

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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SKAGIT COUNTY DEMOCRATS MAKE ELECTION HISTORY, ELECT CHAIR WHO IS DISABLED

Washington State, Skagit County, Mount Vernon: Election history was made on Saturday, January 10, 2009, when the Skagit County Democratic Party elected Peter Chipalla the Chair of the Skagit County Democratic Party. Mr. Chipalla, of Mount Vernon, is the first disabled person with Cerebral Palsy in county, state, and very possibly national history to be elected leader of a county political party.

The membership of the county central committee of the party elects a new slate every two years. Mr. Chipalla won the election on the first ballot, defeating Mr. Dwight Washburn of Sedro-Woolley.

Campaign issues that won the election for Mr. Chipalla were shorter, more streamlined meetings for the Democrats; protection and promotion of Skagit County; and advocacy for a policy of continued inclusion within the party.

Mr. Chipalla, age 39, was born with Hemiplegic Cerebral Palsy. Because of his disability he has spent an entire lifetime overcoming adversity. He uses forearm crutches or a wheelchair to ambulate. Growing up before the passage of the Americans with Disabilities Act, he faced many physical, attitudinal, and social barriers.

Mr. Chipalla's parents believed that their son should be educated and mainstreamed. He is part of the first generation educated under the All Handicapped Education Act of 1975. Groups like the Cerebral Palsy Union, Easter Seals, and People First helped him and his family. With a lot of effort and strong support, he became a much-independent adult and natural advocate.

Mr. Chipalla is a graduate of Anacortes High School. He is also twice alumni of Skagit Valley College. Most recently he graduated from the Paralegal Program which he completed in late 2007, while remaining active with the local Democratic Party. His past community involvement includes serving as Chair of the Skagit Transit Advisory Committee and a founding board member and treasurer of The Forum, a popular discussion organization in the county, now disbanded.

He hopes that his accomplishments will be an inspiration to other people with disabilities and proof to the general public that disabled people are nonetheless capable of anything when they become educated, advocate on behalf of others, and work hard to achieve their goals.

Cerebral Palsy Syndrome is a birth defect which manifests itself as mobility impairment and often other developmental problems.



Friendship is an Art

Lance's Notes

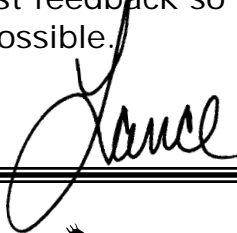
Greetings,

In this newsletter you will find contact information for the state legislators from Spokane County. I encourage you to cut this page out and put it close to your phone or where you will know where to find it for future use.

You will also see some articles about the importance of relationships and this is because of Valentine's day in February. We know that loneliness and isolation is a huge concern of people with developmental disabilities, children and adults. In addition to this, please take the time this month to concentrate on your own relationship as parents and try to take a date night. If we are going to be good support to our sons and daughters we need to nurture and take care of ourselves.

I also want to let you know that we have a college practicum student from EWU named Shawna Barnes who is re-organizing our lending library to make it more user friendly. We will provide a list of books that we have available in the future so please take advantage of this great resource. As another heads up, Shawna will be calling families we are connected to in March to do a satisfaction survey of our Advocacy & Family Support programs. Please take the time to talk to her and give her honest feedback so our services to you can be the best possible.

Take good care,



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 February 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.

Cathie's Notes

This month the Advocacy & Family Support newsletter has been focusing on relationships. In every aspect of our lives we are making relationships with other people. It might be at our grocery store, doctor's office, on the bus or at church just to name a few that come to my mind.

There are many relationships created in the process of becoming a homeowner. First, are the ones you've made with HomeOwnership Opportunities, your realtor & the lender. Some will last a short time and many will continue for years as you continue to live in your new home.

The newest relationship that I want you to think about is the one you will create with your new neighbors. Relationships in your neighborhood can be many things from great, stressful or perhaps only cordial. Whatever it is for you now I remember that the longer you live in your home those relationships will change. To some extent you can choose whether they are supportive or not.

Watching out for each other can make criminal activity more difficult in your neighborhoods. For the typical residential crime, the risk of being caught because the neighbors watch out for each other can make a huge difference. Taking part in neighborhood groups such as "block watch" activities can be a great way to help the neighborhood and help you get to know your neighbors at the same time.

Sometimes being a good neighbor can be hard. People often have different values and attitudes, so disputes are natural. Your skills as a neighbor will be revealed by what you do when a conflict occurs. Staying calm and explaining how the situation is affecting you is always a good start to building good relationships with your neighbors.



HomeOwnership Opportunities has for some time had a relationship with Banner Bank. The Advisory Board for our program has Story Tombari from Banner as a member. In January, HomeOwnership Opportunities received a \$500 donation from Banner Bank in support of our program. We appreciate their confidence in the work that we do on a daily basis with our participants.

As we continue in relationship with each other please let me know if you need information of any type that will help you to enjoy and live a better life in your new home. Roz and I will be planning workshops for the New Year and would love to hear from anyone of you who have a need to learn a new skill related to your homeownership. We want to get something planned and on our calendars so don't hesitate to call us.

Cathie.

The Partnership

Hello All!

Everyone need relationships to have a full, happy life and this is no less true for people with developmental disabilities. Relationships come in a wide variety of contexts and intensities. There are acquaintanceships, like the people we might see every day on the bus, or friendships such as with coworkers or neighbors, and then there are close friends and family.

Valentines day is coming up soon, so let's not forget romantic relationships: boyfriends, girlfriends and spouses. These relationships are generally expected to be a normal part of adult life. Therefore, it is in the best interest of families for children to be prepared for all the different types of adult relationships, including romantic relationships.

Dick Sobsey, a leading researcher on sexual abuse of people with developmental disabilities (and director of the JP Das Developmental Centre in the University of Alberta Canada), has identified lack of relationships knowledge as a major contributing factor in the vulnerability to abuse of people with disabilities.

Employment specialists have shared with me the difficulties new employees face if they haven't been prepared for the relationships they encounter in the work place. The word inappropriate is frequently used in this context.

A powerful and effective prevention intervention is teaching people with disabilities about the many different types of friendships they will encounter and assisting them in developing an understanding of what a good friend is.

Bad friendships pose a great risk of exploitation for people with developmental disabilities, but good friendships can offer support and lead to real happiness.

Stay Safe!

Jheusa

Heart Craft

White or colored paper, Markers or crayons (if using white paper), Scissors, Glue stick. Go to <http://familyfun.go.com/Resources/global/printables/crafts/120> to print the template

1. If you are printing the templates on colored paper, print one of them on pink paper and the other on red; otherwise, print both templates on white paper and color them as you wish with markers or crayons.

2. Fold the printouts in half. Carefully cut out the shapes and cut along the dotted lines. The weaving steps will be a bit easier if, as a crafter has pointed out in her comments below, you cut a bit further up the inner dotted lines than indicated. Go slowly -- the more precise your cuts at this step, the better the basket will look.

3. Time to start weaving. Orient the two halves, still folded, at right angles to each other, as shown in the photograph. Be sure that the "bumps" on the strips on each half point away from you.

4. Now thread the left-hand strip furthest away from you through the right-hand strip furthest away from you.

5. Thread the right-hand strip furthest from you through the next left-hand strip, the one second-furthest away from you.

6. Now thread the next left-hand strip, the one third-furthest away from you, through the right-hand strip furthest

away from you.

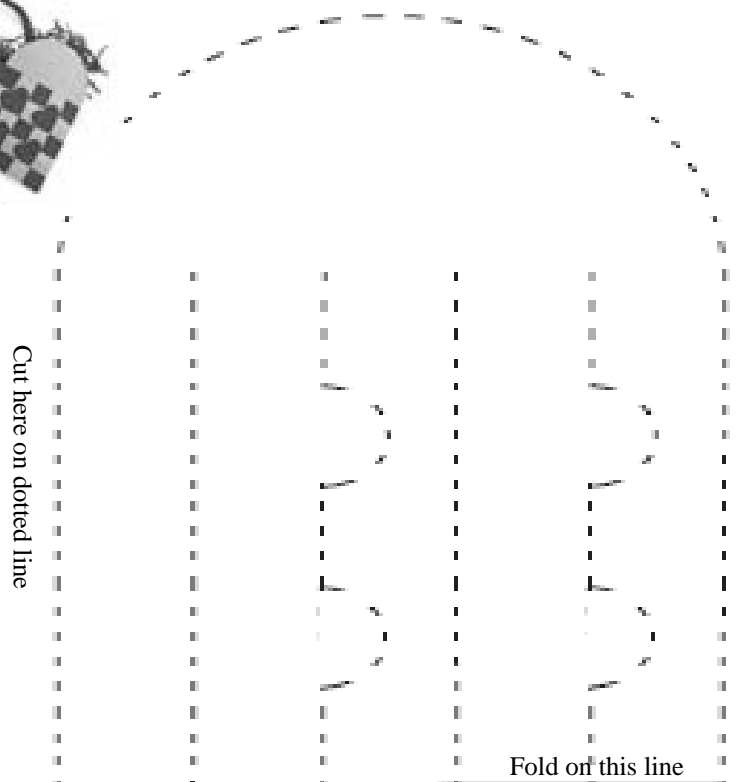
7. Thread the right-hand strip furthest away from you through the left-hand strip second-furthest away from you.

8. Finally, thread the left-hand strip closest to you through the right-hand strip furthest away from you. Whew! One pass down, four to go.

9. Snug the right-hand strip up towards the curved end of the left template as far as it will go and smooth everything down (a process you should repeat after each round of weaving).

10. Thread the right-hand strip second-furthest away from you through the left-hand strip furthest from you. See the pattern? Continue alternating your weaves either through or around the other strips until all the strips are finished.

11. Glue on a paper handle if you like.





Get Cash Back This Tax Season!

Claim All the Tax Credits You Earned in 2008!



The United Way's CASH Coalition and its members and volunteers are working together to help you get cash back!

Earned Income Credit (EIC)

- EIC is a special tax benefit for people who work full- or part- time.
- If you qualify, you will owe less in taxes and you may get cash back.
- Even if you don't owe income tax, you can get the EIC. But, you must file a tax return.
- Even workers who aren't raising a child can get the EIC!



Child Tax Credit (CTC)

- If you earned at least \$8,500 in 2008 and can claim a child under age 17 as a dependent, you may be eligible for a CTC - up to \$1,000 for each child!

If you lived with one child in 2008 and your family earned less than \$33,995*, you can get up to \$2,917.

Tax Credit up to \$2,917

If you lived with two or more children in 2008 and your family earned less than \$38,646*, you can get up to \$4,824.

Tax Credit up to \$4,824

If you are age 25-64, had no children living with you in 2008 and you earned less than \$12,880*, you can get up to \$438.

Tax Credit up to \$438

Bring

- **File Form 1040 or 1040A**
- **Attach Schedule EIC**

- **File Form 1040 or 1040A**
- **Attach Schedule EIC**

- **File Form 1040 or 1040A or 1040EZ**

*If you are married, the income limit is \$3,000 higher than this amount.

Many married workers will get a larger earned income credit.

CALL 2-1-1 or 1-866-904-9060

FOR UPDATES ON TAX SITE LOCATIONS

visit www.refundpathways.org

Contact the Arc for locations & times @ 328-6326

Hello to all our wonderful parents!

Parent to Parent has started the New Year off in the best way and that was with our 1st Sibshop since I became the P2P coordinator. Attendance was low, but those that did attend had a wonderful time and can hardly wait for the next Sibshop. The next Sibshop will take place March 7th with Ronnie and Deanna as our wonderful facilitators.



The sibling relationship is the longest lasting relationship in the family, and brother and sisters are likely to experience concerns throughout their lives. As parents, we often ask ourselves how we can give more to our other children who do not have special needs? How do we get our children to share what it's like to a sibling with special needs knowing that most will not be 100% open with us so not to hurt us (often their fear)? How do we let our children know that they are not alone, there are many sibs like them?

So, what are Sibshops? Sibshops are pedal-to-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, but also includes unique concerns. They reflect a belief that brothers and sisters have much to offer one another- if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities.

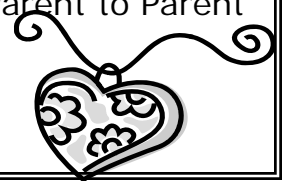
Who attends Sibshops? Here in Spokane siblings ages 8 to 18 are welcome to attend Sibshops who have a sib with a developmental disability as well as siblings of children with special health care needs, including cancer, hearing impairments, epilepsy, and emotional issues.

If you have questions regarding Sibshops please feel free to contact me. I do have material in the office if you would like to read more information regarding this wonderful program.

At the request of many I have moved our Parent to Parent Support meeting to evenings, so that parents can attend after work or to be able to leave children at home. Our meetings will take place the 4th Tuesday of every month from 6:00 – 8:00 pm at the Boone office. Come by to meet other wonderful parents, have a snack and share with each other.

Take care and I look forward to seeing many of you at our next Parent to Parent meeting.

Helen Black ~ Parent to Parent Coordinator



Parent to Parent—Support Group Meetings

These meetings are a nice place to meet other parents of children with disabilities or special needs. Come meet many wonderful parents, share in the joys, struggles, worries and celebrations we parents experience. Some meetings will have a guest speaker, some will have topics and many will be open for parents to network and share with each other.



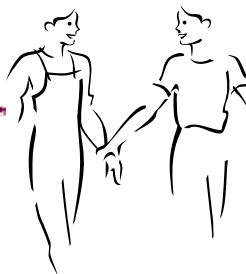
Workshop for Siblings of Children with Special Needs

Kids who have brothers and sisters with special needs have needs of their own. Sibshops are being offered by Spokane Parent to Parent and The Arc of Spokane

WHEN: March 7th **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, Helen Black at 328-6326 or email hblack.arc-spokane.org Please reserve your place in the workshop. I need to know how many will be there for lunch.

*Scholarships are available



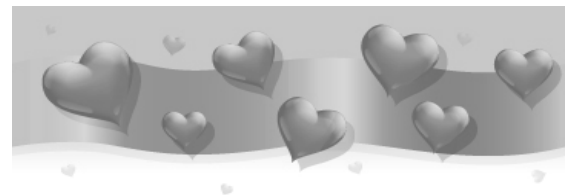
CareCareer Planning for Individuals with Autism Spectrum Disorders

March and April 2009

Dates and Locations

- March 16-17, 2009 Des Moines, IA
- March 19-20, 2009 Minneapolis, MN
- March 25-26, 2009 Portland, OR
- April 2-3, 2009 Phoenix, AZ
- April 21-22, 2009 St. Louis, MO

As more details become available, they will be listed on the following site:
www.SpectrumTrainingSystemsInc.com/Conferences.html



Parent to Parent has a lending library that has books and some videos for parents to borrow. Come take a look and see if we have a book you may want to borrow. Call Helen @ 328-6326 or visit our website @ www.spokaneparentcoalition.org

A placement, or a home of my own?

LYLE THOMAS ROMER

"It was a good year, if you can just find the words" was the headline on Mary Swift's Dec. 29 column in the Seattle P-I. The column gave us a vision of what it took to make someone's dream for their life come a little closer to reality. Mary wrote about my friend and colleague, Brad Jones. Brad lives with significant disabilities; however, he is also one of the most thoughtful, creative and sensitive people I have had the pleasure in my life to meet. I work with Brad through the agency for which I serve as executive director, Total Living Concept, of Kent.

Brad's story is certainly a moving one, and a great way to reflect upon just what makes us happy. And we need more opportunities for people with disabilities to have the opportunities that Brad and his mom, Helen, talked about.

Establishing your own home, especially your first one, is such an important right of passage into adulthood. People with developmental disabilities want and benefit from the same outcomes we all seek in our lives: the chance to make a decent living, have friends and loved ones in our lives, and to establish and live in a home of our own.

What constitutes a home of one's own? Typically, when people living with disabilities are placed in the community, it is likely they will be placed in congregated living -- in a house or apartment with one, two, three or more other people not of their own choosing. This ignores one of the most important aspects of creating a home of your own: the ability to shape the environment, both physically and socially, to reflect one's interests and preferences. A home is more than an address.

Total Living Concept, a nonprofit based in Kent, provides support for individuals living with developmental disabilities. I have learned from listening to people with significant disabilities that their families, friends and those who provide daily support create the household that makes a home.

Let's think about how we define "home." I've learned to think of home as a set of relationships deeply rooted in a place. This place consists of boundaries and walls including people and possessions and excluding, temporarily or permanently, other people or things. The physical location and how it appears are important aspects but nothing defines home like the sense of self it provides. We define who comes into our home, how long they stay and what they do while they are there. It is the one place where we have the most influence over our lives. We often refer to this as being the keeper of the threshold. This, to me, is the central defining point of home.

From this flow other important aspects: the sense of refuge and renewal provided by home; the ability to relax and be ourselves more completely than anywhere else; the ability to engage in intimate relationships with others; the simple opportunity to be alone and cherish our privacy; and, the ability, by our invitation to others, to offer hospitality.

When applying these thoughts to people living with disabilities, there is an important question to be answered. (The question is by no means the only relevant one.) Given the long waiting lists for services we have in this state, are the costs of supporting people, living without congregation but rather in a home that is truly their own, affordable?

My answer is an unqualified yes. In fact, I believe, if done wisely, the supported living model will sustain people in their own homes at costs no greater than congregating clients of the state into groups. Data from King County supports this. The cost per individual for three persons in a congregated setting averages \$249.39 per day with average of 16.48 hours of support. Compare this with \$247.93 per day and 16.38 hours of support. The latter and less expensive figure is for lives lived with independence -- in homes of their own. Through support provided by Total Living Concept, individuals with developmental disabilities live in their own homes at costs comparable to those living in congregated settings. How is this possible? TLC has become very adept at locating other resources to assist people living with disabilities to reside in their own homes. We do not depend solely on state funding; we use our resources creatively to involve families, friends and neighbors. Because people get to choose where they live, they often choose to live near where supports already exist in their communities, e.g. near family, friends, work or school.

Isn't part of the experience of living in a community creating a place of your own? Being mutually

(Continued on page 9)

(Continued from page 8)

supportive of each other? It's time to realize that living in the "community" is a great dream we have for everyone. But it cannot come true until the possibility of creating that special place we call home is brought into everyone's life, particularly for those to whom it has so long been denied.

Returning to Brad, listen to what he has to say on this topic: "Having a home creates abilities that I would not think of without a good, peaceful place to relax. I think I am super and I have a good life and I want to stress that if I can do it, I think everyone can. I want to see everyone try. I think it's important to have a place of my own and be able to reflect on my thoughts without chaos. Yes! I take this very seriously. If I had chaos, I couldn't live. I think I would be a mess! Right now things are wonderful. It's because I have a peaceful place to be!"



The Referral Registry matches the needs of Washington State residents who receive publicly funded in-home long term care with pre-qualified in-home care providers. You can connect with a Registry Coordinator in your area by calling 1-800-970-5456 to learn more.

Home Care Referral Registry (HCRR) Centers have offices across Washington State, including offices in Spokane, Colville, and Newport. Whether you are looking to hire an In-Home Provider or are looking for work as an In-Home Provider, we invite you to visit the Referral Registry on-line at www.hcqa.wa.gov, call or visit your local Home Care Referral Registry Center.



SILENT AUCTION—April 18th, 2009

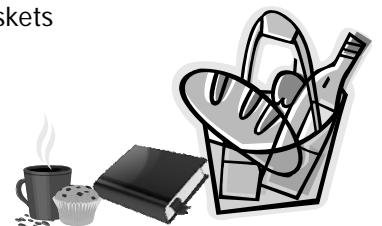
This year's Family Support Conference is going to include a Silent Auction Table. We are hoping for several items to be created and donated by individuals with disabilities and are also asking for your help.

If you know a business owner who can donate their services or product please make that request, pick-up the items or gift certificate and deliver it to The Arc Boone office no later than April 13th. All items are tax deductible and we have a simple form you can fill out when you drop off your items so that we can send a follow up thank you and receipt.

If you would prefer to make a financial contribution we will buy items and create gift baskets ourselves.

Your assistance is greatly appreciated. Any questions??...call Rosslyn @ 328-6326.

THANK YOU FOR YOUR GENEROUS SUPPORT!



State governors can't become 50 Herbert Hoovers

As the federal government tries to rescue the economy, the nation will be reeling from the actions of 50 Herbert Hoovers — state governors who are slashing spending in a time of recession, often at the expense both of their most vulnerable constituents and of the nation's economic future.

No modern American president would repeat the fiscal mistake of 1932, in which the federal government tried to balance its budget in the face of a severe recession. The Obama administration will put deficit concerns on hold while it fights the economic crisis.

But even as Washington tries to rescue the economy, the nation will be reeling from the actions of 50 Herbert Hoovers — state governors who are slashing spending in a time of recession, often at the expense both of their most vulnerable constituents and of the nation's economic future. These state-level cutbacks range from small acts of cruelty to giant acts of panic — from cuts in South Carolina's juvenile-justice program, which will force young offenders out of group homes and into prison, to the California decision to halt all construction outlays for six months.

Now, state governors aren't stupid (not all of them, anyway). They're cutting back because they have to — because they're caught in a fiscal trap. But let's step back for a moment and contemplate just how crazy it is, from a national point of view, to be cutting public services and public investment right now.

Think about it: Is America less able to afford help to troubled teens, medical care for families, or repairs to decaying roads and bridges than it was one or two years ago? Of course not. Our capacity hasn't been diminished; our workers haven't lost their skills; our technological know-how is intact. Why can't we keep doing good things? It's true that the economy is currently shrinking. But that's the result of a slump in private spending. It makes no sense to add to the problem by cutting public spending, too.

In fact, the true cost of government programs, especially public investment, is much lower now than in more prosperous times. When the economy is booming, public investment competes with the private sector for scarce resources — for skilled construction workers, for capital. But right now many of the workers employed on infrastructure projects would otherwise be unemployed, and the money borrowed to pay for these projects would otherwise sit idle. And shredding the social safety net at a moment when many more Americans need help isn't just cruel. It adds to the sense of insecurity that is one important factor driving the economy down. So why are we doing this to ourselves?

The answer, of course, is that state and local government revenues are plunging along with the economy — and unlike the federal government, lower-level governments can't borrow their way through the crisis. Partly that's because these governments, unlike the feds, are subject to balanced-budget rules. But even if they weren't, running temporary deficits would be difficult. Investors, driven by fear, are refusing to buy anything except federal debt, and those states that can borrow at all are being forced to pay punitive interest rates.

Are governors responsible for their own predicament? To some extent. Arnold Schwarzenegger, in particular, deserves some jeers. He became governor in the first place because voters were outraged over his predecessor's budget problems, but he did nothing to secure the state's fiscal future — and he now faces a projected budget deficit bigger than the one that did in Gray Davis.

But even the best-run states are in deep trouble. Anyway, we shouldn't punish our fellow citizens and our economy to spite a few local politicians. What can be done? Ted Strickland, the governor of Ohio, is pushing for federal aid to the states on three fronts: help for the neediest, in the form of funding for food stamps and Medicaid; federal funding of state- and local-level infrastructure projects; and federal aid to education. That sounds right — and if the numbers Strickland proposes are huge, so is the crisis.

And once the crisis is behind us, we should rethink the way we pay for key public services. As a nation, we don't believe that our fellow citizens should go without essential health care. Why, then, does a large share of funding for Medicaid come from state governments, which are forced to cut the program precisely when it's needed most?

An educated population is a national resource. Why, then, is basic education mainly paid for by local governments, which are forced to neglect the next generation every time the economy hits a rough patch? And why should investments in infrastructure, which will serve the nation for decades, be at the mercy of short-run fluctuations in local budgets?

That's for later. The priority right now is to fight off the attack of the 50 Herbert Hoovers, and make sure that the fiscal problems of the states don't make the economic crisis even worse.

Paul Krugman is a regular columnist for The New York Times.

3rd District		4th District		6th District		7th District		9th District	
Senate		Senate		Senate		Senate		Senate	
Senator Lisa Brown (D) 3rd LEGISLATIVE DISTRICT		Senator Bob McCaslin (R) 4th LEGISLATIVE DISTRICT		Senator Chris Marr (D) 6th LEGISLATIVE DISTRICT		Senator Bob Morton (R) 7th LEGISLATIVE DISTRICT		Senator Mark Schoesler (R) 9th LEGISLATIVE DISTRICT	
Legislative Office: 307 Legislative Building P.O. Box 40403 Olympia, WA 98504-0403 (360) 786-1959 E-mail: brown.lisa@leg.wa.gov		Legislative Office: 112 Irv Newhouse Building PO Box 40404 Olympia, WA 98504-0404 (360) 786-7606 E-mail: mccaslin.bob@leg.wa.gov		Legislative Office: 417 Legislative Building PO Box 40406 Olympia, WA 98504-0406 (360) 786-7610 E-mail: marr.chris@leg.wa.gov		Legislative Office: 115D Irv Newhouse Building PO Box 40407 Olympia, WA 98504-0407 (360) 786-7612 E-mail: morton.bob@leg.wa.gov		Legislative Office: 110 Irving R. Newhouse Bldg: P.O. Box 40409 Olympia WA, 98504-0409 (360)-786-7620 E-mail: schoesler.mark@leg.wa.gov	
House		House		House		House		House	
Rep Alex Wood (D) 3rd LEGISLATIVE DISTRICT		Rep Larry Crouse (R) 4th LEGISLATIVE DISTRICT		Rep Kevin Parker (R) 6th LEGISLATIVE DISTRICT		Rep Shelly Short (R) 7th LEGISLATIVE DISTRICT		Rep (R) 9th LEGISLATIVE DISTRICT	County Commissioners will select replacement.
Legislative Office: 437B Legislative Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7888 E-mail: wood.alex@leg.wa.gov		Legislative Office: 425A Legislative Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7820 E-mail: crouse.larry@leg.wa.gov		Legislative Office: 404 John L. O'Brien Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7922 E-mail: parker.kevin@leg.wa.gov		Legislative Office: 422 John L. O'Brien Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7908 E-mail: short.shelly@leg.wa.gov		Legislative Office: PO Box 40600 438 John L. O'Brien Bldg. Olympia, WA 98504-0600 (360) 786-7942 E-mail:	
House		House		House		House		House	
Rep Timm Ormsby (D) 3rd LEGISLATIVE DISTRICT		Rep Matthew Shea (R) 4th LEGISLATIVE DISTRICT		Rep John Driscoll (D) 6th LEGISLATIVE DISTRICT		Rep Joel Kretz (R) 7th LEGISLATIVE DISTRICT		Rep Joe Schmick (R) 9th LEGISLATIVE DISTRICT	
Legislative Office: 122F Legislative Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7946 E-mail: ormsby.timm@leg.wa.gov		Legislative Office: 405 John L. O'Brien Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7984 E-mail: shea.matt@leg.wa.gov		Legislative Office: 122E Legislative Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7962 E-mail: driscoll.john@leg.wa.gov		Legislative Office: 335A Legislative Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7988 E-mail: kretz.joel@leg.wa.gov		Legislative Office: 419 John L. O'Brien Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7844 E-mail: schmick.joe@leg.wa.gov	

QUICK-LOOK CALENDAR 2008-09

FEBRUARY 2009

28 Advocacy Day in Olympia

MARCH 2009

6 Variety Show
18 Emergency Preparedness Training
18 Advocacy Day in Olympia
18 - 20 Autism Summit



2009 Family Support Conference

SAVE THE DATE!!

April 18th, 2009

Location: Fort Wright College
Mukagowa Commons
Spokane, WA

Save The Date

2009 Variety Show

March 6th at 7pm
Gonzaga Prep Auditorium.

Jenna Tracy
Community Center Manager
116 W. Indiana
Spokane, WA 99205
(509)789-2247 ex. 126
jtracy@arc-spokane.org

The 2009 Autism Summit

Current Research and Treatment Strategies

Course Session:
"What Can Frogs Teach Us about Pragmatics and Social Thinking?"

Assessing More than Narrative Skills
Using Wordless Books

March 19 & 20, 2009

Embassy Suites Hotel- Lynnwood
Greater Seattle, Washington Area

Sponsored by Rehab Seminars
(360) 379-6994 – phone
(360) 379-5271 – fax
www.rehabseminars.org

Save the Date

Disaster Preparedness Training
Emergency Preparedness for the Special or Specific Needs Populations

Presented by: Ana-Marie Jones

Mukagowa Fort Wright Institute * 4000 West Randolph Rd. * Spokane, WA
March 18th, 2009 * 8:30 am - 4:00 pm



SAVE THE DATE!!

**You Are The Expert
Conference 2009**



“Celebrating Families and Professionals:
The Heart of Success”

Statewide Conference for
Families of Children with Disabilities/Special Needs, Youth,
Advocates, Educators, Professionals and Others

May 29 - 30, 2009

Howard Johnson Plaza -Yakima, WA

Contact PAVE for a registration form or more information.

Call 1-800-572-7368 (v/tty) or by email: wapave9@washingtonpave.com

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



SAVE THIS DATE

Community Fun Run
Saturday, April 4, 2009

www.WalkWithMe.org

You can be a team captain, walk as an individual, or be a volunteer.

Those who raise \$50 or more will receive a Walk With Me T-shirt. Check online to see how the funds you raise will benefit Spokane.

Register now by contacting Melissa Redford or register online after February 1st, 2009.

Date: May 30th, 2009

Time: 11 am

Free parking at the corner of W. Mallon and N. Howard.

Spokane residents!

Contact: Melissa Redford

Phone: 326.8292

Email:

mredford@wa.easterseals.com



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

**The
Arc**
OF SPOKANE

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



SERC--Seizure Education and Resource Center

Monthly Educational Seminars and Activities
February--Six Basic Types of Seizures
Short presentation and discussion following. Bring your questions and comments.
Spokane Downtown Library
February 18th. 5:30-7:00 pm
Contact: Travis--280-7666 or
info@sercsite.org for more information. All are welcome, including families, individuals, professionals, and community members interested in seizures and epilepsy.

INTERNET-BASED SURVEY

The University of Illinois at Chicago is looking for parents and caregivers of children aged 12 - 18 with special needs to complete an internet-based survey on the lifestyle and environment of adolescents with disabilities.

This survey can be accessed by going to this address: <http://www.healthforyouth.org/>, and entering the access code: ECP3

For more information, or if you experience any difficulty accessing the survey, please contact Brienne Davis, bda-is7@uic.edu, Department of Disability and Human Development, University of Illinois at Chicago, 1640 W. Roosevelt Road, Suite 713, Chicago, IL 60608. You may also reach Ms. Davis by telephone at (312) 355-4054.

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)
1st and 3rd Weds
12:PM to 2:30:PM

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

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

**Autism Society Of Washington
Spokane Chapter**

MOCHA MEETING

Wednesday Feb 11th (7-9pm)
Rocket Market - 723 E 43rd, Spokane
Contact: jennyheals1@yahoo.com

**MONTHLY FAMILY SUPPORT MEETING
AT ST. LUKE'S! - 711 S. Cowley, Rm 200 Spokane**

February 18th, Wednesday (6:30-8:30pm)
Topic: Toxic Toy Testing
Mr. Jim Dawson—Toxic Free Legacy Coalition

**TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS
SOCIAL GROUPS**

February 15th, Sunday (1-3pm)
Bring a board or card game to play
Service Station Coffee House; 9317 N. Nevada
spokane@autismsocietyofwa.org

ADULTS WITH ASPERGER'S GROUP

A group activity is planned each month
To get on contact list:
spokane@autismsocietyofwa.org

EARLY INTERVENTION

Contact Kristy Wessels @ kristywessels@comcast.net
for on-line support

For more information

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!

February 14th at 9:00 am

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.

**February 18th, 2009
topic:**

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**



PARENT to PARENT

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

**Tuesday, February 24th
6:00—8:00 pm**

**The Arc of Spokane
127 W. Boone**

Helen Black – 328-6326 or
email hblack@arc-spokane.org



**Families in Support of Hearing
FISH**

Contact Kelli Youk @789-5795
Kim Schafer @789-5722
Kris Panks @7899-5783

Spokane Fathers Network

For fathers of children with special needs.
3rd Saturday each month @ 10 am
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 Baseball

Little League Challenger Division Baseball is for children ages 5-18 with mental & physical disabilities.

Contact us if you're interested in having your child participate or you're interested in being a coach or volunteer.

For more information about District #13 Little League Challenger Division contact:

Heather Sutherland
District #13 ADA Challenger
hsutherland@comcast.net
509-951-7990



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