



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 15 Issue 2

November/ December 2010



Winter Survival Kit for Your House

Winter is approaching faster than we like. According to <http://www.bt.cdc.gov/disasters/winter/guide.asp> website this is what you can do to prepare your home for you and your family.

Food that doesn't need cooking or refrigeration, such as bread, crackers, cereal, canned foods and dried fruits. Remember baby food and formula if you have young children.

Water stored in clean containers or purchased bottled water. It is recommended 5 gallons per person in case your water pipes freeze or rupture.

Medicines your family needs. If your area is prone to long periods of cold weather, stock additional food, water and medicines



Dress Warmly and Stay Dry

Adults and children should wear:

- a hat
 - a scarf or knit mask to cover face and mouth
 - sleeves that are snug at the wrist
 - mittens (they are warmer than gloves)
 - water-resistant coat and boots
 - several layers of loose fitting clothing
- Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused

Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.



The Importance of Family Mealtime

What is dinner time like in your home? Is it convenient for family members to heat up their own meal in the microwave at different times and retreat to their own corners of the house?

For many families, eating dinner together has become a lost art—but it proves to be a simple, effective way to reduce the risk of youth substance abuse and to raise healthier children. The facts are on the table: eating dinner together every night keeps the doors of communication open. It's the perfect time and place to reconnect and to show your kids that they are your priority. Sitting across the table is where and when you can find out more about your children's likes, dislikes, and daily life. Having this information can help you direct your children towards positive activities and behavior reducing the likelihood that they will get involved with alcohol, tobacco, and/or illegal drugs.

The importance of regular family activities to share ideas and find out "what's happening" is a great way for a parent to be involved discuss rules, monitor activities and friends, and be a good role model. The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity. So start family time tonight.



<http://family.samhsa.gov/get/mealtime.aspx>

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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: anaillon@reliableenterprises.org



Family Events and Resources

Special Needs Presentation

Date: November 10

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

Location: Washington Hall, Room 103

For parents including those with special needs/ disabilities, school & medical staff, child care/ early education providers and other interested people.

Presenter: Pat Tucker from the Fragile X Foundation

Subject:: Fragile X Syndrome,

****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

December: No Presentation

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 is looking for coaches, volunteers and athletes for all sports. Right now we offer basketball, aquatics and track. We would like to be able to offer bowling, soccer, power lifting and softball. Athletes can start as young as 5 and compete as young as 8yrs of age. Special Olympics is a great opportunity to develop skills and friendships that will last a lifetime.

For information please contact specialolympicslewisco@hotmail.com.

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

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 360-748-4359.
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 2:00 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'

New WAbilities Blog

The Developmental Disabilities Council is excited to announce the launch of its newest communication, outreach and advocacy tool: www.WAbilities.com.

WAbilities.com is blog created and managed by the Developmental Disabilities Council to educate and advocate on behalf of Washington State's DD community. We want to share issues that we are working on that may be important to you as well. In addition we'll highlight important information and news from local communities, and state agencies. We plan to use WAbilities to share important news and updates for individuals with developmental disabilities and their families, expand our advocacy base, and highlight successful initiatives, programs and individuals.

The DDC is working to find new ways to communicate with each of you on what's happening here in Washington State. We want to hear from you as well, so if you learn of something that you think would be important to include in our communication and outreach efforts please let us know.

Please be sure to tell everyone you know about WAbilities.com, and make sure to subscribe to ensure that you receive news, information and updates as they occur!



Second HB 2078 Report to the Legislature Now Available

The second and final report to the legislature with recommendations for improving screening procedures that would identify people with developmental disabilities and traumatic brain injury in jails and correctional facilities is available. Part II includes a sample screening tool, a model policy for the use of the tool, and a discussion about training. Both Report I and II and all the work group's materials can be found at the [HB 2078 Work Group page](#).

There are up to 108,062 individuals with developmental disabilities in Washington state. Of these, over 37,000 have been determined eligible for DDD services. More than one-third (12,300) of those currently eligible receive no DDD services





2010 Conference Calendar

November 2010

11/3 - 5: "Ascending the Summit - Mental Health in Autism and other Developmental Disorders" NAAD 27th Annual Conference & Exhibit Show in Seattle. Scholarships are available! Click [here](#) for more information.

11/6: "Re-Tooling Your Classroom for Kids with ADHD and Other Learning Disabilities" - one-day workshop in Portland, OR. Click [here](#) for details.

11/9 - 10: New Workshops Addressing Young Adults with High-Functioning Autism, Asperger Syndrome, ADHD, NLD, PDD-NOS & Similar in Portland, OR. Early Bird Registration deadline is October 26. Call Kristine at (408) 557-8579, ext. 200.

11/13: Annual Epilepsy Conference - 8:30am to 3:30pm at Seattle Children's Hospital Wright Auditorium. Click [here](#) for updated information.

11/15 - 16: "Social Thinking Across the Home and School Day, Assessment and Core Treatment Strategies" - Best Western Cotton Tree Convention Center, Mt. Vernon. For more info or to register, call 1-888-704-9633.

December 2010

12/8 - 11: "Embracing Difference...It's Time!" TASH's 35th Annual Conference in Denver, CO. Early registration ends September 1. Click [here](#) for more information and to register.

Coming in 2011...

May 2011

5/5 - 6: Infant and Early Childhood Conference - Tacoma, WA. Save the Date! Click [here](#) for more info and updates.

THESE CUTS ARE EFFECTIVE NOW FOR PARENT TO PARENT. Many start next month and in January. We are looking for people to go to Olympia for Advocacy Days that start in January.

If you or a family member are affected by these reductions and would like to share your story with us, we will support you in making sure it is heard in Olympia. Your Voice Makes a Difference!!

** DDD - Individual & Family Services – Funding for the Individual and Family Support Program will be suspended for the balance of FY11, reducing the program 100%. Affects 2,000 clients. (\$4 M) Total - (\$4.M) GFS - Effective November 2010.

** DDD/LTC - Personal Care Reduction, Acuity Based – The monthly amount of in-home personal care hours for adult clients will be reduced by an average of 13 hours (10%). Clients with lower need levels will have larger proportional reductions than those with higher needs. Affects 43,000 clients. (\$45.2) Total - (\$19.2) GFS - Effective January 2011.

** DDD- Community Residential Services Reduction – Funding for residential services to people with developmental disabilities reduced by 3.4%. (\$11.4) Total - (\$5.3) GFS - Effective January 2011.

** DDD - Employment & Day Reduction – The rates paid to counties for providing employment and day services to people with developmental disabilities will be reduced by 12%. Affects 8,000 clients. (\$4.7) Total - (\$2.4) GFS - Effective January 2011.

** DDD - Employment & Day - Funding eliminated for state-only clients not in service. October, 2010. Childhood developmental services reduced by 3.4%. Affects 1,500 clients. (\$1.4) Total - (\$1.4) GFS - Effective January 2011.

** DDD - Reduce CIIBS Placements – Entrance into the Children's Intensive In-Home Behavior Supports (CIIBS) program is suspended. Affects 36 new clients. (\$1.0) Total - (\$0.4) GFS - Effective October 2010

** DDD - Voluntary Placement Savings – Funding is reduced for voluntary placement service due to under expenditure. (\$.2) Total - (\$.2) GFS Effective September 2010

** DDD - RHC Staff and Service Reduction - Expenditures will be reduced in Residential Habilitation Centers by 6%. Eliminates 24 FTEs. (\$5.1) Total - (\$1.9) GFS - Effective October 2010.

** DDD - Professional Services Reduction – DDD therapy and technical assistance for residential services, employment, **Senior Families, Parent to Parent and Self Advocacy** contracts will be reduced. (\$.7) Total - (\$.2) GFS - Effective October 2010.

**DDD - SOLA Reductions – Expenditures in the DDD State Operated Living Alternatives will be reduced by 3.5%. Affects 116 clients (\$0.07) Total - (\$.03) GFS - Effective January 2011.

** DDD/LTC – Agency Provider to Individual Provider, Based on Ability to Supervise – In-home personal care clients who are assessed to be able to manage and direct their personal care aide will only be eligible to receive services from an Individual Provider (IP). Agency (AP) clients who can manage and direct their own services will be transferred to the IP program. Affects 6,000 clients

Call Paula for questions/information about these issues.

Helpful Tips for Stress Free Holiday Season

Wrap presents early, but add ribbons bows and tags later. You can just add your label or a sticky note so you don't forget who it is. Just customize it before the Holiday event.

Tackle the writing and addressing holiday cards in good fun. Invite friends or family over to get everyone's cards done all at once. With your favorite beverage, snack and friendship it can make it an enjoyable time.

Keep universal presents on hand for the last minute parties. Great examples are sewing crafts, or some jars of locally home made preserves, and soaps, Visit your local farmers market.

Fly lightly while traveling for the holidays. Lighten your load by purchasing gift cards instead of packages. If you bring a packages wrap them in a way that the airport security will be able to examine the contents. With a box you can wrap the top and bottom separately, with the card and ribbon tucked inside for attaching later.

Cut back on last minute grocery trips stocking up on baking ingredients early. Make sure you have the basics you'll need most often: butter, flour, granulated and brown sugars, baking powder and soda, yeast and vanilla extract.



With just a little holiday magic, kids can turn houseplants or outside plants into grand trees on cards and gift tags. Snip the tip off a fern. Attach to construction paper with white glue. Cover with paper towel, weight down, and let dry for one day. Let them decorate their tree with buttons, stars and so on.

Trees and Snowflakes

With the right supplies, these cards are much easier to make than they look. Soft-touch scissors are designed for crisp, intricate work; origami paper is square and thin, making folding and cutting easy. You will also need glassine envelopes, colored paper, a hole punch, spray adhesive, and string.

Snowflake Card How-To

1. To make a snowflake, fold a piece of origami paper into even quarters, and draw a pattern on it; or print out and use our [template](#). Cut out the shape, and unfold the paper.
2. Place the resulting snowflake in a glassine envelope, either alone or glued to a colored-paper backdrop with spray adhesive.
3. A greeting can be written on the paper, if desired. Punch a hole in one or two corners of the envelope, and attach a loop of string so the card can be displayed on the Christmas tree.

Festive Appetizer Spread

- 2 packages (8 ounces each) of PHILADELPHIA cream cheese, softened
- 1 jar (8 ounces) CHEEZ WHIZ pasteurized process cheese sauce
- 1/4 cup each chopped red pepper and sliced green onions
- 2 teaspoons Worcestershire sauce

Mix all ingredients with electric mixture on medium speed until well blended. Refrigerate.

Garnish with chopped nuts, parsley or fresh veggies.

Serve with assorted crackers, breads, breadsticks or cut up vegetables.

Source: Kraft Best Ever Holiday Collection, 1999 page 12



From Martha Stewart Living,
December/ January 1997/1998
<http://www.marthastewart.com/article/snowflake-cards>.

If you avoid the busy holiday rush of shopping by going online check out this website www.goodsearch.com By searching the Internet or shopping online with GoodSearch, and it is powered by Yahoo! You will be donating to Lewis County Parent to Parent. So help support Parent to Parent!!!!





Influence of Television on Our Children

The Center on Media and Child Health at Children's Hospital Boston, Harvard Medical School, and Harvard School of Public Health is dedicated to understanding and responding to the effects of media on the physical, mental, and social health of children through research, production, and education. [Learn more about the staff, mission and projects of CMCH](#)

Infants and Toddlers: Ages 0 - 2

An infant's brain triples in volume in the first two years of life. In order for children's brains to develop in the best possible way, parents should focus on encouraging these three activities:

Interacting with people - This includes activities like talking, playing, singing, and reading with parents, siblings, and other children.

Handling objects in their physical environment - This includes activities like playing with mud, splashing in water, and picking up cereal.

Solving open-ended problems - This includes activities like building with blocks, trying on shoes, and sorting and stacking toys and other objects.

So how do media fit into these needs of infants and toddlers?

Television and Movies

Because no one can influence what happens on television screens, this kind of media does not offer opportunities for interaction. There is very little research evidence to suggest that watching television is beneficial for children of this age.

Since 1999 the American Academy of Pediatrics has specifically [recommended](#) that parents avoid all screen media exposure for children under the age of 2. Despite a great deal of controversy, many experts support the AAP recommendation, based on the research to date.

A few studies have suggested that television viewing before age two may be harmful to children's development. One study showed that when children were in a room with toys, they played less with the toys when an adult television show was on in the background ([see this study](#)). In other studies, the amount of television children watched at home predicted lower IQ scores and reduced language skills.

However, one recent study found that watching educational children's programs like *Dora the Explorer*, *Arthur*, and *Blue's Clues* was related to better language development ([see this study](#)).

See tips for using [television](#) safely



Music

Music is great for children under two, especially instrumental music and songs with simple lyrics. Music can also help young children with memory-building skills. Getting to know classic sing-along songs is a great task for memorization.

Pre-teens: Ages 10-13

During this stage of life, children make changes toward becoming adults, both physically and emotionally. The important areas to focus on are:

Independence - Children will want a sense of independence and will often rebel against parents at this age. Help them gain confidence and push themselves while keeping reasonable boundaries.

Physical Activity - It is important for children of this age group to get into habits of regular physical activity that they enjoy. As their bodies change, they need to remain active to avoid overweight. Encourage them to join team sports at school or participate in individual sports like dance and gymnastics.

Friendship - At this age, kids are likely to spend more and more time with friends. They will test out different groups of peers to see where they fit in and which parts of their identities they want to express.

So how does media fit into these needs of pre-teen children?

Television and Movies

Preteens are likely to watch TV and movies either alone or with friends, but rarely with their parents. Although parents will have less control over what kinds of things their kids see in the media at this age, they can still establish [time limits](#).

Because of their desire for independence, preteens might ask for a TV in their bedroom. CMCH strongly recommends keeping media out of children's bedrooms. Research has shown that children with media in their bedrooms are more likely to be [overweight](#) and to have sleep problems.

See tips for using [television](#) safely

ACTIVITY and PARTICIPATION IN CEREBRAL PALSY RESEARCH PROJECT

Physical activity and life participation
in children with cerebral palsy

We want to know how the physical activity of children with walking problems or cerebral palsy relates to what they do in their day to day lives.



We are looking for children who:

- Have walking problems that started before age 2
 - Have any type of cerebral palsy or primary problem that is a developmental movement disorder
 - May have hemiplegia, diplegia, walking quadriplegia, ataxia, spastic, mixed tone, athetoid, or dyskinetic
 - Ages 2 years to less than 10 years
 - Able to do some functional walking with or without help (walkers, gait trainers)
- **Project requires a one time visit to Seattle Children's Hospital of about 2 hours.**
 - **Children and/or parents will complete surveys.**
 - **The child will be tested for their gross motor and walking skills like a physical therapy visit.**
 - **The child will be given an ankle monitor to wear for 7-10 days.**
 - **They will return the monitor by mail with a questionnaire about what they did the last week.**
 - **Families will receive a print out of their child's walking activity**
 - **The family will receive \$40 for their time and effort**
 - **Families will also receive mileage for the visit to SCH.**

Contact:

Kristie Bjornson, PhD, PT
Ph: 206-884-2066,
Kristie.bjornson@seattlechildrens.org
Pediatrics, Developmental Medicine
Seattle Children's Research Institute

Seattle Children's
Seattle, Washington
Institutional Review Board

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APPROVED



Research Institute MMYY

Influence continued from page 6

Body Image

Because preteens' bodies are growing and changing, they may feel insecure about how they look. Celebrities on TV and in the movies as well as fashion models in [magazines](#) have the potential to make preteens feel worse about themselves.

In the media, the ideal body type for women is ultra-thin. The ideal body type for men is overly muscular. Neither of these body types are realistic or healthy for preteens, but they may compare their own bodies to the ones they see on TV or in magazines.

There is more information available for each age group. Check it out online at <http://www.cmch.tv/>



A program of Reliable Enterprises

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If you want children to keep their feet on the ground, put some responsibility on their shoulders

We're on the web!

Newsletter:

www.reliableenterprises.org/newsletters.html

Child Health Notes:

www.reliableenterprises.org/ChildHealth.html

Special Visitor Arrives at 6:30

Come for Crafts, Food, and FUN!

Refreshments will be provided.



2010 KIDS CALENDAR

November

National Diabetes Month

6— Veterans Day Parade in Winlock

11— Veterans Day

23-27— Festival of Trees

25— Thanksgiving Day

26— Tree Lighting Downtown Centralia



December

World Aids Day

2— Parent to Parent Christmas Party

4— Santa Parade Downtown Chehalis

4-5— Santa Steam Train Ride

21— First day of Winter

25— Christmas Day

31— New Year's Eve



Come to the Christmas Party

When: Thursday, December 2

**Where: Virgil Lee Bldg,
Chehalis Recreation Park
13th and Cascade**

Time: 6:00— 8:00 PM

Please RSVP Angela by calling 736-9558
Or 269-4828

Signing Santa

Presented by the Signing Santa Organization and Lacy Parks and Recreation, this program brings deaf and hard of hearing children and their families, friends, and the community together. It is a chance for all children to gather and see the spirit of giving, seek new friends and promote awareness of the deaf community to all. Visit signingsanta.org

When: Friday December 3, From 6:30— 9:00 pm

Where: TBD

It's Free