

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.

IN THIS ISSUE:

ARTICLES

Raising Autism	1
STA Board Mtg.	3
Mentors	10
Bills of Interest	11
Sensory Friendly Movie	12
Sp Ed Teach. Suspended	14

CONFERENCES/ MONTHLY

Lance's Notes	2
Cathie's Notes	4
Home Buying Seminar	5
Parent Empowerment	6
Partnership	8
Night of Stars	8
Safety Rally	9
Camp Resource Fair	12
Fair Housing Training	13
Thurs/Fri Date Night	15
Mini-calendar	16
Family Support Conf.	13
Monthly meetings	19

"Pendulum swings like a pendulum do, bobbies on bicycles two by two.... Westminster Abbey the Tower Big Ben, the rosy red cheeks of the little children...."

Raising Autism

A few years back, I spoke with a woman who had worked at Lakeland Village several decades ago. She told me that on her assigned floor were cages in which a select number of children were housed.. Her training included instructions on how to puree their food and administer it with a large syringe through the bars of the cage. Interaction was not encouraged. When she asked why these children were kept in this way, she was told, "They have autism -nothing can be done for them."

As little as 30 years ago, over 90% of children diagnosed with autism were institutionalized. Even more disturbing was the widespread belief that a mother's coldness to her children was to blame; in many cases she was the one prescribed with intensive therapy.

Fortunately, that theory was proven false, in large part, thanks to psychologists raising their own children with autism. In 2009, we understand autism to be a neurobiological disorder affecting essential human behaviors, such as the communication of ideas and feelings; imagination; self-awareness and regulation, and the ability to engage in relationships. We also know that individuals on the spectrum are at higher risk for other health and mental health conditions - gastrointestinal and immune problems, allergies, epilepsy and depression, to name a few.

It is no longer accepted practice to sequester children with autism in cages. But families affected with autism spectrum disorder are faced with the lack of a unified approach to the diagnosis, care and education of their loved ones. This circumstance continues to pull at the threads of fabric making up the communities families live in.

To mend the tear, families work to apply makeshift patches, and try to piece programs of intervention and treatment together. Because of the lack of coverage, qualified providers are almost impossible to find and retain. Often, qualified providers are faculty in higher education. With no coverage for their services, private practice is commonly not a financially viable career move. In a state where treatment is not insured and accessible, lack of support leaves families very isolated in their search for care for their children. Many deplete retirement and college savings to spend thousands of dollars a month on treatment and interventions for what is undeniably a chronic, treatable condition. Insurance companies and their lobbyists resist.... claims and appeals for assistance with coverage.

Although children on the spectrum are not relegated to cages, we are seeing the pendulum swing back to an approach supporting the practice of institutionalization for children in crisis. After 30 years of creating policies to deter institutionalization and provide for care in the community and support in the home, the state of Washington has admitted over 70 children to institutions in just the last few years. Not because they are medically fragile, or because they require heavy care, but because they have behavioral issues: most of them carry a diagnosis of autism.

Lance's Notes

Greetings,

I have attached a letter with our concerns about the proposed increase to paratransit fees that STA is considering. The current proposal as I understand it from a phone call with Susan Milbank at STA is as follows:

	<u>current</u>	<u>9/1/2009</u>	<u>1/1/2010</u>	<u>1/1/2011</u>	<u>1/1/2012</u>
Paratransit trip	\$.50	\$.75	\$.75	\$1.25	\$1.50
Monthly pass	\$16.50	\$25.00	\$25.00	\$35.00	\$45.00

The Citizens Advisory Council did revise their proposal to the STA board based on public input at the community outreach sessions and delayed the significant increases that we oppose to 2011/2012. In talking to Susan Millbank yesterday, STA has data that shows that 80% of the people who currently purchase monthly passes do not utilize them to their full value of 17 round trips per month. STA does offer what is called a smart card that you can put money on and use on an individual trip basis. Susan thought they might need to do some community education about the smart cards so even at the current prices people can get the best value for their money.

There will be a STA Board meeting on April 16th at the Spokane City Council Chambers where we will be organizing people to give public testimony on the increases. You might want to consider the same within your organizations and share with people whom you might be connected to.

Let me know if you have any questions or want to work together on this.

Thanks,
Lance Morehouse
Director of Advocacy & Family Support
The Arc of Spokane



(Continued from page 1) Raising Autism

Those of us who are raising children with autism are familiar with this focus on behavior: our children may not be institutionalized, but they often have difficulty gaining access to basic opportunities and services. How often families hear these words:

- "I'm sorry, we don't seem to have what your son needs here. You'll have to make other childcare arrangements."
- "I'm sorry, your son is disturbing my other customers. You'll have to look somewhere else for a hair cut."
- "I'm sorry, this pediatrician isn't taking any more patients with autism, but we'll try to help you find someone else."
- "I'm sorry, we don't have the extra help to include your child in this after school activity. Maybe you could leave work early to help him participate yourself."
- "I'm sorry, but your child is very noisy and disruptive. I have to give you notice - you can no longer stay in this complex, you will have to find another place to live."

There is, of course, no conspiracy to isolate a segment of our population. There is no malicious intent to slowly and systematically unravel the fabric of community support typically accessible to most other individuals and families. Yet it happens, nonetheless. Until our community has the qualified providers to offer educational, vocational and residential opportunities for children and adults on the spectrum, the fabric of support will continue to fray.

Thankfully, in this month of April 2009, Autism Awareness Month, we can acknowledge tremendous efforts are underway in our state to push back against the pendulum.. Washington's Autism Task Force, appointed by Governor Gregoire 2006-2008, has created a guidebook for our state and identified priority issues for both policy and community change. Every legislative session sees more bills being introduced to help address the needs and rights of people with autism and other developmental disabilities. With each bill we hear the voices of families, professionals and self-advocates contributing to the political process and joining hands to help make change. It is that grassroots, passionate, and committed effort that is transformative. Each person's effort, no matter how 'big' or 'small' adds to the overall movement. The whole community benefits because what is done for one is done for all.

Dawn Sidell, Executive Director of Northwest Autism Center

**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 March 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.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.

Dear STA Board,

I am writing to share my strong concerns about the amount of the proposed paratransit fare increase that you are considering.

First of all, I would like to reinforce that The Arc of Spokane has been a huge supporter of public transportation in Spokane and has worked hard to maintain the level of service that we currently have. We also understand that fare increases may be necessary from time to time to maintain the level of service.

The concern I have about the fare proposal for paratransit is the significant increase. You are proposing a 173% - 200% increase in the fares for paratransit which serves some of our most needy and vulnerable people, many of which are our constituents and most of whom are low income. I understand the additional costs of paratransit services but it is also an ADA service that STA receives federal funding to provide. In this proposal the CAC is recommending that people with disabilities pay the same rate as a businessman who works downtown.

The huge difference in increase between paratransit fares and regular bus fares is concerning but in addition most people who use paratransit have very limited incomes. For example a person who lives in an adult family home has a monthly personal needs allowance of \$62.79 per month for expenses such as clothing, haircuts, entertainment etc... This is the same money that the person also has to purchase a bus pass to access their community. In the current proposal, the majority of this allowance would go solely for a bus pass.

Still another area of concern would be the equity of proposed paratransit fares compared to other transit entities in Washington State. Phase one of this proposal would surpass the fares charged in Pierce and King Counties where the cost of living is much higher.

Isolation and loneliness might be the biggest concern of people with developmental disabilities and their ability to access the community is key. We have heard the concerns of many of our constituents that these increases are unreasonable and we will have many people attend the public meeting of the STA Board on April 16th to oppose large increases to paratransit fares.

For these reasons The Arc of Spokane strongly opposes significant increases to paratransit fares. Please reconsider this proposal for more reasonable increases or none at all.

Thank you for your consideration and I look forward to your response.



Lance Morehouse
Director of Advocacy & Family Support

CC: Citizens Advisory Committee
Susan Meyer

Cathie's Notes

Spring may finally be thinking about arriving. I have seen some signs like crocus and daffodils popping through the ground ever so slightly. Like many of you I am very tired of the snow. Don't get me wrong...I like snow...more so if it is just two weeks at Christmas time though!!!

With spring comes the need to look things over at your new home. Begin the first step to organizing your home by throwing away or recycling anything you don't need. If you don't already have a fire extinguisher (and everyone should have one) buy one and hang it on a wall in a safe place that is easy to get to if you must use it.

Good environmental policy in our homes includes the wildlife with which we share our gardens. As you clean up this spring, plan for the food, water, shelter and space needs of wildlife that will make your yard attractive and fun to be in. As you prune and trim, put some of your trimmings in a pile in an out-of-the-way corner of the yard. Do you have rocks? A loose pile of rocks or brush about 3 or 4 feet square will provide small birds and animals a place to hide and weatherproof nesting places for them. Our house has quite a large selection of wildlife that we enjoy watching and feeding from the quail to the baby rabbits we see each year early in the morning.

Look for ways to keep water available. Put out shallow flat containers where your sprinklers can fill them regularly. Be sure to clear a wide enough space around these containers that cats can't surprise your bird friends as they come to drink.

HomeOwnership Opportunities has several new families that we are working with towards homeownership. And we have been contacted by a few builders to look at projects that they think might benefit our families. The new tax credit isn't as straight forward as I first believed. The new details include that the tax credit is equal to 10 % of the purchase price up to a maximum of \$8,000. And homebuyers must use the house as a principal residence for at least 3 yrs. or face repayment of the tax credit amount. There are some exceptions but call me to discuss this program if you need more details. There will be more information shared over the next few months about all of these community resources.

Happy Spring!!! Roz and I look forward to continuing our work with your families.

Cathie

Share your story!

If you would like to share your story or resource information to this newsletter, please contact Helen Black, Parent to Parent Program Coordinator at 328-6326; or hblack@arc-spokane.org

SILENT AUCTION ITEMS

For sale at the Family Support Conference

- Art Basket from Penny Cannon
- Basket from Logan of Logan magazine
- Racing certificate donated by Lance Morehouse
- Darling "Time Out" chair made at the Libby Workshop
- Diamond faced watch
- Collection of resource books
- Original painting by 15 year old boy w/autism
- Planters basket full of seeds, tools, books and more
- Movie night basket including a movie, popcorn and goodies
- Teapot basket with teapot and assortment of teas, candle and goodies
- Spa basket with all sorts of treats for yourself
- Pampered Chef basket
- 2 month membership to Curves in Cheney

More items are coming in daily! We would be delighted to receive additional items like a gift certificates to your favorite restaurant, movie theatre or an item of your choosing. Feel free to call Rosslyn @ 328 6326.

AROMATIC CARPET

CLEANER RECIPE

- 2 cups baking soda
- ½ cup cornstarch
- 4 to 5 bay leaves
- 1 tablespoon cloves

Mix all ingredients together and keep in a closed container. Sprinkle on your carpet and let sit for a couple of hours. Vacuum carpet in the usual manner.

Social Security's Economic Recovery One-Time Payments Information Page

President Obama recently signed the American Recovery and Reinvestment Act of 2009. This act provides for the one-time payment of \$250 to individuals who get Supplemental Security Income (SSI) or Social Security benefits.

We expect everyone who is entitled to a payment to receive it by late May 2009. **No action is required on your part.**

We are currently working on the details regarding how we will issue nearly 55 million one-time payments to our beneficiaries.

**Please take our annual satisfaction survey,
on-line at
[http://www.surveymonkey.com/s.aspx?
sm=BFk5H84jiK_2bjaEtbPT7Cfw_3d_3d](http://www.surveymonkey.com/s.aspx?sm=BFk5H84jiK_2bjaEtbPT7Cfw_3d_3d)**



Home Buying Seminar FREE OF CHARGE

*Home Ownership
Opportunities*



Learn about the home purchase process and the variety of special programs available to assist homebuyers.

For Reservations Please Call (509) 328-6326 x 206

Sat. April 25, 2009

9am-3 p.m.

**116 W. Indiana St.
Spokane, WA. 99205**

Presented by:
**The Arc of Spokane
Countrywide Bank**

Presented by :
**The Arc of Spokane
National City Mortgage**

PARENT EMPOWERMENT

Issues Addressed

CHALLENGES AND SUCCESSES

BEHAVIOR CHALLENGES

IEP'S AND 504 PLANS

RELATIONSHIPS

STRESS

FATHERS' ISSUES

SIBLING ISSUES

COMMUNITY RESOURCES

PLANNING FOR THE FUTURE

TRANSITIONS

Your complete parenting package, dealing with the most challenging parenting circumstances. New speaker every Thursday for six consecutive weeks beginning **April 23rd, through May 28th**.

Time: 6:00 pm to 8:00 pm (dinner provided at 5:30)

Location (for all sessions): Northeast Community Center, 4001 N. Cook, Spokane, WA 99207

Cost: \$10 per session

(REGISTRATION DEADLINE: 4/21/09) CHILDCARE PROVIDED with prior arrangement

For More Information: contact Helen Black, Parent 2 Parent 328-6326 or hblack@arc-spokane.org

*Childcare provided on-site: must register in advance.

*All attendees must register with the Arc before **4/21/09** at 328-6326.

.....
Please register me for your upcoming Parent Empowerment six day Workshop!

Name: _____

Address: _____

Phone: _____ E-Mail _____

Number and age of children needing childcare: _____

Please mail the registration and check to: The Arc of Spokane
127 W. Boone Ave.
Spokane, WA 99201
memo: Parent Empowerment



Welcome to Sibshops!



The youngest child in the room was 8 years old while the oldest child was 14 and all the others in between, half of them were boys while the other half were girls. While together this lively bunch played pool, ran obstacle courses in the gym, played table games, eat lunch together and still had enough room in their stomachs to devour freshly baked cookies faster than we could get them out of the oven. Sounds like a social happening place, doesn't it? Well it was, but not just any place.

Welcome to Sibshops! Yes, it is a great social place for kids to come together, but not just any group of kids, these kids are our siblings of children who have a disability or a chronic illness and our time together isn't just a social time, but a time for siblings to share with one another the joys, frustrations, worries as well as celebrations siblings often experience with a sibling who has special needs. A time for our siblings to know they are not alone.

On March 7th I was able to witness siblings who have been attending Sibshops for 6-7 years interact with the younger children and what I learned is that our children are not just receiving or giving support as siblings, but are learning life time skills that are beyond life as a sibling.

So, what could they possibly learn that are life time skills at Sibshops? Let's start with "Respect". Example; A young man wanted to share a story about another person's sibling, so instead of just assuming that it was okay to share the story the young man first asked permission of the person in private before sharing the story with the whole group. That young man demonstrated a level of maturity and respect that many in the same age group don't have as fine tune as this young man or as the others in the room. Another example: Another teen wanted to share a story they weren't sure was appropriate for the young ones to hear, so that teen asked the facilitator if she thought the story was okay for the younger ones to hear. Again, this is another example of a young person being respectful of others in the room and having the maturity to use discretion.

All day, I witness young teens and children sharing with one another, teaching each other, supporting each other while the facilitators gently guided our young people. Will my own children be returning to Sibshops? You bet they will and I will choose Sibshops over their AAU or Y basketball game, it is worth them missing one game in a 8 week period to get to be part of a group of their peers who can relate to them as a sibling of a child with special needs, a time my children get to know they are not alone.

The sibling relationship is the most important relationship and we parents are often overwhelmed with questions of how has the disability or illnesses of our child changed the sibling relationship or finding the balance of caring for our child with special needs and still have enough time and energy to be there for our other children.

We here at the Arc recognize the importance of the sibling relationship that we have made siblings the main focus of this year's Family Support conference. Many of us as parents of children with disabilities recognize that we parents often have questions or thoughts on the sibling relationship, with our questions often going unasked or our thoughts not share. We look forward to sharing with you April 18th.

Helen Black

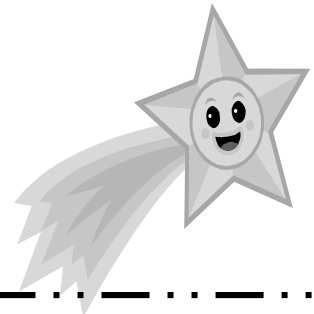
I am very happy to announce that the Partnership's 9th annual Safety Rally is scheduled for April 10th on the second floor of the STA Plaza. This event has multiple goals; community inclusion, public education, safety training for the students and most important (according to the students) a dance.

How does the Safety Rally promote community inclusion? The event brings over 300 students with disabilities downtown and for two hours they are the majority, not the minority. In a society in which they are frequently invisible, they are made visible. At the Safety Rally we turn the tables on Spokane and invite people with out disabilities to join the students. In other words, we include *them*.

Public education is provided overtly about the risk of sexual abuse and exploitation of people with developmental disabilities, which very is important. But what is equally important is the unspoken message these students send by their very presence; that are here and a part of our community. I challenge anyone who observes these young people dancing and flirting with each other to see them as anything other than the teenagers they are.

It wouldn't be a safety Rally without some safety exercise, so we will be practicing how to say "STOP!" like we really mean it. There will also be community safety partner tables with information for the students on a variety of related issues from domestic violence to what to do in case of an emergency.

So, if you have time, come on down and join us at the Safety Rally. You might just have some fun!
Stay Safe!



NIGHT OF STARS

MAY 8, 2009

4 pm TO 8 pm

REGISTRATION

**DEADLINE: APRIL 10,
2009**

**THIS IS AN
INVITATION ONLY
EVENT. THERE WILL
BE NO WILL CALL
TICKETS.**

On Friday, May 8, Silverwood Theme Park will bring smiles to the faces of hundreds of Inland Northwest citizens confronting terminal illnesses and permanent physical and mental disabilities. This one of a kind event lets them enjoy an evening of fun in the Northwest's largest Theme Park.

**Deadline to register: April
8, 2009**

**To register. Please call
Lynette @ 328-6326 ext.
216.**

SAVE THE DATE!!!

The Partnership's

Safety Rally'09

Friday April 10
11 am-1 pm
STA PLAZA

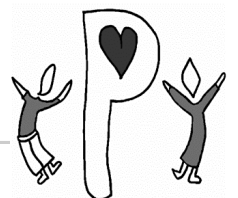
- ☺ Special Guest speakers
- ☺ Personal safety demonstrations
- ☺ Community Safety Partner Booths

Music and Prizes!!

We All Deserve to Be Safe!

For More information contact:
Theresa Fears at 328-6326

**The
Arc**
OF SPOKANE®



MENTORS OFFER THEIR OWN STIMULUS PACKAGE

As the economy has tightened, both businesses and individuals alike have taken steps to 'tighten' their own finances and non-profits have been forced to do the same. Many non-profits who rely heavily on community support say that donations are down. However, there is another way that community members can share their support. "People have less money to spend," Annie Barker, president of Ventura County United Way states. "With their generous hearts, they still want to give. They're finding ways to give physically, rather than monetarily."

President Barack Obama has also encouraged Americans to find ways to build community. **"We need your service, right now, in this moment—our moment—in history. I'm not going to tell you what your role should be; that's for you to discover. But I am going to ask you to play your part; ask you to stand up; ask you to put your foot firmly into the current of history."**

Mentoring offers a great opportunity to share what you know, build community, and to make a positive impact in not only the life of a young person, but also in the mentor's life as well. The benefits to mentees are well known, but most mentors find work more enjoyable, get along better with others, and have an overall improvement in their morale after becoming involved in mentoring.

Even better, Iowa Mentoring found that mentoring encourages community participation and growth, thereby helping to stimulate the economy. "During these times especially, mentoring offers great benefits to students, mentors, and our community as a whole. I know right now there are many people asking themselves, "What can I do?" and, "The answer could be mentoring," said Tim Foster, Project MOVE match coordinator.

To find out more about Project MOVE and the impacts of mentoring, contact Project MOVE at (509) 328-2310. www.projectmove.org












Project MOVE is **currently looking** for caring adults interested in becoming mentors in the following areas:

- *South Hill
- *North Side and Chattaroy Area
- *Spokane Valley

Several youth have just been enrolled and are anxiously waiting to be matched. Please consider becoming a mentor TODAY!



WithinReach is an important partner of Health For All. It is the organization that handles 4 important help lines for the State: **Family Health Hotline: 1-800-322-2588; Family Food Hotline: 1-888-4FOODWA (888-436-6392); Apple Health for Kids Hotline: 1-877-KIDSNOW (1-877-543-7669); and Family Planning/Take Charge Hotline: 1-800-770-4334.** In addition to these, they operate www.parenthelp123.org and handle the support hotline for that at 1-866-585-1123.

2009 DEVELOPMENTAL DISABILITIES BILLS OF INTEREST						
Bill #	Title	Description	Sponsor	Status	Sched	Position
SB 5117	Intensive In-home Behavior Supports	Behavior Supports program in statute - by DSHS request	Sen Hargrove	H Human Services Appropriations	PH 4/1 8 am	
2SHB 1429	Respite Care	Respite care for primary care providers of persons with developmental disabilities (will be amended)	Rep O'Brien	S Health & LTC	Passed House	
SB 5547	Respite Care	Respite care for primary care providers of persons with developmental disabilities	Sen Hargrove	H Rules		
3SHB 1373	Children's Mental Health	Equitable access to appropriate and effective children's mental health services	Rep Dickerson	S Human Services	Exec'd	
2SHB 2113	Students in RHCs	Provide RHC impact aid to school districts for costs of students	Rep Kagi	S Early Learning	PH 3/26 10 am	
HB 1103	Estates of vulnerable adults	Adds abuse of a vulnerable person to the statute	Rep Moeller	S Rules		
HB 1835	Respectful Language	Replace mental retardation with intellectual disability in code reviser's office	Rep Angel	S Rules		
HB 2072	Special Needs Transportation	Concerning transportation for persons with special transportation needs	Rep Wallace	S Transportation	PH 3/19 1:30	
2SHB 2078	Adults with DD in correctional facilities or jails	Keep adults with DD safe and assure they are properly served in jails	Rep Roberts	S Human Services	Exec'd	
SB 5699	Office of Public Guardianship	Allows recruitment and training of new guardians by OPG	Sen Franklin	H Judiciary	PH 3/19 10 am	
SSB 5484	Developmental Screenings	Select a screening tool and recommend a schedule for use.	Sen Marr	H Health Care	Passed House	
HB 1152	Disability stickers	drivers with certain disabilities or impairments	Rep Williams	S Transportation	PH 3/30 3:30	Under review
S = Senate H = House PH = Public Hearing Exec = Executive Session 2nd Read = Eligible for a floor vote Prepared by The Arc of Washington State through a grant from the Washington State Developmental Disabilities Council						

**NORTHWEST
AUTISM CENTER IS
MOVING!**

*Because growth is a good thing, NAC is happy to announce that after five great years of sharing office space with the wonderful staff at **The Arc of Spokane** on Boone, NAC will be moving to a larger suite of offices in the lower level of St. Anne's Children and Family Center. Many thanks to The Arc for their hospitality and friendship!*

We look forward to a strong continued partnership of efforts to support individuals with disabilities and their families.

New Address
25 West 5th Avenue
Spokane, WA 99204
328-1582

Sensory-Friendly showing of:

Monsters vs. Aliens

Saturday, April 4th

10:00am

AMC Entertainment® and the Autism Society of America have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis.

With Sensory Friendly Films, the movie auditoriums will have their lights brought up and the sound turned down.

AMC River Park Square 20

808 W. Main Street

Spokane, WA 99201

509-458-7578

For tickets to this unique experience, please visit the theatre's box office the day of the event.

AMC
ENTERTAINMENT™

ASA
Autism Society of America.

Walk The Walk

Easter Seals Fund Raiser
May 10th, 2009
11 am

Free parking at the
corner of
Mallon and Howard

For more information go to
www.WalkTheWalk.org

Washington State

TBI Conference



Putting TBI on the Map in Washington State

**Monday, May 4, 2009,
Marriott Seattle Airport.
3201 S. 176th St, SeaTac**

If you have any questions, please call Kari at 206-832-1899. Kari Lewis at C.H.E.F., 159 S. Jackson St. Ste. 510, Seattle, WA 98104 (e-mail: karyl@chef.org; fax: 206-824-3072) by **March 9, 2009.**



2009 Fair Housing Spring Training

Wednesday, April 15th, 2009
8:30 am to 3:30 pm

Know the RULES of the Game
COVER all of Your Bases

Spokane Community College (SCC) – The Lair Building
1810 N. Green Street - Spokane, WA
Registration Fee: \$20 by April 7th, 2009

8:30 - 9:00	Registration
9:00 - 9:15	Introductions & Welcome - City of Spokane Mayor Mary Verner and Todd Mielke, Chair, Board of County Commissioners of Spokane County
9:15 - 9:45	Basic Fair Housing - Kristina Miller, Equal Opportunity Specialist, HUD Office of Fair Housing & Equal Opportunity
9:45 - 10:45	State vs Federal Fair Housing Laws – Sharon Ortiz, Acting Executive Director Washington State Human Rights Commission
10:45 - 11:00	Break
11:00 - 11:30	Legal Updates - Marley J. Eichstaedt, J.D. - Executive Director, Northwest Fair Housing Alliance

Breakout Session #1-A: 12:30 – 1:20
Fair Housing for Federally Funded Partners
Kristina Miller
Equal Opportunity Specialist
HUD Office of Fair Housing (Spokane)

Breakout Session #1-B: 12:30 – 1:20
Tenant Screening/Adverse Action
Jackie High-Edward
Consumer Law Specialist
Northwest Justice Project

Breakout Session #2-A: 1:30 – 2:20
Predatory Lending (Part 1)
Andrew Tarver
Supervisor, Intake Branch
HUD Office of Fair Housing (Seattle)

Breakout Session #2-B: 1:30 – 2:20
Fair Housing – Landlord Perspective
Eric Steven, P.S.
Attorney at Law

Breakout Session #3-A: 2:30 – 3:20
Predatory Lending (Part 2)
Andrew Tarver
Supervisor, Intake Branch
HUD Office of Fair Housing (Seattle)

Breakout Session #3-B: 2:30 – 3:20
Tenant vs Tenant Harassment
Heidi Silver & Marley Eichstaedt
Washington State Human Rights Commission
Northwest Fair Housing Alliance



For information or registration call: 325-2665.

Seattle special education teachers suspended for refusal to give test

By Marc Ramirez Seattle Times staff reporter

The Seattle School District has suspended two special-education teachers for refusing to give required assessment tests to six students at Green Lake Elementary, despite orders from the principal to do so.

Lenora Stahl and Juli Griffith each were suspended for 10 days without pay for not following through with training and reports required for the Washington Alternative Assessment System (WAAS), a version of the Washington Assessment of Student Learning intended for students with special needs.

"I understand that you are taking this position as a matter of principle," says a March 2 letter to the teachers from Seattle Schools Superintendent Maria Goodloe-Johnson. But because giving the test is a state requirement, "you as a member of our staff have a responsibility to do so." The suspension runs through March 16.

The teachers say they merely followed the wishes of the parents, who exercised their rights — verbally at first, then in writing — to have their children "opt out" of the exam. "They're sticking up for my kid and what I want for my child," parent Rachel McKean said. "They know what he can and can't do. They're not just going out on a limb." Goodloe-Johnson's letter said the teachers didn't tell the district of the parents' involvement until disciplinary hearings had begun.

"With any students, but particularly those with special needs, and especially in instances when we have a federal and a state mandate to follow, documentation is essential," Seattle Schools spokeswoman Patti Spencer said.

Stahl and Griffith are teaching partners at Green Lake, with a class of 11 special education students. Many are far below their various classifications as kindergarten through fifth-grade level. Some are prone to seizures or have respiratory issues. McKean's son Jackson, 10, has hydrocephalus and uses a wheelchair. In four-plus years at Green Lake, he has learned to feed himself, hang up his jacket and not to scream when he hears loud noises. "My kid is basically the equivalent of a toddler," McKean said. "You wouldn't ask a toddler these questions when they can't do it. ... You wouldn't give a kid a test that is years beyond what they can do."

According to Nate Olson of the state Office of the Superintendent of Public Instruction, the WAAS can be tailored to students' individual needs, but parents and teachers dispute that. Because the test is grade-level-based, they say, it's inappropriate for students with severe cognitive disabilities.

"It's really not a one-size-fits-all for kids," Stahl said. "It doesn't mean we don't have high expectations; we do. They're just not there yet."

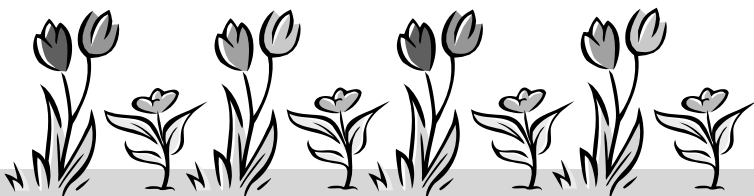
She and Griffith first raised concerns about the test last fall, Stahl said, after parents told them they didn't want their children taking the exam. The two teachers wrote the district asking to work together to create a more appropriate test for their children, but received no response, she said.

Many of the children had taken the test the previous year, Stahl noted, and all received zeros. "They're automatically being set up for failure," she said. When McKean's son was given the exam last year, she said, he just sat there. "He doesn't read or write," McKean said. "... He's just learning how to draw straight lines. But doing a two-plus-two math problem, he doesn't really understand." When Principal Cheryl Grinager directed the teachers to complete the required exam preparation, they refused — again, Stahl said, in deference to parental wishes.

She said the "opt-out" process never was explained to them fully, so they didn't know until January, when they were called to a disciplinary hearing, that written parental requests were required. By mid-February, the teachers had collected written letters from the parents, but the disciplinary process continued. The two are appealing the suspension.

While the appeal may restore their lost pay, Stahl said, "we can't get back the time we lose in the classroom. The bottom line is, they're punishing the students."

Marc Ramirez: 206-464-8102 or mramirez@seattletimes.com



The Thursday & Friday Night Date!

Are you interested in learning about dating skills or are you and your partner wanting to learn more about relationships and how they work!

If so this training is for you! Put on your date clothes and join us for a fun filled night of learning and food and social time!

The Thursday Night Date will be held at

River Park Square Kress Gallery

April 23th; 5-7pm

The Friday Night Date will be held at

River Park Square

April 24th 2009; 5-7pm

Recommended for youth 16-25

QUICK-LOOK CALENDAR 2009

APRIL 2009

- 4 Fun Run
- 10 Safety Rally
- 11 Free Car Seat Check
- 16 STA Board (fare increase)
- 18 **Family Support Conference**
- 22 Camp/Recreation Fair
- 25 Parent Helping Parent
- 27—29 WA DC. Policy collaboration Seminar

MAY 2009

- 4 WA state TBI Conference
- 10 Easter Seals "Walk The Walk"
- 29—30 "You Are the Expert" Conference



Camp/Recreation Resource Fair

Arc/IERR Building,
116 W Indiana

APRIL 22, 2009
5:30 – 7 pm

Come meet many wonderful camps and recreation providers. Look for more information and everything you need to make a great choice for a great summer!



FREE Car Seat Check

Is your car seat installed correctly? Is it the right size for your child? Has it been recalled?

Bring your child and their car seat – a Certified Child Passenger Safety Technician will check your car seat for FREE!

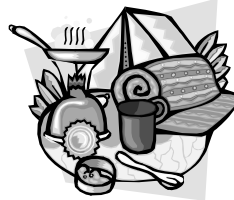
Saturday, April 11, 2009

10:00 a.m – 2:00 p.m.

K-Mart

6606 North Division

For more information call: 324-1530

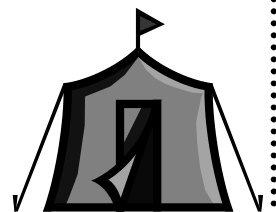


2009 Summer Camp Recreational Directory

In this issue!

Camps, activities, day programs, and more.

Find your "little camper" the perfect camp for them!



2009 Family Support Conference

On-Line Registration:

[http://www.acteva.com/
booking.cfm?
bevaaid=170450](http://www.acteva.com/booking.cfm?bevaaid=170450)

April 18th, 2009

Location: Fort Wright College
Mukagowa Commons
Spokane, WA

**REGISTER
NOW!!**

**DON'T MISS
OUT ON ALL
THE FUN!!!**

Don Meyer: Founder of Sibshops is our Keynote speaker! He has an important message for every family.

What Works in Autism Treatment: Examining the Evidence

Wednesday, April 15, 7:30 p.m.

Robinson Teaching Theatre, Weyerhaeuser Hall
Whitworth University
300 W. Hawthorne Road
Spokane, WA 99251

Public Lecture

Autism Spectrum Disorder (ASD) is a serious and complex neurological disorder that currently affects about 1 in 150 children in the United States. Determining appropriate treatment strategies for the symptoms of ASD is an equally serious and complex task. This presentation will look at the research that supports various treatments and based on the evidence, will rate each treatment in terms of its effectiveness as one of the following: scientifically based with convincing support, a promising practice that is useful but not proven, an approach with little or no evidence available, or not recommended because of documented risk of harm.

Betty Williams, Ph.D., Lindaman Chair and professor and coordinator of special education at Whitworth University will present the sixth annual Lindaman Lecture, "What Works in Autism Treatment: Examining the Evidence," at 7:30 p.m. on Wednesday, April 15, in the Robinson Teaching Theatre in Weyerhaeuser Hall at Whitworth. Admission is free. For more information, please call 509.777.3228.

PLEASE JOIN US...

NORTHWEST AUTISM CENTER, ASW-SPOKANE CHAPTER AND
ISAAC FOUNDATION FOR

Spokane's Sixth Annual

AUTISM AWARENESS MONTH MAYORAL PROCLAMATION

6PM @ CITY COUNCIL CHAMBERS:
808 WEST SPOKANE FALLS BLVD

All families and friends—anyone touched by autism spectrum disorders—are invited to attend as a show of support and celebration of loved ones.

The proclamation will be read by Spokane's Mayor Verner, after which all the children present will present she and the City Council with Spokane's 2009 Autism Awareness Month Fine Art Print!

For those with an appetite afterward, NAC has reserved a banquet room at the Spagetti Factory on Monroe. For more information, call NAC at 328-1582.

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

People First of Spokane (Lilac Chapter)

2nd and 4th Tuesdays 1:PM - 2:30:PM
Down Town Public Library in lower conference
rooms
www.peoplefirstsv.com



Brain Injury Groups

Spokane
2nd Wednesdays at
7:PM to 9:PM
St Luke's Rehab
room 200
www.tbiwa.org

North Idaho
3rd Saturdays
1:PM to 3:PM
Kootenai Medical Center
room KMC3
www.tbiid.org

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

Must contact Craig
imaginationman@comcast.net
<http://tbisurvivorsnetwork.ning.com/>

For more information call Craig Sicilia
@ 509-218-7982

Barnes and Noble
Bookfair at Northtown Mall
supporting Northwest Autism Center!

April 25 & 26th
Saturday from 11am-2pm:
Sunday from 10am-6PM:

Guest speakers:

25th—11am-12noon; Dawn Sidell, Executive
Director of Northwest Autism Center

25th—1pm-2pm; Eileen Garvin, Spokane
author and sibling of an adult with autism
spectrum disorder:



Back for a third season, "**Olympia Insider**" hosts Ed Holen and Sue Elliott give you the inside scoop about what is happening in and behind Washington State's legislative scene.

Watch Olympia Insider at:
www.olympiainsider.org

**Autism Society Of Washington
Spokane Chapter**
Sensory Friendly Family Movie
 Saturday April 4 (10am)
 River Park Square AMC; Monsters vs.. Aliens
 \$5 Tickets available at the Event
 Sound level is down & lights are left up.
 The "silence is golden" policy is relaxed for this showing.
 (PS. "Hanna Montana" showing 4/18 at 10am)

Monthly Meeting
 No April 15 Meeting due to
 Autism Presentation at GU
spokane@autismsocietyofwa.org

**Teen/ Young Adult Social Group
and Adults Social Groups**
 Service Station Coffee House
 9317 N. North Nevada
 Sunday April 19 (1-3pm)
 Bring a board or card game to share.
spokane@autismsocietyofwa.org

Adults with Asperger's Group
 A group activity is planned each month
 To get on contact list:
spokane@autismsocietyofwa.org

Mocha Group
 Wednesday April 8th (7-9pm)
 Rocket Market
 723 E 43rd, Spokane
 Contact: jennyheals1@yahoo.com

Down Syndrome Family Network
 SUPPORT GROUP
Contact: Carolee Spradley, (509) 499-8792

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

Jenny's Restaurant, 9425 E. Sprague Spokane Valley
February, April, June, August, October, December
9:00am. Reservations are NOT needed.

SUNDAY PLAYTIME
 Piper's mom, Carolee, wants you to join her, and Piper, at the
 play area in Northtown Mall on Sundays at 1:00pm.

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

Parents For Life Support Group
sponsored by Senior Parent Support Group
 A support group for parents who have an adult son or daughter
 with a developmental disability or special need.

April 15th, 2009
topic: Pot luck for everyone

The Arc/IERR Building, 116 W. Indiana Ave.
 Contact: Deanna Noland, (509) 328-6326
3rd Wednesday of the month; 11:30—1:00 pm



Parent to Parent
Monthly Support Group
 Open to any parent or
 Guardian who has
 a child with special needs.

Tuesday, April 28th
6:00—8:00 pm

The Arc of Spokane
 127 W. Boone
 Helen Black – 328-6326 or
 email hblack@arc-spokane.org



FISH: Families in Support of Hearing
Do new information received.

Kim Schafer @789-5722

Spokane Fathers Network
 For fathers of children with special needs.
Special Date: April 11 @ 8:30
 Frankie Doodle's
 30 East 3rd Ave., Spokane
 Contact: Gregg Osborne, (509) 768-1383

**Spina Bifida Association of
Washington State**
Call for meeting time and location.
 Come discuss issues that effect persons with
 spina bifida and their family and friends.
 Contact: Ed Kennedy, 326-6355, ext. 103

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

**Little League Challenger Division
Is for children ages 5–18
With mental & physical disabilities.**

If you're interested in having your child participate or you're interested in being a coach or buddy call for more information about District 13 Little League Challenger Division contact:

Heather Sutherland—Spokane South
hsutherland@comcast.net
509-747-0508

Leslie Sigrav—Spokane North
mudd767@yahoo.com
509-251-2588

Kent Burns—Mead
kburns@farmersagent.com
509-467-4413

Dawn Schafer—All Other Areas
Dawn.schafer@hughes.net
509-624-9554

Download additional copies of this guide from www.arc-spokane.org

**Have you taken our annual survey?
[http://www.surveymonkey.com/s.aspx?
sm=BFk5H84jiK_2bjaEtbPT7Cfw_3d_3d](http://www.surveymonkey.com/s.aspx?sm=BFk5H84jiK_2bjaEtbPT7Cfw_3d_3d)**



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