

## Remembering Maureen Godwin

Maureen Godwin passed away peacefully on Thursday March 14, 2019 in the comfort of her home, surrounded by love and light. Maureen was born & raised in Florida, and began her professional career there, working in early intervention services. Maureen and Tom Godwin moved to Whatcom County in 1992 with their children, Daniel and Sarah. Maureen served as Whatcom County's first Parent to Parent coordinator in 1992, developing a network of helping parents through coaching and mentoring. In 1994 she became Lead Family Resource Coordinator for Whatcom County. Many families met Maureen during home visits where she would often sit on the floor to connect with our infants & toddlers, giving us comfort and support with her calm and gentle nature. Maureen also served on the board of directors of the Arc and held staff positions as Assistant Director and Executive Director. One parent shared this tribute to Maureen:

"There are so many things to say about Maureen. Maureen was an angel in disguise. In fact, she glowed. Maureen was the first professional to come along side us after our child's diagnosis. I think I wrote her a card or shared in public about her being our "undercover angel." I must have been a sleep-deprived parent to say something as silly as that. What I meant is that she was someone who did amazing things without demanding recognition. Maureen's ability to connect us to resources, services and support meant the world to us and that I could continue to stay at home and raise our child. She was a treasure to our family and will be dearly missed."

A Celebration of Life was held Friday April 5th at the Squalicum Boathouse at Zuanich Park. Maureen wished for any gifts made in her memory be directed to the Arc of Whatcom County, Whatcom Hospice, and The York Neighborhood Farm.

The membership of the Arc, our board and staff, are forever grateful for the gift of this beautiful community center, our home to continue the legacy of valuing every individual's spirit of hope, compassion and joy. We are honored to continue this mission so important to Maureen, a shared mission of inclusion and welcome. She changed our lives and brightened our community. Remember her light always and pass it on to make this world shine brighter in her honor.

*Beverly Porter*

Executive Director of The Arc of Whatcom County



*Maureen and Tom Godwin, pictured in front of the Dan Godwin Community Center, home of The Arc of Whatcom County.*

# Parent Coalition

## Legislative Wrap Up

The Washington State Legislature has completed their session and delivered the Operating Budget, Capital Budget and Transportation Budget to the Governor who can sign them into law, veto parts of them, or veto the entire budget. The Operating Budget contains funding for services to people with developmental disabilities, such as the pay rate for Direct Service Professionals (DSP) that staff those settings. There are not enough community residential placements for people with DD because entry wages remain low and turnover is high. Many openings sit empty because programs cannot find staff to fill them. With residential services being the top need in our crisis-driven system, advocates educated lawmakers about the need to increase wages for DSPs and to find placements in the community for people who are waiting to leave a hospital bed that they don't need.

## What did get funded in the Operating Budget?

- A number of items that would help people move from Institutions such as Fircrest and Rainier.
- Increase in the number of beds to be available and an increase in pay for community respite providers.
- Funding for High School Transition Students on Basic Plus waiver through DDA.
- Implementing HB 1199, expanding eligibility for Healthcare for Workers with Disabilities.
- Engrossed Second Substitute Senate Bill 5091, that enhances funding for special education programs and provides easier access to safety net funding for school districts' special education.



*In January The Arc of Whatcom County, with support from The Arc of Washington State, brought a bus of self-advocates and family members down to Olympia for Advocacy Day. We met with our legislators and shared our views on issues that are important to our lives.*

## What about the Capital Budget?

The Capital Budget pays for building or construction projects. One section under the Department of Commerce is called the Housing Trust Fund (HTF) which will receive five million dollars this biennium. The HTF provides funds for the construction, acquisition or rehabilitation of housing units every year for people below 80% of the average median income

## Bills of Interest: what policy changes were made?

- HB 1706 would eliminate the certificate that allows some businesses to pay people with DD less than minimum wage. The final amended bill limited the elimination of sub-minimum wage to state agencies employing people with DD.
- SB 5405 will stop the discrimination people with disabilities face when needing an organ transplant.
- SB 5163 ensures accountability when someone is the victim of wrongful death.
- HB 1329 allows the Office of Public Guardianship to offer supported decision-making (SDM) as an alternative to full guardianship and SB 5604 is the Uniform Guardianship Act that also now includes SDM.

*Excerpted with edits from The Olympia Reporter – The Arc of Washington*

[https://arcwa.org/index.php/takeaction/washingtonstate/olympia\\_insider/2019\\_legislative\\_session\\_wrap\\_up/](https://arcwa.org/index.php/takeaction/washingtonstate/olympia_insider/2019_legislative_session_wrap_up/)





# Parent to Parent



## Super Sitter Training

10 am - 2:30 pm

June 24 - 26

The Arc of Whatcom County  
2602 McLeod Rd. Bellingham

This popular class is available for youth ages 13 and older and teaches basic baby-sitting skills along with skills caring for children with disabilities. Participants will gain confidence in caring for children, particularly for children with special needs. They will also enjoy the learning environment of the camp as they meet new friends. This training also includes a day of infant/child CPR and First Aid certification. We recommend participants have some prior baby-sitting experience. Registration forms are due June 19 and can be located at [www.p2pwhatcom.org](http://www.p2pwhatcom.org). Class fee of \$95 is due by the morning class starts, partial scholarships are available. For questions and registration forms please contact Karlene at (360) 715-0170 ext 302 or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)

## Summer Evening Family Barbecue for Parent to Parent Families



6 - 7:30 pm, Saturday, July 6

Bloedel Donovan Park, Large Gym  
2214 Electric Avenue, Bellingham

Come and enjoy a summer evening with friends. Super Sitters will be there to offer fun activities for the kids. Hot dogs, dessert, and drinks will be provided by P2P. Please bring your favorite potluck item (salad, fruit, vegetables) to share.

For more information call 360-715-0170 ext 302 or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)

Co-sponsored by Bellingham Parks & Recreation

## Parent Support Meeting

Monday, June 10

7 pm - 8:30 pm

St. Luke's Community  
Health Education Center  
3333 Squalicum Pkwy



Siblings of Children With Special Needs Have Needs, Too: An interactive Adult Sibling panel discussion & Sibshop information. This is a unique opportunity to ask questions and gain valuable insight about the experiences your child may have and ideas for how you might support him/her. *Free onsite child supervision is available to those who RSVP by Friday, June 7th. Please contact our office 2 weeks prior for Interpretation Accommodations. Contact P2P at (360) 715-0170 ext 302 or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)*

## PLEASE NOTE NEW LOCATION FOR JUNE MEETING

thank  
YOU

Parent to Parent would like to give a big thanks to Launching Success for supporting our Sensory Processing Disorder Workshop by donating items for our door prize. We'd like to thank the Parents and Providers who shared their knowledge during our event. We also appreciate our Helping Parent Jane Parsons for helping us set up. Thank you to Starbucks who generously donated coffee for our attendees to enjoy.

We would also like to thank Fairhaven Village Inn for once again generously donating a beautiful room for our annual Helping Parents Night Out.

# Community Events



## Adaptive Kayaking Expo

Sunday, June 30

10:00am-12:00 will be for youth (ages 5-12)

12:00-2:00pm will be for teens and adults (ages 13 and up)

Bloedel Donovan Park, 2214 Electric Ave

This is a community event for individuals ages 5 and up, that aims to bring people with disabilities together with kayaking enthusiasts to share the water and have some fun. All kayaks will be equipped with outriggers to ensure stability. They are 2 seaters so a volunteer can be on board. Life jackets will also be provided but feel free to bring your own. Volunteers needed for day of event: Training will be provided before event from 9:00am to 10:00 am instruction from Outdoors for All staff. Seattle-based Outdoors for All is coming to Bellingham this summer with a fleet of adaptive kayaks and trained volunteers to help put on this event. Please check out their website at [Outdoorsforall.org](http://Outdoorsforall.org) and our Facebook event page (Search 'Adaptive Kayaking Expo 2019') if you'd like more information on all of the adaptive events and adventures. Adaptive & Inclusive Recreation of Whatcom County (AIROW) mission statement: Create community-based recreation and leisure activities in Whatcom County specially designed for children, teens, and adults who have a disability that impacts their participation. To register to participate contact Jessica Howard at [Airow2019@gmail.com](mailto:Airow2019@gmail.com). To volunteer or make a tax deductible donation to fund this event, contact Jill Smith at [jillnecsmith@gmail.com](mailto:jillnecsmith@gmail.com).

**BRANDON NELSON PARTNERS**  
REALTORS®

CASCADE  
daFO



## My Way Matinee: Sensory-Friendly Films at Regal Cinema

Get the movie theatre experience, but with lower sound and brighter lights. Movies start at 10:30am on 1 Saturday per month. For the movie schedule, visit <https://www.regmovies.com/promotions/my-way-matinee>

## Out of The Ashes

Every Tuesday, 3:30 - 5:30pm

Boundary Bay Brewery (Garden)

1107 Railroad Avenue, Bellingham

Celebrate summer with great music & fun friends! Out of the Ashes is a music program that gives people with disabilities the chance to play music. Come and join in the fun this summer and learn how you can be a part of Out of the Ashes!

For more information visit <http://www.outoftheashes.us/>

Northwest  
Access  
Fund



6 -7 pm, Thursday, May 23

Max Higbee Center

1210 Bay St #102 Bellingham

Join Northwest Access Fund for a free event that's all about ABLE! ABLE accounts present an exciting opportunity for people with disabilities to save without the fear of losing benefits. Join us at this free event to learn more about how ABLE accounts work - you'll even have the chance to set one up with our financial coach!

For accessibility accommodation requests: [megan@nwaccessfund.org](mailto:megan@nwaccessfund.org)

## Unity Club at Western Washington University

6-7pm, Academic West, Room 205  
WWU Campus

Thursday, May 23 Outside Games

Thursday, June 6 End of Year Park Picnic

The WWU Unity Club is an opportunity to expand connection with Western and meet new people. Contact Chloe Rosenfield at 206-909-6801 or [rosenfc@wwu.edu](mailto:rosenfc@wwu.edu)



## Regional Reduced Fare Permit

Did you know people with disabilities are eligible for reduced transportation fare in Washington? The Regional Reduced Fare Permit (RRFP) is an ID card that entitles you to discount fares on 15 transportation systems throughout the Puget Sound region. This permit entitles you to ride the regular buses at a discounted fare. The permit is also valid on the Washington State Ferries. One personal care attendant (PCA) can ride for free with a reduced-fare passenger; the PCA must get on and off with the reduced-fare passenger. The reduced-fare passenger must have an RRFP with "PCA" on the card.

<https://www.soundtransit.org/Fares-and-Passes/Types-of-fares/Regional-Reduced-Fare-Permit>



## Challenge Air Fly Day

9am - 4pm, Saturday, August 24  
Seattle/Everett, WA  
Paine Field Airport

Challenge Air builds self-esteem and confidence of children and youth with special needs, through the experience of flight. Join Challenge Air at the Historic Flight Foundation located at Paine Field in Mukilteo for our annual Fly Day for kids with special needs between the ages of 7-21 years.

Visit <https://www.challengeair.com> to register or learn more.



## Father's Network Campout

June 14-16  
Friday, Saturday, & Sunday

The Fathers Network annual family campout is coming up! This will take place over Father's Day weekend in Anacortes at Washington Park. The Father's Network connects fathers of children of all ages who have special needs with each other and with resources, information, and education to assist them as they become more competent and compassionate caregivers for their children. Contact: Louis Mendoza at (425) 653-4286 or [Louis.mendoza@kinding.org](mailto:louis.mendoza@kinding.org)

## Free Access Pass

The National Park Service is offering a free pass to federal recreation sites for people with disabilities who present documentation of disability status and ask for the free Access Pass. This life-long pass provides that person, along with three other adults, free admission to federal recreation sites around the country. For more details, visit [www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm).

Washington State Parks also offer pass programs that reduce or waive camping, moorage and watercraft launch fees for limited-income senior citizens, disabled veterans, foster parents and people with disabilities. For more information, visit [www.discoverpass.wa.gov/131/Exemptions](http://www.discoverpass.wa.gov/131/Exemptions).

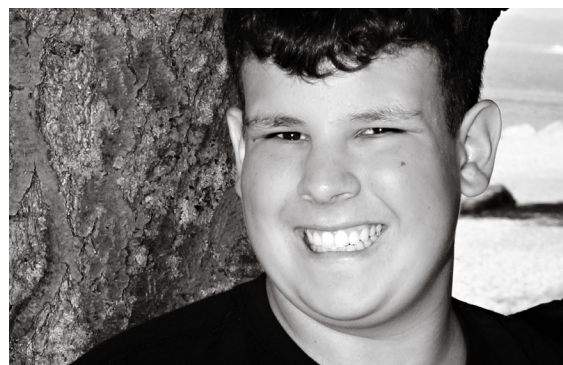


# In Memory of Garrett Rusing

## In Memory of Garrett Rusing 1997-2019

On April 8, 2019, we lost a loved member of our local community, Garrett Rusing. At age three, Garrett was diagnosed with autism and he developed seizures a few years later. Despite the health and communication challenges these diagnoses can bring, Garrett completed school at Sehome High School and the Bellingham Community Transitions program. Garrett grew to be a humble caring young man who loved being with friends, walking his dogs, and taking photographs. He also loved all things trains - collecting trains, taking pictures of trains, visiting tracks and stations, and most importantly traveling by train to Leavenworth. Our hearts go out to his mother, Laurene Rusing, and the entire Rusing Family at this most difficult time.

Garrett will be deeply missed by his friends and all of us who knew him in the community. He will be in our hearts forever.



*Garrett pictured in our 2014 Smiles of Life Calendar*



*Garrett pictured (center) with his family and Arc Executive Director, Beverly Porter (right) at a United Way photoshoot*

### *Supporting Each Other in Grief:*

Individuals with intellectual disabilities experience grief when they lose a loved one just like everyone else. The effects may be prolonged with people with intellectual disabilities experiencing more anxiety, depression, irritability, and other signs of distress. Expressions of grief might be obvious emotions, or might be their expression through behaviors such as irritability, sleep problems, & anxiety. Talk directly with them & provide opportunities for the individual to make connections to the past, present and future: look at pictures and share memories, make a book or a memory box about the person who died, give them something that belonged to the person, visit places they used to go together,

and talk about how much the person who is gone would be happy about a present activity.

### *Grief Resources:*

- <https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe481.pdf>
  - <http://www.intellectualdisability.info/mental-health/articles/managing-grief-better-people-with-intellectual-disabilities>
  - <https://www.iidc.indiana.edu/pages/supporting-individuals-on-the-autism-spectrum-coping-with-grief-and-loss>
- <https://vkc.mc.vanderbilt.edu/assets/files/tipsheets/copinglostips.pdf>

# Annual Arc Meeting

## THE ARC OF WHATCOM COUNTY'S ANNUAL MEMBERSHIP MEETING

5:00-7:00pm • Monday, June 10

St. Luke's Community Health Education Center

3333 Squalicum Pkwy, Bellingham

RSVP: (360) 715-0170, ext. 200, [admin@arcwhatcom.org](mailto: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 June 6th so we can plan accordingly.**

Right after the meeting we will be holding our monthly Parent to Parent Support Meeting at the same location. The topic is "Siblings Needs". This is a unique opportunity to ask questions and gain valuable insight about the experiences your child may have and ideas for how you might support him/her. *See page 3 for more details.*

## Application Night

An opportunity to apply with agency representatives and learn more about community resources and services.

Tuesday, May 21<sup>st</sup>

6:00 pm—7:30 pm

St. Luke's Educational Center

3333 Squalicum Pkwy • Bellingham

### 6:00 – 6:30: Brief Presentations

- Arc of Whatcom County – Planning Tool & Community Resources
- DDA Overview – Why apply?
- DVR Overview – Interested in employment?
- Whatcom County Transition – "School to Work" and the Big Picture
- Social Security – Social Security Work Incentives

### 6:30 – 7:30: Resource Tables

- Agency representatives will be available to provide individualized support with applications and questions.



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](http://www.arcwhatcom.org)

### OFFICE HOURS:

10am-1pm Monday - Thursday

Newsletter Production Staff:  
Melissa Abraham, Karlene Umbaugh,  
Monica Burke

Executive Director: Beverly Porter  
Program Director: Monica Burke  
Care & Resource Coordinator:  
Mary Jo Durborow  
DsO & Self Advocacy: Jessika Houston  
P2P Coordinator: Karlene Umbaugh  
P2P Parent Assistant: Melissa Abraham  
Padres a Padres: Marta Mejia

### Board of Directors

Michelle Karaffa, President;  
Susan Larson, Vice President;  
Dale Whipple, Secretary; Barbara Roxas  
Jen Thistle, Whitney Kiewit  
Detrick Grimes

## Stay Connected

### Online Community Calendar:

Visit The Arc's website at [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on Events.

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://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](http://www.arcwhatcom.org) or email [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org).



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

# Event Calendar

## May

20 Monday, 6 - 8pm

SPIN DANCE

Theme: 80's Night

For more information, call (360) 733-1828

20 Monday, 4:30 – 6:00pm

Developmental Disabilities Advisory Board Meeting

St. Luke's Health Education Center

3333 Squalicum Parkway

21 Monday, 6 - 8pm

Application Night

see page 7 for more details

23 Thursday, 6 - 7 pm

ABLE Savings Account Meeting

Max Higbee Center

1210 Bay St #102 Bellingham

see page 4 for more details

23 Thursday, 6-7pm

Unity Club at WWU Event: Outside Games

see page 5 for more details

## June

6 Thursday, 4:30 - 6:30pm

Self Advocacy Meeting

Topic:

Contact [SelfAdvocacy@arcwhatcom.org](mailto:SelfAdvocacy@arcwhatcom.org)

for more information

6 Thursday, 6-7pm

Unity Club at WWU Event: End of Year Park Picnic

see page 5 for more details

10 Monday, 5 - 7pm

Arc of Whatcom County's

Annual Membership Meeting

St. Luke's Health Education Center

3333 Squalicum Parkway

see page 7 for more details

10 Monday, 7 - 8:30pm (immediately following

Membership Meeting)

Parent Support Meeting

Topic: Siblings Needs

St. Luke's Health Education Center

3333 Squalicum Parkway

see page 3 for more details

12 Wednesday, 2 - 3:30pm

Yuck! I Don't Eat That! Nutrition & Selective Eating in

Young Children with Autism Webinar

<https://militaryfamilieslearningnetwork.org/event/30362/>

14 Friday, 6 - 8pm

Padres a Padres Family Art Night

Pacé Atelier Art Studio

Building #2, 3815 Bakerview Spur

contact [martam@arcwhatcom.org](mailto:martam@arcwhatcom.org) for more information

17 Monday, 6 - 8pm

SPIN DANCE Theme: Hoedown

24 - 26 Monday - Wednesday , 10am - 2:30pm

Super Sitter Training

see page 3 for more details

30 Sunday, 10am - 2pm

Adaptive Kayaking Expo

Blodel Donovan Park

2114 Electric Ave, Bellingham

see page 4 for more details

## July

11 Thursday, 4:30 - 6:30pm

Self Advocacy Meeting

Topic: tbd

8 Monday, 7 - 8:30pm

Parent Support Meeting

Topic: tbd

6 Saturday 5:30 - 7:30pm

Parent to Parent Evening Family Barbecue

see page 3 for more details

Our full community events calendar can be found at

[arcwhatcom.org/wp/events/](https://arcwhatcom.org/wp/events/)