

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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What's Important

In a supermarket, Kurtis the stock boy, was busily working when a new voice came over the intercom asking for a carryout at check register 4. As he approached the check-out stand, a smile caught his eye; the new check out girl was beautiful. She was an older woman (maybe 26; he was only 22). Later that day, after his shift was over, he waited by the punch clock to find out her name. She came into the break room, smiled softly at him, took her card and punched out, then left. He looked at her card: Brenda. Next day, he waited outside as she left the supermarket, and offered her a ride home. He looked harmless enough, and she accepted. When he dropped her off, he asked if maybe he could see her again, outside of work. She simply said it wasn't possible. He pressed and she explained she had two children and she couldn't afford a baby-sitter. He offered to pay for the baby-sitter. Reluctantly she accepted his offer for a date the following Saturday. That Saturday night he arrived at her door only to have her tell him that she was unable to go with him. The baby-sitter had called and canceled. To which Kurtis simply said, "Well, let's take the kids with us." She tried to explain that taking the children was not an option, but he wouldn't take 'no' for an answer.

Finally, Brenda brought him inside to meet her children. She had a cute older daughter. Then Brenda brought out her son, in a wheelchair. He was born a paraplegic, with Down syndrome. Kurtis told Brenda, "I still don't understand why the kids can't come with us."

Brenda was amazed. Most men would run away from a woman with two kids, especially if one was disabled. Her prior husband, the father of the kids, had done that.

That evening Kurtis and Brenda loaded up the kids and went to dinner and the movies. When her son needed anything, Kurtis took care of him. When he needed to use the rest room, Kurtis picked him up out of his chair. The kids loved Kurtis. At the end of the evening, Brenda knew this was the man she was going to marry and spend the rest of her life with. A year later, they were married and Kurtis adopted both of her children.

Kurt adopted Zachary and Jesse after his wedding to Brenda in 1997. The Warners have since added five more children to their brood: Kade in 1998, Jada in 2001, Elijah in 2003, and twins Sienna and Sierra in 2005.

Kurt plays professional football, and has since 1994. He has played for the Green Bay Packers, the St Louis Rams, and currently plays for the Arizona Cardinals.

Kurtis Eugene Warner (born June 22, 1971 in Burlington, Iowa) is an American football quarterback who currently plays for the Arizona Cardinals of the National Football League. He was originally signed by the Green Bay Packers as an un-drafted free agent in 1994. He played collegiately at Northern Iowa.

Warner is best known for his stint with the St. Louis Rams from 1998 to 2003, where he won two NFL MVP awards in 1999 and 2001, as well as the Super Bowl MVP award in Super Bowl XXXIV. Behind Steve Young and Peyton Manning, Warner is ranked third all-time in career passing rating (93.5). He also holds the distinction of being the most accurate quarterback in NFL history, with a career completion percentage of 65.3%, tied with New York Jets quarterback Chad Pennington

- GFC Player of the Year (1993)
- 3x Pro Bowl selection (1999, 2000, 2001)
- 2x AP NFL MVP (1999, 2001)
- Super Bowl MVP (XXXIV)
- Super Bowl champion (XXXIV)



Lance's Notes

Opportunity for Involvement:

Each year, The Arc of Spokane sends a group of people to a Public Policy Seminar in Washington DC. This is our chance to meet with our Federal Legislators to educate them on the needs of people with developmental disabilities and their families. The year, the seminar is March 2-4, 2008 and the whole trip would be March 1-5 including travel.

We would like to extend an opportunity to a person to attend this Seminar with expenses paid. If you know someone who would be interested in expanding their involvement and advocacy skills, would be a good spokesperson for people with developmental disabilities, and would benefit from this opportunity please share this information or nominate them yourself. We are asking that interested candidates submit a paragraph about why they would be a good candidate. Please include name, contact information and information about what support is needed for the person to attend.



Photo: Washington D.C. 2006; front row—Paul Clement, back row, left to right—Lance Morehouse, Shawn Mielke, Sue Scott, Sally Stultz, Lynn Pippard.

Nominations should be sent to Lance Morehouse at lmorehouse@arc-spokane.org or 127 W. Boone, Spokane, WA 99201. Deadline for nominations is **January 8, 2008!**



Parent Coalition is Celebrating!

10 years at the Arc
Thanks to Spokane County Community Services for their support over the past 10 years, and everyone else who's helped make our work possible!



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 January 20 to:

Deanna Noland
The Arc of Spokane
127 W. Boone Ave.
Spokane, WA 99201
(509) 328-6326
dnoland@arc-spokane.org

Mailing List

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

E-mail List

To receive this newsletter in PDF format via email, visit www.arcspokane.org/maillinglists.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

Greetings!

January brings the renewal of the anticipation of a New Year. I don't know if you make a New Year's resolution or not. I don't tend to make one because it always seems that just when it looks like I will reach the goal there is a road block!

There are many changes that will be taking place in the home mortgage field in the coming year. Many of the lenders are having meltdowns due to mortgages that were made with consumers who are unable to make their payments. As a result, low income families who have been waiting a long time for the chance to purchase a home will find it even harder to do so. I am saying this not to scare you or disappoint you but as a way to let you know that the road may just have gotten a little bit longer before you will be able to purchase your dream home. HomeOwnership Opportunities intends to stay with families for the long haul, and continue to make home ownership a reality for people with developmental disabilities and their families.

I would like everyone who has purchased from our program to take advantage of a home maintenance workshop, called "Do It", that SNAP will be partnering with us to give on January 24th from 5:30 p.m. to 8:30 p.m. at our community center on Indiana. You will learn some very basic ways to keep your home in good condition and get a surprise for attending. Call me as soon as possible to register so that we can plan for the appropriate number of surprises.

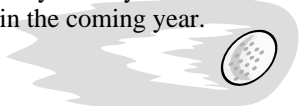
On January 26th you will have an opportunity to take a Budgeting and Credit class that will help you understand how to stay financially well. This is an excellent opportunity being made available in Spokane through the Washington Assistive Technology Foundation. It will help make sure you protect what income you get since now you own your own home. Owning a home, remember, is a big investment and you will want to protect your investment. This newsletter has the registration information in it on page 9.

My team will be helping two new sites across the state to set up programs just like ours. We are excited that other communities will have the opportunity for persons with developmental disabilities to purchase homes like we have been able to offer here. We will be sharing our experiences with the other locations and they will be creating programs that best meet the needs of their own communities. Each community has very different needs and wants. The next 18 months will be a very exciting time for our team as we work with the other two locations to create an effective program to meet the needs of their communities.

This program reached about 903 individuals and families in Spokane County last year with information about homeownership. This has included homebuyer classes, information about loans and referrals to programs that could assist them in making their dream of homeownership become a reality. I look forward to meeting new individuals and families in the coming year.

Watch for other opportunities in the coming year that will assist you in making homeownership more enjoyable. We anticipate sharing information on living green, accessible gardening. And maybe, I will even hold an old fashioned field trip to learn where there are great resources that can help maintain or improve areas of your home.

So just keep a close eye on my section of the newsletter to identify when things are happening in the coming year.



Snowball Fight!

Third in the series of winter time soups is this veggie one. It is great to carry with you out on a sledding trip or for a day of skiing or just to the office on a day you need comfort food to get through the day.

HomeOwnership Opportunities



Happy New Year!

Cathie



Speedy Vegetable-Beef Soup

1lb. ground beef
2 med stalks celery, thinly sliced (1 c)
1 med. Onion, chopped (1/2 c)
1 pkg. Betty Crocker Smokey Cheddar or scalloped potato mix
1 pkg (9 oz) frozen cut green Beans
2 cans (10 1/2 oz.) condensed chicken broth
1 can (16oz) whole tomatoes, undrained
2 c. hot water
1T parsley flakes
1T chopped fresh or 1 tea. dried basil leaves
1/8 tea. pepper

Cook ground beef, celery, and onion in 4 qt Dutch oven, stirring often until beef is brown; drain. Stir in potatoes, sauce mix, frozen beans and remaining ingredients; break up tomatoes. Heat to boiling, stirring often; reduce heat. Cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender. 6 servings.

The Partnership

Self-Advocacy/AmeriCorps

I attended my first Parent to Parent Holiday party on Dec. 7th and was completely wowed by all the beautiful babies and children! Seeing them, with their parents—safe and having fun reinforced the importance of the work of The Partnership - sexual abuse prevention through education.

To support *you* in caring for your children with disabilities, The Partnership is creating a family resource guide. There are many internet sites, flyers, brochures and booklets describing a wide variety of programs and services for families of children with disabilities; wouldn't it be convenient to have this all in one place?

Spokane currently has a great community directory published by Early Head Start, the "Spokane Community Resource Directory". The Partnership guide differs in that it has information specifically for parents and caregivers of children with disabilities. For example, because so many disability programs use acronyms, lists of frequently used acronyms for special education, transition from school and public programs are included.

In addition to phone numbers the guide will have an internet section of local, state and national programs. Because of The Partnership's focus on prevention through education, a section on local resources and internet sites with education for parents about talking to children about sexuality and relationships is also included.

A unique feature of this guide is the "how to" section in the front with a hints and tips section in the back. Pages for notes are included so you can track phone calls and write down useful names and numbers.

Hopefully, this will be useful in organizing program information and related phone calls and emails. The guide is free and will be available at The Arc by the end of January.

Stay Safe!

Theresa

John Notes!

jlemus@arc-spokane.org



Hi everyone I hope this finds you in good holiday spirits. The holidays are my favorite time of year!

It's my second year here at The Arc as an AmeriCorps member and I absolutely love it!

Since I've started at The Arc I've wanted to do a lot of peer mentoring with youth, "especially at risk youth" who have developmental disabilities! So my door is always open for that!

I'm also working on some new presentations and am hoping to have an Emergency Preparedness Workshop for you sometime in the next year!

I'm also working on a new project that I think is golden! Its called "I Think I Like You" and it's all about relationships and boundaries for folks with disabilities. It talks about everything from how to get a date, tips for healthy relationships, how to set boundaries and yes even sex! Some parents may be cringing right now but this is an issue young adults and even adults with disabilities need to know about so they can stay safe and have healthy relationships!

Self Advocates In Leadership Self Advocates of Washington (SAIL), People First of Washington, and Disability Rights Washington is working on a huge issue right now about children with developmental disabilities who live in the institution and are being denied education at their community schools. There is already a classroom established at Fircrest with attempts to do the same at Francis Haddon Morgan Center in Bremerton. Thank You to all the youth at Rogers HS and Community IMAGES who wrote letters to the governor and DDD about this important issue!

Well that's it for me! I hope you all have a wonderful holiday season and a happy new year

Salam Aleikum
John





Legislative Advocacy Workshop



Wednesday, January 9th, 2008

The Arc of Spokane / IERR Community Building

116 W. Indiana, Spokane, WA 99205

6:00PM to 8:00 PM

This workshop will present information about:

Current Legislative Issues that may affect people with developmental disabilities and their families.

How to become involved in the legislative process

How the legislative process works

How to be an effective advocate

Refreshments will be provided

For more information please contact Lance or Deanna at:
(509) 328-6326 or e-mail: lance@spokaneparentcoalition.org

Urgent Alert!

Families who have sons/daughters with MPC and are/may become paid providers.

In Washington State, parents of adults with developmental disabilities who are eligible for Medicaid Personal Care can become their sons/daughters paid Medicaid personal care providers. The current training requirements for parents if they only care for their own son/daughter are 6 hours plus a safety training.

Service Employees International Union (SEIU) is advocating for significant increases in training required of home care workers. While we support highly trained and qualified providers for people with developmental disabilities, we feel that parent providers who have cared for their son/daughter for their whole lives should be exempted from these additional training requirements. We have heard from many parents who are not happy with additional mandatory training requirements.

SEIU conducted a poll showing that 85% of family providers support increased basic training, certification and mentoring. While family members stepping in to provide care for a relative may need more training, this is different than the issue of a parent of a son/daughter with developmental disabilities who has been intricately involved and provided care for that person for at least 18 years.

SEIU, the Gov and our State Legislators have said they have not heard from families who have concerns with requiring additional training of parents and intermittent providers.



WHAT YOU CAN DO:

1. Please contact the SEIU 775 union and tell them of your position on this issue. If you feel that training for parents should remain the same 6 hour curriculum, please let them know. If you support large increases of mandatory training for parents, and continuing education, tell them.

2. Send your email and/or letter as soon as possible and no later than January 7, 2008 to:

- David Rolf, david.rolf@seiu775.org; SEIU Healthcare 775NW, 33615 First Way South, Federal Way WA 98003; fax 253-815-3701
- Your three state legislators. You can find your district by going to: <http://apps.leg.wa.gov/DistrictFinder/Default.aspx>
- Governor Gregoire, <http://www.governor.wa.gov/contact/default.asp> or Office of the Governor, P.O. Box 40002, Olympia WA 98504-0002,
- Representative Dawn Morrell, morrell.dawn@leg.wa.gov from Pierce Co. (co-chair Worker Training Work Group) or PO Box 40600 Olympia WA 98504-0600
- Representative Eileen Cody cody.eileen@leg.wa.gov or P.O. Box 40600, Olympia WA 98504-0600,

IMPORTANT: In order to track accurate numbers of parents who want or do not want greatly increased training please also cc: pcadvocates@hotmail.com.

Remember this action needs to happen as soon as possible and no later than January 7th!

Disability Issues and Election Webpage Launched.

The American Association of People with Disabilities (AAPD) has established a webpage on disability issues and the 2008 Presidential Election. In a collaboration between AAPD, the National Council on Independent Living (NCIL), Self-Advocates Becoming Empowered (SABE), and ADAPT, a set of questions posed to currently announced presidential candidates are posted along with candidates' responses and other information.

FMI: To access the new webpage, go to <http://www.aapd.com/News/election/index2008.php>.

Are you ready for Advocacy Day?



**Advocacy Day is a great time to
make your voice heard!**

**When you come to Olympia
there are a few things you
should know so that you make
the most of your time.**

**Bringing a few things with you
when you come to Advocacy
Day, can make a big difference!**

Things to Do Before Advocacy Day!



**Do you know who your
Legislators are? If not,
you can find out by
checking out this
website: [www.leg.
wa.gov/legislature/](http://www.leg.wa.gov/legislature/)**



**Schedule meetings with
your Legislators when
you know which
Advocacy Day
you will come to!**



**Think about what is most
important to you, write
down some of your ideas
so that you remember
them for**



**If you are part of a
group, gather together
messages to deliver for
people who can't come
to Advocacy Day!**

FOR ADVOCACY DAY



**Bring an umbrella in case
it's raining!**

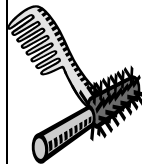
Wear comfortable shoes!



**Bring a briefcase or
backpack to gather
information and carry
your gear from place to
place, and extra pens for
making quick notes.**



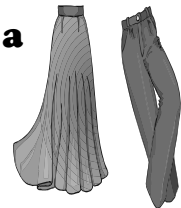
**Bring some extra
money for lunch or
pack your own!**



**Bring a brush or comb,
it's an easy way to keep
yourself looking great
all day long!**



**Looking good makes a
difference! First
impressions are
important!**



**If you have some address labels
that you use for letters, bring
some of them so that you
can easily leave your
address on the half sheet**

If you met with your Legislator write them a Thank You note!



Effective Advocacy Checklist

Confused about the process of communicating with Congress? Use this handy checklist to make sure you're on the right track.

Is my Congressional Office the Best Place to Start?

I have figured out that I want:

- _ Casework: I need help with a particular federal program (social security, or the IRS, for example)
- _ Policy Representation: I want my representative or senator to take a position on a certain federal (not state or local) issue.

Background Research

Think about the following questions:

- _ Who are my representative and senators?
- _ What is their legislative record and general philosophy?
- _ What issues are they passionate about?
- _ What committees are my representative or senators on?
- _ Is my representative or senator newly elected, or more senior?
- _ What party does my representative or senator belong to?

Message Development

- _ Tell a compelling story -- you have something of value to contribute!
- _ Know your facts
- _ Make your message your own
- _ Be positive

General Message Delivery

These tips apply to all communications -- letters, phone calls, and meetings.

- _ Decide which method of communication suits you and your purpose
- _ Develop a thoughtful, well-argued message
- _ Ask your member to take a specific action
- _ Ask your member to respond to the request
- _ Make it clear what your priorities are
- _ Tell your congressional office how you can be an ongoing resource
- _ Make your message targeted and forceful without being rude or threatening
- _ Tell the truth
- _ Be reasonable about opposing points of view
- _ Be prepared to answer questions about opposing arguments

Effective Meetings

- _ Determine whether a meeting is needed to deliver the message
- _ Decide where you want to meet, after looking at the congressional calendar
- _ Decide who you want to deliver your message (preferably someone from the district)
- _ Limit the number of people you bring to the meeting
- _ If you're in DC for a national meeting, try to coordinate with others from your state
- _ Fax the scheduler a meeting request, including a list of issues and attendees
- _ Follow-up with a phone call to the scheduler after sending a written request
- _ Schedule carefully to assure you will be on time, but not too early, for each meeting
- _ On voting days, try to schedule meetings with members before 11:00 A.M.
- _ Be prepared to meet anywhere -- standing up in the hallway or on the run to a vote
- _ Be prepared to deliver your message in five minutes
- _ Make sure you have short, concise, and consistent information to leave behind
- _ Leave your information in a file folder with your organization's name on the label

Effective Written Communications

- _ Make your communication stand out by making it personal, thoughtful, and accurate
- _ Ask for a response
- _ Confine each written communication to one topic
- _ Double check office numbers, fax numbers, and e-mail addresses

Effective Phone Calls

- _ If you want someone to think about what you're saying, ask for a response
- _ Have the basic facts about the issue on hand

Following Up

- _ Send a thank you note to the staff and the member soon after a meeting
- _ Wait at least three weeks for a response before checking back
- _ Report on your meeting in a non-threatening way

Stephanie Vance, the Advocacy Guru, is author of "Government by the People: How to Communicate with Congress" and a former Capitol Hill Staff Director. She believes that "Government Isn't Broken," and she trains advocates on how to work the system and beat the odds. Find free articles, sign up for her free Advocacy Tipsheet and learn how she can help you at



FIND & BUY THE RIGHT ASSISTIVE TECHNOLOGY

Do you use assistive technology like wheelchairs or specialized computers? Selecting the right assistive technology can be difficult and costly. This workshop will walk you through the steps to successfully find the right for your needs and introduce you to purchase your assistive technology.

January 26 10:00am– 12 @ the Arc Community Center, 116 W. Indiana, (lunch provided afterwards)

BETTER BUDGETING & IMPROVE YOUR CREDIT SCORE

Do you want to fine tune your spending, reduce your debt or save more money? This seminar teaches principles, practices and skills of good money management that will make your financial life easier and help you reach your goals. Come and learn how to create your personalized spending plan.

January 26th 12:30pm-3:30pm @ the Arc Community Center, 116 W. Indiana, (lunch provided before hand)

Call TODAY to sign up!
Toll Free: 877-428-5116
Email: info@watf.org



Please let us know if you will need an **interpreter** or any other **accommodation** at least



Washington Assistive Technology Foundation
Assistive Technology Access Fund

100 South King Street, Suite 280 Seattle, WA 98104 - Phone: 206.328.5116 Toll Free: 877.428.5116 TTY: 866.866.0162 Web: www.watf.org - Fax: 206.328.5126

"TOPSoccer (The Outreach Program for Soccer)

"TOPSoccer (The Outreach Program for Soccer) is a community based soccer program that is designed to meet the needs of children aged 4 years on up with physical and/or mental disabilities. Athletes are placed on teams according to ability NOT by age. We meet once a week for six weeks - an hour at a time. Each group or team has a coach and other volunteers called soccer buddies assist the athletes (one-on-one if requested) during the sessions. Each session is composed of a group warm-up, team drills, and scrimmages at the end of the session.

Spring 08 session begins April 16 and goes through May 21, 5:30-6:30 or 6:00-7:00* at the Spokane Indoor Center 7320 E. Nora. The cost is \$30 for a new player (includes shirt and socks) and \$25 for a player returning from the fall of 07. Go to www.spvjsa.org or www.sysa.com to register. Every participant must be registered in order to participate. The registration is complete when the fee and a copy of the registration form is mailed and received by: TOPSoccer c/o Gus Schmauch, 2230 S. Steen Rd., Veradale, WA 99037. **Registration is from Feb. 1-29.**

*The youngest group will be from 5:30-6:30 and the oldest group will be scheduled from 6:00-7:00. The time slot for the other groups will be determined at a later date.

QUICK-LOOK CALENDAR



JANUARY 2008

- 12 SibShop
- 14 Legislature Opens
- 16 DDC Legislative Reception @ Olympia
- 23 Advocacy Day @ Olympia
- 24 "Do It" Class
- 26 Assistive Technology Workshop
- Budgeting & Building Your Credit Workshop
- 29 Home Buyers class part 1
- 30 Home Buyers class, part 2
- 30 Guardianships, Wills & Trusts Workshop

FEBRUARY 2008

- 14 Housing & Homelessness Day
- 15 Living Green Class
- 20 Advocacy Day @ Olympia
- 22 Autism Workshop
- 28 I.D.E.A.S. Conference



GUARDIANSHIPS,

WILLS and TRUSTS

A Presentation by Attorneys Karen & Dick Sayre

for parents who have sons or daughters with
developmental disabilities



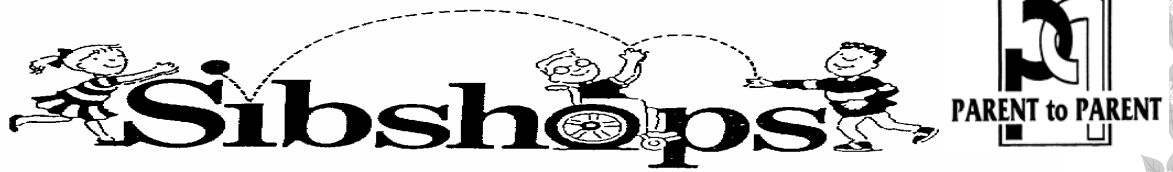
When: Wednesday, January 23, 2008
Time: 6:30 – 8:30 p.m.
Where: The Arc/IERR Community Bldg.
 116 W. Indiana Ave., Spokane
RSVP: Terry Villalovoz, Parent to Parent
 Coordinator, at (509) 328-6326



Parent to Parent programs offer emotional support and information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs.

The Arc of Spokane promotes independence and choice, and enhances the quality of life for people with developmental disabilities and their families.





Workshop for Siblings of Children with Special Needs

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

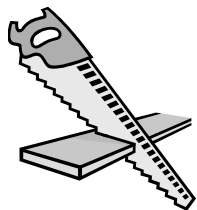
The chance to meet other brothers and sisters in a casual atmosphere and join them in recreational activities has several benefits for participants. First, it can help reduce a sibling's sense of isolation. Participants quickly learn that there are others who experience the special joys and challenges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

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

WHEN: January 12, 2008 **WHERE:** 116 W. Indiana **TIME:** 10:00 am-2:00 pm

COST: \$5.00 (includes lunch)* *Scholarships are available*

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



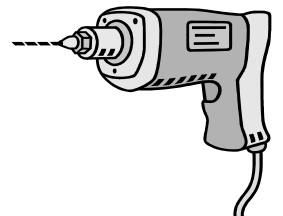
“Do It” Class

The “do’s” and “how to’s” of home maintenance and repair.

January 24; 5:30 - 8:30pm

Arc/IERR Community Center, 116 W. Boone

Call Cathie Griffith for more information @ 328--6326





SCPC Family Scholarship Fund



The SCPC Family Scholarship Fund was established in 1999. The purpose of this fund is to assist parents, foster parents, guardians, siblings, or other family members of children with developmental disabilities in Spokane County to attend workshops, conferences, seminars, or other trainings specific to the disability of their family member. Funding can be used for registration fees, respite care, travel expenses, fuel expenses, and/or lodging involved with attending an approved event.

For more information contact Lance Morehouse at (509) 328-6326. Or mail your applications to: Arc of Spokane, 127 W. Boone, Spokane, WA 99201

“Alex’s Gift: A Way to Belong”

A two-day workshop on autism and inclusion for educators, service providers, and parents

A Workshop on Autism, Inclusion & Life

Looking at what’s possible, even without a “cure”, and how we can achieve it.

Based on perspectives gleaned through the educational and life experiences of Alex, a young man with moderately severe autism, this workshop shares the vision, strategies, and techniques that make true belonging and inclusion possible for children and adults with autism and other significant disabilities. Participants will gain insights into the HOW of inclusion, learning useful, practical, "take-home and use tomorrow" strategies and methods that allow persons with diverse abilities to function successfully in inclusive general education classrooms from first grade through high school and in adult community life. The conference will address these issues:

Presenters for this workshop are:

Cheryl Fisher, Director of Ladybird Crossing, LLC
Alex Nickels, a Young Man with Autism
Tara Nofle, Adult Therapy Technician

Spokane, Washington Registration Fee \$160.00

February 22 - 23, 2008

For conference schedule and registration information please visit:

www.ladybirdcrossing.com

CONNECTING IDEAS...
ENSURING SUCCESSFUL TRANSITION
FOR ALL STUDENTS

FEBRUARY 28, 2008

SPOKANE CONVENTION CENTER
SPOKANE, WASHINGTON

SAVE THIS DATE!!

KEYNOTE SPEAKER

DR. GENE R. CARTER
EXECUTIVE DIRECTOR & CEO
ASSOCIATION FOR SUPERVISION AND
CURRICULUM DEVELOPMENT

CONFERENCE FOCUS....

Successful student transition from early childhood through high school graduation and beyond. Sessions will include:

- ♦ What Does School Readiness Really Mean?
- ♦ Transitional Math Project
- ♦ Drop Out Prevention, Intervention & Retrieval
- ♦ Trauma-Informed Response to Educational Needs of At-Risk Students
- ♦ Response to Intervention
- ♦ School to Work Transition Plans
- ♦ Navigation 101

Intended Audience:

Preschool through post-secondary general and special education teachers, counselors, and administrators

Full registration brochure with program descriptions coming soon!!

SPONSORED BY

EDUCATIONAL SERVICE DISTRICT 101
NORTH CENTRAL EDUCATIONAL SERVICE DISTRICT
OFFICE OF SUPERINTENDENT OF PUBLIC INSTRUCTION

INTER-DISCIPLINARY EDUCATIONAL ALTERNATIVE STRATEGIES

FAMILY SUPPORT CONFERENCE



Celebrate Success

2008

March 29, 2008 Come Celebrate Success With Us

Kathie Snow - Keynote Speaker



Kathie is the wife of Mark, the mother of Emily and Benjamin, and a zealous promoter of new ways of thinking about disability.

Her book, *Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities, 2nd Edition*, is the culmination of 16 years of experience as a public speaker, trainer, and consultant on disability issues.

Kathie believes it's time for new perspectives about disability, and she created the Bowl of Apples logo to illustrate that just as a green apple is more *like* red apples than different, individuals with disabilities are more *like* people without disabilities than different.

On-line registration now open @ <http://www.acteva.com/booking.cfm?bevaid=149255>

OR

Send your completed registration form with check/credit card information to:

Arc of Spokane
Attn: Terry Villalovoz
127 W. Boone
Spokane, WA 99201

Woman shovels South Hill sidewalk for safety of others

11:12 PM PST on Wednesday, December 12, 2007

By LINDSAY CHAMBERLAIN / KREM.com

SPOKANE -- Spokane property owners are expected to clear snow and ice off their property, but it doesn't always happen. Wednesday, KREM 2 News spoke with a woman who took it upon herself to shovel a South Hill sidewalk leading up to a bus stop.

Jude Cormier said several people saw her shoveling snow from her scooter and stopped to help. Cormier said shoveling the sidewalk along Regal Street shouldn't be her responsibility.

"Maybe it will call attention to [drivers] that they need to shovel their own sidewalks so that people in scooters and wheelchairs can have access like everyone else," said Cormier.

The City of Spokane passed an ordinance more than 20 years ago ordering property owners to keep their sidewalks clean when it snows or freezes.

Local attorneys told KREM 2 News they receive a handful of lawsuits each winter from people who slip and fall on someone else's property. Few of those actually end up going to court, and even less are won. Cases are tough to win because the law favors the property owner. The law states that if someone chooses to walk through an area that poses a risk of falling and getting hurt, fault is in the hands of the pedestrian, not the property owner.

Also, the pedestrian must prove the property owner knew about the dangerous conditions.



KREM.com Jude Cormier shovels snow along Regal Street from her scooter.

MONTHLY SUPPORT GROUPS & MEETINGS

Autism Society Of Washington

MOCHA MEETING

Wednesday, January 9 7—9pm
Rocket Market
723 E. 43rd

Annual Meeting

Wednesday, January 16 6:30-8pm

Plans for 1st Responders Training & 2008 Goals

St. Luke's Rehab.

711 S. Cowley

Social & Teen/Young Adult Group

Bring a game to play

Sunday, January 14 1-3 (tentative)

Service Station Coffee House

9317 N. Nevada

Autism 204: Popular Intervention Approaches

Thursday, January 17th 7-8:30pm

ESD 101 Video Link w/ Children's Hospital

4202 S. Regal Conference Room

For more information:

Spokane@autismsocietyofwa.org

509-624-3323 Kathleen

Down Syndrome Family Network

SUPPORT GROUP

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

Meets every Wednesday 9:30 - 11:30am

Garland Alliance Church,

2011 W. Garland Ave., Spokane

Contact: *Brittlyn Bourassa*, (509) 482-7630

BREAKFAST RENDEZVOUS

Saturday, February 10 9:00 a.m.

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

Jenny's Restaurant, 9425 E. Sprague Spokane Valley

Contact: *Carolyn Wright*, (509) 455-7439

For more information or to be added to the
Down Syndrome Family Network email list..

Senior Parent Support Group

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

Wednesday, January 16, 11:30am. to 1pm

TOPIC: Reverse Mortgages

The Arc/IERR Building, 116 W. Indiana Ave.

Contact: Deanna Noland, (509) 328-6326

Epilepsy Foundation Northwest

No January Information received.

Call for details:

Lindamen Center, 315 W. Mission Ave.,

Contact: Ryan Oelrich (509) 325-1128

Evergreen Spina Bifida Support Group

Call for meeting time and location.

Come discuss issues that effect persons with
spina bifida and their family and friends.

Contact: Ed Kennedy,
(509) 326-6355

Parent to Parent

Monthly Support Group



PARENT to PARENT

Open to any parent or guard-
ian who has a child with
special needs.

Tuesday, January 22 10am—Noon

Refreshments Provided

The Arc of Spokane

127 W. Boone

Contact: Terry Villalovoz, 328-6326

Spokane Fathers Network

For fathers of children with special needs.

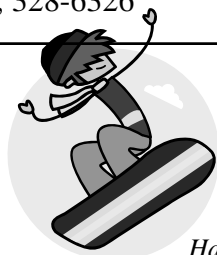
Saturday, January 19 10am

Frankie Doodle's

30 East 3rd Ave., Spokane

Contact: Lance Morehouse, (509) 328-6326

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



Family Support Conference

on-line registration **NOW OPEN!**

@ <http://www.acteva.com/booking.cfm?bevaid=149255>

Guardianship, Wills & Trusts Workshop

January 30
Details on page 10.

Legislative Advocacy Work- shop

January 9
Details on page 5.



Opportunity to Attend a Disability Seminar in Washington D. C.

- Expenses paid including travel & food.
- Advocate at the Federal Level
- Meet our Legislators

Details on page 2
Application **DEADLINE** - Jan. 8, 2008

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Arc - Spokane
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Spokane, WA 99201