

July 2021 Newsletter



Mamas Especiales (Special Moms)

by Ysabel Fuentes

El Programa de Padres a Padres da apoyo a familias con miembros con necesidades especiales de salud y discapacidades.

The Parent-to-Parent Program supports families with members with special health care needs and disabilities. [Lea Mas / Read More](#)

For more family stories, please visit our Parent to Parent page:

[Parent to Parent](#)

A Note from Parent to Parent

Happy Hot July! Well if it isn't one thing, it is another. The temperatures are soaring but it will not dampen our spirits or our activities for the month. I hope you all have good air conditioning and a way to stay cool this summer. Memorial Pool is open to our families, caregivers, siblings etc. on Friday mornings from 9:00 AM-11:00 AM for only \$2.00 per person. The YMCA is offering discounts for one on one swimming lessons for our families. Walla Walla City Parks and Recreation is also offering movies in the park. Check out their [website](#).

Check out our website for our summer offerings at www.vdn.org.

Be looking for summer camp information and family picnic in August.

Sincerely,
Angie and Ysabel

Walk with Mamas Especiales Monday thru Friday

6:15 am at Murr Park
Enjoy fresh air and
companionship.



Family BINGO Night July 14 at 6:00 pm

Join us in the cafeteria at the Center
for Children & Families (1150 W.
Chestnut St) for fun for the whole
family. Light snacks will be provided.

[RSVP for BINGO Night](#)



Better Together: Social Club Dance & Karaoke

July 30, at 6:00 pm

For all ages. Come show us your dance moves or sing a song with a friend.

[RSVP for Dance & Karaoke](#)



Monthly Activities & Events

July 2021

[See Calendar of Events](#)

Mamas Especiales

Fridays (virtual), July 9 & 30 - 1:00 pm Spanish Speaking Support Group

Tuesday, July 20 - 6:00 pm at Center for Children & Families

Columbia County P2P No Host Dinner

July 16 - 5:00 pm Blazin' Burgers at the golf course

P2P Caregiver Dinner in the Park

July 21 - 6:00 pm (at Wildwood Park)

Autism Family Meeting

No July meeting

Adaptive Swim

Swimming opportunity for children and adults with intellectual & physical developmental disabilities and their families/caregivers. Each week there will be a short water safety video & activity followed by swim instruction and an hour of open swim. For questions please call 524-4554.



Adaptive Swim

All Ages

June 25 - Aug 20

F

9:00am - 11:00am

Drop In Admission \$2

Location:

Veterans Memorial Pool, 505 E. Rees Ave

Adaptive Swim at Veteran's Memorial Pool
Fridays (June 25 to August 20) 9:00 am to 11:00 am
Cost \$2 per person



WW Parks & Rec Program Guide

NATIONAL NIGHT OUT - WALLA WALLA & COLLEGE PLACE



NEIGHBORHOOD PARADE



SIGN UP... FOR A PARADE OF PATROL AND FIRE VEHICLES
AND WE COULD BE ROLLING INTO YOUR NEIGHBORHOOD!

<http://bit.ly/NNOParade2021>

Saturday, July 31, 2021

Parade will run from 10:00 AM - 2:00 PM



DEADLINE to Register is FRIDAY, July 16th, 5:00 PM

Questions? Contact Vicki at 524-4409

(You will be notified of approx time of YOUR parade via email)

**OPTIONAL YARD DECORATING
CONTEST**

(You must be signed up for the
Parade to enter contest)

honoring **Police & Fire!**

TOP THREE WINNERS WILL RECEIVE \$100 IN DOMINO'S PIZZA COUPONS!

- > Each household that enters the Yard Decorating Contest and decorates their property in the theme of honoring Police and Fire will receive a coupon for a **FREE** Large two-topping pizza.
- > \$100 value of Domino's coupons awarded to BEST OF THE BEST decorated yard within the theme of honoring Police and Fire!
- > \$100 value of Domino's coupons awarded to the BEST yard decorated in honor of Police!
- > \$100 value of Domino's coupons awarded to the BEST yard decorated in honor of Fire!



more information & register your neighborhood

DID YOU KNOW?



New Funding for Clients on DDA's No Paid Services Caseload

This past session, state lawmakers included new funding to increase enrollment in the Developmental Disabilities Administration (DDA) Home and Community Based Services waiver programs, including the Individual & Family Services, Basic Plus, Core, and Children's Intensive In-Home Behavior Support.

If you are a client of DDA, but not receiving a paid service, visit dda.wa.gov to fill out an online request for services and information.

To learn more about DDA waivers, visit informingfamilies.org/dda-waivers. And for information about how to apply (and why it's important), our short new video explains it all at informingfamilies.org/dda-how-to-apply.



The legislature just funded hundreds of new spots on our state's waivers! Have you been waiting for services from the Developmental Disabilities Administration (DDA)? See if you qualify for one of the newly opened waivers spots. You must contact DDA and request a waiver spot. Visit dda.wa.gov to fill out an online request for services & information.

Here are 6 ways to sleep cooler in hot weather

A few tips for sleeping cooler when temperatures are high:

1. Keep the sun outside. Close blinds and drapes completely on the sunny south and west sides of your dwelling, as direct sun can increase the temperature of a room by more than 10 degrees.

2. Make a batch of mint tea without sweetener. Put it in the fridge and then into a mister. Use it to spray down your face and body.
3. Put your sheets and pillowcase into the freezer for a few hours, and then make the bed with them.
4. Put a couple of bottles of frozen water, or a bowl of ice water, in front of the fan that's aimed at your bed.
5. Grab some gel ice packs, freeze them, put them in pillowcases and place at strategic points — under your neck, knees, wrists.
6. Turn off and unplug every electrical appliance you can.

Read the full article [here](#).

Looking for help due to Covid-19 (Coronavirus)?

Covid-19 Resources



Do you know how to contact your legislators?

Share your story with your elected officials.

They need to know how their decisions affect your life.

Find my representatives here

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Your donation supports our ongoing programs and activities:

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

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