



February 2023 News



PARENT'S DAY OUT

Saturday, February 11, 2023

4:00-7:00 pm, Dinner Provided

YMCA (340 S Park St, Walla Walla)

FREE

This is a great opportunity for parents to have some time to enjoy a date or time with friends while your children are having fun in the action zone, gym and multi-purpose room at the YMCA with peer mentors, and staff from Parent to Parent (P2P) and YMCA.

MUST RSVP at www.vdn.org by Thursday, February 9th to ensure enough helpers and food.

For questions or more information, please call Angie at 509-540-9880 or email at p2p@www.vdn.org



Register here before Feb 9

A Note From Parent to Parent...

We are already at the end of the first month of 2023. It has been such a whirlwind year already. Ysabel and I have been working hard to prepare parents who are new to this journey and those who have been raising a child with disabilities through the transition into adulthood. There is so much information out there and resources that you can draw on but it is a lot. We understand that, and are here to help walk you through one step at a time. Whether you have attended our Welcome to Holland Series or our Transition Series or any other activity or meeting we have had, we want you to know that we are here to help. Please call on us for support, guidance, or just a good laugh or cry together. You are not alone on this journey.

Your Parent to Parent Coordinator team Angie and Ysabel



Register for SOAR Events

SOAR February Events

For ages 13 and over

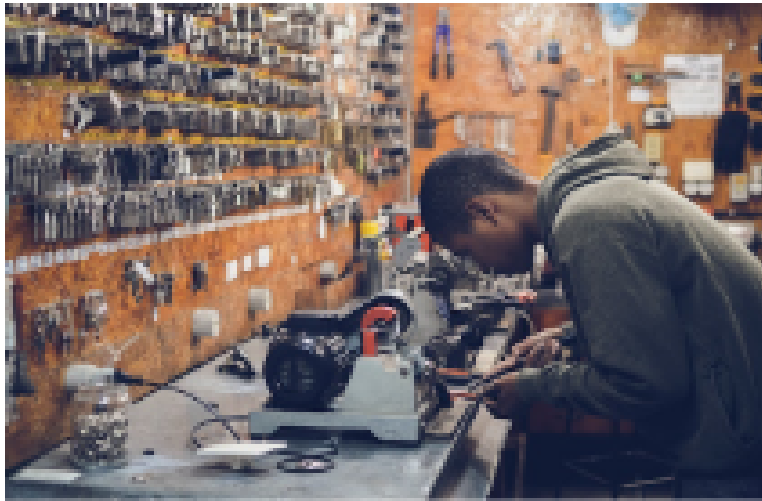
Feb 7 - Speed Friending & Spaghetti, 4:00 to 6:00 pm

Feb 13 - Sweet Treats & Valentines, 4:30 to 6:30 pm

Feb 21 - Mardi Gras Masquerade, 5:00 to 7:00 pm

Feb 27 - Movie Night, Time & Movie to be determined

2023 Transition Workshop Series



Please join us at 6:00 pm for Transition Workshop Series presentations:

- Thurs, Feb 9, 2023 - Employment & Community Inclusion Services
- Thurs, Feb 23, 2023 - Guardianship, Power of Attorney, & Self-Determination
- Thurs, March 9, 2023 - Transportation & Housing Options
- Wed, March 29, 2023 - Transition Expo

[Register for Transition Workshops](#)

"With A Little Help From My Friends"

Peer Mentor Training



Volunteer Opportunity

Middle School and High School Students

Walla Walla and Columbia County

"With a Little Help from My Friends" Peer Mentor Training

Monday, February 20, 2023
11:00 a.m. — 2:00 p.m.

In-Person, Lunch provided

Center for Children and Families - Library, 1150 W. Chestnut St., Walla Walla

Please RSVP on website: www.wvvdn.org/news-events/upcoming-events

This training counts for 3 Volunteer Hours and you will receive a certificate.



Helping children with special needs and/or disabilities.

Our goal for this Peer Mentor Training is to teach general education students about children who have disabilities. Trained Peer Mentors are then invited to attend and assist participants in weekly social events or community recreational activities (basketball, baseball, summer camp, etc.).

The training includes:

- * Information on disabilities; Autism, Cerebral Palsy, Down syndrome, visual/hearing impairments, and learning disabilities
- * Stereotypes of persons with disabilities (Myths & Truths)
- * How to interact with persons with disabilities
- * Problem Solving/ Sensitivity/ Confidentiality
- * Current Teen Peer Mentor/Participant Panel – Q&A



For more information, Contact:

Cyndy Knight, Executive Director
Walla Walla Valley Disability Network
☎(509)386-2356, E: admin@wvvdn.org



Tash Foxe, SOAR Coordinator
Social Opportunities and Recreation
☎(509)255-3039, E: soar@wvvdn.org



4:00pm to 5:30pm

Children's Museum, located at 77 Wainwright Place, Walla Walla

Kids Playgroup

Tuesday, February 21, 2023

For ages 0-12 years of age

Free admission

RSVP by no later than Friday, February 17th to allow for enough helpers

[RSVP for Kids Playgroup](#)



Monthly Activities & Events

February

Mamas Especiales

- **Feb 3, 10, 17 & 24 Virtual Fridays - 1:00 pm**
- **Feb 14, Meeting at Center for Children & Families - 5:00 pm**

Parent to Parent Columbia County

- **Feb 24, No Host Dinner at Fiesta en Jalisco - 5:30 pm**

Parent to Parent in Walla Walla

- Feb 15, P2P No Host Dinner at Shari's - 6:00 pm

[See Calendar of Events](#)

Community Activities



FREE Swim Lessons

YMCA Swim Lessons

Enrollment for special needs swim lessons **is open NOW** for the Feb 6 - Feb 16 session, which meets from 6:15 - 6:55 pm Monday thru Thursday.

Enrollment for special needs swim lessons **opens 2/3** for the Feb 20 - March 2 session, which meets from 6:15 - 6:55 pm Monday thru Thursday.

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

Blue Zones Project

Walk & Roll Movement Moai

WALK & ROLL MOVEMENT MOAI

Pronounced moh-eye, moai movement teams are groups of people who walk or roll together once a week for 10 weeks. It's an active timeout with your friends, neighbors, and others who share an interest in exercising together. It's about moving naturally! Exploring new things. Connecting. Laughing. Talking. Sharing. Raising your sense of well-being to new heights. And making moving with others a fun and lasting way of life.

Bring your friends, caretakers, and family to use your feet, wheelchair, or walker to get around a designated path inside Providence Southgate campus's main building. It is safe, warm, and fun!

We will meet every Thursday from 5:30 - 6:15 p.m., February 9 - April 13. You can do as much or as little as you like - the only requirement is to have a good time!

FEB

9

Walk & Roll
EVERY THURSDAY
5:30 - 6:15 p.m.
Feb 9 - April 13

REGISTER

<https://www.eventbrite.com/e/525088061527t>



SCAN ME

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. 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.

Helpful Information

Inclusion Starts in Preschool

By Courtney Criss, ARC of Snohomish County

I believe in inclusion in every part of society. I have four children, two of them have Down syndrome. They have a right to be and should be fully included in school, church, stores, activities, employment, housing, medical and therapy clinics, etc. And it should be “normal” to be included. Every party of society and our community should include the same percentage of the population that is disabled: 1 in 4. [Disability Impacts All of Us Infographic | CDC](#) That is the only way we, the non-disabled, will see how normal disability is. When differences are included in ideas, progress is made for the better. A simple example is ramps on sidewalks. Originally created for people using wheelchairs, it also benefits caregivers pushing strollers, kids on bicycles and scooters, and runners who want to avoid tripping hazards. Additionally when disability is normalized, it is less feared. Honestly, I was terrified when my son received a diagnosis of Down syndrome when he was four days old. I didn’t know anything about Down syndrome; I didn’t know anyone who had Down syndrome. I remembered at school those with Down syndrome and other intellectual and developmental disabilities were mainly kept in a classroom at the far end of school and regrettably I kept my head down when I passed them. If I had been educated alongside students with disabilities (all kinds), I can only assume receiving the diagnosis would have been more positive.

[READ MORE](#)

Working Families Tax Credit

A new tax credit for Washington workers

Applications open February 1, 2023 for the 2022 tax year and are accepted through December 31, 2023.

Individuals and families may receive up to \$1,200 back if they meet certain eligibility requirements. ** Please note that "qualifying child" can refer to your child of **any age if permanently and totally disabled at any time during the tax year.**

[See if you qualify here](#)

It's Tax Time...

Are you a parent that is receiving payment for taking care of your adult child through a state Medicaid Home and Community based service? Did you know that you may exclude the entire payment that you receive under the state Medicaid waiver program for the care of the disabled individual in your home on your taxes? When doing your taxes, request a Notice 2014-7 to fill out to exclude this income.

See below explanation from the IRS website for more information:

On January 3, 2014, the Internal Revenue Service issued Notice 2014-7, 2014-4 I.R.B. 445. Notice 2014-7 provides guidance on the federal income tax treatment of certain payments to individual care providers for the care of eligible individuals under a state Medicaid Home and Community-Based Services waiver program described in section 1915(c) of the Social Security Act (Medicaid Waiver payments). Section 1915(c) enables individuals who otherwise would require care in a hospital, nursing facility, or intermediate care facility to receive care in the individual care provider's home. The notice provides that the Service will treat these Medicaid waiver payments as difficulty of care payments excludable from gross income under § 131 of the Internal Revenue Code.

Social Security's NEW Electronic SSI Protective Filing Tool



The Supplemental Security Income ([SSI](#)) program provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older who meet the requirements. A person who is approved for SSI may also be eligible for other benefits such as medical, food, or housing assistance.

If you know someone who may be able to get SSI, please encourage them to use our **electronic SSI Protective Filing [tool](#)** to tell us they want to apply. Parents, family members, representatives, staff, and others may also use the [tool](#) which will establish a protective filing date. The protective filing date determines when benefits can begin if we approve the application.

Most Social Security services are available online at www.ssa.gov, by calling Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778), or by contacting your [local Social Security office](#).

Use the SSI Protective Filing Tool here

Free Residential Assessment

Partners4Housing has been awarded grant funds to provide [free Residential Assessments](#) to families in Washington State with Loved Ones 18 years or older.

Completing a Residential Assessment can help your family explore housing possibilities and make a resilient plan for the future.

[Claim your free Residential Assessment here](#)



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