

WWVDN 10-Year Anniversary - 2024



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## January 2024 News

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## 2023 Holiday Party & *You Made A Difference* Awards

We were able to honor seven outstanding recipients of the 2023 *You Made A Difference* Award at our holiday party on December 15. Read more about the worthy [award recipients](#) and view our photo gallery from the [holiday party](#).

# Walla Walla Valley Disability Network office hours

We are located at the Center for Children & Families (1150 W Chestnut St, Walla Walla)

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Our office is open weekly during the following days and times:

Monday 9:00-1:00 pm, Wednesday 1:00-4:00 pm, Thursday 12:00-3:00 pm, Friday 9:00-11:00 am, and by appointment for your convenience. Stop by if you have questions or need help.

El personal que habla español está disponible los lunes de 9 am a 2 pm, los miércoles y jueves de 11 am a 2 pm, y los viernes de 11 am a 4 pm, y con cita previa para su comodidad.

[Contact Us](#)

## A Note From Parent to Parent...

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The year is over and 2024 is beginning and oh what a year it has been. We most recently celebrated the Holiday season together with our party that featured Walla Walla DJ and dancing, cookies galore, hot cocoa, card making and crafts and good ole' St. Nick himself. The party was enjoyed by over 150 people! Wow!!! I want to give a shout out to our helpers who came and helped with setting up, decorating, serving, and cleaning up. We could not have done it without our very important volunteers.

I am grateful that as a network we were able to bring many activities, training, support meetings, and events through grants, funding through Walla Walla County and ARC, and generous donations from our community. Thank You to all that have supported us.

May 2024 bring health, happiness and prosperity!

Cheers,

Angie and Ysabel, Your Parent to Parent Coordinators

## Challenger Basketball Begins!

Every Friday, January 5 to February 9

School-aged play from 5pm to 6pm

Adults play from 6pm to 7pm

STARTING FRIDAYS IN JANUARY 2024

# CHALLENGER BASKETBALL

A BASKETBALL PROGRAM DESIGNED FOR STUDENTS  
AGES 4 - 21 (WHO ARE STILL IN SCHOOL) WITH DISABILITIES.



## DATES

JANUARY: 5TH, 12TH, 19TH, & 26TH

FEBRUARY: 2ND & 9TH

## TIME

YOUTH LEAGUE (SCHOOL AGES)

5:00 PM - 6:00 PM

ADULT LEAGUE

6:00 PM - 7:00 PM



SCAN HERE TO REGISTER

## PARTICIPANTS WILL LEARN:

- TEAM BUILDING
- GOOD SPORTSMANSHIP
- WARM UPS / STRETCHES
- DRIBBLING, PASSING, & SHOOTING TECHNIQUES

EDISON ELEMENTARY GYM  
1315 E ALDER ST. WALLA WALLA, WA 99362

REGISTRATION FEE \$30 PER PARTICIPANT

FOR MORE INFO, INQUIRE ABOUT SCHOLARSHIPS, OR TO REGISTER,  
PLEASE VISIT : [WWVDN.ORG](http://WWVDN.ORG)

A PARTIR DE LOS VIERNES DE ENERO DE 2024

# DESAFIADOR BALONCESTO

UN PROGRAMA DE BALONCESTO DISEÑADO PARA ESTUDIANTES DE 4 A 21  
AÑOS (QUE TODAVÍA ESTÁN EN LA ESCUELA) CON DISCAPACIDADES.



## FECHAS

ENERO: 5, 12, 19 Y 26

FEBRERO: 2 Y 9

## TIEMPO

LIGA JUVENIL (EDAD ESCOLAR)

17:00 - 18:00

ADULT LEAGUE

6:00 PM - 7:00 PM



ESCANEE AQUÍ PARA REGISTRARSE

## LOS PARTICIPANTES APRENDERÁN:

- FORMACIÓN DE EQUIPOS
- BUEN ESPÍRITU DEPORTIVO
- CALENTAMIENTOS / ESTIRAMIENTOS
- TÉCNICAS DE REGATE, PASE Y TIRO

GIMNASIO PRINCIPAL DE EDISON  
1315 E ALDER ST. WALLA WALLA, WA 99362

CUOTA DE INSCRIPCIÓN \$30 POR PARTICIPANTE

PARA OBTENER MÁS INFORMACIÓN, CONSULTAR SOBRE BECAS O REGISTRARSE,  
VISITE: [WWVDN.ORG](http://WWVDN.ORG)

**Register for Challenger Basketball**

## January Kids Playgroup

Tuesday, January 9 at 4:00 pm



Join us at the Walla Walla Public Library for a story and play time. See you there!

**RSVP for January Kids Playgroup**



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

**Monday, January 1 - Movie Day (MIGRATION)**

**Sunday, January 7 - Craft Day**

**Thursday, January 18 - Karaoke Night**

**Monday, January 22 - Game Night**

[Visit the SOAR Events Page](#)

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

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SOAR is busy planning 2024 activities and events and we want to hear from YOU! This is YOUR program and we want to know what you like and what you don't like. Please choose the appropriate link below and share your thoughts with us:

[I'm a SOAR Participant](#)

[I'm a SOAR Parent or Caregiver](#)

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**Sign Up is Open for those age 18 and over who wish to join the Whitman Buddy Program. Activities will resume in February.**

[Whitman Buddy Program](#)

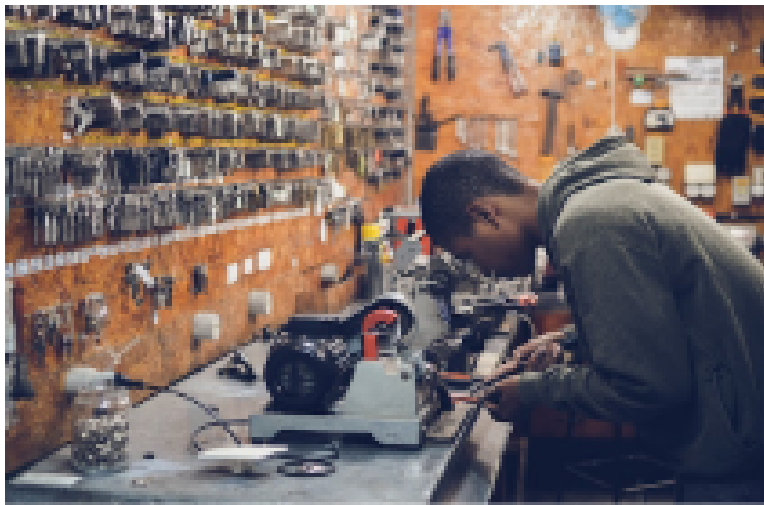
## **Mamás Especiales**

**Martes 16 de enero, 5:00 - 7:00 pm**

Reunión de apoyo solo para mamás que hablan español.

[RSVP a Ysabel](#)

# Transition Workshops



**Wednesday, Jan 17 at 6:30 pm**

Pam Blanton with Partners4Housing will join us to talk about housing solutions for adults with intellectual and developmental disabilities.

[RSVP for Partners4Housing Workshop](#)

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**Wednesday, Jan 31 at 6:30 pm**

Blaine Huizinga will join us to talk about what makes healthy relationships for teens and adults with intellectual and developmental disabilities.



## Monthly Activities & Events

### January

#### Mamás Especiales

- Viernes virtuales a la 1:00 pm
- Jan 16, Centro para niños y familias - 5:00 pm

#### Parent to Parent Walla Walla

- Jan 24, P2P No Host Dinner - 6:00 pm

#### Parent to Parent Columbia County

- Jan 19, location TBD - 5:30 pm

[See Calendar of Events](#)

## Community News & Activities

### YMCA Adaptive Swim Lessons

Class size limited to 2 participants

Registration Ends Jan 4



Session Dates: Jan 9 to Feb 1, 2024

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

Cost: \$55 for the Tues/Thurs session

[\*\*More Information\*\*](#)

## **Family ECHO: Autism**



## Project ECHO Family Series Offerings - 2024 Quarter 1

Family ECHO: Autism is a virtual learning program for families and caregivers, regardless of geographic location, who are raising children with autism. The sessions are designed to shift medical and behavioral information into the hands of parents and caregivers so they can learn to better support and care for their autistic children.

Nationwide Children's Hospital offers Family ECHO: Autism groups covering a range of topics. See what sessions are coming up during the first quarter of 2024.

### Family ECHO: Autism

This series is designed to increase autism knowledge, provide strategies that can be applied for families and their care teams and build skills around a variety of topics.

#### **"Life and Advocacy with an Autistic"**

**Date:** Wednesday, January 17, 2024, 4 to 5:15 p.m.

[Register Now](#)

# 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

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

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.

Have questions about Food Bank services?

Call 509-529-3561

## Blue Zones Project

### January Events

January events include: Book Discussion, Winter Walking Group, Free Laughter Yoga Classes, Volunteer with BMAC Food Distribution, .

[Details & Registration for Events](#)



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