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June/July 2007

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June 2007

18 Monday 7:00 - 8:30 p.m.
Parent to Parent Support Meeting
2001 H St.
Contact Jennifer: 360-255-2056 ext. 1

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

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

July 2007

11 Wednesday 8:00 a.m. - 5:00 p.m.
Down syndrome Outreach
Seattle Aquarium Trip
Contact Sarah: 360-715-0170 ext. 307
Note: Registration is due by June 30th.

16 Monday 7:00 - 8:30 p.m.
Parent to Parent Support Meeting
2001 H St.
Contact Jennifer: 360-255-2056 ext. 1

21 Saturday 10:00 a.m. - 12:00 p.m.
Youth Self-Advocacy Group
2602 McLeod Rd.
Contact Maureen: 360-715-0170 ext. 302
See page 4 for details.

21 Saturday 12:00 - 2:00 p.m.
Parent to Parent Summer Picnic
Bloedel Donovan Beach Pavilion
Contact Jennifer: 360-255-2056 ext. 1

21 Saturday 7:00 p.m.
People First
2602 McLeod Rd.
Contact Susan: 360-738-2060
Note: People First Meetings are now held the third Saturday of every month.

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

August 2007

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

All Events are in Bellingham unless otherwise noted.

Camp T.E.A.M.



Together Everyone Achieves More

The Sixth annual Camp TEAM took place on Friday & Saturday, May 11-12 at Camp Kirby, on beautiful Samish Island.

"Together as a team, like three peas in a pod" was the theme for this fun experience for teens and adults with developmental disabilities, WWU students, and other community members.

Camp TEAM encourages participants to meet new people and fosters community ties between members from Skagit and Whatcom counties. It was an exciting opportunity to play games, create arts and crafts, go canoeing or on nature walks, play on the beach, sit around a bonfire, eat s'mores, build relationships, and boogie down and dance on Friday night.

This year's theme of togetherness was shown over and over again in the enthusiastic participation of the many different activities.

Participants shared that they really enjoyed the karaoke time. Other high points for some of the campers were the tai-kwan-do exercises and the s'mores! When asked what they would tell someone who had never been to Camp TEAM, they wanted people to know "It would be fun, and I hope they like it a lot, like I did!"



Sponsored by Western Washington University, Max Higbee Center, Skagit County Health and Human Services, Whatcom County Health and Human Services, Whatcom Educational Credit Union and Bellingham Parks and Recreation.



Disability Rights

Disability Rights Washington, formally the Washington Protection and Advocacy System (WPAS), opened an investigation in January 2007 into the "Ashley Treatment" interventions and the role of Seattle's Children's Hospital. The findings of that investigation have been released:

1. Children's Hospital violated Washington state law in performing the hysterectomy portion of the 'Ashley Treatment' which resulted in the violation of Ashley's constitutional and common law rights;
2. Children's Hospital has acknowledged the violation and accepted full responsibility;
3. Children's Hospital has entered into an enforceable, written five (5) year agreement with WPAS to take corrective action and other proactive steps; and

Children's Hospital acknowledged the following in their five (5) year, enforceable agreement:

"Children's has received and reviewed the WPAS report on Ashley and the treatment she received. In general, Children's accepts the WPAS report. Specifically, Children's agrees with the finding in the report that Ashley's sterilization proceeded without a court order in violation of Washington State law, resulting in violation of Ashley's constitutional and common law rights. Children's deeply regrets its failure to assure court review and a court order prior to allowing performance of the sterilization and is dedicated to assuring full compliance with the law in any future case."



Some of you may think having a court order is a procedural matter easily overcome. That is not the case. WPAS encourages you to carefully read the legal requirements section of their report to gain a full understanding of this critical safeguard of the rights of children for whom this treatment may be proposed.

Adapted from: Washington Protection & Advocacy System*

To view the full report, complete with appendix items, visit the website: www.DisabilityRightsWA.org

*Washington Protection and Advocacy System (WPAS) is changing its name! Effective June 2007, their agency will be known as Disability Rights Washington (DRW).

Shared Living Rule:

Court rejects way state cuts Medicaid benefits

Washington state can't cut Medicaid benefits by 15 percent simply because a person with disabilities lives with a caregiver, the state Supreme Court ruled.

The 6-3 decision sides with three people with disabilities who challenged a state formula that determines how much government assistance a person needs.

Majority justices said the Department of Social and Health Services' automatic reduction for a live-in caregiver violated federal rules that say Medicaid recipients must be treated equally.

Such a cut in government benefits would be appropriate only after examining an individual's particular needs for care, the court ruled.

"A 15 percent reduction across the board ... does not address, and in fact ignores, the realities of the recipients' individual situations," Justice Charles Johnson wrote.

The case centered on complaints by three people – David Jenkins, Venetta Gasper and Tommye Myers – deemed "totally dependent" for preparing meals and performing housework.

All three challenged DSHS rulings that cut their Medicaid payments because they have live-in caregivers.

That "shared living rule" is meant to deduct the portion of a caregiver's work that benefits others in a household, such as making one meal or one shopping trip for two people.



Jenkins, Gasper and Myers said the formula didn't account for the extra work their caregivers perform that benefits only the Medicaid recipient.

State officials argued that the Medicaid law doesn't specifically require an individual assessment of each person's need for public assistance.

But the court's majority agreed with the Medicaid recipients, saying the one-size-fits-all policy wasn't allowed under federal law.

The court's three dissenters – Justices Mary Fairhurst, Barbara Madsen and Bobbe Bridge – disagreed, saying the court's call for individual need assessments "establishes a sweeping precedent that could affect ... the way all public assistance benefits are allocated."

Adapted from: Curt Woodward; The Associated Press



New DDD Phone Numbers

The Division of Developmental Disabilities (DDD) Bellingham outstation has updated their phone system and all telephone numbers have changed.

Main Line: 360-714-5000

Please use this chart to locate your Case Manager's new phone number.

Candace Weingart	714-5016	Marcey Mansolillo	714-5009
Chris Stearns	714-5012	Scott Watling	714-5010
David Inscho	714-5013	Shannon Neely	714-5007
Jan Driscoll	714-5008	Shelly Clark	714-5011
Judy Ranallo	714-5004	TTY*	714-5002
Leslie Cook	714-5015	FAX	714-5001
Lynda Burge	714-5006	Toll Free	1-800-239-8285

Source: DDD

*TTY is a common name for Teletypewriter or Teletype, a typewriter with an electronic communication channel, a common name for telecommunications device for the deaf.

New Prescription Drug Card

This is open to all Washington residents who do not have prescription drug insurance coverage or one that covers all their prescription needs regardless of age or income. There are no other eligibility requirements or fees for membership in the WPDP (Washington Prescription Drug Program). You could save 20 to 60% on your prescription drugs. Visit www.rx.wa.gov for the enrollment form. Each person must fill out a form. For more information or help filling out the enrollment form, call 1-800-913-4311. Source: www.rx.wa.gov



Supported Employment: Did You Know?

People with disabilities are beginning to work more, to earn better wages, and to be more empowered (Blanck, 1998). Before the establishment of supported employment, few individuals with disabilities were employed outside of segregated work settings.

Everyone in the community benefits from the inclusion of people with disabilities that happens when they join the work force through supported employment. These include having a real job with benefits and the dignity that arises from gainful employment. The employer gets a good worker and receives specialized support. The family is able to see their involvement and contribution as a community member through the role in the workplace. Finally, taxpayers will spend less money than they would to support the individual in a segregated day program.

Job coaches, accommodations, and other work place adjustments are some examples of supported employment. The Americans with Disabilities Act defines accommodations as any change or adjustment to a job or work environment that enable an individual to perform essential job functions.

Information from the Department of Labor shows that accommodations are effective and cost saving as well as providing several benefits to both employer and employee.

When accommodations were made, better than 80% were deemed to be extremely effective by the people involved.

Extremely effective:	24%
Very effective:	58%
Minimally effective:	12%
Not effective at all:	6%

Accommodations do not generally cost the employer a great amount of money. Most (more than 70%) cost less than \$500 to provide.

Cost:	
No cost:	20%
Between \$1 and \$500:	51%
Between \$501 and \$1,000:	11%
Between \$1,001 and \$1,500:	3%
Between \$1,501 and \$2,000:	3%
Between \$2,001 and \$5,000:	8%
Greater than \$5,000:	4%

Making these accommodations benefits employers in the following ways:

Allowed you to hire or retain a qualified employee:	56%
Eliminated training costs:	31%
Saved worker's compensation and/or other insurance costs:	38%
Increased the worker's productivity:	54%
Other:	25%

Source: Job Accommodation Network; County Guidelines, Washington State Department of Social and Health Services, Division of Developmental Disabilities; & "Supported Employment: Critical Issues and New Directions" Paul Wehman and John Bricout.

WithinReach

WithinReach provides information and referral for social and health services across Washington State. Their specialists will be happy to assist you in finding answers to your questions. The staff speaks English and Spanish and have access to interpreters for 50 other languages. Visit their website at www.withinreach.org or call their Family Health Hotline at 1-800-322-2588 or for TTY relay, call 711 or 1-800-833-8388. Source: www.withinreachwa.org

Participants needed for study: Depression in Autism

A graduate student at Western Washington University is conducting a study exploring the relationship between cognitive abilities and depression in individuals with autism.

He is looking for parents of children with autism who are from 7-17 years old.

A monetary stipend will be provided for all who participate.

Contact: Joel Gaffney
509-768-5635 or
joel.gaffney@gmail.com



Get Involved

Parent to Parent Support Meetings

Mondays, June 18 & July 16
7:00 - 8:30 p.m.

June: Autism Awareness
Guest Speaker: Karlene Carlson, Families for Autistic Children's Education and Support, Northwest
July: Down syndrome Awareness
Guest Speaker: Sarah Weg, Down syndrome Outreach

2001 H Street, Bellingham
Contact Jennifer: 360-255-2056 ext. 1

Spin Dance

Monday, June 18
7:00 - 9:00 p.m.

Band: Juba Marimba

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



Parent to Parent Annual Family Summer Picnic

Saturday, July 21
12:00 - 2:00 p.m.



Bloedel Donovan Beach Pavilion, Bellingham
Contact Jennifer: 360-255-2056 ext. 1
Co-sponsored by Bellingham Parks and Recreation

Summer Ice Cream Social & Spin Dance

Monday, August 20
6:30 - 9:00 p.m.



The Social is open to all SPIN dancers and their families. After the Social, the music starts and there will be dancing from 7-9 p.m.

Please call ahead to reserve your space by Friday, August 10.

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

Supported Employment Conference

June 20 - 22

Central Washington University, Ellensburg
Contact Wally: 206-343-0881 ext. 117
or E-mail: wally@theinitiative.wa

Down syndrome Outreach Seattle Aquarium Trip

July 11
8:00 a.m - 5:00 p.m.

For persons with Down syndrome and up to four of their immediate family members or a caregiver and a friend. Registration is due by June 30th.

Contact Sarah: 360-715-0170 ext. 307

Autism Training

July 16-20 & 23-27
9:00 a.m. - 4:00 p.m.

Summer intensive 1 or 2 week training course for parents, teachers, special educators, and home therapy assistants.

Center on Human Development & Disability
UW Seattle Campus
Contact University of Washington Autism Center:
206-543-9930

Or Visit: <http://depts.washington.edu/uwautism>



Super Sitter Training

July 19 - 21

For children ages 12 to 18 interested in learning to care for children with special needs. Training includes Pediatric First Aid & CPR Certification.



Please call for details

Contact Jennifer: 360-255-2056 ext. 1
Sponsored by: Parent to Parent & Bellingham Parks and Recreation

Youth Self-Advocacy Group

3rd Saturdays of the month
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!

Registration required - Ages 18 to 25 only.

The Arc's Dan Godwin Community Center
2602 McLeod Rd, Bellingham
Contact Maureen: 360-715-0170 ext. 302
Sponsored by: Whatcom County Developmental Disabilities Program

Safety Awareness and Sexuality Support Group

Every Monday

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

Learn all about personal safety and awareness.
Presented by John Davis and Jan Jung,
Husband and Wife Team of Mental Health Counselors.
Sessions run for 5 weeks.

Registration required - Ages 18 and older.

The Arc's Dan Godwin Community Center
2602 McLeod Rd, Bellingham
Contact Maureen: 360-715-0170 ext. 302
Sponsored by: Whatcom County Developmental Disabilities Program



Parent to Parent Family Swim Social

Friday, August 10
6:30 - 7:30 p.m.



Arne Hanna Aquatic Center
1114 Potter Street, Bellingham
Contact Christine: 360-255-2056 ext. 3



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.



Special Education, Children & Families

Summer Fun: Playing in the Dirt

An accessible garden eliminates barriers to gardening, creating an area where people of all ages and abilities can garden. Everyone receives rewards from gardening. For family fun it provides particular benefits:

- Communication and social skills - as a result of being involved in community activities.
- Fitness - gardening is a great form of physical activity.
- Choice making - identifying foods we like and want to grow.
- Confidence - provides an opportunity to develop new skills.
- Wellbeing - gardening is a great way to relax and reduce stress.
- Physical ability - through improved motor skills.
- Nutrition - an opportunity to learn about healthy food.
- Knowledge - learn about the environment and nature.
- Enjoyment - gardening is a wonderful leisure activity in which tasks and routines can be varied and shared.

You don't need a yard to garden. Tubs, pots, and baskets can be placed at windows or on patios and even inside!

Raised beds are large bottomless boxes that contain soil and permit drainage below. Height of the sides can vary from 18 inches for a child, to 24 inches for someone seated in a chair next to the garden bed. **Boxes and pots** of various sizes provide successful ways to grow vegetables



Community members play in the dirt at the Dan Godwin Community Center during Make a Difference Day in October 2006.



For more plant ideas or a fun family trip, visit the fully accessible fragrance garden at Tennant Lake near Hovander Park in Ferndale.

and flowers. **Hanging baskets** can create planting space where none exists. **Deep boxes, barrels, and tubs** can be used to create miniature raised beds for flowers, vegetables, and herbs.

Vegetables: Gardeners of any age and ability can take pride and satisfaction in growing food for the table. The beginning gardener may start with fast and easy crops such as radishes, spinach or leaf lettuce. Pumpkins are a favorite for fall color and decorations.

Herbs: Herbs can be grown for seasoning in foods and for their fragrance. Many herbs like chives, dill, mint, parsley, rosemary and thyme grow well in pots, raised beds and containers.

A garden benefits on many levels. One magical effect of gardening is stress relief. It can divert thoughts about yourself and your situation. In the garden, you can create your environment. Gardening stimulates all of the senses, giving great pleasure and satisfaction.

Excerpted from www.specialneedsfamilyfun.com

Greener Garden Party

Saturday, June 30th
10:00 a.m. - 12:00 p.m.

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

**The Parent Coalition of
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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.

Self-Determination as a Human Right

By Ellen Cummings



Whatcom County Self
Determination Team

Some cynics have said that self-determination is just another 'model of the year' and will not last. They fail to recognize what is happening...people are finding their power, taking control of their lives, defining their futures, and becoming accountable for themselves. It becomes, then, the responsibility of all of us who believe in the inherent potential of every human life to make sure that the genie of self-determination is pushed so far out of the bottle that it can never be pushed back in.

Self-determination is not a model...

it is a human right.

Source: Pierce County Self Determination Forum

Definition of Inclusion

Inclusion is a belief in every person's inherent right to participate fully in society. Inclusion implies acceptance of differences. **It means welcoming a person who would be otherwise excluded.** Translating this philosophy into reality is a process that requires collaboration, teamwork, flexibility, a willingness to take risks, and support from a whole array of individuals, services and community systems. The goal of inclusion is for all people to lead productive lives as full, participating members of their communities.



Definition approved June 7, 2000 by the King County Board for Developmental Disabilities.