

## 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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April Is

## Sexual Assault Awareness Month

Spokane, like every city in America, has thousands of survivors of sexual assault and abuse. This month we celebrate their courage. This month we celebrate their strength. This month we say no more; no more victims, no more abuse, and no more silence. April is Sexual Assault Awareness Month (SAAM).

Nobody asks to be sexually assaulted, but 1 in 3 women and 1 in 10 men experience sexual assault in their lifetime. No child asks their caretaker or guardian to sexually abuse them, but 1 in 4 girls and 1 in 6 boys experience abuse before their birthday cakes have 18 candles. Victims may feel alone, or like nobody will believe them. Many have the strength and courage to tell someone.

But what can be done to *reduce the risk* to your child? Research indicates that loneliness, isolation and lack of education create vulnerability in people with disabilities. All people need a full range of friendships and relationships; all people need to have activities and interests to engage them.

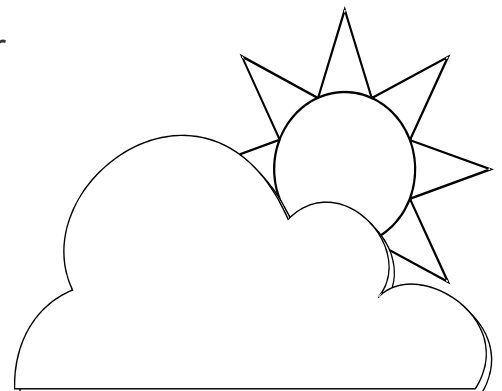
The Partnership is providing relationship education that emphasizes rights and risks. With information, people with disabilities can make better decisions about the relationships they choose. And there is the important word: choice. Lonely, isolated people are chosen; educated, active people make a choice. Please see the Partnership article about the exciting, *free*, community Safety Rally at the bus plaza.

We hope you will support Sexual Assault Awareness Month by picking up a teal ribbon if you see them at your favorite coffee stand or store and wearing it proudly. Survivors are welcome to join our Women's Healing Celebration at Women's Hearth on the April 8th at 12:00pm.

Lutheran Community Services Northwest works with victims of sexual assault in Spokane; our 24-hour crisis line (624-RAPE) gets thousands of calls every year from victims and their concerned friends and family. Our advocates respond to the hospital all hours of the day and night to provide crisis intervention and information for victims so they can make informed decisions.

The advocates also provide support for victims at detective interviews and in the courtroom. Advocates make sure victims are treated with dignity and respect.

For information on how to get involved in SAAM activities, volunteer opportunities, or anything else, please contact Grant Stancliff at Lutheran Community Services 509-343-5005 or [gstancliff@lcsnw.org](mailto:gstancliff@lcsnw.org).



# Lance's Notes

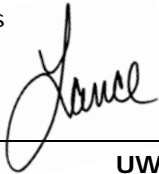
The 2008 Washington Legislative Session is now over, but our advocacy on issues for people with developmental disabilities and their families continues!

Over the past year and a half we have had over 20 people work on four Research Teams and they have come up with 19 recommendations about how to make life better for people with developmental disabilities and their families. The recommendations are in the areas of housing, employment, special education, and social inclusion.

Please mark your calendar and plan to attend the Arc Assembly "Time to Decide" on the evening of April 23, 2008. We would also like your help inviting people with developmental disabilities, their families, and others who care about the participation of all people in our communities. There is a flyer with more information about this event on page 11. Please RSVP to Deanna if you are planning to attend and/or know of others whom you have invited that will be there.

At this Assembly those in attendance will vote on the recommendations developed by the research teams. The priorities that emerge from voting at this assembly will provide direction to The Arc of Spokane and our constituents to focus on over the coming years. It is very important to have a good representation of our constituents in attendance to vote on these priorities. This is grassroots advocacy at it's best and change is made by those who show up!

Thanks



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## UW study aims to reverse childhood autism

Saturday, February 16, 2008; By JEAN ENERSEN / KING 5 News

The University of Washington is seeking for infants to participate in a groundbreaking study

SEATTLE - Is it possible to prevent autism or reverse it in children? That question is behind a groundbreaking study at the University of Washington, where a little boy named Ashton Faller is raising hopes. Ashton was diagnosed with autism. His mother says the early signs were subtle. "My mother-in-law, she was saying, 'You know I think there's something wrong. He doesn't play with other kids. He's not looking at me,'" Lisa Faller said. But by 20 months of age, Ashton still did not speak or even make eye contact.

That would slowly change during a two-year study at the University of Washington Autism Research Center. For more than 25 hours each week, therapists painstakingly rewarded eye contact and the slightest verbal communication. They worked with Ashton at his home, and taught his family to reinforce the therapy. Ashton Faller benefited from a two-year study at the University of Washington Autism Research Center. "Slowly but surely," Lisa Faller said. "We took little baby steps. Like handing him a cup. To him the cup comes out of nowhere. So I had to make sure he looked at me when I had the cup." The therapy only works for some children, but University of Washington researcher Dr. Annette Estes has seen dramatic effects. "Many of the children involved in this very early intervention show incredible gains," she said.

Now Estes and a team of researchers will study the intensive approach in infants. They're looking for 200 babies younger than 6 months old who have siblings with autism. It puts them at higher risk. Researchers say parents will work alongside them every step of the way in the new study

"What we think is that early on the brain is developing very quickly. And if we can intervene at that time, we can stop some of the downstream effects of autism and maybe stop it before it really takes hold," Estes said. Nine months into therapy Ashton was beginning to communicate. Finally he would interact. And after two years, the 4-year-old is showing fewer signs of autism. His mother calls his progress amazing. To learn more about this study, call 1-800-994-9701.

**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 April 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 to, 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.arcspokane.org/ mailing list.htm](http://www.arcspokane.org/ mailing list.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 Arc Lite 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

The lending scare continues its' spiral down making credit more and more important as an issue. In the last eight weeks I have watched as the minimum credit score required to receive a loan has changed at least four times. As of Thursday, March 6<sup>th</sup>, the minimum score you can have and still be eligible for a mortgage is 660.

Prices have plunged 10% to 12% in troubled market areas like Florida and California. Many economists predict an overall slide of 20% or more before the housing market bottoms and begin to stabilize. While the market is remaining steady in Spokane the troubled issues are still causing barriers for consumers with developmental disabilities who want to get into homeownership by making credit scores harder to reach.

Many of families wanting to purchase a home have never opened any form of revolving credit that would report to a credit bureau and create a credit score. Still other families have been sucked into less than responsible credit habits and have a long road to travel to clean up those issues. This makes it all the more important to begin to have discussions about how this program can help you understand credit and learn to build good credit. I will be working with other community leaders to identify a class that is already available or create one that will meet the needs of families I am to serve.

I need to understand just how many of you feel that you need assistance in this area and would commit to participation in such a class. Please call me and identify yourselves so that I can create a waitlist of persons and families needing this service.

The other thing I want to discuss with you this month is the need for greater crime prevention precautions. It is getting warmer and the break-in rates are going to be rising again. Please report all unusual activity to the police. If you see someone loitering or acting strangely, call the police and give as many details as possible. Practice by trying to remember what the person is wearing and then look away to see how many details you can recall. What color clothes are they wearing, do they have more than one layer of clothes that they are wearing, are they wearing glasses, and the style of shoes are all important clues for the police to have. You can practice guessing the height and weight of your friends and then ask them if you are correct. By practicing for fun in a safe environment you will have a better ability to give police details when you need it the most.

Buy some tulips or daffodils and welcome spring into your life! Even with the credit scare taking place we all need to remember that all things pass with time....even this issue.

**Just in time for the basketball tournament coming soon....this recipe in our series. It is always great for a weekend get together with friends and family too.**

*HomeOwnership Opportunities*



## Carefree Chili with Cabbage

1 lb ground beef  
1 med. Onion chopped (1/2c)  
1 pkg Hamburger Helper Chili Macaroni  
1 med. Tomato, chopped (3/4c)  
4 c hot water  
1T prepared mustard  
2 c. shredded cabbage

Cook ground beef and onion in 10 in skillet, stirring often until beef is brown; drain. Stir in macaroni, sauce mix, tomato, water, and mustard. Heat to boiling, stirring constantly; reduce heat. Cover and simmer 10 min. stirring occasionally. Stir in cabbage. Cover and cook about 10 min. or until tender. 6 servings.





Hello All!

April is Sexual Assault Awareness Month (SAAM), a national effort to increase awareness of sexual violence. Because the rate of abuse for people with developmental disabilities is significantly higher than the non-disabled population, it is even more important that the community become aware of and involved in creating effective prevention solutions.

One of the ways to combat sexual abuse is with information; for the public in general and children specifically. But how do you get the message out in a way that is supportive without being overwhelming for young people? Have it in a fun, energetic venue—The Partnership Safety Rally!

The Safety Rally is an annual event held at the STA plaza (second floor) to educate the public and raise awareness of personal safety for everyone. It is on **APRIL 11 from 11:00am to 1:00pm**. Public middle and high school student are invited to attend, and last year approximately 200 students participated. Our Safety Rally involves local political leadership and self advocates who speak about personal safety. CHIEF KIRKPATRICK is kicking off the event this year!

At the Rally, we provide information about the need for personal and community safety, have demonstrations of safety techniques, AND (this is important to the students) *we have a DJ*. We mix the safety message with music and dancing creating an entertaining, positive learning environment.

We also have a community resource fair with booths from area agencies dedicated to safety; and booth participants available to provide information on their programs. So put **APRIL 11** on your calendar and join us if you can!!!

*Theresa*

*Remember, we ALL deserve to be safe!*



Greetings,

Spring is here which means The 08 Legislative Session is finally over. It has been the craziest legislative session since I've been with The Arc. This session had great results for self advocates all across Washington State! The Disability History Bill that the SAIL Coalition and Disability Rights Washington were working on passed this session! This means that all schools including colleges will now be required to teach disability history as apart of their curriculum. This will lead to better understanding of people with disabilities in school environments! Hats off to SAIL, DRW, and especially all the students from both sides of the state for all the hard work that was put into making this bill a reality!

I have had a lot of phone calls related to my relationships and sexuality classes. I'm very happy to say that we will be starting classes in April! The first class will be on just basic dating skills! We will be holding the first class on April 11<sup>th</sup> from 6pm-8pm in the Kress Gallery which is at River Park Square on the third floor behind the food court! I'm going to try and get a few vendors to donate food, but just in case I can't, you should bring some cash.

We will have a combined class on both basic dating skills and sexuality, but I need to see some interest first. If you are interested please contact me and we will set a date in May for this class. Remember also that in the mean time I'm also available to talk with folks around issues of relationships and sexuality!

My program here at The Arc is also partnering with the chapters of People First in Spokane in a project called **Project Feed Spokane!** The Arc will be hosting a few bins at our Boone and Indiana buildings from April 1<sup>st</sup>-4<sup>th</sup>. I would encourage everyone to stop by and donate if you can!

All the food raised will go to benefit 2<sup>nd</sup> Harvest food bank! We are doing this food drive for two reasons; 1. To feed the hungry, because lets face it these are difficult times. 2. To show that people with developmental disabilities can give back to their communities! Check out the project website at [www.projectfeedspokane.org](http://www.projectfeedspokane.org)! This is the first time that we have done something like this and are very excited to see the results!

Also a huge congrats to local self advocates Logan Olson and Paul Clements! Logan & Paul received awards at Arc's annual meeting this year! Logan received the Self-Advocate of The Year Award & Paul received the Advocate of The Year Award! Thank you so much for all the hard work that you do for people with developmental disabilities!

That's it for me this month hope you can make it out to the family support conference this year promises to be the best conference ever I'm really excited to hear Kathie snow speak!

We want to know what YOU think

**PLEASE TAKE OUR SURVEY**

Go to: <http://www.spokaneparentcoalition.org/>

And click on Take Our Yearly Survey

For paper copies, please call Deanna @ 328-6326



## 2008 Washington State Legislative Session Highlights

The 2008 Legislative session is over and there were some gains and losses for people with developmental disabilities and their families this year. We assisted 29 people with developmental disabilities, families, and others to travel from Spokane to Olympia to meet with their legislators on issues that were important to them over the past 3 months.

**The Great!** The Legislature provided funding for in home intensive behavior supports for up to 100 families who have children with intensive behaviors who are in crisis and at high risk of out of home placement. The Division of Developmental Disabilities will apply for a Federal Medicaid Waiver to capture federal funds to help pay for these much needed services.

**The Good:** Additional employment funding for high school graduates with developmental disabilities. Establish Disability Awareness Month in public schools, establish an Access Coordinator for the Courts, increased funding for the Housing Trust Fund and some matching funds for the Life Opportunities Trust. Funding was also provided for printing and distribution of an Autism Guidebook and additional funding for the Northwest Autism Center.

**The Bad:** After Senator Marr prime sponsored the Intensive behaviors supports bill and worked it through the Senate, it died in the House. The Infant Toddler Equity Act died.

**The Ugly:** – Excess lands at Fircrest were not included in the DD Land Trust. After months of advocating with the Legislature and SEIU to exclude parent providers of

*(Continued on page 6)*

# Developmental Disabilities 2008 Supplemental Budget Comparisons

ADVOCATES Proposals	FINAL	ADVOCATES Proposals	FINAL
Intensive Behavior Supports, Create a waiver program to assist families with children with behavior issues to avoid placement in RHC's	Intensive Behavior Supports Create a waiver program to assist families with children with behavior issues to avoid out-of-home placement \$921,000 (state)/ \$963,000 (fed) + 6 FTEs	<b>Fircrest Master Plan</b>	Fircrest Master Plan \$270,000
Life Long Learning Act; Provide meaningful day activities for those with significant disabilities: <b>\$3 m (state only)</b>			Northwest Autism Center expand diagnostic services, training for teachers \$100,000
DD Life Opportunities Trust Fund Funding for 1,000 new trusts; <b>\$5 m (state)</b>	\$100,000 for new trusts		Education for children in RHCs \$1.4 m (state)
<b>Disability Awareness Month</b>	\$25,000 for SB 6313		
DD Employment Technical Adjust; <b>\$384,000 (state) / \$401,000 (fed)</b> for waiver clients; DD Employment High School Grads \$42m(tt) for 200 state-only clients	\$280,000 (state)/\$292,000 (fed) + 3 FTEs for 31 waiver grads \$325,000 (state) for 50 state-only graduates		
DD Employment High School Grads \$4.2m (state only) for 200 state-only clients	\$325,000 (state) for 50 graduates		
<b>Employment Proviso</b>	Provide waiver services while waiting for employment/ establish consistent policy in counties		
<b>Personal Care Provider Training</b>	\$80,000 (fed) HB 2693; Provider training DOH: \$839,000 (state)/\$1.7 m (fed) ; HB 2693 Provider Training DSHS		
<b>Shared Living Lawsuit</b>	\$15 m (state) \$31 m (fed) Shared Living Lawsuit		
<b>Infant Toddler Equity Act;</b> Fully fund early intervention services \$1.1m (state)	Study of Infant Toddler Services		
<b>Autism IEPs/Teacher Training \$44,000</b>	Autism IEPs/Teacher Training; \$44,000 (state) SB 6743		
<b>Access Coordinator for the Courts</b>	\$90,000 (state) for Access Coord HB 2903 (Courts budget)		













*(Continued from page 5) Highlights*

Medicaid Personal Care from additional required training, HB 2693 provider training bill died so all current training requirements remain the same. The ugly part of this is SEIU has two initiatives filed that will require up to 120 hours of required training for all providers including parents. The Legislature also reduced \$2 million in funding from Family Support and Supported Living programs because DDD does not have enough case managers to do assessments and get people into service in a timely manner.

Please look at the budget comparisons and bill lists on these pages for more information.

## 2008 DEVELOPMENTAL DISABILITIES BILLS OF INTEREST

Bill #	Title	Description	Sponsor	Status	Sched	Position
SB 6760	DD Land Trust	Adding FHMC and Yakima Village to the DD community trust account	Sen. Regala	Delivered to Governor	3/13	
SHB 2279	Affordable housing	Prohibiting discrimination against affordable housing developments.	Rep. Darnelle	Delivered to Governor	3/13	
SB 6313	Disability History Month	Creates a Disability History Month to increase disability awareness	Sen. McAuliffe	Delivered to Governor	3/13	
SSB 6743	Training for teachers on autism	Creates IEP supplement for autism, awareness of Childfind, awareness of diagnosis/interventions	Sen. Rasmussen	Delivered to Governor	3/12	
HB 2137	School employees	School employees with children with disabilities enrolled where they work	Rep. Wallace	Delivered to Governor	3/11	
SHB 2693	Long Term Care Workers	Expands training for long term care workers	Rep. Morrell	Dead Senate Rules 3	3/13	
2SHB 2668	Long Term Care Programs	Expanding programs for persons needing long-term care	Rep. Morrell	Delivered to Governor	3/13	
SSB 6804	Grants for LTC training	Grants to community colleges for long term care worker training	Sen. Kilmer	Delivered to Governor	3/10	
2SHB 2903	ADA Coordinator for Courts	Creates an access coordinator for the administrative office of the courts	Rep. Lantz	Delivered to Governor	3/11	
3SHB 1873	Wrongful death	Change requirements for wrongful injury or death	Rep. Ormsby	Dead Senate Rules 3	3/13	

Prepared by The Arc of Washington State and Developmental Disabilities Council - March 14, 2008

*You Are The Expert Conference 2008*  
*"Celebrating Families and Professionals, The Heart of Success"*  
**April 4 - 5, 2008**

**Lynnwood Convention Center**

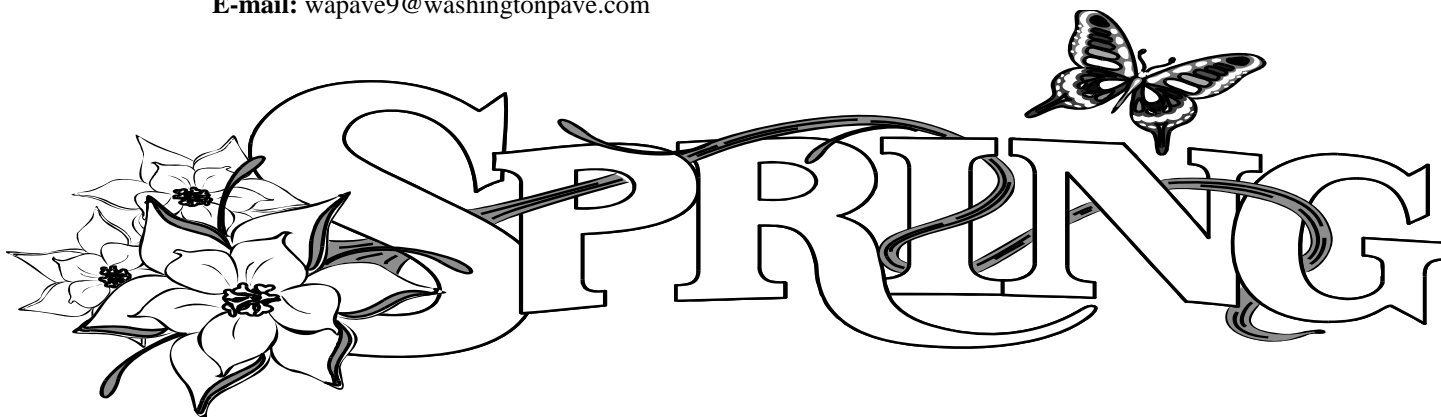
**3711 196th Street SW  
Lynnwood, WA 989036**

This is a wonderful opportunity for connecting with other parents and professionals:  
Gain New Ideas,  
Share your Knowledge and Experience . . . and Have a Great Time!

Cost: \$125.00 per person for adults, free to youths 18 or younger attending with an adult. Includes breakfast and lunch on Friday, reception and silent auction Friday evening, youth dance Friday night, and breakfast on Saturday.

**Have Questions?: Call:** 1-800-572-7368 (v/tty) or 253-565-2266 (v/tty)

**E-mail:** wapave9@washingtonpave.com



**"A Community of Action: You are the Leaders"**

**Wednesday April 16 – Friday April 18, 2008**

*Hotel Murano (formerly Tacoma Sheraton) - Tacoma, WA*

**Conference Mission:**

To develop and support leaders who personify the values of the Washington State developmental disabilities field, and provide the energy for an overall community vision that reflects and perpetuates those values.

**Conference Goals:**

Facilitate a call to action for intergenerational leaders  
Share diverse approaches to inspire, develop and nurture leadership qualities for all  
Explore existing "industry" values – de/reconstruct, solidify and embody

**Our values are:**

Power and Choice  
Personal Commitment to contribute  
Inclusive Communities-- everyone belongs and is valued  
Partnership and collaboration

*Although this conference will be primarily marketed to and designed for people working in the developmental disabilities community in the State of Washington, we are looking to create a conference that will attract anyone interested in making a difference in their community, with a goal of approximately 400 attendees.*

**Cost:** Registration: \$235 Lodging at Hotel Murano: \$139/night (plus tax)

**For more info:** Marnie Valenta, Conference Coordinator (206) 313-0577 or marnie@theinitiative.ws

# COMMUNITY FUN RUN

SPONSORED BY THE ARC OF SPOKANE AND WASHINGTON PARKS DEPARTMENT

Saturday April 5, 2008 9:00 am  
Check-in begins at 8:30 am

This is a virtually flat, out-and-back 3 mile course. Beginning at the Centennial Trail near Center Place, the course proceeds 1 1/2 miles toward Sullivan Rd, along the Spokane River and back.  
Water and times available at the 1 1/2 mile mark and at the finish line.

Center Place  
2426 N. Discovery Place  
Spokane Valley

Children under 5 are free.

For more information  
Call 279-9242

Proceeds will benefit the Lance Morehouse, Jr. Memorial Scholarship Fund.

To make a tax deductible donation to this fund, checks should be written to The Arc of Spokane and clearly designated for the Lance Morehouse, Jr. Memorial Scholarship Fund. Checks can be mailed to The Arc of Spokane, 127 W. Boone Ave., Spokane, WA 99207.

Mail Registration Form and Check to: Community Fun Run PO Box 204 Green Acres, WA 99016

## REGISTRATION FORM

FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ LAST NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

GENDER \_\_\_ BIRTHDATE \_\_\_\_\_ I PLAN TO WALK \_\_\_ RUN \_\_\_

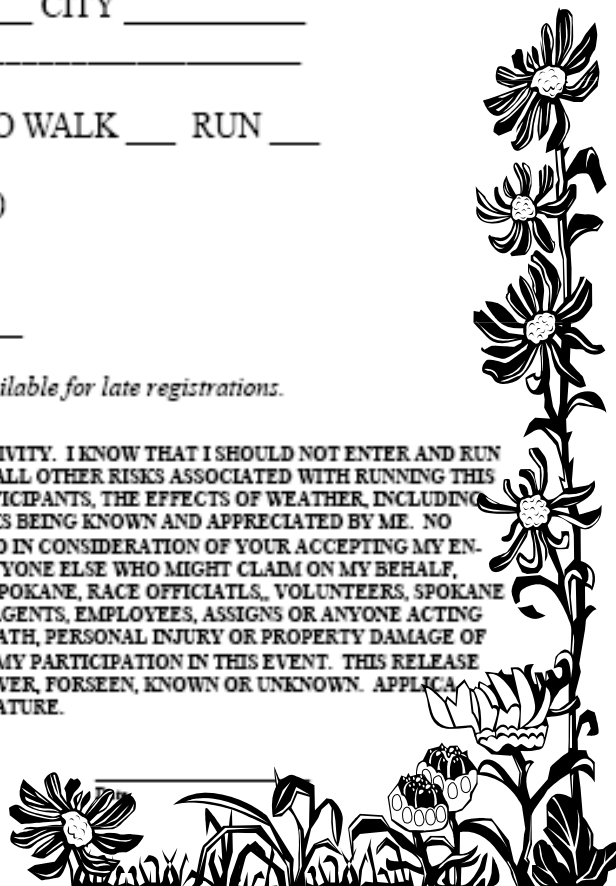
I would like a t-shirt with my registration \_\_\_\_\_ \$14.00  
Adult Size S M L XL XXL

I would like to register for the run only \_\_\_\_\_ \$8.00  
Total Enclosed \_\_\_\_\_

\*\*\*Registration after March 19th will be \$10.00 - no t-shirts will be available for late registrations.

WAIVER: I KNOW THAT RUNNING A RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I KNOW THAT I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I ASSUME ANY AND ALL OTHER RISKS ASSOCIATED WITH RUNNING THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF WEATHER, INCLUDING HIGH HEAT OR HUMIDITY, AND THE CONDITION OF THE TRAIL, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. NO WALKMANS WILL BE ALLOWED ON THE COURSE. KNOWING THESE FACTS, AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS OR ANYONE ELSE WHO MIGHT CLAIM ON MY BEHALF, COVENANT NOT TO SUE, AND WAIVE, RELEASE, AND DISCHARGE THE ARC OF SPOKANE, RACE OFFICIALS, VOLUNTEERS, SPOKANE COUNTY, WASHINGTON STATE PARKS, AND ALL SPONSORS INCLUDING THEIR AGENTS, EMPLOYEES, ASSIGNS OR ANYONE ACTING FOR OR ON THEIR BEHALF, FROM ANY AND ALL CLAIMS OR LIABILITY FOR DEATH, PERSONAL INJURY OR PROPERTY DAMAGE OF ANY KIND OR NATURE WHATSOEVER ARISING OUT OF, OR IN THE COURSE OF, MY PARTICIPATION IN THIS EVENT. THIS RELEASE AND WAIVER EXTENDS TO ALL CLAIMS OF EVERY KIND OR NATURE WHATSOEVER, FORSEEN, KNOWN OR UNKNOWN. APPLICATION FOR MINORS WILL BE ACCEPTED ONLY WITH A PARENT/GUARDIAN SIGNATURE.

Signature (Parent or Guardian if under 18)



## Save the Date Notice Community Protection Conference

Sponsored by the DSHS Division of Developmental Disabilities and the Washington State Department of Corrections  
May 5 and 6, 2008

Topics to Include:

- Development and implementation of treatment agreements and reduction plans
- Establishing and maintaining boundaries
- Staff Burnout
- Roles in community supervision
- Arson prevention

Location: Washington State Criminal Justice Training Center  
Cascade Center Auditorium  
Burien, Washington 98148

Time: 8:30 – 3:30 (both days)

Cost: There will be no charge to attend the training

Additional details regarding content and speakers will be announced by March 10, with a Conference Announcement. If you have not received a Conference Announcement by March 10 – please contact Teri Johnson at [teri@oneillandassociates.com](mailto:teri@oneillandassociates.com) or at 206.269.0232

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## I Think I Like You! Its All About Basic Dating Skills

This is a great workshop for new couples or people who are just starting to date or folks who just need a refresher course!



April 11th  
Time: 6:00pm—8:00pm  
River Park Square  
808 West Main Ave



Please RSVP to John Lemus By April 10th 509-328-6326  
ext 212

Or email your RSVP to...  
[jlemus@arc-spokane.org](mailto:jlemus@arc-spokane.org)



**No cost to participate!  
Refreshments provided**

## “Time To Decide”

# Arc of Spokane’s Spring Assembly

Pre-session  
6:30—7 pm  
Question & Answer Time

April 23rd, 2008  
7—8:30 pm

SCC Lair,  
1810 N Greene Street



### **You Are Needed!:**

There are issues that need to be addressed.  
There are problems that need to be fixed.

The Arc of Spokane will launch an Action Campaign based on your participation & voting at this assembly.

Recommendation from Education, Social Inclusion, Housing, and Employment research teams will be presented.  
You will be voting on priorities for an Action Campaign.

Change is made by those who show up!  
We need broad representation of people with developmental disabilities, families, and professionals who work with them.

## QUICK-LOOK CALENDAR

### APRIL 2008

- 4-5 PAVE—"You Are The Expert" Conference
- 5 Fun Run
- 11 Safety Rally
- 16-18 WISE "You Are The Leaders" Conference
- 19 Leadership Development Graduation & BBQ
- 23 Arc Assembly
- 25 Parent Provider Training

### MAY 2008

- 2 WASL ends
- 3 Home Owners Class
- 7-8 Infant & Early Childhood Conference
- 31 Home Owners Class



The Partnership's 8th Annual

# Safety Rally

At the S.T.A . Plaza

701 W. Riverside

Friday, April 11<sup>th</sup> 2008 11 - 1

- ⊙ Special Guest speaker Police Chief Kirkpatrick
- ⊙ Personal safety demonstrations
- ⊙ Community Safety Partner Booths

**Music and Prizes!!**

**We All Deserve to Be Safe**



[www.arc-spokane.org](http://www.arc-spokane.org)

For More information contact:  
Theresa Fears at 328-6326



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Advocacy & Family Support

## Project Feed Spokane

Recipient of the food will be second harvest food bank

Collection bins will be delivered, picked up and maintained

Theme: people with disabilities helping their communities

Website [www.projectfeedspokane.org](http://www.projectfeedspokane.org)

**Project Dates March 21<sup>st</sup> to April 30<sup>th</sup>**

### Community partners

People First of Washington

The Arc of Spokane

Brain Injury Association of Washington Spokane

CORD

Spina Bifida Association

ADAPT

PSA campaign during the 5 week drive to show what different organizations offer our community, create awareness to people with disabilities and the organizations that support them.

People with disabilities doing something significant for their community, showing that we are people first and our disabilities are secondary.



People First of Washington  
[projectfeedspokane.org](http://projectfeedspokane.org)



We are trying to unite our community of disabled persons together for this project please join us.

Email [imaginationman@msn.com](mailto:imaginationman@msn.com)

Call 509-340-0786

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## **INFANT AND EARLY CHILDHOOD CONFERENCE**

**Meydenbauer Center**  
Bellevue, Washington  
Preconference  
**May 7**

*Conference & Exhibits*  
**May 8-9**



infant and early childhood  
C O N F E R E N C E

**2008**

**Register Online By March 31 For Best Pricing and Selection!**  
<http://www.ieccwa.org>

**Contact: Terry Villalovoz @ 328-6326 for scholarship information.**



## Workshop for Siblings of Children with Special Needs

Kids who have brothers and sisters with special needs have needs of their own- needs that are often overlooked. Sibshops are able to provide much-needed social and emotional support to 7-12-year-old brothers and sisters of children with special needs-support in a recreational atmosphere that kids will enjoy. In Sibshops, kids have an opportunity to share their good-and maybe not so good feelings with other kids who understand these feelings.

The chance to meet other brothers and sisters in a casual atmosphere and join them in recreational activities has several benefits for participants. First, it can help reduce a sibling's sense of isolation. Participants quickly learn that there are others who experience the special joys and challenges that they do. Second, the casual atmosphere and recreational activities promote informal sharing and friendships among participants. Friendships begun at Sibshops and continued outside the program offer sibs ongoing sources of support.

SIBSHOPS are being offered by Spokane Parent to Parent and The Arc of Spokane

**WHEN:** April 26, 2008

**WHERE:** 116 W. Indiana

**TIME:** 10:00 am-2:00 pm

**COST:** \$5.00 (includes lunch)\*

For more information regarding location and registration please contact, Terry Villalovoz at 328-6326 . Please let me know in advance who is attending. I need numbers for lunch.

\*Scholarships are available



# MONTHLY SUPPORT GROUPS & MEETINGS

## Autism Society Of Washington

### MOCHA MEETING

No April meeting due to Spring Break  
Rocket Market  
723 E. 43rd

### Annual Meeting

Saturday, April 19 2-5pm  
Free Autism Film Fest & Resource Fair  
EWU/WSU Riverpoint Campus  
Phase 1 building. Metered Parking available

### Teen/Young Adult Social Group

Bring a game to play  
Sunday, April 20 1-3pm  
Service Station Coffee House  
9317 N. Nevada

### Autism 207 "Communication Skills"

Thursday, April 17 7-8:00pm  
Instructor: Carla Brooks, SLP  
ESD 101 Video Link w/ Children's Hospital  
4202 S. Regal Conference Room

### Adults with Asperger's Social Group

Sunday, April 20 1-3pm  
Service Station Coffee House  
Meet to plan another activity for following month  
(Note: Not an ASW sponsored activity)

**For more information**  
[Spokane@autismofwa.org](mailto:Spokane@autismofwa.org)  
For more information:  
[Spokane@autismsocietyofwa.org](mailto:Spokane@autismsocietyofwa.org)

## Parent to Parent Monthly Support Group



Open to any parent or  
Guardian who has  
a child with special needs.

**Tuesday, April 22, 10am—Noon**  
Refreshments Provided

The Arc of Spokane  
127 W. Boone  
Contact: Terry Villalovoz, 328-6326



## Down Syndrome Family Network SUPPORT GROUP

This is a terrific opportunity for support and networking.  
Children are always welcome.

**Meets every Wednesday 9:30 - 11:30am**

Garland Alliance Church,  
2011 W. Garland Ave., Spokane  
**Contact: Brittlyn Bourassa, (509) 482-7630**

### BREAKFAST RENDEZVOUS

**Saturday, April 13 9:00 a.m.**

This no-host breakfast is a great way to start  
your weekend. Bring the kids!

**Jenny's Restaurant, 9425 E. Sprague Spokane Valley**

**Contact: Carolyn Wright, (509) 455-7439**  
For more information or to be added to the  
Down Syndrome Family Network email list..  
Contact: Carolyn Wright at 455-7439

## Senior Parent Support Group & Parents For Life Support Group

A support group for parents who have an adult  
son or daughter with a developmental disability.

**Wednesday, April 16, 11:30am. to 1pm**  
TOPIC: Housing Options

The Arc/IERR Building, 116 W. Indiana Ave.  
Contact: Deanna Noland, (509) 328-6326

## Evergreen Spina Bifida Support Group

**Call for meeting time and location.**  
Come discuss issues that effect persons with  
spina bifida and their family and friends.

Contact: Ed Kennedy,  
(509) 326-6355

## Spokane Fathers Network

For fathers of children with special needs.

**Saturday, April 19 10am**

Frankie Doodle's  
30 East 3rd Ave., Spokane  
Contact: Gregg Osborne, (509) 768-1383



All new material or changes to existing materials **must** be made by the **20th** of the month preceding publication for inclusion in news-letter.



# People For Transit! Save Our Buses!

Four years ago a 40% cut back in service threatened the Spokane bus system. The threat is before the voters of Spokane County again this year.

## Spring Transition and Resource Fair Everyone is welcome—No RSVP's Needed

**Who:** People with Developmental Disabilities, Parents, Teachers, Friends, and Case Managers

**When:** Thursday, May 8, 2008 9:00 A.M. – 11:30 A.M.

**Where:** CenterPlace: 2426 N. Discovery Place

**Info: Dala Rice: 477-4511**

**Please Join Us!**

Join us and support the bus system. If you can participate in one of the following activities, please call Deanna @ 328-6326.

### Door-to-door Canvassing

Saturdays 8:30—12:30, April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>

### Phone banking—(locations will vary)

Tuesday, Wednesdays & Thursdays, 5:30—7:30 -pm

April 15, 16, 17,

April 22, 23, 24,

April 29, 30, May 1<sup>st</sup>



**PARENT to PARENT**

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

Arc - Spokane  
127 W. Boone Ave  
Spokane, WA 99201