  
Parent to Parent Support Meeting  
2001 H St.  
Contact Jennifer: 360-255-2056

**19 Monday** 7:00 - 9:00 p.m.  
Spin Dance - Max Higbee Center  
315 Halleck St.  
Contact Amanda: 360-676-6985  
360-738-7366 TTY

**24 Saturday** 10:00 a.m. - 12:00 p.m.  
Youth Self-Advocacy  
2602 McLeod Rd  
Contact Maureen: 360-715-0170 ext 302

**26 Monday** 10:30 a.m. - 12:00 p.m.  
Safety Awareness Group  
2602 McLeod Rd  
Contact Maureen: 360-715-0170 ext 302

**26 Monday** 4:30 - 6:00 p.m.  
Whatcom County DD Advisory Board  
3333 Squalicum Pkwy.  
Contact Jessica: 360-676-6724 ext 32014

**28 Wednesday** 1:00 - 4:30 p.m.  
Natural Supports: Job & Community  
3333 Squalicum Pkwy.  
Contact Pat: 360-676-6724 ext 32243

**31 Saturday** 7:00 p.m.  
People First  
315 Halleck St.  
Contact Susan: 360-738-2060

### April 2007

**2 Monday** 4:00 - 6:00 p.m.  
Arc Board of Directors  
2602 McLeod Rd.  
Contact Dana: 360-715-0170 ext 305

**5 Thursday** 9:00 a.m. - 1:30 p.m.  
Whatcom County Transition Fair  
3333 Squalicum Pkwy.  
Contact Heather: 360-715-0170 ext 308

**20 Friday** 6:30 - 7:30 p.m.  
Family Swim Social  
Arne Hanna Aquatic Center  
1114 Potter St.  
Contact Jennifer: 360-255-2056

**21 Saturday** 9:00 a.m. - 3:00 p.m.  
Parent Advocacy Training  
2602 McLeod Rd.  
Contact Beverly: 360-715-0170 ext 306

*All Events are in Bellingham unless otherwise noted.*

## Transition Fair

The Whatcom County Transition Fair is a chance to explore the range of services and programs available in our community to individuals with disabilities. Transition students leaving high school and looking toward the future will be able to connect with organizations that can help them live independent, fulfilling adult lives. They can then "interview" representatives from the agencies they are interested in working with. This is a great opportunity to access a variety of resources in one location.

You will have a chance to learn about advocacy, employment, education, recreation, transportation, housing, community support and more. If you're not sure what your next step will be after high school, this will give you an idea of some of the possibilities that exist. Already have an idea of what you want to do with your future? The fair will help connect you with resources and support to help you achieve your goals.



Makenna Padgett, a Bellingham Community Transitions Student, presents to the Whatcom County DD board.

Check out our break-out sessions on self-determination, self-advocacy, building a life, and other topics related to transitions to adult life. During the morning session, a panel of individuals who have already gone through the transition process, along with their parents and job coaches, will discuss inspirations, challenges, keys to success, and more. In the afternoon session, Rick Pribbernow of Compass Health will discuss "Shifting Gears"... into Adulthood.

The Whatcom County Transition Fair will be useful and fun for everyone, giving participants a chance to connect with resources available to help individuals with disabilities become self-advocates, living independent and exciting adult lives.

Source: Heather Fathali

## The Night

By Sonja Hellinga

A bell cried out a song,  
It rang for the night sky.

And a cat giggled in a corner  
For it played a little fool.

The moon prayed for stars  
For he is a lonely man,

While the water laps the drinking fountain  
For something to cool his thirst,

And a dog sleeps a little pleasant dream  
To get through the night.

Sonja Hellinga is a poet and Bellingham High School and a BHS Community Transitions Graduate.



### Transition Fair

Thursday, April 5th  
9:00 a.m. - 1:30 p.m.

St. Luke's Community Health Ed. Center  
3333 Squalicum Pkwy.

Contact:  
Heather 360-715-0170 ext 308



# The Latest in Washington D.C. and Washington State

Toll Free Legislative Hotline • 1-800-562-6000

## Advocacy Days

March 21: Budget: Part 2  
Forecasting What's Ahead

March 28: Emergent Issues  
(Session-End Priorities)

April 4: Budget: Part 3  
Reaching the Final Stretch

April 11: Lend a Hand  
(Last Minute Advocacy)



If this is your first visit and you need a guide for the day, please let the Arc of Washington know when you register. Individuals need to make legislative appointments at least two weeks in advance with your elected officials.

To register for the morning briefing, Call: 1-888-754-8798, ext. 105.

Source: The Arc of Washington

## The Budget and You: Contact Your Legislator

Anticipating an early budget release in Olympia, advocates have organized the old-fashioned way by launching a "true blue" card campaign. These postcards present a tangible, touchable way for us to deliver our message to key legislative leaders.

The message is clear and direct: there's no way to prioritize parts of a person's life or the surrounding support system of families, employers, early intervention, providers, service system and quality assurance.

You can copy the message below or send the same message through the online action center:

<http://capwiz.com/arcwa/issues>

### Whole Person -- Whole System

For decades, the lives of children and adults with developmental disabilities have been divided and sorted by priority. It's time to change that way of thinking.

Instead of carving out portions of a person's life, we must see the whole person: Jobs, home, family, community, planning for the future, early intervention, and living wages for those who provide services.

If the legislature supports a "continuum of care," then it must fund a full continuum of support in our communities.

**Cost: \$94 million -- Value: Priceless**

Source: The Arc of Washington

## Phone Services

### Need Phone Services?

Telecommunication Equipment Distribution is a program that distributes specialized telecommunication equipment that enables Washington residents with disabilities to have independent use of the telephone. This program is run by the Office of the Deaf and Hard of Hearing.

To apply, contact:

Toll-free: 1-800-422-7930 V/TTY or  
360-902-8000 or

Email: [odhh@dshs.wa.gov](mailto:odhh@dshs.wa.gov) or

Visit: <http://adhh.dshs.wa.gov>

### Qwest Lifeline:

Lifeline is a government program that offers qualified people a discount on their monthly local telephone bill. Each state has its own guidelines to qualify. In Washington, Lifeline is known as Washington Telephone Assistance Program.



### How much can be saved on my phone bill?

You can save up to \$10.62 per month.

### How do I apply?

To apply for Lifeline call 1-800-244-1111. You will be asked to provide proof of your eligibility by providing your identification number supplied by the Department of Social and Health Services (DSHS). Your Lifeline benefits will take effect when proof of eligibility is received.

### You're eligible for Lifeline if you participate in any of the following programs:

- Food Stamps
- Supplemental Security Income (SSI)
- Medical Assistance
- Medical Coupons
- Community Options Program Entry Systems (COPES)
- General Assistance
- CHORES Services
- Temporary Assistance for Needy Families (TANF)

Source: Washington State DSHS and Lifeline



## Allison Kristine Hanel

Allison Kristine Hanel, age 29 of Lynden, died on Tuesday, February 13 surrounded by her loving family and community.



Allision was born in Seattle, WA, on December 15th 1977 to Brian and Meredith Hanel. She was born two month premature, and was soon after diagnosed with cerebral palsy. With the support of her family

and friends, Allsion was raised and lived in Whatcom County. Over the course of her life she was a light to all around her. Everyone she met was her next best friend. Allison and her family were active supporters of the Whatcom Infant Stimulation Program, United Cerebral Palsy, the Whatcom Transit Authority, Self-Advocates In Leadership (SAIL), People First, The Arc, the Free Wheelchair Mission, World Vision, and many others.

Allsion worked at The Arc of Whatcom County as a receptionist and an on going volunteer. She served on the Whatcom County Developmental

Disabilities Advisory Board and was instrumental in the passage of the respectful language bill.

Allison will be missed.



## Whatcom County Transition Fair

Thursday, April 5  
9:00 a.m. - 1:20 p.m.



A resource fair for transition students who are leaving high school and looking toward their future as an adult. Students, their teachers and families will be able to explore a range of services and programs available to them in their community.

St. Luke's Health Ed. Center  
3333 Squalicum Pkwy., Bellingham  
Contact Heather: 360-715-0170 ext 308

We've Moved!  
Save the Date:  
May 30th  
The Arc's  
Dan Godwin  
Community  
Center  
Grand Opening



## Disability Etiquette

### ASK BEFORE YOU HELD

Just because someone has a disability, don't assume she needs help.\* If the setting is accessible, people with disabilities can usually get around fine. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. And if she does want help. Ask how before you act.

### BE SENSITIVE ABOUT PHYSICAL CONTACT

Some people with disabilities depend on their arms for balance. Grabbing him even if your intention is to assist could knock him off balance. Avoid patting a person on the head or touching his wheelchair, scooter or cane.



People with disabilities

consider their equipment part of their personal space.

### THINK BEFORE YOU SPEAK

Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to him as you would with anyone else. Respect his privacy. If you ask about his disability, he may feel like you are treating him as a disability, not as a human being. (However, many people with disabilities are comfortable with children's natural curiosity and do not mind if a child asks them questions.)

### DON'T MAKE ASSUMPTIONS

People with disabilities are the best judge of what they can or cannot do.

Don't make decisions for him about participating in any activity. Depending on the situation, it could be a violation of the ADA to exclude people because of a presumption about his limitations.

### RESPOND GRACIOUSLY TO REQUESTS

When people who have a disability ask for an accommodation at your business, it is not a complaint. It shows she feels comfortable enough in your establishment to ask for what they need. And if she gets a positive response, they will probably come back again and tell their friends about the good service they received.

Source: United Spinal Association

\* Note: We want you to think of people who have a disability as individuals—your friends, your co-workers, your neighbors—so rather than use the amorphous group term "they" for people with disabilities, we use the pronouns "he" or "she" throughout this booklet.



# Get Involved



## Parent to Parent Support Meeting

Monday, March 19  
7:00 - 8:30 p.m.

Topic: Transitions into Adulthood

2001 H Street, Bellingham  
Contact Jennifer: 360-255-2056

## Spin Dance

Monday, March 19  
7:00 - 9:00 p.m.



315 Halleck Street, Bellingham  
Contact Amanda:  
360-676-6985 or 360-738-7366 TTY

## Natural Supports in the Community and on the Job

Wednesday, March 28  
1:00 - 4:30 p.m.

For educators, parents, and interested  
community members.



St. Luke's Health Education Center  
3333 Squalicum Pkwy, Bellingham  
Contact Pat: 360-676-6724 ext 32243

## Youth Self-Advocacy Group

Saturday, March 24  
10:00 a.m. - 12:00 p.m.



Have a Dream? Join our Group  
Have fun learning about Self-Advocacy  
Make Friends and Work Together!

The Arc's Dan Godwin Community Center  
2602 McLeod Rd, Bellingham  
Contact Maureen: 360-715-0170 ext 302

## Employment for Everyone

Tuesday, April 3  
6:00 - 7:30 p.m.



Skagit Family Resource Center  
Contact Melinda Bjaaland: 360-336-9395

Sponsored by Skagit County Human Services & Parent to Parent

## Safety Awareness and Sexuality Support Group

Monday, March 26

10:30 a.m. - 12:00 p.m.

Presented by John Davis and Jan Jung, Husband and Wife  
Team of Mental Health Counselors. An opportunity to learn all  
about personal safety and awareness.



The Arc's Dan Godwin Community Center  
2602 McLeod Rd, Bellingham  
Contact Maureen: 360-715-0170 ext 302



Arc events are held in accessible locations. For sign  
language interpreter service, assistive listening devices  
or communication material in an alternative format,  
large print or audiotape, please call 10 days in advance.

## Roommate Wanted

It sure feels good to be home! This is exactly how one  
special lady feels when she is at home, a home that she is  
looking to share with one or two compatible housemates.

If you know or care for someone with developmental  
disabilities that needs to relocate, or are an aging parent  
with an adult child with disabilities and are looking for a  
place they can call "Home Sweet Home", please contact  
**Mike Etzell at 360-678-7883 or [mikeet@co.island.wa.us](mailto:mikeet@co.island.wa.us)**

## Families as Effective Partners with Adult Service Providers

Tuesday, April 10  
6:00 - 7:30 p.m.



Skagit Family Resource Center  
Contact Melinda Bjaaland: 360-336-9395

Sponsored by Skagit County Human Services & Parent to Parent

## Family Swim Social

Friday, April 20  
6:30 - 7:30 p.m.



Arne Hanna Aquatic Center  
1114 Potter St.  
Contact Jennifer: 360-255-2056  
Sponsored by: Parent to Parent

## Parent Advocacy Training

Saturday, April 21

9:00 a.m. - 3:00 p.m.



You will learn how to better advocate for  
yourself or a family member with developmental  
disabilities. All are welcome.

The Arc's Dan Godwin Community Center  
2602 McLeod Rd, Bellingham  
Contact Beverly: 360-715-0170 ext 306, Please RSVP

## The Road To Transition

Wednesday, April 25

6:00 - 8:00 p.m.

Katherine Carol will show you how to move from  
**transition terror** to **transition terrific**.

St. Luke's Health Ed. Center  
3333 Squalicum Pkwy., Bellingham  
Contact Pat: 360-676-6724 ext. 32243

## Caregiver Support Group



Are you a parent or relative caregiver of someone  
with a developmental disability?

St. Luke's Health Ed. Center  
3333 Squalicum Pkwy., Bellingham  
If you are interested in joining a new caregiver support  
group, Contact Kelly: 360-676-2220 ext 3362



## Special Education, Children & Families

### Early Intervention Programs for Infants and Toddlers with Disabilities

Congress established the Early Intervention program to enhance the development of infants and toddlers with disabilities and enhance the capacity of families to meet their child's needs.

Early intervention is the process of providing services, education and support to young children with disabilities, existing delays or special needs that may affect their development or impede their education. The purpose of early intervention is to lessen the effects of the disability or delay. Services are designed to identify and meet a child's needs in five developmental areas, including: physical development, cognitive development, communication, social or emotional development, and adaptive development.



Early intervention programs and services may occur in a variety of settings, with a heavy emphasis on natural environments.

The Individuals with Disabilities Education Act (IDEA) requires *"to the maximum extent appropriate to the needs of the child, early intervention services must be provided in natural environments, including the home and community settings in which children without disabilities participate."* (34 CFR §303.12(b))

By definition, natural environments mean *"settings that are natural or normal for the child's age peers who have no disabilities."* (34 CFR §303.18)

Source: wrightslaw.com

### Geese Provide Valuable Lessons for Everyone

**Fact 1:** As each bird flaps its wings, it creates an uplift draft for the bird following. By flying in a "V" formation, the whole flock adds a greater flying range than if one bird flew alone.



**Lesson 1:** People who share a common direction and sense of community can get where they're going quicker and more easily because they are traveling on the strength of one another.

**Fact 2:** Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

**Lesson 2:** If we have as much sense as geese, we will stay in formation and be willing to accept help when we need it and give help when it is needed.



**Fact 3:** When the lead goose gets tired, it rotates back into the formation, and another goose flies to the point position

**Lesson 3:** Geese instinctively share the task of leadership and do not resent the leader.

**Fact 4:** The geese in formation honk from behind to encourage those up front to keep their speed.

**Lesson 4:** We need to make sure our honking from behind is encouraging and not something else.

**Fact 5:** When a goose gets sick, is wounded or shot down, two geese drop out of formation and follow it down to earth to help and protect it. They stay with their disabled companion until it is able to fly again or dies. They then launch out on their own or with another formation or catch up with the flock.



**Lesson 5:** If we have as much sense as geese, we, too, will stand by one another in difficult times and help the one who has dropped out regain his place in the formation.

Source: Author Unknown

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2602 McLeod Rd.  
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360-715-0170 or  
1-866-284-8444 (toll free)  
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**The Arc of Whatcom County Board of Directors**  
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**Administrative Assistant**  
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OFFICE HOURS: 9-12 M-F



## Choice and Self Determination

*People with developmental disabilities and their families want services and supports delivered by a system that allows us choice and control over our own lives.*

### Celebrate Developmental Disabilities Awareness Month

#### Proclamation



Pete Kremen,  
Whatcom County  
Executive

**WHEREAS** a developmental disability is a condition which affects more than 7 million Americans and families;

**WHEREAS** public awareness and education enhance a community's understanding of the issues affecting people with developmental disabilities;

**WHEREAS** persons with developmental disabilities are vital and vibrant members of our communities, improving the quality of life for all of us;

**WHEREAS** the month of March has been designated National Developmental Disabilities Awareness Month, with more than 120,000 members and 1,000 chapters of The Arc undertaking public awareness, educational, and fund-raising initiatives;

**WHEREAS** The Arc of Whatcom County is the area's leading volunteer-based organization advocating for and with people with developmental disabilities and their families;

**THEREFORE** Tim Douglas, Mayor of the City of Bellingham, and Pete Kremen, Whatcom County Executive, do hereby proclaim March 2007 as

**DEVELOPMENTAL DISABILITIES AWARENESS MONTH**  
**in the City of Bellingham and Whatcom County and urge all citizens to give full support of efforts towards enabling people with developmental disabilities to live full and productive lives of inclusion in our communities.**



#### DOWN SYNDROME OUTREACH CALENDARS AVAILABLE SMILES OF LIFE

#### 2007 Calendars are going fast! Be sure to get yours today!

Down syndrome Outreach of Whatcom County is proud to announce our 2007 calendar, "Smiles of Life". The calendar portrays the depth and diversity among persons with Down syndrome in regards to personality and interests from birth through adulthood. The calendar also raises awareness for Down syndrome.



Please call 360-715-0170 ext 307 or stop by The Arc office to inquire about reserving yours today!