



# PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County  
A Reliable Enterprises Program

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## About Food Allergies

Food allergy is a serious medical condition affecting up to 15 million people in the United States, including 1 in 13 children. Whether you're **newly diagnosed** or brushing up on the facts, learning all you can about the disease is the key to staying safe and living well with food allergies.

### What is Food Allergy?

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks it.

Unlike other types of food disorders, such as **intolerances**, food allergies are "IgE mediated." This means that your immune system produces abnormally large amounts of an antibody called immunoglobulin E — IgE for short. IgE antibodies fight the "enemy" food allergens by releasing histamine and other chemicals, which trigger the symptoms of an allergic reaction.

### Symptoms

An allergic reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and, in the most serious cases, the cardiovascular system. Reactions can range from mild to severe, including the potentially life-threatening condition known as **anaphylaxis**. In the U.S., food allergy symptoms send someone to the emergency room every three minutes.

Symptoms typically appear within minutes to several hours after eating the food to which you are allergic. Keep in mind that children may communicate their symptoms in a different manner than adults.

### Mild symptoms may include one or more of the following:

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth

Continue on page 6

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

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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

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



# Free Special Needs Presentation

**November 12~ Riverside Authority**

**Topic:** Anaphylactic Shock, First Aid, Allergies

The session will cover: basic information for injuries and allergies

**Location:** 620 CC Blvd., New Science Center, room 121, first floor, wheelchair access

**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 360-219-5962 or Centralia College at

736-

9391, Joan x385, or Nancy x465



## Learning With Infants and Toddlers

**November 5, 12, 19, 26**

**December 3, 10, 17**

**10:00 AM - 12:00 PM**

**Weekly on Wednesday at In-Tot**

**New Location: New Sports Complex, 701 Pioneer Way, Centralia**

**(It is located past Centralia Safeway.)**

**Centralia College class at In-Tot! Come learn and play with your child!**

**Visit the website: <http://www.in-tot.com/>**

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.

### 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 Fragile X**  
<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](mailto:anaillon@reliableenterprises.org) or call (360) 736-9558 ext. 107.



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

<p>** Now with Lewis County Early Learning Coalition Health Center Rm 106 Centralia College Campus</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 Meja Handlen 360-748-1418</p>
<p>3rd Thursday Health Center Rm 106 Centralia College Campus</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. Call Dallas Smith at 360-736-1696. Please join us!</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**

**Lewis County Parent to Parent Support Group**

This group is open to all parents with a child who is living with a developmental disability and/or who is medically fragile.

**Tuesday  
November 18**

**No Support group in December**

Location: 11:00 am to 1:00 pm CHEHALIS LIBRARY  
400 N. Market Blvd.

For more information you can contact Amber White at  
360-219-5962

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

**New East Lewis County Parent to Parent Support Groups**

This group is open to all parents with a child who is living with a developmental disability, or who is medically fragile.

**Location:** Salkum Timberland Library  
2480 U.S. Highway 12  
Salkum, WA 98582-0120

For more information you can contact Amber White at 360-219-5962  
or e-mail [awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org)

**DATES:**  
November 25, 2014

**TIME:** 11:00am to 1:00pm



## 2014 Conference Calendar

### November 2014

11/3 - 4: The Pacific NW Employment Forum - Vancouver, WA. The Forum focuses exclusively on integrated employment of individuals with disabilities. Click [here](#) to e-mail for more information.

11/15: ParentMap Special Event "Living a *Glee*-ful Life: Possibilities and Potential for Families and Young People Growing Up With Special Needs" - Bellevue. Celebrity keynote will be given by Lauren Potter, AKA "Becky Jackson" from the show "Glee". Click [here](#) for more info.

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

### Lewis County Helping Parent Training

#### We need more helping parents.

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 360-219-5962 or email [awhite@reliableenterprises.org](mailto:awhite@reliableenterprises.org). Angela Naillon 360-269-4828 or [anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

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

**ATTENTION EAST LEWIS COUNTY PARENTS OF STUDENTS IN ONALASKA, MOSSYROCK, MORTON AND WHITE PASS: Do you know a teen, ages 14-21 with a disability that receives special education services in East Lewis County?**

The next date and location has been set for the EAST LEWIS COUNTY YOUTH OUTREACH

**WHEN:** November 10th **TIME:** 4:30 - 7 pm

**Location:** East Centralia College Campus  
701 Airport Rd.  
Morton WA

**Dinner provided.**

**Contact Dot Workman  
for more information at  
[dworkman@wapave.org](mailto:dworkman@wapave.org)  
360-827-0962**



## Lewis County Parent To Parent Christmas Party

Bring Your Camera for Pictures with Santa!

(if you do not have a camera we can e-mail your picture)

It is that time of year again to get together, makes some crafts, and eat some yummy snacks. Feel free to bring a favorite snack to share. Please know that some children have nut allergies.

**Please Note:** This event is for families with a child who is living with a developmental disability and/or who is medically fragile.



**When:** December 5, 2014

**NEW LOCATION**

**Where: Borst Park**  
Centralia Kitchen #1

**Time:** 6:00 to 8:00 p.m.



## New Event at Christmas Party!

**Crime Stoppers** will be there to do their 'Kid ID' program.

### How it Works:

Parents fill out information identifying child, photo, fingerprint and DNA sample are taken. Everything is given to family to put away in safe place if it is ever needed. Crime Stoppers do not keep anything.



### Severe symptoms may include one or more of the following:

- Obstructive swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
- Sense of “impending doom”

Severe symptoms, alone or in combination with milder symptoms, may be signs of anaphylaxis and require immediate **treatment**.

### How a Child Might Describe a Reaction

Children have unique ways of describing their experiences and perceptions, and allergic reactions are no exception. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them.

Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky), and they may slur their words.

The following are examples of the words a child might use to describe a reaction:

- "This food is too spicy."
- "My tongue is hot [or burning]."
- "It feels like something's poking my tongue."
- "My tongue [or mouth] is tingling [or burning]."
- "My tongue [or mouth] itches."
- "It [my tongue] feels like there is hair on it."
- "My mouth feels funny."
- "There's a frog in my throat."
- "There's something stuck in my throat."
- "My tongue feels full [or heavy]."
- "My lips feel tight."
- "It feels like there are bugs in there." (to describe itchy ears)
- "It [my throat] feels thick."
- "It feels like a bump is on the back of my tongue [throat]."

If you suspect that your child is having an allergic reaction, follow your doctor's instructions and treat the reaction quickly.

## Kids Crafts

# Cotton Bud Snowflakes Craft

Kids can have a go at this fun cotton bud snowflakes craft during the winter or for Christmas. Glittering the ends of the cotton buds is fun to do, and the sticky tack makes them satisfyingly quick to turn out, so make as many as you have gems! Tack them to the wall or display in a window.



### You will need:

- 3 cotton buds per snowflake
- White or silver glitter
- Glue
- Gem
- Sticky tack or thread to hang

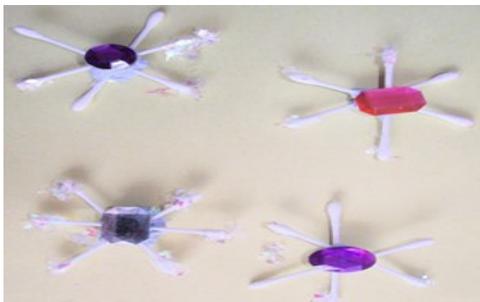
### Instructions:

Dip each end of the cotton buds in glue and then into glitter, and let dry.

Use sticky tack to join the middle of your cotton buds together so the ends spread out in 6 points.

Cover one side of the sticky tack with a large gem, and use the other to stick the snowflake to the wall or window.

Source: <http://www.activityvillage.co.uk/cotton-bud-snowflakes-craft>



### For more crafts visit:

<http://www.activityvillage.co.uk/winter-crafts>





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

**Next Parent Support Meeting**  
**TBA**

**Location: In-Tot**  
New Sports Complex, 701 Pioneer Way, Centralia

Angela Naillon 360-269-4828 or  
email [anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

### 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.



# 2014 Kids Calendar

## November

- 02— Daylight Savings Time
- 05—Learning With Infants and Toddlers
- 11—Veterans Day
- 12—Learning With Infants and Toddlers
- 12—Free Community Presentation
- 18— Parent Support Meeting
- 19—Learning With Infants and Toddlers
- 26—Learning With Infants and Toddlers
- 27—Thanksgiving



## December

- 03—Learning With Infants and Toddlers
- 05—Parent to Parent Christmas Party
- 10— Learning With Infants and Toddlers
- 17—Learning With Infants and Toddlers
- 25—Christmas
- 31—New Years Eve



**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**

360-880-0672

[cascadeguardianship@gmail.com](mailto:cascadeguardianship@gmail.com)

### 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)