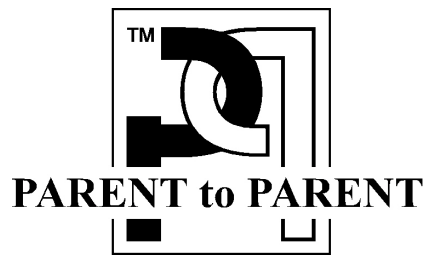


Check out our latest newsletter!



WA State Parent to Parent (P2P) Newsletter: January 2019

[P2P Programs by County](#)

[Join us on Facebook today](#)



Welcome LIZ SARMIENTO, Pierce County P2P Hispanic Outreach Coordinator.
Wishing you and your families the best year.
~~Susan, Jackie and The Arc of WA

5 Great Ideas for New Years Resolutions

- Make time for yourself, and do something that gives you life.
- If you are married, date your spouse.
- Get respite.
- Embrace your limits.
- Cultivate thankfulness.

[5 Resolutions Moms of Kids With Disabilities Should Make](#) by Ellen Stumbo
(Full Article)

[Start 2019 Off With 52 Small Things](#) by Jordan Davidson

Calendar of EVENTS

2019

January

1/29: Next Statewide Respite Coalition meeting: [RSVP](#)

Date: Tuesday, January 29th

Time: 10:00 to 11:30 AM

Location: Call-in / ZOOM (online) / In Person at DSHS, Aging & Long Term Support Administration, Lacey

February

2/1: [Application Deadline](#) for 2019 Youth Leadership Forum-Federal Way- August 4-9 Ages 16-22 There is no cost for students to attend. ([Application](#) - [Information](#) brochure)

March

3/29: 40th Annual Duncan Seminar: Ready, Steady, Go! Supporting Infants and Children with Neuromuscular Disorders

When: Friday, March 29, 2019; 7:45 a.m. - 4:15 p.m.

Where: Seattle Children's Hospital
Wright Auditorium
4800 Sand Point Way NE
Seattle WA 98105

If you have any questions, please contact Lynna Song at Lynna.song@seattlechildrens.org or at 206-987-5318

Please see the [brochure](#) for more information about the Seminar and Registration Fees.

[Register Here](#)

April

4/30-5/2: 2018 [National Lifespan Respite Conference "Illuminate Respite"](#)

Will be held in Buffalo, New York. The New York State Caregiving and Respite Coalition will join ARCH in hosting this event. The conference will be held April 30 - May 2, 2019.

May

5/1-5/3: [2019 Infant and Early Childhood Conference](#) (IECC). Save The Date May 1, 2, and 3, 2019 at the Tacoma Convention Center. Early Bird Registration [here](#).

June

6/1: Washington Autism Alliance & Advocacy - WAAA's event [2019 It Takes a Village Conference](#) Saturday, June 1, 2019 at 9 AM - Vancouver, WA

6/11-6/13: Washington State DSHS Developmental Disabilities Administration is pleased to announce Community Summit 2019: Enriching Lives!
[More information](#) will be available upon registration in spring 2019

(Registration opens in March).

6/25: 1st Annual Self-Advocate Disability Summit - Presenters, speakers and volunteers are needed. [Learn more here](#) .

August

8/4-8.9: 2019 Youth Leadership Forum (YLF)-YLF is at the Dumas Bay Centre in Federal Way, WA. There is no cost for students to attend! Students must be 16 years of age prior to the start of YLF and under the age of 22. Registration Deadline February 1, 2019

[Application](#)

[Brochure](#)

Educational Events

WA Hands & Voices Webinars:

1) Webinar Wednesday, January 23, 2019 from Noon to 1:30 pm (for info)

[IDEA Special Considerations for Students who are deaf and hard of hearing](#)

Washington Hands & Voices will be providing three family webinars from January to March 2019. This first webinar will focus on IDEA Special Considerations for Students who are Deaf and Hard of Hearing.

2) TBA

3) TBA

2019 General & Special Education Conference - [Registration info](#)

March 5-7, 2019

Washington State Convention Center - Downtown

[Seattle WA](#)

RESOURCES

1. Did you know that the five healthcare companies below administer Medicaid services in Washington state?

- Amerigroup (AG)
- Community Health Plan of Washington (CHPW)
- Coordinated Care of Washington (CCW)
- Molina Healthcare of Washington (MHW)
- United Healthcare Community Plan (UHC)

These companies offer different "valued-added" benefits for enrollees such as acupuncture, sports physicals and more. See which plans offer perks in an easy-to-read table provided by WithinReach.

[CLICK HERE to download the 2019 table.](#)

Please note that WithinReach presents this information as a service to the public. All information is general in nature and not intended to be a substitute of individual self-determinations as to choice of managed care plan. This does not constitute a specific recommendation or endorsement of any specific health care plan. WithinReach is not liable for incorrect or out of date information provided by a health plan.

2. For parents of children with ASD from ages 8 years to 25 years of age. Survey research study to complete around explaining and telling your child they have Autism. [See link for more info.](#)

3. Welcome to [Lifespan Respite Washington](#) - Respite is planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers

caring for that child or adult.

If you are seeking respite :

[Application](#) if you are seeking respite

Information for Respite Provider Agencies (RPA):

[RPA Applications](#)

[Policies and Procedures](#)

[Interagency Agreement](#)

"Hardships often
prepare ordinary
people for an
extraordinary
destiny"
-C.S. Lewis

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Links for Archived Newsletters

(Click to read [archived past editions](#) through August 2016 of the P2P Newsletter!)

[Past Newsletters Parent to Parent \(bottom of the page\)](#)

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Website: http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs

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