

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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We need YOUR INPUT!
Please take our annual survey at
www.spokaneparentcoalition.org
Or drop by and pick up a paper version at
127 W. Boone or 116 W. Indiana.

**2010 Washington State Legislative
Session Summary**

Well, it was true; the state legislative session was all about the budget. With a \$2.7 B budget shortfall, we were just hoping to hold on without many cuts to essential services for people with developmental disabilities and their families. I am feeling pretty good about the outcome while getting an unexpected surprise for 2009 and 2010 high school graduates with developmental disabilities.

When Governor Gregoire released her original budget in December 2009, there were significant reductions proposed for people with developmental disabilities and their families. She shared that even she did not support the balanced budget that she was required to propose. That budget proposed eliminating hearing, vision, dental, PT, OT, speech therapies in Medicaid, eliminate 700 people from Medicaid Personal Care (MPC) and reducing hours to the rest, cutting families from the Individual and Family Support program based on income, and eliminating 200 people from employment supports.

The result of the budget that passed proved to me once again that our advocacy does make a difference. The following is a brief summary of the supplemental budget:

- Reduction in dental services for adults with developmental disabilities through Medicaid but no elimination or reduction in the other areas.

(Continued on page 2)

(Continued from page 1) 2010 Legislative Session Summary

- No people eliminated from MPC.
- A small reduction in add on hours for special meal prep and incontinence if assistance is available from family and/or friends.
- Funding was provided to restore the cut in MPC hours made last year.
- No reductions to the Individual and Family Support program.
- No reduction in employment supports.
- Additional residential placements funded for adults with developmental disabilities. 37 new residential placements were funded for children aging out of children's services and new people in the community protection program.
- Funding was eliminated for a Jobs at 21 program across the state.
- The biggest win is that all 2009 & 2010 high school graduates with developmental disabilities will be eligible for employment supports. A total of \$6.4 M was appropriated to provide employment services to 1,401 young adults across the state.
- Additional funding was provided to restore cuts made last year to Parent to Parent and Self-advocacy programs across the state.
- There were no reductions to Residential Habilitation Centers (RHC's) and additional funding provided to access the needs of people who live in RHC's.

Again, thanks to all of you who got involved this year by writing, calling and/or visiting your legislators. 20 people with developmental disabilities and their families made the trip to Olympia from Spokane during the session to meet with their Legislators. You are the champions!

If you have any questions about how any of these changes might affect you or your family, please contact me at 328-6326 or Imorehouse@arc-spokane.org

Until next year.....



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 May 20 to:

Deanna Noland
The Arc of Spokane
127 W. Boone Ave.
Spokane, WA 99201
(509) 328-6326
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.

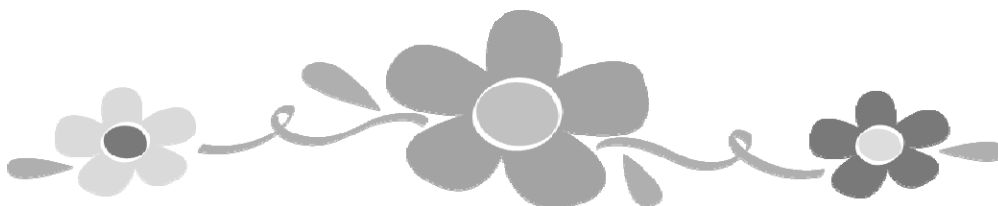
E-mail List

To receive this newsletter in PDF format via email, visit www.arc-spokane.org/maillinglist.htm 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

Since we are always adding new families, individuals and professionals

to our newsletter mailing list we thought it would be a good idea to explain a little of what the Home Ownership program here at the Arc is all about and what it takes to qualify for the program.

For those who want to purchase their own home, we have Home Ownership Specialists, Cathie Griffith – manager and Helen Black – assistant, both of who will help educate you about the home buying process and work with you to develop a plan for purchasing your home.

You will learn about and receive help with qualifying for a mortgage, preparing a loan application, shopping for just the right house, managing finances and how to maintain your home once you are a homeowner.

To be eligible for down payment assistance you must have a documented developmental disability that is attributed to a mental or physical challenge before the age of 22, which is likely to continue indefinitely and results in substantial functional limitations of 3 or more major life activities such as self-care, learning, mobility etc. or be a parent of a minor child with a developmental disability.

If you think you qualify for the Home Ownership program and would like to receive more information please feel free to contact Cathie or Helen and we will be happy to explore your options with you.

Take Care,

Cathie & Helen



Social Security Workshop

May 11, 2010

6:00 to 8:00 pm
116 W. Indiana

Cathy Sacco from *WISE (Washington Initiative for Supported Employment)* will lead this training on Social Security Benefits. She'll go beyond the basics and help you understand how your son or daughter may use these benefits to help fund their employment goals.

Please, **RSVP** to Deanna @ 328-6326
Refreshments provided.

Rural Resource Fair

May 1, 2001

9:00 am to 3:00 pm
Stevens County Fairgrounds
Colville, WA

- Advocacy organizations
- Employment Services
- Community Services
- Residential Agencies

Adam Membrey; featured writer for Logan Magazine will be our Keynote Speaker.

Please call Erika Thompson @509-685-0680.

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 for more information.



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:

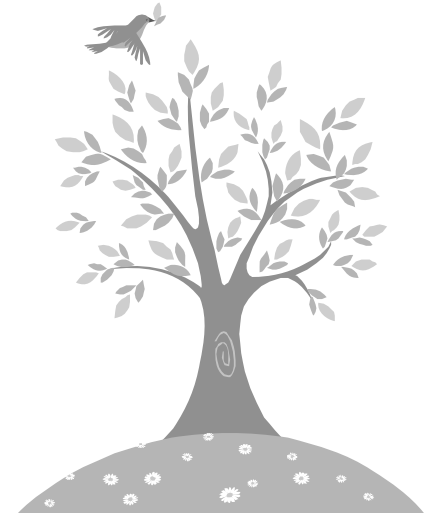
Saturday, June 5th from 9:00 a.m. to 1:30 p.m.
(lunch provided)

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 – 465-1673 or email:
hblack@arc-spokane.org

Please RSVP to Helen by June 3rd, 2010



Summer Camps!!!
**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 3 for details).



Calling all parents! Do you remember when you were first given the
diagnoses of your child's disability or health issue? Do you remember how
alone you felt or uncertain of what the future might look like? No matter what
caring people said nothing made a difference as compared to meeting a
parent who had been where you were at.

I will never forget how brighter our future looked after I meet a parent
who had an older child that had Down syndrome. I would like to invite each of you to consider
being a Helping Parent with the Parent to Parent program.

Parent Helping Parent is a mentoring program that provides one-to-one emotional and
informational support to new parents. Volunteer parents are trained to be peer support for
parents by completing a workshop on communication skills, resources, community outreach
and the referral process.

Once the training is completed volunteer parents are registered to a data base as
Mentoring Parents and will be called on as much or as little the volunteer parent would like.
Parents are matched as closely as possible according to disability or health issue, age and
location of residence, with the Parent to Parent Coordinator monitoring the relationship. If you
are interested and have more questions please call or email me.

Join us for the Parent Helping Parent training June 5th.....See Flyer above for more
information.

Helen



The Partnership ***Because we ALL deserve to be safe!***

Hello All!

Before you take a vacation or go on a trip, what do you do to prepare? Do you discuss a destination? Do you buy a map so you know how to get where you are going? Most people would agree that knowing where you're going, planning ahead, and mapping out a route will increase the likelihood of a successful trip.

Safe and healthy adult relationships for people with developmental disabilities require the same degree of care and thought as a family vacation.

First one must look to the desired destination – life long relationships. What kinds of relationships are expected; friendships, romance... marriage? This is a good place to stop and ask; are these expectations different because of disability? Until very recently, the personal, educational and professional lives of people with developmental disabilities were severely curtailed by preexisting beliefs about what could, *and could not* be accomplished.

After a destination has been identified, planning the route is next. On the road to healthy relationship, what skill sets will be needed? Some to consider are the meeting people skills, the developing friendships skills and very importantly, the choose friends wisely skills.

Take advantage of opportunities for socialization at all ages. Nothing can take the place of practice. Exposure to a wide variety of people and circumstances will increase the ability to generalize social skills across a variety of settings. Remember that there are many ways to teach, instruction and example are the most common.

Finally, relationship skills take a life time to learn, so start planning that trip today.

Stay Safe,

Spokane Alliance Sustainable Works

Quality Jobs for a Healthy Environment

Sustainable Works is a non-profit community organization, providing cost effective energy efficiency retrofits to homeowners, small business and non-profit buildings. What is a retrofit? It is an energy efficiency retrofit combining one or more new measures such as a furnace, insulations, lighting, windows, and/or other measures placed into an existing house to reduce energy consumption.

How the process works: volunteers will describe for you how the program works, request information about your home and ask your permission to get your energy usage history. At a follow up visit you will hear preliminary plans on how to get the best energy savings, utility and other incentives as well as low interest financing.

Next, trained auditors will evaluate your home using best practices and state of the art technology such as blower door testing. Each auditor will be certified by Sustainable Works as meeting standards developed in conjunction with WSU's Energy Extension.

Auditors will assess building systems such as furnaces, lighting, hot water and windows. Your audit results will recommend improvements, detail costs and savings. You will decide which improvements make sense to you and Sustainable Works will supervise the improvements, using contractors that meet work efficiency and living wage standards. Project costs can be paid for through a low interest loan with one of our partnering institutions. Monthly loan payments are paid with energy savings at current utility rates.

Sustainable Works is targeting the NW Neighborhood this spring and summer. The boundaries of the NW Neighborhood are to the south of Wellsley, on the east side by north Ash street, to the north of NW Blvd. and on the west side by the Spokane river. A map is available at www.sustainableworks.com. Or you may call the Spokane Alliance at 509-532-1688.



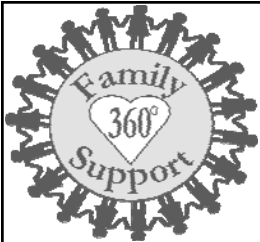
Upward for Special Kids:

was started by Angie Cameron at the Spokane Valley Nazarene Church. Upward is a national basketball/cheerleading program but they did not have anything available for Special Kids. Angie felt there was a need for special kids to be included. With the support of the national Upward office (and the backing of her church) she created the program for special kids about 6 years ago.

If anyone is interested in expanding the Upward Special Kids program **PLEASE** contact Angie before doing anything. This program has been expanding and evolving each year and I know Angie has been looking at how to expand further. Please be sure to coordinate with Angie about anything that has to do with Upward Special Kids.

Angie's phone number is 230-3368.

Carolyn Wright
455-7439



So, the subject for this newsletter is **Family Wellness**. My mind goes straight to Emotional Wellbeing as that is a subject currently heavy on my mind. With a new program here at the Arc of Spokane called Family Support 360°, it is becoming clear to me that a Families Emotional Health is of great importance.

Ken Moses, Ph.D. wrote an article called "The Impact of Childhood Disability: The Parent's Struggle" and I'd like to focus on a few points he makes. The first question he asks parents is to "Think back to when you were anticipating the birth of your child. Who (or what) was this child to have been for you?"

I think most parents envision a healthy, happy baby with all things possible, I know I did.

Unfortunately, for many of us our plans are not "**The**" plan. Through Dr. Moses' work with parents of children with developmental disabilities, he found that parents Grieve the loss of their dreams which can affect their sense of being.

Grief occurs in several stages, those being; denial, anxiety, fear, guilt, depression, and anger. Not everyone will experience all these feelings. Nor will they necessarily come in this order. The good news is The Family Support 360° program is here to help. What helps families going through these times?

1. Listening – Parents need careful, empathetic, nonjudgmental listening.
2. Partnerships – Professionals and others who help identify the family's vision of the future and then work with families toward that vision.
3. Celebration – Every child should be celebrated and accepted as she/he is and be acknowledged as a gift to the community.
4. Information and Support – Families need current information on disability and on service. They also need opportunities to talk with other families.
5. Hope – A vision of a positive future may well be the most helpful thing for families and the most difficult to come by.

The Family Support 360° One Stop Program will hold a Healthy Emotion Workshop on August 11th, Wednesday from 5-7:30pm. Please call and let us know you're coming – we're here to help you!

Rosslyn Bethmann 509 328 6326 or email rbethmann@arc-spokane.org

MONTHLY SUPPORT GROUPS & MEETINGS



Autism Society Of Washington, Spokane Chapter, For more information e-mail; Spokane@autismofwa.org
MOCHA Group, No April meeting
MONTHLY FAMILY SUPPORT MEETING, No March Meeting
TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS, Sunday April 18 (1-3pm); Service Station Coffee House; 9317 N. Nevada spokane@autismsocietyofwa.org
SENSORY FRIENDLY FAMILY MOVIE: Saturday April 10 (10am); “How To Train your Dragon”, River Park Square AMC
ADULTS WITH ASPERGER’S GROUP; A group activity is planned each month, spokane@autismsocietyofwa.org
EARLY INTERVENTION; Contact Kristy Wessels at kristywessels@comcast.net for on-line support
APRIL AWARENESS EVENT; Autism Speaker’s Forum, Fri April 30th (5-9 pm), “Treating Autism as a Neuro-Inflammatory Disease, not a Mental Disorder”, Dr. Goldberg, FAAP UCLA Medical School. Dr. James Woods, UW Toxicology Department

Brain Injury Groups—Spokane; 2nd Wednesdays; 7:PM to 9:PM St Luke’s Rehab, room 200 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 or <http://tbisurvivorsnetwork.ning.com/> call Craig Sicilia at 509-218-7982

Down Syndrome Family Network; Saturday Breakfast; 2nd 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 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

F.I.S.H. - Families In Support of Hearing Monday, May 24th 6:30 - 8:00 pm IEP/504 training - specific to children w/ hearing loss; Contact Kim Schafer 509-863-7097 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

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

Senior Families. May 18th, 3rd Tuesday of the month; 11:30—1:00 pm; **Tomie Zuchetto & Mary Ann Clute, The Hospice of Spokane**; **Grief and Dying**. The Arc/IERR Building, 116 W. Indiana Ave. Deanna Noland, (509) 328-6326

Spina Bifida Association of Washington State Call for meeting time and location. Call Ed Kennedy, 326-6355, ext. 103

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	
May 2010	
1	Rural Resource Fair
6	Parent Empowerment
11	SS Workshop
18—19	Home Buyers class, 6– 8:30 pm
28	Date Night
31	Memorial Day

Date Night
May 28th

Movies! Soda! Fun!
For students between 15 and 22.
Opportunity to meet, mix and practice social skills.

Must pre-register with Theresa @ 328-6326
Sponsored by the Partnership

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

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Do any of these questions and concerns sound familiar?

- What happens when your child does not make any progress at school?
- What about related services in the IEP?
- Can my child's IEP be changed or revised?
- Can I get any training so that I can help my child more?

In the latest issue of the Special Ed Advocate, are answer to your frequently asked questions about developing your child's IEP, including parent/teacher training, documenting concerns and disagreements, and how to get your child's IEP revised.

Go to: <http://www.wrightslaw.com/nltr/10/nl.0420.htm>

