



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

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Allergies

When we got the diagnosis of food allergies, I never realized how much this would change our world. Over the years there has been “accidental ingestion of the allergen, a tree nut.” Our son’s reaction is getting worse with each accident. When he was tested by an allergist, we were thankful to know before having a major reaction. We came home with Epi Pen’s and have two at our child’s school, and with people who help care for him. I have to check our bags to make sure that I have them packed when we leave our house. Our child has entered the school and sport world. We have no control of what others bring for their children, so we have to watch. Simple fun events like Halloween, Thanksgiving, Christmas, Easter, and Valentine’s Day have become much more stressful. There are so many wonderful people out there trying to help, but accidents happen. Here are some resources to help you.

Follow the FAST Formula

- **F** – Facts About Food Allergies
- **A** – Avoid the Allergen
- **S** – Signs and Symptoms
- **T** – Treat Immediately

FACTS about Food Allergies

Food allergy reactions can be fatal within minutes!

Food allergies result when the immune system mistakenly identifies proteins in food as harmful to the body. The immune system produces antibodies called immunoglobulin E (IgE) to the food proteins (known as allergens). These antibodies signal defense cells in the body (called mast cells) to release chemicals into the bloodstream, one of which is histamine. In an allergic response histamine causes hives and swelling resulting from fluid leaking from small blood vessels into surrounding tissue. Histamine also acts on smooth muscles causing a dangerous drop in blood pressure and difficulty breathing.

Even a tiny amount of food allergen can cause a potentially fatal reaction. A mild allergic reaction might be limited to a skin reaction while a severe reaction can involve many body systems. A severe, life-threatening allergic reaction is called anaphylaxis.

Anaphylaxis:

- Is a sudden onset of illness (within minutes to a few hours after exposure).
- Is unpredictable and potentially life-threatening.
- Requires immediate emergency medical treatment.

90% of food allergies are triggered by proteins found in eight foods:

- Peanuts
- Tree nuts, such as walnuts and pecans
- Fish
- Shellfish, such as shrimp, lobster and crab
- Cow's milk
- Wheat
- Eggs
- Soybeans

Not all adverse reactions to food are allergic reactions. Some are considered a food intolerance or sensitivity.

AVOID the Allergen

Avoiding the allergen is the only way to prevent a reaction.

Scientists have not yet discovered a cure for food allergies. Strict avoidance of the allergen is the only way to prevent an allergic reaction.

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Educational resources, emotional and peer support to families of young children with disabilities.

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We are on Facebook.
Look for us and keep up to date on upcoming events and resources.



Family Events and Resources

Free Special Needs Presentation

May 8th ~ Strategies for Working with Meth-affected Children and Families

PRESENTER: Jackie McReynolds, M.S., Senior Instructor, Department of Human Development at WSU, Vancouver

******* No Stars Credit for this Presentation: June 12~Self-Care:**

PRESENTER: Patty Desrochers, LMFT

New Room: New Science Center, room 215---second floor

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

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

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 Amber White 736-9558 ext. 107 or Centralia College at 736-9391, Joan x385, or Nancy x465

Mommy and Me Play Group

Do you want a place to go where your children can play inside? InTot is opening up a Mommy and Me Playgroup for children 3 and under. Parents can have a chance to visit and meet others, while their children make new friends, and play.

Where: InTot

179 Dieckman Rd. Adna

When: May 8 & 22

June 12 & 26

Time: 10:00-12:00 am

Questions you can call InTot 360-748-4359

Baby Bank at InTot

InTot has been gathering gently used infant and toddler clothes. The Baby Bank is now available to community members. For more information please contact InTot at 360-748-4359.

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. <http://reliableenterprises.org/parent-to-parent-newsletter/>

Child Health Notes are online!! There are great topics that can help your family. You may view past and current issues on our website. **NEW CHN Tube Feeding: Managing the Nutrition Issues** <http://reliableenterprises.org/child-health-notes/>

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: anillon@reliableenterprises.org or call (360) 736-9558 ext. 107.



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

1st Wednesdays 9:00 Next one October 2 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
Now meeting every other month, call for dates HWC 106 Centralia College	<u>Lewis County Early Learning Coalition</u> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar. Please join us! For more information contact Jeanette Spiegelberg 360-736-9391 Ext. 697
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 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 1:30-3:30 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 MEMBERS WELCOME. A great group for self-advocates interested in educating the community about disabilities.
Last Friday of Month 2nd Floor of the Health Department 7:30-9:30 am	<u>Autism Coalition Meeting</u> 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

Support Groups

Due to the increase of families needing support. The Autism Support Group will be every other month. All are welcome to the new Support Group this is an opportunity to meet other families and share how we are not ALONE. Please come and share your stories and learn more about the resources available in the community.

WEDNESDAY

May 15 Support Group

June 19 Autism Support Group

6:00-7:30 PM CHEHALIS LIBRARY

400 N. Market Blvd.

For more information you can contact Amber White at 360-736-9558 ext. 107

or e-mail awhite@reliableenterprises.org



2013 Conference Calendar

March 2013

3/2: Partnerships in Action For Special Education - A day of inspiration and learning for family members and professionals involved in the life of a child in special education in Vancouver, WA. Click [here](#) for registration information.

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

3/6 - 8: Special Education Conference, Shoreline Conference Center. Click [here](#) for more information or call (360) 379-6994.

3/12 - 14: Three Social Thinking Conference Days - Tacoma. Take a deeper look at how to understand and design strategy-based Social Thinking lessons for our more concrete and literal learners versus those with more nuance based issues. Click [here](#) for more info and to register.

3/16: Families United For a Better Future - a bi-lingual conference for families raising children with developmental and other disabilities in Sunnyside. Pre-registration required; contact the Blanca Navarro at the Washington State Migrant Council at (509) 837-8909 or toll free at 1-877-821-4113.

3/22: 34th Annual Duncan Seminar: Cerebral Palsy - Seattle Children's. For more info, contact Marianne Gonterman at (206) 987-5318.

3/23: South Sound Autism Partnership Conference and Resource Fair - At the UW Tacoma. Click [here](#) to register.

3/30 - Family Support Conference, Spokane. Click [here](#) for more info.

April 2013

4/13: Spectrum Respite Retreat: Serving Kids on the Autism Spectrum aged 11-18 - 11:00am to 2:00pm in Kirkland. Click [here](#) for more information.

May 2013

5/1 - 3: Infant and Early Childhood Conference - in Tacoma. Click [here](#) for additional information.

June 2013

6/3: Challenges in Caregiving Conference - Tukwila. This conference is for those caring for an elder or an adult with disabilities. Click [here](#) for more info.

6/19 - 21: "The Community Summit...Let's Get Connected" (Division of Developmental Disabilities) - in Ellensburg will bring together individuals committed to building inclusive communities...contact Monica McDaniel, Summit Coordinator with any questions at (206) 343-0881, #107.

July 2013

7/22 - 25: Combined Summer Institute on Special Education "Learning: Make It Meaningful and Relevant" - Wenatchee. Click [here](#) for more info.

August 2013

The next Arc National Conference will be in Bellevue in 2013. Click [here](#) to get more info when it becomes available.

November 2013

11/14 - 16: WAEYC'S 37th Annual Conference

- SeaTac. Save the date! Click [here](#) for more info or to submit proposals to be a presenter.

Source: <http://www.arcwa.org/>



Allergies Continued

- Consider removing any products containing the allergen from the home.
 - Don't serve prepared foods that have inadequate food labeling. Some food labels use names for food allergens that may be hard to recognize, such as labeling milk protein as "casein."
- For more information, please refer to the [Food Allergy Quick Reference List](#) on the FAI website and the ["How to Read Labels for an Allergen Free Diet"](#) (PDF) on the FAAN website.

- Inform everyone who handles food your child will eat about the allergy.
 - Prepare food at home to assure it is safe, including lunches, snacks and party treats for school.
- Talk to the daycare provider, school nurse, teacher and principal before your child attends a program. Work together to create a food allergy emergency action plan.

SIGNS and Symptoms

Signs and symptoms vary and can change quickly.

The most common signs and symptoms of a true food allergy include:

- Itching and tingling of lips, tongue and mouth
- Complaint of a metallic taste
- Itching, swelling and/or hives of face or extremities
- Wheezing and/or coughing
- Complaints of difficulty breathing or chest tightness
- Change in voice quality, difficulty talking, excessive drooling
- Abdominal pain, diarrhea, nausea or vomiting
- Dizziness and/ or lightheadedness
- Looking pale or flushed, changes in pulse rhythm and quality
- Feeling of doom or changes in level of responsiveness

Loss of consciousness

TREAT Immediately

Treat immediately with epinephrine and call 911. Do not hesitate!

In the event of accidental exposure, an immediate response with epinephrine and a call for emergency care is the only way to prevent a severe food allergy reaction from becoming fatal.

Epinephrine:

- Is also known as adrenaline
- Is injected into the thigh muscle through clothing
- Reverses the dangerous symptoms of a severe allergic reaction by:
 - Constricting blood vessels
 - Relaxing the muscles lining the airways

Increasing the heart rate

Prompt treatment with an epinephrine injection is critical in treating an anaphylactic reaction.

Call 911 – An emergency response vehicle staffed with a paramedic must be called to transport the food allergic person to the emergency room. The injection of epinephrine may reverse the symptoms of the initial reaction, but a subsequent and more severe reaction may occur, requiring further treatment.

Source: <http://www.seattlechildrens.org/classes-community/community-programs/food-allergy/managing-food-allergies/>

Interested in a Food Allergy Support Group?

We would love to create a support group where we can share information and recipes. Some people have experienced this longer and can help others with transitioning their child's diet. Contact me at anailon@reliableenterprises.org or 360-269-4828. Angela Naillon



Fun in the Sun

- ⇒ Protect your children from too much sun. Especially between 10 a.m. and 4 p.m., when the sun rays are the strongest.
- ⇒ Whenever your child is outside, use sunscreen with a Sun Protection Factor (SPF) 15 to 30. Choose one that protects against UVA and UVB rays.
- ⇒ Apply sunscreen 30 minutes before going outside. Re-apply every 60-90 minutes after being in the water.
- ⇒ Keep children under one out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover their head. Children under six months of age can have small amounts of sunscreen put on their faces and the backs of their hands, but be careful not to get it in their eyes or mouth.

Bites and Stings

- ⇒ Teach your children how to deal with dogs outside your home. Teach them to never surprise or scare a dog and never approach a dog they do not know.
- ⇒ Check eaves and under decks for bee or wasp nests. Teach children not to touch or throw things at nests.
- ⇒ Avoid using insect repellent on infants or small children or on the faces, hands or on cuts.
- ⇒ Use repellent that contains no more than 30 percent DEET. Use repellent on clothing instead of skin.
- ⇒ Avoid dressing your child in brightly colored and floral print clothing.
- ⇒ Avoid using scented soaps, perfumes and hair products

Source: Seattle Children's Hospital.

Lewis County Helping Parent Training

We need more helping parents. To register please contact Amber White.

I have always heard the saying it takes a village to raise a child. When a child has a disability, medical issues, a families life is a little more complicated. If you have gone through this or experienced helping others, you could be great for our Helping Parent Training. Do you want to give back or help? After attending this training, you could be matched with families going through similar experiences. It is rewarding and healing to help others. Please contact Amber White or Angela Naillon for questions 360-736-9558 ext. 107 or email awhite@reliableenterprises.org

This is a great opportunity to help others with the knowledge you have gained through your experiences.

KID CRAFTS

Martha Stewart Kids, Winter 2006

Sea creatures are notoriously shy, but the ones you see here managed to come out of their shells to greet passersby. You can find seashells year-round in craft stores and some gift shops.

1. Experiment with different combinations to come up with animal shapes before gluing everything into place. We chose small scallop and clam shells for the koalas, and long razor clams decorated with ring-top cowries for the tree.
2. Use small cushions of polymer clay, which is pliable and slightly sticky, to test out various arrangements. For assembly, a tacky, quick-drying glue works best. Build heads and bodies separately. Before joining larger parts, use a brush to glue on small parts (such as beads for eyes) and clay to support creatures while glue dries.



Lewis County Autism Coalition Presents



Summer Spectrum Daycamp

Children on the spectrum- ages 9 to 14 years old

July 8th through the 11th

From 10am to 12pm

At: Oakview Elementary School

\$10 fee for all four days and get a t-shirt!

Your child will be enjoying: **Crafts, Games, Sports, Acting/Drama and a family day (11th)**

A Training session for parents and volunteers, before the camp starts (TBA) provided by:

Matt Woodard and Sabrina Grant

Lewis County Autism Coalition Presents

If interested or have questions, please Contact: **April Kelley**

(360) 740-1284 or E-mail: april.kelley@lewiscountywa.gov

The Centralia School District does not sponsor this event and the District assumes no responsibility for it. In consideration of the privilege to distribute materials, the Centralia School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards



A program of Reliable Enterprises

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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

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

TBA Will be the Parent to Parent Picnic

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.

Lewis County Special Olympics

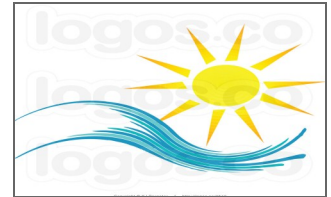
For more **Contact Barbara at 740-0955** or like them on Facebook: Lewis County Special Olympics. All of our contact information along with lots of pictures are there.



2013 Kids Calendar

May

- 8—Community Ed Class
- 12—Mothers Day Steam Train Ride
- 22—Mommy and Me Playgroup
- 27—Memorial Day



June

- 12—Mommy and Me Playgroup
- 12—Community Ed Class
- 16—Fathers Day
- 21-23—Winlock Egg Days
- 26—Mommy and Me Playgroup



For more event listings visit:

http://www.lewiscountychamber.org/events_fullpageofscroll.php

SPARC strives to treat people with respect and dignity. They know the benefits of community awareness and the increased self-esteem a person experiences when involved in community service. This program will welcome ages 16 and older with special needs/ developmental disabilities to participate. Look at the calendar to see the fun activities like themed dances, bingo night, dine-outs, bowling and an out & about trip. <http://reliableenterprises.org/sparc/>

SPARC and People First Advisor

Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Pope's Kids Place

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 Shannon Baumel, RN at (360) 736-9178 ext. 40 or www.sbaumel@popeskidsplace.org**