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## December 2022 News

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**You're Invited...**

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### **Annual Holiday Party & Candyland of Resources**

**December 8, 6:00 pm**

At the Center for Children & Families -- 1150 W. Chestnut, Walla Walla (formerly Blue Ridge Elementary).

Pictures with Santa and sign language interpretation available. Make a gingerbread house. Games & fun for all!

**RSVP for the Holiday Party!**

# A Note From Parent to Parent...

Hi families,

The holidays are upon us and I for one am not prepared. There is so much going on in our community to see and do this time of year almost too much and I feel guilty if I do not attend some or all the festivities. But I came across an acronym that can help myself and my family have a smoother holiday season. I thought I would share with you.

## **SWEEPS**

**S: Sleep** Lack of sleep in kids and adults can lead to stress, depression and sickness. Try to stick to the same bedtime routine and if you are going to be away at bedtime, pack pj's to change them into if they do fall asleep on the car ride home.

**W: Work** If you have work pending, do not ignore it. Get tasks done so you can enjoy your holiday season or it will be weighing on you. As for kids, keep their minds busy with games, puzzles or crafts.

**E: Eat** Eat and eat healthy. Sure, indulge on treats as appropriate. But when the machine doesn't get good fuel, it doesn't run well. And some people, both kids and adults have food triggers that can bring on headaches, intestinal discomfort and behavioral problems. Bring your own food to gatherings if necessary and do not apologize that your child is or is not eating what is prepared.

**E: Emotions** Let's face it, around the holidays there are times of sensory overload. Let them have plenty of down time to deal with emotions. This goes for typical kids too. Let yourself feel your emotions as well and let yourself mourn the losses or frustrations you feel. Predict and Prevent meltdowns by arriving early when less people are gathered and leave early before the volume skyrockets.

**P: Play** Have fun, exercise, get moving. Walk around the block if possible, read a book, let the kids enjoy their new presents.

**S: Say NO** Don't overextend yourself or your family. Learn to say no without guilt. When you say yes to something, you are saying no to something else. You do not have to do it all, or you will lose your sanity.

Sincerely,

Angie & Ysabel





# SOAR December 3: Parade of Lights

**Saturday, December 3, 2022**

10am to noon - Join us in the parking lot of the Center for Children & Families (formerly Blue Ridge Elementary) to help decorate the float for the Walla Walla Holiday Parade of Lights later in the evening

5:30pm - Assemble to participate in the parade. RSVP and indicate if you are riding on the float, walking or rolling alongside the float in the parade, which starts at 6:00 pm.

[Register for SOAR Events](#)



## Monthly Activities & Events December

### Mamas Especiales

- Meeting at Center for Children & Families - Dec 20

### Parent to Parent Columbia County

- Dec 18, Holiday Party - 1:30 pm

### Parent to Parent in Walla Walla

- Dec 14, P2P Potluck & BINGO Get Together - 6:00 pm

[See Calendar of Events](#)

Front of shirt:



Back of shirt:



Did you miss the Ability Walk & Roll, and wish you had one of these awesome shirts?

You can still order shirts online until December 19 - They make a perfect holiday gift.

[Place an order for Ability Walk & Roll T-shirts](#)



[RSVP for Wheelchair Basketball on Dec 11](#)

## Parasport Wheelchair Basketball

**Sunday, Dec 11, 12:30-3:30pm**

Center for Children & Families in the Gym

Parasport Spokane is bringing their coaches, athletes, and equipment to Walla Walla to help get people with disabilities engaged in sports.



## FREE Swim Lessons

[YMCA Swim Lessons](#)

**Enrollment for special needs swim lessons is open NOW and closes Thurs, Dec 8.**

There is one session in this 2 week period (Mon - Thurs: 8 days total). Class size is 4 participants.

Dec 12 to Dec 22, lesson 6:15pm - 6:55pm

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

## 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.

## Community Activities

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### WA Advocates of Deaf and Hard of Hearing - Deaf Life Matters Family Meeting

**Sunday, December 11, 2022 from 1:00pm to 3:00pm**

**At the Center for Children & Families, 1150 W. Chestnut St., Walla Walla**

ASL Interpreter provided. Come connect with others and enjoy refreshments, and a drawing for a prize. If you want to participate in an ornament exchange, bring a wrapped ornament for the exchange.

Fire alarms will be distributed to those who have not received one yet.

**RSVP for Deaf Life Matters Family Meeting**

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## Helpful Information

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## **Assistive Technology Opportunity for Clients and Providers**

Did you know that funding was provided to purchase 4,394 phones to share with DDA clients and providers? The purpose is for clients and providers to have access to the technology needed to engage fully in remote services.

We currently have 3,300 iPhones with a 2-year service plan (depending on when the phone is given out) with unlimited data, text and Wi-Fi hotspot capability. These phones are ready to be distributed to clients and or providers who may not otherwise have access to participate in remote services.

When the service plan has ended, T-Mobile will unlock the phone and the end-user can continue using the phone with any carrier.

If you are in need of a phone for remote services, please contact your DDA Case Resource Manager to request a phone as soon as possible. These phones will be given out on a first come first serve basis.



## **Effective Communication as Couples After the Arrival of Children**

**Dec 6, 2022 at 7:30 pm**

**Webinar presented by the WA State Fathers Network**

Research shows that the arrival of the first child carries with it many unexpected stresses for most marriages. When you add in all the stresses related to special needs, the marriage can take a real hit, but there are strategies to stay resilient and connected, even under all these stresses. Bill will share the 4 most important skills to help you succeed.

Register for this webinar

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