

December 2021 Newsletter



Irma & Rodrigo

by Irma Ayala

My name is Irma and I am the mother of a little angel Rodrigo. He is my firstborn and because of the lack of experience I did not notice anything until a neighbor told me: Why don't you take him to a Pediatrician? Rodrigo was already almost 18 months old and did not walk, nor did he speak. For me it was normal, it was my baby.

[Read More](#)

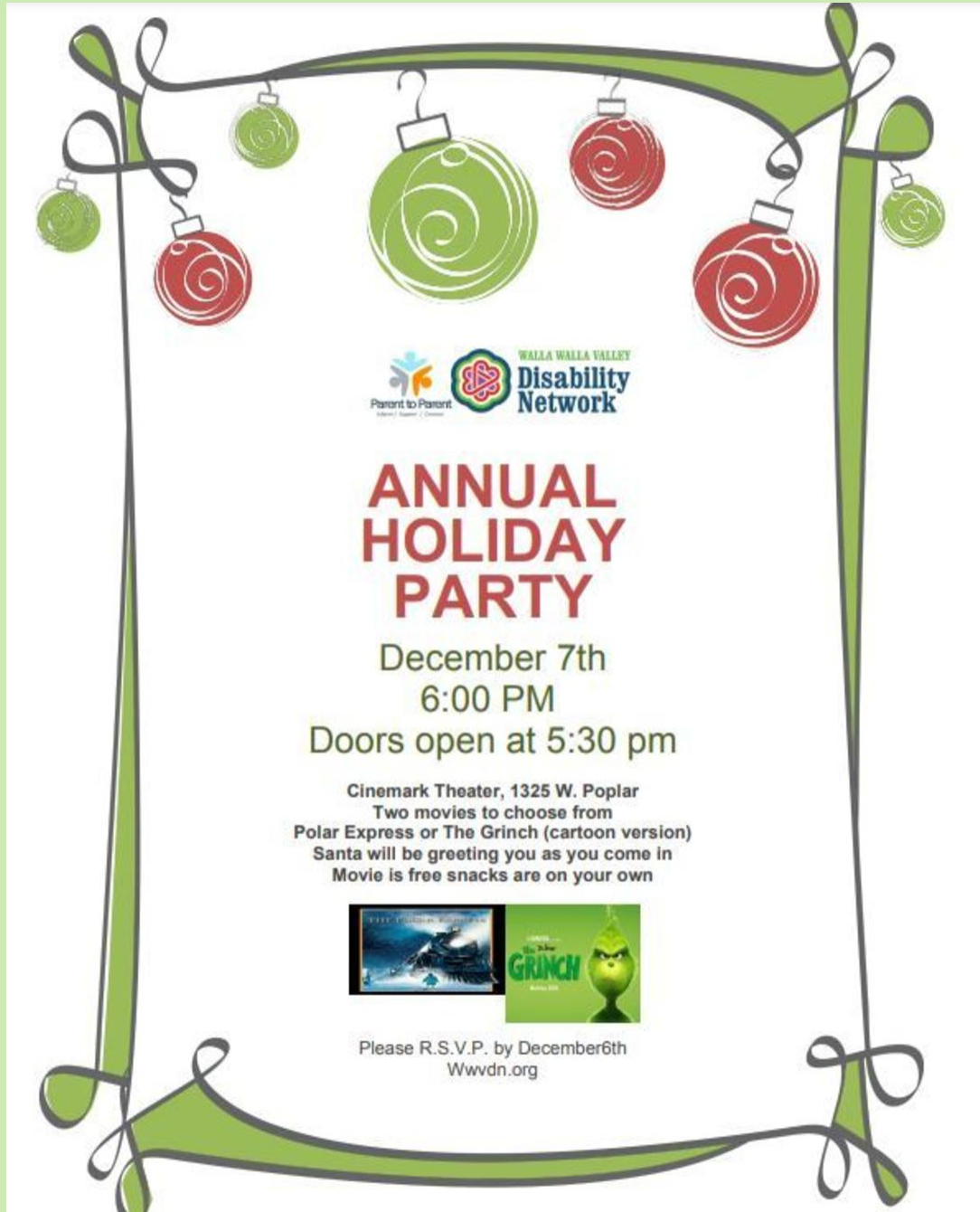
For more family stories, please visit our [Parent to Parent](#) page:

A Note from Parent to Parent

As we just finish with the Thanksgiving holiday, we want you to know how grateful we are for each and every one of you. The strength that you show as a family is inspiring. As we move into the Christmas season, things can be magical or stressful or both for all of us. I love seeing the lights and decorations around town, the giving to others and time to reflect on the last year. It can also be stressful shopping for gifts, having kids home from break, and the business of the season. I feel that too and implore you to take 5 minutes out of your day to just breathe. Deep breathing signals your body to calm down and can be done anywhere and anytime. There are many different techniques that you can google to find one that fits you. Most importantly, taking care of yourself during this time of year is very important and we are

here for you. Whether it be a phone call, cup of coffee or a walk, please call us we are available for you.

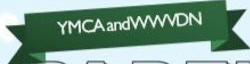
Sincerely,
Angie and Ysabel




Annual Holiday Party

December 7, Cinemark Theater, doors open at 5:30 pm

[RSVP for Holiday Party](#)



PARENTS DAY OUT



December 11, 2021
1:00 PM to 5:00 PM
 Parents, this is your chance to drop off your children and get a much needed break for yourself. The WWVDN and YMCA staff will entertain your children with games, crafts, snacks, and swimming.
 Please RSVP at www.vdn.org by December 10th

01 CRAFTS

- Christmas Craft
- Coloring

02 ACTION ZONE/GYM

- Air hockey
- Video Games
- Basketball

03 SWIMMING

- Bring suit and towel or wear under clothing
- Lifeguards and WWVDN staff will be available to assist in pool

04 QUIET AREA

- For younger kids and those who need quiet zone

Parents' Day Out (at the YMCA)

December 11, 1:00 pm to 5:00 pm

[Register for Parents Day Out](#)

Transition Workshop

Do you have a young adult age 15-21? Do you have questions on what is out there once they finish high school and how to prepare your student for adulthood? This workshop is for you. We will offer meetings beginning in January and leading up to the Transition Expo where you can meet the different resources and employment providers in our community. Resources will be Social Security, Developmental Disabilities Administration, Division of Vocational Rehabilitation, Transition Programs at the High Schools. Understand what each resource offers and how to prepare your child for the next steps.

More information and registration to come.

CHALLENGER BASKETBALL BEGINS IN JANUARY



January 7-February 11th

Edison Elementary School Gym

5:00-6:00 PM kids age 7 to 18

6:00-7:00 PM Adults 18+

Cost \$30.00 per person

*Some scholarships available

Register at www.vdn.org

Challenger Basketball - Fridays Jan 7 to Feb 11

[Register for Challenger Basketball](#)



Monthly Activities & Events December 2021

Mamas Especiales

- Virtual Fridays: Dec 3 & 10 - 1:00 pm

Columbia County P2P Group

No December meeting

Walla Walla County Senior Citizen and Disabled Person Property Tax Exemption Program

This program freezes the value of your residence, exempts all excess levies and may exempt a portion of regular levies. This results in a reduction in your property taxes.

[**More Information & Eligibility**](#)

Swimming Lessons at the YMCA

Dec 13 - 23, 4:30 to 5:10 pm, Monday thru Thursday (total of 8 classes)

Cost: \$50 (scholarships available)

Class Size: 4 students

Additional 2-week sessions will continue through the Fall and Winter, so if you cannot make it to this session, check back and register when a new session opens (every 2 weeks).

[Register Here](#)

Matching Funds Donation Opportunity

Through the Valley Giving Guide of 2021 any donation made to Walla Walla Valley Disability Network through their website now through December 31, 2021 will be matched -- making your donation impact even larger!

[**More Information**](#)

Shopping on Amazon? Sign up with Amazon Smile and support WWVDN with every purchase you make.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
Support WWVDN when you use amazon by shopping at smile.amazon.com

[Amazon Smile Details](#)



Donate Today - www.vdn.org

Your donation supports our ongoing programs and activities:

Donations can be made online at www.vdn.org or by check, made payable to WWVDN, PO BOX 1918, Walla Walla, WA 99362.

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O. Box 1918
Walla Walla, WA | 99362 United States

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.