



# PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County  
A Reliable Enterprises Program

Volume 16 Issue 8

July/August 2013

## Poisonous Plants

Poisonous plants are divided into several groups according to the chemicals they contain. The most dangerous plants contain one of these three chemicals — solanine, grayanotoxins, and cardiac glycosides.

### Plants That Poison

#### Solanine

Solanine is found in food and ornamental plants. Unripe tomatoes and the green "eyes" of potatoes contain solanine which can cause moderate nausea, vomiting, headache and diarrhea. Eating large quantities can cause drowsiness, sweating, and changes in blood pressure and heart rate. Most effects are seen within 2 to 24 hours. Diarrhea may last for three to six days.

- Jerusalem Cherry
- Nightshade
- Potato (sprouts)
- Tomato (unripe)

#### Grayanotoxins

The major effects of eating grayanotoxin-containing plants are immediate. Eating or chewing on leaves of this plant group — including azaleas and rhododendrons — can cause burning, numbness and tingling of the mouth. Two to three hours later, other signs of poisoning may occur, including nausea, vomiting, sweating, confusion, and slowing of the heart rate. There have been reports of seizures with severe overdoses. Azalea leaves are particularly dangerous; swallowing three or more leaves is cause for concern.

- Azalea
- Lambkill
- Mountain Laurel
- Rhododendron

#### Cardiac Glycosides

Plants that contain cardiac glycoside can cause changes in the rate or rhythm of your child's heart. Many heart medications currently on the market are derived from these plants. Poisoning with cardiac glycosides often occurs when these plants are incorrectly used as a tea. The initial signs of poisoning are headache, confusion, dizziness, vomiting, or stomach pain. Later, effects on heart rate and blood pressure occur.

- Foxglove
- Lily-of-the-Valley
- Oleander
- Squill

If your child eats any amount of these three plant groups, contact your physician or The Poison Control Center immediately. Each case needs individual evaluation and The Poison Center's recommendations will vary with the amount and time of ingestion.

**Do not** try to treat the exposure before consulting a health care professional. **Do not** induce vomiting without consulting your physician or The Poison Control Center because, in some cases, vomiting may affect your child's heart rate.

**Source:** <http://www.chop.edu/service/poison-control-center/resources-for-families/poisonous-plants.html>

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

### Amber White, Parent To Parent

Co-Coordinator

**NEW NUMBER**

**360-480-8410**

[awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org)

### Parent to Parent and Birth to 3 Outreach

**Angela Naillon, Parent to Parent**

Co-Coordinator

360-269-4828—cell

[anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

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



**FALL CONFERENCE**

3rd Annual Autism Conference

Building a Healthy Community and Resilient Community  
Addressing Mental Health Issues and Development

**Friday, October 11**

9 am - 3 pm

Bethel Church

132 Kirkland Rd, Chehalis  
(Exit 72 from Interstate 5)

Informative Workshops

Vendors

Lunch Provided

Contact: April Kelly

april.kelley@lewiscountywa.gov

360-740-1284



There are no presentations in July and August. Presentations coming up in the fall.

We hope to see you there.

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

**Mommy and Me Play Group**

Do you want a place to go where your children can play inside? InTot has 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**

**New Location: At Dells Daycare in Centralia (second house on the corner of Pearl and 6th Street)**

**1208 N Pearl St**

**When: Every Wednesday throughout the summer**

**Time: 10:00-12:00 am**

Questions you can call InTot 360-736-4359

*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 360-736-4359.



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

<p>1st Wednesdays 9:00 Next one October 2 DDA New Location: 3451 Galvin Rd. Centralia</p>	<p><b><u>Lewis County Interagency Coordinating Council</u></b> 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 360-736-4359.</p>
<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p><b><u>Lewis County Developmental Disabilities Advisory Board Meeting</u></b> 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><b><u>Lewis County Early Learning Coalition</u></b> 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</p>
<p>2nd Tuesdays 3:00  Centralia College</p>	<p><b><u>Healthy Families Coalition</u></b> - 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><b><u>Lewis County Mental Health Coalition</u></b> 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 1:30-3:30 pm Harrison Square 1227 Harrison</p>	<p><b><u>People First Chapter Meeting</u></b> 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. <b>NEW MEMBERS WELCOME.</b> A great group for self-advocates interested in educating the community about disabilities.</p>
<p>Fourth Friday of Month 2nd Floor of the Health Department 7:30-9:30 am</p>	<p><b><u>Autism Coalition Meeting</u></b> 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: April Kelly 360-740-1284</p>

**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**

**July 17 Support Group**

**August 21 Autism Support Group**

**6:00-7:30 PM CHEHALIS LIBRARY**

**400 N. Market Blvd.**

For more information you can contact Amber White at 360-480-8410 or Angela Naillon 360-269-4828

or e-mail [awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org)



## 2013 Conference Calendar

### July 2013

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

7/29 - 30: Washington Re-Education Association Conference - Renton. Click [here](#) for more information.

### August 2013

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

### October 2013

10/7 - 9: 30th Annual Pacific Northwest Institute on Special Education and the Law - Yakima, WA. Click [here](#) for more information as it becomes available. You can also join an e-mail list at the website by clicking on "keep me informed".

### November 2013

11/13 - 14: Special Education Fall Autism Conference - Federal Way. Contact SETC at (509) 963-3350 or [e-mail](#) Sue Wright with questions.

11/14 - 16: WAEYC'S 37th Annual Conference  
- SeaTac. Save the date! Click [here](#) for more information  
or to submit proposals to be a presenter.

For more information check out <http://www.arcwa.org/>

### Lewis County Parent to Parent Annual Summer Picnic

When: August 6

Time: 11:00 am to 1:30

Where: Discover Children's Museum, 1461 NW Louisiana Ave., Chehalis

Please bring lunch for your family. **Be aware** that many children have food allergies, so keep your food with you. For more information call:

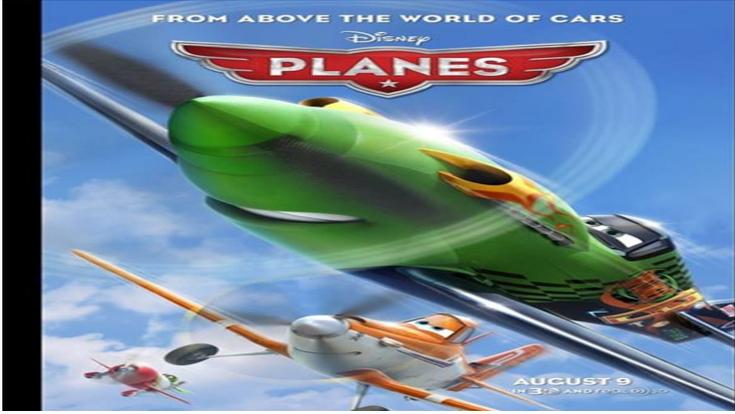
Angela 360-269-4828

Or Amber White 360-480-8410



The Chehalis Steam Train will be doing a Free Steam Train Ride for Families and People with Special Needs or Disabilities. The ride will last about one and a half hours. Please dress for the weather some of the cars are open to the elements. Plan to come a little early (about 15 minutes) so everyone can get signed in. **Date:** July 27, 2013 **Time:** 10:00am

If you would like more information or want to RSVP Call Amber or Angela



**Special Sensory Friendly Family Movie Event**  
 Lewis County Parent to Parent and SPARC are planning a movie event for families with special needs. The movie will be sensory friendly. The lights will not go all the way off and the sound will be turned down. The Midway Theatre is going to do discounts on a **Popcorn and Soda combo for \$2.00.**  
**Date :** August 24, 2013  
**Movie:** Disney's "Planes"  
**Where:** Midway Cinema, 181 NE Hampe Way, Chehalis, WA 98531  
**Price:** \$6.00 per person  
 This is for the families to come and have a great time without having the stress of keeping children seated and quiet. Parents will still need to supervise their children to make sure no one runs out without being supervised. For all age's. Money will need to be paid to Amber White on the day of the schedule movie. Please bring cash and the exact amount for movie, popcorn and soda. **Combo will need to be paid separate.** Time will be shared closer to event. RSVP / questions call or Email: Amber White 360-480-8410 or [awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org)

### Reading Time at the Library

**When:** August 2

**Time:** 1:30 to 2:30

**Location:** Chehalis Timberland Library, 400 N. Market Blvd

This is a chance to attend, and allow a little wiggle room. We are reserving for families with special needs/medically fragile

RSVP: Angel Naillon 360-269-4828 or Amber White 360-480-8410

### Discover Children's Museum

A chance for families in the birth to three program's to get together and meet.

Intot July 16 /10:00 am to 12:00

Growing Together July 23 /10:00 am to 12:00

Autism Support Group August 12 /10:00 am to 12:00

For more information please call Angela Naillon 360-269-4828 or Amber White 360-480-8410



Overview: Age 3 to 16

If you have a young child, newly diagnosed, you're still in the early stages of getting used to your child's disability or developmental delay. This is an emotional time and you may need support and understanding from the professionals who are now a big part of your life. The good news is that, while the road is bumpy, early childhood educators and medical professionals are most often caring, nurturing people.

If your child is beyond their first three years, there is still a great deal to learn about the world of education and other publicly funded services available to your child.

As you and your child move through life together, never give up thinking about ways to ensure that your child is included, whether it's at school or in your local community. Inclusion is key to your child's social, psychological and cognitive development.

It takes work to give your child the support he or she needs to develop skills and achieve goals. From pre-school to adulthood, you'll find yourself navigating not one, but three, large systems:

- Education
- Publicly funded services and supports
- Health care

For more information visit: <https://fortress.wa.gov/com/csddcinformingfamilies//Page.aspx?nid=6>

## *Navigating Your Way*



[View Ages 3-16 Segment at YouTube](#)

*(This link will open in a new window - Video is located at an outside site)*

### **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 360-480-8410 or email [awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org)

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



## KID CRAFTS

Pinwheels are an age old craft that your Grandma will remember. Put together these pretty wind decorations and stick them in your garden.

### What you'll need:

- Colored card stock or construction paper
- Thumbtack or stick pin
- Pencil with new eraser
- White craft glue
- Scissors
- Sequins

[Pattern](#)



### How to make it:

Print the [pattern](#) onto plain copy or printer paper.

Cut the [square pattern](#) out, cutting on the solid lines.

Lay [pattern](#) on top of colored paper and trace the square. Cut out the square from the colored paper.

Keep the [pattern](#) square on top of the colored square. Either hold it in place with your fingers or tape it down lightly on two of the sides.

Cut through the [pattern](#) and the colored paper along the dotted lines but do not cut in to the center circle.

Use a thumbtack or stick pin to poke out the holes in every other corner as indicated on the [pattern](#). Set the pattern piece aside.

1. Take one corner (one with a hole) and fold it toward the center of the square. Fold the next corner that has a hole and fold it toward the center on top of the first holed corner. Repeat with the other two corners with holes until all four are folded into the center. Glue the folds to each other and to the center. Hold together until dry.

2. Push the thumbtack through the center of the pinwheel and into the eraser of the pencil. Make sure the pinwheel isn't touching the eraser or it won't spin.

**Glue some sequins to the flaps of the pinwheel and let dry.**

### Tips:

- You can use plain white paper and have children color with crayons or markers to decorate before cutting out the pinwheel pattern.
  - Decorate with lightweight items such as sequins and stickers or glitter glue. Items like buttons and craft jewels are too heavy.
- If the pinwheel isn't turning properly, try using a longer stick pin rather than a thumbtack to allow more room between the pinwheel and the eraser.

<http://crafts.kaboose.com/pretty-pencil-pinwheel.html>

[http://crafts.kaboose.com/Printable\\_Windmilltoy.pdf](http://crafts.kaboose.com/Printable_Windmilltoy.pdf)



A program of Reliable Enterprises

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Centralia, Washington 98531

Office: (360) 736-9558  
Angela Cell: (360) 269-4828  
Amber Cell: (360) 480-8410



## 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

### Arc of WA Cultural Diversity Links

**Healthcare411 in Spanish** - A new audio news series that provides Spanish speakers with evidence-based consumer information including how to obtain high quality, safe healthcare. **Access Healthcare411 in English.**

**La Única** - Spanish instruction and travel center in Tacoma. Classes in communicating with Spanish speaking students and their parents available.

**Access for Autistic Youth from the American Cultural Exchange:** Information in English, Spanish, Korean, Vietnamese, Russian, Chinese, Arabic and Somali. Much of the information is focused on King County, but has good Washington State and national resource lists as well. Phone: 1-800-328-8476 or 206- 217-9644.

For more information visit:  
[http://arcwa.org/index.php/getsupport/parent\\_to\\_parent\\_p2p\\_programs/ethnic\\_outreach\\_coordinators/](http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/ethnic_outreach_coordinators/)

### 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

## July

- 10-Mommy and Me Playgroup
- 17-Mommy and Me Playgroup
- 17-Support Group
- 24—Mommy and Me Playgroup
- 27— Steam Train Ride

## August

- 2—Reading at the Chehalis Library
- 6—Parent to Parent Picnic
- 7—Mommy and Me Playgroup
- 14—Mommy and Me Playgroup
- 21—Mommy and Me Playgroup
- 21—Autism Support Group
- 24— Sensory Movie Event
- 28—Mommy and Me Playgroup



**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](mailto: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](http://www.sbaumel@popeskidsplace.org)**