

Spring 2010



# Family Links



A newsletter for families who have children with special needs

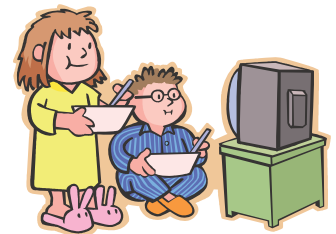
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## TV: How Much is Too Much?

Source Jennifer Crawford, Educator, WSU Chelan County

Time watching television can take away from other important activities like play and/or doing homework for kids. Studies have linked TV-watching to problems with sleep, paying attention, and even issues with diet and weight. However, not all TV is bad. Some educational shows can help younger kids learn numbers and words, and television sometimes brings families and friends together to share a common experience and conversation.



Research does show that exposure to too much violence or sex on television and in video games leads to more aggressive behavior in kids. Another problem with TV is having something inappropriate come up on-screen when you are watching with younger people. That's a great time to turn it off and talk about what's more appropriate for you and your family, and then to get up, go outside and play.

*Editor's Note: This also applies to all screen time, including computers, games, phones and other electronic devices.*

**Check out [www.tvturnoff.org](http://www.tvturnoff.org) and [www.skagitbeactive.org](http://www.skagitbeactive.org) for great ACTIVITIES!**

## Help us to go GREEN!



Sign up for our **electronic P2P newsletters & event notices**

- ◆ 1) Email [p2p@sparckids.org](mailto:p2p@sparckids.org)
- 2) RE: "E-mailing list"
- 3) Indicate which mailing list(s):
  - Autism
  - Down syndrome
  - General Parent
  - Professional



- ◆ Update us when you MOVE  
*Returned mail costs add up !*
- ◆ Opt Out  
*Unwanted mailings impact our small budget!*
- ◆ Contact us at  
[p2p@sparckids.org](mailto:p2p@sparckids.org) or  
360.416.7570 x 401



## Summer Camp Ideas

Plan now as camps fill up quickly!

**Camp Primetime**  
*Free for seriously ill children & their families*  
[www.campprimetime.org](http://www.campprimetime.org)

**Camp Stand By Me**  
*Easter Seals*  
<http://wa.easterseals.com>  
Search "Camp Stand By Me"

**NW Kiwanis Camps**  
*for children & adults*  
July & August  
[www.kiwaniscamp.com](http://www.kiwaniscamp.com)

**Summer Camps & Programs 2010 Directory**  
*for Children with Special Health Care Needs*

Visit <http://cshcn.org/resources-contacts/summer-camp-directory> or call Patty Centioli at 206.884.5735



**Kiwanis Camp Casey**  
*Free summer camp for children with physical disabilities*  
August 1-7, 2010  
[www.campcasey.org](http://www.campcasey.org) or 206.361.6266

**Misc.**  
**Down syndrome Cruises**  
[www.buddycruises.com](http://www.buddycruises.com)  
**Autism Cruises**  
[www.autismontheseas.com](http://www.autismontheseas.com)

**Summer 2010 Special Friends**  
*Day and Overnight Camps for ages 15 + at Warm Beach Camp*  
[www.warmbeach.com](http://www.warmbeach.com) or 1.800.228.6724

**Carnation's Camp Corey**  
*Free Summer Camp for kids w/facial differences*  
July 26-30 (ages 7-11)  
Aug. 9-13 (ages 12-16)  
Contact Hilary Carey at 425.844.3225 or [hcarey@campkorey.org](mailto:hcarey@campkorey.org)

## Skagit County



**Heather Milliren,  
Coordinator  
360.416.7570 x401**

**Cindy Hubert,  
Birth-to-Three &  
Autism Consultant  
360.416.7570 x406**

**Alma López,  
Hispanic Outreach  
Liaison  
360.416.7570 x414  
Se habla español**



### Mission Statement

- Parent to Parent programs offer emotional support and information about disabilities and community resources to parents who have a newborn or newly diagnosed child with a disability or special health care needs.
- We utilize trained, veteran parents called "Helping Parents" who provide one-on-one support to new or referred parents who have a child with similar needs.

## Parent to Parent Services

- ◆ Emotional support for parents of children with special needs through our local, state or nationwide matching network
- ◆ Current information and community resources on special needs for the child and family
- ◆ Monthly parent support meetings, social events and/or educational workshops
- ◆ English/Spanish newsletters
- ◆ Presentations to parent groups, professionals and other organizations
- ◆ Lending library located in the SPARC conference room at 320 Pacific Place, Mt. Vernon
- ◆ Training for parents who want to become a "Helping Parent" volunteer (see below)



Learning that your child has special needs can be a life changing experience. Parents have many questions and concerns in coping with their child's needs and their own feelings.

Personal support from another parent, who has a child with similar needs can be helpful in coping with these challenging experiences and feelings.

Parent to Parent is a network of trained "Helping Parent" volunteers, all of whom have children with special needs. They are available to provide support and information. All services are available at no cost to special needs families. Please call Heather Milliren, P2P Coordinator, for more resources or information on our services.

## Do you have an interest in helping other parents who have a child with a developmental difference?

*Your experience can help others cope and grow!*

## Skagit County Parent to Parent Helping Parent Training

*A FREE mentorship training for providing one-to-one support and informational resources to other parents/caregivers whose children have a similar diagnosis*



**Friday, June 4, 2010~5 to 9 PM  
Skagit Family Resource Center  
320 Pacific Place, Mt. Vernon**

- Materials, dinner and dessert provided
- Childcare stipends & Spanish translation available on request

**RSVP by June 1st to P2P  
to 360.416.7570 x 401 or p2p@sparckids.org**



# Skagit County Parent to Parent Spring 2010 Events



**Location:**  
**Skagit Family Resource Center  
 Community Conference Room  
 320 Pacific Place, Mt. Vernon  
 (across from Riverside Health Club)**  
*\*unless otherwise noted*

► **Autism Parent Support Brunch Meeting**  
*Saturday, June 5, 2010*  
*10:00 AM to 12:00 PM*  
 Skagit Family Resource Center  
 320 Pacific Place, Mt. Vernon

Facilitated by Cynthia Hubert  
 Spanish translation by Alma López  
 Join us for

- Support
- Resources
- Networking
- Delicious brunch provided



**Adults only!**

Please RSVP by June 3rd to 360.416.7570 x 401

► **Lego Logic Club: Ages 2-102**  
*Wednesday, April 28, 2010* α 1-7 PM  
*Monday, May 17, 2010* α 1-7 PM  
*Wednesday, June 23, 2010* α 1-7 PM

Mt. Vernon City Library  
 315 Snoqualmie, Mt. Vernon



**Parents must supervise own children!**

Bring your own Lego creation to display during event. Or use P2P Duplos and Legos at event.

➔ **NOTE: Events subject to change!**

**April**

*Monday, April 19, 2010*  
*6 to 7:30 PM*

► **Celebrating Boys**



Presenter: Ray Soriano, Head Start Program Manager  
 We'll discuss ideas for improving our relationships with boys, guiding their behavior and helping them grow.

**May**

*Wednesday, May 5, 2010*  
*5:30 to 8:00 PM*

► **Down Syndrome Family Potluck**



\*Jungle Playland—3333 Martin Road, Mt. Vernon  
 Please bring a Mexican-style dish to share.  
 ADMISSION, beverages, dessert and paper products provided.  
 RSVP by Monday, May 3rd to 360.416.7570 x 401

*Thursday, May 6, 2010*  
*6:00 to 8:00 PM*

► **Hispanic Family Potluck en Español**  
 "Winning the Grocery Store Game" (Nutrition/Budgeting)



Presenter: Estela Olguín, WSU Ideas for Living Instructor  
 Please bring a potluck dish to share. Beverages, paper products, and limited childcare provided.  
 Please RSVP by Tuesday, May 4th to 360.416.7570 x 414

*Friday, May 7, 2010*  
*6:00 to 9:00 PM*

► **4th Annual Mom's Night Out!**



\*Eagle Room - Hampton Inn  
 1860 S. Burlington Blvd.  
 Please bring an appetizer or dessert to share.  
 RSVP by Wednesday, May 5th to 360.416.7570 x 401

**June**

*Friday, June 4, 2010*  
*5:00 to 9:00PM*

► **Helping Parent Training—FREE!**



For: Parents/caregivers of children with special needs.  
 Materials, dinner and dessert provided. Childcare stipends available upon request. See page 2 for details.  
 RSVP by Tuesday, June 1st to 360.416.7570 x 401

*Monday, June 7, 2010*  
*6:00 to 7:30 PM*

► **Men, Kids and Drums!**



*Come and enjoy rhythmic time on a variety of drums!*

Instructor: Ray Soriano  
 For: Dads, grandpas, uncles or other significant males and their child with special needs. Light refreshments provided.  
 RSVP by Saturday, June 5th to 360.416.7570 x 401

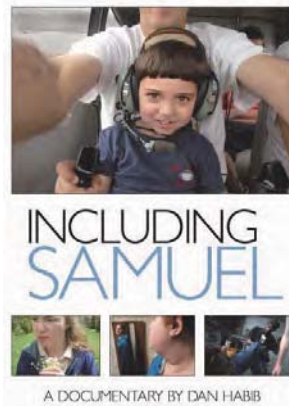
*Friday, June 18 to Sunday, June 20, 2010*

► **WA State Father's Network Campout**  
*Saturday, June 19, 2010* —3 PM Picnic

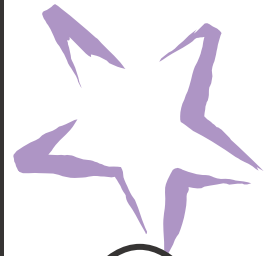


\*Location: Washington Park in Anacortes  
 www.fathersnetwork.org or contact Mike Ezell for more info at 360.678.7883 or mikeet@co.island.wa.us

Parents & Professionals: Come view and discuss Dan Habib's award-winning documentary film *Including Samuel*



This film examines the educational & social inclusion of children & youth with disabilities.



**Save the Date**

**Sept. 23, 2010**

**"The ABC's of IEPs & the 123's of 504s" Conference in Mt. Vernon**

**More details to follow**

May 11th (5:30–8:30 PM): Marysville School District Office  
May 12th (5:30–8:30 PM): Kulshan Middle School Library, Bellingham  
May 13th (5:00–8:00 PM): Burlington Public Library  
May 14th (5:30–8:30 PM): Mt. Vernon High School Library

Fee: \$10 admission (clock hours available 3 hours for \$11)

Preregistration is required as space is limited.

Register on line at [www.nwisd.org](http://www.nwisd.org) using

"Site Shortcuts" (green box), "Register for Event," "Event Calendar," etc.

Or e-mail Patty Yates at [pyates@nwisd.org](mailto:pyates@nwisd.org) or call 360.299.4015



## "It Takes Two to Talk"

**Begins Wednesday, June 30, 2010 ~ 6:00 to 8:30 PM**

Eight 2 ½ hour group trainings every other week

**Trainings held at Valley Kids Therapy ~ 315 Main Street, Suite A-1, Mt. Vernon ~ 360.336.3432**

*Presented by Master's level Hanen certified Speech Language Pathologist*

*"It Takes Two to Talk"—The Hanen Program for Parents is a family-focused research based program for parents of young children who have language delays.*

### What Parents Learn in "It Takes Two to Talk" Courses

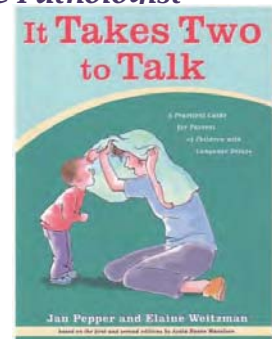
- How their child communicates and the next steps to take
- What motivates their child to communicate
- How to turn everyday activities into opportunities for their child to learn language
- How to respond to their child to learn language
- How to talk so that their child can understand and learn new words and ideas

**Fee: \$500**

Includes pre-program consultation, 8 trainings, and 3 video feedback consultations

**For more information visit [www.Hanen.org](http://www.Hanen.org)**

**To register call 360.631.3459 or [lightslp@rocketmail.com](mailto:lightslp@rocketmail.com)**



**Upcoming Conferences**

**April 28-30, 2010  
Infant & Early  
Childhood Conference  
Tacoma**

Visit [www.ieccwa.org](http://www.ieccwa.org) for more info

**June 7, 2010  
Caregiver Training  
Conference  
Tukwila**

For family caregivers, in-home caregivers, adult family home providers, adult day care or assisted living facility staff, social service or mental health professionals who work with family caregivers

Early-bird Fees:  
\$25 for individual caregivers or  
\$50 for agency-based caregivers  
(includes workshops, lunch & exhibits)

For more information, call  
1.800.422.3263 or 1.360.725.2544



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

**Childhood  
Communication  
Center  
presents**

**June 9, 2010 (6-8 PM)\*  
Preparing for Your Child's IEP Meeting**  
For parents/caregivers of children with hearing loss  
and/or communication disabilities

**August, 26, 2010 (6-8 PM)\*  
Searching for Causes of Hearing Loss:  
Current Approach to Evaluation**  
For parents/caregivers and adolescents with hearing loss

**October 2, 2010 (Full day)  
Early Childhood Language Acquisition: Birth to Six**  
For parents/caregivers, teachers, childcare workers, audiologists & SLPs

FREE presentations in Wright's Auditorium, Seattle

Sessions include:

- \*Childcare for evening sessions in Sibling Playroom
- Free parking
- Light refreshments
- Interpreters upon request

For more information, to reserve childcare space or to request accommodations, please contact Lisa Herber at 206.987.4209 or [lisa.herber@seattlechildrens.org](mailto:lisa.herber@seattlechildrens.org)



**CRANIOFACIAL**

**May 8, 2010  
11 AM to 2 PM (Lunch provided)**

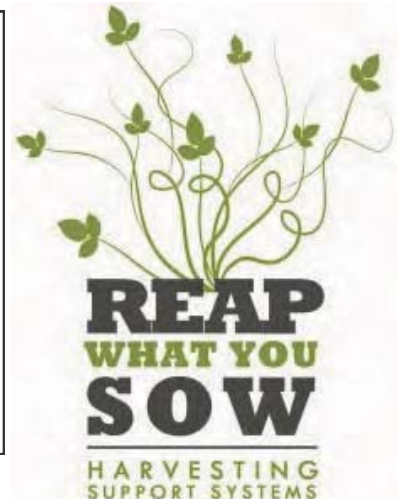
**Seattle Children's  
Craniofacial Parent Workshop:  
Accessing Resources &  
Support for Parents/Caregivers  
UW Center for Horticulture,  
Seattle**

For more info contact  
Catherine Rogers at  
[Catherine.rogers@seattlechildrens.org](mailto:Catherine.rogers@seattlechildrens.org)

**May 22, 2010  
12 to 3 PM (Bring own lunch)**

**Seattle Children's VCFS  
(Velo-Cardio-Facial Syndrome, 22q)  
Family Support Network  
Seattle Children's Hospital  
Room G1026**

For more info contact Polly Parson  
[pollyandbill@comcast.net](mailto:pollyandbill@comcast.net) or  
Elaine McMinn at [cemcm@clear.net](mailto:cemcm@clear.net)  
**Adults only, please!**



**July 12-15, 2010  
Combined Summer Institute  
"Team Collaboration for Student Success"  
Yakima Convention Center**

- Autism
- Blindness & Visual Impairments
- Hearing Impairments
- Traumatic Brain Injury (TBI)
- Multiple Disabilities
- Assistive Technology

Visit [www.ncesd.org/csi](http://www.ncesd.org/csi) or call Jackie @ 509.665.2630  
**Parent scholarships available**



**July 29-31, 2010  
National Youth  
Leadership Network  
Hands-on Training  
N Raleigh Hilton,  
North Carolina**  
Visit [www.nyln.org](http://www.nyln.org)  
for more information

Registration fees increase May 28



Towards the end of the session, one of the budget proposals was to move employment and day programs from County administration to State administration. Thankfully, we, along with other Parent Coalitions across the state, advocated hard keeping these programs and services at the county level in order to maximize the leveraged funds and additional local dollars.

## LEARNING ADVOCACY TOGETHER... One person, one voice at a time...

February 2009 marked the beginning of the *Skagit Parent Coalition*, a program serving people with developmental disabilities and their families here in Skagit County. As the Legislative Session began in January, there was no time to waste as I earnestly undertook learning all I could about the issues, legislation and especially proposed budget policies facing our family members with developmental disabilities. Meantime, I also attended as many community meetings and forums as I could in order to actively engage with families and individuals regarding the issues affecting them.

Judging by the results of our Round Table Surveys created this summer and conducted in the fall, families and people with disabilities actually fared reasonably well in the aftermath of the 2009 Legislative session considering the circumstances. Yes, cuts were made but they were offset by the Federal stimulus package, cushioning what could have been substantially worse. Unfortunately, our service providers have felt the brunt of the axe, which has forced staff reductions and layoffs.

During this first year, I participated in over 100 meetings, trainings, and forums with 30 different committees & groups of people. Participants in these meetings were professionals, service providers, government employees, elected officials, educators, paraprofessionals, self-advocates, parents, family members, students, and various community members of all ages and professions. The most effective meetings were when there was a good balance of participants represented, where we strategized & collaborated on the issues, and discussed solutions to benefit our community affected by developmental disabilities. Informal working agreements were developed between Skagit Parent Coalition and Skagit Parent to Parent, People First of Skagit County, and the Community Action Mental Health Ombudsman in order to maximize the benefit of these collaborative relationships.



**Goals for People with developmental disabilities:**

**Equal opportunity  
Full Participation  
Independent Living  
Economic Self-Sufficiency**

During the spring, I was able to meet with 6 of 9 Skagit Legislators at least once to three times, highlighting the issues of most importance to our families affected by developmental disabilities. During the 9 advocacy days I attended, I participated with 2 Skagit self-advocates and 7 family members. We were able to distribute hundreds of pieces of critical information to the legislators about the issues and budget policies related to our community with developmental disabilities. We attended a couple of different public House hearings and I testified at one.

Early in the year, our website was launched: [www.skagitparentcoalition.org](http://www.skagitparentcoalition.org). It is kept up-to-date with relevant information regarding current issues, resources and services for people and their families affected by developmental disabilities. More than 30 different e-mails and

Action Alerts were sent out to over 200 contacts that were added to our database this year, asking readers to act or respond regarding issues affecting them and their family members. Information and education was delivered to various audiences by means of original articles, letters to the editor, newsletters, several workshop presentations, training materials, and more than 350 bookmarks were distributed with legislative contact information.

The most fulfilling results of the Skagit Parent Coalition this first year are the 13 Leaders participating in our local VAULT [Volunteer Advocates United for Leadership Training] program, funded with a grant from the Washington State Developmental Disabilities Council. These leaders are learning how to unite and advocate together. It is the synergy of these 7 family members and 6 self-advocates working together with our Skagit County community that is going to affect the greatest difference for citizens with developmental disabilities in 2010 and the years to come, working towards our goals for equal opportunity, full participation, independent living, and economic self-sufficiency.

It is encouraging to see that as a result of the Skagit Parent Coalition, families and individuals are increasing their



knowledge and awareness of the services and resources available to them. We are learning to be more attentive to the effects that legislation and budget impacts can have on us. Together we are having our opinions heard on these issues and together we are affecting change.

Come and join us. Together, we're louder & stronger.

Our advocacy during this 2010 Legislative Session was very intense and critical to maintaining services for our individuals and families affected by developmental disabilities. We had a total of 14 different individuals (6 self-advocates & 8 family members) come along to Advocacy Days during this session. It would appear that our advocacy was effective, given that services for people with developmental disabilities fared fairly well, in spite of the economy.



## Annual Legislative Reception

for People with Developmental Disabilities

**Wed. October 6th @  
Skagit Valley College**

This is going to be an event to remember.

**Our Elected Officials & Legislators can only hear us & represent us if we're talking!  
PLEASE PLAN NOW TO PARTICIPATE.**

## VOLUNTEERS NEEDED!!!

**BOARD MEMBERS needed to help form Arc of Skagit & Island Counties!** It is becoming increasingly evident that in order to maximize resources and provide better services to our County individuals and families affected by disabilities, Skagit Parent Coalition will be more effective as a program of a local Arc. In order to form a local Arc, we need a few volunteer board members who will be willing to donate a couple hours every other month to meet and make decisions for the direction and future of this new organization. Self-advocates, family & community members welcome! If you are interested in making a difference in this way, please contact Joy for more information.

## NOMINATE A LOCAL HERO!

Do you know someone who goes the extra mile for people with developmental disabilities? We want to hear how they are making a difference and acknowledge their efforts with a special award. Contact Joy for nomination information or to donate a prize.



**Together.  
Louder. Stronger.**

**Joy Caldwell, Coordinator**  
360-610-6403  
joy.caldwell@comcast.net  
www.skagitparentcoalition.org

## Autism Seminars

October 5 & 6, 2010  
"Inclusion & Adolescent  
Transition in ASDs"  
SeaTac Doubletree

Oct. 5th: Paula Kluth, Ph.D.  
"The Inclusive Classroom"  
Oct. 6th: Peter Gerhardt, Ed.D.  
"Bridges to Adulthood for Learners  
w/ASDs"

For more info or to register, visit  
[www.spectrumtrainingsystemsinc.com/  
seattle](http://www.spectrumtrainingsystemsinc.com/seattle)

Save the date!  
November 15 & 16, 2010  
Cottontree Inn, Mt. Vernon

Congressional Award-winning  
SLP and developer of the  
Social Thinking Curriculum  
**Michelle Garcia Winner**  
More details to follow at  
[www.nwesd.org/autism](http://www.nwesd.org/autism)

## Autism Resources

**The TIES (Training, Information, Empowerment, Support) Parent Education Series** TIES program is a parent education program designed for parents of newly diagnosed children with autism spectrum disorders. The primary objective of the TIES program is to provide information, training and support to families in order to prepare for life with a child with autism. For more information, please contact the UW Autism Center at 253.692.4721.

**Educational Aspects of Autism Spectrum Disorders—**  
[www.k12.wa.us/SpecialEd/pubdocs/Autism%20Manual.pdf](http://www.k12.wa.us/SpecialEd/pubdocs/Autism%20Manual.pdf)

This recently revised and updated manual provides education-related information for families and educators including steps parents should take first when their child is diagnosed with an autism spectrum disorder (ASD), indicators of an appropriate educational program for a student with ASD, and where to find additional information and resources on ASD.

**Autism Speaks: How to Cope Video Series and ASD Video Glossary**  
[www.autismspeaks.org/howtocope/video.php](http://www.autismspeaks.org/howtocope/video.php) & [www.autismspeaks.org/video/glossary/php](http://www.autismspeaks.org/video/glossary/php)  
A video series on a variety of topics related to coping when your child has an ASD.

**Autism Speaks: 100 Day Kit**  
[www.autismspeaks.org/docs/family\\_services\\_docs/100\\_day\\_kit.pdf](http://www.autismspeaks.org/docs/family_services_docs/100_day_kit.pdf)  
The Autism Speaks 100 Day Kit was created specifically to assist families in the first 100 days after an autism diagnosis. The kit contains autism information from experts, as well as parents of children with autism. This kit is also available in [Spanish](#).

**Autism Outreach Project Lending Library**  
[www.nwesd.org/autism](http://www.nwesd.org/autism)

The Autism Outreach Project has a lending library containing over 1,200 books, videos, DVDs, and curriculum materials spanning the autism spectrum. The lending library is open to all parents, professionals, educators, and other interested individuals in Washington State. Visit their website for a complete list of materials and checkout information.

**Autism Task Force Guidebook** FREE copies available at P2P office!  
[www.doh.wa.gov/cfh/mch/Autism/guidebook.htm](http://www.doh.wa.gov/cfh/mch/Autism/guidebook.htm)

The guidebook created by the Autism Task Force is posted! An electronic evaluation/survey for anyone who reads or uses the guidebook is included. Please provide your feedback.

**My Next Steps: A Parent's Guide to Understanding Autism**  
[depts.washington.edu/uwautism/video/video.html](http://depts.washington.edu/uwautism/video/video.html) (free downloadable film)

A first-time diagnosis of autism in a child can be overwhelming and stressful time for parents and families. My Next Steps serves as a roadmap for parents dealing with this challenging period and seeks to provide answers to the many questions that arise during the journey from autism diagnosis to treatment. The DVD was developed by Raphael Bernier, PhD; Jamie Winter, PhD; and Jennifer Varley, MS at the UW Autism Center. Through interviews with experts and treatment providers, My Next Steps familiarizes parents with the topics that are crucial in providing the best support for their child and is freely available to families receiving a diagnosis of autism.

## April is Autism Awareness Month!



[www.autism-society.org](http://www.autism-society.org)  
[www.autismsocietyofwa.org](http://www.autismsocietyofwa.org)  
[www.nwesd.org/autism](http://www.nwesd.org/autism)  
[www.autismspeaks.org](http://www.autismspeaks.org)



[www.firstsigns.org](http://www.firstsigns.org)



**ChARM**

Children's Autism  
Recovery Map

A system for tracking  
Autism treatment  
[www.charmtracker.com](http://www.charmtracker.com)



The first internet browser developed specifically for children living with variants of autism spectrum disorders.

[www.zacbrowser.com](http://www.zacbrowser.com)

Seattle Children's  
Hospital Study of  
Autism Genetics  
Exploration (SAGE)

Contact Libby Bliss @  
(206) 884.1488 or  
[elizabeth.bliss@seattlechildrens.org](mailto:elizabeth.bliss@seattlechildrens.org)

Families will be compensated  
\$50/visit

## Informing Families

*Building Trust*

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

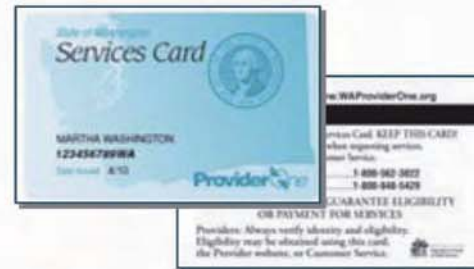
March 30, 2010

### Announcing the New Washington State Services Card

**W**ashington State Department of Social and Health Services (DSHS) is changing to a brand new identification card for medical, dental and vision. Instead of monthly Medicaid coupons, you will get a plastic card to use the same way you have been using Medicaid coupons.

#### What's Different about the Services Card?

- You will only get one card. It won't come monthly. Each person receiving medical, dental or vision services will get a card.
- It will show your name and your Provider One Client ID number. Personal information like your date of birth is not printed on the card.
- If the card is lost or stolen, your privacy is protected.
- The Services Card is for Medicaid services (medical, dental, vision) and the General Assistance Unemployable (GAU) program.



#### Why is DSHS changing to a new card?

**DSHS is changing to a new payment system known as Provider One.** The small plastic Services Card has a magnetic strip that gives health care providers access to updated eligibility information. It will last a long time and save the state money.



#### If You Lose Your Card...

Don't worry. Your doctor, dentist or vision provider will be able to find your information in the new "Provider One" computer system.

#### When will I receive my new card?

**The new Services Cards will be mailed in April 2010.** Remember to bring *both* your new Services Card *and* your old Medical Assistance Coupon to appointments until you stop receiving the coupons.



For more information about Your Washington State Services Card, visit  
<http://hrsa.dshs.wa.gov/providerone/clients.htm>

## Miscellaneous Resources

### Skagit County



Special Olympics

### Visit

[www.skagitspecialo.org](http://www.skagitspecialo.org)

In memoriam of  
Eunice Kennedy Shriver  
founder of  
Special Olympics  
1921-2009



### Thicker Than Water: Essays by Adult Siblings of People with Disabilities

Don Meyer, Editor

39 adult siblings reflect on how their lives have been indelibly shaped by their relationship with a brother or sister with special needs.

[www.siblingsupport.org](http://www.siblingsupport.org)



Community Free Days  
2nd Tuesday of the month  
10 AM to 6 PM

Cascade Mall in Burlington

Thank you Children's Museum Board, Director Cate Melcher & Staff for a wonderful 2nd Annual P2P Holiday Party on December 5, 2009



Visit [www.outdoorsforall.org](http://www.outdoorsforall.org) or call 206.838.6030 for year round recreation opportunities



Harnessing the power of the Internet for children with special needs  
[www.parlerai.com](http://www.parlerai.com)



[www.arcwa.org](http://www.arcwa.org)

Since 1936 the Arc has been a leader in the development of services and programs for people with developmental disabilities and disorders which occur before age 18. Projects include state advocacy, P2P, Life Opportunities Trust and the Endowment Trust Fund.

ArcLink's National FindFamily Registry is a national database to help families who may have lost touch with family members with disabilities who were institutionalized. [www.findfamilyregistry.org](http://www.findfamilyregistry.org)

### Resources for PARENTS with disabilities & their families



1.800.644.2666 (voice)  
1.800.804.1616 (TDD/TTY)

[www.lookingglass.org](http://www.lookingglass.org)

#### Research/Resources on:

- Custody
- Family roles & personal assistance
- Para transit
- Intervention w/parents w/cognitive disabilities and their children



Travel Training Program  
For seniors & people with disabilities  
360.757.4433 or [www.skagit.org](http://www.skagit.org)



Jon Dalgarn's "Out of the Ashes" Entertainment Program for People with Disabilities



Wednesdays 2 to 4 PM  
Christ the King  
616 E Fairhaven Ave., Burlington



Health Information Center  
1.800.5.PARENT or visit  
[familyvoicesofwashington.com](http://familyvoicesofwashington.com)



Partnerships for Action  
Voices for Empowerment  
For assistance navigating "systems"  
Contact Jeanette Stonecipher  
1.877.675.5808  
[jstonecipher@wapave.org](mailto:jstonecipher@wapave.org)

**Island County Resources**

**South Whidbey Family Group**  
 5476 S Maxwellton Rd. Langley  
**3rd Friday of the month—6:30 to 8:30 PM**  
 RSVP for childcare to Marilynn Nordby  
 360.221.6808 x 4320

**Exceptional Family Member Support Group**  
 Harbor Haven—307 S. Main St., Coupeville  
**2nd Friday of the month—6:30 to 8 PM**  
 RSVP for childcare to Sarah Berger at  
 360.678.4840  
 Questions:  
 Dawn Pucci at drpucci@comcast.net

**Whidbey Island**



**Special Olympics**

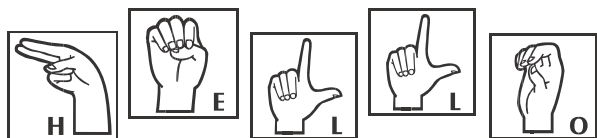
Local Coordinator:  
 Tom Bond  
 (360) 679.4326  
 tombobbi@whidbey.net

South Whidbey Contact:  
 Mike Etzell  
 (360) 678.0559

**Athletes needed!**

**PAVE**

**Partnerships for Action  
 Voices for Empowerment**  
 For assistance navigating “systems”  
 1.877.675.5808 (statewide)  
 Jeannette Stonecipher in Oak Harbor  
 360.675.5808 or jstonecipher@wapave.org




**Dad's Night Out**  
**1st Thursday of the month (Sept–May)**  
 Greenbank Farm 765 Wonn Road, Greenbank

9th year of:

- Story swapping
- Info & resource sharing
- Connecting

Contact Mike Etzell  
 360.678.7883 (N Whidbey)  
 360.321.5111 (S Whidbey)  
 mikeet@co.island.wa.us



**Dads & Families Campout**  
 Fri-Sun, June 18-20  
 Washington Park, Anacortes



**Dads & Families Picnic**  
 Sat, June 19th 3 PM



Sponsored by WA Fathers Network  
 Contact Mike Etzell  
 360.678.7883 mikeet@co.island.wa.us

**Flying Fingers**  
**1st Friday of the month @ 7 PM**  
**Speedboat Fine Dining, Clinton**  
 Anyone and everyone welcome!  
 This is a monthly social gathering with the deaf and hearing communities.  
 Contact Susan Ishikawa for more information at 360.221.0383 (V/TTY)

**Harbor Haven**  
**307 S. Main St., Coupeville**  
**Open Wed-Fri 9 AM to 2 PM**  
 A temporary licensed child care facility (ages 1-12 years) serving all Island County families **FREE** of charge. Whether you have a doctor's appointment or need to go to the grocery store. Harbor Haven offers safe and reliable childcare from trained childcare providers.  
**Contact Sarah Berger at 360.678.4840**  
**“Asking for help is a sign of strength”**

**Zoe Foundation**  
[www.zoefoundation.org](http://www.zoefoundation.org)  
 Down syndrome Awareness Kits • Resources • Support

**Luke's Wheels**  
**“Sharing equipment helps ability happen”**  
 Kids equipment donations and needs exchange  
 360.679.9706 or 5buckles@comcast.net



**A Few Island County People to Know**

**Family Resource Coordination (Birth to 3 years):** A Family Resource Coordinator (FRC) is available to help your family identify concerns, priorities and resources related to your infant's or toddler's developmental needs.  
**Contact Rene Denman, Island County Lead FRC**  
 360.679.1039 (Central & N Whidbey)  
 360.221.6808 x 4420 (S Whidbey)  
 425.334.4071 (Camano Island)

**Children with Special Health Care Needs (CSHCN):** Island County provides linkages and coordination of services for all children with special needs. Limited equipment and supplies to those families that meet financial and other program eligibilities.  
**Contact Melinda Kurtz, Island County CSHCN Nurse**  
 360.679.7351 x 5579 (V/TTY)  
 360.321.5111 x 5579 (S Whidbey)  
 melindak@co.island.wa.us  
[www.islandcounty.net/health.CSHCN.htm](http://www.islandcounty.net/health.CSHCN.htm)

**Developmental Disabilities (DD):** A variety of services and supports are available for persons with developmental disabilities (ages birth through adulthood).  
**Contact Mike Etzell, Island County DD Coordinator**  
 360.678.7883 (N Whidbey)  
 360.321.5111 (S Whidbey)  
 360.629.4522 x 7883 (Camano Island)  
 mikeet@co.island.wa.us

**STOMP**  
**(Specialized Training of Military Parents)**

STOMP works collaboratively with military families and professionals to promote success for their children with disabilities.



**Contact Heather Hebdon, STOMP Program Coordinator**  
[stomp@wapave.org](mailto:stomp@wapave.org) or  
[www.stompproject.org](http://www.stompproject.org)  
 1.800.572.7368

**Navy-Parent Support Home Visitation Program**  
 Provides home visits, prenatal/postnatal education, parenting info and resources.  
**Contact Cathie Koetje at 360.257.4013**  
 or [Cathie.koetje.ctr@navy.mil](mailto:Cathie.koetje.ctr@navy.mil)

Support for families whose children have special needs



SKAGIT COUNTY  
PARENT TO PARENT

c/o SPARC  
320 Pacific Place  
Mt. Vernon WA 98273

Phone: 360.416.7570 ext 401  
Fax: 360.416.7580  
E-mail: p2p@sparckids.org  
Website: www.skagitp2p.org



Non-profit Org  
US Postage PAID  
Permit No. 9  
Mt. Vernon WA



[www.skagitp2p.org](http://www.skagitp2p.org)

*Thank you 2009  
Buddy Walk  
Planning Committee*

Heidi Heigert, Co-chair  
Jacque Bridge  
Joy Caldwell  
Melinda Boon  
Heather Milliren, Co-chair

*Thank you 2009  
Buddy Walk  
Entertainers*

Jon Dalgarn "Out of the Ashes"  
The Magic of Sterling Dietz  
Paul & Joy Caldwell, Emcees

*Thank you*

Mt. Vernon Mayor Norris and  
Skagit County Commissioners  
Dahlstedt, Dillon & Wesen for  
proclaiming October 2009  
Skagit County Down syndrome  
Awareness Month!

*Thank you*

Children's Council  
of Skagit County  
City of Mt. Vernon  
Mt. Vernon Parks & Rec  
Mt. Vernon Police & Fire  
Pat Rimmer Tire Center  
Skagit Transit (SKAT)  
Skagit Special Olympics  
WSU Extension's Germ City

Skagit County



PARENT to PARENT

PRESENTS THE

2009 BUDDY WALK

SPONSORED BY



HUMAN SERVICES



Catering by:



SAVE the DATE!

4th Annual Skagit County  
Saturday, October 9, 2010  
11 AM to 2 PM  
Bakerview Park, Mt. Vernon

*Thank you 2009  
Donors!*

Costco, Hagen & Fred Meyer  
Excelsior Construction  
Fidalgo Bay Roasting Co.  
Hillcrest Christian Fellowship  
Lawler Family & CTK (MV)  
McDonald's Corporation  
Mt. Vernon Wal-Mart  
Red Robin  
Seahawk Season Ticket Holder  
Shane Farms  
Wizards of Ooze

*Thank you  
Raffle Donors!*

Amy Hanson w/Mary Kay  
Brim Tractor Company  
Cully Perfume  
eZ Medic  
Farmer's Equipment  
Fidalgo Bay Roasting Co.  
Headlines Hairstyling/Tanning  
Jason & Chelsie Farrington  
Jungle Playland  
Lisa Moore w/Cookie Lee  
Lynne Evans w/Mary Kay  
Majestic Inn & Spa  
Mt. Vernon Auto Zone  
The Natural Solution  
Pat Rimmer Tire Center  
Pawn X-change  
Your Portable Garden

*Your support is  
appreciated!*

Contact P2P to volunteer, sponsor or donate at 360.416.7570 x 401