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## July 2023 News

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**WWVDN has a new phone number**

**509-255-3779**

Please update your contact information to include our new phone number so you can reach us.

**Celebrating Cyndy**



I wanted to write an article from a personal perspective on our fearless leader Cyndy Knight. As you may have heard, Cyndy is resigning from the Walla Walla Valley Disability Network at the end of July. When I heard the news, I first felt sadness and worry for our network, but also felt admiration that she made the decision to put her health and needs first. As a parent it rarely happens that you get the opportunity to do so or have the strength or wherewithal to do so.

I have known Cyndy for approximately 17 years but really got to know this beautiful, smart woman when we began working closely with one another over the last 5 years. That is where we became friends. We are able to really share about the ups and downs of our lives and laugh and cry about it together without judgment. We have consulted each other about decisions to do with our children and the work we do freely and openly.

Cyndy helped create the disability network to better serve our families in the community and it has exceeded all of our expectations. The network is strong with a great board and some pretty awesome staff members in Ysabel, Shamra, and Tash.

Thank you Cyndy for your vision, your advocacy and putting the disability network on the map. Thank you for your leadership and your friendship. We love you.

Sincerely, Angie Witt

## 2023 Dynamic Devils Softball Season

Another successful year of Dynamic Devils Softball. We played doubleheaders for 6 weeks on Wednesday evenings in May & June and it was so much fun! We had 28 people registered with and without disabilities,



some new and some veteran players. Our coach Amy Harris was missed this year, and we can't wait to see her back next year but Cory Spencer stepped up and ran the ship with help from Kevin and Heather Bayne and Justin Destito. The Dynamic Devils play against other Parks and Recreation Co-Ed teams. Some of the teams are big hitters but all were great sports. If you have not watched a game, please come out next year and cheer us on. If you are interested in playing next year, watch for registration in March and April 2024.



## A Note From Parent to Parent...

June was a month to celebrate for many as our children graduated from high school! What a happy time for so many parents, but some parents face the harsh reality that they need to find activities for their adult child to replace the 7 hours a day that school provided. My son is going to orientation for college, working and hanging out with friends. His days are full, but that was not the case for my daughter Haley who graduated a few years ago. She was so bored after high school and had only a couple hours a week of volunteer work to do. A parent's job when raising a child with a disability becomes even more intense for most of us at 18 and 21. We have to find things to fill the day with. Yes there are services out there for our adults. The Division of Vocational Rehabilitation and Developmental Disabilities Administration offers employment and community inclusion services, but it is a process and usually ends up being a few hours a week. I think these programs are great and needed but as a parent, there are many hours left to fill to keep our adults active members of our community. Haley is now volunteering at the police station and working two days a week at Goodwill and we also found a school that she attends to fill her days with friends and community. If you are a community member, please think outside of the box to offer volunteer and employment services to our very capable young

adults. If you are a parent reading this, please give yourself grace and know you are not alone. Please reach out and we can schedule a meeting to help get resources or come up with creative plans for volunteering or getting our kids out of the house to enjoy our beautiful community.

Your Parent to Parent Coordinators, Angie Witt and Ysabel Fuentes

# WWVDN Annual Survey

Every year we ask for your input to help determine the direction that Walla Walla Valley Disability Network programs move in and the topics we should focus on for the coming year. Your input is extremely valuable to us.

Please take a few minutes (less than 5) to fill out the 2023 Annual Survey by clicking the blue button below. Your answers are anonymous. We are very grateful for your guidance.

[Fill out the 2023 WWVDN Annual Survey](#)



[Register for SOAR Events](#)

## SOAR July Events

For ages 13 and over

**July 4** - 4th of July in the Park

**July 14** - Adaptive Swim & Picnic Lunch

**July 16** - Escape from the Territorial Prison (Interactive Game)

**July 24** - Pokemon Go

[Check your inbox for a reminder email with dates, times, and locations after you register.](#)

# **Family Swim Night**

**At the Prescott Pool**

**Saturday, July 8 at 5:00 pm**



Join us for a cool down at the Prescott Pool. Register today.

**[Details & Registration](#)**

**P2P Family Potluck & Games at Wildwood Park**

**Wednesday, July 12 at 6:00 pm**





Please come enjoy each other's company while sharing a meal and playing games.

**RSVP for Family Potluck & Games**

## **Kids Playgroup at the Splashpad**

### **Thursday, July 13, 11am to 1pm**



Washington Park Splashpad

**RSVP for Kids Playgroup at the Splashpad**

# Summer Camp 2023

August 7 - 11, 9am to 1pm



[Details & Register for Summer Camp 2023](#)



## Monthly Activities & Events

### July



## **Mamas Especiales**

- **Walk with M.E., Monday thru Friday at Murr Park - 7:30 am**
- **July 18, Meeting at Center for Children & Families - 5:00 pm**

## **Parent to Parent Columbia County**

- **July 14, P2P Meeting & Potluck - 5:30 pm**

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

- **July 12, P2P Family Potluck & Games - 6:00 pm**

[See Calendar of Events](#)

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# **Community News & Activities**

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## **Adaptive Swim at Veteran's Memorial Pool Fridays, 9am to 11am**



Admission is \$2 per person.



[Details \(scroll down to near the end of the page\)](#)

## Cinemark Summer Movie Clubhouse

SUMMER MOVIE CLUBHOUSE

JUNE 19 – AUGUST 10

AND MAKE SURE TO SEE



DREAMWORKS  
*Ruby Gillman*  
**TEENAGE  
KRAKEN**

IN THEATRES JUNE 30

DREAMWORKS  
**Trolls**  
*Band Together*

IN THEATRES NOVEMBER 17



Summer Movie Clubhouse at Cinemark is just weeks away! Bring the kids and enjoy exciting big-screen entertainment for **just \$1.50\* per ticket** for each movie. Save even more on your visit with \$1 OFF deals on kids' snack packs and any size popcorn & drink combos during Summer Movie Clubhouse showtimes. **Participating theatres will host Summer Movie Clubhouse on Wednesdays at 9:30am, June 21 through August 16.**

[Details & List of Movies Here](#)

## YMCA Community Survey



The Y is exploring best uses for the Y-owned vacant 2.5-acre site that is located on Park Street, across from the main Y facility. The Y is interested in hearing from community members what you feel would be the highest and best uses for this location that would benefit the greater Blue Mountain Region for years to come.

[Details & Survey Here](#)

## DDA Respite Survey

# Survey deadline: July 10

Do you access DDA services? Or are you a family member, guardian, caregiver, or paid provider of an adult with an intellectual or developmental disability? We need your input for a community respite and stabilization report to the Washington State Legislature, due Oct 1. Your answers to these survey questions will help us better identify gaps and areas where improvements are needed.

[Survey Here](#)

## Parent Institute for Engagement (PIE)

### Seeking Participants

PIE is a 12-month training program for parents/caregivers with children who have received early intervention services through the Early Support for Infants and Toddlers program (ESIT) and primarily for those who are not working in the early intervention field.

[Details Here](#)

## Blue Zones Project

### July Events

July events include: 10-week Pickleball group for beginners, Lunchtime Yoga, Reduce Chronic Pain & Stress, free cooking class, volunteer opportunities, hike with Mike, Get fit in the comfort of your home, Free Paddle Board and Kayak Night with Adventure Fit

[Details & Registration for Events](#)

## VRS Cooking & Craft Classes

Please visit their [Facebook page](#) for more information or call 509-540-0935 if that works better for you.



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