



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 16 Issue 9

September/October 2013

School Time

Summer will be over before we know it. Preparing for school is important for all children, but the medically fragile or special needs may have a lot more preparing to do. Make sure you have your medical forms ready from your doctors for medications needed at school, inhalers, epi-pen just to list a few. Here is a great article I came across to help families prepare children.

Back-to-School Tips for Parents of Children with Special Needs

By: Reading Rockets

Our Top 8 back-to-school tips for parents emphasize communication, organization, and staying up-to-date on special education news.

A new school year means a new grade, new teachers, new goals, and maybe even a new school. In order to help you and your child with special needs be as successful as you can be, we've put together a list of eight helpful back-to-school tips that we hope will make the transition into a new school year a little easier for you and your child.

Organize all that paperwork

In the world of special education, there are lots of meetings, paperwork, and documentation to keep track of. Try to keep a family calendar of school events, special education meetings, conferences, etc. Setting up a binder or folder to keep your child's special education documentation, meeting notices, and IEPs in sequential order can also help you stay organized.

Start a communication log

Keeping track of all phone calls, e-mails, notes home, meetings, and conferences is important. Create a "communication log" for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.

Review your child's current IEP

The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year. Most importantly, be sure that this IEP still "fits" your child's needs. If you're unsure, contact the school about holding an IEP review meeting.

Relieve back-to-school jitters

Just talking about the upcoming year and changes can help reduce some of that back-to-school anxiety! Talk to your child about exciting new classes, activities, and events that they can participate in during the new school year. If attending a new school, try to schedule a visit before the first day. With older students, it is sometimes helpful to explain the services and accommodations in their IEP so that they know what to expect when school begins.

Keep everyone informed

It's important that you and the school communicate early and often! If there is anything (concerns, changes, questions about the IEP) that you feel is important to share with the staff working with your child before school starts, or during the year, don't hesitate to contact them. The more proactive and honest you are, the better the school staff will be able to meet your child's needs.

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

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NEW NUMBER

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Parent to Parent and Birth to 3 Outreach

Angela Naillon, Parent to Parent

Co-Coordinator

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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

September 11~ TBA

October 9 ~ TBA

New Room: New Science Center, room 121

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 360-480-8410 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.
<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 Growth Charts
<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:
 anaillon@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

Time: 10:00-12:00 am

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: 203 W. Reynolds Ave Centralia</p>	<p><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 360-736-4359.</p>
<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p><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</p>
<p>Now meeting every other month, call for dates HWC 106 Centralia College</p>	<p><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</p>
<p>2nd Tuesdays 3:00 Centralia College</p>	<p><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</p>
<p>1st Thursdays 8:00 am 156 N.W. Chehalis Ave Chehalis</p>	<p><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.</p>
<p>3rd Saturday 1:30-3:30 pm Harrison Square 1227 Harrison</p>	<p><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.</p>
<p>Fourth Friday of Month 2nd Floor of the Health Department 7:30-9:30 am</p>	<p><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: 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
September 18 Support Group
October 16 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



2013 Conference Calendar

October 2013

TBD: Washington State Father's Network 35th Annual Conference - Bellevue. For more info, click [here](#).

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/>

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



Registration now open online
at <http://www.lcautism.org>

Resources

Comcast and CenturyLink both offer deals on reduced price internet and laptops for **low-income families**

Comcast - <http://www.internetessentials.com/>

You may qualify if your child is eligible to participate in the National School Lunch Program.

CenturyLink - <http://www.centurylink.com/home/internetbasics/?rid=internetbasics>





Back-to-School Tips for Parents of Children with Special Needs

Continue from page 1

Establish before and after school routines

Discuss and plan the changes in you and your child's daily routine that will happen once school starts. You can even begin practicing your new schedule, focusing on morning and evening routines, and begin implementing them well in advance of the first day of school.

Stay up-to-date on special education news

Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child. Try to keep up-to-date on new special education legislation, news, and events. The more you know, the more prepared you will be to navigate the world of special education and successfully advocate for your child.

Attend school events

Take advantage of Open House, Back-to-School Night, and parent-teacher conferences to help you and your child get a feel for the school and meet the teachers, other staff, students, and families. Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered for children in special education.

For more information about starting the year off right, please visit Reading Rockets' back to school section.

Source: <http://www.readingrockets.org/article/38405/>

Local Soccer Opportunity for Children with Disabilities

Ages 4-18

It is also an opportunity for same-age Soccer Buddies to play along and help their Buddy.
(Perhaps high school students needing community service hours, siblings, and friends
can join in the fun!!!!)

centraliyouthsoccer.com

Lewis County TOPSoccer

Registration will run From August 1st to September 15th --Go to the link at the front page to Washington Youth Soccer to Register. Choose Programs- TOPSoccer-Registration- Centralia and register your Child. You can send your \$30 payment to P.O. Box 246 Galvin, WA 98544 write your check to LCYSA or send cash just be sure to include your info with the cash payment

Recreation Events will be on Friday's Starting September 6th thru October 11th from 6-7

Cost will be \$30 for Jersey's and end of year trophy or medals

Location will be at the Centralia Youth Soccer Fields at the far end of Borst Park past the Baseball Fields

Program will run as a Super Mod. Program which will teach players on the basics of kicking, passing and ball handling and then later will break own into 3v3 and 4v4 games

We will try and get each child a Buddy (a volunteer to work with the player to keep him or her safe and on task)

All Buddies and Coaches over the ages of 16 will need to pass a background check.

I am trying for a face to face registration sight but I have not secured a location as of yet with Centralia Parks and Rec Department. If you would like to speak to somebody about this Program please email Kneeley@chronline.com or call 360-508-6103

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.



Parents, educators, advocates, and attorneys come to

[Wrightslaw](#) for accurate, reliable information about special education law, education law, and advocacy for children with disabilities.

Begin your search in the [Advocacy Libraries](#) and [Law Libraries](#). You will find thousands of articles, cases, and resources about [dozens of topics](#):

[IDEA 2004](#) | [Special Education](#) | [Law](#) | [Advocacy](#)
[Books, DVDs, Websites](#)

Newsletter: Subscribe to the free, weekly [Special Ed Advocate](#).

In [this issue](#) of the Special Ed Advocate you'll find Part 1 of **Summer School 2013: So You Want to be an Advocate?**

In this four part summer series you will learn the basics of becoming a special education advocate. Find out what they do to improve the lives of children with disabilities and their families. Learn how advocates train. [So You want to be an Advocate?](#)

Visit their website: <http://www.wrightslaw.com/>

Downs at Dance

Down's at Dance class 8 week session is starting up again on Sept. 13- Nov . The class is 4:00-4:40pm on Fridays at Johansen Olympia Dance Center on Jefferson. It's a wonderful program taught by our marvelous instructor, Barbara Rowe. The program will bring ballet, jazz, creative dance to students 6th grade and up. The focus will be dancing for enjoyment and creative expression. Challenging movement and rhythmic music will delight and enrich the experience of these "uniquely-abled" students and a great sense of accomplishment and "job well done" will build self-esteem. Please come and join us! Tuition is a bargain at \$100/ 8weeks. You can call 360-943-8011 or register online: www.OlympiaDanceCenter.com Scholarships are available through Up With Down's at Parent to Parent.

New Beginnings with Basics NW at Dell's

A new daycare at Dells with ABA therapy provided.
For children 2 1/2 to 5 years old. Must be diagnosed with Autism.
For more information contact Kelli Vance 360-736-9964 or email
dells.childrens.center@hotmail.com

ORGANIZE KID CRAFTS AND SCHOOLWORK

How to Organize Your Children's Art and Schoolwork

As the end of the school year approaches, moms everywhere are bracing themselves for the **mountains of art, school papers, and awards** that their children will inevitably bring home. Neat and organized spaces become home to cluttered piles of papers that represent a year's worth of work to your children that they are not willing to part with.

Sound familiar? I truly used to dread all of the papers that came home at the end of the year. It was bittersweet, because **I love looking through my kids' schoolwork and art, and yet I can't stand clutter and piles**. What's a mom to do?

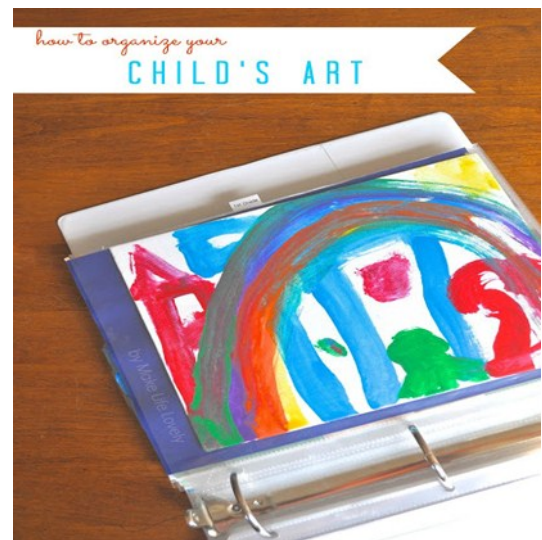
Supplies:

- Binder
- Tabbed Sheet Protectors
- Regular Sheet Protectors

Magazine holder, storage box, or another holder to store artwork

Label your tabbed sheet protectors.

- **Birth-Preschool**
- **Preschool**
- **Kindergarten**
- **1st Grade and so on**



Keep up with it and enjoy it!

Once the binder is initially created, it is **really easy (and neat) to keep up!** Just slide the work right into the binder as it comes home, and you're good to go! My kids LOVE to look through their binders and reminisce about their art and work. It's a great way to point out to your kids how much they have grown and progressed.

Source: <http://www.makelifelovely.com/2013/05/how-to-organize-your-childrens-art-and.html>



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

Important Notice – Effective September 1, 2013

The Developmental Disabilities Administration (DDA) is adopting emergency rules to reduce the amount of the current annual awards for the Individual and Family Services (IFS) program.

There are over 15,000 individuals who have been assessed as eligible for DDA services who are not receiving any paid services from the administration. Over 2,500 of these individuals have requested Individual and Family Services and have been put on a waitlist. Our records over the last four years indicate that on an average, families are spending only 60 percent of their current award amounts and each year we are returning money to the general budget unspent.

On June 30, 2013, Governor Jay Inslee signed the state budget that was passed by the Legislature. In this budget, the Legislature directed the DDA to look at how "IFS" funds are currently used and to implement a plan so that funds, that have previously gone unspent, can now be used to support individuals and families who are waiting for services.

Based on this direction, DDA is reducing annual award amounts for all individuals receiving "IFS" and "State Supplementary Payments (SSP) in lieu of IFS" to sixty percent (60%) of the current award amounts. These reductions will allow the DDA to approve services to an additional 1,500 individuals who are currently on the "IFS" waitlist and who are not currently receiving any paid supports.

Award amounts for individuals, who currently receive "IFS" or "SSP in lieu of IFS," will remain in effect until their current individual support plan ends. Any individual support plan completed on or after September 1, 2013, will use the new award amounts, listed in the table below, for individuals receiving "IFS" or "SSP in lieu of IFS" services.

Please contact your case manager if you have any questions.

2013 Kids Calendar

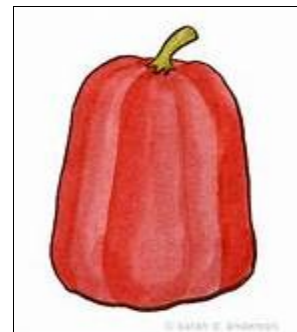
September

- 04—Mommy and Me Playgroup
- 11—Mommy and Me Playgroup
- 18—Support Group
- 18—Mommy and Me Playgroup
- 21—Wellness Roundup
- 25—Mommy and Me



October

- 2—Mommy and Me
- 5—East County Health Fair
- 9—Mommy and Me
- 16—Mommy and Me Playgroup
- 16—Support Group
- 23—Mommy and Me Playgroup
- 30—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

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