

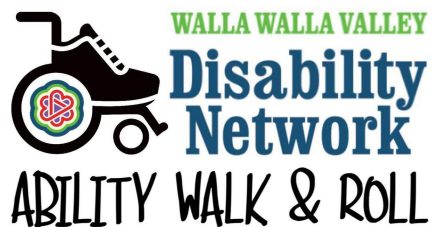


WALLA WALLA VALLEY
**Disability
Network**



May 2025 Newsletter

Thank You Sponsors of the Ability Walk & Roll!



Start/Finish Sponsor:

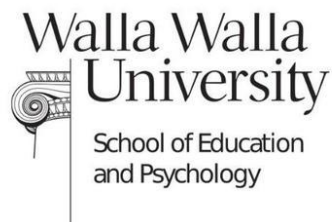


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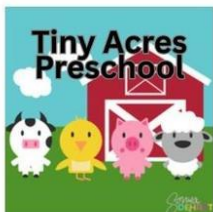


Gary & Carla L
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Games Sponsors:



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DAYTON, WASHINGTON



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These sponsors helped to make the 2025 Ability Walk & Roll a huge success! Over 250 people attended on a beautiful Saturday (April 26) at the College Place High School track to celebrate our friends, families, and community members with disabilities. [Read More](#)



P2P Family Story: Petra/Dulce's History



"Hello, my name is Petra Guardado and my husband is Federico Martinez. Through this letter I want to let you know that Medicaid is so important to us. It will harm us if they take away this service." [Read More](#)

Note From Parent to Parent

As you are reading this note, Ysabel and I are enjoying a Statewide Parent to Parent Retreat with other coordinators from across the State of WA. Our theme is "The best road trip, how to prepare, repair and enjoy the journey." We have the opportunity to listen to Sarri Gilman, who is a Mental Health Therapist, hear from other coordinators and bounce ideas off of one another, and have some much needed self care time. Self Care is such an important and vital part of being a caregiver. I encourage each of you to take a moment to picture what self care looks like for you. Is it a cup of coffee during a quiet moment before the house awakens, or is it grabbing lunch with a friend, or perhaps it's a walk around the block or a self guided meditation or listening to your favorite podcast or reading a book? It is so important to take a few moments each day to fill your cup. I know it is easier said than done. Parents are focused on their loved ones and making sure they are successful and happy. But you deserve the same success and happiness.

These are a couple definitions of self care:

- The practice of taking action to preserve or improve one's own health.
- The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Consider joining us for our Walkamoly walking group as it is a form of self care and a great time to visit with other parents. And moms, we are hosting our Mom's Day Out event this month so sign up to be pampered.

Your Parent to Parent Coordinators

Angie and Ysabel

"Walkamoly" grupo de caminata

Meeting Tuesdays & Thursdays

I WALKAMOLY!

JOIN US

AT MURR PARK

LOCATION  **CORNER OF ABBOT AND FERN**  **APRIL, MAY, AND JUNE 2025**

This invitation is for the whole family.

Come for a walk with your family and friends, maybe even your dog.

This activity is to support our mental health.

We'll meet at the restrooms at 7:45 a.m. Tuesdays and Thursdays. Starting April 8, Angie will be there Tuesdays and Thursdays at 5:30 p.m.

WE WILL HAVE GIVEAWAYS AT
THE END OF EACH MONTH.

**DON'T
MISS IT**



Parent to Parent
Inform | Support | Connect



**FOR MORE INFORMATION CONTACT US:
ANGIE WITT: 509-255-3727 * YSABEL FUENTES: 509-301-0679**

P2P Balloon Stampede Ride

Thursday, May 8 from 6:15 am to 9:00 am

FREE Tethered Balloon Rides

at the Balloon Stampede for Parent to Parent families



Thursday, May 8th
6:15 AM-9:00 AM
Howard-Tietan Park
No age limit

Unfortunately, not wheelchair accessible
RSVP to save a spot at www.vdn.org
Liability waiver required

No Host breakfast at Denny's at 9:15 am for those
who want to attend

[More Info Here](#)

Papás y Mamás Especiales

Monday, May 12 from 5:30 pm to 7:30 pm



MONTHLY MEETING



SPECIAL DADS AND MOMS

You're cordially invited to our support meeting, held the first Monday of every month. Come celebrate spring and make new memories.

You are not alone!

Come learn about other community resources and state programs.

Come meet other parents, other families!

Bring something to share.

April 7 - Autism Awareness

May 12 - Mother's Day

June 2 - Getting ready for the pool

5:30 - 7:30 p. m.

Center for Children and Families

1150 W. Chestnut Suite 113 Walla Walla, WA 99362 Ysabel

Fuentes. *. (509) 301-0679



[More Info Here](#)

Monthly Meeting With DDA

Wednesday, May 14 from 11:30 am to 1:00 pm

Monthly Meeting With DDA



Wednesday, May 14 from 11:30am - 1:00pm

Bring your lunch and questions for Kristina Rasmussen with DDA at the WWVDN office.

~~~~~  
1150 W. Chestnut St.  
Walla Walla, WA 99362  
~~~~~

Call Angie at:
(509) 255-3727 for
questions or more
information.



[More Info Here](#)

Kids Playgroup at Frog Hollow Farms

Wednesday, May 14 from 3:30 pm to 5:00 pm

KIDS PLAYGROUP

Wednesday, May 14th

3:30-5:00 PM

Frog Hollow Farms playground area

174 Frog Hollow Rd.

Walla Walla, WA

Snacks provided

RSVP at wwvdn.org



[More Info Here](#)

P2P Columbia County No Host Dinner

Friday, May 23 from 6:00 pm to 8:00 pm

COLUMBIA COUNTY NO HOST DINNER

FRIDAY, MAY 23
6:00 PM

Eagles Restaurant

258 E. Main St

Dayton WA

RSVP at www.vdn.org



[More Info Here](#)

P2P Mom's Day Out

Saturday, May 24 from 11:00 am to 3:00 pm



Mom's Day Out

Saturday May 24th

11:00–3:00 PM

CCF Library

1150 W. Chestnut St.

Come let us pamper you!

Free

- **Lunch**
- **Facials**
- **Craft project**
- **Hand pampering**
- **...and more**

RSVP at www.vdn.org

Limited spots



[More Info Here](#)



SOAR Events - For age 13 and over

Open for registration:

Sunday, May 4 - May The Fourth Be With You

Thursday, May 8 - Whitman Buddy Program

Saturday, May 10 - Library & YMCA Swim

Saturday, May 17 - Absolutely Alice Tea & Garden Party

Friday, May 23 - Movie Night (Lilo & Stitch)

(Registration deadline is the Sunday before the event @ 6:00 PM)

[Visit the SOAR Events Page](#)

Community News & Activities

Employment Opportunity:

Director, Disability Support Services



WHITMAN COLLEGE

The Director, Disability Support Services (DSS), is responsible for supporting the academic mission of Whitman College by providing access for students with disabilities. Reporting to the Provost and Dean of the Faculty, the Director works to ensure that students with disabilities have equal access to all the learning opportunities and resources offered by the College.

[Information & Application](#)

Community Summit Registration Open

Developmental Disabilities
Administration



Registration is open: Community Summit June 4

DSHS Developmental Disabilities Administration 2025 Community Summit: Uniting for Impact, Engaging for Change. This year, the Summit will be an all-virtual conference, bringing together self-advocates, families, friends, partners and allies to collaborate in building more inclusive communities.

Please join us on June 4, 8:30 a.m. - 5:00 p.m. for a virtual event featuring:

- Engaging keynote speakers.
- Virtual connection and networking opportunities.
- Virtual resource fair.
- Interactive sessions on issues impacting our communities.

[Register Here](#)

Sharing Information: Webinar for Families

Sharing information: Webinar for families on talking with your children about relationship skills and sexual health

Webinar: How to Talk with Your Children with Intellectual & Developmental Disabilities About Relationship Skills and Sexual Health, for parents and family members.

This Webinar provided by Elevatus/Building Bridges for Families/Cardea is a two-part workshop. Part one will define what sexual education means, go over the stages of human sexual development, discuss our roles as parents and explore our personal and family values. Part two will do a deep dive into initiating conversations, answering tricky questions, addressing behavior and exploring available resources to support parents and family members' own learning.

Dates: Thursday, May 1 & 8, from 5:30-7:00 pm

[Register Here](#)

Behaviors and Executive Skills in T21 (BEST21)



The Best21 study is looking for 6 to 14 year old's with down syndrome to participate in research exploring problem solving and behaviors



Participation will include a one time visit.
Children will receive an \$80 gift card for participation and caregivers will receive an \$80 gift card for providing feedback on the visit.

For more information scan QR code or email us at abcdownsyndrome@uw.edu.



W UNIVERSITY of WASHINGTON

2025 Developmental Disabilities Needs Assessment



Walla Walla County Department of Community Health

The Walla Walla Valley Developmental Disabilities 2025 Needs Assessment Survey will be utilized to determine the focus of the county's Developmental Disabilities program for the next two years. We need feedback from people that have disabilities, care for someone with disabilities, teaches/works with someone who has disabilities, and/or advocates for those with disabilities.

[Begin the Survey](#)

Sharing: Inclusive Schools Workshop Series for Educators and Families

Sharing: Inclusive Schools Workshop Series for Educators and Families

We are excited to share this free, virtual workshop series for families and educators from the Arc of King County, one of our partners in the Inclusionary Practices Technical Assistance Network.

They will offer three sessions on:

- Understanding Disability.
- Insights on Supporting Families.
- Navigating Schools.

All classes are free and will be hosted online. You can watch them live, or later. For more information click on the “More Info Here” button below.

[More Info Here](#)

**The Washington State Developmental Disabilities Council
wants to hear from you!**

WADDC

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Year State Plan Survey

2027-2031



We're Listening: Share Your Vision for a Better Future

Survey Open January 21, 2025 - July 21, 2025

Share your thoughts, concerns, and ideas about the challenges and barriers faced by people with intellectual and developmental disabilities (IDD) and their families in Washington State.

[More Info Here](#)



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P.O. Box 1918 | Walla Walla, WA 99362 US

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