

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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Have a Fresh Start for the New Year

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new". Here are some simple steps to have a fresh start for the New Year.

Suggestions:

Step 1: Assess the prior year. Sit down and take a look at what happened during the previous year (the good and the bad). Own up to what you could've done better and be thankful for the things that went right.

Step 2: Forgive and forget. Make this the year that you make peace with people who may have wronged you. By moving on you will be clearing some major mind clutter and making room for bigger and better things.

Step 3: Pamper yourself. Whether it's a new haircut, manicure, massage, or new outfit, do something for yourself. You will feel refreshed, confident, and ready to start the New Year.

Step 4: Clean the house. Take a day when you don't have interruptions and clean from top to bottom (and don't forget the cars). It might sound crazy but afterwards you will be able to think more clearly.

Step 5: Organize your finances. This is a great time to review your spending habits from the prior year to determine what bills can be eliminated or reduced, create a budget, and sign up for electronic bill pay through your bank. It's also an ideal time to shred old financial documents.

Step 6: Declutter. Take a few large trash bags and walk into every room of the house, collecting things that are broken, unused, unnecessary, and unwanted. Throw the useless things in the trash (hopefully recyclable) and bring the other stuff to the Arc for the tax write off.

Step 7: Purge your inbox. View unread mail, file the ones you need to keep, and delete the rest. This would also be a great time to clean up your PC directories, deleting files you no longer need.

Step 8: Create a vision board. Sit down and think about what you want for the year ahead. Cut out pictures from magazines or the internet that represent these things and glue them to a piece of poster board. Display the vision board where you will see it each day and let the universe do its thing.

Step 9: Take a moment and realize how far society has come regarding disability rights, and what still needs to be done for our family members with disabilities. Let's start fresh on the path towards total equality in 2010.

http://www.ehow.com/how_4688018_have-fresh-start-new-year.html



Lance's Notes

It was 12 years ago this month that the Spokane County Parent Coalition was formed. At that point, The Arc of Spokane had very limited contact with families who had young children. The addition of the SCPC added more staff time and effort to be a resource to families with younger children as well as adults and it added a legislative intent to help people become better informed and more involved. The SCPC existed in the living room of my home for the first 3 years and then moved into an office at The Arc of Spokane building on Boone.

It is this time of year that I think about the past and plan for the future. I was cleaning out my office last week and went through 12 years of letters and thank you notes from people with developmental disabilities, their families, and other professionals and organizations in Spokane. I feel very lucky to have this opportunity to reach out to families and get to know some of you whom I have worked with over the years. I hope that the SCPC and The Arc of Spokane Advocacy and Family Support programs have been and continue to be a resource for you and your family.

Governor Gregoire made some difficult decisions proposing a balanced state budget without any additional revenue. She was recently quoted saying: "I realize the future that this budget will create. It does not reflect my values nor do I believe it reflects the values of my fellow citizens. Let me be very clear: I do not support this budget. As required by law, it is balanced. For me it is unjust."

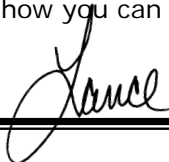
At this point, services and supports for people with developmental disabilities and their families looks fairly bleak. Our state is still experiencing a huge budget deficit that threatens the gains that we have made over the past 12 years. I know that we will make it through the hard times with services to many people intact but there may be reductions. In order to address the deficit, Medicaid Personal Care services are threatened to be eliminated to about 700 people with developmental disabilities and hours reduced by thousands more. Family Support funding is proposed to be eliminated to 700 families who have an income of over \$30,000 per year. Employment services are proposed to be eliminated to about 200 people who are not on a Medicaid Waiver and a 3% reduction in employment funding to everyone else. Dental Coverage may be suspended to adults as well as the possible elimination of the Basic Health Plan. Internally, the funding for our Parent to Parent program was eliminated last legislative session and the funding for our Senior Parent Program may be cut in the Governor's proposed budget.

Governor Gregoire did include a few budget items that we fully support. She proposes employment funding for 343 young adults who are transitioning from school to adult life. She proposes reforming services to people with developmental disabilities by downsizing our state institutions (RHC's) and moving people into quality residential services in the community. She also provides funding for about 60 additional people needing residential services in the community.

It is going to take all of us to share our personal stories with legislators to fight off these cuts and/or additional cuts that the Legislature might have to propose. If we value the services that people currently receive and are still concerned about the 18,000 people waiting for services, we might think hard about supporting additional revenues to offset painful budget cuts.

We have included a page in this newsletter with all our local legislators and their contact information. I encourage you to cut this page out and put it next to your phone and computer to use during the upcoming legislative session that begins on January 11th. Also, please plan to attend our Legislative Advocacy Workshop on January 13th from 6-8 pm and be involved by making phone calls, writing letters, and sending e-mails. Remember, change is made by those who show up and people with developmental disabilities need you this year! Please contact Lance or Deanna to find out how you can become more involved.

Thanks,



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.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

A New Year is just rising on the horizon and thus begins another chance for changing things that aren't working or improving things to make them even better.

HomeOwnership Opportunities is going through some changes ourselves. Roz has taken a new position as the manager of The Arc's new Family Support 360 One Stop Center project. She has been a fabulous assistant and I am so pleased that she will continue to be a part of the Advocacy and Family Support Team and I can still tap into all her knowledge. If you see her at the office on Boone be sure to give her a high five and say hello.

Helen Black has accepted our open assistant position and will be working by the time this goes to print. Some of you know Helen is also the coordinator for the Parent to Parent program here at Arc. She will continue in that position as we share her time. Helen loves working with families as they learn to access needed supports so she will certainly fit right into our program. Introduce yourselves to her when you are in the office.

Since Thanksgiving my family has been in transition to a new combined household living with my mom who has moved up from Oregon. Our daughter Lacey has had to change schools and since we moved into a totally new school district we are all learning new rules that go along with a move like that. She is slowly adjusting to the move. It is always hard for her to make changes to her routine because of her own disability. Moving not only to a new school but also a new house has been very hard for her some days. She is now approaching the move as an opportunity to explore new areas of Spokane and not mourn the loss of her old haunts.

Life is all about change, really....isn't it! Each day gives us another opportunity to renew ourselves and leave something worthwhile behind us. When you buy a new home you are providing new memories and stability for your family.

For many of you this is a chance to pass something of real value on to your kids and it might even be the first time in generations this has been accomplished in your family. I congratulate you for all the hard work and commitment you have shown to provide something of importance for your family.

We had twelve new homebuyers in our program this last year bringing the total number who have purchased to 57 families since we created HomeOwnership Opportunities five years ago. Some families received direct down payment assistance from Arc and some used HomeChoice loans for down payment but the end result was that 32 people had their lives changed with the purchase of those homes.

HomeOwnership Opportunities wishes each of our participants a blessed, personally bright New Year and we look forward to working with each of you to reach your own homeownership goals.

Cathie, Roz & Helen

New Treats for the New Year!!!

HomeOwnership
Opportunities



Hot Spiced Tea

4 c. brewed tea

¼ c. honey

4 cinnamon sticks

4 cloves

Orange slices for garnish

Combine the tea, honey, cinnamon & cloves in medium saucepan. Bring to a simmer over medium heat and continue heating, without boiling, for 5 min. Strain into mugs and serve hot.

Makes 4 servings.

Wishes Can Come True

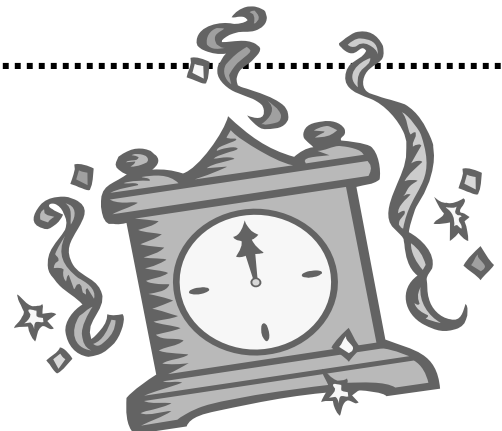
Ring in the new year with a project that your child can bank on: a custom container that lets him save for something he really wants. This is teaching asset building skills to your family while having fun.

Materials: coffee can, paper, magazine photos, paint, markers, crayons, other decorative elements of your choice.



Have your child decorate an empty coffee can with images of what he really wants to buy. Then cut a slot in the lid that's large enough to accommodate coins and folded bills. Make the first deposit to get your child started.

****My grandpa use to say that anything you work for to get is sweeter when you can pay for it yourself with money you've saved.**

CG



Legislator Contact Information, 2010 - Districts 3, 4, 6, 7 & 9th

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) 786-7604 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 Susan Fagan (R) 9th LEGISLATIVE DISTRICT 	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: 439 John L. O'Brien Building PO Box 40600 Olympia, WA 98504-0600 (360) 786-7942 E-mail: susan.fagan@leg.wa.gov
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.matthew@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

Hello All!

I love the New Year because it's a chance for a fresh start. The entire year lies before us full of opportunity and mystery; the opportunity to try something different and the mystery of discovering how it will all turn out.

What a great time to meet new people and make new connections. After all, wouldn't you agree that the best experiences in life are those spent with friends. With that said, many parents have voiced concerns about their children's social lives. They note a lack of opportunity in the Spokane area for students with developmental disabilities to get out and meet new people while at the same time, learning or practicing social skills.

I have listened to these parents; the result is "Date Nights" which begin at the end of January! What are Date Nights? They are an opportunity for your son or daughter with a developmental disability to meet new people while learning personal safety and social skills.

Each Date Night will begin with an icebreaker that teaches a component of dating skills. After the ice breaker, we watch a movie (complete with popcorn and soda), and the night is wrapped up by a review of the film.

Why is it called Date Night? Because people can bring a date (for a free night out) or singles can come and meet new people. Invitations will go out through all Spokane area school districts in hopes that students will see plenty of new faces, and have opportunities to make new connections.

Are you interested in learning more? Please call me at 328-6326 or email at tfears@arc-spokane.org for more information. Stay Safe, and Happy New Year!

Jherusa

INTO THE FUTURE



A panel of presenters will talk about the transition from high school to adult life for students with developmental disabilities

Presentations will include speakers from:

- ⇒ Division of Vocational Rehabilitation
- ⇒ Division of Developmental Disabilities
- ⇒ Spokane County Community Services
- ⇒ Spokane County Parent Coalition
- ⇒ Eastern Washington University Center for Disability Studies



2 presentations in Spokane

All presentations are from 4:00 to 7:00 pm

January 14th	CenterPlace in Spokane Valley	2426 N. Discovery Place
January 28th	North Side County Library	44 E. Hawthorn Ave

Topics will include:

- ⇒ When to start planning
- ⇒ Transition requirements in public school
- ⇒ Higher Education & Employment Services
- ⇒ Other resources and things to consider



Clock Hours available

RSVP

To Michelle Fulton
477-5969 or

mfulton@spokanecounty.org

**THE COUNTDOWN BEGINS,
DON'T MISS OUT!**

Sponsors:
Spokane County Community Services
The Spokane County Parent Coalition



NORTHWEST
AUTISM CENTER

**FREE AUTISM SCREENING
JANUARY 28, & 29, 2010**

Presented by Easter Seals and the University of Washington Autism Center

Easter Seals Washington and the University of Washington Autism Center are presenting a two day Autism Screening and Consultation Forum on January 28th, and 29th at the **Northwest Autism Center** in Spokane.

The first day of the forum will include free autism screenings for children and adults who may be on the autism spectrum. Those families with positive screenings will meet with University of Washington clinicians on the second day to discuss treatment and referrals to other community providers.

The second day will also include a seminar on child behavioral development that will be open to the public. All services are free of charge, and child care will be provided, also free of charge.

For more information, contact Holly Morgan at 206.755.9497 or visit wa.easterseals.com

Social Security Benefit Repayment

The Social Security Administration has agreed to repay people whose benefits have been suspended or denied since January 1, 2007 based on the mere existence of an outstanding arrest warrant. Over 200,000 people whose benefits have been suspended or denied since January 1, 2000 are potentially eligible for retroactive benefits in varying amounts; approximately 80,000 are potentially eligible for full retroactive reinstatement of benefits totaling over \$500 million. It is very important that all potential beneficiaries of this settlement receive news of this important development. Please share this information with all of your networks and with your senior and disabled client populations.

Consumer handouts explaining the Social Security Administration's plan to repay more than \$500 million in benefits that were unlawfully withheld are now available at <http://www.nslc.org/areas/social-security-ssi/Martinez-Settlement>. Spanish and other translations are in process; check the website shortly to obtain these.

For more information about the Martinez settlement: <http://www.nslc.org/areas/social-security-ssi/Martinez-Settlement>
Sign up <http://www.nslc.org/join-or-donate-to-nslc> to receive updates on the Martinez settlement. For more information, contact Gerald McIntyre.



PARENT to PARENT

FAMILY SUPPORT 360 ONE-STOP CENTER

The Arc of Spokane, in partnership with The Arc of King County has been awarded a five year grant to provide services to families caring for either children or adults with developmental disabilities.

The Arc of Spokane will be serving unserved or underserved families in Rural areas, as well as Latino, Russian and Native American communities.

If you would like more information please contact
Rosslyn Bethmann @ 509 328 6326

Happy New Year! With the start of the New Year I would like to reflect on the Parent to Parent Program (P2P) and all that it has to offer.

Parent to Parent has been in operation in Spokane County for 18 years and in the state of Washington for 28 years. P2P was established by parents for parents who have children with disabilities or chronic health issues. Today P2P continues to be a program for parents who have children with special needs as well as the professionals in the community who serve them.

P2P is a unique program that focuses on providing support to the whole family as well as the professionals in the community. Through the P2P program Parent Helping Parent is a valuable part of the program where parents are matched to other parents in a similar situation one parent being trained in mentoring other parents. Sibshop are workshops for the siblings of children with special needs. Sibshop Workshops take place about 3-4 times a year, a place children come together and share their experiences as siblings of children with special needs. There are workshops on parenting, Social Security, Wills, Trusts and Guardianships that are co-hosted with the Arc. P2P hosts an annual picnic, Holiday party and held play groups in parks this last summer. Professionals utilize the P2P coordinator in assisting families with information and referrals. Families also seek information and referrals as well as any assistance in navigating the many complex systems of Special Education, government agencies, medical services, or any area that P2P can assist families.

With services lost during the last legislation session, and more services predicted to be cut this next session, it is very important to work to keep some programs in place. P2P is a program that needs to stay in place so that families who are getting their services cut will continue to receive support and assistance to maximize the few programs that will be in place.

If you would like advice on how best to contact your legislators to voice your concerns about the current budget, I recommend that you contact your local Parent Coalition. Your voice really does make a difference.

Take Care,
Helen Black *Helen*
Parent to Parent Coordinator

MONTHLY SUPPORT GROUPS & MEETINGS



Autism Society Of Washington, Spokane Chapter, For more information e-mail; Spokane@autismofwa.org
MOCHA MEETING, Wednesday, Wed Jan 13 (7:30 pm), Forza Coffee House, 2829 E 29th Street Contact: jennyheals1@yahoo.com
SENSORY FRIENDLY FAMILY MOVIE, *Alvin and the Chipmunks; the Squeakquel*; Saturday, Jan 9, 10 a.m.
River Park Square AMC; Sound level down & lights are left up. The “silence is golden” policy is relaxed for this showing.
MONTHLY FAMILY SUPPORT MEETING, Wed Jan 20 (6:30-8:30 pm), St Luke’s Rehab Institution 711 S Cowley, Rm. 200
Open Discussion: Dr. Whitney ND, “Natural Medicine vs. Autism”
TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS, Sunday Jan 17 (1-3pm) Service Station Coffee House; 9317 N. Nevada spokane@autismsocietyofwa.org
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 1to 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 Thursday of each month from 6:30-8p.m. Ryan Oelrich, (509)325-1128
roelrich@epilepsynw.org

FISH: Families in Support of Hearing Next meeting Jan. 11th - topic to be determined 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. January 19th, 3rd Tuesday of the month; 11:30—1:00 pm The Arc/IERR Building, 116 W. Indiana Ave. Deanna Noland, (509) 328-6326

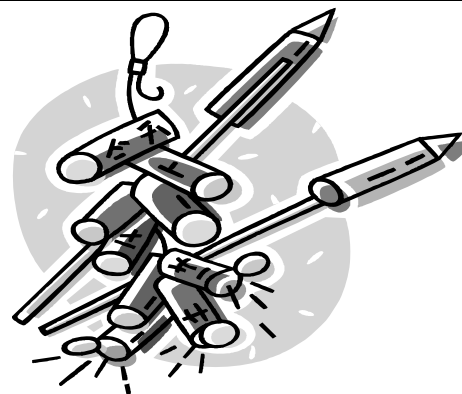
Spina Bifida Association of Washington State Call for meeting time and location. Call Ed Kennedy, 326-6355, ext. 103

Spokane Fathers Network; Thursday, No information given: For fathers of children with special needs. Gregg Osborne, (509) 768-1383

Changes or additions to existing materials **must** be made by the **20th** of the month preceding publication for inclusion in newsletter.

QUICK-LOOK CALENDAR 2009 January 2010

- 11 State Legislature opens
- 13 Legislative Advocacy Workshop
- 18 National Service Day
Martin Luther King, Jr. Day
Arc closed for the Holiday
- 20 DDC Legislative Reception @ Olympia



The Arc of Spokane
127 W. Boone Ave
Spokane, WA 99201

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Legislative Advocacy Workshop

**January 13th, 2010
6:00 pm - 8:00 pm
116 W. Indiana**



RSVP: Lance or Deanna

@328-6326

SAVE THE DATE!

March 20th 2010

The Arc of Spokane Family Support Team
and
The Spokane County Parent Coalition
Presents our Annual

Family Support Conference

Don't forget - 2nd Annual Silent Auction
(We would love your tax-deductible
donations)

To volunteer or donate items
contact Roz @ 328 6326



Happy New Year!

**The
Arc
OF SPOKANE**

