



March 2023 News

Transition Expo

Wednesday, March 29 at 6:30 pm

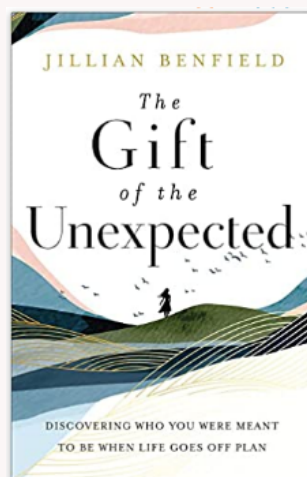
Walla Walla High School Commons



The Transition Expo is an event for transition-age students and adults with disabilities, parents, caregivers, and professionals to learn about opportunities that are available after high school and times of life transition.

The Transition Expo will include an array of agencies, supports and resources to help you learn how to navigate this exciting time!

[RSVP for the Transition Expo](#)



"We didn't know the beauty of the unexpected until we found ourselves in its territory" ~ Jillian Benfield

***The Gift of the Unexpected* by Jillian Benfield**

Book Review by Angie Witt

I have been reading this book recently called *The Gift of the Unexpected* and boy does it fit our journey as parents raising children with disabilities. The book was written by Jillian Benfield who seemed to have it all with her career and her marriage. She was enjoying life as a journalist and news anchor. Life was perfect or so she thought. She learned she was pregnant with a baby diagnosed with Down syndrome and her world crashed down. But what she learned through this journey is just how imperfect her life was before her son Anderson was born. This book talks about the grief, guilt and bargaining that happens when you first learn your child has a disability. She bargained with God to heal her son but she soon learned that she was the one who needed healing. This is a great read.

A Note From Parent to Parent...

I hope we have seen the last of the snow and we start to see more sunshine. I don't know about you but sunshine can change my mood and it makes me feel happy when I am out in it.

In March, we celebrate Trisomy 21 and on March 21st we will be co-hosting with the YMCA, a "Rock your Socks" Party to celebrate our friends with Down syndrome. This is fun for all and I hope you will sign up to join us. On March 29th, we will be hosting our Annual Transition Expo! This is an opportunity for those in middle school and older to learn what resources are out there once you start to transition to adulthood. This is open to all and we will have 15-20 vendors in attendance with giveaways and prizes and information about the services they offer. I sure hope to see you all there.

As always, if you need help in filling out paperwork, have questions, or just need to talk please reach out to our Parent to Parent Coordinators Angie and Ysabel.



[Register for SOAR Events](#)

SOAR March Events

For ages 13 and over

Mar 7 - St. Patty's Day Dinner & Leprechaun Hunt, 5:00 to 7:00 pm

Mar 16 - Karaoke, 5:00 to 7:00 pm

Mar 20 - Outdoor Pokemon Go Tournament followed by Pinecone Creamery, 5:00 to 7:00 pm

Mar 27 - "Ninja Warrior" Training Night, 4:00 to 6:00 pm

Check your inbox for a reminder email with dates, times, and locations after you register.

2023 Transition Workshop Series: Transportation & Housing Options

Thursday, March 9 at 6:00 pm



[Register for Transportation & Housing Workshop](#)



4:00pm to 5:30pm

Kids Playgroup

Tuesday, March 14, 2023

For ages 0-12 years of age

Free admission

RSVP by no later than Monday, March 13th to allow for enough helpers

RSVP for Kids Playgroup

"Rock Your Socks" Party World Down Syndrome Day

ROCK YOUR SOCKS PARTY



Tuesday, March 21, 2023

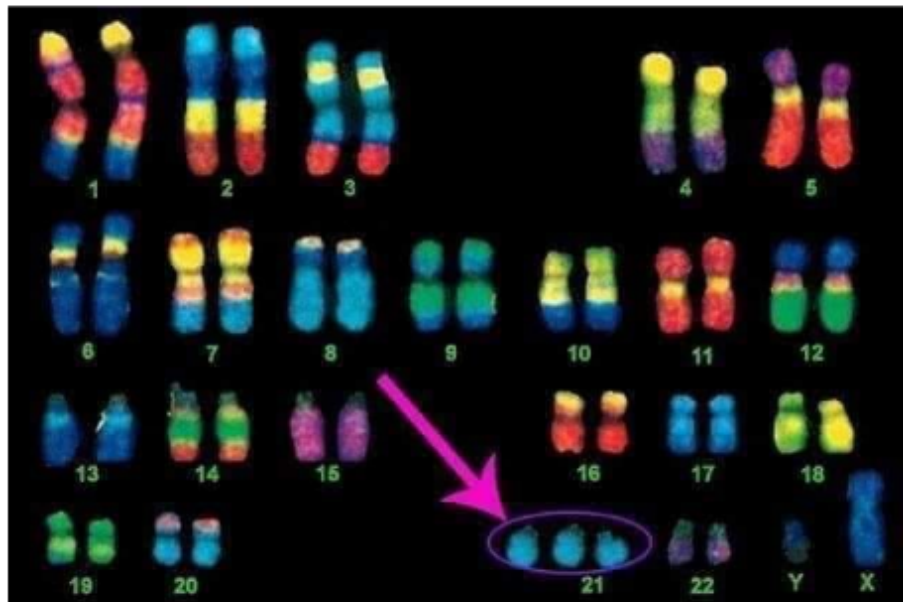
At the YMCA, 340 S Park St, Walla Walla

5:00-6:30 PM

To celebrate the abilities of those with Down syndrome
Come play games, have food and show off your crazy socks!

All are welcome. Fun for all!

Please RSVP at our website at www.dn.org



The picture you see above is of chromosomes.

The one circled is chromosome 21 – note the three copies of the chromosome. This is Trisomy 21 also known as Down syndrome. Most people have just two copies of Chromosome 21. People with Down syndrome have 3 copies.

They look like socks, right? This is where the idea of Rock your Socks for World Down Syndrome Day was born.

RSVP for "Rock Your Socks" at the YMCA



Monthly Activities & Events

March

Mamas Especiales

- Mar 3, 10, 17, 24 & 31 Viernes Virtuales - 1:00 pm
- Mar 14, Meeting at Center for Children & Families - 5:00 pm

Parent to Parent Columbia County

- Mar 24, Support Meeting - 5:30 pm

Parent to Parent in Walla Walla

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

[See Calendar of Events](#)

Community Activities



YMCA Swim Lessons

Enrollment deadline is March 2 for adaptive swim lessons for the March 6 - March 16 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

Blue Zones Project

WALK & ROLL MOVEMENT MOAI

Thursdays, March 2, 9, 16, 23, & 30 from 5:30 pm – 6:15 pm at Providence Southgate, 1025 South 2nd Avenue, Walla Walla

Join fellow movers who use their feet, wheelchairs, or walkers to get around a track inside the main building at Providence Southgate!

Register to walk or roll

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

Camp Korey

"A place where imagination sparks the spirit, wishes come true, and childhood comes first!"

Camp Korey is open for applications for upcoming camps. They offer spring family camps, fall family camps and week long camps in the summer. To learn more about Camp Korey and to submit an application or to volunteer check out their website at campkorey.org.

Working Families Tax Credit

A new tax credit for Washington workers

Applications opened 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](#)



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