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## November 2022 News

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## Thank you Sponsors!

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Did you miss the Ability Walk & Roll, and wish you had one of these awesome shirts?

You can still order shirts online until December 19 - They make a perfect holiday gift.

[Place an order for Ability Walk & Roll T-shirts](#)

#### A Note From Parent to Parent -

##### This Thanksgiving Please Remember

The child who refused to sit at the table may be sensitive to all of the noises and increased volume. Try offering a “quiet space” as a place for an overstimulated child to take a break.

The child who pushes away a relative offering a hug or a kiss is not being rude. The child may be sensitive to touch. Try offering a high five or fist bump.

The child who refuses to eat the food that is served may have dietary restrictions, food aversions, food sensitivities or food allergies. Allowing the child to have their “safe” or preferred food can help decrease unnecessary stress.

Loud rooms and crowded spaces can be very overwhelming for children with developmental differences. Try not to get offended if a child and their parents have to leave early due to being in a state of sensory overload.

These people are not being rude or misbehaving. They experience group gatherings differently than others.

Be Patient. Be Kind

Angie and Ysabel



## Megan Gaines

by Angie Witt

I met Megan Gaines a few years ago and she was a shy quiet young lady. Over the years, I have watched her transform into a strong leader for Special Olympics and at her church. Megan began her journey as an athlete of Special Olympics with Track and Field being her favorite sport that she competes in.

[Read More of Megan's Story](#)

## SOAR Nov Events

**All November Events are Combined (Adults & Teens together)**

- Nov 2, 5:00-7:00 pm, BINGO & Bagel Night
- Nov 8, 5:00-7:00 pm, Movie, Craft, & Caramel Apple Bar
- Nov 14, 5:00-7:00 pm, Friendsgiving (deadline to register is Nov 9)
- Nov 24, 8:30-10:00 am, Turkey Trot (deadline to register is Nov 15)

[Register for SOAR Events](#)



## FREE Showing of "Peter and the Starcatcher"

**Wednesday, Nov 9 at 4:00 pm**

**In the new Black Box Theater at Walla Walla High School**

This is a full dress rehearsal on the eve of Opening Night and is for families who may not feel comfortable attending a regularly scheduled show. Cast & crew are aware attendees may need to get up or move around during the show and may not be able to be silent during the performance. That is all okay!

**RSVP for "Peter and the Starcatcher"**

## Legislative Meet & Greet

**Wed, Nov 16 at 6:30 pm**

**Center for Children & Families in the library**

Join with parents, local representatives, and community stakeholders to share your story and hear about issues that affect you.

**RSVP for Legislative Meet & Greet**



## Monthly Activities & Events

### November

#### **Mamas Especiales**

- **Meeting at Center for Children & Families - Nov 8 & 22**

#### **Columbia County P2P Meeting**

- **Nov 18, at 5:30 pm**

#### **Parent to Parent in Walla Walla**

- **Nov 9, Senior & Caregiver No Host Dinner - 6:00 pm**
- **Nov 17, Autism & Behavior Support - 6:30 pm**

**See Calendar of Events**

**Deaf or Hard of Hearing? Fire Alarm / Alarm Clocks available!**



Event: WA Advocates of Deaf and Hard of Hearing Bedside Fire Alarm / Alarm Clock Distribution

Date: Monday, November 7, 2022

Time: 11:00 a.m. to 2:00 pm.

Location: Center for Children and Families lobby, 1150 W. Chestnut Street

Pickup Specifics:

Reserve your specialized alarm today! WA Advocates of Deaf and Hard of Hearing are equipping area Deaf and Hard of Hearing individuals with free fire alarm / alarm clocks for community members. The person picking up the fire alarm & clock must be Deaf or Hard of Hearing, or is the guardian of a Deaf or Hard of Hearing child. WW Valley Disability Network needs to know how many to order, so please reserve your alarm before Nov 4 at noon.

**Reserve an alarm  
(Deadline is Nov 4 at noon)**



## FREE Swim Lessons

**Enrollment** for special needs swim lessons is **open NOW** and **closes Thursday, Nov 24.**

There are two sessions in this 2 week period (Mon - Thurs: 8 days total). Class size is 4 participants.

Sessions are as follows:

Nov 28 to Dec 8, lesson 5:30pm - 6:10pm

Nov 28 to Dec 8, lesson 6:15pm – 6:55pm

Use code **SWIM** when checking out online to receive the lessons for **FREE**.

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**YMCA Swim Lessons**

## VRS Cooking & Craft Classes

VRS is opening up the option for up to 10 people to attend “live” classes. Staff will wear masks and tables will be set up away from each other. It starts Nov 1 at 3pm. The VRS cooking/craft class [Facebook page](#) is the place where people can sign up. But feel free to give a call at 509-540-0935 if that works better for you.

## Community Activities

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### Consumer Direct Care Network WA (CDWA)

Consumer Direct Care Network Washington (CDWA) is hosting in-person community appointments at SonBridge Center for Better Living, 1200 SE 12th St, College Place, on Thursday, November 17 from 9am to 5pm. This session is open to Clients and IPs. If you need assistance with the CDWA hiring process, time submission, or another topic, please register to attend.

**Register here for an appointment with CDWA**

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### Blue Zones November Events

Nov 1, 6pm to 7pm - Produce RX Cooking Class

Nov 15, 12pm to 2pm - Purpose and Yoga Workshop

Nov 17, 5:30pm to 7:45pm - Great American Smoke Out Purpose Workshop

Nov 30, 4pm to 6pm - Volunteer to Deck the Halls, Decorate Whitman Place Assisted Living Community

**More Blue Zones Information**

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### Step Ahead Learning School

Mon & Wed 5:30 to 8:30 pm focused on social activities & life skills

Mon-Thurs 1:00 to 5:00 pm focused on work skills

## Helpful Information

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### Guardianship & Special Needs Trusts

**Nov 1 at 7:30 pm**

**Webinar presented by the WA State Fathers Network**

Covering questions such as: What is a guardianship? Why do I need one? What is a special needs trust, what types are there and why are they needed?

[Register for this webinar](#)

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