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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

Emergency Kit	4
Section 8 Vouchers	5
Medicaid Services	6
Save \$ and Services	7
PONY TALES	8
P2P	8-10
Legislative Priorities	11
Cost Of Living	13
DDC Position Opening	14

CONFERENCES/ WORKSHOPS

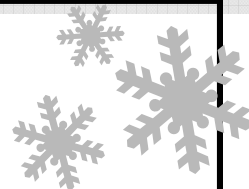
Legislative Reception	12
Teaching Techniques/Autism	12
SibShop	13

MONTHLY

Lance's Notes	2
Cathie's Notes	3
Mini-calendar	12
Monthly meetings	15

EMERGENCIES

DON'T WAIT FOR YOU! BE PREPARED!



If you are responsible for helping others when the unthinkable happens – a little bit of planning now may save a lot of heartache later!



IF YOU OR SOMEONE YOU SUPPORT HAS MOBILITY NEEDS:

- Store emergency supplies such as gloves, batteries, patch kits, etc., in a pack attached to or near the equipment.
- If the person uses a cane or other device, keep an extra one in a strategic place, if possible.
- Arrange and secure furniture and other items for a barrier-free passage. Be sure all pathways are wide and unblocked.
- Practice evacuation often.

IF YOU OR SOMEONE YOU SUPPORT HAS MEDICAL CONDITIONS AND DEVELOPMENTAL DISABILITIES:



- Develop and maintain an emergency health information card for local police, fire, emergency personnel and others who may not know the person.
- Make arrangements for at least 2 people to check in and see if the person is okay after a disaster strikes.
- Always have at least a week's supply of medication or other needed supplies (such as oxygen) on hand.
- Store emergency medical supplies in a readily accessible area and make sure others know where they are.
- Keep a current emergency contact list readily available.

(Continued on page 5)

Lance's Notes



Lance's notes

If you have been reading the paper and watching TV, you probably know that our state budget has serious problems. The latest number I have seen shows a possible budget deficit of \$5 Billion. This is about 15% of the total state operating budget so that means we could be looking at up to 15% budget cuts to services and supports to people with developmental disabilities. Just doing some quick math this could mean up to \$255 M in cuts to the budget of the Division of Developmental Disabilities. With the size of this budget deficit, there is no easy way to address it, there will have to be deep cuts or increased revenue.

I am not sharing this information to scare anyone or to say that the sky is falling, but I am sharing to reinforce how important it is to be involved in the legislative process especially this year. We have opportunities for people to travel to Olympia during this legislative session to speak to their elected officials. In addition, we will need people to contact their legislators by phone, e-mail and/or letters to let them know what is important to you.

It would be easy to get depressed about this negative outlook, but I know the way we will be most effective to save the services and supports that we have is to have well organized and effective grassroots advocacy. Please join us in this effort by calling or e-mailing Lance or Deanna at 328-6326 or lmorehouse@arc-spokane.org or dnoland@arc-spokane.org



A handwritten signature in cursive script that reads "Lance".

Our Readers

Advocacy & Family Support is produced monthly and provides information to parents, grand parents, 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 December 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.arcsokane.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

Recently I attended the Spokane Community Development Round Table meeting sponsored by the Federal Reserve Bank of San Francisco. This meeting was attended by leaders in the housing community as they shared their hopes and wishes for the coming year. For many of us that wish list meant better collaborative responses to community housing needs.

For sometime a task force has been meeting to address affordable housing. This committee will report the need for increased Communication, Coordination, Collaboration, and Consolidation within our community. When they present their report to City Council they will include the philosophy that families should be able to work and live in the same community without having to travel long distances.

Clearly they understand the environmental damages that take place when children have to move from one location to another over and over just to have affordable housing. The educational impacts are especially evident for students with developmental disabilities who live under these conditions. When communities have affordability issues such things as teen pregnancy rates and drop out rates also increase significantly.

Collectively the attendees of the round table identified the need to collaborate better on housing projects to lessen the funding impacts on any one organization. HomeOwnership Opportunities has always been involved in collaborative projects with local agencies such as NEWHS (housing authority), CORD, and is currently in discussions with Habitat for Humanity.

Even though the media continues to bombard us with newspaper articles, TV and radio ads about foreclosures and the federal plan to help homeowners recover, citizens should be comforted by the fact that we are not having the same volume of problem as other cities or states. Spokane County anticipates receiving \$2-2.25 Million dollars in federal stabilization funding that will be administered through the City of Spokane Community Development department. That availability will commence once the administrative regulations are in place.

It is important for all of you to understand several things: 1-Only 2-3 % of homeowners in Spokane County who are getting into payment trouble go to foreclosure; 2-The lenders that I work with who help families get state bond loans such as HomeChoice (the loan most participants use) report having no (0) participant families who have gone to foreclosure.

Another really important opportunity is scheduled in December. Northeast Washington Housing Solutions (NEWHS) which is sometimes called the housing authority will be opening the lottery for Section 8 voucher assistance. Home Ownership Opportunities feels this is so important to the citizens from our community with lower incomes that we will hold two opportunities for assistance in filling out the required application. Please see the schedule of the dates and locations included on this page. Section 8 voucher assistance helps persons with lower incomes pay for rent so that they can live in affordable housing. If you struggle to pay rent and utilities and still purchase food to eatcome meet with us on one of these two days.

We are thinking about having a workshop entitled "Budgeting in a Recession....How to Make Ends Meet" and we want to hear from you if you might be interested. Don't hesitate to call the office with any other ideas for workshops that will help you be a better homeowner. The number is 328-6326.

Last but certainly not least.....I am announcing that I have a new assistant working with me at HomeOwnership Opportunities. Her name is Rosslyn Bethmann. So now when you call our office you might hear her voice instead of mine. Please give her a little information about how long you have been working with our program when you call and she answers. That way she will begin to learn who each of you are.

She will be working with new applicants as they make their initial appointment to begin the journey and on many other aspects of the services we provide. Please welcome her into your hearts as you have with me!!

Cathie & Roz wish all a blessed holiday season.



Do you know about ICE?

This month the Advocacy & Family Support

Team have devoted the newsletter to emergency preparedness. Many individuals and families these days use cell phones or house phones that are capable of programming in important numbers. I

encourage you all to think seriously about having an ICE number both on the home phone and your cell phones. What is ICE you say????

Well it stands for In Case of Emergency thus creating the word ICE. These are numbers that all first responders like police or fire department automatically look for in an emergency. So if you were in a car wreck, or become ill and can't give information to someone the fireman could check your phone and contact persons you want to respond to your need. This will make the notification to your family about your emergency quicker. You can program in more than one number just by putting ICE 1 or ICE 2.

Section 8 Application Help Dates:

Remember if you want to make an application and don't have the form or need help this is your chance to do both.

We will have the forms to apply during the two days and provide staff to assist you filing them with the correct information. If you expect to need help please bring with you information about your income, social security number, and names of persons to contact who can give us information that you might not remember.

December 10—127 W. Boone from 1-3pm in the conference room.

December 16---116 W. Indiana from 10 am-noon in the conference room.

HomeOwnership Opportunities





Hello All!

I don't think many people in Spokane were ready for the Ice Storm of the late 1990's, I know I wasn't. The frozen layer covering cars, roads, trees and homes caused cars to slide off the road, trees to fall on homes and electricity to be cut off all around the area. Not many were prepared for this emergency.

Emergency preparedness can take many forms. It may mean having money saved for unexpected days off from work or it might mean having firewood and candles for blackouts. Whatever the nature of the event, being prepared can not prevent the unexpected from occurring but it can minimize the consequences.

In the same vein, no one expects their child will ever need to file a police report for sexual abuse, and it would certainly be considered an emergency. But you can prepare for an event and in so doing, lay the ground work for reducing the resultant trauma. This can be accomplished by teaching children the correct names of their own body parts. When police take a report, they need to believe that the person giving them information is credible; and the more specific a person is, the more credible they appear to the police (and later on, to prosecutors).


Think about it, there is a vast difference between the following two comments: "He grabbed my shirt" and "He grabbed my left breast".

Part of the reason that rates of abuse are so high for people with disabilities, is that the rates of prosecution are so low. Perpetrators know this. They know that police and prosecutors traditionally consider individuals with developmental disabilities to not be credible witnesses.

We can do emergency preparation by assuring that all children know and are comfortable using correct terminology for their own bodies.

No one wants a child to ever need to make a police report; but should that need arise, the child should at least be prepared to present the information so that it is taken seriously.

Stay Safe!



Theresa

Stay Safe!

Get a Kit Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home.

Recommended basic emergency supplies include:

- ▶ **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- ▶ **Food**, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- ▶ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ▶ Flashlight and extra batteries
- ▶ First aid kit
- ▶ Whistle to signal for help
- ▶ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ▶ Moist wipes, garbage bags and plastic ties for personal sanitation
- ▶ Wrench or pliers to turn off utilities
- ▶ Local maps
- ▶ Pet food, extra water and supplies for your pet or service animal

Section 8 Voucher opens!

NEWHS will open its **Sec. 8 Waiting List** Northeast Washington Housing Solutions will open its Housing Choice Voucher Sec. 8 program waiting list December 3 to December 19, 2008.

During that period of time only, NEWHS will be accepting applications, which will also be available on its website at www.spokanehousing.org, and at other community locations to be announced. NEWHS will use a lottery system to select 2,500 households to be placed on the waiting list. NEWHS expects to "call up" the 2,500 households over a two year period. The HCV Sec. 8 program is NEWHS' largest program, serving more than 4,000 households in Spokane County. Approximately 50-60 households exit the HCV Sec. 8 program monthly, opening slots for new applicants.

(Continued from page 1) Emergency Preparedness

IF YOU OR SOMEONE YOU ARE HELPING HAS COGNITIVE DISABILITIES:

- Practice regularly what to do during and after an emergency.
- Make sure the person has a clear, written plan that can be easily located and shared with others if you are not around.



IF YOU OR SOMEONE YOU ARE HELPING HAS COMMUNICATION DISABILITIES:

- Help the person have a communication plan to use with emergency personnel quickly.
- Store paper, writing materials, etc. with emergency preparedness kits to help communication.
- Make sure the person's emergency health card contains information on the best ways to communicate with the person.

CONDUCT AN ASSESSMENT OF YOUR EMERGENCY PREPAREDNESS:

- Do you have a complete first aid kit?
- Do you have up-to-date CPR training and Red Cross First Aid training?
- Do you know your home's evacuation route/plans?
- Where are the main gas, water and electricity shut-offs? Do you know how to turn them off?
- Do you know where emergency supplies are stored?
- Can you operate a fire extinguisher?
- Can you carry or transport the person if necessary?
- Do you have a complete evacuation kit and is it portable?
- Do you have an identified place to go and know how to get there?
- Do you know where to access emergency information? <http://www.access.wa.gov>

Medicaid services for outpatients cut

By ROBERT PEAR
The New York Times

WASHINGTON — In the first of an expected avalanche of postelection regulations, the Bush administration on Friday narrowed the scope of services that can be provided to poor people under Medicaid's outpatient hospital benefit.

Public hospitals and state officials protested, saying it would reduce Medicaid payments to many hospitals at a time of growing need. The new rule conflicts with efforts by congressional leaders and governors to increase federal aid to the states for Medicaid as part of a new economic action plan. The rule narrows the definition of outpatient hospital services to exclude those that could be provided and covered outside a hospital.

In a notice published Friday in the Federal Register, the Bush administration said it had to clarify the definition of outpatient hospital services because the ambiguity had allowed states to claim excessive payments. "This rule represents a new initiative to preserve the fiscal integrity of the Medicaid program," the notice said. John Bluford, president of Truman Medical Centers in Kansas City, Mo., said: "This is a disaster for safety-net institutions like ours. The change in the outpatient rule will mean a \$5 million hit to us. Medicaid accounts for about 55 percent of our business."

Alan Aviles, the president of the New York City Health and Hospitals, the largest municipal health care system in the country, said: "The new rule forces us to consider reducing some outpatient services like dental and vision care. State and local government cannot pick up these costs. If anything, we expect to see additional cuts at the state level." In May, the White House said it wanted to avoid the rush of "midnight regulations" that had occurred at the end of other administrations.

But Bush administration officials said this week that they still intended to issue, or relax, many economic, environmental, health and safety rules before they leave office Jan. 20. Medicaid, financed jointly by the federal government and the states, provides health insurance to more than 50 million low-income people.

Services can often be billed at a higher rate if they are performed in the outpatient department of a hospital rather than in a doctor's office or a free-standing clinic. Hospitals generally have higher overhead costs.

The rule takes effect on Dec. 8, six weeks before Bush leaves office.



Meet our new team member.

John has been introducing us to **Jav**, his new service dog.



Save Money *and* Save Services

There are 6000 adults with developmental disabilities in our state who have jobs. Of these 6000 adults, 2,200 are funded by state-only dollars with an additional 312 individuals that are actively seeking employment are also funded by state-only dollars. WA State currently invests over \$14 Million per biennium in employment services for these 2,512 adults with developmental disabilities. The participants in these employment programs will earn over \$38 Million in wages in the next biennium. The state spends over \$3.5 Million annually on additional supports and services for these individuals to live in their communities. With the state budget deficit, there is concern that these valuable, existing services may be cut.

Save money AND assure that individuals receive these essential services:

- Placing this group of 2,200 individuals on the Basic Home and Community Based services waiver will allow the state to capture a 50.94% federal match in 2009.
- Individuals and their families would receive additional necessary services, like family support and respite, to assure that they can remain in their communities.

AND

- The overall savings the state captures with this strategy is **approximately \$4 Million per year and \$8 Million for the biennium.**

Without this strategy...

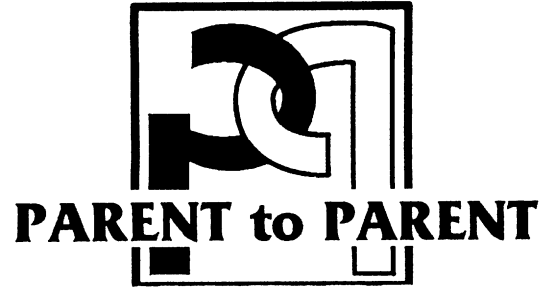
Service could be cut for over 2,512 adults with developmental disabilities:

- Many of the 6,000 people with developmental disabilities who are working in Washington have their needed support services protected by the (Medicaid Home and Community Based) Waiver. The 2,512 individuals with state-only (non-waiver) funding are vulnerable to service cuts, leaving 2,200 also at risk of job loss.
- People with disabilities in Supported Employment are proud, taxpaying, benefits-earning, productive and contributing members of our state's workforce. A great many of these workers have been part of the workforce, with the help of state-funded support, for over 10 years.
- Most of the 2,200 workers will be at risk of losing their jobs within a year without the needed support services.
- Money already invested in developing these jobs, training the employee and their co-workers, and the years of subsequent support provided will be lost.
- Many of these people own or rent their own homes and apartments, and a loss of income could place their housing situations in jeopardy.

While employers are committed, they can't do this on their own:

- The Washington employment service system, that leads the nation in effectiveness, faces decimation. A system of support, along with its network of employers, which took over 25 years to build, could be undermined this legislative session.
- The organizations that developed these Supported Employment services face significant funding cuts (some as much as 50%-75%). This could result in a critical loss of trained, experienced and committed personnel that would take years to rebuild.
- Commitments made to employers... *that support would be available for the tenure of these workers' employment*, would be broken if critical funding is cut. The commitment of partnership and goodwill built with the employer community over many years is at risk.

Parent to Parent



- Providing mentoring to all families with a child with special needs.
- Monthly Support Group

Contact: Helen Black, @ 328-6326 ext 220

Saturday, November 15, 2008, at 3:00 p.m. Northtown Mall, 2nd Fl. Next door to Kohl's,

Teen Center Opens at Northtown Mall

PONY TALES Youth Services is a new non profit in Spokane that reaches all demographics of youth. In a short three years, PONY TALES has grown to reach hundreds of teens of all demographics. This organization understands that we must reach our next generation where they are.

Spokane, WA, November 15, 2008: PONY TALES Youth Services a free teens center in Spokane is opening its doors at the Northtown Mall, Saturday, November 15, 2008. They will offer free tutoring, Hip-Hop Classes, recording studio, workshops, job training, and community service projects. PONY TALES is an acronym for our mission: Positive, Outreach, Navigating, Youth, Teaching, Adolescents, Leadership, & Entrepreneurial, Spirit. For more info, contact Kitara McClure, at 509.218.6207.

- Free Tutoring
- Free Hip – Hop Classes
- Free Recording Studio
- Free Job Training and much, much more!

Must show High School or Middle School I.D. for entry!

Are you searching for that thoughtful gift for someone special? Do you have little time for shopping and those long holiday lines?

The Arc Community Center wants to make your Christmas shopping easy with...

Christmas Jar Gifts

Please help support us in our effort to fundraise for the Arc Community Center.

**THE ARC COMMUNITY CENTER
CONTACT: JENNA TRACY**

**789-2247 EXT. 126
JTRACY@ARC-SPOKANE.ORG**

**116 W. INDIANA
SPOKANE, WA 99205**

Our 5 Wonderful Options:

Calming Cocoa
Oatmeal Chocolate Chip Cookies
Friendship Soup
Caramel Popcorn Bag
Cinnamon Pancake Mix Bag
Decorated Gift Bags (\$2)

Prices range from \$6-8

NAC ALERT:

Community Opportunity

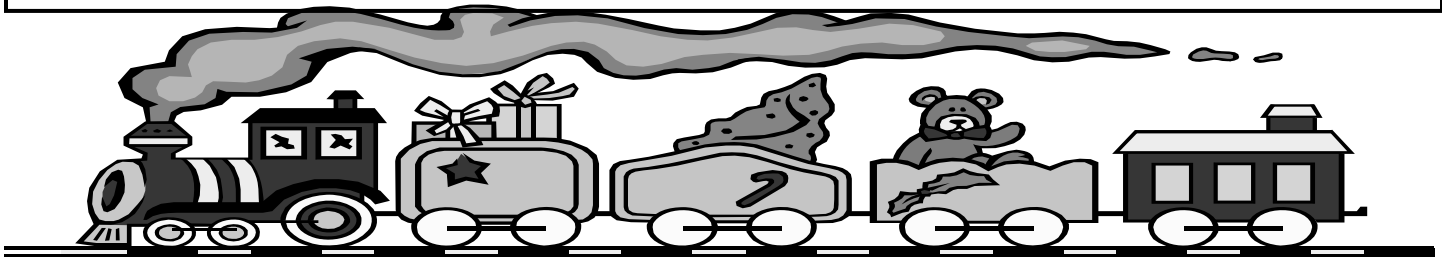
Hockey Anyone?

Looking for a sports opportunity for your child? Dr. Mark Derby of Gonzaga University has recently received funding to form a hockey team for area children between the ages of 8 and 15. Besides offering the chance to play hockey, Dr. Derby will be focusing on social skills training in a sports team context. Equipment and ice time are offered at no cost to families. Interested parents can email Dr. Derby at derby@gonzaga.edu.



Your group or team Activity

Could be here!



BOOK OF MONTH

The Out-of-Sync Child

By: Carol Stock Kranowitz, M.A.

This is a great book to help parents/care providers recognize and cope with Sensory Integration Dysfunction. I have read this book cover to cover and found the information to be very useful as well as easy to understand. There is also a follow up to this book called: **The Out-of-Sync Child Has Fun**

Both books are available in the lending library here at the Arc.

Your invited to Parent to Parent Holiday Party

What: Holiday Potluck

When: December 12th, 2008

Time: 5:30 - 7:30

Music: 5:30, Dinner: 6:00, Santa: 6:30

Where: Arc Community Center

116 W. Indiana Ave



Bring a Dish to Share!

Last names A – L: Side dish or salad
Last names M – Z: Dessert

Main dish provided by Parent to Parent, as well as beverage.

PLEASE NO NUTS!

All families are invited to share in holiday cheer! There will be lots of games -- even a "cupcake walk" -- and music for the kids.

Children will also be able to visit with Santa Claus and tell him their wishes. Santa visits are a free and a relaxed alternative to the commotion of shopping malls.

Bring your camera and catch those wonderful holiday moments. Polaroid photos will be available for a \$1 donation.

Call Helen at (509) 328-6326, or email at hblack@arc-spokane.org and let her know how many will be coming.





2009 Washington State Legislative Priorities

Protect Essential Services

Over the past two years, we have made progress supporting families who have sons/daughters with developmental disabilities by establishing the Individual and Family Services (IFS) program and the Intensive Behavioral Supports (IBS) program. These programs were implemented to help keep families together and are cost effective programs compared to out of home placement and must be continued and expanded in the future.

Continue to support individuals and families to receive essential services and supports through the IFS and IBS programs.

Support High School Graduates in employment

The Legislature has provided funding for some young adults with developmental disabilities who are exiting high school since 1989. We have proposed that adults who currently receive employment supports with state only funding be added to a Medicaid Waiver which will access federal matching funds and save the state up to \$8 million. We propose using some of this savings to add students leaving high school in the 2009-11 biennium to a waiver to access the federal matching funds.

Add people who currently receive employment supports with state only funding to the Medicaid Waivers and use savings to add 2009-10 transition graduates to the Waiver also.

Support B-3 policy and funding

The Infant Toddler Equity Act would provide designated funding to counties for early intervention services and add babies to caseload forecasting. There is \$12 million needed in funding to meet the entitlement nature of this program.

Pass the Infant Toddler Equity Act including caseload forecasting and provide additional funding needed to meet the entitlement nature of this program.

QUICK-LOOK CALENDAR 2008-09



DECEMBER 2008

- 10 Section 8 Help workshop @Boone office
- 12 P2P Holiday Party
- 16 Section 8 Help workshop @ Indiana office

JANUARY 2009

- 10 SibShop
- 12 Legislature Opens
- 10 Legislative Advocacy Workshop
- 28 DDC Leg. Reception @Olympia

April 2009

- 18 Family Support Conference



Teaching Techniques for Children with Autism and other Developmental Disabilities

Presenters:

Billie Jo Davis, Ph.D., BCBA
Shira Ackerman, M.S.
 EWU Domino Project
Chanda Davis, M.S. CCC-SLP
 Milestones Speech and Language
 Services

Date: December 5th and 6th
Time: 9:00am to 4:00 pm
Location: Quality Inn Valley Suites
 E. 8923 Mission Ave.
 Spokane Valley, WA

Registration Form – Teaching Technique

Participant _____

Agency _____

Address _____

Phone _____

Email _____

Professionals	
Fri. Conference Fee	\$65
Sat. Conference Fee:	\$65
Both days	\$110

Parent \$45/day

Lunch (optional - per day) \$14.50

Late Fee \$10
(after Nov 26th)

Amount Enclosed _____

Send fee and application to:

Children's Behavioral Clinic
 212 Ironwood Dr. Ste. D
 PMB #106
 Coeur d'Alene, ID 83815

Disabilities

Legislative Reception

SAVE THE DATE

Wednesday, January 28th, 2009

5:30 – 7:30

Pritchard Library Cafeteria

On the Capitol Campus

If you are interested contact Lance or
Deanna @ 328-6326.

DIRECTIONS

<http://www.ga.wa.gov/visitor/direction-park.htm>

Social Security Administration Announces **2009 Cost of Living Adjustment**

In October, the SSA announced the 2009 Cost of Living Adjustment (COLA) for Beneficiaries. Based on the increase in the Consumer Price Index from the third quarter of 2007 through the third quarter of 2008, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 5.8 percent COLA for 2009. The COLA represents a larger increase than the COLAs of the past two years: 2.3 percent for 2007 and 3.3 percent for 2008. Other important COLA statistics include:

The average SSDI payment will increase from \$1,006 to \$1,064 a month; The SSI Federal Benefit Rate will increase from \$637 to \$674 a month; The Substantial Gainful Activity (SGA) threshold will increase from \$940 to \$980 a month for individuals who are not blind, and from \$1,570 to \$1,640 a month for individuals who are blind; and The Trial Work Period threshold will increase from \$670 a month to \$700 a month.

For more information, and a complete summary of the Social Security changes, please visit <http://www.ssa.gov/cola/colafacts2009.htm>.

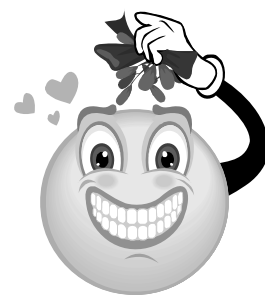


SAVE THE DATE

Sib Shop

January 10th

10:00 am – 2:00 pm



Governor asks public for ideas for cost-cutting tips

The Associated Press Published November 14, 2008

OLYMPIA, Wash. – Gov. Chris Gregoire is asking for some help in fixing the state's looming budget deficit.

<http://www.governor.wa.gov> (weblink)

The governor is asking Washingtonians to visit her Web site, and suggest some cost-saving strategies for government.

Gregoire was just re-elected last week. She's pledged a no-new taxes budget, which will have to solve a projected deficit of about \$3.2 billion.

Gregoire also wants suggestions on how to reform state government, such as government functions that could be handled by the private sector or nonprofits.

The Web page is: <http://www.governor.wa.gov>

Go to the following link and click on "submit your budget ideas" to submit this idea and also send an e-mail to Victor Moore at victor.moore@ofm.wa.gov

<http://www.governor.wa.gov/budget.asp>

Washington State Developmental Disabilities Council

Partnering with People with Developmental Disabilities to Build Better Lives

Ever wonder if you can better the lives of **113,000** people in **12** days? We can tell you one way.....

By becoming a member of the Washington State Developmental Disabilities Council.

Being a DD Council member means sharing in the Council's dedication to achieving independence, productivity, integration and inclusion in the community for all people with developmental disabilities.

There are **113,000** people with developmental disabilities living in Washington state. The Council works to improve services and expand the opportunities for people with developmental disabilities.

Members of the Council are appointed by the Governor. If appointed, you participate in six two-day meetings a year. Your travel and related expenses are paid when you attend Council meetings.

Currently, the Council is looking to fill three positions for people with developmental disabilities and/or family members. You can print an application form by going to the Council's website or by calling the Council office.

The Council includes members from throughout Washington and is especially interested in adding people from:

- Northwest Washington (Whatcom & Skagit Counties)
- Central Washington
- Southwest Washington

For more
Information
Contact:

Ed Holen,
Executive
Director

or

Linda Walling,
Membership
Coordinator

800-634-4473
www.ddc.wa.gov

Autism Society Of Washington

MOCHA MEETING

December 10th
 Rocket Market; 726 E. 43rd
 Topic: current biomedical treatments
 for autism
 jennyheals1@yahoo.com

08 Monthly Meeting not at St. Luke's!

Sunday Dec 14 (1-3pm)
 Family Bowling Event; North Bowl Lanes
 125 W. Sinto, Spokane
 RSVPs requested but not required
 spokane@autismsocietyofwa.org

Teen/ Young Adult Social Group and Adults Social Groups

Sunday Dec 21. (1-3pm)
 Bring a game to play
 Service Station Coffee House; 9317 N. Nevada
 spokane@autismsocietyofwa.org

Adults with Asperger's Group

Dec 14th (1-3pm)
 Please come to the Bowling Event!
 North Bowl Lanes ; 125 W. Sinto, Spokane
 A group activity is planned each month
 To get on contact list:
 spokane@autismsocietyofwa.org

For more information
 spokane@autismofwa.org

Down Syndrome Family Network

SUPPORT GROUP

Contact: Carolee Spradley, (509) 499-8792

BREAKFAST RENDEZVOUS

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

Jenny's Restaurant, 9425 E. Sprague Spokane Valley
 February, April, June, August, October, December
 9:00am. Reservations are NOT needed.

Sunday Playtime

Piper's mom, Carolee, wants you to join her, and Piper, at the
 play area in Northtown Mall on Sundays at 1:00pm.

For more information or to be added to the
 Down Syndrome Family Network email list..
 Contact: Carolyn Wright at 455-7439

Parents For Life Support Group

sponsored by Senior Parent Support Group
 A support group for parents who have an adult
 son or daughter with a developmental disability.

No meeting in December

Next meeting
 January 21st, 2009; topic: Wills & Trusts &
 Guardianships

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

Parent to Parent Monthly Support Group



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

Tuesday, December 30th
10 am—Noon

The Arc of Spokane
127 W. Boone

Contact: Helen Black, @ 328-6326



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

Spokane Fathers Network

For fathers of children with special needs.

December 13th @ 10 am

Frankie Doodle's
 30 East 3rd Ave., Spokane
 Contact: Gregg Osborne, (509) 768-1383

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



*A Happy & Safe Holiday Season
To You
From the Arc of Spokane
And the Advocacy & Family Support team*



**The
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