

## OUR MISSION

The Arc of Spokane Advocacy & Family Support Team provides information, education, resources, support, and advocacy to people with developmental disabilities and their families. Our goal is to help people become more informed and to empower people to become better equipped to access the services and supports they need. We promote independence and choice and respect the values and perspectives of families. We strive to be responsive to the needs of families and provide the understanding and support that families need.

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## Rudely Interrupted

*Rudely Interrupted* are one of Australia's truly unique indie rock acts. 5 out of the 6 members share a range of both physical and intellectual disabilities (Blindness, Deafness, Aspergers, Autism and Down Syndrome) but most importantly, a common interest in self expression through music. Their achievements, both personal and professional to date are extraordinary.

With a sound likened to Joy Division having a Gary Numan party while eating pitch perfect cookies, this band will challenge your thoughts and entertain your mind with their infectious hooks.

"Don't Break My Heart" was their first song and video, the inspiration for which came from a simple discussion between Rohan and Rory over a universal question: "can you die from a broken heart"

Since then the *Rudie's* have toured the Australian east coast with the Laneway Festival and a solo headline tour. The band have toured the world playing sold-out shows in NYC, Toronto, Bristol, Manchester and London leaving all who see the band perform speechless, amazed and inspired.

*Rudely Interrupted* have many exciting shows coming up in 2009 & 2010 so keep an eye out on our tours page for more info. <http://rudelyinterrupted.com>

## Boy Scouts Introduce New Merit Badge



The Boy Scouts of America have implemented a new badge that encourages Scouts to learn about the challenges their peers living with disabilities face. Click here to find out more about this great new initiative.

Here is part of what scouts need to do for the badge. If your agency or one you know wants to get involved it would be a good way to help educate the general public and our next generation.

1. Explain what advocacy is. Do ONE of the following advocacy activities:
  - a. Present a counselor-approved disabilities awareness program to a Cub Scout pack or other group. During your presentation, explain and use person-first language.
  - b. Find out about disability awareness education programs in your school or school system, or contact a disability advocacy agency. Volunteer with a program or agency for eight hours.
  - c. Using resources such as disability advocacy agencies, government agencies, the Internet (with your parent's permission), and news magazines, learn about myths and misconceptions that influence the general public's understanding of people with disabilities. List 10 myths and misconceptions about people with disabilities and learn the facts about each myth. Share your list with your counselor, then use it to make a presentation to a Cub Scout pack or other group.



#### Lance's notes

It is with bitter sweet emotions that I share that I will be leaving the Arc of Spokane at the end of July. I have been blessed by having and developing the best job in the world and meeting hundreds, if not thousands, of families over my 12 ½ years here.

Some of you might know that I am getting married to the love of my life at the end of June. Carrie lives in Everett and I have been planning for a move to the west side of the state for the last 6 months. I have recently accepted a position with The Arc of King County in Seattle within their outreach and Advocacy Program

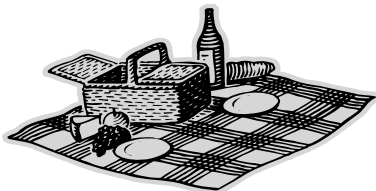
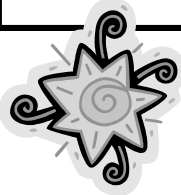
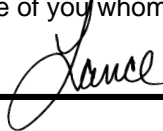
I am very proud of the work of The Arc of Spokane and everyone who works to fulfill the mission of The Arc. It is so important for people with developmental disabilities and their families be involved with The Arc to continue this important work.

You are the reason that The Arc exists and you are the driving force behind our Advocacy and Family Support programs. Your input helps shape the future of The Arc and activities that we address as an organization. If I could ask for one thing upon my departure, it would be your ongoing commitment and involvement with The Arc to ensure that we continue to meet the needs of people with developmental disabilities and their families.

I am also very proud of the work of the Advocacy and Family Support programs that we have built over the past 8 years. I believe the accomplishments we have made and the resources that we have to offer to people with developmental disabilities and their families are very valuable and will continue to make a difference in people's lives for years to come.

Over the next two months, I will focus much of my attention on the transition of my position and the Advocacy & Family Support programs to ensure continued success. My current position is being advertised and I hope to work with the successful candidate before I leave. I hope that you will also work with my successor and show them the same type of support that you have showed me over the years.

I have learned so much in this position through all of the people I have met and come to know. I look forward to visiting with those of you whom I have got to know over the years before my departure.



#### Director of Advocacy & Family Support Opening

Successful non-profit agency serving persons w/ developmental disabilities seeks effective, well-qualified, dynamic, caring individual to lead our advocacy & family support programs. Key Skills/Interests: Passion for our mission, organizing activists, strong management and interpersonal skills, speak/write well. Qualifications: Parent/close relative of a person with a developmental disability. Significant experience in similar program. Experience/aptitude for ensuring quality outcomes and financial stability of multiple programs and supervising multiple employees. Send letter of interest, resume, salary requirements and completed application c/o HR to The Arc of Spokane, 127 W. Boone, Spokane, WA 99201. EOE, [www.arc-spokane.org](http://www.arc-spokane.org).

#### Our Readers

**Advocacy & Family Support** is produced monthly and provides information to parents, grandparents, guardians, other family members, professionals and other adults who have a person with special needs in their life. We encourage you to copy and share this information. Please credit *The Arc of Spokane Advocacy & Family Support* and, where possible, the author.

#### Submissions

Please send submissions for our next issue by June 20 to:

Deanna Noland  
The Arc of Spokane  
127 W. Boone Ave.  
Spokane, WA 99201  
(509) 328-6326  
[dnoland@arc-spokane.org](mailto:dnoland@arc-spokane.org)

#### Mailing List

If you would like to be added, or removed from our mailing list, please call Deanna Noland at (509) 328- 6326.

#### E-mail List

To receive this newsletter in PDF format via email, visit [www.arc-spokane.org/maillinglist.htm](http://www.arc-spokane.org/maillinglist.htm) and click on the link for **Advocacy & Family Support**. At that location you may also subscribe to lists for Local Events, Statewide Events, Legislative Advocacy and The ArcLite newsletter.

#### Disclaimer

The inclusion of any article or resource in this newsletter does not imply endorsement.

Contents are intended for informational purposes only.



## Cathie's Notes

Spring Cleaning!!! For each of us this means something different I think. For some families it is taking off the storm windows and washing the 28 windows that the family home has without streaking them. For others it is pulling out all the furniture to the yard so you can wax and buff hardwood floors for the year.

I think it can also be cleaning out of old thought of how things appear to be. You know things like "The belief that you are alone", "Fear that you're not rich enough, smart enough, good enough", "Feeling that your life is a movie you're watching instead of starring in" and even the one about "Thinking that if you let go of the memorabilia you'll lose the memories". None of these statements are true you know.

It is time to SPRING CLEAN for sure!! You all are remarkable families whether you are a single person or a couple who have several children! There aren't many people who have accomplished what you all have been able to do with hard work. You have purchased your own home!!!! Just think about it... I mean there are thousands of Americans who for generations have lived in rental units never having accomplished what you all have! You should feel terrific about how hard you've worked to reach this goal. It has been a confusing, frustrating journey for many of you but you have succeeded. I know I am proud of all you have done since I have met you. All sixty families who have purchased through our HomeOwnership Opportunities program are truly remarkable people.

Yes, it is time for spring cleaning alright....I will begin the process of cleaning my office next week. I want to get rid of all the clutter that I needed in past years. So when our new offices are completed at our new building there will be less of my office to move and put away. If I haven't used it in the last 6 months I probably won't need it.

You can clean out your home too: Throw out those magazines that are more than 3 months old, get rid of all those single socks that the washing machine ate the other one, and for goodness sake throw out anything that you don't want to pass on to your children –from worn out rugs to worn out grudges. Recycle where you can things like old tennis shoes with worn soles, old college furniture, left over piles of wood from those projects you have either completed or never got around to and all those ideas that you've had about making homeownership a goal that anyone can accomplish.

Most of all enjoy the sunshine, smell the roses, and make new friends with your neighbors. Community can be a fun thing to experience!

*Cathie & Helen*

## Dealing With Feelings Support Group

### Objectives:

- Recognize feelings in yourself and others
- Discover healthy ways to deal with emotions with art, music, dance, writing, story telling.

On Wednesday—**June 2, June 9, and June 16**  
6:30 to 7:30PM

Location:  
The Arc of Spokane  
127 W. Boone  
(enter at rear of building)

### QUESTIONS?

**Tomie Zuchetto or Mary Ann Clute at Hospice of Spokane: 509-456-0438**

**Or**

**Deanna Noland at The Arc of Spokane: 509-328-6326**

## Here's the official list of the Top 10 Things that Annoy People who use Wheelchairs...

1. Able-bodied people parking in accessible parking spaces; 37%
2. Accessible bathroom stalls being used by an able-bodied person; 12%
3. Talking over my head as if I'm not here; 9%
4. Continuing to insist on helping me after I've said no thanks; 8.3%
5. Congratulating me for things like going to the grocery store like it's worthy of an Olympic medal; 6.1%
6. Strangers asking what happened to me; 5.7%
7. Not inviting me to an event because you are protecting me from some frustration (let me figure it out); 5.3%
8. Patting me on my head. Don't.; 5.0%
9. Holding on to the back of my chair so I can't move; 4.4%
10. Speaking slowly to me because I'm in a wheelchair; 3.5%

*From the Christopher Reeves Foundation website.*

Happy Spring! It is so nice to be able to go outside to play in the beautiful sunshine and breathe in fresh air! As the weather warms up and summer quickly approaches we spend more time in the beautiful outdoors, so I would like to remind parents and caregivers to be watchful of children playing outside. Here are a few reminders for staying safe.



1. If you own a pool, please keep it covered at all times when not in use and make sure children are supervised every moment they are outside around a pool. Children also need very close supervision around wading pools as they too are a risk for drowning accidents.
2. Check yard daily for wasp nests or bee hives, especially in trees, bushes and playground equipment where children play.
3. If yard is fenced, check fence to make sure the fence is secure and there are no missing or loose pieces and gates have working hooks that will keep the gate locked so little ones can't get out.
4. When mowing the lawn make sure children are not in close range of the mower. There is a high rate of mower accidents involving children, a mower can kick things up from the ground at a high speed that can cause injury to a child when hit or a fast moving child can run very quickly in the path of the mower. It is best practice to mow the lawn when children can be supervised in another location by an adult.
5. Do a safety check on all playgrounds, bikes and any equipment children may play with to make sure there are no broken, loose or missing parts that could pose a risk to a child.
6. When children are roller skating or biking make sure the child is wearing a proper fitting helmet.
7. When boating or swimming in a lake make sure child is wearing a proper fitting life vest at all times.

For more pointers on outdoor safety visit the CDC website [http://www.cdc.gov/ncidod/outdoor\\_spot/](http://www.cdc.gov/ncidod/outdoor_spot/) Parent to Parent loves to play outside too, so we would like to start meeting in the parks for the summer. During the month of June Parent to Parent would like to start back up "Meet in the Park". Our first Meet in the Park will take place Wednesday, June 23<sup>rd</sup> 10:30 in the morning at Mission Park which is located at 1210 E Mission Ave., there is now a universal play for children of all abilities to play on. Every month during the summer we will change to a different park so watch the newsletter for updates. Enjoy the beautiful spring days. Take care.

*Helen*

**Do you have a child with a disability?  
Do you remember getting the diagnosis for your child?  
And wondering "What now?"  
Do you have an interest in helping other parents who might need your insight?**

**We have a program for you!  
Parent to Parent is looking for interested participants  
Who have the desire to volunteer time and a listening ear?**

**To become a Helping Parent please join us.  
Training will be:**

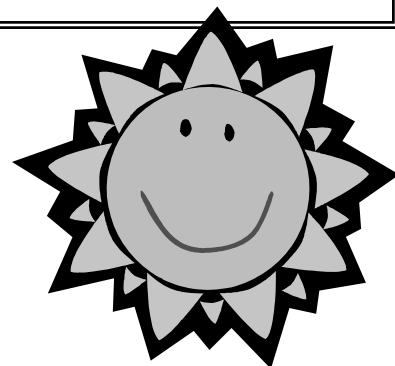
**Saturday, June 5th from 9:00 a.m. to 1:30 p.m.  
(lunch provided)**

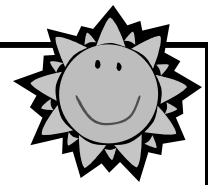
**At  
the Arc of Spokane, 127 W. Boone, Spokane**

**Training will include:  
Skills in communication and active listening.  
Understanding of community resources and referral sources.  
A clear understanding of the goals, activities and structure of the  
Parent to Parent Program.**

**For questions please call Helen Black – 328-6326 or email:  
hblack@arc-spokane.org**

**Please RSVP to Helen by June 3<sup>rd</sup>, 2010**





Safety is the theme of this month's newsletter which is really exciting for me because safety is the *reason* for the Partnership at the Arc. The Partnership's purpose is to reduce the rates of sexual assault, abuse and exploitation of people with developmental disabilities. One way to reduce risk is to increase safety.

Safety can be addressed on four levels; *personal, relationship, community and societal*. At the Partnership, personal safety is addressed through individual and group training of young adults with developmental disabilities. Next year, the program will be more active in Spokane schools providing information on personal safety skills.

Relationship safety includes the many types of relationships a person might have. One resource from the Partnership is a brochure on safe relationships written just for people with developmental disabilities. It is available on the Arc web site ([www.arc-spokane.org](http://www.arc-spokane.org)) and parents are encouraged to check out this free safety tool.

An important part of community safety is the use of public transportation. To assist parents in teaching about bus safety, the Partnership has created -the "THINK" training. It is specific to bus safety and it is also available on the web site. Additionally, for the last 10 years, the Partnership has put on a **Safety Rally** at the bus plaza for area middle and high school students in special education classes. The motto of the rally is "We All Deserve to be SAFE!" At the rally, students get personal safety tips and have a great, empowering community inclusion activity.

Finally, at the societal level, the Partnership endorses inclusion and cultural change. Studies have found that the more connected people are to the community in which they live; the less likely they are to be victimized. Inclusion through work and activities changes the perception of people with disabilities from outsiders of the community to members of the community.

Cultural change is more complicated, how can individuals address societal beliefs about disability? One idea is to challenge the use of the word "retard" as a synonym for stupid, foolish and incompetent. Refusing to allow others to use a disability as an insult reinforces the dignity and safety of all people with any developmental disability.

Well, that's enough from me, so have fun in the sun and...Stay Safe! *Jhessa*



## The Lance Morehouse Jr. Scholarship Fund

**Is now taking applications.**

The purpose of this fund is to assist children and adults with developmental disabilities in Spokane County to attend inclusive activities so they are more a part of the Spokane community.

Funding can be used for recreational opportunities, summer camps, caregivers, specialized equipment, assistive technology, registration fees, cost of companion support, transportation, etc.

Please contact The Arc of Spokane at **328-6326** for more information. Or go to [www.arc-spokane.org](http://www.arc-spokane.org) for more information.

### Washington State Park Pass

#### Disability Pass - No Charge

Good for 50 percent discount on nightly camping/moorage. Free watercraft launching and trailer dump. Valid all year round. Available for one-year (short-term disability) or five-year (permanent disability) periods. Offered to Washington state residents who are legally blind, profoundly deaf, developmentally disabled or who meet the disability definition used by the U.S. Social Security Administration.

**Note:** A Permanent Disability Parking Permit, issued by the Washington State Department of Licensing, also entitles you to the 50 percent disability discount on camping and moorage and waives the trailer dump and boat launch fee. Simply show your placard or license plate directly to the park ranger.

[http://www.parks.wa.gov/passes/Disability pass application.pdf](http://www.parks.wa.gov/passes/Disability%20pass%20application.pdf)



Hello Families,

This month our thoughts go to Summer Fun and Safety. One of my favorite summer activities is anything that takes place in the sun. Because the sun has gotten a bad rap for causing skin cancer and because everyone I know uses Sunscreen, known in my family as "Cancer Cream", I thought I might share a few facts about sunscreen and encourage you all to look at the ingredients of the sunscreen you are using.

What is sunscreen? Sunscreen is a chemical that, to some degree, prevents Ultraviolet Radiation (UV) from penetrating the skin.

What Should I look for in a Sunscreen? Always look for a "broad spectrum" sunscreen which means it prevents both UV-A and UV-B rays from penetrating the skin.

What's the difference between UV-A and UV-B? UV-A rays penetrate deeper into the skin and is blamed for aging your skin, depressing your immune system and exposing you to the possibility of skin cancer. UV-B rays are the sun's burning rays and are the primary cause of sunburn.

What about SPF? SPF stands for sun protection factor. After reading several articles it's obvious that there are many opinions about what SPF you should use. Most recommend a minimum of 15 – 30. In simple terms a SPF of 15 will extend the amount of time before your skin burns to 150 minutes or 2-1/2 hours.

Some considerations when using sunscreen; Put enough on, allow 20—30 minutes time to let it absorb before exposing yourself to the sun, reapply regularly, use even when overcast, be careful with children age 6 and under, and remember that the sun's rays are strongest between 10am – 4pm.

The most important thing, in my opinion, is to check the ingredients. There are several natural options on the market. Ingredients that are known to be toxic include Mexoryl, Oxybenzone, and Thershanolomine. Another thing to consider is whether or not your sunscreen has been manufactured using "nanotechnology" – an article all to itself.

I once heard a doctor describe it this way "If you put your finger in the sunscreen and then lick your finger, if it doesn't taste good, it's probably not good to apply to your skin. Remember that what you apply to your skin is absorbed directly into your blood stream." Chemicals that don't taste good are probably not good for you. There are several "Natural" products on the market. Please Google natural sunscreen and chose one for yourself.

Please know that I am not discouraging the use of sunscreen I'm just asking you to consider what it is you are applying directly to your skin. Have fun in the sun and hope to see you soon.

PS – Just a reminder we have a "Healthy Emotions" workshop planned for August 11<sup>th</sup>, from 5-7:30pm. Please RSVP and let us know you're coming.

A handwritten signature in black ink, appearing to read 'Rory'.



# Meet in the Park!



Join Parent to Parent for playtime in a park.

Wednesday, June 23<sup>rd</sup>

10:30

Mission Park @ 1210 E. Mission Ave

Come meet other parents and share while our children play!

Contact Helen Black @ 328-6326 or email: [hblack@arc-spokane.org](mailto:hblack@arc-spokane.org) for more information.

Hope to see you there!

# MONTHLY SUPPORT GROUPS & MEETINGS



**Autism Society Of Washington**, Spokane Chapter, For more information e-mail; [Spokane@autismofwa.org](mailto:Spokane@autismofwa.org)

**MOCHA Group**, June 9: 7pm, Forza Coffee House, 2829 E 29<sup>th</sup> (Lincoln Hts); Contact: [jennyheals1@yahoo.com](mailto:jennyheals1@yahoo.com)

**MONTHLY FAMILY SUPPORT MEETING, No June meeting**

**TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS, No June meeting**

**SENSORY FRIENDLY FAMILY MOVIE:** Saturday, June 26<sup>th</sup> (10am); “Toy Story 3”, River Park Square AMC Tickets available at the Event. This is not just for kids with Autism and not a fundraiser

**ADULTS WITH ASPERGER’S GROUP;** A group activity is planned each month, [spokane@autismsocietyofwa.org](mailto:spokane@autismsocietyofwa.org)

**EARLY INTERVENTION;** Contact Kristy Wessels at [kristywessels@comcast.net](mailto:kristywessels@comcast.net) for on-line support

**Brain Injury Groups**—Spokane; 2nd Wednesdays; 7:PM to 9:PM St Luke’s Rehab, room 200 [www.tbiwa.org](http://www.tbiwa.org)

**North Idaho**—3rd Saturdays 1to 3 pm; Kootenai Medical Center - room KMC3

**TBI Survivors Network** (Advisory Board Development Meetings) 4th Wednesday of each month

Contact Craig [imaginationman@comcast.net](mailto:imaginationman@comcast.net) or <http://tbisurvivorsnetwork.ning.com/> call Craig Sicilia at 509-218-7982

**Down Syndrome Family Network;** Saturday Breakfast; 2<sup>nd</sup> Saturday of every other month. (February, April, June, August, October and December) 9:00 am at Jenny’s Café (9425 E Sprague, Spokane Valley) Carolyn at [theothercarolyn@yahoo.com](mailto:theothercarolyn@yahoo.com) Carolee Spradley, (509) 499-8792

**Epilepsy Foundation Northwest Spokane** 3rd Wednesday of each month from 6:30-8p.m. @ 928 W. Spofford, Ryan Oelrich, (509)325-1128 [roelrich@epilepsynw.org](mailto:roelrich@epilepsynw.org)

**F.I.S.H. - Families In Support of Hearing** No information received Contact Kim Schafer 509-863-7097 [kim@spokanehopeschool.org](mailto:kim@spokanehopeschool.org)

**People First of Spokane -** (Lilac Chapter); 2nd and 4th Tuesdays 1:PM - 2:30:PM Down Town Public Library, lower conf. room

**People First of Spokane Valley** 2nd and 4th Tuesdays 6:30:PM to 8:PM; 511 North Argonne (Ambitions auditorium) [www.peoplefirstsv.com](http://www.peoplefirstsv.com)

**Lean On Me** support group for caretakers and parents of the Developmentally Disabled. 3rd Wednesday of each month at the Whitworth Chapel (on campus) at 7:00pm, contact: Greg Siverly at 326-6716.

**Parent to Parent Support Group;** 1st Thursday of every month, 10:30—11:30 Open to any parent or Guardian who has a child with special needs..The Arc of Spokane, 127 W. Boone Helen Black – 328-6326 or Email: [hblack@arc-spokane.org](mailto:hblack@arc-spokane.org)

**Senior Families.** May 18th, 3rd Tuesday of the month; 11:30—1:00 pm; “Meet Helen Black” The Arc/IERR Building, 116 W. Indiana Ave. Deanna Noland, or Helen Black @ (509) 328-6326

**Spina Bifida Association of Washington State Call for meeting time and location.** Call Ed Kennedy @ 768-6379

**Spokane Fathers Network;** 2nd Thursday of each month; 7 pm—116 W. Indiana: For fathers of children with special needs. Call Gregg Osborne, (509) 768-1383

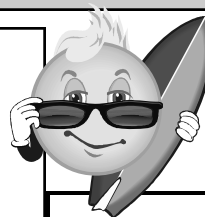
## QUICK-LOOK CALENDAR 2010

### June

- 5 Helping Parent training
- 23 Meet in the Park

### July

- 10 Father’s Network, P2P, Family Support combined picnic and awards ceremony



## SAVE The DATE!

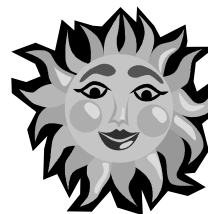
Family Support Picnic  
July 10th, 2010

## Summer Camps!!!

[www.cshcn.org](http://www.cshcn.org) Summer Camp Directory

It’s that time again, to register for your child’s summer camp. Is money a problem? Apply for the Lance Morehouse Jr. Scholarship (see page 8 for details).

The Arc of Spokane  
127 W. Boone Ave  
Spokane, WA 99201



Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Spokane, WA  
Permit #223

**Contributions of Leisure Participation in Predicting Stress Coping and Quality of Life among Parental Caregivers of Children with Developmental Disabilities**

You are invited to participate in a research study designed to understand how parents adjust to the stress associated with caring for a child with a developmental disability from a stress and coping theoretical perspective. You were identified as a parental caregiver of a child (either a minor or an adult) with a developmental disability and therefore selected as a possible subject. We ask that you read this form and ask any questions you may have before agreeing to be part of the study.

The study is being conducted by Pei-Chun Hsieh, a doctoral student from the Department of Recreation, Parks, and Tourism Studies at Indiana University, Bloomington.

If you agree to be in the study, you will be asked to do the following: You will be asked to complete an online survey, which will take approximately 20-25 minutes to complete. Your participation in this study is completely voluntary and anonymous. You may withdrawal from the study at any time with no penalty. In appreciation for your time and effort, you can opt to enter a drawing for one of ten \$50 Target gift cards upon completing the survey. This study is inviting an estimated 435 participants to complete the survey; therefore, the estimated odds of winning are one out of 43. To be included in the drawing, please enter your name and email address at the end of the survey as instructed. The drawing will be held in early September. If you would like to participate in this study, please click on the following link to complete the online survey.

<http://www.surveymonkey.com/s/parentalcaregiversurvey>

For questions about the study or a research-related injury, contact the researcher, Pei-Chun Hsieh, by email at [pehsieh@indiana.edu](mailto:pehsieh@indiana.edu) or by phone at (812)391-3253. You may also contact Dr. Van Puymbroeck at [mvp@indiana.edu](mailto:mvp@indiana.edu).

