

WWVDN 10-Year Anniversary - 2024



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## August 2024 News

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### Annual Meeting / Reunion Annual

Friday August 9, 2024



RSVP & More Info

## Parent to Parent Family Story: Ashley Mendoza



"Ashley G. Mendoza is 17 years old, she is an only child, for me I am her mother, she will always be my girl. She has Muscular Dystrophy and uses a wheelchair, she is a very strong girl with her disability." [Read More](#)

## A Note From Parent to Parent...

Wow where did June and July go? Summer has flown by and school starts in just three short weeks. I know that some are looking forward to school starting and some are dreading it. There are a couple of webinars available that you may be interested in attending on your own or we can open up the office to watch together. One is called "Preparing My Child for School" which will go over home structure and visual schedules and stories for children with Autism. This can be used for any child. The link is:

[https://psjhcrmwebsites.microsoftcrmportals.com/eventreadableEventId=Preparing\\_My\\_Child\\_for\\_School](https://psjhcrmwebsites.microsoftcrmportals.com/eventreadableEventId=Preparing_My_Child_for_School).

I also find helpful IEP tips from <https://adayinourshoes.com/> and Disability Rights Washington.

Ysabel and I are also happy to assist or attend IEP meetings with you. Reaching out to the Special Education Director in your school district to set up a meeting to discuss concerns and questions is a helpful resource.

On another note, Parent to Parent is hosting a "Writing Your Story With a Purpose" workshop on August 14th at 6:00 PM. It is so important for those making decisions on our behalf and on behalf of our children and adults to hear from us about what life is like raising a child with a disability and caring for an adult with a disability. Our collective voices can influence lawmakers and others to make decisions that make the resources work for us and make sense for our family. We will have opportunities in the fall to share these stories with the DDA Ombudsman and the Washington State Developmental Disabilities Council, legislators, and city and county leaders. Although statistics can be important, personal stories leave a lasting impression.

Sincerely, Ysabel and Angie



## **SOAR Events - For age 13 and over**

### **August events open for registration:**

**Monday, August 12 thru 15 - Diverse Abilities Drama Camp at 2:00 pm (Performance on Friday, August 16 at 1:00 pm)**

**Saturday, August 24 - Movie in the Park at Sundown**

[\*\*Visit the SOAR Events Page\*\*](#)

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

## **Diverse Abilities Drama Camp**

**Monday, August 12 - Friday, August 16, 2024**



We will be casting, rehearsing, and performing the one-act play called "A Mixed Up Fairy Tale." Sign up now to insure your spot!

[More Info](#)

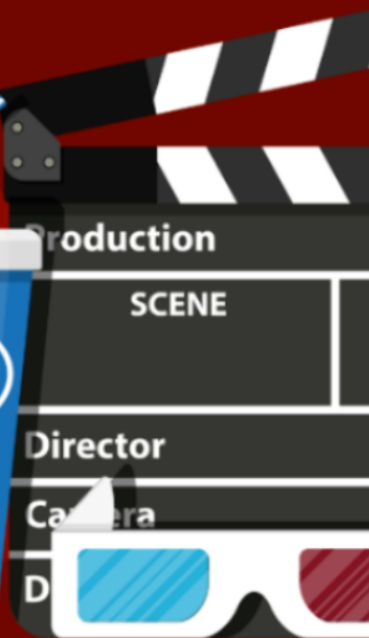
## **Kid's Playgroup at the Movies**

Wednesday, August 14, 2024 - Paddington 2

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# Kid's Playgroup at the Movies



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## WEDNESDAY

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Free movie entry  
and popcorn for  
all that RSVP at  
[www.washdc.org](http://www.washdc.org)

August 14, 2024  
10:00 AM

Cinemark Theater  
1325 W. Poplar St.  
For questions:

[RSVP Here](#)

# **P2P Workshop: Writing Your Story**

## **Wednesday, August 14 at 6:00pm**

# Workshop: Writing your story with a purpose



Sharing your story can encourage others and promote understanding. It can also help you feel validated, reduce anxiety and normalize your experience. Every person's story has the potential to impact how others think and act. It can also spark change.

You will have the chance to compose your story and, if you choose, share:

- **With other families**
- **With Legislators**
- **With DDC Town Hall**

**Participants**



Wednesday, August 14th  
6:00 PM

Bring a potluck dish to share  
Water, paper goods  
and dessert will  
be provided

## **More info:**

📍 1150 W.  
Chestnut St.

☎ +509-255-3727  
RSVP at [www.vdn.org](http://www.vdn.org)

**[HTTPS://WAPAVE.ORG/TELLING-YOUR-STORY-WITH-A-PURPOSE/](https://wapaave.org/telling-your-story-with-a-purpose/)**

## WWVDN Annual Survey



# 2024 ANNUAL SURVEY ENCUESTA ANUAL 2024

**HELP DETERMINE WHERE WE DIRECT  
OUR TIME, EFFORT, AND RESOURCES  
FOR THE NEXT YEAR.**



**AYUDA A DETERMINAR HACIA DÓNDE  
DIRIGIMOS NUESTRO TIEMPO, ESFUERZO  
Y RECURSOS PARA EL PRÓXIMO AÑO.**

**Please share your input  
by filling out an  
anonymous 15-question  
(less than 5 minutes)  
survey**

**Comparta sus  
comentarios completando  
una encuesta anónima de  
15 preguntas (menos de 5  
minutos)**

[Take the 2024 Annual Survey](#)



## Upcoming Volunteer Opportunities

### August Volunteer Opportunities

Please review the available volunteer opportunities for August below and click on the button to sign up.

You are what makes the impact and the difference in the lives of people in your community. Thank you for serving your community and supporting individuals with disabilities. We appreciate you so very much!

[Sign Up Here](#)


## Free Nimbo Posterior Walker



Nimbo Posterior Walker available to any family that needs it. This pediatric walker provides assistance and postural support for safe ambulation and is lightweight, height-adjustable, and foldable. It also features 5-inch wheels, a soft-textured handgrip, and a front-wheel swivel lock with a one-directional mechanism that prevents the wheeled walker from sliding backward. This walker is size X-small with a 24 inch width, 20 inch diameter, and a max user weight of 75lbs. The


## Community News & Activities

### Statewide Survey on Co-Occurring IDD and Mental-Behavioral Health



## WASHINGTON STATE RESIDENTS:

We want to hear from you!



NATIONAL  
LEADERSHIP  
CONSORTIUM  
ON DEVELOPMENTAL DISABILITIES



Participate in research to help policymakers and service providers better understand the perspectives and experiences of people with cooccurring intellectual and developmental disabilities and mental and/or behavioral health support needs!

We want to hear from:

- Adults in Washington state with intellectual and/or developmental disabilities AND mental/behavioral health support needs
- Caregivers of people (any age) in Washington state with intellectual and/or developmental disabilities AND mental/behavioral health support needs

### CHOOSE HOW YOU WANT TO PARTICIPATE:

#### SURVEY

Take this survey  
before August 9th:

[bit.ly/WALivedExperiences](https://bit.ly/WALivedExperiences)



Visit  
[natleadership.org/pdfs/  
WADDCMoreAboutTheStudy.pdf](https://natleadership.org/pdfs/WADDCMoreAboutTheStudy.pdf)  
to learn more about the study!

This research is led by the National  
Leadership Consortium and funded by  
the Washington State Developmental  
Disabilities Council

[www.natleadership.org](https://www.natleadership.org)

#### INTERVIEW

Schedule an individual interview  
between July 15th and August  
9th and receive a \$20 Amazon  
eGift Card after the interview:

[calendly.com/natleadership/  
wa-interview](https://calendly.com/natleadership/wa-interview)

More Info

### Adaptive Swimming Friday

Last two dates for 2024: August 2 & 9, at Veterans Memorial Pool - 9:00 to 11:00 am



9:00 am to 11:00 am

\$5

DROP IN  
PER FRIDAY

\$20

ENTIRE PROGRAM  
EVERY FRIDAY



*It's all yours...*

Leisure Lagoon

Splash Pad

BIG Pool  
Shallow End

Slides  
10:30 am – 11:00 am

Adaptive Swim Friday at Veterans Memorial Pool is a time for those individuals with physical, cognitive, or sensory impairments to come and enjoy the pool without the overstimulation that Open Swim time often provides.

Please note that one caregiver is free when attending Adaptive Swim to provide care to an individual with a disability.

[More Info](#)





# Summer Free Meals

Ages  
1-18

**SHARPSTEIN ELEMENTARY, 410 S. HOWARD**

**JUNE 24-JULY 25 (MON-THURS)**  
CLOSED 6/19, 7/4, 7/5  
BREAKFAST 8:30-9:00  
LUNCH 11:30-12:00

**JUNE 17-AUG 16 (MON-FRI)**  
CLOSED 6/19, 7/4, 7/5  
BREAKFAST 8:00-8:30  
LUNCH 11:30-12:00

**GREEN PARK ELEMENTARY, 1105 ISAACS**

**YMCA, 340 S. PARK**

**JUNE 24-AUG 16 (MON-FRI)**  
CLOSED 6/19, 7/4  
BREAKFAST 8:00-8:30  
LUNCH 11:30-12:00

**JUNE 17-JULY 5 (MON-FRI)**  
CLOSED 6/19, 7/4  
BREAKFAST 9:40-9:55  
LUNCH 11:30-12:00

**SEA-TECH SKILLS CENTER, 252 CAMPUS LOOP**

**WW HIGH SCHOOL (COMMONS), 800 ABBOTT RD**

**JUNE 17-JULY 25 (MON-THURS)**  
CLOSED 6/19, 7/4  
LUNCH 11:00-11:30

**JUNE 17-AUG 09 (MON-FRI)**  
CLOSED 6/19, 7/4  
LUNCH 11:45-12:15

**WASHINGTON PARK, 700 W. CHERRY ST**

**VALLE LINDO HOMES, 343 FARMLAND RD**

**JUNE 17-AUG 16 (MON-FRI)**  
CLOSED 6/19, 7/4  
BREAKFAST 8:00-8:30  
LUNCH 11:30-12:00

**MEALS MUST BE EATEN ON SITE**

For more info, contact Pamela Milleson  
541.861.0318 or 509.526.1870



## Rascal Rodeo 2024



Rascal Rodeo is an adaptive rodeo for those with intellectual and developmental disabilities of all ages. Events are safe, modified and free of charge.

**AUGUST 31, 2024**

Walla Walla Fair and Frontier Days  
Rodeo Arena

More information will be sent as  
the event gets closer.

★ ★ ★ Register at: ★ ★ ★  
[www.rascalrodeo.org](http://www.rascalrodeo.org)

[More Info](#)

**Informing Families: DVR**





Informing Families  
*Today and Tomorrow*

## DIVISION OF VOCATIONAL REHABILITATION (DVR)



The Division of Vocational Rehabilitation (DVR) is a statewide resource that assists individuals with disabilities in preparing for, maintaining, and securing employment.

[Learn More](#)

### DID YOU KNOW?



The National Autism Association provides a free-of-charge toolkit, The Big Red Safety Box. This box gives families the means to education, raise awareness, and provide simple tools that may assist the in preventing and responding to wandering-related emergencies.



The box includes Safety Alert Window Cling for home windows, GE Wireless

Door/Window Alarms with batteries, a caregiver checklist, a sample IEP letter, a RoadID bracelet or Show ID tag, and more! The toolkit only requires a \$8.00 fee for shipping.

Learn More About The Big Red Box



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