

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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Got any money saving ideas?

This year is shaping up to be another difficult budget time for our state legislature. We are looking at another \$3 billion dollar shortfall this biennium. Since 2008 our state has had to figure out how to deal with a \$12 billion shortfall, \$5.1 billion of which was filled by cuts to services and programs, \$3.6 billion from federal funds, \$1.7 billion transferred funds, \$.8 billion from new revenue, \$.6 billion from the Rainy Day Fund and an ending fund balance of \$.25 billion.

The recession is just part of the reason. More people are needing services like Medicaid, health care costs are rising, the prison population is growing, more children are enrolling in public schools and there are increasing state employee pension obligations. We lost \$7.8 billion in expected state revenues because of low consumer spending, home values and sales dropped as well as other factors.

Our economy is improving, but at a very slow rate. It will take a few years before we can rebound from this. Currently our state's revenue is comprised 44.7% from taxes, 27.6% from federal grants, 24.7% from charges and miscellaneous revenues and 3% from licenses, permits and fees.

Governor Gregoire is approaching this upcoming budget using Priorities Of Government (POG). This budget process starts with a zero-base new budget. Each piece of the budget will be looked at as to whether it should be in the state's budget based on several criteria in three categories:

FISCAL RESPONSIBILITY

1. Is the activity an essential service?
2. Does state government have to perform the activity or can it be provided by others?
3. Can the activity be eliminated or delayed in recessionary times?
4. Does the activity need to be paid for with state general funds? Should users pay a portion of the cost?
5. Are there federal funds or other fund sources available to support this activity?

EFFICIENCY

6. Are there more cost-effective, efficient ways to do the activity?

PERFORMANCE

7. Can the activity be the subject of a performance contract?
8. Can the activity be the subject of a performance incentive?

Governor Gregoire is seeking public input on the budget. She has arranged to hold four public meetings in Tacoma, Everett, Vancouver and Spokane to ask for suggestions on ideas citizens may have regarding areas where money could be saved or work done more cost-effectively. The public is invited to share ideas at transformwabudget.ideascale.com.

Once an idea is posted on the web site, citizens can vote whether they support that idea or not. The ideas with the most votes rise to the top, which will help the Governor as she creates this next budget. Some ideas are fairly broad, such as welfare reform. Others are specific, such as not requiring a front license plate.

Be involved! If you have an idea, submit it. You could help save a program important to you with your suggestion of how to do it more efficiently or by suggesting somewhere to cut spending not

(Continued on page 2)

Message from Mike: It is an honor to follow Lance Morehouse as Director of Advocacy and Family Support for the Arc of Spokane. He has developed a comprehensive program known from Spokane to Olympia and Washington D.C. Lance is a great coach that I am happy to call friend.

I look forward to listening to your personal stories and hearing your input as we renew our commitment to the mission of the Arc of Spokane.

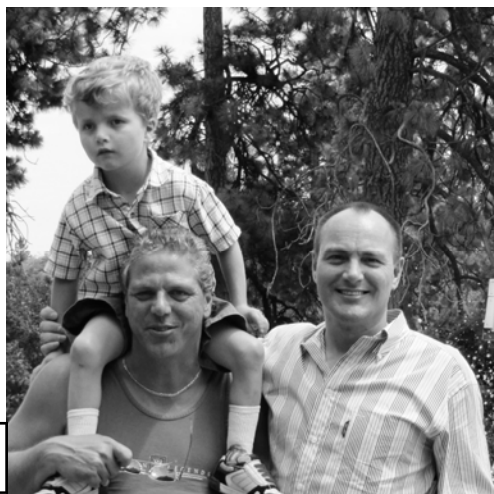
Here is the personal story of my son Daniel and me:

Danny and I met in his foster home in February 2004. Danny was extremely fragile (medically) and not expected to find a home. My home became our home 9 months later on November 10, 2004.

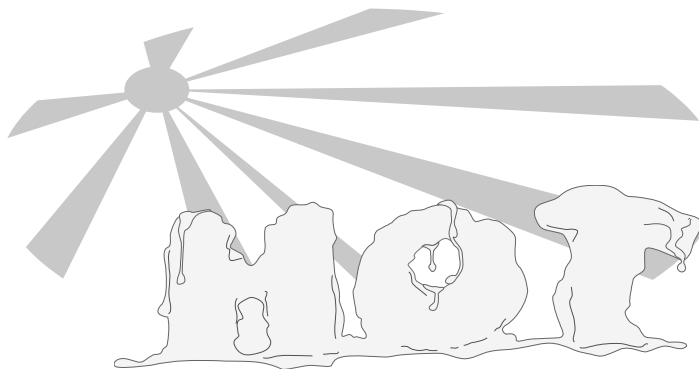
In the last six years Danny has had many medical procedures. He has regained full vision, and began walking in February of this year.

Danny is one of my mentors and he is my personal hero. Being a dad is the greatest experience of my life. Feel free to e-mail us at the Arc of Spokane, (mchappell@arc-spokane.org), or friend us on Facebook, where you can see many pictures of our family.

Mike



Mike, Lance and Daniel; 2010 Parent to Parent , Spokane Father's Picnic



(Continued from page 1) Money Saving Ideas? needed right now.

Developmental Disability advocates are drafting efficiency ideas to present to members of the Governor's Committee on Transforming Washington's Budget. If you have ideas that will help preserve services important to individuals with developmental disabilities and their families let us know. Remember, change is made by those who show up. Let your voice be heard!

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Posted By The Arc of Washington State to Remarks from The Arc at 7/20/2010 02:30:00 PM

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 August 20 to:

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Spokane, WA 99201
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dnoland@arc-spokane.org

Mailing List

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

E-mail List

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

Disclaimer

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

Contents are intended for informational purposes only.



Cathie's Notes

August is another beautiful summer month. It is a time we are going to the lakes, taking vacation, and perhaps getting ready for the new school year which will begin in September. I am already seeing all the school supplies coming out at the stores near to each of you. This will be our daughters last year of high school and although she doesn't need as many supplies as elementary students she is already thinking about a new backpack to make carrying things easier for her.

Summer is a time you see lots of farmer's markets and go to the fair. A farmer's market is a great way to buy fresh organic food products for your family. And don't forget Green Bluff growers always seem to have "pick your own produce" areas too. When I was a young girl I use to travel to stay the summer with my aunt where I would pick green beans, and strawberries and earn enough money to pay for my school yearbook, student fees and buy new clothes from the store for school. It was good exercise and I got lots of fresh air and sunshine while learning great work ethics. America has lost much of these types of opportunities for our youth over time.

Did you know that in today's typical American meal there are ingredients from at least five countries outside of the U.S.? I just read where the agricultural imports are rising twice as fast as our exports of fruit, vegetables, and grains. Having lived for seven and a half years in a foreign country I can only imagine how the imported food is grown and fertilized. Other countries have very different ideas about how things should be grown and what is safe to eat. One more reason to buy from your local farmer I think. Also, when you buy directly from the farmer he gets the whole dollar instead of the 20 cents of every dollar that he receives if you buy from a store. Try out www.localharvest.org as a source for locating natural produce.

There is one last piece of information this month that I want to share with all of you. Many people enjoy the energy savings that come with the use of Compact Fluorescent Lamps (CFL). You know those curly topped light bulbs! Did you know that there is a small amount of mercury sealed inside those bulbs?

If a CFL breaks it is important to follow certain steps during cleanup and disposal: Open a window for at least 15 minutes for ventilation before cleaning up; Wear protective gloves when handling the pieces. Never expose bare skin to mercury; Put the pieces in a plastic bag and place that back in another one. You can press a piece of duct tape over the surface to be sure you got all the tiny fragments. Put the used tape in the bag also; Wipe the area with damp paper towels and place those in the bag; If the bulb broke on carpet you can vacuum the area. But immediately remove the collection bag or wipe the collection canister with a damp towel. Put those materials in the same bag as the other bulb debris. PLEASE DON'T VACUUM HARD SURFACES! ; Take the sealed bag to one of the Spokane Regional Solid Waste System collection sites. There is no charge; Any clothing or other fabric that comes into direct contact with the bulb debris should be thrown away. Don't wash these items because the mercury contamination could be passed on to other items that are later washed in your machine.

Please continue to have a safe and happy summer,

Cathie & Helen

Personal Cooling on Hot Days or Nights

- Ball up and soak a t-shirt in the sink, wring it out, put it on and sit in a lawn chair (or other chair that lets air through to you) in front of a fan. Re-wet as it dries. Make sure not to soak it with cold water. It can be colder than you think. Instead use lukewarm water so you get cool without freezing. Using a synthetic shirt will ensure no "wet T-shirt" look.
- Wear a short sleeved shirt and put water on the sleeves. If there is a breeze or fan blowing on you, you can actually get cold. Use a squirt bottle, the sink or hose if outside to keep your sleeves wet. If you are outside and wearing long pants and you put water on your legs, the water will cool your legs.
- Fill your bathtub with cool water and get in. Once you are used to the temperature, let some water out and refill with cold water. Keep doing this until you are sufficiently cold. Your body will stay cool for a long time after you get out.
- Or just soak your feet in a bucket of cold water. You can do it almost anywhere and don't have to stay in the tub. The body radiates heat from the hands, feet, face and ears, so cooling any of these will efficiently cool the body.

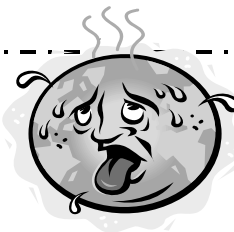
Put a freeze on things. Get 1 or more 2 liter bottles, fill them mostly full of water, freeze them, then place them in a large bowl (to catch dripping water). Position a fan to blow on them. As the ice in the bottles melts, the air cools around them. The fan will blow that air at you. The water in the bottles can be frozen overnight and used again, repeatedly. This will supplement your AC if you have it, and will serve as a ad hoc AC until you can get a decent AC system. Note that this is not any more efficient than A/C, as energy goes into freezing the ice.

Close your blinds. Close your blinds and curtains during the day to block the sun. For even better protection, get aluminized blinds (or use removable sheets of cardboard cut to size and covered in foil.) At night, open selective windows that cooler night air is blowing in. If possible, purchase a fan (such as from SMC) that are meant to install in a window. There should be an in, out, and exchange switch which controls the direction the air blows. These aren't overly expensive and work really well

Try the ice towel method. Hang a wet towel holding ice cubes from two chairs. Point a fan at the towel and at you in bed. The melting ice will wet and chill the towel and the fan will blow that cold air on you. Place a container under the towel to catch the melting ice water. You can use a thread to connect the bottom of the towel with the container to avoid the annoying dripping sound.

Consider using the "Egyptian Method": wet a sheet or bath towel that is large enough to cover you with cool or cold water, and wring it or run it through the spin cycle on a washing

(Continued on page 4)



Fun Summer Days!



Wow.....have we been having fun or what! The P2P group has been having a great time! Two Thursdays during the month of July we have been meeting at Mission Park to play and network. During the month of August we will meet at Discovery Park in the Valley across the street from the YMCA. If you would like to join us please feel free to contact Helen @ 328-6326.

Thank you all who came out to our picnic July 10th! It was so wonderful to see so many families with little ones and families with older ones, but especially to see so many families who are new to our community. We look forward to getting to know each of you as we share on our journey as parents.

Just a few reminders, as we continue to enjoy these wonderful days of summer; please be very watchful of children when there is a pool of any size nearby or when close to a lake or a river. Continue to inspect playground equipment for broken parts or possible bees nest and continue to inspect yards for any possible hazards to children. Don't forget helmets to be worn at all times when on bikes, skates or scooters and lastly, make sure we are all drinking lots of fluids.....nothing like a nice glass of ice water on a hot day.

Hope the rest of your summer days are relaxing days while making new memories with friends or family.
Take Care,

Helen



Wills, Trusts & Guardianships

This free workshop is designed to give an overview of Wills, Trusts & Guardianships

Parents, educators, guardians and anyone connected to a child with an disability are welcome to attend.



Wednesday, August 18th • 6:00 pm to 8:00 pm
The Arc/IERR Community Building
116 W. Indiana, Spokane, WA 99202



Presenters Richard & Karen Sayre,
Attorneys at law

Will present the information you need to secure your child's future.

Resource materials and refreshments provided.
RSVP to Deanna Noland at (509) 328-6326 or dnoland@arc-spokane.org



Sponsored by:
Spokane Parent to Parent
&
Spokane Parent Coalition

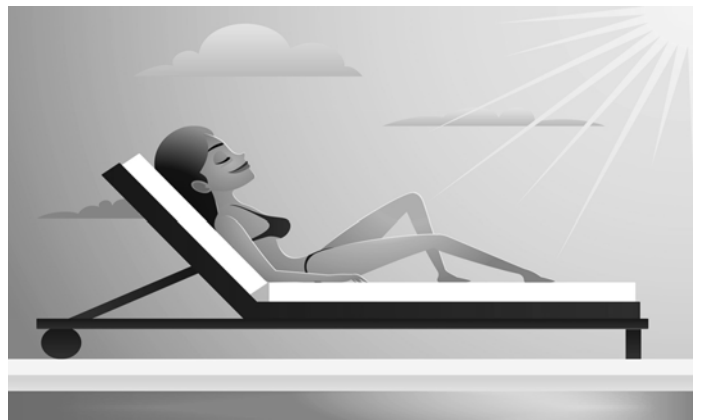


(Continued from page 3) Personal Cooling

machine until the sheet is quite damp but not dripping wet. You can also use a spray bottle of water to spray the top sheet until it is damp but not soaking. Place the dry towel or sheet on your bed underneath your body and use the wet sheet as your blanket. The

damp blanket will keep you cool and if you add a fan at the foot of your bed the cooling effect is even greater. Or, during an extreme heat wave, take a light t-shirt, wet it, wring it out and wear it. Evaporation from the shirt will help to keep you cool enough to sleep for a few hours. This is a very simple and environment friendly method of staying cool.

Make a Rice Sock and place it in the freezer and leave it there for at least two hours. When you turn in, bring the bag with you to use as a cool compress. Try placing it under your pillow so it's nice and cool when you flip it over. You can also place it within the pillow cover or inside your pillow if it has a zippered opening.



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

Hello All,

Welcome to the dog days of summer, the wind up of school break and the last chance for vacations and fun. Fun is important, it is necessary for good physical and mental health, and is a big part of *self care*.

Self care is essential for everyone, but even more so for parents of children (of any age) who have developmental disabilities. Demands for time and needs of the child and family can zap both time and energy. It often seems that the easiest thing to cutout is time for hobbies and recreational activities.

However, cutting fun time actually decreases available energy. Sounds counter intuitive but it's true. Enjoyable activities replenish and reinvigorate both the mind and body. Intellectual pursuits such as reading or handicrafts are relaxing and allow blood pressure to drop and the body to experience true relaxation.

Physical activities can release pent up energy while at the same time improving physical health. Participating in groups, such as reading or knitting groups, maintains important social interaction with people outside the world of disability services.

In nursing there is a saying; if you don't take care of yourself, you can't take care of anyone else. If you want to be more effective, to have more energy, to be able to do the things that are important - you must have fun. Find the time, take the time, have the fun! Do it for the people you love. Do it for yourself.

On a totally different note, the new COMMUNITY RESOURCE guides for families with children who have developmental disabilities will soon be available. You can get one at the Boone Arc (127 W Boone) on the table by the back entrance, or you can ask for one from Cathy, Deanna, Kendra, Roz or Helen. I have tried to make the guide more "user friendly" and would really value feedback from families who use it.

Enjoy these last summer days and Stay safe!

Heresa



Meet in the Park!



Join Parent to Parent for playtime in a park.

Wednesday, August 4th & 18th

11 am—12:30 pm

Discovery Park across the street from the YMCA

Come meet other parents and share while our children play!

Contact Helen Black @ 328-6326 or email: hblack@arc-spokane.org for more information.

Hope to see you there!

New Group To Raise Cash For Disability-Friendly Candidates

A group of politically connected disability advocates is forming what's believed to be a first-of-its-kind organization to bankroll political candidates who support disability issues. The Disability Power & Pride Political Action Committee, or PAC, will host its first fund-raiser on Monday after forming little more than a week ago. Already, however, organizers say they're garnering broad support. Backers include American Association of People with Disabilities head Andrew Imparato, National Council on Disability chair Jonathan Young and former Congressman Tony Coelho who helped push the Americans with Disabilities Act through Congress. "People in the disability community are incredibly interested," says Stephen Bennett, who serves as the PAC's chairman outside of his day job as head of United Cerebral Palsy. "The disability rights movement has always been a second class citizen, but I think people are waking up."

http://www.disabilityscoop.com/2010/07/16/disability-pac/9372/?utm_medium=email&utm_campaign=July+16%2C+2010&utm_source=YMLP&utm_term=



SPOTLIGHT: Family Support 360° would like to celebrate one of our constituents Troy Weyher.

Troy has lived on the Spokane Indian Reservation with his mother and two siblings his entire life. We are celebrating his community involvement which includes volunteer time with the West End Volunteer Fire Fighters and Grass dancing at any Pow Wow on the Spokane Indian Reservation.

Troy fought his first fire on July 12th and did a great job using his two-way radio communication skills to call in locations of the fire engine as they were driving to the Public Safety Building. Troy was also responsible for turning on the lights and using the siren when needed.

Troy is very dedicated to his Culture and Traditions. You will see him Grass dancing at any Pow Wow on the Spokane Indian Reservation. He has been drumming with the Lot-Mip Pascal Family Drum for about five years. You will most likely see Troy dancing at the 96th annual Spokane Tribal Pow Wow September 2-6th in Wellpinit. If you see Troy dancing be sure and say "Hi"!



Troy Weyher and his friend Robert Wynecoop

Mike Spenser, a Tribal councilman says, "Troy is a good young man with a good heart who truly cares about the well being of his community and has strong valuable prayers. Also, he did a great job on the fire crew".

Don't forget the Healthy Emotions Evening on August 11th, 5-7pm @ 127 W. Boone Avenue.

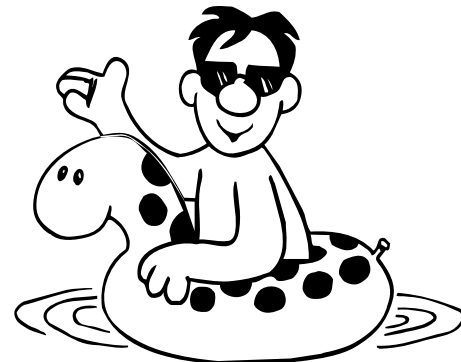
Healthy Emotions Workshop

Discuss the grief cycle, the importance of self-care, common feelings & behaviors, and the reactions of parents with children who have developmental disabilities.

August, 11, 2010
5 pm—7 pm

Arc building
127 W. Boone

Please contact Theresa or Roz at
328-6326 for more information.



TVW's video voter guide is ready to view

The public-affairs network TVW has posted portions of its video voter guide to the Aug. 17 primary elections, including just over half of the 14 candidates for U.S. Senate and six candidates for state Supreme Court (incumbent Sen. Patty Murray's piece is apparently going to be posted soon). Go here for the footage: <http://www.tvw.org/elections/2010videovotersguide.cfm?bhcp=1>. TVW also plans to televise its voter guide pieces. This week, that includes segments at 8 p.m. Thursday and both at noon and 7 p.m. on Friday. TVW plans pro and con statements on ballot measures for its guide after the primary. There are likely to be nine ballot measures, three sponsored by the Legislature and six by activist groups.

MONTHLY SUPPORT GROUPS & MEETINGS



Autism Society Of Washington, Spokane Chapter, For more information e-mail; Spokane@autismofwa.org

MOCHA Group, No August meeting

Cruise for Autism, Sun Aug 15th 6 pm, Adults 18 + who love loud music and dancing, Tickets \$20/25 at the dock, Lake CDA, ID on the Mish-An-Nock, More info & for tickets. (509)-218-2448

TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS, 3rd Annual Potluck, Mission Park White Shelter 1208 E Mission Avenue, We'll have Hot Dogs & Burgers-you bring something to share.; email spokane@autismsocietyofwa.org

SENSORY FRIENDLY FAMILY MOVIE: Saturday 8/7, (10am); "Cats & Dogs", River Park Square AMC Tickets available at the Event. This is not just for kids with Autism and is not a fundraiser

ADULTS WITH ASPERGER'S GROUP; A group activity is planned each month, spokane@autismsocietyofwa.org

EARLY INTERVENTION; Contact Kristy Wessels at kristywessels@comcast.net for on-line support

Brain Injury Groups—Spokane; 2nd Wednesdays; 7:PM to 9:PM St Luke's Rehab, room 200 www.tbiwa.org

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

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

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

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

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

F.I.S.H. - Families In Support of Hearing Next meeting Monday, Sept 13th 6:30 - 8:00 pm "Social Inclusion - Educating & Empowering". Contact Kim Schafer 509-863-7097 kim@spokanehopeschool.org

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

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

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

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

Senior Families. August 17th, 3rd Tuesday of the month; 11:30—1:00 pm; The Arc/IERR Building, 116 W. Indiana Ave. Helen Black @ (509) 328-6326

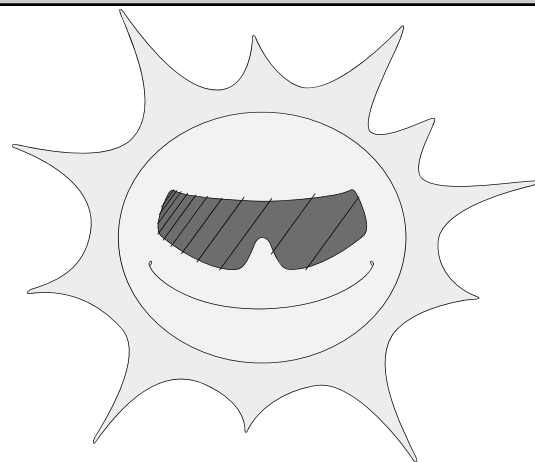
Spina Bifida Association of Washington State Call for meeting time and location. Call Ed Kennedy @ 768-6379

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

QUICK-LOOK CALENDAR 2010

August

- 4 Meet in the Park
- 11 Healthy Emotions workshop
- 18 Meet in the Park
- 18 Wills, Trusts & Guardianships workshop



The Arc of Spokane
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Spokane, WA 99201

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News and Opinion sources for Disability issues:

PATRICIA EBAUER <http://www.patriciaebauer.com/>
NEWS & COMMENTARY ON DISABILITY ISSUES

disabilityscoop <http://www.disabilityscoop.com/>

 **Disabled World**
Disability and Health News
 

<http://www.disabled-world.com/>

U.S. Department of Justice <http://www.ada.gov/>

Americans with Disabilities Act

