

The Advocacy and Family Support Newsletter is published monthly for parents, grandparents, guardians, other family members, professionals and other adults who have a person with special needs in their life.

Cathie Griffith
Home Ownership Opportunities

Theresa Fears
The Partnership

Helen Black
Individual Advocate
Parent to Parent
Senior Parents

Roz Bethmann
Family Support 360°

Gregg Osborne
Director of Advocacy &
Family Support



Many Ways to Make a Difference

Another Washington State legislative session began on Monday, January 9, 2012. This “regular” session promises to be anything but regular with all of the proposed cuts that threaten the well-being of our loved ones. The Arc of Spokane continues to maintain that the state budget cannot be balanced on the backs of our most vulnerable.

Are you wondering how you can stay informed, become involved, make a difference?

- Sign up for our Legislative Response list at www.arc-spokane.org
- Attend Advocacy Days in Olympia in February each year
- Attend the Disability Policy Seminar in Washington, D.C.
- Write letters or emails, or make calls to elected officials
- Meet with your elected representatives when they are back in your district
- Write letters to the editor of local newspapers

We offer trips to Olympia for Advocacy Days, where advocates meet face to face with local Legislators to tell their story and share how certain budget cuts hurt people with Developmental Disabilities. We are taking a number of people the first two weeks of February, but we would like to take more.

We also have an opportunity in April to send a few advocates to the Disability Policy Seminar in Washington, D.C. This seminar is a chance to have our voice heard by members of the U.S. Congress. These advocates will explain how important it is for people with disabilities to have an equal opportunity to participate in our economy and in our society with help from services and support programs.

It would be nice to be able to send more people to these events so we can have voices from Spokane heard. The cost for an individual to travel to Olympia is about \$250, and the cost to send someone to Washington, D.C. for the Disability Policy Seminar is about \$1,700 with airfare, hotel, meals and registration.

Do you want to help, but are uncomfortable participating at a level mentioned above? Does the idea of advocacy send you into a panic? Don't give up. There is another way you can make a difference. Consider donating to The Arc of Spokane Advocacy and Family Support program for these trips. With donations, we can send many voices to talk about budget cuts and equal opportunities for people with disabilities.

If one voice can make a difference, think of the impact a lot of voices can have!

Help make a difference!

UPCOMING EVENTS

- Feb. 2 **Statewide ESD Video Conference: *Increasing Engagement and Independence in School-Age Children with Autism Spectrum Disorders***—8:30 a.m. to 4:30 p.m. at ESD 101, 4202 S. Regal St., Spokane. An interactive workshop to help children with autism overcome issues with off-task behavior and prompt dependency. Sponsored by ESD 101. Contact Patty Yates at 1(888) 704-9633 or pyates@nwsed.org for more information.
- Feb. 2 **Parent to Parent Support Group**—10:30 to 11:30 a.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Open to any parent or guardian who has a child with special needs. Contact Helen Black at (509) 328-6326 or hblack@arc-spokane.org.
- Feb. 3 **Date Night for Teens (16-21)**—6:00 to 9:00 p.m., at The Arc of Spokane. Please contact Theresa Fears to register at 509-789-8329 or tfears@arc-spokane.org.
- Feb. 9 **Statewide ESD Video Conference: *Strategies for Paraeducators Working with Students on the Autism Spectrum***—8:30 a.m. to 4:30 p.m. at ESD 101, 4202 S. Regal St., Spokane. An overview of the social deficits in students with autism spectrum disorders and how these characteristics impact all areas of school functioning, including academics. Sponsored by ESD 101. Contact Patty Yates at 1(888) 704-9633 or pyates@nwsed.org for more information.
- Feb. 9 **Spokane Fathers Network**—6:30 to 8:30 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. For fathers of children with developmental disabilities or special needs. Contact Gregg Osborne for more information, (509) 328-6326 or g Osborne@arc-spokane.org.
- Feb. 13 **Info Night**—7:00 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn what can be done to prevent sexual abuse of teens with developmental disabilities. This is an introductory class geared toward the concerns of parents of teens and young adults. Please RSVP to Theresa Fears at (509) 328-6326 or tfears@arc-spokane.org. Sponsored by The Partnership, a program of The Arc of Spokane.
- Feb. 15 **Life After High School Workshop: *Transition IEP***—6:00 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn how to team up with your school to plan for your student's future and to identify resources that can help. For youth with disabilities ages 14 to 21, their families and caregivers. Sponsored by Family Support 360° and PAVE. Admission is free.
- Feb. 22 **Parents for Life Support Group**—11:30 a.m. to 1:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. For parents who have a child with a developmental disability who is age 20 or older. Contact Helen Black at (509) 328-6326 or hblack@arc-spokane.org.
- Feb. 23 **Statewide ESD Video Conference: *Autism in Early Childhood***—8:30 a.m. to 4:30 p.m. at ESD 101, 4202 S. Regal St., Spokane. This course will present information related to working with children with autism spectrum disorders from birth to age three. Sponsored by ESD 101. Contact Patty Yates at 1(888) 704-9633 or pyates@nwsed.org for more information.
- Feb. 25 **Sensory Friendly Family Movie: *The Secret World of Arrietty***—10:00 a.m. at the AMC theaters at Riverpark Square (808 W. Main). Enjoy a movie with the lights up and the sound down. Tickets are \$6 at the door. Sponsored by the Autism Society of Washington (www.spokane@autismsocietyofwa.org) and AMC theaters.
- Feb. 28 **National Organization on Fetal Alcohol Syndrome (NOFAS) Conference**—Everett, Washington. Go to the "Upcoming Events" page on the NOFAS website at www.nofas.org for more information.
- Feb. 29 **Keeping Your Children Safe**—6:30 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn about preventing sexual abuse of children with developmental disabilities. This is an introductory class geared toward the concerns of parents with young children (birth to 12). Free parking is available in the lots east and west of the building. Please RSVP to Theresa Fears at (509) 328-6326 or tfears@arc-spokane.org. Sponsored by The Partnership, a program of The Arc of Spokane.
- Mar. 2 **Date Night for Teens (16-21)**—6:00 to 9:00 p.m. at The Arc of Spokane. Please contact Theresa Fears to register at 509-789-8329 or tfears@arc-spokane.org.
- Mar. 10 **Sensory Friendly Family Movie: *Dr. Seuss' "The Lorax"***—10:00 a.m. at the AMC theaters at Riverpark Square (808 W. Main). Enjoy a movie with the lights up and the sound down. Tickets are \$6 at the door. Sponsored by the Autism Society of Washington (www.spokane@autismsocietyofwa.org) and AMC theaters.
- Mar. 17 **St. Patrick's Day Parade**—Walk with The Arc of Spokane on St. Patrick's Day! Contact Rosslyn Bethmann for more information at (509) 328-6326 or rbethmann@arc-spokane.org.

UPCOMING EVENTS (continued)

- Mar. 21 **Essential Instructional Strategies for the Employment of Individuals with Complex Disabilities**—An interactive seminar for community rehabilitation staff, advocates, family members and special education staff presented by Cary Griffin of Griffin-Hammis Associates (www.griffinhammis.com). Learn more or register on-line at www.go.to/systematicinstruction.com.
- Mar. 21 **Life After High School Workshop: Person-Centered Planning**—6:00 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn what person-centered planning means and how it makes a positive difference in your student's success after high school and throughout life. For youth with disabilities ages 14 to 21, their families and caregivers. Sponsored by Family Support 360° and PAVE. Admission is free.
- Mar. 30 **2012 Family Support Conference: GPS for Life: Navigating the Future**— 8:15-3:30pm. Save the date and watch for more information to come. For parents supporting a son or daughter with a developmental disability, family members, educators, care providers and anyone else.
- Apr. 1 **Disability Awareness March**—Olympia, Washington. Help bring awareness to our legislators, consumers and the general public about the vast diversity of individuals who live with disabilities. Contact the Coalition of Responsible Disabled (CORD) for more information at (509) 326-6355 events@cordwa.info.
- Apr. 6 **Date Night for Teens (16-21)**—6:00 to 9:00 p.m. at The Arc of Spokane. Please contact Theresa Fears to register at 509-789-8329 or tfears@arc-spokane.org.
- Apr. 16 **Info Night**—7:00 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn what can be done to prevent sexual abuse of teens with developmental disabilities. This is an introductory class geared toward the concerns of parents. Free parking is available in the lots east and west of the building. Please RSVP to Theresa Fears at (509) 328-6326 or tfears@arc-spokane.org. Sponsored by The Partnership, a program of The Arc of Spokane.
- Apr. 18 **Life After High School Workshop: Adult Life**—6:00 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn about resources that can help your student reach his or her goals, including Medicaid, waivers, Social Security benefits, recreation, leisure, transportation and housing. For youth with disabilities ages 14 to 21, their families and caregivers. Sponsored by Family Support 360° and PAVE. Admission is free.
- Apr. 21 **Community Fun Run**—9:00 a.m. at CenterPlace, 2426 N. Discovery Pl., Spokane Valley. A run, for fun, for everyone. Save the date and watch for details to come. Sponsored by the Inclusion Network, a volunteer network of The Arc of Spokane. If you are interested in volunteering, contact Darci Osborne at 509-279-9242 or inclusionnetwork@hotmail.com.
- Apr. 25 **Keeping Your Children Safe**—6:30 to 8:00 p.m. at The Arc of Spokane, 320 E. 2nd Ave., Spokane. Learn about preventing sexual abuse of children with developmental disabilities. This is an introductory class geared toward the concerns of parents with young children (birth to 12). Free parking is available in the lots east and west of the building. Please RSVP to Theresa Fears at (509) 328-6326 or tfears@arc-spokane.org. Sponsored by The Partnership, a program of The Arc of Spokane.

Spokane County Parent Coalition Family Scholarship Fund

The SCPC Family Scholarship Fund was established in 1999. The purpose of this fund is to assist parents, foster parents, siblings or other family members of children with developmental disabilities in Spokane County to attend workshops, conferences, seminars or other trainings specific to the disability of their family member. Funding can be used for registration fees, respite care, travel expenses, fuel expenses, and / or lodging involved with attending an approved event. **For more information, contact Gregg Osborne at (509) 328-6326 or gosborne@arc-spokane.org. Your application can be mailed to: The Arc of Spokane, SCPC, 320 E. 2nd Ave., Spokane, WA 99202**



OPPORTUNITY FOR INVOLVEMENT

It's that time of year, when The Arc of Spokane sends a group of people to Washington DC to attend the Disability Policy seminar. This is your chance to come together with advocates from across the country to have your voice heard with Federal Legislators. Your help is needed to educate, illuminate and cultivate new champions on Capitol Hill on high priority disability issues!

During full day sessions April 23 and 24, you will have the opportunity to hear leading public policy experts, disability advocates, and Congressional staff discuss key policies important to the disability community. But on Wednesday, April 25th, the real work is done when you will meet your Congressional delegation and deliver a unified message, in person with 500+ other advocates, that persons with disabilities must have equal opportunity to participate in our economy and society, and receive the necessary services and supports.



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

Nominations should be sent to Gregg Osborne at gosborne@arc-spokane.org or The Arc of Spokane, SCPC, 320 E 2nd Ave, Spokane WA 99202.

Deadline for nominations is February 20, 2012.

FAMILY SUPPORT CONFERENCE

Five Reasons to Attend the Family Support Conference March 30, 2012

- This year's Family Support Conference will be held in tandem with the Spokane County Resource fair, which means the local resource providers will be in attendance. That's what you call one stop shopping!
- We will be honored with guest speaker Logan Olson and if you've never heard her story and seen what she has done with a barrel of lemons, than you need to attend just to meet her and celebrate her great success.
- We have been able to keep the price to attend incredibly low – same as last year; \$15 for one and \$25 for a couple.
- New speakers and subjects and... drum role please...
- Don't forget the fun silent auction. Bid on a super baskets of goodies for your family to enjoy.

We look forward to seeing you this year, providing loads of information and having some fun while we're together.

LAST CHANCE TO TELL US HOW WE CAN IMPROVE!

Take our on-line survey and enter for a chance to win \$100.00

www.surveymonkey.com/s/ArcofSpokane

INCLUSION—WHY IS IT IMPORTANT? By Dave Reynolds

The first part is pretty simple: "Inclusion" means "You are one of us". "You belong".

Why is inclusion important?

We, of course, have lots of answers to that. Many of us know that our world is richer when all of us have the chance to contribute. Society is better when we understand that disability is a natural state of being. Social justice is truly realized when each of us has equal opportunities to pursue our dreams, regardless of our abilities or any labels we have been given.

I've come to believe it's more basic than that: "Inclusion" means "survival."

Those who belong to my family, my clan, or my tribe are more likely to enjoy the protection and care of my family, clan, or tribe than those who are not.

The key, then, is deciding *who* belongs with "us."

We humans are hard-wired to see differences between you and me. It's in our DNA to be able to identify -- even from a distance -- who is safe to hang out with and who might harm those we care about. It's only natural that we learned ages ago to view those who looked or acted differently than "our people" as potentially dangerous.

However, because "they" look or act different from the rest of the collective "us", people with physical, intellectual and psychiatric disabilities have been singled out many times for dangerous segregation and mass extermination. That is the only explanation I have for Nazis being able to organize the murders of more than 250,000 Europeans with disabilities, and for American governments being able to organize the legalized, forced sterilizations of more than 66,000 people -- most with disabilities -- in the last century.

It is the only way I can explain why the number of abortions of babies with Down syndrome is higher in most industrialized countries today than the actual birth rates of such babies.

Frankly, it's the only way I can possibly wrap my head around the fact that "we" still house nearly 1,000 Washingtonians with developmental disabilities in large state-run facilities away from "us" -- at ridiculously high costs to taxpayers, to society, and to human potential.

And, it explains why -- as I write this -- doctors at a major Philadelphia hospital have refused to allow a life-saving kidney transplant to three-year-old Amelia Rivera, reportedly because she has an intellectual disability.

We, as a civilized, modern-day society, ought to know better.

Archaeological evidence from more than 60,000 years ago has revealed that Neanderthals hand-fed those who could not feed themselves, and even carried them from place to place on their backs, despite the dangers in the wild. My guess is that they decided that "those who belong to us" should be protected and included, perhaps just because they were "from our clan".

So, inclusion says "you're one of us."

When we really understand that -- when we truly absorb, accept, and live that -- it's not a very far leap to declare "and we will do everything within our power to protect you and include you -- simply because you do belong" with our family, our neighborhood, our congregation, our school, our playground, our workplace, and our society.

It's a matter of survival.

About the Author: Dave Reynolds is a Client Support Services Coordinator for The Arc of Spokane's Residential Services. He also manages and edits the international disability rights news service Inclusion Daily Express at www.InclusionDaily.com.

Submissions

To submit material for the A&FS Newsletter, please send by the 15th of the month to Suzette Wilson at:

The Arc of Spokane (509) 328-6326
320 E. 2nd Ave. swilson@arc-spokane.org
Spokane, WA 99202

Mailing List

To be added or removed from our print mailing list, contact Suzette Wilson (left). To receive the A&FS Newsletter via e-mail, go to our website at www.arc-spokane.org, click *Newsletters* and follow the directions posted there.

Announcements

Flu Vouchers Available

Walgreens has given The Arc of Spokane 18 vouchers for a free flu shot for people who 1) do not have insurance coverage for a flu shot, and 2) cannot afford to pay for a flu shot themselves. If you have a son or daughter with a developmental disability and meet the qualifications above, please contact Helen Black at The Arc of Spokane at (509) 328-6326 or hblack@arc-spokane.org. Thank you, Walgreens!

Get Help Filing Your Taxes

If you worked in 2011 and made less than \$49,078 you likely qualify to have your taxes done for free. Preparation services are available at no cost from January 31 through April 14, 2012 (unless otherwise indicated) at the locations listed below.

Be sure to bring the following information: *your 2010 tax return; a valid PICTURE identification; all income statements forms for you, your spouse and all household members (2011 W-2, 1098, 1099, etc.); proof of other income from you or yours spouse; banking information; child care provider information; property tax information (if a homeowner); 2011 Home Purchase Credit Information.*

- SPOKANE VALLEY LIBRARY, 12004 E. Main Ave., Spokane Valley (also open Jan. 30)—Monday 4:00 to 7:00 p.m.; Friday 1:00 to 4:00 p.m.; Saturday 10:00 a.m. to 1:00 p.m. (Closed Monday, Feb. 20 for President's Day)
- CHENEY LIBRARY, 610 1st St., Cheney—Thursday 4:00 to 7:00 p.m.; Friday 1:00 to 5:00 p.m.
- SPOKANE PUBLIC LIBRARY, 906 W. Main Ave., Spokane—Monday, Tuesday and Wednesday from 10:00 a.m. to 2:00 p.m.
- SPOKANE YWCA, 930 N. Monroe St., Spokane (opens Feb. 4, by appointment only)—Tuesday 4:00 to 7:00 p.m., Saturday, 9:00 a.m. to 1:00 p.m.
- SPOKANE COUNTY UNITED WAY, 920 N. Washington St., Ste 100, Spokane—Friday and Saturday 9:00 a.m. to 2:00 p.m.
- NUMERICA CREDIT UNION, 301 N. Havana, Spokane (by appointment only)—Tuesday, Wednesday and Thursday 10:30 a.m. to 2:30 p.m.
- DEER PARK CITY LIBRARY, 208 S. Forest, Deer Park—Friday 11:00 a.m. to 3:00 p.m.
- SPOKANE MORAN PRAIRIE LIBRARY, 6004 S. Regal—Tuesday 2:00 p.m. to 6:00 p.m., Saturday 11:00 a.m. to 4:00 p.m.
- MEDICAL LAKE CITY HALL, 124 S. Lefevre, Medical Lake—Wednesday & Thursday 5:00 to 7:00 p.m.
- MEDICAL LAKE LIBRARY, 321 E. Herb St., Medical Lake—Saturday 10:00 a.m. to 1:00 p.m.
- NORTHEAST COMMUNITY CENTER, 4001 N. Cook, Spokane (by appointment only, opens Feb. 1)—Tuesday 12:00 to 4:00 p.m.; Wednesday 4:00 to 8:00 p.m.; Thursday 10 a.m. to 2:00 p.m., Saturday 10:00 a.m. to 2:00 p.m.

Volunteers Wanted for Guardianship Website

Becoming a guardian can be a complex process. The Office of Public Guardianship (OPG) is creating an informational website to help people understand guardianship, how to become a guardian, etc. To make it as user-friendly as possible, OPG is seeking volunteers to help create it. If you are a family member or friend of someone with a disability, a person with a disability, under guardianship, an advocate for people with disabilities, an attorney or a guardian (family, professional or public), please contact Shirley Bondon of OPG at shirley.bondon@courts.wa.gov to participate. No professional experience is necessary.

The Community Fun Run Needs You!

Be a part of the 5th annual Community Fun Run, an inclusive event sponsored by the Inclusion Network, a volunteer group working through The Arc of Spokane! The Community Fun Run (CFR) is a 5K run designed to help people with and without disabilities come together in an atmosphere of understanding and respect. The 2012 CFR planning committee needs volunteers to help with pre-event planning and marketing as well as event-day activities. No experience necessary—just a desire to be a part of something great. To participate, contact the Inclusion Network at inclusionnetwork@hotmail.com.

Who I Am

Each month we will be interviewing one of the advocates from around our community. This month we asked Debra Goodrich to answer a few questions so you can get to know her. If you have an advocate you would like to know more about, send us their name and contact information.



When you tell people who you are, what do you say?

I am an advocate for persons with disabilities.

What has self-advocacy meant for you?

To speak up for yourself.

What message do you have for people in our community?

Reach for the stars and never give up trying.

What organizations are you a part of, or been a part of?

I have been a part of People First. I am now a part of The Arc S.A.F.E and Therapeutic Parks and Recreation.

When did you start with Parks and Rec, and S.A.F.E?

I started with Spokane Therapeutic Parks and Recreation in 1999.

I recently helped initiate S.A.F.E. (Self Advocacy For Everyone) classes at The Arc Community Center.

What was it like being with Parks and Rec?

Parks and Recreation is fun because I attend many fun activities with them.

What did you learn being a part of Parks and Rec?

Working with advocacy organizations, I learned to speak up for myself and to help others to do that as well.

Are you employed right now?

Not currently, But I am working with The Arc in an attempt to find job.

What is your dream job?

I would like to work with and for people with disabilities.

What kind of things do you do when you are not volunteering?

I attend The Arc Community Center. At home, I enjoy doing crafts and watching my nieces. I also enjoy participating in activities through Parks and Recreation and other local activities.

What advice do you have for people learning about self-advocacy?

"Speak up and speak out, let your voice be heard".

What is the most exciting thing you've ever done as an advocate?

I have traveled to Washington DC and spoke to legislators about jobs for people with disabilities.

If you could change 1 thing right now, what would it be?

That others without a disability would not tease those with a disability.

What would you like to do if there were no limitations?

Push forward and help others reach their goals.

Any last words of advice as a closing statement?

Always do your best, never give up. Reach for the stars, the sky is the limit.

The Arc of Spokane
320 E. 2nd Ave
Spokane, WA 99202

Non-Profit
Organization
U.S. Postage
PAID
Spokane, WA
Permit #223

2012 Family Support Conference



GPS for Life: Navigating the Future

Keynote Speaker: Logan Olson of *Logan Magazine*

Break-out sessions:

- Transitions
- IEP / Dreamteam
- Social Connections
- Safety
- Mapquest
- Behavior



Friday, March 30, 2012

DON'T FORGET OUR ANNUAL SILENT AUCTION—YOUR TAX DEDUCTIBLE DONATIONS ARE WELCOME!

- \$15 for one person or \$25 for a couple
- Scholarship and childcare assistance is available for qualifying individuals. Contact Roz Bethmann at (509) 328-6326 or rbethmann@arc-spokane.org for more information.
- Download a registration form on-line at www.arc-spokane.org
- Sponsored by The Arc of Spokane, Spokane County Spring Resource Fair, Spokane County Parent Coalition, W.i.S.e., Washington Education Association, DSHS and DDD, Central Valley School District, Mead School District, Northwest Autism Center, Spokane Public Schools, Spokane County Community Services, Spokane Guild's School, Spokane Father's Network.