



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 15 Issue 4

March/ April 2011

Getting to Know Part of Your Community

A community, the schools, individuals, professionals, towns, family and friends. Do we know everyone and everything about our community? Probably not, but it is good to know resources out there that can benefit you, a family member or friend. There is probably much more out there than we realize.

What is **Reliable Enterprises**? I hope you find this information beneficial and share with others. You never know when some one may need these resources.

Reliable Enterprises was founded in 1977. It is a non profit organization that is a multi-program (umbrella) agency. These are the programs of Reliable Enterprises.

- Group Supported Employment
- Payee Program
- Family Support Network
- Birth-3 (ISIT) Family Resource Coordinator
- Parent to Parent/ Birth to 3 Outreach
- Homeless Liaison– HPRP
- Low Income Housing
- Head Start
- New Life Home Supply
- Social Security Budget Specialist
- Individual Employment Support
- Reliable Guardianship Services



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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.

Angela Naillon, Coordinator

360-736-9558 - office

360-269-4828 - cell

email: anailon@reliableenterprises.org

Additionally, Reliable contracted with the Social Security Administration to become a registered payee organization, and now works with individual Social Security recipients who need ongoing help managing their money.

Head Start, is a federally funded program for pre-kindergarten children age three and for years. It provides services in the areas of education, health, social services, and parent involvement for income eligible families.

Parent to Parent and **Family Support Network** works with the community. We help parents with the emotional process of a diagnosis, surgeries, and raising your “special child.” Help families advocate, and be your child’s voice. Provide presentations/workshops on issues important to families. The classes can help educate parents and community members. Advisor for local People First Chapter, a self-advocacy organization of, for and by people with developmental and other disabilities. We also have parents that have trained to become a helping parent. Parents can be matched for support, if you are interested in becoming a helping parent, contact us. Parent to Parent also brings you the newsletter.

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Family Events and Resources

Special Needs Presentation

**Date: March 9 2011
April 13 2011**

Presenters: TBA

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

Location: New Science Center, Room 101

The building is on the corner of Centralia College Blvd. and Washington

****Stars credit available , please bring registry number. Community Members welcome and will receive a certificate!!!!**

Special needs presentations are co-sponsored by Lewis County Parent to Parent, Family Support Network and Centralia College. If you have an idea or request for a presentation, please call Paula Zamudio at 880-0672, Angela Naillon at 269-4828, or Centralia College at 736-9391, Joan x385, or Nancy x465

Big News from Pope's Kids Place

Pope's Kids Place has expanded their respite and day care services for children with special needs and medically fragile children to 18 years old.

Day Respite- Serving children up to 10 hours daily.

Short Stay Respite- Serving children up to 4 weeks.

Residential- Serving children up to 1 year.

Step Down- Serving children in need of transitional care after leaving the hospital before returning home.

Preschool and extended medical services available For details and scholarship availability contact Shawana Estrada at

(360) 736-9147 www.popeskidsplace.org

Special Olympics For more information contact Barb Burnett @ 880-2955.

They are now on Facebook!!



Super Kids Sunday – FREE At L'amour de Scotty

263 NW Chehalis Ave. RSVP at 740-9227

The third Sunday of every month is "Super Kids Sunday" especially for kids with special needs. It is designed to give kids that need a little more wiggle room and freedom to eat out without the disapproving looks of others. It is also an opportunity for parents and siblings to get out, relax and socialize with others that can relate to your joys and sorrows. It is open to any child with a disability and their family. *Lunch is at 1pm in the Disney and Savannah rooms, with dessert and beverages included. There is a movie playing to entertain the kids in the Disney room so parents can talk in the Savannah room. This is a free event but reservations are required. Please call by 7pm on the Saturday night prior to make your reservation to ensure that there is enough food for everyone.*

Come to Izzy & -Gini's Super Fun Saturday— it's FREE

The last Saturday of every month will be Izzy's and Gini's Super Fun Saturday! The party will start at 1 pm and end by 3 pm..... There will be snacks, games, crafts and a wind down movie. Each month will have a different theme. Check out their website www.lamourdescotty.com

March 20 and April 17 is
the next Super Kids!

March 26 and April 30 is the next
Super Fun Saturday!

OUR MISSION

Parent to Parent offers emotional support and provides information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs. The program utilizes veteran families of loved ones with disabilities or special health care needs called "Helping Parents" who understand the emotions behind the diagnosis.

ALWAYS ONLINE!

You don't want to miss the valuable resources in the Parent to Parent newsletter. You can access the current and past copies 24/7. We encourage you to make copies and pass them on. www.reliableenterprises.org/newsletters.html.

Our current distribution of Child Health Notes is 8,000. CHN discusses current health topics and provides tips and resources for specific diagnosis and healthier lifestyles. 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: anaillon@reliableenterprises.org or call (360) 736-9558 ext 107.



Parents: Here is Your Opportunity to Make a Difference!!!

| | |
|--|---|
| 1st Wednesdays 9:00 DDD office 1000 Kresky Centralia | <u>Lewis County Interagency Coordinating Council</u> 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 serving families. Contact Rayna Austin at |
| 4th Monday 4:00 156 Chehalis Avenue Chehalis | <u>Lewis County Developmental Disabilities Advisory Board Meeting</u> 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 |
| 2nd Thursdays 3:30 HWC 106 Centralia College | <u>Lewis County Eye on Early Learning</u> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar and CCAC events. Please join us! For more information contact Annie Cubberly at 360-786-8907. |
| 2nd Tuesdays 3:00 Centralia College | <u>Healthy Families Coalition</u> - Helping kids and families learn healthy food choices. Current projects include community gardens, outreach fairs and monthly cooking classes. Please join us! For meeting place or more information call Kari Winsor at 360.269.2843 |
| 1st Thursdays 8:00 am New Address 156 N.W. Chehalis Ave Chehalis | <u>Lewis County Mental Health Coalition</u> Find out what the Mental Health Coalition is doing for Lewis County. A variety of topics are discussed during meetings and parents of children with mental health diagnosis are especially welcomed to join. Contact Carolyn Price, MSW at 740-1430 for more information. |
| 3rd Saturday 2:00-4:00 pm Harrison Square 1227 Harrison | <u>People First Chapter Meeting</u> The purpose/mission of People First of WA is 'to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities' |

WAabilities Blog

Special Needs Fact Sheets for Providers and Caregivers

Posted on [February 2, 2011](#) by [WAabilities](#)

Submitted by Diana Stadden, Arc of Washington State.

Did you know that 17% of children in Washington State have a special need and in half of these children the needs are mild to moderate. Many individuals with special needs also do not have access to regular and ongoing dental care. Through information provided at the University of Washington School of Dentistry, we hope more of these individuals will have access to dental care and receive home-based dental prevention activities.

Fact sheets for 14 mild to moderate manifestations of special needs conditions have been developed for Dental Professionals, Medical Professionals & Parents and Caregivers. Content for the fact sheets was developed by a group of experts affiliated with the University of Washington and the Washington State Department of Health – Oral Health Program. These “Fact Sheets” for 14 conditions are available at: http://dental.washington.edu/departments/omed/decod/special_needs_facts.php

This information can help parents and caregivers improve the dental health of children with special health care needs and enhance the knowledge of dental and medical professionals.

<http://wabilities.com/>



2011 Conference Calendar

March 2011

3/9 - 11: Special Education Conference: "Improving Services and Results for Students with Disabilities" in Seattle. Click [here](#) for more information.
 3/22: "Tools 4 Success" - a free conference in Tacoma focusing on preparation for employment for persons with disabilities. **Pre-registration is required - accommodations will be provided if requested by March 8th.** To register, call WA PAVE at (253) 565-2266 or e-mail Kady Duggan by clicking [here](#).

April 2011

4/8: 32nd Annual Duncan Seminar: "I've Got Something to Say!" Communication Strategies for Young Children with Physical Disabilities. Parent scholarships available. For more details, contact Marianne Gonterman, Seattle Children's Outreach Education Program Coordinator at (206) 987-5318 or by e-mail [here](#).
 4/16: Down Syndrome Community Conference - 9am to 3pm in Renton. Click [here](#) for registration forms and more details.
 4/28 - 29: 2011 Washington State TBI Conference - Limited number of scholarships available for individuals with TBI and their unpaid caregivers. Click [here](#) for more information.

May 2011

5/5 - 6: Infant and Early Childhood Conference - Tacoma, WA. Save the Date! Click [here](#) for more info and updates.
 5/7 - Conference: "Life from the Perspective of Adults with Aspergers" co-sponsored by the Thurston/Mason County affiliate of the Autism Society of Washington. **Registration starts March 1, space is limited.** Click [here](#) for more information.

August 2011

8/1 - 2: Spectrum Training Systems, Inc Upcoming Washington Workshop: "The Inclusive Classroom and Learning Disabilities in Children" - Kennewick, WA. Click [here](#) for more information.
www.arcwa.org

Down Syndrome Community

Presents

Location: SEND REGISTRATION TO:
Blackriver Training & Conference Center Down Syndrome Community
 800 Oakesdale Ave SW c/o Anne Mullis 5276 Old Mill Road
 Renton WA 98507 Bainbridge Island, WA 98110
 Or email the information to:
anne@oldmillmicro.com

Agenda for the Day

Saturday, April 16, 2011
 9:00-10:00 Check In / Registration
 10:00- 10:30 Intros and Welcome
 10:45-12:15 Morning Sessions
 12:15 PM Lunch
 1:00-2:30 Afternoon Sessions
 2:30-3:00 Wrap Up
 Renton, WA 98057

Cost of conference is \$20 for DSC members / \$25 for nonmembers payable to DSC (includes Lunch).
Stipends are available, if needed. Please request at time of registration.
ADA Accommodations are available. If needed, please notify Anne Mullis by April 1st.
For more information contact:
Anne Mullis, (206) 842-9027

March 19, 2011

Biennial Developmental-Behavioral Pediatrics Update: ADHD and Related Disorders

Wright Auditorium, Seattle Children's, Seattle, WA
 Participate in a full day of lectures discussing critical neuropsychiatric issues and practical diagnostic and management tools, and an opportunity for more in-depth dialogue with experts and colleagues.
 View the brochure <http://www.seattlechildrens.org/pdf/ADHD-CME.pdf> (PDF)
 Register online <http://www.seattlechildrens.org/healthcare-professionals/education/cme/developmental-behavioral-pediatrics-update/>

April 8, 2011

32nd Annual Duncan Seminar - "I've Got Something to Say!" — Communication Strategies for Young Children with Physical Disabilities.

Wright Auditorium, Seattle Children's, Seattle, WA

This one-day conference will focus on children with neurodevelopmental disabilities and their families. This year's seminar will highlight recommendations on shaping early communication, Assistive Augmentative Communication, adaptive seating to support communication, impact of drooling on communication and strategies to address it, and much more. As in years past, this seminar is designed for all healthcare providers, including nurses, physicians, speech and language pathologists, occupational therapists, physical therapists, educators, nutritionists and families. For more details, see the brochure <http://www.seattlechildrens.org/pdf/2011-duncan-seminar.pdf> (PDF) contact Marianne Gonterman, Seattle Children's Outreach Education Program coordinator, at 206-987-5318 or mariann.gonterman@seattlechildrens.org
 You can register for the conference online http://www.peopleware.net/2848/index.cfeventDisp=OE_1011&subeventDisp=DUN11



Reliable continue from page 1

In-Tot, The Infant Toddler Early Intervention Program has been around since 1981. This program serves children with developmental delays birth to three and their families. Free developmental screenings are available in the child's home, community setting (daycare) or at the program's center. If further evaluations and subsequent therapy services are needed to enhance the child's development, funding comes from a variety of sources (school district, county developmental disability dollars, medical coupons and private insurance). Chehalis/Centralia school districts also has **Growing Together**.

Home Building Supply Store, find what you need for your home at a fraction of retail cost. Hours are Tuesday-Friday 10 a.m. to 5 p.m., and Saturdays from 7 a.m. to 1 p.m. Call Brad for more information at 736-9558.

Reliable Guardianship Services, for people needing personal and financial affairs taken care of due to incapacitation founded by the court.

Housing for DD and Homeless is offered at **Reliable Place**.

If you would like to learn more about **Reliable Enterprises**, visit our website at <http://www.reliableenterprises.org/>

In the Past it Was Said a Village to Raise a Child, Now Would it be a Community to Help Raise a Child?

When I grew up I knew who my neighbors were, in emergencies I felt comfortable calling or going over for help. I even had a surprise birthday party at the neighbors. It was great, they would come over for dinner some times or we went to their house. I think that great connections are getting lost in our fast pace lives. Do we take time to get to know those around us. I live in the country and can honestly say I do know many of my close neighbors, we even joke about putting a gate in our fences separating our lands.



I have always heard the saying, a village to raise a child. It is much like that, family support, friends, neighbors, and community. Parents can try to do it on their own, but we always have questions, need some advice. One wishes a child comes with a manual, the how to raise, discipline, and teach. In reality, every child is different. Especially a special needs or delayed child.

This is where community is very important. Make connections with teachers, friends, and neighbors. When questions arise about a child, you might get some really helpful information. Someone has gone through things before, so it may be great to hear their story and how they handled it and learned from it. Knowing all the resources available are powerful, you are helping your child, family and self.

My thoughts are, take time to know those around you. Be open minded and you may gain some helpful information. It is hard to raise a family. Each child is different, so realizing community members are helping to raise and mold your child into the person they are to become is rewarding. They are doing this by friendships, family gatherings, going to school, or daycare.

I had great relationships with many of my teachers, grade school, middle school and high school, even the principle. I never felt bad for it, they are wise people. I was always taught to respect my elders and I had a great outcome from it. They knew much more than I did, and I was able to grow into the adult I am today. I see many teachers in our small community, I love stopping and talking to them. I believe that each person can become a part of a child's life. Parents are there to set rules, standards, love and guidance. We all play a part in our community, get to know teachers, neighbors, and other parents.

Written by Angela Naillon, mother of 4 year old and 2 1/2 year old



One budget down, but a bigger one still to go.

This budget year has been worked on in multiple steps. The 2010 legislative session put together a supplemental budget designed to cover the state's financial responsibilities from July 1, 2010 through June 30, 2011. Because of the economic downturn in our state, the budget became out-of-balance and on August 14, 2010 Governor Gregoire announced that she would have to make across the board cuts to all agencies not protected by the constitution or federal requirements. She proposed a list of cuts at 6.287%, cuts that would have been devastating to human services.

The State Constitution says that the Governor can only make across-the-board cuts. The Legislature must be in session to reduce one agency area more than another. On December 11, 2010 the Legislature convened for a one day special session to modify the Governor's across the board cuts. Although the cuts were still damaging, they were not as deep.

The Legislature convened the 2011 Legislative Session on January 10, 2011. The first priority was to re-evaluate the supplemental budget once again and see whether some of the cuts could be restored or if they must continue through June 30, 2011. The Governor signed the final supplemental budget on January 18, 2011. Some of the budget cuts that affect people with developmental disabilities were restored, some were continued, others were partially restored or restored at a slower rate. To see the budget side-by-side go to http://www.arcwa.org/state_budget.htm.

Now the work of putting together a budget for the next biennium (July 1, 2011 through June 30, 2013) begins in earnest and must be completed by April 24, 2011, the last scheduled day of this 105 day legislative session. Unfortunately, the last day falls on Easter Sunday. Since few legislators will want to spend Easter in Olympia, they must either finish early or go into another special session to wrap things up. Each extra day they stay costs taxpayers more money and means even deeper cuts to balance the budget.

The graveyard for bills is beginning to fill.

In a typical year the legislature posts a schedule online that shows various cut-off dates for the bill process. After session began, the session calendar was posted. We then learned that the House had set some different deadlines that were not listed on the session calendar. In trying to reconcile the corrected dates, we found that the online session calendar had been changed, that all cut-off dates had been moved up by four days. In addition, the House cut-off dates had been moved forward an additional four days, though they are not listed on the session calendar.

The first cut-off was on Thursday, February 17th. All policy bills that started in the House had to have had a hearing and been moved on to either an appropriations committee or on to the Rules Committee. If they were still in their policy committee at the end of the day on Thursday, the bill was dead.

A link to the Bills of Interest being tracked this session is found at http://www.arcwa.org/state_budget.htm. You will see a tombstone to show the bills that have died, a smiley face for bills that would be good for people with developmental disabilities, a frowny face for bills we believe would not be good and neutral face with a tear for bills that have changed through the process and though still a good bill, some of the important pieces were stripped from the bill. Additionally, some bills are still "under review" as we discern the affect the bill would have. You can learn more about the bills listed by going to www.leg.wa.gov and clicking on Bill Information. Put the bill number in the box and you will be taken to the bill's page where you can see all the sponsors, read the bill summary or read the full bill language.

Home and Community Based Services (HCBS) Waivers – what are they?

This Wednesday the topic for Advocacy Day is "HCBS Waivers". Home and Community Based Services (HCBS) Waivers provide an alternative to institutional care. Individuals "waive" their right to institutional care and instead choose to receive the services they need in a community setting rather than a state institution. Last year a new waiver (Children's Intensive In-home Behavior Supports) was implemented to reduce the number of children entering state institutional care. In 2010 about 12,000 individuals received their services through one of the five available waivers. Close to 1,000 others have qualified for a waiver, but there are no openings in the program, so they wait.

Medicaid Personal Care (MPC) is available to qualified individuals. There is a new waiver for MPC services that the federal government will begin offering in October 2011. It is called the Community First Choice Option. States that take up this option receive a 6% increase in federal matching payments (FMAP) for costs associated with the program. An independent company estimates the financial increase to the state by moving MPC to this new waiver would be over \$50 million a year! Most legislators are unaware of this waiver, so we need to educate them. It also has additional benefits that will lead to more independence and self-sufficiency for clients.

March 2

Legal Issues

March 16

Education Concerns

March 30

Independent Living Day Rally

March 9

Family/Self Advocate Funding

March 23

Legislative Budgets

April 6

Autism Issues

April 13

Session Wrap-up



Parent to Parent is more than in our Lewis County area. If you know families who need help, share this information. Connections and support could really help that family.

**PARENT TO PARENT (P2P)
Support Programs of Washington State**

We provide emotional support and information to families of children with special needs and/or disabilities.

http://www.arcwa.org/parent_to_parent.htm

The Arc of Washington State's mission is to advocate for the rights and full participation of all people with developmental disabilities. Along with our network of members and chapters, we support and empower individuals and families; connect and inform individuals and families; improve support and service systems; influence public policy; increase public awareness; and inspire inclusive communities.




















Since 1936 The Arc of Washington State has been a leader in the development of services and programs for people with developmental disabilities, such as autism, cerebral palsy, mental retardation, epilepsy and related neurological disorders which occur before age 18.

The Arc of Washington State, a non-profit organization, is affiliated with **The Arc of the United States** and twelve **local Arc chapters** throughout the state.

Note: Some programs are supported by the ARC, but not all. The ARC of WA is the lead sponsor for the State Parent to Parent. Each program operates under a lead agency.

2011 Supplemental Budget Comparisons for Programs/Services for People with Developmental Disabilities

All Reductions are General Fund State (GFS) unless otherwise indicated

| BUDGET ITEM | GOVERNOR | SENATE | HOUSE | FINAL |
|--|--|--|--|--|
| Restore Parent to Parent | | 75,000  | 75,000  | 75,000  |
| Suspend Individual and Family Services | 4,029,000  | 4,029,000  | 4,029,000  | 4,029,000  |
| Reduce placements for Children's Intensive In-home Behavior Program-lose 36 openings | (413,000 GFS)  (583,000 FED)  | (413,000 GFS)  (583,000 FED)  | (206,000 GFS)  (282,000 FED)  | (413,000 GFS)  (583,000 FED)  |
| Reduce funding for voluntary placement services | 200,000  | 200,000  | 200,000  | 200,000  |

Find budget links at www.leap.wa.gov

Compiled by The Arc of Washington State - February 18, 2011

Money follows the person grant - The Centers for Medicare and Medicaid Services has granted federal funds to staff the Money Follows the Person demonstration project. Three positions funded by the grant will focus exclusively on transitioning clients from state institutions to community settings. (General Fund-Federal)



Fun Crepes

Crepes

- 1/2 cup fat free milk
- 1 large egg
- 2 tsp. cooking oil
- 1/2 cup all purpose flour

Fillings

- Peanut butter
- Cream Cheese
- Preserves

1. In a medium bowl, whisk together milk, egg and oil; slowly whisk in flour, beating until well combined.
2. Coat a 6 inch skillet with nonstick cooking spray. Heat over medium heat; remove from heat. Spoon 2 tablespoons batter into skillet, tilting skillet to spread batter evenly. Return to heat; brown on one side only (1 to 2 minutes). Invert pan over paper towels; remove crepe from pan. Repeat with remaining batter.
3. Spread crepes with either peanut butter, cream cheese and preserves; roll up.

Makes 6 servings.

Source: Parent Magazine November 2007

Drive In Theater

Opening for their 49th season in March, 2011!

Located At:

182 SE Brewer Road
Shelton, WA 98594
(360) 426-4707

Things to remember...

Gates open at 7pm, show starts at dusk.

- The Drive-In is open Friday-Sunday.
 - Bring your FM radio! Movie soundtracks are broadcast in FM stereo sound. Tune to 98.5 FM.
 - Even in the summertime the weather can get cold once the sun goes down. Plan accordingly!
 - Our snack bar features made-to-order cheeseburgers and pizza, along with fresh-made popcorn and curly fries! Please, no outside food or drink.
- The drive-in is a family environment; use of drugs or alcohol will NOT be tolerated.

Admission Prices:

General Admission- \$7.00
Children (ages 6-11)- \$1.00
Children 5 & under- FREE!

Play Garden Programs

One of the Play Garden's founding principles is that children with special needs have a right to play alongside their typically developing siblings and friends. All our programs are inclusive. We strive for a ratio of 70% children with special needs to 30% typically developing children. Our ratio of adult facilitators to child participants ensures that all children can participate to their fullest.

Bring your students to the Play Garden for a fun, nature-based field trip. \$10 per student.

PlayGarden open hours are variable according to activities.

There are many ways to enjoy the PlayGarden:

- Sign up for a program.
- Attend a Free Play Date.
- Come during the week for a Field Trip.
- Rent the facility for a private party.

*Their schedule changes daily. See their Calendar page for the "Program" schedule. If you wish to bring a group to enjoy the facility in a Field Trip format, please

contact them at 206-325-5576, or email info @ childrensplaygarden.org, to arrange a visit.

*Please note that the PlayGarden grounds are closed to general park use when their camp programs are in session.

<http://www.childrensplaygarden.org/>

Planting Time!!! Have fun with your children out doors, time to plant bulbs, prepare your garden, or plant fruit trees. You don't have any of these? It is never to late to start. It is very rewarding to plant something and watch it grow. You can even grow some plants in containers, including tomatoes, strawberries, herbs, roses, and much more. Investigate what you can do with the area you have along with the sun exposure. My kids love to say they are "grocery shopping" as we pick our vegetables from the garden. I hope it will be a lasting impression on them. *Enjoy Spring!!!*





An Emergency Preparedness Plan While Away from Your Children

Do you have a plan in place while your children are away? Your children are in the care of someone else, it is stressful enough finding a great provider, dropping them off and on your way to work. What if there is a natural disaster that separates you and your children? Here are some thoughts and ideas to share with your care provider.

- How would you be notified if a disaster hit, and what would your provider do if they couldn't reach you or if you were stranded?
- Does the day-care center or family home have an emergency kit stocked with flashlights, a battery operated radio, and enough bottled water, food, and other supplies to last for 72 hours?
- If an evacuation were ordered, how would your caregiver manage to leave with the kids and where would they go?
- Do they have contact information for you, your spouse, and your extended family?
- Do they have your health insurance information, as well as written permission to authorize medical care for your child?
- Do they keep phone numbers for police, firefighters, and other emergency responders on cell and landline speed dial?

Parents hope emergencies will not happen, but it is best to be prepared, and feel a little relief knowing you are on the same game plan as the care provider. Another way to be prepared is to make sure you have a care kit in your car. One never knows when they make break down, wouldn't it make it a little easier to keep the kids content while waiting for help. Keep a supply of water, and non perishable food, for the just in case moments in life.

Source for plan: Parents Magazine November 2007

DO-IT-YOURSELF YARD WASTE RECYCLING (BETTER KNOWN AS COMPOSTING!)

Food and yard waste can also be composted in your back yard. Compost bins may be purchased online or check with your local garden retailers.

You can obtain information on composting from the internet, library, or local bookstore. You may want to take a composting workshop offered periodically by the Master Recycler/Composters. To find out more about a composting workshop call 360-740-1452.

You can compost all year around. A batch of compost should be ready in about two months. Turn your pile often (once a week) and ensure the pile doesn't dry out. Your finished compost should be dark brown to black and have an earthy smell. Your finished compost can be used as a soil amendment, as a top dressing in the fall or spring for your lawn or garden, or as an additive to potting soil. You can give your excess compost to your friends and neighbors.

If composting and recycling interests you, think about becoming a Master Composter/Recycler. This program is offered through the Washington State University/Lewis County Extension Office. Classes are usually offered twice a year. Call 360-740-1452 or 360-740-1212 for more information.

For information check it out at the lewiscountywa.gov/jobs website

DISPOSAL OF MEDICINES

In the past medicines were flushed down the drain or the toilet. Many medicines were thrown away in the garbage. **This is not a safe practice.** Medicines can end up in streams, rivers and lakes. Medicines can end up in drinking water. Medicines can negatively affect fish and other wildlife.

Medicines can best be disposed of through take back programs. The unwanted medicine program is operated by the Take It Back Network. For more information or for drop off locations please click check out the website <http://www.takebackyourmeds.org/what-you-can-do/locations>

Visit the website and you can find out where to drop of unused medicines by county, zip code or City. The closest I could find was in Olympia

Thurston County Sheriff's Prescription Drug Box

2000 Lakeridge Drive SW, Building 3, Olympia WA 98502 - Thurston County 7 days a week/24 hours a day **Accepts** controlled substances
360-867-2664 or [www.-co.-thurston.-wa.-us](http://www.co.-thurston.-wa.-us)

Group Health

700 Lilly Rd NE, Olympia WA 98506 - Thurston County Monday-Friday 8am-11pm; Saturday, Sunday and holidays 9am-7pm **No** controlled substances
360-923-7600 or <http://www.ghc.org/locations/index.jhtml>

Source <http://lewiscountywa.gov/publicworks/unused-and-outdated-medicines>



Autism Speaks Endorses 2011 Autism Insurance Reform Bill

"Shayan's Law" Would End Health Care Discrimination Against Children with Autism by Requiring Coverage of Diagnosis and Treatment. NEW YORK, NY (January 21, 2009) - Autism Speaks, the nation's largest autism advocacy organization, today announced its support for Senate Bill 5059, also known as "Shayan's Law," the autism insurance reform bill. The legislation would require private health insurance companies to cover the diagnosis, testing, and treatment of autism spectrum disorder (ASD).

Sponsored in the Washington State Senate by State Senator Ed Murray (District 43), SB 5059 includes coverage of behavioral health treatments, such as Applied Behavior Analysis (ABA), an evidence-based, medically-necessary autism therapy. The bill has been referred to the Senate Committee on Health & Long-Term Care, which will hold a hearing on Monday, January 24, 2011.

"We applaud and thank Senator Murray for his leadership on this issue of critical concern to thousands of Washington State families," said Peter Bell, Autism Speaks executive vice president for programs and services. "Autism Speaks joins Washington's autism community in calling on the legislature to pass Shayan's Law and join the growing number of states that have ended healthcare discrimination against children with autism." Many states do not require private insurance companies to cover even essential autism treatments and services. In the absence of coverage, families often pay as much as they can out-of-pocket for services that can cost upwards of \$50,000 per year. In the process, many risk their homes and the educations of their unaffected children - essentially mortgaging their entire futures.

To date, twenty-three states - Arizona, Colorado, Connecticut, Florida, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Missouri, Montana, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina, Texas, Vermont, and Wisconsin - have enacted autism insurance reform legislation. Several other state legislatures will introduce similar legislation during the current 2011 session

Find a Licensed Facility

Choosing child care is an important decision for any parent. The first years of a child's life are filled with rapid development. While parents are a child's first and most important teacher, children of parents who work full-time may spend many of their waking hours in child care. The quality of those hours will help shape children's physical, social, and intellectual development for years to come.

To find the right child care for you, think about the needs of both your child and your family. Your child's caregiver is your partner in your child's early education; taking the time to find the right child care for you and your child will be time well-spent.

The Department of Early Learning provides services and information to help you become an informed consumer. The [Washington State Child Care Resource & Referral Network](#) also helps families with local information on choosing high-quality child care and available licensed child care providers.

[Find licensed child care in your area](#)

To find licensed child care, visit the Washington State Child Care Resource & Referral Network website or call the CCR&R Consumer Education Line at 1.800.446.1114. Resource and referral agencies also have a wealth of information and other services for families.

[Read More >](#)

[Contact your local DEL office](#)

For specific information about child care regulations or if you have concerns about a licensed child care facility, contact the DEL office in your area.

[Read More >](#)

[Tips on finding child care](#)

This quick guide will get you started on finding child care that fits your child and your family.

[Read More >](#)

<http://www.del.wa.gov/care/find-facility/>



March 9, 10, 11, 2011

2011 Special Education Conference: Improving Services & Results for Students with Disabilities
Shoreline Conference Center, Shoreline, WA

www.rehabseminars.org/2011specialeducation.php

March 25, 2011

Group Health Hosts Innovating through Engagement Conference

Join regional health care leaders, physicians, practicing health care professionals, and health policy advocates for a day-long event at the Westin Seattle Hotel to hear how Group Health is engaging patients, physicians, and clinical staff in reshaping primary care, improving care coordination, avoiding unnecessary hospitalizations, creating effective shared decision making, and more. Visit the Conference website for more information and to register. <http://www.ghc.org/solutions/>

May 4, Preconference

May 5-6, Conference and Exhibits

Infant and Early Childhood Conference
Tacoma, WA

www.ieccwa.org/

All of these events and more are listed on the medical home website training calendar: www.medicalhome.org/resources/training_calendar.cfm



Helpful Classes Available for Families

Grandparents as Parents

In Washington State, Relative caregivers are now rearing over 35,000 children— approximately one out of every 50 children in the state. Raising grandchildren can be heart wrenching, frustrating, and exhausting— and it can be energizing, fun and rewarding.

Whether you are struggling with custody issues, wondering what community support is available, or just looking to connect with other grandparents or relative caregivers, we can help.

For more information, please call
(360) 736-9391, ext. 464 or 298
Email: lwilcox@centralia.edu

Learning with Infants and Toddlers

Children attend class with parents and participate in activities, music, and discussing designed to help parents understand and enjoy their children's toddlerhood. Areas of focus include physical, social, emotional, cognitive, and language development for children birth through 48 months of age. The class offers positive parenting and guidance techniques and self-esteem awareness.

Love & Logic/ Family Relationships

Helping Teachers and Parents Avoid Power Struggles with Their Kids.

For more information call:
Linda Wilcox (360) 736-9391 ext. 464

Strengthening Families

For Youth Ages 10-14 and Their Families

Join us for seven sessions of:

- Family discussions and activities designed to have fun while increasing family harmony

Help your youth:

- Be more successful in school
- Avoid problems with drugs and alcohol
- Learn new ways to communicate
- Resist peer pressure
- Accept responsibility

Parents/Caregivers will discuss:

- Problems-solving skills to use with their youth
- Communication for better relationships
- Strategies to avoid power struggles
- Ways to show love and support

Ideas about how to have fun as a family

To register contact:

Kim Coleman: (360) 978-4111, ext. 5321
or
Linda Wilcox: 736-9391, ext. 464

Learning with Infants & Toddlers at CC EAST

Toys

Crafts

Games

Music

Story Time

Snacks

Puzzles

Dress Up

Parenting Discussions

2 Credit Class

\$41 (fees included)

Meets at Morton Cooperative
Preschool

427 Main Street, Morton WA

(360) 496 5022

T.I.P.S. Training in Positive Parenting Skills

This class is designed to strengthen family relationships. Parents and children participate in one hour of activities together. While parents are in adult education, children participate in skills-building classes.

Centralia College Campus

Home and Family Life Building
420 Centralia College Blvd
(brick house on corner of Rock St & Centralia College Blvd)

4 college credits per quarter
for adults who complete the course
Cost of class: \$52 (scholarships available)

Contact Parent Support Services
(360) 736-9391

Donna Ruby, ext. 588
Rebecca Scott, ext. 606
Nancy Keaton, ext. 465

Strengthening Families Program

In Mossyrock

Free for youth ages 9-14 and their parents or caregivers

To reserve a place in class contact
Katie Fitzhugh
360.983.3184



A program of Reliable Enterprises

PO Box 870
Centralia, Washington 98531

Office: (360) 736-9558
Cell: (360) 269-4828



Human Beings are the only creatures that allow their children to come back home.

~Bill Cosby

We're on the web!

Newsletter:

www.reliableenterprises.org/newsletters.html

Child Health Notes:

www.reliableenterprises.org/ChildHealth.html

Parent Support Meetings

It's important to share experiences with other parents. All parents are welcome, but parents - Dads too - of young children with disabilities are urged to attend these supportive and informative meetings quarterly meetings on 3rd Thursdays at 1:00 pm
Next Parent Support Meeting
April 21, 2011

Location: 420 Centralia College Blvd.
(the brick house on the corner of Rock and Centralia College Blvd)

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.

2011 Kids Calendar

March

Mental Retardation Awareness Month

5-6 White Pass Winter Carnival
13- Daylight savings time, spring forward
17- St. Patrick's Day
20- First day of spring



April

National Autism Awareness Month

1- April Fools
9- Kids day steam train ride
23-Easter egg train ride
24- Easter
29-May 1 Spring Youth Fair



Don't wait for the



MAIL! Give us your e-mail address. It will also help us save money on postage.

Send us your e-mail address at anaillon@reliableenterprises.org

To find out what is going on in Lewis County check it out at

www.tourlewiscounty.com

Steam Train Rides

www.steamtrainride.com



Are you traveling from one doctors appointment to the next?

Para Transit has been around since 1980 helping the elderly and disabled with transportation.

- You can have a pickup ride
- Or you can receive gas for your vehicle

If you have a medical coupon, vehicle, registration, and drivers license, you may qualify for gas reimbursement? Call them to find out how to receive gas benefits. You can contact them at 1-800-846-5438. You may also visit their website www.paratransit.net.

They have a new online wizard to help you book your next appointment, but you must have everything set up and have used it in the last 3 months

JUMP!

Chehalis Thorbecke's

Monday's 11 - 12 and Thursdays 6-7 PM

At the Thorbecke's FitLife in Chehalis

For more information call Sue 748-3744