

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.

IN THIS ISSUE:

ARTICLES

Empowering Advocates	1
Sustainable Works	4
Services Card	5
Assistive Tech @ Mead	6
Seattle makes green	6
State Success Story	7
Podcast	7
Americorp	10

CONFERENCES/ MONTHLY

Lance's Notes	2
Cathie's Notes	3
Partnership	4
Monthly Meetings	10-11
Childs Pain Mgt	12

Empowering your child's best Advocate: YOU

By: Dr. Shannon Melideo

How do we truly empower parents who come to the IEP meeting without a background in education? If I was "shaking in my boots" at that first IEP meeting, how must most parents and guardians feel? I grapple with this question every time I attend a meeting on my son's behalf. As an educator and former administrator, I believe it can be quite overwhelming and I am not merely speaking of the emotional and psychological elements, but the paperwork and educational jargon as well.

I needed a simple method to be and feel prepared for all special education meetings. I suggest some basic organizing and preparation would help many parents and guardians feel better informed, more empowered, and truly enabled to advocate for their child.

If you have a child with special needs, examine the following recommendations. If you are an educator, administrator or advocate, share the following recommendations with parents and guardians of children with special needs.

Four Important Recommendations for Parents/Guardians of Children with Special Needs

1. Organize! Organize! Organize!

Organize **two** binders for maintaining documentation.

a. health binder -insert a calendar in the front for marking illness, medical appointments, medication, and examining patterns. Depending upon your child's needs, sharing knowledge of his or her health may be very important in educational planning and updating for the teachers.

b. education binder - for keeping all academic information related to special education including IEPs, home visit reports and other important materials. For filing ease, place the most recent paperwork on top of the previous. Insert a blank pad of paper in the interior pocket of the binder for note taking. Make sure a writing implement is always accessible to you in this binder.

c. Keep these binders in an easily accessible location in your home so that you can find them easily, use them to write down questions, and remind yourself of the goals everyone in your child's educational life are working toward.

d. Simple tabbing with logical headings will suffice in the education binder, such as "eligibility information", "progress reports", "parental rights and responsibilities", and "IEPs".

e. Just entering the special education meeting with your binder in hand will make you feel more confident and prepared for the agenda.

f. Such preparation will appear to be a notation of a solid investment in your child's education and that you care and take the team approach very seriously. It claims "you are a stakeholder" and expect to be treated with respect and dignity.

2. Request! Request! Request!

Request therapy providers to share any documents that present baseline data on typical development (i.e. a chart that delineates which speech sounds normally appear at what age).

(Continued on page 2)

Lance's Notes Greetings,

As summer comes to a close, time speeds up working with Legislators before they go to Olympia in January. We are planning Legislative Receptions this fall in Spokane during the week of November 16th. You might recall that last year we had a huge reception with 18 legislators and candidates as well as Gov. Gregoire and Dino Rossi. This is a non-election year so we will be doing smaller legislative receptions across the area. Stay tuned for more information and I hope you will take the time to attend.

If you have been watching the news and reading the paper, you probably have heard that the recession is bottoming out and hopefully our economy is on the mend. Unfortunately, our state revenues are still low and the Legislature will go into Olympia trying to figure out how to cut approximately another \$1 Billion from our state budget. The reductions made last session did impact people with developmental disabilities and the service system so we are bracing ourselves for possibly more cuts. Hopefully, we can come up with some efficiencies in our system so the direct services to people are not drastically reduced.

The Arc of Spokane Board voted unanimously to oppose Initiative 1033 at their September board meeting. If you have not heard, this is an initiative that will be on the November ballot written by Tim Eyman. This initiative would reduce revenues to cities, counties, and the state general fund by reducing property taxes. The Arc of Spokane has joined the "No on 1033" campaign. If you are interested in learning more about this campaign, please visit the following link:

<http://no1033.com/understand>

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 October 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.

(Continued from page 1) Empowering your child's best Advocate

3. Use! Use! Use!

Use parents resource centers for research and to find support groups. Find out the hours and locations. These resources are for you and typically are free. The time invested in resource centers and communicating with support groups will benefit you and your child two-fold. Ask about government funded programs for your child. For example, the federal government funds an excellent 'books on tape' program for visually impaired and physically handicapped persons as mentioned above.

4. Go! Go! Go!

Go to every meeting with your list of questions. Date and number each question and allow space for the responses from the education team. Keep this pad in the education binder for future reference and use.

Truthfully, the total cost for these four recommendations is under \$5.00. It might be a powerful message if school districts were to provide parents and guardians the education binder at the very first meeting. Teachers could assist parents and guardians with the use and maintenance of the binder. We know parents and guardians leave every IEP meeting with a stack of papers that should be stored someplace. This method keeps the 'paper trail' for the parents and guardians more organized from the start. I am well aware that a simple binder cannot fully prepare parents and guardians for all of the special education meetings in their future. I do strongly believe that being (and feeling) organized is a very important step in helping parents and guardians feel more empowered as their child's best advocate.

Cathie's Notes

It is amazing to me how the stores in Spokane County can promote three

holidays at once! I am beginning to see Halloween, Thanksgiving, and Christmas supplies out in the community. Oh My!!! Each of those holidays will be celebrated in the new homes that our clients have purchased. For the first time since purchasing and not renting their homes, families will be making memories to last lifetimes.

I remember when I was in the second grade and we moved to a bigger house on the edge of town with space to raise animals and have a garden. It was exciting to double the space in my bedroom ...even if I was still stuck sharing with my baby sister. I am sure some of you can relate to this.

That room had lots of light and I spent hours there writing little stories for myself. I don't remember what ever happened to the notebooks where I would spend hours creating the stories but I often smile when I think about those times in my life.

Having a house that you are responsible for is also a lot of work. I know we had to spend hours weeding the flower beds and separating the iris when they grew too thick. We learned how to fix simple plumbing problems from our patient father. My parents had only girls and no boys so I guess Dad was actually stuck with us...but he always said it was important for women to know how to do things for themselves and not have to depend on others to take care of them. Looking back I guess he was a very visionary thinker in a time when most men thought women needed to always be taken care of.

Having to do chores also taught us responsibility. We learned to explain why we were unable to complete a task when it happened and to negotiate with our father for chores we liked better than the assigned ones he wanted to give us. It made us much better community citizens I think. I know we learned from him that life isn't just about US and that we should help those persons who aren't as fortunate as we were. I am not sure those lessons are still being learned in our society these days but I hope they are.

In this time of recession, I often reflect on just how many things my parents and special neighbors taught us about getting by with less material things. We learned to sew and knit from our neighborhood 4-H leader who was more the grandma type. She taught us to can foods to preserve them for later use in cooking meals. Many of the things we learned out of necessity are things that are now the trendy things to do again. It is funny how life recycles itself.

To all of you who are close to finalizing your purchases and to those who recently closed on new houses Roz and I wish to congratulate you on your accomplishment. We wish you happiness as your family begins to make lasting memories in your new home. Don't forget to start those "Honey Do" projects in anticipation of winter which is coming close behind our fall weather. It will be here before you know it and you will need to protect your new financial asset.

We feel privileged to be a part of your family history. Let us know if we can assist you in any way and look for any upcoming classes that might benefit you in our newsletters.

Cathie. Roz

Vegetable Mac & Cheese

HomeOwnership
Opportunities



Here is a crowd pleaser that you can throw in whatever leftover veggies that are in the fridge. Your kids get their favorite mac & cheese and parents get a few vegetables tossed in for good measure.

- 1 ½ c. elbow macaroni
- 3 medium carrots, peeled and cut diagonally into ¼ in slices
- 10 oz of frozen or fresh broccoli pieces
- ½ c frozen peas, thawed
- 1 c. low-fat plain cottage cheese
- 1T. Dijon mustard (country style)
- ¼ tsp. Tabasco sauce
- Salt and pepper to taste
- 4 to 8 oz sharp cheddar cheese shredded
- 4 oz. part-skim mozzarella cheese shredded
- 1 T. grated Parmesan cheese

Step 1-

Heat the oven to 400 degrees. Grease a 2 qt baking dish with cooking spray or margarine.

Step 2-

Cook the pasta in a lg. saucepan of boiling water for 4 min. Stir in the carrots and cook for 2 minutes. Then add the broccoli and cook for 2 min.

more. Drain, reserving ½ c. of cooking liquid, and return the pasta and vegetables to the saucepan. Stir in the peas.

Step 3-

Combine the cottage cheese with the reserved liquid from the cooked pasta. Add the mustard, Tabasco sauce, salt and pepper and blend until smooth. Stir into the pasta and vegetables. Mix in the cheddar and mozzarella and pour into the baking dish. Sprinkle with Parmesan.

Step 4-

Bake uncovered until the top is golden brown (about 20-25 min.) then let it set for 10 min. to firm up. Serves 4.

Note: This dish can be prepared a day before it is baked.





Because we ALL deserve to be safe



Hello All!

An unhappy truth about people with developmental disabilities is that they are at a higher risk of both sexual abuse and long term domestic violence. Because of this, for the last year Lance and I have been active in a multi-agency collaboration called the Disability Advocacy Project or dAP.

The purpose of dAP is to increase the knowledge of people with all disabilities so that they can **recognize** abuse in its many forms, and then be able to **identify** service providers so that they can seek help.

To accomplish this goal, the members of dAP have created (and will soon be printing) a brochure specifically for those who may not have strong reading skills. The brochure teaches about abuse through identifying qualities of both good and bad relationships. The flyer uses clear, direct language and many illustrations.

As a parent, you may want to get a copy of this brochure (which will also soon be on the Arc web page) to learn about the areas in which abuse can happen. Just as importantly parents can learn which agencies to call for information or assistance, for themselves or their children.

The Partnership will continue to focus on the *prevention* of abuse victims through education and social change; however it is important to remember those who have become victims and to provide for them information that can begin the healing.

On a happier note – Happy Halloween!!!!

Stay Safe!

Jheusa



Sustainable Works - Kicks off S. Perry Neighborhood Refit

October 13th

SustainableWorks is a non-profit organization that assists people with the process of having an energy efficiency retrofit done on their residential home, small business or non-profit. We work with other non-profit organizations, government agencies and contractors to coordinate the project from beginning to end in order to minimize inconvenience and maximize the return on investment.

An energy efficiency retrofit could include any number of measures (ranging from windows, insulation and furnaces to lighting and weatherization), which increase the home's efficiency and decreases the homeowner's energy bill. SustainableWorks assists in every step of the project, beginning with an energy audit to determine the areas where the structure most needs improvement.

SustainableWorks has already completed 6 commercial projects and is shifting to a neighborhood by neighborhood model, with South Perry as the first neighborhood. The neighborhood program we will serve residences, apartments, small businesses and non-profits, while increasing the economies of scale, thereby saving the customer money.

SustainableWorks plans to do energy retrofits on a large scale in a series of different neighborhoods. Our goal is to maximize contractor efficiency and lessen the cost for the customer by aggregating projects. If your home is in the South Perry district (from 4th to 18th and from Altamont to Sherman), then you will have an opportunity to be one of the first completed projects. If you are interested in this program, you can contact the Alliance Office at (509) 532-1688 or e-mail info@spokanealliance.org.

September 2009

Client Medical ID Changing to Services Card

A fact sheet for state agencies and community partners

DSHS is changing to a new payment processing system known as ProviderOne. With the new system, clients will be issued a permanent Services Card. This plastic card will replace the current paper Medical Assistance ID (MAID) card that is sometimes referred to as the medical coupon. The Services Card, like the MAID, is free to clients. Although the client card is changing, the rules DSHS uses to determine client eligibility are not.

Some of the differences between the MAID and Services Card include:

- The Services Card will be issued one time, not on a monthly basis.
- The Services Card will only display the client's name and ProviderOne Client ID number.
- The Services Card will not display eligibility type, coverage dates or managed care plans.
- The Services Card will not guarantee that a client with a card is eligible for medical services.
- The Services Card will be issued to each eligible member of a household.
- The Services Card will be issued centrally, not locally. Clients will receive their Services Card in about 7-10 days after approval for medical assistance.

Why is DSHS making this change?

The plastic Services Card is more durable and cost-effective. If the card is lost or stolen, the client's privacy is not compromised. Personal information like a client's date of birth is not printed on the card. The Services Card resembles and is used much like other insurance industry cards. It has a magnetic strip that gives providers the option to acquire and use swipe card technology as one method to access the most up-to-date client eligibility information.

What does the new Services Card look like?

The Services Card is plastic and will look similar to the card below:



Front: Client's name, issue date of the card, and unique ProviderOne Client ID number.

Back: DSHS customer service number and a magnetic strip that gives providers the option to acquire technology as one method to access the most up-to-date client eligibility information.

Who will receive the Services Cards?

For clients eligible for medical, dental and vision services, each eligible member of the household will have their own Services Card with a unique number. Managed Care clients will receive the new Services Card and continue to receive a separate card from the plan they are enrolled in.



P11P003-09/09

ASSISTIVE TECHNOLOGY CENTER FOR MEAD HIGH SCHOOL STUDENTS

By Johanna T. Price; parent & advocate

Editors Note: Getting involved really does make a difference!

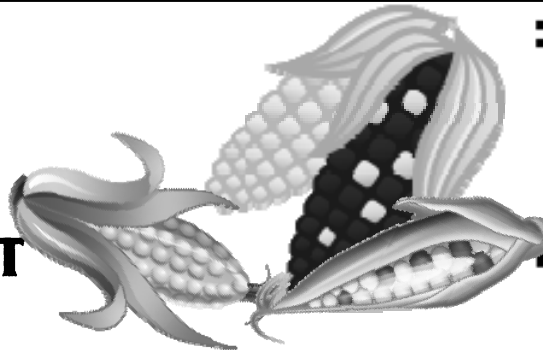
As an attendee of the 2007-2008 Advocacy Leadership Development Program, I was asked to develop and implement a community service project benefiting people with special needs. As my son attends Mead High School, I asked teachers and Special Services district staff members for a dream project they'd like to see put into action for the students. As budgets and funds are tight, it is occasionally difficult to understand how something extra can come about, but when the bottom line is to help others achieve their goals, nothing is impossible.

I received an idea for an Assistive Technology Center for Mead High School, similar to the one in place at SFCC. The center would consist of a computer loaded with the technology to help students who struggle to read and would also have a microphone a student could speak into and the computer would write for them. Together, with the person who formulated the original idea, I wrote a grant for half the monies needed, secured a generous donation from an anonymous source, and a desk was purchased and adapted to the physical needs of the students.

Once all components were obtained, Principal Ken Russell assisted in securing the space and seminars to instruct teachers and students how to use the technology began in the spring of 2009 and are continuing.



PARENT to PARENT



The
Arc[®]
OF SPOKANE

Seattle company makes green living a breeze

Feb 24, 2009

SEATTLE -- A local company is making green by going green.

[Sustainable Group](#) sells a complete line of recycled products for all things used at home, at school and at work. The company has been in business for four years, and its clients already include REI, Dooney and Bourke and the White House.

It all started with one product: the re-binder. "We're the original," said David Stober of Sustainable Group. The firm helps businesses worldwide become more environmentally friendly one office supply at a time. It has created a whole line of products, including folders, CD sleeves and notebooks, from recycled material like plants. Stober said what the company presents is a simple choice, really. "We're not asking them to spend on anything they wouldn't otherwise spend. We're asking them to spend on smart stuff, not bad stuff," he said.

Sustainable Group says for every 10,000 binders it sells, six tons of solid waste is kept from landfills. "The people that buy from us are folks who genuinely walk the walk about their business," said Stober. Another perk for conscious consumers: Sustainable Group buys its materials locally. It also hires locally, giving opportunities to people with disabilities at Northwest Center.

And going green has paid off. Profit has at least doubled - even tripled - each year. "Our product is green, sustainable and at the end of its useful life, you can actually put it in the recycling bin," said Stober. Completing the circle, Stober said, with products with function and good conscience.

Agnews alumni doing well -- a state success story

Mercury News Editorial

09/07/2009

If you want to see an example of government at its best, take a look at the state's closure of Agnews Developmental Center and the transition of residents into group homes in the Bay Area.

It's heartwarming to hear stories about former Agnews residents blossoming in their new surroundings. The state and the Santa Clara County agencies offering support have largely fulfilled their promises to families that the quality of care would be equal to or better than what they received in the institutional setting.

California has an obligation to follow through on its commitment and maintain that level of care in the years ahead. The state has taken some good steps in that direction, but with the grim budget outlook, the Legislature will need to be vigilant about keeping its commitment to the disabled a top priority. How we care for those who cannot care for themselves is the ultimate test of a society's values.

The group homes that now house the most medically fragile residents, requiring around-the-clock care, have state-of-the-art equipment. As one example, sophisticated lifting devices that attach to the ceilings of the homes help staff move residents from their beds to wheelchairs or special bathing facilities. Capabilities like this improve care and enrich the lives of residents, who otherwise would spend most of their time stuck in bed, a far less healthy pattern.

Even with spending on the best equipment and care, placing the developmentally disabled in community settings is considerably cheaper than maintaining institutions. The average cost of caring for a disabled resident at Agnews was \$140,000 per person. In a group home, that drops to \$80,000, saving the state millions while providing better care. It's a wonderful win-win and an additional reason for lawmakers to maintain this level of funding, since it's already a bargain.

While there are plenty of heroes to be counted at the state and county level for this transition, it is the Agnews advocates who deserve the most praise of all. These are the families and loved ones who spoke up for residents who couldn't speak for themselves. Many of them fought the plan to close the facility for all the right reasons: They feared the residents' care would be inferior and too hard to monitor in scattered locations. This would be true if sufficient resources were not provided.

State and county officials worked painstakingly to reassure the Agnews families and won over the vast majority. A major selling point was research demonstrating that the developmentally disabled do better in community settings than they do in large institutions. The state also helped build confidence in the process when it delayed the closure of Agnews several times since 2004 in order to guarantee that facilities and staffing would be in place to meet residents' needs. It showed good faith and a commitment to quality care.

The Agnews transition is being held up as a model for states around the nation, and deservedly so. Like the families, we hope that this success will force lawmakers to maintain their commitment to the developmentally disabled despite budget challenges ahead.

Informing Families
Building Trust

*A partnership for communication
on developmental disabilities
issues in Washington state*

New Podcast Series on Guardianships & Alternatives to Guardianship

Today the Informing Families Building Trust is releasing the first of its three-part series on Guardianship and Alternatives to Guardianship. This is an important issue that needs to be addressed but often families assume (incorrectly) that total guardianship is their only available option.

Part One of this series provides more information about what guardianship is.

Part Two will discuss the many options to full guardianship.

Part Three will discuss the Guardianship Process.

Don't miss this chance to learn more about this important topic at:

www.informingfamilies.org

or go directly to this new video at [YouTube](#)

Transition and Resource Fair

Who: For people with Developmental Disabilities, Parents, Teachers, Friends, and Case Managers

When: 10:00 A.M. to 1:00 P.M. Thursday October 1, 2009

Where: Mukagowa Fort Wright Institute 4000 W. Randolph Rd.
(Commons Room)

What: Providing the opportunity to meet with representatives from Employment Service agencies, Government, Advocacy, Housing, and additional Community Services.

For additional information contact: Mary Gumm, Adult Services Program Specialist
(509) 477-4500 mgumm@spokanecounty.org



Would you like to receive this newsletter electronically?

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It's easy...

Just go to www.arc-spokane.org,

And click on Newsletters,

Then call Deanna @328-6326, and remove your name from the mailing list.

That's all folks!

Career Planning for Individuals with Autism Spectrum Disorders

October 21-22, 2009

Help Young Adults with ASDs Transition to Careers!

After several years of planning, Spectrum Training is delighted to announce that our two day Autism Career Planning conferences are now ready. After much dialogue with career planners, transition teachers, parents and other ASD concerned persons we planned these conferences to meet those specific, critical needs.

This high caliber career planning is the key to a successful future with positive long-term outcomes and is ESSENTIAL for:

- * Career counselors, job developers/job coaches, rehab administrators, vocational coordinators
- * Special education administrators, teachers, teacher assistants, case managers, therapists
- * Students, parents, caregivers, and young adults with ASDs (16+)

Date and Location: <http://www.spectrumtrainingsystemsinc.com/seattlecareer.html>

QUICK-LOOK CALENDAR 2009

October 2009

- 1 Transition & Resource Fair @ Mukagowa
- 1 Resource Fair @ Fairchild AFB
- 13 Sustainable Works day
- 14 Wills, Trusts & Guardianships
- 17 Advanced Leadership class #1
- 21-22 Career Planning—Autism Spectrum

November 2009

- 14 Advanced Leadership class #2



Children's Alliance 11th Annual Advocacy Camp

October 26—28, 2009

@ Rainbow Lodge in North Bend
\$400, scholarships available

For more information, please contact Emujah Smith at 1-800-854-kids or emi-jah@childrensalliance.org

Family Fun Night

October 10, 2009

4:00 pm—8:00 pm

East Central Community Center
500 S Stone Street

Prizes, Pool Tournament, Family Feud, BINGO, Pictionary, the Family Game, and much more

Sponsored by East Central Community Center & Mobilization Against Substance Abuse



Save the Date!
Caring for a Child in Pain
Friday, November 13, 2009 • 8 a.m. - 4:30 p.m.
Providence Auditorium, Sacred Heart Campus

Physician Dinner Presentation: "Advanced Pain Management"
Thursday, November 12, 5:30 - 8 p.m.

Featured Guest Speaker
Stefan Friedrichsdorf, MD
Children's Hospitals & Clinics of Minnesota

Diplomate of the American Board of Hospice and Palliative Medicine, and the Medical Director of the Pain and Palliative Care Program

Program & registration materials coming soon. For information, call 509.474.2806.



Sacred Heart Children's Hospital
A member of PROVIDENCE Health & Services

5 Things You Can Do to Help Prevent the Spread of the H1N1 and Seasonal Flu

1. Make prevention the first line of defense. Everyone needs to make it a routine to wash their hands often with soap and water. Remind your family to cough or sneeze into their sleeves or into a tissue, not in their hands. These steps are easy, but they only work if every member of the family participates.
2. Make sure you and your entire family get vaccinated. Vaccines are the best means we have to make sure that families and communities are protected from flu. Vaccines for both H1N1 and seasonal flu will be available this fall. Scientists at the National Institutes of Health, the CDC, and the Food and Drug Administration are working around the clock with vaccine manufacturers to make sure that flu vaccines are safe and effective.
3. Stay home if they're sick. If you're sick, stay home. H1N1 spreads rapidly, particularly among kids and young adults; it's especially risky if you're pregnant. Look for these symptoms: Similar to seasonal flu, with H1N1 you'll get a fever, cough, sore throat, stuffy nose, achiness, headache, chills and fatigue. Sometimes H1N1 causes diarrhea and vomiting. Both H1N1 and seasonal flu can be severe and occasionally deadly.
4. Start planning now. Ask yourself these questions: If you work and your child becomes sick, have you made arrangements for child care? Have you talked with your employer about what to do in case you need to be out?
5. Go to flu.gov for the latest information on H1N1 and seasonal flu. Flu.gov is a one-stop government wide resource with planning tools to get a jump-start on the 2009 flu season.

Visit www.Flu.gov to learn more.

People First of Spokane Valley

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

People First of Spokane - (Lilac Chapter)

2nd and 4th Tuesdays 1:PM - 2:30:PM
Down Town Public Library in lower conference rooms
www.peoplefirstsv.com

Brain Injury Groups—Spokane **2nd Wednesdays at**

7:PM to 9:PM
St Luke's Rehab
room 200
www.tbiwa.org

North Idaho **3rd Saturdays**

1:PM to 3:PM
Kootenai Medical Center - room KMC3
www.tbiid.org

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

Must contact Craig
imaginationman@comcast.net
<http://tbisurvivorsnetwork.ning.com/>
For more information call Craig Sicilia
@ 509-218-7982

Epilepsy Foundation Northwest Spokane! **Adult Support Group:**

3rd Thursday of each month from 6:30-8p.m.

Monday-Friday 1p.m.-5p.m.
Ryan Oelrich, Program Manager; (509)325-1128
roelrich@epilepsynw.org

What is AmeriCorps?

AmeriCorps is a national service program often referred to as the "Domestic Peace Corps." People who join AmeriCorps commit to do a year of service in exchange for a modest living stipend and a scholarship. AmeriCorps is a real-life education and work experience wrapped into one.

What Do AmeriCorps Members Do?

People who join AmeriCorps (called "members") provide direct service in the areas of education, human needs, public safety, environment or homeland security. Examples include tutoring children, helping new immigrants find jobs, and building houses. Some members coordinate community programs, recruit community volunteers, or work in an office setting. There are hundreds of different AmeriCorps positions available, including full-time and part-time.

Who Can Join AmeriCorps?

AmeriCorps members must be at least 17 years old (there is no upper age limit) and a U.S. citizen, national, or legal permanent resident alien. People of all backgrounds are welcome to apply; education requirements vary by program.

Find out more about AmeriCorps at: <http://www.americorps.gov/>



Autism Society Of Washington Spokane Chapter

MOCHA MEETING

No information given
Rocket Market - 723 E 43rd, Spokane
Contact: jennyheals1@yahoo.com

Sensory Friendly Family Movie

October 17th at 10 am

“Where the Wild Things Are”

River Park Square AMC
Tickets available at the Event

Sound level is down & lights are left up.

The “silence is golden” policy is relaxed for this showing.

MONTHLY FAMILY SUPPORT MEETING

No information given

St Luke’s Rehab Institution
711 S Cowley, Rm. 200

Open Discussion: School Age Children with Autism & IEPs
Dr. Marion Moore, EWU

TEEN/ YOUNG ADULT SOCIAL GROUP AND ADULTS SOCIAL GROUPS

No information given

Bring a board or card game to play
Service Station Coffee House; 9317 N. Nevada
spokane@autismsocietyofwa.org

ADULTS WITH ASPERGER’S GROUP

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

EARLY INTERVENTION

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

For more information e-mail
Spokane@autismofwa.org

Senior Families

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

Next meeting
October 20th

Topic: Legislative Agenda

3rd Tuesday of the month; 11:30—1:00 pm

The Arc/IERR Building, 116 W. Indiana Ave.
Contact: Deanna Noland, (509) 328-6326

All new material or changes to existing materials **must** be made by the **20th** of the month preceding publication for inclusion in newsletter.

Down Syndrome Family Network

Contact: Carolee Spradley, (509) 499-8792

Saturday Breakfast

2nd Saturday of every other month
9:00 am at Jenny’s Café
(9425 E Sprague, Spokane Valley)

We gather on the 2nd Saturday of every other month.
(February, April, June, August, October and December)
Siblings and friends are welcome.
Reservations are NOT needed

Sunday Playtime

1:00 pm at Northtown Mall
Join Carolee and Piper at the play area
Carolee Spradley at 499-8792

If you would like to be added to the DSNF email list please contact:
Carolyn at theothercarolyn@yahoo.com



Parent to Parent Monthly Support Group

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

Tuesday, October 27th
9:30—11 am
and
6:00—8:00 pm

The Arc of Spokane, 127 W. Boone
Helen Black – 328-6326 or
Email: hblack@arc-spokane.org

FISH: Families in Support of Hearing

No information given

For more information:

Kim Schafer 509-863-7097
kim@spokanehopeschool.org

Spokane Fathers Network

For fathers of children with special needs.
3rd Saturday each month @ 8:30 am
Frankie Doodle’s
30 East 3rd Ave., Spokane
Contact: Gregg Osborne, (509) 768-1383

Spina Bifida Association of Washington State

Call for meeting time and location.
Come discuss issues that effect persons with
spina bifida and their family and friends.
Contact: Ed Kennedy, 326-6355, ext. 103

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

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Will, Trusts, and Guardianships

October 14, 2009
6:00—8:00 pm

Featuring: Dick & Karen Sayre
Attorneys

The Arc of Spokane
116 W. Indiana

