



November 2023 News



Harvest Party Highlights

The Harvest Party this year was held at the Center for Children & Families (formerly Blue Ridge Elementary) and featured carnival-style games in the gym. There was a wide variety of excellent costumes worn by young and old. [Read More Here](#)

A Note From Parent to Parent...

Fall is in full swing with November here and the leaves falling and the air getting colder. There is so much to look forward to in the next couple months with Thanksgiving and Christmas coming before we know it. But for some, it is not always the easiest of times. It gets darker earlier and the stress of the holidays on top of the already stressful job of raising our children with disabilities can be overwhelming. Some may tend to disappear in their shell, while others may lash out at others. However you may feel about the holidays and this season of Fall and Winter, we just want to let you know that you are not alone. We are here to offer a listening ear, a shoulder to cry on, or someone to laugh with. We are also here to help you find the resources you may need in your journey. Please do not hesitate to reach out and call, text or email one of us.

If you are able to join one of our many offerings of parent support meetings, SOAR activity, Mamás Especiales and other special meetings we are hosting this month, please do as we love seeing you and hearing your input.

Your Parent to Parent Coordinators, Angie Witt and Ysabel Fuentes



SOAR Nov Events - For age 13 and over

Nov 2 - Karaoke Night (registration deadline extended to Oct 31)

Nov 6 - Comic Con

Nov 14 - Friendsgiving

Nov 26 - Movie (Trolls Band Together)

[Register for November SOAR Events](#)

Check your inbox for a reminder email with dates, times, and locations after you register.

Sign Up is Open for those age 18 and over who wish to join the Whitman Buddy Program.

[Whitman Buddy Program](#)

Legislative Meet & Greet
Tuesday, Nov 7 at 6:00 pm



Meet with your legislative representatives, Walla Walla County Commissioners, and city council members as they share about the committees they serve on. This is also an opportunity to share with them about our families and the issues we face raising children and adults with disabilities.

[RSVP for Legislative Meet & Greet](#)

Parent to Parent & Mamás Especiales Friendsgiving Potluck

Tuesday, Nov 14, 5:00 - 7:00 pm



Please join us for a tasty meal, companionship, and a rousing game of BINGO!

If your last name begins with the following:

~ A-K please bring a side dish

- ~ L-S please bring a main dish
- ~ T-Z please bring a dessert

RSVP for Friendsgiving Potluck

Paperwork Party

Thursday, Nov 16, 6:00 pm



Paper Party

What's a paper party? A paper party is a time to meet with representatives from the School, Birth to Three, Developmental Disabilities Administration (DDA), Division of Vocational Rehab (DVR), Job Foundations, Social Security, ABLE and Special Needs Trust and WWVDN staff to help fill out paperwork, ask questions, and find out if you are qualified for services.

When: Thursday, November 16, 2023

Where: Center for Family and Children (library)

1150 W. Chestnut St. Walla Walla

Time: 6:00 PM

RSVP at wwwvdn.org

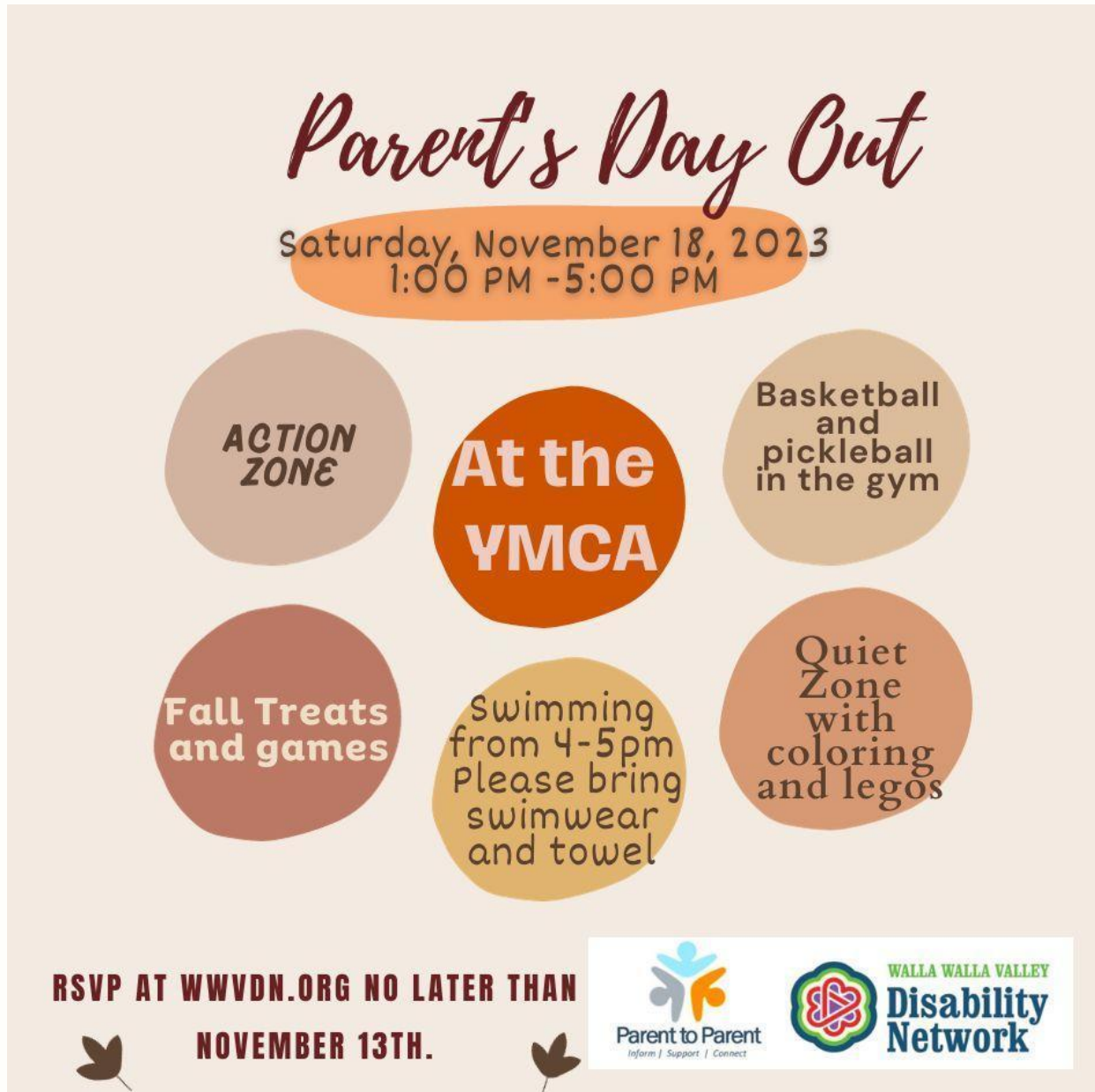
Please call Angie Witt at 509-540-9880, or email at p2p@wwwvdn.org for questions.



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[Register for Paperwork Party](#)



Parent's Day Out
Saturday, November 18, 2023
1:00 PM - 5:00 PM

ACTION ZONE

At the YMCA


Basketball and pickleball in the gym


Fall Treats and games

Swimming from 4-5pm
Please bring swimwear and towel

Quiet Zone with coloring and legos

RSVP AT WWVDN.ORG NO LATER THAN NOVEMBER 13TH.

 **Parent to Parent**
Inform | Support | Connect

 **WALLA WALLA VALLEY Disability Network**

A chance for parents / caregivers to take a few hours and do whatever you want! Know that your child is being cared for and having fun at the YMCA while you do some shopping, enjoy time out with your partner, or just take a nap!

REGISTRATION CLOSES NOVEMBER 13

[Register for Parents' Day Out](#)



RSVP for Kids Playgroup

Kids Playgroup

Walla Walla Children's Museum

Tuesday, Nov 21, 4:00 pm

For kids age 0-12, caregivers & siblings

Admission is FREE



Monthly Activities & Events

November

Mamás Especiales

- Nov 14, Friendsgiving - Centro para niños y familias - 5:30 pm

Parent to Parent Walla Walla

- Nov 14, Friendsgiving - 5:30 pm

Parent to Parent Columbia County

- Nov 26, Meeting location to be determined - 5:30 pm

See Calendar of Events

SAVE THE DATE!

2023 Holiday Party will be held on December 15, 2023

Community News & Activities

Order Free At-Home Covid Tests Now

Every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home. To order from covid.gov, click [here](#) and to order from usps.com, click [here](#).

YMCA Adaptive Swim Lessons

Class size limited to 4 participants

Registration Ends Nov 2 - Only 1 spot left!



Session Dates: Nov 6 to 16, 2023

Lesson Time: 6:20-7:00 PM (Mon - Thurs)

Cost: \$50 for the 2-week session

[More Information](#)

BMAC: Food Bank

October 2023						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 Prescott	4	5	6	7 St Francis Cabrini
8	9 Valle Lindo	10	11 Burbank Touchet	12	13	14
15	16	17 Prescott	18	19 SENIORS	20	21
22	23	24	25 Burbank Touchet	26 Walla Walla	27	28
29	30	31				

November 2023						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4 St Francis Cabrini
5	6	7 Prescott	8 Burbank Touchet	9	10	11
12	13 Valle Lindo	14	15	16 SENIORS	17	18
19	20 ** Walla Walla	21 Prescott	22 Burbank Touchet	23	24	25
26	27	28	29	30		

December 2023						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 St Francis Cabrini
3	4	5 Prescott	6 Burbank Touchet	7	8	9
10	11 Valle Lindo	12	13	14	15	16
17	18 ** Walla Walla	19 Prescott	20 Burbank Touchet	21 SENIORS	22	23
24	25	26	27	28	29	30
31						

BMAC Mobile Distributions

Valle Lindo 2nd Monday 5:30pm-7:30pm #133 Farmland Rd	Prescott 1st & 3rd Tuesdays 10am-11am 106 E 2nd st.
Burbank & Touchet 2nd & 4th Wednesdays Burbank: 44 N 4th st 9am-11am Touchet: 795 McKay road 1pm-2pm	
Senior Distribution 3rd Thursday 1:00-4:00 921 W Cherry St. Call to verify eligibility	Walla Walla **4th Thursday 5pm-7pm 921 W Cherry St. **Changes due to Holidays

Holiday Schedule

Want to receive information about food giveaways and get updated on cancellations due to weather?

Text **bmacfood** to 833-753-0944 for information about Walla Walla

Text **bmacvl** to 833-753-0944 for information about Valle Lindo

Text **bmaccast** to 833-753-0944 for information about Prescott and Dayton

Text **bmacwest** to 833-753-0944 for information about Burbank and Touchet

Text **seniorfood** to 833-753-0944 for information about our monthly Senior Food Distribution

Walla Walla Pantries

St Francis Cabrini	Walla Walla Salvation Army	Dayton Community Food Bank	Waitsburg Resource Center
308 W Main Wed/Fri 9:30-11:45 1st Sat of the month 9:30-11:30 Drive Through	825 W Aider Mon-Wed 9-3PM (Closed 12-1PM) Thursday 9-6PM (Closed 12-1PM)	Tuesdays 2pm-4pm 111 S 1st st	Every Thursday 2:00-4:00 PM 106 Preston Ave
Children's Home Society 1620 Penny Lane 509.529.2130 ** By appointment only			

Have questions about Food Bank services?
Call 509-529-3561

No client will be discriminated against because of race, religion, color, gender, pregnancy, age (including those over 40), national origin (including ancestry), ethnicity, disability (as defined in the federal Americans with Disabilities Act), marital status, veteran status, sexual orientation or any other characteristic protected by applicable federal or state law.

Blue Zones Project

November Events

November events include: Taller para encontrar tu propósito, Walk & Roll Moai, Reduce Stress with the MELT Method, Purpose Workshop at Kerloo Cellars, Holiday Kitchen Makeover, Happy Wanderer Restaurant Approval Party, Clase de cocinar gratis, Book Discussion

[Details & Registration for Events](#)

VRS Cooking & Craft Classes

Please visit their [Facebook page](#) for more information or call 509-540-0935 if that works better for you.



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