



FAMILY LINKS



Walla Walla Parent to Parent
Walla Walla Valley Disability Network.

New P2P Coordinator & Recreation Coordinator for WWVDN

Walla Walla, WA, November 20, 2017– Walla Walla Valley Disability Network (WWVDN) announces a new Walla Walla/Columbia County Parent to Parent (P2P) Coordinator, Angie Witt and Recreation Coordinator, Reese Bentley.



Families with children with disabilities are offered a chance to connect with other families with children with similar disabilities through P2P. Angie's role is training volunteer Helping Parents and providing families with emotional support and informational trainings to navigate parenting children through their lifespan. Angie returns to this position with 10 years' experience as P2P Coordinator 2001 to 2011. She recently worked at WW County Department of Community Health. "WWVDN is excited to have Angie back in this role, as a parent with a child with a disability, Angie is profoundly knowledgeable of the services and supports available to families" states Cyndy Knight, WWVDN Executive Director.



Also new to WWVDN is Reese Bentley, a newcomer to Walla Walla from Moscow, Idaho. Reese was active in her high school's Buddy Program (an extracurricular club that pairs high school students with students with disabilities in social activities). Reese has begun first steps at WW High School to build a Buddy Program, and is heading up WWVDN's 14 recreation activities designed for children and adults with disabilities. Funding for her position was made possible through the United Way of Walla Walla. Knight acknowledges, "Thanks to the United Way, Reese will be providing a professional level of oversight needed for a recreation program ran almost entirely by volunteers. Reese is organized and is bridging the gaps in community inclusion for people with disabilities."

Both of these ladies join veteran Ysabel Fuentes, Parent to Parent Hispanic Outreach who continues to provide emotional support and information to spanish speaking families in the area. Families are invited to attend the Parent to Parent Support meetings and/or sign up their child/adult to play Basketball (starting January 12) to meet our new coordinators.

Thank you  for your support of our recreational programs.

UPCOMING EVENTS

DECEMBER

30 Sensory Movie – Ferdinand, 10:30

JANUARY

- 5 Peer Mentor Training – WaHi
- 12 Challenger Basketball starts
- 13 Girls Day Out – Helping Parent
- 17 Senior P2P Dinner (Smith's Rest.)
- 19 P2P Hispanic Support Group
- 20 Sensory Movie – Paddington 2

FEBRUARY

- 9 P2P Hispanic Support Group
- 9 Valentine's Night Out (TBD)
- 21 Senior P2P Dinner (Smith's Rest.)
- 24 Col. Co. Helping Parent Training

MARCH

- 9 P2P Hispanic Support Group
- 21 Transition Fair Community Event (no Senior Dinner in March)

FOR MORE DETAILS...



Angie Witt, P2P Coordinator

#(509)540-9880 p2p@wwvdn.org

Ysabel Fuentes, Hispanic Outreach

#(509)525-9435

p2pespanol@wwvdn.org

PARENT TO PARENT CAREGIVER DINNER MEETINGS – NO HOST

JANUARY 17 6:00-7:30 PM

FEBRUARY 21 6:00-7:30 PM

Looking to connect with other families with children in middle school through adulthood who are ready to discuss the realities of caring for adults with disabilities? Join us to laugh and cry and learn about services and resources.

What is a Sensory Friendly Movie at Grand Cinemas WW?

Once a month we show a Family friendly movie (rated G or PG) with:

- The auditorium lights are turned up.
- The volume is lowered slightly.
- The audience is welcome to get up and move around if they need to.
- Admission is \$5.50

Sensory Friendly shows start at 10:30 am



December 30 - Ferdinand
January 20 - Paddington 2
February 17 - Peter Rabbit



Volunteer Opportunity

Middle School and High School Peer Mentors
"With a Little Help From My Friends."

Friday, January 5, 2018

10:00 a.m. — 2:00 p.m. (Free Pizza Lunch included with Training)

Walla Walla High School, Library, 800 Abbott Road

This training counts for 4 Volunteer Hours and you will receive a certificate.

MUST RSVP to Cyndy Knight at #386-2356 or admin@wwvdn.org



Helping children with special needs and/or disabilities.

Our goal for this Peer Mentor Training is to teach general education students about children who have disabilities. Trained Peer Mentors are then invited to be matched with a child with a disability and together they participate in organized community recreational activities (basketball, baseball, summer camp, etc.).

The training includes: Information on five specific disabilities; Autism, Cerebral Palsy, Down syndrome, Epilepsy, and Spina Bifida - Stereotypes of persons with disabilities (Myths & Truths) - How to interact with persons with disabilities - Problem Solving - Sensitivity/ Confidentiality - Peer Mentor Panel - Q&A - Hands on learning on physical/visual limitations (wheelchair scavenger hunt).

For more information, contact Cyndy Knight, Executive Director, Walla Walla Valley Disability Network
#(509)386-2356

SEXUALITY AND DD

TRAINING ON SEXUALITY & DD
– LEARN MORE AT THE
CAREGIVER DINNER ON
FEBRUARY 21 AT SMITH
RESTAURANT AT 6:00 PM

**Talking With Your Kids:
Developmental Disability and
Sexuality Online Course with
Katherine McLaughlin**

ABOUT THE COURSE

Talking with our young and grown children about sexuality can be a daunting task. As parents and guardians, we often worry that talking about sexuality gives permission and we wonder whether our children can actually have safe, satisfying relationships. This course will educate you, and provide the skills you need to be more comfortable and confident discussing this topic.

YOUR GUIDE



KATHERINE MCLAUGHLIN

Katherine, an expert on sexuality and developmental disabilities, has taught sexuality education to people with developmental disabilities and trained them to be peer sexuality educators themselves. She has trained nationally at conferences and workshops, has developed and led many parent workshops. She has lots of experience working with parents, and also working directly with people with developmental disabilities. She is also a mother of two adolescents.

LOCAL PARENT TO PARENT FAMILIES



Masen the Magnificent

September 2017 – Michelle Aguilar

It was a privilege sitting down on a cozy couch at Hot Mama's Espresso with Michelle and Masen Deford. From the time we started visiting, Masen was the star, making sure his stroller was turned to the woman ringing us up so He could greet her. He liked signing "Hi", and frequently used a sign he created himself that was (as Michelle described) half "Hi" and half "I want something".

Masen William Deford was born to Robert and Michelle Deford, on October 22, 2015. His favorite color is blue, and his least favorite thing is when he's well on his way somewhere, but gets stuck before his destination. Masen loves all of his family, but really loves his Grandpa. Masen loved talking about his Grandpa, repeatedly saying his name with fervor while we talked about him. When asked what Masen would do if he could do anything in the world, Michelle said "It would be to spend the day with his family, outside." The best things in life are free.

What is a challenge for the Defords? Preconceived notions of what Masen may or may not be able to do. People sometimes underestimate Masen's abilities. Michelle proudly shares his abilities, and the pure joy in having him as their son. Advocacy for Masen, in the community and society as a whole are important to Michelle. She said, "It's my son's future."

After the initial grief of diagnosis, Michelle said they are thankful and that life is happy with Masen.

What comes easily for Masen? His ability and desire to communicate.

Most challenging? In a perfect world, services needed for Masen would be available locally. As it is, they travel to Spokane for Masen's needs. Pizza, grandpa, and the outdoors are favorite things, whereas sour foods are not to Masen's liking. Masen was confident, happy and communicative. He knows he's adorable, we think so too.

HELPING PARENTS TRAINING & GIRLS DAY OUT – JANUARY 13

9:00 AM – 3:00 PM



HELPING PARENT TRAINING/REFRESHER & GIRLS DAY OUT!

Would you like to make a difference, or make the experience a little less isolating for the next mother struggling with grief, understanding resources/services, and finding her way as a new mother? Perhaps you have been a trained Helping Parent, but haven't been active lately.



Come ready to learn and be pampered. Join us for a Refresher/New Helping Parent Training January 13! If you miss this training in Walla Walla, there will be another Helping Parent Training in Dayton, WA on February 24.

To RSVP, contact Angie Witt, P2P Coordinator, (509)540-9880, or Ysabel Fuentes, Hispanic Outreach Coord. (509)525-9435

PARENT TO PARENT HOLIDAY FUN

Thank you to all of you who came to spread the cheer of the Holidays at one of the three events we hosted in December. December 5th we held the P2P Holiday Party at St. Patrick's for 87 people that involved some cookies and hot cocoa, crafts, indoor snowball fight, a visit from Santa and some awesome door prizes. Thank you to elves, Christian and Esmerelda Fuentes, the WWVDN Board Members for the door prizes and help from Carla Nibler, WWVDN Board President.



December 8, P2P held a Holiday Party at the Delaney Building in Dayton, WA as a Meet and Greet for Families in Columbia County. Five families came to enjoy the hot cocoa/cookies and Santa's lap.



Also on December 8th was the annual Whitman Winter Ball held at the Reid Center, Whitman College. Buddies from the Whitman and WWU Buddy Programs "cut a rug" and danced and laughed throughout the evening. They even had a congo line! Enjoy the pictures of the fun.

donate today



Your gift to the Walla Walla Valley Disability Network supports Programs that directly benefit families with children and adults with disabilities.

Your donation supports our ongoing programs and activities:

- \$100** provides a gas/food card to a family traveling to see a specialist
- \$50** provides a week of summer camp for a child/teen w/disabilities
- \$25** covers the fee for the basketball program
- \$10** provides a new parent with a resource binder
- \$5** provides five sensory toys for elementary children

Checks, made payable to WWVDN, can be mailed to the following:

WWVDN, PO BOX 1918, Walla Walla, WA 99362

amazon smile

You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- Support your charitable organization by starting your shopping at smile.amazon.com

Wrap-up your holiday shopping at smile.amazon.com/ch/47-1298237 and Amazon donates to **Walla Walla Valley Disability Network!**

Look for this **INCLUSION STICKER** on local business doors or windows!

To view successful supported employment stories in the Walla Walla Valley, visit YouTube and search:

Walla Walla 2016 Supported Employment



The inclusion sticker was developed by our local *Unity Team*. This team is comprised of Job Consultants, from multiple agencies, who specialize in placing people with developmental disabilities into community integrated employment.

Stickers are awarded to businesses which:

- Employ a person with a disability
- Participate in a trial job experience
- Participate in job tours and job shadowing

What's the third largest market segment in the United States? The answer might surprise you. It's not a particular race, gender, or age group. It's people with disabilities. The size of this population—54 million strong—surpasses Hispanics, African Americans and Asian Americans, as well as Generation X and teens. Add in their families, friends, and associates, and you get a trillion dollars in purchasing power.

Employment and Day Services Providers:

Community Options	509.200.1798
Goodwill – Group Supported	509.525.5992 Opt. 2
Goodwill – Ind. Supp. Employ.	509.527.1803 or 509.527.1819
Lillie Rice Center	509.525.5433
Noble Hunt Dayton	509.540.5311
Opportunity Services	360.450.9190
Service Alternatives	509.629.1715
The Place	509.522.1303

AREA BUSINESSES THAT SUPPORT **INCLUSION**...thank you!

Aging and Long Term Care | Albertsons | Aria Dental | Best Western, Dayton | Better Together of WW | Blue Mountain Action Council | Blue Mountain Humane Society | BMAC Warehouse | Bon Appetite - Whitman Campus | Brookdale | Building Maintenance Solutions | Calls-M-All | Cayuse Vineyards | Center at the Park | Children's Home Society | City Zoo | Columbia County Senior Center | Community Bank | Community Options | Comprehensive Healthcare | Calico Copies, Inc. | Curtis W. Long, DPM | Department of Corrections | Department of Licensing | Developmental Disabilities Administration | DSHS - WW CSO | Elk Drug Dayton | Elks Lodge #287 | Goodwill | Helpline | JJ Snacks, Weston | Just Another Chance Ranch | Key Technology | Lillie Rice Center | Little Hands and Tiny Feet Daycare | Macy's | Marcus Whitman Hotel and Conference Center | McDonalds | Mill Creek Project Office | Morgan Inn & Suites, Milton-Freewater | Nelson Irrigation Corporation | Noble Hunt, Dayton | Odd Fellows | Opportunity Services | Overstock Outlet | Petco | Pick-A-Pop, Dayton | Pioneer Escrow, Inc. | Pizza Hut | Regency at the Park | Safeway, Rose St. | Safeway, Milton-Freewater | Service Alternatives | Shari's Restaurant | Sodexo | SS New Holland Machinery | St. Vincent De Paul | Staples | The Kid's Place | The Place | TV Towne | Valley Residential Services | VA Medical Center | Veteran's of Foreign Wars | WA Material Management | Walgreens | WW Army Corps of Engineers | WW Community College | WW Community Hospice | WW Country Club | WW Downtown Foundation | WW Eagles #26 | WW Housing Authority | WW Police Department | WW Public Library | WW Sweets Baseball | WW Union-Bulletin | WW Valley Disability Network | WW Veteran's Home | Washington State Penitentiary | WorkSource | WW County, Dept. Community Health | Zip Zone

CHECK FACEBOOK AND WEBSITE FOR MORE INFORMATION

BASKETBALL STARTS **JANUARY 12!**



**YOUTH AND ADULT BASKETBALL
EDISON ELEMENTARY**

January 12, 19, 26 & Feb 2

Youth Basketball: 5:00-6:00 p.m.
Adult Basketball: 6:00-7:00 p.m.

Contact Reese Bentley to sign up:
(208)310-0125 - \$25 per player
All participants need to fill out
Participation Form on-line at:
www.wvvdn.org
by January 10, 2018

BOWLING STARTS **FEBRUARY 10!**

Join us at **BOWLAWAY LANES** for...
BOWLING (Middle school & up)

February 10 & 17 and
March 3 & 10

Cost: \$3.00 per day
(includes rental of shoes and game)
\$15 Donation toward end of the
season party is requested.



Contact Reese Bentley to sign up:
(208)310-0125
All participants need to fill out
Participation Form on-line at:
www.wvvdn.org
by February 8, 2018

IN THE COMMUNITY



WILDWOOD PARK, WW'S NEW ACCESSIBLE PLAYGROUND

In a joint effort with Noon Rotary, Sherwood Trust, WW City Parks and Recreation, and the WWVDN (through WW County Ad Valorem funds) there is a new accessible playground in Walla Walla. Coming in 2018, there will be a solid (PIP) poured in place surface for individuals in wheelchairs, using walkers or strollers to navigate all aspects of the new Wildwood Park playground. This playground with its fence/gate will offer respite to parents whose children enjoy the outdoors without the risk of their child wandering.

SAVE THE DATE –



**COLUMBIA COUNTY
Helping Parent Training**

February 24, 2018

10:00 a.m.-2:00 p.m.
Lunch included.

Delaney Building, Dayton, WA

Learn how to be a support to a new parent just learning of their child's diagnosis. Share resources and information that will help them access local services & support. Join us for a fun day of training!

RSVP to Angie Witt, (509)540-9880

RESOURCES

Websites that are incredibly helpful:

Informing Families Building Trust
www.informingfamilies.org

Seattle Children's Autism Center
www.seattlechildrens.org/clinics-programs/autism-center

WA State Office of Ed. Ombuds
<http://oeo.wa.gov>



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