

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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The things I have learned

By Lance Morehouse

I have taken the liberty to write this month's cover article as this is the last month that I will be involved in developing this newsletter.

It has been my pleasure and my passion to be a resource for people with developmental disabilities and their families in Spokane over the past 13 years. I have learned so much from all of you and have definitely developed some biases about what life should be like for people with developmental disabilities and their families.

Lance Jr. has been my biggest teacher and it has been because of his influence in my life that I have been lucky to know so many of you over the years. I had 24 wonderful years with Lance Jr. and I will have those memories for the rest of my life.

The things that Lance Jr. taught me:

Patience - It used to take him up to 2 hours to eat a meal and drink 6 ounces of juice.

Persistence - It used to take him up to 2 hours to eat a meal..... Never accept anyone telling you that you cannot do something, prove to them you can.

True priorities in life - It is not about keeping up with the Jones and having a new boat or car. It is about spending time and enjoying those who you love. It is about building memories to last a lifetime. Even after his passing, he has pushed me to continue to do this work and share our story.

Unconditional Love - No matter the mistakes we make in life or what outlandish things we try, we always have each other.

Acceptance - Don't try to be my friend, get to know me, we may become friends. Some of my closest friends are people with developmental disabilities.

Things that people with developmental disabilities and their families have taught me:

All people belong - We are all part of our diverse communities. If we have inclusion for children, it will lead to inclusion in adult life. All children should have the opportunity and supports to live in the family home. Everyone should be able to experience a typical and meaningful life in the community. We are all more alike than different. We all have our own likes, dislikes and dreams, it should be no different because of the presence of a disability. We want a level playing field with equal opportunities for all people.

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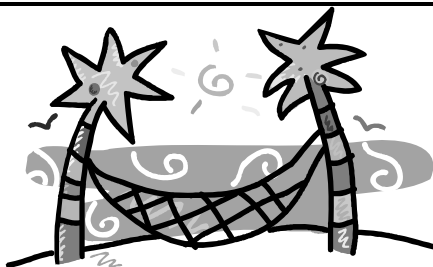
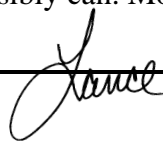
Relationships are so important to people with developmental disabilities - Some people have often said that the only real disability that people with disabilities have is loneliness and isolation. It is true that if you have people in your life that care about you, you will be ok. Bad things happen to those who don't have people who care about them in their lives. Imagine your life if you did not have meaningful relationships and the people who filled your life were paid to be there. As parents we need to make sure that we encourage every opportunity for our sons and daughters to develop meaningful relationships.

Plan for the future – As one dad over the years put it: “We have a responsibility to our typically developing children until our death. The reality is if you have a son/daughter with developmental disabilities you have a responsibility to them beyond the end of our own life until the end of theirs” What will happen when that school bus quits coming? Who will do the things that we do for them when we are gone. Teaching independence at a young age will pay off later in life. It is much better to have plans in place rather than people figuring it out during a crisis situation when a person has lost a parent.

Self Advocacy – in history, parents and professionals were the ones who advocated on behalf of people with developmental disabilities and their families. Now, people with developmental disabilities are speaking up for themselves. I learned how to be the best dad I could be to Lance Jr. by talking to other adults with developmental disabilities about what their parents did right and could have done better in raising them. I have learned about using respectful and person first language when talking about people with disabilities.

Have high expectations – as long as we have low expectations for people with developmental disabilities, they will continue to live up to them. It is amazing how much people will learn if you have higher expectations. All adults with developmental disabilities should have the expectation and opportunity to work, including those with significant disabilities. Children with disabilities should not be left behind in public school and excluded from education reform and accountability. Children should have choices, chores and responsibilities when they are young relevant to their abilities.

As parents of sons & daughters with developmental disabilities, our lives are complex and we face many difficult decisions. We want to encourage their independence while making sure they are safe. We want them to reach for their potential while not becoming disappointed by failure. We celebrate their small victories while dealing with our own emotions and acceptance. We nurture while trying not to overprotect. We can celebrate and cry within minutes about the same exact thing. We can be our own worst critics and beat ourselves up for doing the best we possibly can. Most important of all, we love!



Our Readers

Advocacy & Family Support

is produced monthly and provides information to parents, grandparents, guardians, other family members, professionals and other adults who have a person with special needs in their life. We encourage you to copy and share this information. Please credit *The Arc of Spokane Advocacy & Family Support* and, where possible, the author.

Submissions

Please send submissions for our next issue by August 20 to:

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dnoland@arc-spokane.org

Mailing List

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

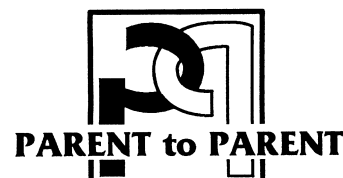
E-mail List

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

Disclaimer

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

Contents are intended for informational purposes only.



Cathie's Notes

July is a time we anticipate warmer weather and for some homeowners it

is a time when if they were thinking about selling they might list with a realtor.

We didn't have much of a spring so I am hoping that July will inspire me to de-clutter more so that I can keep allergies to a minimum. It is a time to wash or dry clean drapes for the summer too. Dust has a habit of settling on textiles. That is one reason that wood floors are so popular. They can be wet or steam mopped up to cut down of the dust that would just be trapped in carpets. So if you have allergies you might want to explore ways to change your environment to eliminate some of your symptoms.

We have several families excitedly searching for new homes. There are many options in the counties that HomeOwnership Opportunities serves. A new option that is coming forward in Spokane County is the newly formed Community Land Trust. In the coming months you will hear more about this project as homes are acquired by the land trust and available to participants.

Our community agency partner Habitat for Humanity has a project that will be or is going into the Deer Park area. Habitat for Humanity projects allow their families to participate in the actual building of the homes and are a very affordable purchase option.

Brighten your home and yard with flowers this summer. Low-pollen houseplants include nasturtiums, begonias, passionflowers, and Swedish ivy. And it is always fun to have fresh parsley, thyme, and bay leaves to cook with during the summer.

Spokane and many other communities are creating community garden opportunities. Get involved in your neighborhood projects. If you have your own garden, why not think about planting extra produce to give to local food banks. Watch for those local farmers market locations. They are a good place to find fresh produce and other locally made items and are a great way to support your local economy. Helen and I look forward to hearing from you in July. If you have some workshops you'd like us to try to schedule please let us know. Stay safe and enjoy your summer! Try something new this year. Go camping or tryout one of the new water parks.

Cathie & Helen

KIN E-NEWS—A VALUABLE ONLINE RESOURCE The Family Support Center on Disabilities: Knowledge & Involvement Network offers a monthly e-newsletter designed to help assure that individuals with disabilities and their families can "participate in the design of and have access to needed community services, individualized supports and other forms of assistance that promote self-determination, independence, productivity, and integration and inclusion in all facets of community life, through culturally competent programs." Check out the June 2010 issue and sign up for a subscription today. <http://www.familysupportclearinghouse.org/Pages/Home.aspx> Go

Playground welcomes all

Pia Hallenberg

The Spokesman-Review

There's this thing about playgrounds: it's really difficult to keep children away from them. On Tuesday afternoon Spokane's first public universal playground was carefully wrapped in red ribbon, yet children found ways to get in and play anyhow while about two dozen grown-ups milled around waiting for the official business. Sandi Laney was one of the people who got behind a grass-roots effort to build a playground that appeals to all children, yet is completely accessible for children with disabilities.

"That was back in 2003 and I was working at the Health District at the time," said Laney. "I was a dietitian there, and my focus was children with special health care needs." Laney found that many of the families with special needs children were isolated. "We got a parent group together and began planning for a playground where the whole family could come," said Laney.

The universal playground is located in the southwest corner of Mission Park on Spokane's Northside, where it's connected to the existing playground and close to a parking lot, a picnic shelter, bathrooms and the Centennial Trail.

"This is an optimal location," Laney said. "Originally, it was to go in Riverfront Park, but this is a great spot – it's very central to the city."

Helen Dewey of the Spokane Regional Health District explained that someone else had to undertake the fundraising for the project, which is where Rotaract Club of Spokane came in. "We were the primary fundraisers for the playground," said Neil Muller, past president of Rotaract Club of Spokane and master of ceremonies at the ribbon cutting. "We raised money via the Junior Lilac Parade. We asked Rotary Clubs for money, and we applied for some grants."

All together Rotaract raised \$80,000 in cash, but Muller said in-kind donations of labor and materials put the total price of the project well above \$100,000.

"We kind of lost track of the donated labor and materials, we just said 'OK' when people called," said Muller. "It's amazing how many volunteers helped us out with this."

Besides the city of Spokane Parks and Recreation Department, the Parks Foundation and Spokane Regional Health District, more than a dozen local organizations and businesses, including Garco Construction, Mountain Gear, Safeco and Hollister Stier, helped bring the playground to fruition.

When it was time for the ribbon cutting it was Zoe Osborne, 7, who got to do the scissoring with the help of Dewey. "I've always been a big proponent of inclusion," said Darci Osborne, Zoe's mom. "Zoe has mobility issues, she's walked for about two years and it's really hard for her to walk in the woodchips – she just goes down." The universal playground is covered in recycled rubber tiles making the surface flat and smooth and bouncy.

"It really is a safe environment," said Darci Osborne. "We avoided playgrounds because I always had to be so involved in that, helping her. So her play was always very structured at school or therapy."

Here, Darci Osborne said, Zoe can go exploring on her own. A ramp makes it possible for children in wheelchairs or with walkers to access the top of the playground, which also has slides and a climbing wall, much like any other playground. A low chain link fence on three sides – the fourth side opens up to the existing playground – makes it so children can't wander off into the park.

ADA is all about equal opportunity for people with disabilities, but not just equal opportunity to employment. There is Title III of the ADA which prohibits discrimination against persons with disabilities in places of public accommodation and commercial facilities. Places of public accommodation include over 6 million privately owned business establishments of all sizes such as restaurants, hotels, theaters, convention centers, doctors offices, retail stores, museums, libraries, private schools, health spas, and day care centers.

When I look at the list of establishments that have to adhere to Title III, I can honestly say most are doing a great job at accommodating people with disabilities. The only one that stood out based on the phone calls and conversations I've had with parents in the Spokane area is day care centers.

I often hear from parents who cannot find day care centers that will take their child with special needs, especially children who have feeding tubes. If parents have no access to licensed day care centers then parents who need two incomes are then forced to live off one income which will often put families below the poverty level. So the question is how can we help day care centers become more inclusive in the Spokane area? A question I don't have the answers to yet, but it is with great hope that some of you do and will contact me.

One group that will meet and welcomes all children is Parent to Parent. Parent to Parent is very excited to meet in the park! Our first meeting in a park will happen after this newsletter is published with 12 families who have RSVP'd so far. During the summer we will continue to meet in the parks with all our children, so please join us and enjoy our beautiful parks. We would like to encourage you to invite friends to come play at our all inclusive play group. I will bring my children of all ages and abilities. Our next Meet in the Park dates are July 7th & July 21st starting at 11:00, both will be at Mission Park located at 11123 E. Mission, Spokane (not Valley). Feel free to call with any questions you may have.

Take care and I look forward to seeing many of you at our Meet in the Parks playgroup!

Helen



**SOAP BOX
DERBY
RACE
SUNDAY,
JULY 25, 2010
8:30 AM TO 2:00PM
LIBERTY LAKE
PAVILIAN PARK**



Special needs children will be paired with a volunteer driver and a soap box derby race car for the ride of their life

Complimentary BBQ lunch will be served to drivers, racers, volunteers, friends and family of drivers and racers

Time of Heats Group A 8:30 AM to 10:30 Group B 10:00 AM to Noon. Lunch served 12:00 to 1:30 PM

For more information please call Gene Brazington at 220-9664 or Stan Brazington at 990-9599.

For application and more information see http://www.spokaneparentcoalition.org/events_calendar.htm



Announcing

**New Funding for Employment Services
to High School Transition Graduates**

Due to additional funding from the legislature, employment services from the Division of Developmental Disabilities (DDD) are available for all young adults who are:

Eligible to receive services from DDD

AND

Born between September 1, 1987 and August 31, 1989 and no longer in school.

*If your son or daughter is over age 18 and receives no other DDD service and hasn't had an eligibility review in two years or more, contact your local DDD office and ask for an eligibility review.

Visit: <http://www.dshs.wa.gov/ddd/contacts.shtml> for a list of local offices.

Informing Families

Building Trust A Partnership for Better Communication on Developmental Disabilities Issues in Washington State

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



Hello All,

This month we celebrate the Americans with Disabilities Act, an important piece of legislation for all people with disabilities. If you have never read it, I encourage you to do so. It can be found at <http://www.ada.gov/pubs/ada.htm>.

This legislation attempts to address the unequal place of people with disabilities in American society. To quote the ADA "*historically, society has tended to isolate and segregate individuals with disabilities, and, despite some improvements, such forms of discrimination against individuals with disabilities continue to be a serious and pervasive social problem;*" As parents, you have probably experienced firsthand the separation and isolation that is a consequence of policies and attitudes regarding disability.

Over the last three years in my position at the Partnership, I have observed that the consequences of isolation and separation is loneliness and fewer opportunity to make meaningful connections with others.

The purpose of the ADA is to remove barriers from access to employment, public buildings, housing and more. More opportunities for community living and meaningful employment also means more opportunities for lots of new relationships! Yea new opportunities for relationships! The time to prepare for successful new relationships is NOW; whatever the age of your son or daughter. It is never too soon or too late to develop skills around choosing good friends, keeping friends or building a life together with that special someone.

Research on violence against people with disabilities has shown that the more connected a person is to the community in which they live, the lower the risk of abuse of all kinds. The Partnership is here to support you and your son or daughter in developing relationship skills. If you have questions about your child, please call or email me and I will be happy to assist. I look forward to your call or message!

Well, that's enough from me, go have some fun and remember -Stay Safe!

Theresa



After 13 years of invaluable service to The Arc of Spokane Lance will be heading West to take his talents and passion for our constituents to The Arc of King County.

We will be celebrating his impact on the Spokane Community on July 23rd from 3-5 at the Riverfront Park – Northbank Shelter.

Please join in the fun as we wish Lance well and send him on his way – Luau Style.

Need more information – contact Roz or Theresa at the Boone office – 328 6326.

Spokane's Special Parents

We are a group of moms and dads of all backgrounds. We are special parents with special needs kids, we are parents who work, we are parents who are single, and we are parents who stay at home.

Our ultimate goal is to provide an atmosphere that is fun and a way to escape the stress of parenting. As well as foster life long friendships in the process. I know from experience that we as parents can tend to get ourselves stretched too thin, I've done it! As a result we will not overload our events calendar. There will be at least 1 Mom's Night Out event, 1 Family play date event, and 1 Special Needs event every month. Several other events might pop up here and there, come when you can. If you have ideas of a play date or event please let us know and we'd be happy to put it on the calendar.

Also we are looking for members in various demographic locations around town to step up and become Event Organizers, if this interests you let us know! We hope you enjoy this group and meet several friends along the way!

<http://www.spokanespecialparents.org/>



Congratulations ADA – 20 years and still going strong!

I think we all know that ADA stands for Americans with Disabilities Act but what do you think of when you here ADA?

Barrier-Free access and design is where my mind goes. We can thank ADA for restrooms that a wheel chair can not only enter but also maneuver through, drinking fountains that are at a height that can be accessed, widened hallways, public buildings that have widened doors adequately sized for easy movement of wheelchairs some with touch-control openers, sidewalk ramps, hotels that understand that individuals with disabilities are travelers too and deserve accommodations, and many more design features that make living with disabilities a little less restrictive.

The Family Support 360° Program and the Arc of Spokane will continue to actively advocate for the application of the ADA guidelines to all public structures and access routes.

The Family Support 360° Program is also happy to announce that we are currently assisting 6 families connecting to services and accommodations that they need, deserve and qualify for.

We are still looking for families who are either unserved or underserved and need assistance locating services in Spokane, Stevens, Ferry, Pend Oreille, Lincoln, and Whitman Counties. We are giving priority to Hispanic, Native, Rural and Russian communities but no family will be turned away. Also, don't forget the Healthy Emotions Workshop on August 11th @ 127 W. Boone from 5-7, snacks will be served – **All Welcome**. Please RSVP to Roz @ 328 6326.

Roz



Meet in the Park!



Join Parent to Parent for playtime in a park.
Wednesday, July 7th & 21st
11 am

Mission Park @ 1200 E. Mission Ave

Come meet other parents and share while our children play!

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

Hope to see you there!



Find educational consultants, psychologists, diagnosticians, health care specialists, academic tutors, speech language therapists, advocates, and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups.

Wrightslaw Yellow Pages for Kids

Wrightslaw NCLB IDEA 2004 Fetaweb Harbor House Law Press

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

MONTHLY SUPPORT GROUPS & MEETINGS



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

MOCHA Group, : 7pm, Forza Coffee House, 2829 E 29th (Lincoln Hts); Contact: jennyheals1@yahoo.com

MONTHLY FAMILY SUPPORT MEETING, No June meeting

TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS, No June meeting

SENSORY FRIENDLY FAMILY MOVIE: Saturday, (10am); "Toy Story 3", River Park Square AMC Tickets available at the Event. This is not just for kids with Autism and not a fundraiser

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

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

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

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

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

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

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

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

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

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

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

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

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

Senior Families. July 20th, 3rd Tuesday of the month; 11:30—1:00 pm; The Arc/IERR Building, 116 W. Indiana Ave. Helen Black @ (509) 328-6326

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

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

QUICK-LOOK CALENDAR 2010

July

- 7 Meet in the Park
- 10 Father's Network, P2P, Family Support combined picnic and awards ceremony
- 21 Meet in the Park
- 23 Lance's Farwell Party



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

Non-Profit
Organization
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Spokane, WA
Permit #223

Talk to an attorney for free!

In Riverfront Park on the South Howard Bridge
by the Carousel

Every Saturday from 1:00-4:00pm

From June 5th to August 28th

(except for Hoopfest Weekend June 26th and 4th of July weekend)

Questions call the Center for Justice at 509-835-5211

TALK TO AN ATTORNEY FOR FREE!!



Americans with Disabilities Act
20th ADA Anniversary
July 26, 2010
ADA National Network
by DBTAC

Celebrating the 20th anniversary of
the signing of the American's with
Disabilities Act.

EQUAL OPPORTUNITIES FOR ALL



The
Arc
OF SPOKANE

