



PARENT TO PARENT OF LEWIS COUNTY

See new pages 5 and 6 for a Pediatric webinar, workshops, educational material and our Salute to Veterans

A Reliable Enterprises Program

Volume 13 Issue 5

November—December 2008

I Am This Child

You often pity me, I see it in your eyes. You wonder what I am aware of so much; whether you are happy or sad, fearful, patient or impatient, full of love or if you are just doing your duty. I marvel at your frustration, knowing mine to be far greater for I cannot express my wants and needs as you do. You cannot conceive of my isolation, it is so complete at times. I do not give you clever conversation, cute remarks or laugh. I do not give you answers to your questions or comment about my world. What I do give is so much more valuable - opportunities to discover the depth of your character and commitment, your patience, your abilities; the opportunity to explore your spirit more deeply than you imagined possible. I drive you further than you would ever go on your own, working harder, seeking answers to many questions that will never have answers. I cannot talk.

I cannot walk. The world seems to pass me by. You see the longing in my eyes to get me out of this chair, to run and play like other children. There is so much you take for granted - yet I want the toys on my shelf, I need to go to the bathroom and I've dropped my fork again. I am dependent on you in these ways. My gift to you is to make you more aware of your fortune, your healthy legs and your ability to do for yourself. Sometimes people do not appear to notice me, but I always notice them. I feel not so much envy as desire; desire to stand up-right, to put one foot in front of the other, to be independent. I give you awareness.

I don't learn easily if you judge me by the world's measuring stick. What I do know is infinite joy in simple things. I am not burdened as you are with the conflicts of a complicated life. My gift to you is to grant you to enjoy as a child, to teach you how much your arms around me mean, to give you love. I give you the gift of simplicity. I am mentally impaired.

I am your teacher. I you will allow me, I will teach you what is really important. I will teach you and give you unconditional love. I give you my innocent trust, my dependency upon you. I can teach you about how precious this life is and about not taking things for granted. I can teach you about giving. Most of all, I can teach you hope and faith. I am this child.

— Author Unknown

Happy Thanksgiving, Merry, Merry Christmas and Happy Holidays from Lewis County Parent to Parent.

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Family Support Network of Lewis County

Information and resources about services and policy issues for people with developmental disabilities and those who support them.

Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Parent to Parent and Birth to 3 Outreach

Educational resources, emotional and peer support to families of young children with disabilities. Publish and distribute Child Health Notes.

Roberta Bryan, Coordinator

360-736-9558 - office

360-269-2269 - cell

[email: rbryan@reliableenterprises.org](mailto:rbryan@reliableenterprises.org)



Family Events and Resources

Special Needs PRESENTATION

When: November 12

Time: 6:30 - 8:30 PM, Q&A at closing

Where: Washington Hall, Room 103, Centralia College

November Presentation by: Maria Flores—Education Ombudsman

No meeting in December.

January meeting speaker will be Kathy Halsen of Centralia Tiger Cubs. Kathy will talk about teaching kids with Autism.

Everyone welcome! All participants receive a certificate of attendance.
*STARS credit available, please bring registry number

Presentations are Co-sponsored by Lewis County Parent to Parent and Family Support Network. For more information, please call Paula Zamudio, 880-1672, or Centralia College 736-9391, x385, or x465



See page 6 for information on our Christmas Party! See you there!

Ho! Ho! Ho!

Pope's Kids Place

Pope's Kids Place offers respite care for children with special needs from one month to 18 years old is offered three times a month for a better choice of one weekend of per month. For details and scholarship availability contact Shawana Estrada at (360) 736-9147 www.popeskidsplace.org



TOP SOCCER PRACTICE

**Washington School Gym
800 Field Street Centralia
Saturdays Noon—1:00**

ALWAYS ONLINE!

You don't want to miss the valuable resources in the Parent to Parent newsletter. Twenty-four hours a day, seven days a week you can access copies of the current and recent issues of the newsletter. We encourage you to make copies of our newsletters and pass them on. Please visit: www.reliableenterprises.org/newsletters.html.

The premier issue of Child Health Notes was emailed and distributed to over 500 families one year ago. Our current monthly distribution is 4,000. Child Health Notes discusses current health topics and provides tips and resources for healthier lifestyles. Child Health Notes is a publication of the University of Washington Medical Home team. For the list of Child Health Notes, visit: www.reliableenterprises.org/ChildHealth.html

SUBMISSIONS

We welcome your joys, success stories, challenges, questions, wisdom, recipes, comments, etc. Please email or send your submissions to us by the 10th of the month to the mailing or email address on the front page.

JOIN US!

To subscribe to our emailing list, email your name, telephone number and email address to rbryan@reliableenterprises.org or call (360) 736-9558 ext 107. Your personal information will never be shared with another party without your permission.



OPPORTUNITIES TO MAKE A DIFFERENCE:

First Wednesdays *Lewis County Interagency Coordinating Council* This meeting is focused on services provided for families of children under the age of five years old. There are seats open for parents to attend, listen and participate in how to better serve families. Mileage reimbursement and FREE childcare is available when you call in advance. For more information contact Rayna Austin at 360-748-4359.

9:00 AM
DDD, 1000 Kresky
Centralia

4th Monday each *Lewis County Developmental Disabilities Advisory Board Meeting*
month
4:00 PM Topics include what is happening at a state level, service providers reports and how to better serve clients in all communities. There are open seats to interested people. Open Invitation to all community members to visit. For more information contact Tara at 360-740-1284
156 Chehalis Ave.

Family Voices – A program of Washington PAVE

Family to Family Health Information Center

Washington PAVE has been awarded a three year federal grant from the Maternal and Child Health Bureau. This grant will enhance the capacity to serve in partnership families and youth with special health care needs as decision makers at all levels of the health care system.

The program activities will be family directed, work in partnership with the Washington State Children with Special Health Care Needs Program and other family programs, organizations and support networks.

The core concept of the program will be called the C. A. R. E. (Community, Advocacy, Resources, and Education) Project. The CARE Project will provide information and resources to assist families and youth with special health care needs, including families from culturally diverse communities to improve their role at all levels of the health care system, and influence decision makers responsible for implementation for family centered health care system in Washington State.

Community

- ?Outreach training to community support groups, cultural brokers and others on program and referral information.
- ?The center will collect information from families on unmet health care access, coordination and resources needs and use the information to advocate for quality health delivery systems.

Advocacy

- ?Provide one on one assistance on navigating public and private health care systems and provide linkages to health advocacy resources
- ?Train 20 volunteer family health navigators to improve their knowledge in helping families navigate health care systems.

Resources

- ?Resource guide for families with tips and linkages to resources for decision making in health care systems
- ?Leadership Summit to help families of Children and Youth with Special Health Care Needs partner with the state children with special health care needs performance measures.

Education

- ?Policy Summit will be held to educate programs, agencies and policy makers on the needs of Children and Youth with Special Health Care Needs in Washington State.

For more information contact Cassie Johnston 1-800-572-7368 email:cjohnston@washingtonpave.com



2008 Conference Calendar

November

Framework for Understanding Poverty training – The Child Care Action Council will be providing this training on November 5, 12, and 19 from 6:30-8:30 at the Wellspring Church Kids Center in Chehalis. Registration and info on this training can be found at: <http://www.ccactraining.org/ShowClass.aspx?ID=22>

Helping Children and Families deal with Grief - November 6 at 6:00 pm. Howard Johnson Plaza Hotel, Yakima. For more information visit: www.yakimamemorial.org/hospiceworkshop or email hospiceworkshop@yvmh.org.

Sensory Resources to Improve Children's Learning and Behavior. November 12 in Salem, OR and November 14 in Tacoma. For more information visit www.sensoryresources.com. To register by phone with a credit card, call 1-888-357-5867. For more information or a copy of the brochure, call Paula or Roberta at the office - 736-9558.

December

Annual TASH conference, December 3-6, Nashville Convention Center, Nashville, TN. For more information visit www.tash.org.

Monthly Education and Support Groups

Lewis County Community Education at Centralia College—second Wednesday of every month except July, August and December. Parents, caregivers and family members of special needs children urged to attend (see page 2 for more information).

Parent to Parent Support - Next meeting February 19, 2009 at 1:00 p.m., 420 Centralia College Blvd. (aka Locust Street) Brick house on corner. Please call for more information.

When a Medical Claim is Denied You Still Have Options

- 1) Review your benefits policy manual to have a firm understanding of your policy. This information will help you to know what questions may be asked.
- 2) When you talk to your insurance company, document in writing the date, time and in detail, what was discussed. Focus on the information you were given during the conversation and any agreements that were reached. Sign the bottom of every page of your notes. A rule of thumb many companies use is "If it isn't on paper, it didn't happen."
- 3) Write a clear and concise letter of appeal. State exactly what you are requesting and why. Quote your policy manual, including section and page number. Outline the steps you've taken to get the claim paid and list any attached documents. Make copies of everything!
- 4) Contact your Primary Care Physician and ask for help. Explain your circumstances and ask them for information requested by your insurance company. PCP's want to get paid and they will be happy to cooperate with you. Your employers human resources office may also be able to help.
- 5) When you mail your appeal packet with a delivery confirmation and / or a return receipt. This will give you a tracking number. Remember to keep copies of everything in the appeal packet.
- 6) Track your appeal and stay in touch with your insurance company. Most folks that lose benefits lose them simply because they fail to follow through!
- 7) Document the outcome of your appeal. Remember that a claim denial may be leverage when filing for other assistance programs, but if you didn't attempt to appeal, you may not be eligible for other benefits. This may be a difficult process, but it is essential to be denied again to become eligible for other services.

Pediatric Mental Health Care: Integrating Early Identification and Treatment into Primary Care

One in every five children has a mental disorder and one in ten has a serious emotional disturbance that affects daily living. Despite the extent of the problem, four out of five children who need services do not receive them. The National Institute for Health Care Management (NIHCM) Foundation is presenting a Webinar on Thursday, December 4, 2008 to address these issues. Registration and a draft agenda are available at http://www.nihcm.org/maternal_adolescent_and_child_health1/conferences_and_webinars

Registration deadline is December 1.

Being a Parent isn't easy. Parent Trust for Washington Children has a free help line available in English and Spanish at 1-800-932-HOPE (4673). Parenting coaches are available seven days a week!

Parents and providers can receive parenting tool kits by calling the toll free number above or by visiting www.parenttrust.org/uploads/pdf/FHL/FHIResourceRequestForm.pdf. To learn more about programs and services of Parent Trust, email at information@parenttrust.org or call 509-454-4000 in Eastern Washington or 206-233-0156 in Western Washington.

Parents and Teachers !! WE DO LISTEN is a website of songs, lesson plans, games and books for toddlers and preschoolers. All materials can be downloaded for parents to use at home or teachers in the classroom. Visit www.wedolisten.com.

The ARC of King County, The King County Board of Developmental Disabilities and the King County Parent Coalition present: the 2009 Legislative Agenda—Issues of Importance in the Developmental Disabilities.

When: Monday, November 24, 2008

Time: 6:30 pm—Sign-in

7:00 pm—Program Begins

Where: The Double Tree Guest Suites

16500 Southcenter Parkway, Tukwila

Everyone is welcome at no charge. Please call your legislators and urge them to attend.

Your Presence is Important!

Call the Lewis County Parent to Parent office for a copy of the driving directions.

THE BLANK CHECK

A veteran is someone who, at one point in his life wrote a blank check, made payable to 'The United States of America for an amount of 'up to and including my life.'

- Author unknown

VETERANS AND ACTIVE DUTY PEOPLE OF LEWIS COUNTY—WE SALUTE YOU

We acknowledge that our "Freedom" is not free.

Our freedom is because of you - the Brave.

- Lewis County Parent to Parent



National Epilepsy Awareness Month Conference

Saturday, November 8, 2008 - 8:30 a.m. - 4:00 p.m.

Location: Seattle Children's Hospital, Seattle, WA

Cost: **Free** - Registration is required.

To register: Each attendee must send name, address, phone and email to:
mail@epilepsynw.org or register by phone: 206-547-4551.

Registration: 8:30 a.m.

Program: 9:00 a.m. - 4:00 p.m.

Hillary Shurtleff, PhD, ABPP-CN, Clinical Assistant Professor of Neurology, UW Medicine, Seattle Children's Hospital - Topic: "School and Learning Issues in Children with Epilepsy"

Jeff Ojemann, MD, Associate Professor of Neurological Surgery, UW Medicine, Seattle Children's Hospital -

Regina Chacon, Outreach Coordinator, Washington Prescription Drug Program (WPDP) - Topic: "Getting the Most out of WPDP"

Anne M. Kysar, Esq., Schroeter, Goldmark & Bender - Topic: "Epilepsy & Social Security Disability"

Dana C. Hess, Lead Civil Rights Investigator/ Trainer, Washington Human Rights Commission - Topic: "Disability Rights in Washington"

David Vossler, MD, Medical Director, Washington Neuroscience Institute, Valley Medical Center



Helping Parents - a unique training opportunity

Do you remember receiving your child's diagnosis of a developmental disability? Was there someone who reached out to you and offered support? Did you have someone to reach out to? Or did you just wish there was someone you could talk to? Here's an opportunity to thank the person who was there for you or to become the person you wish was there for you.



Parent to Parent offers a support network of trained volunteer Helping Parents, all of whom have children with developmental disabilities or special health care needs. Through your participation in this training, you join this network and are available to assist families learning how to deal with a new diagnosis.

This **FREE** training provides an opportunity to explore your own experiences of diagnosis, to share with and learn from others and to boost your own communication skills. We would be delighted to provide this training to any group of five or more parents. Please call Paula at 880-0672 for more information.

2008

CHRISTMAS PARTY!

THURSDAY

DECEMBER 11

6:00 - 8:00 PM

VIRGIL LEE BUILDING

CHEHALIS

13TH AND CASCADE

**Activities and refreshments
provided!**

RSVP by December 5 to

736-9558

880-0672 or

269-2269



**HE'S MAKING HIS LIST AND
CHECKING IT TWICE.**

SANTA ARRIVES AT 6:30!

ADDITIONAL RESOURCES

Suggested Books:

**A Will of His Own by Cathy Hartland

Could is Be Autism? by Anne Wiseman

***Ten Things the Child with Autism Wants You to Know by Ruth Notbohm

Incredible Edible Gluten-Free Food for Kids by Sheri Sanderson

**Parenting your Aspergers Child by Alan Sohn Ed.D and Cathy Grayson, M.A.

Children with Cerebral Palsy: A Parent's Guide by Elaine Geralis

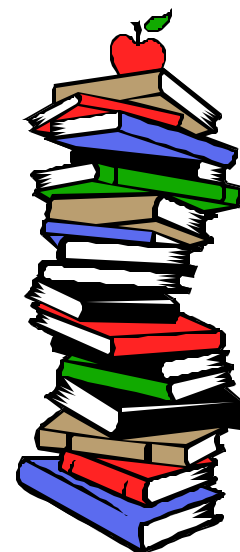
**More than a Mom: Living a Full and Balanced Life When Your Child has Special Needs by Amy Baskins and Heather Fawcett

Kids with Celiac Disease by Danna Korn

Helping Your Teenager Beat Depression by K. Manassis MD and Anne Levac RN, MN

**Maybe You Know My Kids by Mary Fowler

**** These books are available for lending in our library. Lewis County Parent to Parent and In-Tot have over 300 books and videos that we would be happy to lend! Come in to take a look at our list or give us a call about a specific book and we'll let you know if we have it or can order it for you! ***Excellent reading!**



WIC PROGRAMS OKAY FOR THE TIME BEING

You've probably heard that there's been some major budget cuts across the state in our Health Departments. Some of the programs at the Lewis County Department of Health were cut in September. Nurses and support staff were forced to cut back on their hours. A big question was—is the WIC (Women, Infants, Children) program going to be cut? Our WIC program provides cheese, milk, formula and cereal for 2,500 Lewis County families with children from birth to 5 years old, every month. On Saturday, September 27th, 2008 Congress passed a Continuing Resolution which will continue funding the federal government through March 6th, 2009. While the vast majority of federal programs - including the Title V MCH Block Grant - will continue at Federal Fiscal Year 2008 levels. WIC program received an increase of about \$1 billion to meet increased caseloads and food costs around the country.

Grant Opportunity: Foundation for the Challenged – www.ffcoho.org

Foundation for the Challenged has a grant making program they call the Community Living Fund. Qualified individuals through family, case workers or guardians apply to the Community Living Fund to receive up to \$1,000 to purchase lifestyle necessities. Grants made to individuals have been used to cover the cost of specialized mobility devices, home-related expenses that occur with moving into a new community such as rent and utility deposits, and basic home furnishings not covered under government programs. In addition, grants have been made to maintain an individual's ability to live more independently by covering the cost of home modifications such as wheelchair ramps and hand rails. Grants are provided four times a year to applicants that meet funding criteria and submit a grant application which can be found on their website, www.ffcoho.org.

Employment Success Stories – www.peopleworking.wikispaces.com

Imagine a website that honors working people with disabilities and allows you to post your own employment success story. The Washington Initiative for Supported Employment, a training and technical assistance organization primarily for the developmental disability employment community, has a website with 90 such stories and it is growing by the day. Launched with funding by the Boeing Company, Adobe Systems Inc., Wikispaces, and WA State DDD, the website is providing inspiration to people with disabilities, families, employers, vocational service providers, and the community as a whole. Check it out!



A Reliable Enterprises
Program

203 W. Reynolds Avenue
Centralia, Washington 98531

Office: (360) 736-9558
Cell: (360) 269-2269



We're on the web!

Newsletter:
[www.reliableenterprises.org/
newsletters.html](http://www.reliableenterprises.org/newsletters.html).

Child Health Notes:
[www.reliableenterprises.org/
ChildHealth.html](http://www.reliableenterprises.org/ChildHealth.html)

Parent Support Meetings

Share experiences and benefit from other parents of young children. All parents are welcome, parents of children with disabilities are especially urged to attend these supportive and informative meetings.

Meetings are held quarterly on the third Thursdays of February, May and October at

1:00 pm

**Parent Education Building
420 Centralia College Blvd.
(aka Locust Street)**

**Brick house on corner of Rock Street and
Centralia College Blvd.**

Next meeting: February 19

Do you have a group that would benefit from these meetings? Is the above time or place inconvenient? We will be happy to schedule a meeting for groups of five or more parents at other venues in Lewis County. Please call today to discuss this opportunity.

2008 / 2009 EVENTS CALENDAR

November

1st Kinship Caregiver Conference at Centralia College - see page 5 for more information

12th Community Ed at Centralia College 6:30 to 8:30 p.m.

27th Happy Thanksgiving!

December

No Community Ed this month

11th- Christmas Party

25th Merry Christmas! Feliz Navidad!



January 2009

HAPPY NEW YEAR!

DATE CHANGE: *The New Legislative Session evening Reception will be held on January 28th at 6:30-8:30 Pritchard Library, Capital Campus, Olympia*

Parents -

Your email addresses are confidential and will not be shared with any other party without your permission. And we don't want you to miss any of the valuable resources in our newsletters. Please help us save postage and printing costs by providing us with your email address.

Thank you.



JUMP! is the new inclusive recreation program at Thorbecke's Mondays 11:00 a.m. and Wednesdays 4:00 p.m.

Thorbecke's FitLife in Chehalis

For more information call Christine 748-3744