



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

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About Parent to Parent

The first Parent to Parent program in the U.S. was founded by Fran Porter, a parent, who collaborated with Shirley Dean, a social worker in 1971 and petitioned the Greater Omaha Arc in Omaha, Nebraska to establish Pilot Parents of Nebraska, a program in which parents of children with disabilities could share information and emotional support with other parents through a one-to-one match.

Parent to Parent in the State of Washington started in 1986. One thing that is clear, Parent to Parent has been around for a long time and for a great reason. One may never think it could happen to them a child born with a special need. Many parents have a child with Autism, learning disability, or another diagnosis. At the Autism Conference in September, I felt for many parents as they discussed that they want support. Some parents told me they get the newsletter, but never really read through it. Lewis County Parent to Parent has been here for a while, so we are here to help.

Our son was born with 22 q 11.2 deletion and, we did not find this out until he was 2 years old and after his heart surgery. As of now I have not really connected locally with parents with a child with the same diagnosis. I have connected with parents with children with a developmental delay or different diagnosis, I have realized we may not have the same diagnosis, but we have the same emotions, behavioral problems, financial stresses, and parental support needed. So if you have a child with special needs, Autism, a diagnosis or no diagnoses, feel free to contact us. We can connect you with others going through the same process. Talking to others can really help, with the IEP process in schools, behavior, and hospital stays. Just know that you are not alone.

For more information contact Angela Naillon 360-269-482

Source: <http://www.p2pusa.org/p2pusa/SitePages/p2p-about.aspx>

In this issue:

<i>Resources & Events</i>	2
<i>Make a Difference Informing Families</i>	3
<i>Conference Calendar</i>	4
<i>Allergies</i>	4
<i>Movie Time</i>	5
<i>Tips for Special Education</i>	6
<i>New Support Group for Autism</i>	7
<i>Protect People with Disabilities</i>	7
<i>Kids Calendar</i>	8



Words Can Hurt

Our son has had endless specialist appointments, he is on number ten in specialists and he is only 4 1/2 years old. I have been asked more than once with his 22 q 11.2 deletion, is his sister "normal." Both our children were in the room when asked this. It took all I had in me not to cry, then get angry. Our son should never have to feel he is not "normal" he is a person, Cole. I have had great doctors that explained this was a spontaneous mutation, this just happened. These doctors also told me to never let his diagnosis change him, let him grow into the person he is meant to be.

I have taken this whole heartedly, why should we limit him because of this? The hospital stays and blood draws, tests, and surgeries are enough for this little boy. He is funny, loves to help, loves to play outside, his sister is his best friend, questions many things and loves the beach. I try to look at all the positive's he has become, even in this hurtful, stressful situation. I have learned firsthand how words can hurt, I felt when asked if the other child was "normal" like I did something wrong that Cole has this deletion.

So with this I think of what I say to my children, I do not want them to think less of themselves. Trust me I have two very active kids and have moments of complete frustration. A couple stories, they got a hold of the sunscreen last summer, in a matter of minutes, they were completely white along with the huge front window outside, completely covered in sunscreen. I was upset yes, what a mess I had to clean up, but all I could do was laugh. I found out dish soap helped break the sunscreen down and eventually cleaned off. Another creative moment was dish soap and water clear across the kitchen. They were helping me clean dishes and I left for just a moment, and came back to two kids slip and sliding across the kitchen floor. I thought the bubbles in the bathtub would never stop while trying to wash them, let alone wiping all the bubbles off the floor. I have learned kids are busy, they love to explore. It is not fun cleaning up after them; I am now making them help me clean up their messes. They are exploring and learning. So as a child I think how words can hurt them as well, we should choose our words wisely. What we say to a child could really affect them.

By: Angela Naillon

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

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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

November 9— Responding to Challenging Behavior

Presenter: Dr. Greg Benner
of Special Education, U of WA

December: No Presentation

Please call to sign up, we want to make sure we have enough room

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

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

Child Health Notes are online!! There are great topics that can help your family. The new Child Health Note is Fetal Alcohol Syndrome. You may view past and current issues on our website.

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.



Lewis County Special Olympics

Basketball will be starting the first weekend in December, let us know by **Nov 15th** if you are interested so you have time to get your paperwork in before the first practice.

They need volunteers to meet quarterly to discuss fundraising, needs of coaches and athletes and how to keep Special Olympics moving forward in a positive way.

Contact Barbara at 740-0955 or like us on Facebook: Lewis County Special Olympics. All of our contact information along with lots of pictures are there.



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

Winter Weather is Approaching are you

Prepared?

Do you have enough food and water if power goes out?

Emergency supplies in your vehicle incase stranded, including water, blankets, food?

It is that time of year and better to be prepared.

For more information visit www.doh.wa.gov



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

<p>1st Wednesdays 9:00 ** Next one is February 1, 2012 DDD office 1000 Kresky Centralia</p>	<p>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 serving families. Contact Rayna Austin at 360-748-4359.</p>
<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p>Lewis County Developmental Disabilities Advisory Board Meeting 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</p>
<p>Now meeting every other month, call for dates HWC 106 Centralia College</p>	<p>Lewis County Eye on Early Learning 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.</p>
<p>2nd Tuesdays 3:00 Centralia College</p>	<p>Healthy Families Coalition - 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</p>
<p>1st Thursdays 8:00 am 156 N.W. Chehalis Ave Chehalis</p>	<p>Lewis County Mental Health Coalition 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.</p>
<p>3rd Saturday 2:00-4:00 pm Harrison Square 1227 Harrison</p>	<p>People First Chapter Meeting 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'</p>
<p>Last Friday of the month 2nd Floor of the Health Department 7:30-9:30</p>	<p>Autism Coalition Meeting Community members, doctors, and parents are getting together to discuss needs for our community. Trainings, classes, and road maps to help those affected and helping. Contact Rayna Austin at 360-748-4359</p>

Handbook Offers College Advice for Students with Autism

By: Michelle Diamant

A new guide released this week offers a step-by-step look at college life for those with autism — offering tips on everything from classroom accommodations to dealing with roommates — and it’s written by adults with the developmental disorder.

At over 100 pages, the handbook produced by the Autistic Self Advocacy Network is said to be the first-of-its-kind to be geared toward individuals with autism rather than parents or professionals.

It’s punctuated by first person accounts and frank talk, offering young people with autism a look at the changes they can expect when transitioning to college both socially and academically.

The guide also touches on topics like self-advocacy, independent living and basics like maintaining good eating and sleeping habits.

Dubbed the “Navigating College Handbook,” the guide is available as a free [download](#) or in printed form for a fee.

Source: <http://www.disabilityscoop.com/2011/10/25/handbook-college-autism/14313/>

Check out the website new website for more great information <http://disabilityrightsgalaxy.com/>





2011/2012 Conference Calendar



November 2011

11/8: Autism Conference: Family Is Important - 9:00am to 4:30pm in Pullman. Call (509) 335-2321 Toll Free 1-866-326-4864 or click [here](#) for more info.

11/17: Autism 200 Lecture Series presents "Autism 211: Combating Isolation and Finding Support"; Seattle Children's Hospital Autism Center, 7-8:30pm. Call (206) 987-8080 to register.

December 2011

12/2: Future Horizons' and Sensory World's 2011 Conference - Seattle. With Dr. Temple Grandin, Jennifer McIlwee Myers, and Maria Wheeler. Click [here](#) for more info and to register or call 800.489.0727

March 2012

3/7 to 3/9: Special Education Conference: Improving Special Education & Related Services to Students of All Ages - A Professional Continuing Education Conference in Seattle. Click [here](#) for more info.

May 2012

5-2 to 5/4: Infant and Early Childhood Conference. Click [here](#) for more info or call 360-629-8181



Information About Food Allergies

We had a great presenter Ann Wahl RN from Seattle Children's Hospital come to our free community presentation last month. She gave us great information along with parents dealing with food allergies that I thought I would share to those who were not able to attend.

- One may think that just using a hand sanitizer will get the food off, but this is untrue. It just moves the protein around, one must wash their hands.
- If a child gets the allergen in the eye, they will have a quick reaction like eating the food.
- Be careful of art supplies and products, playdoh can have wheat in it along with shampoo's. Some finger paints could have a nut base or oil.
- If a child has a reaction and you use the epinephrin do not delay call 911, sometimes a child needs a second dose after 30 minutes. If you live far away, safe practice to make sure you have two epipens.

Great website to check into

American Academy of Allergy, Asthma, and Immunology (AAAAI)

www.aaai.org

Food Allergy Initiative (FAI)

www.faiusa.org

Food Allergy & Anaphylaxis Network (FAAN)

www.foodallergy.org



Yelm Cinema Theaters and South Sound Parent to Parent Present:

You've heard of "movie night".
Well, how about "movie morning"!!
Come and bring the entire family
to a sensory friendly movie.
Dress up in costume or leave your p.j.'s on
and enjoy the movie!!
Please contact Sheila at (360)352-1126 ext. 101
if you have questions
Ticket Prices: \$6.25/children & \$6.75/Adult

WHEN: Saturday, November 19 ~ doors
open at 8:00 am ~ movie starts @ 9:00 am
WHERE: Yelm Cinemas ~
201 Prairie Park Street NE Yelm, WA
Concession stands will be open

Now Playing



Would you like to go to a sensory
friendly movie in Chehalis?
Please send a email or give us a
call to let us know. We need 35
people to be able to sponsor
this. And we would like to!

Autism

Now, the Autism Coalition will carry forward this momentum to improve the quality of life for children on the autism spectrum, their families and our community. Please join us!

The energy and ideas generated has led the Lewis County Autism Coalition to take the following action:

(1) Parent/Caregiver Support Group. In the coming weeks a Support Group will be launched for parents and family members/caregivers.

Several of you indicated interest in participating in such a group, and you will be notified of its first meeting. For everyone else, please contact me (grassrootsnw@comcast.net) if you would like to participate.

(2) Community training program. Members of the Autism Coalition will provide targeted training sessions for educators, parents and caregivers, health care and medical staff. Topics will include the M-CHAT screening tool and practical tips for supporting children on the autism spectrum.

(3) Autism Coalition. The Coalition meets each month on a weekday morning in Chehalis. Interested in participating?

Send me an email and I will put you on the email notice list. The Coalition will coordinate implementation of the support group and training program, and explore developing community services that can address the unmet needs for children and their families. As promised, the powerpoints and several handouts presented that day are now available online to all attendees.

You can access all these documents at the NW Pediatric Center website:

<http://nwpeds.com/article.php?id=103>

Thank you to NW Pediatric Center for providing this service.



Tips from the Special Education Section

The following tips are compiled from the monthly updates. They are sorted by topical areas, and will be updated quarterly.

INDIVIDUALIZED EDUCATION PROGRAM

Completing Annual IEPs

Originally printed in the February 2011 Monthly Update

Meeting annual IEP timelines is important. Equally important is parent participation in the IEP team process. For a majority of IEP team meetings, the annual meeting is the one time all team members meet with the parent. It is an opportunity for all team members to provide input. OSPI receives questions about requirements for completing annual IEPs when parents disagree with the IEP. Here are the following suggestions:

What to do:

Schedule the meeting in advance of the annual due date, especially when the team is aware that there may be disagreements.

Ensure that all team members can attend, and that the meeting is scheduled at a mutually agreeable time and place with the parent. If after scheduling a meeting, a team member cannot attend, be sure to follow the procedures for excusal, or if there is not consent/agreement by the parent and district, then reschedule the meeting. If the district cannot convince the parent to participate, either personally or by other means, and it has documented its efforts to obtain participation, the district can hold the meeting.

If after the meeting, there are still areas on the IEP needing to be addressed, schedule another meeting.

If after the meeting or meetings, the district believes it has offered FAPE, prepare the prior written notice to be provided to the parent, including proposals and refusals, and state the date the IEP will be implemented.

What not to do:

Do not call the parent a day or two before the annual due date, to inform them that their only option is to meet right away, and that the meeting will go forward without their participation.

Do not call the parent a day or two prior to the meeting to inform them that not all team members can attend, but that the case manager will be sure that everybody signs the IEP.

Do not ask the parent to review and sign the IEP without a meeting with assurances that the "entire" team will meet later.

Do not tell a parent that without their signature noting their participation, the district cannot provide the student with services.

IEP Amendments

Originally printed in the May 2011 Monthly Update

After an IEP team develops a student's annual IEP, the parent and the school district can agree to make changes through an amendment. These changes can be made by the entire IEP team, or if the parent agrees, the amendment can be made without the entire IEP team present. If the IEP is modified using an amendment, either the district can note those changes on an amendment form, or it can revise the current copy of the IEP with the amendments incorporated into a revised document. A parent can request that the entire IEP be modified. Keep the following tips in mind when using an amendment process.

- Amendments do not extend the annual date of the IEP.
- Amendments are not retroactive.
- Do not amend the IEP and then ask the parent if they agree to an amendment. Either convene the entire IEP team, or obtain the parents agreement to amend the IEP without the entire IEP team BEFORE amending the IEP.
- Make sure that the document, whether an amendment form, or a revised IEP with the amendments contained in the entire document, clearly explains what areas are amended, including changes to the summary of services, if needed.
- Make sure that all team members are aware of the amendment, and make sure that all providers are aware of any changes to their responsibilities.

There is a lot more great information that can help you through this difficult process. Check it out!!!

Source: http://www.k12.wa.us/specialed/pubdocs/Tips_From_OSPI_SpEd.pdf



Do you know a child with Autism?

A NEW SUPPORT GROUP FOR AUTISM IS FORMING!!!

This will be a great time to get to know other family members, caregivers, teachers and people that are in support of you!!

Please come and share your stories!

We would like to meet monthly and get all parents involved.

Wednesday,

November 16, 2011

5:00 – 7:00 pm

Chehalis Library

400 N Market Blvd.

For more information contact Chris Parkhurst at chrispa@toledotel.com or 360- 864-4249

Protect People with Developmental Disabilities!

DSHS and the Healthcare Authority proposed 10% budget reductions would eliminate all services for 8,600 people with developmental disabilities (41% of the current caseload).

- 1,000 individuals and their families will no longer receive Individual and Family Services (100% of current clients).
- 3,000 people eliminated from Medicaid Personal Care (48% of current clients).
- 5,600 people will no longer be eligible for their Home and Community Based Services waiver services (48% of current clients).
- 4,000 people will lose residential services and could become homeless.
- Adults would lose all of their prescription drug coverage and would experience immediate health concerns.
- 4,000 people will lose their employment supports and could become unemployed.
- Thousands of local jobs in the private sector would be eliminated for those providing support including providers of residential, employment, home care, county and state governments causing more reliance on government supports.
- \$83M was already eliminated last session for services to people with developmental disabilities and their families.

We need a balanced approach including further efficiencies and increased revenues to solve the current budget deficit.

Don't balance the budget on the backs of people with developmental disabilities and their families.

TO HELP MAKE A DIFFERENCE COME AND SHARE YOUR STORIES ON ADVOCACY DAY STARTING IN JANUARY ON WEDNESDAYS..

WE ALSO NEED PEOPLE TO ATTEND THE MEDICAID RALLY IN OLYMPIA ON NOV. 28TH

TO SIGN UP FOR LEGISLATIVE UPDATES PLEASE GO TO YAHOOGROUPS.COM THE NAME OF THE GROUP IS LEWIS COUNTY FAMILY SUPPORT NETWORK.

You can also contact Governor Gregoire at 360-902-4111 Email: www.governor.wa.gov/contact

For more information, questions or concerns please call Paula at 360-880-0672



A program of Reliable Enterprises

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A family is a unit composed not only of children, but of men, women, an occasional animal, and the common cold

~Ogden Nash

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

February 16, 2012

Will be going over Emergency Preparedness and the importance of Care Notebooks

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.

JUMP!

Chehalis Thorbecke's
Monday's 11 - 12 and Thursdays 4-5 PM
At the Thorbecke's FitLife in Chehalis
For more information call Sue 748-3744

2011 Kids Calendar

November

National Diabetes Month

5- Veterans Day Parade in Winlock

6-Daylight Savings Time Ends

11-Veterans Day

21-26 Festival of Trees

24-Thanksgiving

25-Tree Lighting Downtown Centralia

December

World Aids Day

3-Santa Parade downtown Chehalis

3-4 and 10-11 Santa Steam Train Ride

10-Parent to Parent Christmas Party

16-18 SWW Dance Center Nutcracker Ballet Corbet Theater

20-First Day of Winter

25—Christmas

31-New Years Eve

Want to find out more visit <http://www.tourlewiscounty.com/places.php>



Christmas Party!!!!

It is that time of year again to get together, makes some crafts, and eat some yummy snacks.

This year will be different it will be on a **Saturday**

When: December 10, 2011

Where: Virgil Lee Building
Chehalis Recreation Park
13th and Cascade

Time: 2:00– 4:00 PM

Please RSVP Angela by calling 360-269-4828

