



WALLA WALLA VALLEY
**Disability
Network**

August 2022

Newsletter

This is how things are right now

by Sarri Gilman

Hi friends. Everyone is stretched thin these days. And caring for each other is the most important thing we are all doing in these times.

At times, you may get overwhelmed by the needs of others. Everyone has been through so much loss and change. Each new thing can be too much. Maybe in just the right moment, you can take in one more thing, but maybe in another moment, you can't. [**Read More**](#)

For family stories, visit our [**Parent to Parent Family Stories**](#) page

A Note from Parent to Parent

Summer is flying by too quickly and soon we will be preparing for back to school. Walla Walla's new Special Education Director is coming to meet you and you can learn about what she has planned for the special education department on August 17th. Please RSVP on our calendar at wwvvn.org.

Ysabel and I have been planning for the year and if you would like to see a certain guest speaker or learn more about a topic, please reach out and let us know. This program is all about you and we are here to learn and grow right alongside you. There will be a survey coming out this month, and that is a great way to let us know what you want.

We are available for in person, over the phone or zoom meetings, so give us a call.

Check out our calendar for August events and we hope to see you at one of our gatherings.

Sincerely,
Angie and Ysabel



Come join us at the Splash Pad for a time of visiting and keeping cool.

Thursday, August 4th

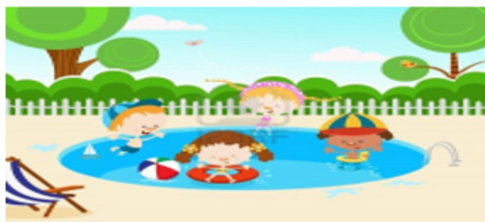
12:00 PM

Washington Park

700 W. Cherry St. Walla Walla

We will have a relaxed time of getting to know each other and catching up while kids play in the splash pad. Bring your own lunch or snacks.

P2P will provide water and popsicles.



Please RSVP at www.vdn.org

For questions, call or email Angie Witt at (509) 540-9880 or p2p@www.vdn.org.

RSVP for Splashpad



SOAR: Swim & Ice Cream Social

Friday, Aug 5, 9am to 1pm

Veteran's Memorial Pool,
Walla Walla

Bring your swimsuit, towel, sunscreen,
and a sack lunch.

RSVP for SOAR

FREE Special Performance of "The Talk Show-Inator"

Saturday, Aug 6, 5pm

Little Theatre of Walla Walla

In the spirit of late night talk shows, this play features characters you know and love from children's stories and media. This production will be student driven on every level; written, acted, costumed, etc., while being guided by long-time Little Theatre volunteers.



More Information & RSVP for "The Talk Show-Inator"

Summer Camp 2022

August 8 - 12, 9am to noon
At the Center for Children &
Families



Registration Deadline is August 3.

Limited to 15 participants - Only 3 spots left!

Information & Registration for Summer Camp 2022



WWVDN Annual Meeting

Sunday, August 14, 7pm to 9pm
at Veteran's Memorial Pool

Join us for an evening of swimming fun. Slides & Concession open 7-8pm, swimming 7-9pm.

RSVP for Annual Meeting



Come One, Come All - you talented people, we want to see what you got!

This will be shown on the big screen at our Annual Meeting August 14th at Veteran's Memorial Pool in Walla Walla.

Your video can be up to 3 minutes long and show anything from swimming, dancing, singing, magic tricks, telling jokes, bike riding, painting, or tightrope walking.

No matter your talent, we want to see it.

Please submit your video clip to shamra@wvvdn.org or text to 509-240-7206 no later than Wednesday, August 10th. The videos will be compiled to make our 2022 Talent Show video and added to our YouTube channel for future viewing.



Back to School Meeting

**Wednesday, Aug 17, 6:30 pm
at the Center for Children &
Families**



Information & RSVP



Monthly Activities & Events

Mamas Especiales

- Weekday Walks at Murr Park - 6:00 am
- Virtual Fridays - August 5, 12, 19, 26 - 1:00 pm
- Meeting at the Center for Children & Families - August 16 at 6:00 pm

Columbia County P2P Group

- No meeting in August

Parent to Parent Meetings

- Aug 4 - Splashpad Hangout

[See Calendar of Events](#)

Step Ahead Learning School

Megan Hansen (509) 386-6912

I have a program from 1:00 to 5:00 Monday through Thursday (for young adults up into adulthood) with an emphasis on work skills. This program will run for three months, when at that time, we will put the skills learned into action. We will launch businesses fully run by the participants. Bringing skills learned to fruition brings a huge sense of accomplishment, especially when each person is able to contribute to their own life. This program begins August 1 and will run this way through October 31. At that time we will integrate the skills learned into small business opportunities individualized to each person. This is all done in a safe, nurturing environment where lifelong connections are made. Cost of this program is \$300 per month. Transportation both to and from will be provided.

We also have an evening program for young adults up into adulthood. This is offered Monday and Wednesday evenings from 5:30 p.m. to 8:30 p.m. We will focus on social activities and interactions, lifeskills, making connections and having fun! On Mondays we will plan Wednesday's meal, budget, and grocery shop. Dinner will be provided each night. Transportation both ways for both nights is provided. Cost of this program is \$225 per month.

Community

Heatwave Safety Tips and Resources



With temperatures rising throughout the state this next week, it is important to stay safe and cool. Informing Families has a resource guide to provide you and your loved ones with information from the Washington State Department of Health and many other statewide partners.

Visit the link below to learn more:

<https://informingfamilies.org/heatwave/>



Clifford the Big Red Dog

August 3, 10am at Cinemark in Walla Walla

Final movie of the Summer Movie Clubhouse.
Admission \$1.50 per person

Beat the heat and enjoy the show!

Terrific Tuesdays at Walla Walla Public Library

Library Calendar

Adaptive Swim

Swimming opportunity for children and adults with intellectual and physical developmental disabilities and their families/caregivers. This is a great opportunity to swim without the open swim crowd and noise. Adaptive swim takes place on Fridays. Use of the splash pool, leisure pool, and the shallow end of the lap pool.



Adaptive Swim

June 24 - Aug 19

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9:00am - 11:00am

Location:

Veterans Memorial Pool, 505 E. Rees Ave

All Ages

Drop In Admission \$2

*Free with Pool Pass

Aug 2022 Blue Zones Project Events

- Free ZUMBA Classes in Washington Park, Tuesdays & Thursdays in August 6-7 pm
- Outdoor Movie Nights, Aug 6 & 20
- Be a Dog Walker for BMHS, Aug 9
- Learn to make Ratatouille, Aug 11
- VOLUNTEER, Distribute Food Boxes to Seniors, Aug 18
- Farmer's Market Cooking Class, Aug 25

[More Information, Dates & Times](#)



Milton-Freewater Drive-In Theater

Rewind Wednesdays: Join us every Wednesday throughout the summer for 'Rewind Wednesdays' where the price is only \$12 per car!

Open weekly, Friday thru Wednesday. Gates open at 7:30 pm.

[M-F Drive-In Website](#)



988

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Kinding embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage and the skills to soar.



WA STATE FATHERS NETWORK MONTHLY WEBINARS

Cost: Free

Time: 7:30-8:30 p.m.

Location: Virtual - A Zoom link will be sent a week before each session to those who registered

Men, Women and All Couples Are Welcome

All Sessions Will Be Recorded

SESSION SCHEDULE

- June 7: Supporting Bilingualism for Children with Special Needs
- July 5: How to Share the Load When Raising a Child with Behavioral Challenges
- August 2: Sexual Assault Awareness & Response: What Parents and Caregivers Need to Know
- September 6: Special Education: 10 Tips for Advocating for Your Child
- October 4: Financial Strategies
- November 1: Guardianships and Special Needs Trusts
- December 6: Effective Communication as Couples After the Arrival of Children

Register for one or more sessions. The registration page contains links to the session descriptions and information about the presenters.

[Register](#)

Free Cooking & Craft Kits at Valley Residential Services

[VRS Cooking & Crafts Facebook Page](#)

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