



For people with intellectual & developmental disabilities

## February 2011 Newsletter

[thearcofislandskagit.org](http://thearcofislandskagit.org)  
 3045-The-Arc (304)584-3272  
[arcofislandskagit@gmail.com](mailto:arcofislandskagit@gmail.com)

### Wanted: Shoes and Stories!!

We need your shoes of all sizes, shapes, colors & conditions. Please bring them to our brand new SKAGIT office location: 304-584-3272 2021 E. College Way, Ste 110, Mount Vernon, WA OR ISLAND collection site: Washington Vocational Services - 107 South Main Street, Suite D-204, Coupeville, WA 360-678-5777

Are you STILL WAITING for help? (respite, therapy, family support, behavior support, employment or residential support, medical equipment, etc...) Please send your story to [myddstory@yahoo.com](mailto:myddstory@yahoo.com). We will attach your story to a pair of shoes at our **March 23rd protest**. Names not necessary but appreciated. Please at least include which District &/or County you are from. Thank you for helping us spread the word.

If you would like to come down to Olympia to share your story personally it would be even better.

Remember, CHANGE is made by those who show up!



### Finding a Way Together: Troy Discovers Hammer Travel

The Arc would like to introduce you to companies that share our vision. Hammer Travel is one such company providing people with I/DD the freedom to travel when and where they choose. Here's the story of Troy, one of Hammer's success stories.

<https://www.thearc.org/page.aspx?pid=2859>

### PLANS TO CUT STATE BUDGET WILL CRITICALLY AFFECT YOUR FUNDING!!! Advocates and parents come to Olympia and speak out - Make your voice heard!

Advocacy Day begins at 10:00am on Wednesdays during the legislative session. We start the day with an hour briefing on current issues and end with an afternoon of advocacy (about 3:00 p.m.). While we feature a highlighted topic each week, the morning briefing will also cover late breaking news on budget items and bills of interest relating to individuals with developmental disabilities.

We have additional funding for transportation this year to bring as many family members and self advocates down to Olympia as possible. Please [contact us](#) with one week advance notice if you would like to ride along. We would love to have you join us!

The **\* items in red** below are the largest events that are especially important. Please plan to attend at least one or both of these.

### 2011 ADVOCACY DAYS

<b>March 9</b> Family & Self Advocates Funding	<b>March 16</b> Education Concerns	<b>March 23</b> <b>Shoe Protest!</b> <b>&amp; Legislative Budgets</b>
<b>*March 30*</b> <b>Independent Living Day Rally</b>	<b>April 6</b> Autism Issues	<b>April 13</b> Session Wrap-up

Do you have a car or truck you don't know what to do with? How about an old boat or RV? Don't worry, we'll take it! Donate your spare vehicles to The Arc of Washington State. This donation is *tax deductible*. Plus, we'll come and get it from you and **do your IRS and Dept. of Licensing paperwork for you!** For more information please contact our SW Donation Office at 1.800.826.4310 or e-mail [donate@arcwa.org](mailto:donate@arcwa.org)



## Transition to Adult Health Care Services Young Adult Videos

If you are a young adult age 18-25 with a chronic health condition and you have transitioned your health care from pediatric to adult health care services, we need your help!



**The Center for Children with Special Needs** ([www.cshcn.org](http://www.cshcn.org)) at **Seattle Children's** is creating videos for our website to help teens and young adults get an idea about what it feels like to be in an adult health care setting.

Your time commitment is up to 3 hours.

1.5 hours will be filming in a group with 2-3 other young adults who have chronic conditions and possibly an additional 1.5 hours will be for filming in a one-on-one format with you and the film creator.

You will be paid up to \$60.00 for your time (\$20.00 per hour). Filming will occur in a Seattle area location still to be determined.

A sample of some questions you may be asked include:

- 1.) In your experience, how is an adult health care setting (doctor's office or hospital) different from a pediatric setting?
- 2.) What feelings have you experienced as a result of being in an adult health care system (seeing a doctor, going to the hospital)?
- 3.) What are some of the positives to being part of an adult health care setting?



- 4.) How did going to an adult health care doctor or being seen in an adult hospital change your relationship with your parents?
- 5.) What advice or tips do you have for other teens or young adults who may be preparing to change from a pediatric to adult health care services?

If you are interested please contact:

Jean Popalisky

(206) 987-2529

[jean.popalisky@seattlechildrens.org](mailto:jean.popalisky@seattlechildrens.org)

Community Nursing Consultant

Children's Hospital and Regional Medical Center

Center for Children with Special Needs



### The New Year & Spring is typically a time to PURGE AND ORGANIZE our homes...

To schedule our truck to pick up your donation of USED CLOTHING, BEDDING, LINENS, PURSES, SHOES & SMALL HOUSEHOLD GOODS, call our **NW Donation Office** ~1.800.446.4980 or e-mail [arcbhwa@callatg.com](mailto:arcbhwa@callatg.com) DOOR-TO-DOOR SERVICE!

We welcome your donations of any kind! Your generosity enables us to fulfill our mission - providing opportunities for people with intellectual and developmental disabilities! **(Tax deductible receipts provided for all donations.)**

For Ca\$h donations, please make checks payable to The Arc of Washington with "The Arc of Island & Skagit" on the memo line. Send to: The Arc of Island & Skagit, c/o The Arc of WA, 2638 State Avenue NE, Olympia, WA 98506

## Island & Skagit Counties Items of Interest & Events:

**Rick Pribbernow, from Compass Health**, will be presenting skill-building classes for adult clients of the **Division of Developmental Disabilities** who are 18 years and older.

All workshops will be held from 10 – 11:30 am at **The Mount Vernon DD Office\*\*** located at: 900 E. College Way Mount Vernon WA.

DATE	TOPIC
Friday, April 1, 2011	Getting Acquainted
Friday, May 20, 2011	Self Concept
Friday, June 3, 2011	Dealing with Emotions
Friday, July 8, 2011	Healthy Boundaries & Good Choices – Part 1
Friday, July 15, 2011	Healthy Boundaries & Good Choices – Part 2

**To register: call Lonnie Ripley at 360-416-7275**  
For information about this class: Contact your DDD Case Manager or Lonnie Ripley @ 360-416-7275.

**\*\*Rick's classes are very popular and SPACE is extremely limited. If, after registering you are unable to attend, PLEASE contact our office to cancel, so that others may attend.**

**\*\*CARE STAFF, FAMILY MEMBERS OR FRIENDS MUST ATTEND WITH THE REGISTERED INDIVIDUAL\*\***

\* Please enter building at the conference room from through the back door between DSHS and the HCS building. Signs will direct you to the right place. Directions: I—5 N&S  
Take exit 227-College Way and head east. Follow College Way about five blocks, over RR tracks, building will be on right hand side.



**Early Learning Connections Conference** for Parents and Providers, (Birth to 5) at Skagit Valley College on Saturday, March 19

<http://connectionsconference.org>



[health.google.com](http://health.google.com) – FREE - online medical record keeping with handy printable wallet cards



**“Hearts of Gold”** – Down Syndrome Outreach support group at the Burlington Library. First Saturday of every month from 3 - 4:30 pm, starting March 5<sup>th</sup>

## Island Events:

\*Please Note Priority will be given to the sponsoring County's residents first\*



**People 1<sup>st</sup> getting started in Island County**

David Elm, SVC Human Services Student is interested in starting an Island People 1<sup>st</sup> Group.

Looking for 10 people to be on the Board. Contact Mike Etzell (360) 678-7883 for more information.

**Skagit Events:** \*Please Note Priority will be given to the sponsoring County's residents first\* **Registration is required** for each of the below Skagit DD Workshops. Please call Tina Castillo at 360.419.3420 or e-mail at [christinac@co.skagit.wa.us](mailto:christinac@co.skagit.wa.us) to sign up. 2 weeks notice for child-care, Spanish translation & accommodations.

### Intro to ASL

Save the dates  
Thursdays 2/17,  
2/24, 3/3  
2:00-3:00pm  
Mt. Vernon  
Senior Center



### Social Skills

Romance and Relationships  
\*Youth with developmental disabilities age 16-30 and their support person at DSHS Training rooms (enter in back) March 23 & 30



### Transitions Workshop Series

\*Transition Age youth, parents, school staff-topics geared to youth with significant disabilities  
Where: Family Resource room  
320 Pacific Place  
April 12 & 26; May 10 & 24



# ANXIETY

### Supporting People with Disabilities who experience Anxiety

**Presenter: Rick Pribbernow, MA CPE from Compass Health**

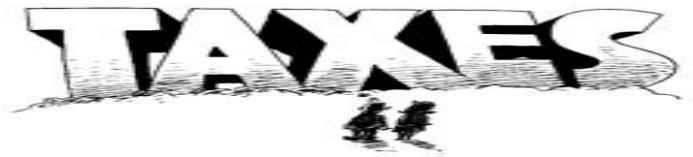
\*Providers/Direct Service staff working (mental health providers DD providers) Parents are welcome

**Where:** Burlington Library, 820 East Washington Ave. Burlington, WA 98233

**When:** June 2 9:30am-12:30pm

**Refreshments Provided:**

Continental Breakfast, Coffee, Tea, Water



## Tax Help Sites District 21

### Washington Federal Bank

1017 Commercial Ave.  
Anacortes  
Hours: M-Th, 9-3:30 Friday 9-4:30  
walk-in only Open: 2/1-4/15

### Mt. Vernon Senior Center

1401 Cleveland Ave.  
Mount Vernon  
Hours: M and F, 10-2

Appointments only:

(360)336-5757

Sr Ctr closed

Mon, Feb 14, Mon, Feb 21, Fri Mar 18.

Open 2/4 to 4/11

### Burlington Senior Center

1011 Greenleaf Ave.  
Burlington

Appointments only:

(360)755-0102

Hours: Tues 10-8

Open 2/1 to 4/12

### Concrete Senior Center

45821 Railroad Ave.  
Concrete

Appointments only:

(360)853-8400

Hours: Wed 9-1,

Open: 2/2 to 4/13

### Whidbey NAS

Reserve Center RM 232

Next to gas station on main base  
walk-in only

(360)257-5952

### IRS Spanish VITA Clinic

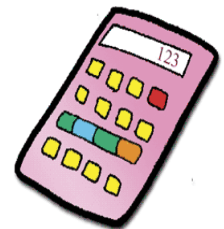
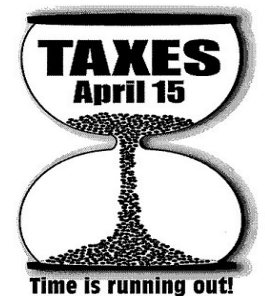
St Charles Catholic Church  
935 Peterson Rd,  
Burlington WA 98233

Day and time: Saturdays 10am to 2pm

Dates: February 5, 2011; March 5, 2011; April 2, 2011

**Taxpayers** with disabilities and **parents of children** with disabilities may qualify for a number of **IRS tax credits** and **benefits**. Click here to learn more -

<http://www.irs.gov/newsroom/article/0,,id=204070,00.html>



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## OCTOBER IS NATIONAL DISABILITY HISTORY AWARENESS MONTH.

Sec. 3 of SB 6313 states, "Annually, during the month of October, each public school shall conduct or promote educational activities that provide instruction, awareness, and understanding of disability history and people with disabilities. The activities may include, but not be limited to, school assemblies or guest speaker presentations."

"It is important that our youth understand history in order to appreciate how individuals with disabilities have been viewed and treated."

### Key messages:

- We are all different in some ways. We are all alike in many ways.
- We are all more alike than different. Even though we are all different, we have the same feelings and enjoy the same things.
- It is okay to be different. Differences make us who we are.
- Kids with more noticeable differences, like all kids, just want to be themselves and have fun.

By teaching Disability History in schools, we are taking the necessary steps to ensure that history is not repeated and that there continues to be movement towards an even more accessible society in future generations.

***Goals for People with developmental disabilities:***

***Equal Opportunity  
Full Participation  
Independent Living  
Economic Self-Sufficiency***

### History:

- Court Jesters – made fun of
- Locked up in cages in town squares where they were mocked & abused
- More recently referred to as "retarded" and placed in Institutions



### NOMINATE A LOCAL HERO!

Do you know someone who goes the extra mile for people with developmental disabilities? We want to hear how they are making a difference and acknowledge their efforts with a special award. Contact us for nomination information or to donate a prize.



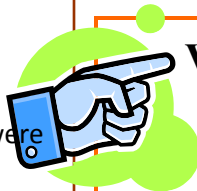
**Not only do we want to make our school superintendents, administrators, and teachers aware of their requirements by law to teach Disability History Awareness we want to give them the tools to do it. Please help us by sponsoring a resource box... Resources: Books, DVD's, Games & Written Materials. Prices Range from \$10 and up per item. Complete Box: \$500. Sponsors will receive recognition with their names/logos attached to the individual resources & box(es).**

**TO SPONSOR A RESOURCE BOX (OR PORTION THEREOF), FOR AN ISLAND OR SKAGIT COUNTY SCHOOL DISTRICT, PLEASE CONTACT US.**

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***We are here for you!  
How can we help? Contact Us:***

**[www.thearcofislandskagit.org](http://www.thearcofislandskagit.org)  
[arcofislandskagit@gmail.com](mailto:arcofislandskagit@gmail.com)**



### VOLUNTEERS NEEDED!!!

**BOARD MEMBERS needed for The Arc of Island & Skagit on an annual basis!**

Board members are:

- \* Individuals with developmental disabilities
- \* Parents, guardians, or family members of someone with developmental disabilities
- \* Service Providers for people with developmental disabilities.

To be a Board Member requires a commitment of 3-4 hours per month for meeting preparation and meeting attendance. Board meetings are held approximately once a month for 2 – 3 hours. If you are interested in becoming a Board member, call 3045-The-Arc.