

SPROUT FILM FESTIVAL

Inspiring and Enlightening Films about People with Developmental Disabilities



Tuesday, May 13, 2014

Screenings: 9:00am, 11:30am and 6:30pm*

PICKFORD *Film* CENTER

1318 Bay Street, Bellingham

The Arc is proud to bring the nationally acclaimed Sprout Film Festival to Whatcom County for the third year. Last year, over 600 people attended the festival - you don't want to miss this event! The goal is an enjoyable and enlightening experience that will help breakdown stereotypes and promote a greater acceptance of differences and awareness of similarities.

Morning screenings are free to the community. *The evening program includes a reception (beginning at 6pm) with delicious appetizers, desserts and opportunities to win prizes.

Tickets are \$20 for members of The Arc / The Pickford, \$25 for non-members. For information, contact Amy: (360)715-0170 ext 309, amym@arcwhatcom.org.

Tickets available at www.pickfordfilmcenter.org and The Pickford's box office. Space is limited - get yours today!

10 THINGS TO KNOW ABOUT NEW AUTISM DATA



New data from Center for Disease Control and Prevention's (CDC) Autism and Developmental Disabilities Monitoring (ADDM) Network show that the estimated number of children identified with autism spectrum disorder (ASD) continues to rise, and the picture of ASD in communities has changed. This data can be used to promote early identification, plan for training and service needs, guide research, and inform policy so that children with ASD and their families get the help they need.

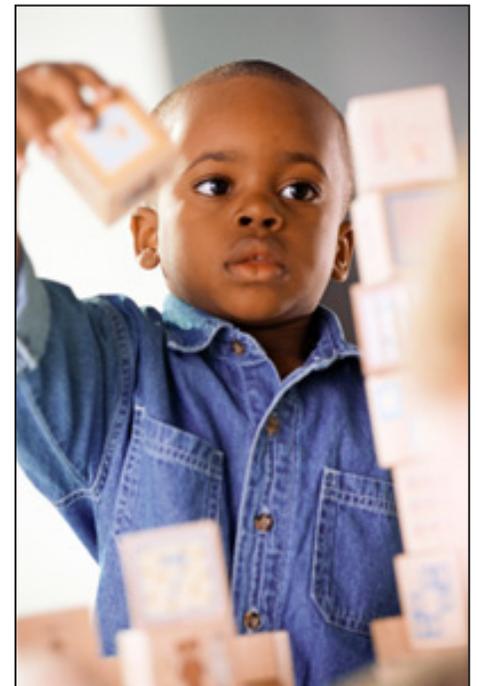
CDC will continue tracking the changing number and characteristics of children with ASD, researching what puts children at risk, and promoting early identification, the most powerful tool we have now for making a difference in the lives of children.

The following estimates are based on information collected from the health and special education (if available*) records of children who were 8 years old and lived in areas of Alabama, Arizona, Arkansas, Colorado, Georgia, Maryland, Missouri, New Jersey, North Carolina, Utah, and Wisconsin in 2010:

1. About 1 in 68 children (or 14.7 per 1,000 8 year olds) were identified with ASD. It is important to remember that this estimate is based on 8-year-old children living in 11 communities. It does not represent the entire population of children in the United States.
2. This new estimate is roughly 30% higher than the estimate for 2008 (1 in 88), roughly 60% higher than the estimate for 2006 (1 in 110), and roughly 120% higher than the estimates for 2002 and 2000 (1 in 150). We don't know what is causing this increase. Some of it may be due to the way children are identified, diagnosed and served in their communities, but exactly how much is unknown.
3. The number of children identified with ASD varied widely by community, from 1 in 175 children in areas of Alabama to 1 in 45 children in areas of New Jersey.
4. Almost half (46%) of children identified with ASD had average or above average intellectual ability (IQ greater than 85).
5. Boys were almost 5 times more likely to be identified with ASD than girls. About 1 in 42 boys and 1 in 189 girls were identified with ASD.
6. White children were more likely to be identified with ASD than black or Hispanic children. About 1 in 63 white children, 1 in 81 black children, and 1 in 93 Hispanic children were identified with ASD.
7. Less than half (44%) of children identified with ASD were evaluated for developmental concerns by the time they were 3 years old.
8. Most children identified with ASD were not diagnosed until after age 4, even though children can be diagnosed as early as age 2.
9. Black and Hispanic children identified with ASD were more likely than white children to have an intellectual disability. A previous study has shown that children identified with ASD and intellectual disability have a greater number of ASD symptoms and a younger age at first diagnosis. Despite the greater burden of co-occurring intellectual disability among black and Hispanic children with ASD, these new data show that there was no difference among racial and ethnic groups in the age at which children were first diagnosed.
10. About 80% of children identified with ASD either received special education services for autism at school or had an ASD diagnosis from a clinician. This means that the remaining 20% of children identified with ASD had symptoms of ASD documented in their records, but had not yet been classified as having ASD by a professional in a school or clinic.

1 in 68 children were identified with autism spectrum disorder.

Read the latest CDC data and learn what you can do to help.



To learn more about autism spectrum disorder, visit www.cdc.gov/autism.



ANNOUNCING THE NEW LIFESPAN RESPITE VOUCHER PROGRAM!

*Do you provide care for a family member or friend?
Do you ever feel like you just need a break?*

Lifespan respite is proud to announce their new respite voucher system for providing short breaks for unpaid family caregivers! Many people have been working long and hard to bring this system forward to at least some of the 850,000 unpaid family caregivers in Washington State. The group anticipates being able to serve about 100 unpaid family caregivers in the next few months – a pilot program that will reveal trends. They look forward to hearing many stories about how this respite has affected families in positive ways.

For information, call 1-800-678-5708 or email info@wa.easterseals.com, or visit www.lifespanrespitewa.org. This program is funded through the U.S. Administration for Community Living, Lifespan Respite Care Program Grant.

What is Lifespan Respite Care?

- It provides a period of relief or rest for unpaid caregivers who are not receiving respite from another source, while short-term care is provided to persons of all ages who have special needs.
- Respite options include in-home or out-of-home providers, such as home care agencies, camps, adult day centers and specialized parks & recreation programs.

Family Resource Center Opens

Bringing Community Resources and Bellingham Families Together



FAMILY RESOURCE CENTER
Hours of Operation: 11am - 3pm
Monday, Wednesday, Friday

Carl Cozier Elementary, Portable A
1330 Lincoln Street, Bellingham
360-676-6470 x 5851
frc@bellingshamschools.org

Bellingham Public Schools is pleased to announce the opening of the Family Resource Center - a resource for all Bellingham families. The center links local resources and human services to our families and addresses the needs of the whole child to promote student success. All families will be honored and supported, and services are free and confidential.

Visitors to the center can access information and available services in the Bellingham community, including:

- Basic needs such as food, clothing, housing
- Counseling services
- Emergency assistance
- Employment or education opportunities

The center will also provide:

- A computer lab for employment support services
- Student success strategies
- Parent support and education
- Drug and alcohol awareness information

Community Events



Infants & Children's Council Advisory Board Meeting

**Tuesday, May 13
9-11am**

St Luke's Health Education Center
3333 Squalicum Parkway, Bellingham

The group will be discussing County Plan Implementation and the June Parent Panel. For more information, please contact Monica at (360) 715-0170 ext. 303 or monicab@arcwhatcom.org.

Great opportunity to get involved and make your voice heard on early intervention services!

Challenge Air

Registration has now opened for Fly Day in Everett!

Challenge Air builds self-esteem and confidence of children and youth with special needs, through the experience of flight. Visit www.challengeair.com to register or learn more.



Seattle Children's
HOSPITAL · RESEARCH · FOUNDATION

Autism 200 Series

Autism 200 is a series of classes for parents and caregivers of children with autism. Faculty from Seattle Children's, the University of Washington and community providers teach the classes via teleconference. Each class is open to the public and includes time for questions. Locally the classes are presented at Western Washington University Communication Sciences and Disorders AIC Building, 516 High Street, Bellingham. **You must RSVP in advance.** Contact Olivia: ponzeto@students.wvu.edu or Katey: sulliv42@students.wvu.edu.

Autism 205: Sensory Processing

7:00pm-8:30pm, Thursday, May 15
Instructor: Shelly O'Donnell, MS, OTR/L

Autism 206: Executive Functioning Skills – What Are They and Why Are They Important?

7:00pm-8:30pm, Thursday, June 19
Instructor: Rosalind Oti, PhD, and Rachel Montague, PhD

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

Adaptive Cycle Expo

11am - 2pm • Saturday, May 17
Civic Field Stadium, Bellingham
FREE EVENT • OPEN TO THE COMMUNITY



Celebrate National Bike Month and discover why cycling is for EVERYONE! The Outdoors for All Foundation will be bringing a small fleet of adaptive cycles that will allow people of all abilities to enjoy cycling. Have a go on these unique bikes, which include hand-cycles for riders with limited or no leg movement, 3 - 4 wheel cycles for those who need more stability, and tandem cycles for those who want a guide while cycling. We will have cycles for kids and adults. The Outdoors for All staff is skilled at selecting the right type of bike to meet your needs.

This event is sponsored by St. Joseph Hospital Center for Rehabilitation Medicine and supported by everybodyBIKE.

For information, contact Bellingham Parks and Recreation's Amanda Grove at (360) 778-7000 or agrove@cob.org.



Panel Presentation and Resource Fair on Youth Mental Health Resources

Monday, May 19, 6-8pm
St. Luke's Health Education Center
3333 Squalicum Parkway, Bellingham

Family-to-Family Classes

This 12-week program is for family caregivers of individuals with severe mental illnesses. Classes begin May 20 and will be held Tuesday and Thursday from 6:30-8:30pm at the Fairhaven Branch of the Bellingham Public Library. Classes are FREE, pre-registration is required.

For more information, visit www.namiwhatcom.org
or call (360) 671-4950.

Down syndrome Outreach **SPRING FLING**

12-3pm • Sunday, May 18
Fairhaven Park Pavilion

Come meet new families, reconnect with friends and enjoy a wonderful afternoon! There will be activities, food, and the playground. Please bring a potluck dish (if possible) to share. Hot dogs and beverages will be provided. Everyone is welcome!

If you are interested in helping with the event, contact Jessika:
jessikah@arcwhatcom.com or (360)715-0170 ext. 304.

New Team Member to Lead DsO and YASA



Jessika Houston has joined The Arc of Whatcom County team and will be serving as the coordinator for Down syndrome Outreach (DsO) and Young Adult Self-Advocacy (YASA).

"I cannot put into words how excited I am for this opportunity at The Arc and to be able to use my skills and passion to help make a difference for our community," said Jessika.

"My brother, Michael, is 15 years old and has Down syndrome. He has helped guide me through life...as my teacher, student and best friend. He has greatly influenced me to be the person I am today. The amount of support and guidance he, and our family, has received since his birth has been phenomenal. It has always been a dream of mine to be a part of such a support system with families of all needs.

Upon learning of my new role at The Arc, my brother exclaimed, 'That's so cool! How exciting! Good Job, Jessika!'"

Jessika is at The Arc on Mondays, 9am-12pm. To get involved or learn more about DsO or YASA, email jessikah@arcwhatcom.com or call (360)715-0170 ext. 304.



You are invited to attend...

THE ARC OF WHATCOM COUNTY'S ANNUAL MEMBERSHIP MEETING

5:30-7:30pm • Thursday, May 29

The Arc's Dan Godwin Community Center
2602 McLeod Road, Bellingham
RSVP: 715-0170 ext 200, admin@arcwhatcom.org

We will be sharing progress updates and working together to create effective programs and inclusive activities. Your participation is crucial as we expand and improve our services. Everyone is welcome and encouraged to attend. Pizza and light refreshments will be provided. To make this event as accessible as possible for families, childcare will also be provided. Please RSVP by May 23rd so we can plan accordingly. We look forward to seeing you at the meeting!

GET INVOLVED...MAKE A DIFFERENCE!

As members of The Arc, you have the power to guide programs, activities and more. This is a unique opportunity to make your voice heard and help impact your family and our community.



MEMBERSHIP BENEFITS

- Your membership helps to fund programs for local individuals with developmental disabilities, their families and organizations that serve them in Whatcom County.
- As a member, you will receive newsletters from the local Parent Coalition, The Arc of Washington State and The Arc of the United States. Learn more about what people with developmental disabilities are doing and the issues impacting them.
- Your membership helps fund national research about the causes of developmental disabilities.
- You will receive information in the mail about special events and opportunities sponsored by The Arc of Whatcom County and the agencies we help sponsor.

Together, we can help make sure that every person with a developmental disability has the opportunity and support to live the life he or she chooses.

MEMBER PROFILE

Ian Radke

Ian Radke graduated from Community Transitions last year and is learning to navigate life after school. He likes to bowl with Special Olympics and attend The Arc's Young Adult Self Advocacy (YASA) meetings. He and his family are working to find an appropriate work environment, as well as more social activities, to provide him a well-rounded life.



Ian, and his mom, Susan Radke

Everyone enjoys Ian's sweet soul and great smile – definitely a go with the flow kind of guy. He loves to play with pencils, eat pizza and watch animated Disney movies. He also enjoys taking walks and exploring the community. Ian's challenges include autism, epilepsy, seizures, and a motor processing disorder. While he rarely uses words, he recently began learning to use his iPad for simple communication.

His mom, Susan, joined the Board of Directors last year because she wanted to help make a difference for Ian and others with developmental disabilities.

MEMBERSHIP APPLICATION

Make a difference. Join The Arc.

To become a member, please fill out the form and mail to 2602 McLeod Road, Bellingham, WA 98225. You can also call The Arc: 360-715-0170 or visit www.arcwhatcom.org and complete the online membership application.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

MEMBERSHIP OPTIONS

___ Self-Advocate (\$10)

___ Individual (\$20)

___ Family (\$30)

___ Professional (\$50)

___ I can only pay \$ _____

___ I am unable to pay

ISSUES OF CONCERN

___ Employment Opportunities

___ Recreational Activities

___ School Issues

___ Inclusion in the Community

___ Disability Awareness

OTHER: _____



The Arc

For people with intellectual and developmental disabilities

The Parent Coalition

The Arc of Whatcom County provides leadership support for individuals with developmental disabilities and their parents/guardians. The goal of the Parent Coalition is to enable persons with developmental disabilities and their parents/guardians to become effective and involved in accessing services.

The Parent Coalition newsletter is published monthly by:

The Arc of Whatcom County

Dan Godwin Community Center
2602 McLeod Road
Bellingham, WA 98225
(360) 715-0170

www.arcwhatcom.org

OFFICE HOURS: 9am-12pm M-F

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Stay Connected

Online Community Calendar: Visit The Arc's online calendar: www.arcwhatcom.org/events.

Facebook: Visit our FB page: www.facebook.com/ArcWhatcom for the latest information and events.

E-alerts: The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit www.arcwhatcom.org or email monicab@arcwhatcom.org.



The Parent Coalition is funded by grants from the Developmental Disabilities Program of Whatcom County, the United Way and your generous donations.

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DID YOU KNOW?

Seattle Children's Hospital offers a searchable list of summer camps for children with special needs in Washington State. Visit www.cshcn.org or call 866-987-2500. There are also many resources and articles to help the camp attendee and family make the most of this experience.

Bellingham Parks and Recreation also offers a guide to summer recreation and education opportunities. Call 360-778-7000 or visit: www.cob.org/services/recreation/activities/leisure-guide.aspx.



The Arc of Whatcom County
Dan Godwin Community Center
2602 McLeod Road
Bellingham, WA 98225

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Event Calendar

May 2014

8 Thursday, 2-4pm
Disability & Employment Town Hall
St. Lukes Health Education Center
3333 Squalicum Parkway
Contact Melinda: 509-482-3854

9 Friday, 12-1:30pm
Autism Support Group
The Arc's Dan Godwin Community Center
2602 McLeod Road
Contact Monica: 715-0170, ext 303

12 Monday 7-8:30pm
Parent to Parent Support Meeting
WCEL, 2001 H Street
Contact Christine: 255-2056, ext 1

13 Tuesday, 9am / 11:30am / 6:30pm
SPROUT FILM FESTIVAL
(see page 1 for details)

13 Tuesday, 9am-11am
WICC Advisory Meeting
(see page 4 for details)

15 Thursday, 7-8:30pm
Autism 205: Sensory Processing
(see page 4 for details)

17 Saturday, 11am-2pm
Adaptive Cycle Expo
(see page 4 for details)

17 Saturday, 6-7pm
People First Meeting
114 W Magnolia Suite 106
Contact Susan: 738-2060

18 Sunday, 12-3pm
DsO Spring Fling
(see page 3 for details)

19 Monday, 4:30-6pm
DD Advisory Board Meeting
St. Lukes Health Education Center
3333 Squalicum Parkway
Contact Jessica: 676-6724 ext. 32014

19 Monday, 6-8pm
Spin Dance
Senior Center, 315 Halleck Street
Contact Amanda: 778-7000

29 Thursday, 5:30-7:30pm
The Arc's Membership Meeting
(see page 6 for details)



The Arc of Whatcom County presents the nationally acclaimed SPROUT FILM FESTIVAL

Daniel lives in a world where everyone has Down syndrome. An Australian rock group is made up almost entirely of members with physical and intellectual disabilities. And Zack is an accomplished athlete with cerebral palsy.

These are just a few of the inspiring, entertaining films that will have you laughing, crying and learning at The Arc's Sprout Film Festival on May 13 at The Pickford. (Details on page 1.)

This is a truly unique opportunity to increase respect, inclusion and understanding in our community. Please invite your friends, neighbors and colleagues to join you for this exciting event!

NOTE: All listed events are in Bellingham unless otherwise noted. More events are listed on The Arc's community calendar: www.arcwhatcom.org/events.