

Let your voice be heard!



Decisions will be made in Olympia this legislative session which could affect programs and supports for children and individuals with disabilities and their families (like you!).

What can YOU do?

Take a moment to:

- ⇒ Visit the Arc of Washington's Advocacy pages to learn more about the legislative process and what's happening in Olympia during this legislative session: <http://www.arcwa.org> (click on the "Advocacy" tab)
- ⇒ Sign up for an Arc "Action Alert"- You'll get regular email updates about legislation that could affect your child and family.
- ⇒ Contact your legislators- By phone, email or regular mail. Let them know about your child and family and the kinds of services that are helpful, supportive, and essential.
- ⇒ Visit Olympia! "Advocacy Days" provide structured times where you can learn with others about current issues and then have an opportunity to visit with legislators. For more information, or to register, call the Arc at: 1-888-754-8798, ext. 105 or e-mail: bean@arcwa.org. Remaining Advocacy days for this session are: February 10, 17, and 24; March 3 (session wrap-up).

13th District (Selah)	Janea Homquist (R) (360)786-7624 Holmquist.janea@leg.wa.gov	Judy Warnick (R) (360)786-7932 Warnick.judy@leg.wa.gov	Bill Hinkle (R) (360)786-7808 Hinkle.bill@leg.wa.gov
14th District (Naches, Yakima, Union Gap, Tieton, Cowiche, Ahtanum Tampico)	Curtis King (R) (360)786-7626 King.curtis@leg.wa.gov	Norm Johnson (R) (360)786-7810 Johnson.norm@leg.wa.gov	Charles Ross (R) (360)786-7856 Ross.charles@leg.wa.gov
15th District (Grandview, Sunnyside, Granger, Zillah, Toppenish, Wapato, Harrah)	Jim Honeyford (R) (360)786-7684 Honeyford.jim@leg.wa.gov	Bruce Chandler (R) (360)786-7960 Chandler.bruce@leg.wa.gov	David Taylor (R) (360)786-7874 Taylor.david@leg.wa.gov

Transition from High School "tool kit":
<http://www.pacer.org/tatra/2009award.pdf>

TRANSITION TID-BITS
(Stepping into Adulthood)

Have you heard about Dial-A-Ride?

Dial-A-Ride is a Yakima Transit program that provides door-to-door transportation to pre-qualified riders living in Yakima or Selah.

People certified as eligible according to the standards of the Americans with Disabilities Act (ADA) may use Dial-A-Ride to travel for a minimal fee. Disabilities which could qualify someone to use Dial-A-Ride include mobility, vision, respiratory or cardiac impairments, mental disability and/or cognitive/developmental disabilities. Each person must complete and submit an application form which includes a medical verification of their disability from a licensed medical practitioner.

For an application, contact Yakima Transit's Dial-A-Ride program at 575-6054.

 Would you like to be added to an email distribution list to receive updates about classes, events and resources? Please send an email to: tracie.hoppis@ymh.org
Stay informed!!!



Parent to Parent is supported by:
Yakima Valley Memorial Hospital
The Memorial Foundation
Yakima County Department of Community Services
United Way of Central Washington
Washington State Parent to Parent
Yakima Valley Dairy Women

Giving is the Greatest Gift of All!

By McKenzie Mitchell

McKenzie attends a local Junior High and is a mentor in Parent to Parent's one 2 one program at Children's Village

I have learned that giving is better than receiving. I have been very lucky; getting everything I have ever wanted or needed. Growing up, I was blessed with good health, a great supportive family and of course all the Barbies, Disney Princess stuff, and clothes I could ever want. Christmas was always an incredible joy for me, as it is for many children. There was nothing better than going to Grandma's house on Christmas Eve. As soon I walked in the door I would run over to the tree and look at stacks of presents taller than me and stare in amazement. And, as if I didn't get enough gifts that night, I would anxiously await Christmas morning when I would again greet a tree with presents overflowing and a stocking full to the brim. I don't necessarily remember all the presents I received but I do remember the feeling that I got every Christmas, the feeling given by my family.

Last year, on my fourteenth birthday I had a big bonfire to celebrate. Instead of asking my friends to bring gifts, I had them bring dog food and toys for a local animal sanctuary, Wags to Riches. It was very successful and in the end we gathered over 400 pounds of dog food and many toys. The feeling I got was amazing, better than any gift I could have ever received. This year, for my fifteenth birthday, I had another bonfire, but this year I decided to ask my guests to bring toys, books, or games for Parent to Parent's Holiday Festival at Children's Village. I had a great time with my friends that night, and thanks to them and some local merchants, we collected over \$600.00 worth of games, toys and books. After the bonfire, I sat down and looked at everything we gathered, and thought about how much fun I would have had with them when I was little. So, for my fifteenth birthday, I got the greatest present anyone could get; the joy of giving. I hopefully made some child's Christmas a little better. I hope I could give them not only a present, but a feeling. The same feeling I received on Christmas morning when I would run down the hall to see what Santa had brought me. I hope that I gave a child the feeling of a very Merry Christmas. And that's the greatest gift I think anyone could ever ask for.



www.healthychildren.org

A new website dedicated to kid's health. The website is divided into multiple, user-friendly sections, including:

- ⇒ **Ages & Stages:** Information on the health issues of infants through adolescents, including interactive content on developmental milestones
- ⇒ **Healthy Living:** Up-to-date guidance on fitness, sports, oral health, emotional wellness and nutrition.
- ⇒ **Safety & Prevention:** Preparing for health scenarios that occur at home, school and on the go, as well as in-depth information on the immunizations children need to stay healthy.
- ⇒ **Health Issues:** An A-Z list of more than 300 health care topics.

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

~William Arthur Word~

New from the Center for Children with Special Needs at Seattle Childrens- "Story Network"

The Story Network is a community where parents of children and teens with an ongoing health condition or special need can read and tell honest, hopeful stories about day-to-day life, coping during crisis, staying strong, or getting emotional support. Parents around the world have positive stories to share—stories that can help us all know we have a network—we're not alone. The idea for this project came from families seeking a way to show positive examples of living well with an ongoing health condition.



Family Support

Parent to Parent Connection

A newsletter produced by Parent to Parent and Yakima County Interagency Coordinating Council (YCICC) as a service to families who have children with special health or developmental needs and the professionals who work with them. If you would like to submit an article or resource information to this newsletter, please contact Parent to Parent at: Children's Village, 3801 Kern Rd., Yakima, WA 98902

(509)574-3260/(800)745-1077




For more information, or to share your story, visit: <http://cshcn.org/support-connection/shared-stories-network>

Local Meetings & Groups

Activity	Date/Time/Place	Contact
<p>Valley Parents Support, information and education for parents and caregivers raising children with special needs.</p>	<p>1st Tuesday of every month 6:30-8:00 pm Children's Village Free child care provided</p>	<p>Parent to Parent (509)574-3260/(800)745-1077 Free child care provided tracie.hoppis@ymh.org</p>
<p>Yakima Autism/Asperger Support Support, information and education for parents and caregivers raising children with Autism Spectrum Disorders.</p>	<p>3rd Thursday of every month 6:30-8:00 pm Children's Village Free child care provided</p>	<p>Parent to Parent (509)574-3260/(800)745-1077 Free child care provided tracie.hoppis@ymh.org</p>
<p>Scrappin' at the Village Scrap-booking group for Village parents</p>	<p>3rd Thursday of every month 1-3:00 pm Free child care provided</p>	<p>Parent to Parent (509)574-3260/(800)745-1077 tracie.hoppis@ymh.org</p>
<p>Yakima Chapter Fathers Meetings Support for dads raising kids with special needs.</p>	<p>4th Tuesday of every month (except December) 7-8:30 pm</p>	<p>Spencer Hatton 453-0310 John Mahaney 248-0843</p>
<p>KIDSCREEN Free screening tests and immunizations for ALL kids birth to 6 years.</p>	<p>2/24/20 Yakima 3/16/10 Granger 3/25/10 Zillah</p>	<p>For more information, and to schedule an appointment, call: (509)454-3103/(866)543-7276</p>
<p>Kinship Support Group For grandparents raising grandchildren</p>	<p>2nd and 4th Monday of every month 12-1:30 pm, Morning Star Church, 509 N. 4th St., Yakima</p>	<p>Casey Family Programs Cynthia Gleich (509)457-8197</p>

Workshops & Conferences

Scholarships or funding may be available for any of the listed conferences or workshops

<p><u>Families United for a Better Future</u> A Conference for Spanish Speaking Families Raising Children with Developmental and Other Disabilities</p> 	<p>March 20, 2010 8:30-4:00 pm Sunnyside High School 1801 E. Edison Sunnyside, WA</p>	<p>Cost: Free Registration Required Contact: Anita Partida, PAVE (509)837-5387; or Gracie Montelongo, WSMC (877)821-4113</p>
<p><u>Autism Spectrum Disorders:</u> New Research on Causes and Best Practices in Assessment and Intervention By Martha Burns, Ph. D., CCC-SLP</p>	<p>April 13, 2010 West Valley Fire Station #5 10000 Zier Rd. Yakima 98908</p>	<p>Cost: \$100.00 by 4/1/10; \$125.00 after Parent Scholarships available Yakima Valley Hearing & Speech Center (509)453-8248 lisaw@hearingandspeechcenter.com</p>

Yakima Valley Memorial Hospital
2811 Tieton Drive
Yakima, Washington 98902

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Parent to Parent

Parent to Parent offers:

- Emotional support and information by connecting parents with other parents
- A quarterly newsletter in English & Spanish
- one 2 one– Inclusive recreation program
- Village Teens– Teens with and without disabilities getting together for fun and recreation
- Family social events
- Sibshops– Workshops for brothers & sisters of children with special needs
- Monthly parent groups in Yakima & Sunnyside
- The Kids on the Block– Puppets and scripts that portray life and issues faced by children with disabilities
- Parent training for parents interested in joining the Parent to Parent network
- Neonatal Intensive Care Unit Parent Support Project

Did you know...

About the followings services and supports for Grandparents and Relatives Raising Children?

- ⇒ Ongoing financial assistance through TANF (Temporary Assistance for Needy Families)
- ⇒ Medical assistance (also known as Medicaid or medical coupons)
- ⇒ Childcare assistance
- ⇒ Short-term support through the Kinship Caregivers Support Program
- ⇒ Emergency, short-term support to unlicensed relative caregivers through the Relative Support Services Program
- ⇒ And more!!!

For more information, call:
(800)422-3263; or visit:

http://www.doh.wa.gov/cfh/mch/documents/did_you_know.pdf

Yakima County Interagency Coordinating Council

We need you!

Please join us...

Our mission is to develop a family focused, coordinated, collaborative system of health, social, and education services for at-risk children and their families. The system will reflect the cultural and geographic diversity of Yakima County.

Meeting dates for the 2009/2010 year are:

10/22/2009

3/25/2010

5/27/2010

8/26/2010

9/23/2010

Meeting time is 12-2:00 pm

Children's Village, 3801 Kern Rd., Yakima

Free child care provided with advance notice.

For more information, call:

Children's Village
(509)574-3260 or (800)745-1077

