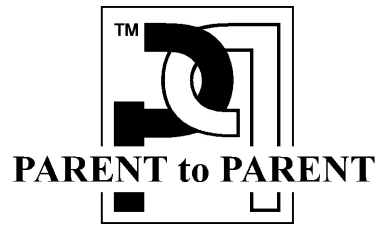


Check out our latest newsletter!



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

[P2P Programs by County](#)

[Join us on Facebook today](#)



Goodbye from Susan-See below. We are also saying goodbye to Shannon Cox, Chelan/Douglas County. Shannon, we will miss you and wish you and your family the very best.

~~Susan, Tracie and Jackie
State Parent to Parent

Calendar of EVENTS

2019

August

8/1-8/2: [Strengthening Families: Resilience & Empowerment](#) Free Workshop 9:00 am - 4:00 pm (Location: Henry Beauchamp Community Center, 1211 South 7th Street, Yakima, WA 98901)

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](#)

8/9: [2nd Annual WA Fatherhood Summit](#) 8:00 am -3:00 pm King County Airport, Seattle WA - Theme: What Does a Father Need When His Baby is Born? [Agenda](#)

October

10/5-10/7: [Dad's Training Weekend](#) - Systems navigation, IEPs, parenting techniques, DE-escalation, reward systems, sibling issues, etc. There is a \$30 registration fee, which includes lodging and meals from Friday evening to Sunday checkout (noon).

November

11/6: The Lewis County Autism Coalition will host it 9th annual Southwest Washington Autism Conference on November 6, 2019 - at Centralia College in Centralia, WA. - and invites you to share your experience and knowledge as a presenter.

Workshops will be aligned with our 2019 conference theme Inclusion: School - Work - Community and advance the success of individuals with disabilities, families, and professionals. To participate, please complete the Call for Presenters form and send to conference@lcautism.org by April 15, 2019. Early submission is encouraged.

[Download the Save The Date Flyer](#)

RESOURCES

1. [Special Olympics Health Bulletin](#) Sparking meaningful debate and discussion on intellectual disabilities and global health.

2. Congratulations to Krista Milhofer and to People First of Washington. Krista was chosen by the Board of Directors and accepted to be the new Program Administrator. She will begin working for us the middle of July. The office will be moving to Tacoma at that time. Krista has been the Thurston County People First advisor this year and attended the Convention in Olympia last year. She has worked in the field of disabilities for a long time in many roles, currently owning her own business providing Community Guide and Engagement for people living in Thurston County. Exciting new times for People First of Washington.

3. Cultural and Linguistic Access: Considerations for Professionals

There is a great need for service systems and support organizations to reach out and connect with culturally and linguistically diverse (CLD) families in ways that open doors for all families. However, we can't ask for what we don't know. That's why it's so important for both families and professionals to connect and understand each other.

[Click here](#) for ideas and resources to help professionals provide better access to services for CLD families.

4. Is Your EBT card up to date? In July 2016, DSHS switched [Electronic Benefits Transfer](#) (EBT) service from JPMorgan Chase to FIS. Today, a large number of active JPMorgan Chase cards continue to be used by clients. Those cards are not compatible with FIS' encryption keys and must be replaced or canceled in order to enhance card security.

This month, letters will be mailed to clients with active JPMorgan Chase cards advising them to contact [DSHS FIS](#) to obtain a replacement EBT card. New cards can be picked up in person or mailed. In November 2019, another letter will be sent to clients still using active JPMorgan Chase EBT card advising that a replacement card. The letter will advise that a replacement card will be mailed in December 2019. Approximately two weeks after the December card mailings, all remaining active JPMorgan-era cards will be canceled.

Request a Replacement Card

For EBT card replacement by mail, please contact one of the following:

EBT Customer Service 1-888-328-9271

TTY State Relay Number 1-800-833-8388

Braille TTY State Relay Number 1-800-833-6385

Developmental Disabilities Administration Long Term Care Specialty Unit 1-855-873-0642

For In-Person EBT card replacement, please visit the [Community Services Office](#) between 10 a.m. - 2 p.m.

5. [Summer Health & Safety Tips](#) - Do You Know...

- The difference between sunstroke, heat stroke and heat exhaustion?
- The signs of dehydration?
- Whether someone in the water is in distress or drowning?

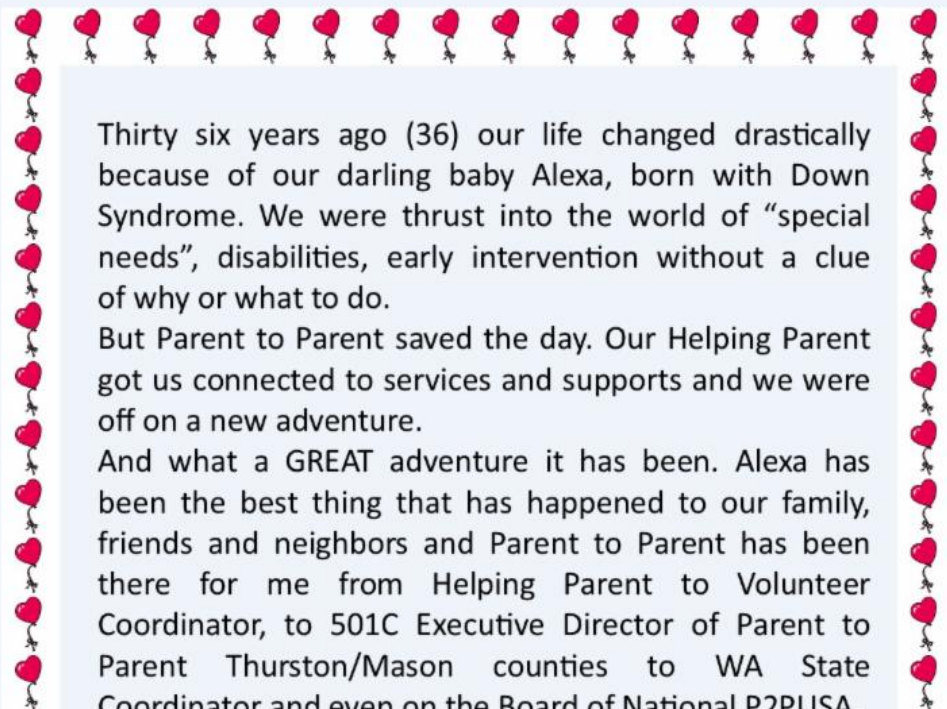
Learn the risks, signs and treatment of these and other summer health issues in caregiver alerts created by the Developmental Disabilities Administration.

6. [Washington's 2019 Law Adjusts Graduation Requirements](#)-The new law removes the direct link between statewide assessments and graduation requirements by discontinuing the Certificate of Academic Achievement

statewide assessments and graduation requirements by discontinuing the Certificate of Academic Achievement (CAA) after the graduating class of 2019 and the Certificate of Individual Achievement (CIA) after the graduating class of 2021.

7. [Journeys in Healthcare from a Youth Perspective](#)-Family Voices presents the first of it's series; "Journeys in Healthcare, from a Youth Perspective". In this episode, Brennan shares about his journey with hypertrophic cardiomyopathy, which is a type of heart disease.

8. [Tips for Parents: Summer Provides Time to Reinforce Positive Behaviors at Home](#)-Summertime brings relief and grief in different measures for families. Taking a break from school can mean more time to sleep in, take vacation or simply daydream. Still, a change in routine can disrupt some children who prefer days that are all the same amount of busy-and disruption can lead to dysregulation.



Thirty six years ago (36) our life changed drastically because of our darling baby Alexa, born with Down Syndrome. We were thrust into the world of “special needs”, disabilities, early intervention without a clue of why or what to do.

But Parent to Parent saved the day. Our Helping Parent got us connected to services and supports and we were off on a new adventure.

And what a GREAT adventure it has been. Alexa has been the best thing that has happened to our family, friends and neighbors and Parent to Parent has been there for me from Helping Parent to Volunteer Coordinator, to 501C Executive Director of Parent to Parent Thurston/Mason counties to WA State Coordinator and even on the Board of National P2P USA.

Coordinator and even on the Board of National P2P USA.
So now 36 years later I am going to retire from Parent to Parent. All my girls are grown women and on their own and now I will take care of me and my doggie Stella.

I hope to see all of you again but if not it's been a wonderful experience and I will miss all of you and want to Thank You for all the help and support you have given me and all the other parents out there.

You are not Alone! Parent to Parent is here for you like it was for me and my family.

Hugs,
Susan Atkins

Links for Archived Newsletters

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

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

WA State Parent to Parent (P2P) | The Arc of Washington State | 1.888.754.8798 x-2 | parent2parentwa@gmail.com | info@arcwa.org

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

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