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# March 2026 Newsletter

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Your partnership and support of our programs, activities, and the families we serve—those who have a loved one with an intellectual or developmental disability—mean the world to us.

[Donate to Support WWVDN Programs](#)

## P2P Family Story: Hammar



"Hi, my name is Kristie Hammar. I am the very lucky mother to my son, Johan, who has Down Syndrome. He and I along with his father and younger brother moved to Walla Walla from Tucson, AZ in June 2025. He also has two older brothers and an older sister who live outside of WA. Sixteen years ago, when I was pregnant, we found out that there was a possibility of Johan having Down Syndrome." [Read More](#)

## Spotlight: P2P Internet Safety Workshop



INTERNET



# INTERNET SAFETY WORKSHOP

"We recently had the opportunity to partner with the Walla Walla Police Department for an Internet Safety Workshop, and it was both engaging and incredibly informative. The presentation was interactive and practical, covering online risks, social media safety, gaming chat features, online predators, scams, and warning signs to watch for." [Read More](#)

## Note From Parent to Parent

March brings a sense of fresh beginnings. The days are getting longer, and even when things still feel a little heavy, there's a sense that something new is beginning.

Parenting children with developmental disabilities has taught me that growth doesn't always happen loudly. Sometimes it's in the small wins, a new skill, a successful appointment, a moment of connection with another parent who truly understands.

A heartfelt thank you to the officers from the Walla Walla Police Department who presented at our recent Internet Safety Workshop. We appreciate the time they took to share practical information and answer questions that matter so much to our families. Conversations like these help us feel more confident navigating the online world.

We're excited to continue gathering at Connect and Play, where kids can connect in a welcoming space and parents can build relationships and share resources. We're also looking forward to the Annual Easter Potluck, March 28, 11am-1pm. Come join us! We can't wait to celebrate the Easter holiday together.

As we move into spring, I encourage you to reach out if you need support, say yes to connection when you can, and remember you are not alone in this journey.

Warm Wishes,

Geneva

# WWVDN Events

## P2P Easter Potluck & Egg Hunt

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Saturday, March 28 from 11:00 am to 1:00 pm



WALLA WALLA VALLEY  
**Disability  
Network**

# EASTER POTLUCK AND EGG HUNT

**Saturday, March 28, 2026**

**11:00 am to 1:00 pm**

**Center for Children & Families**



**Potluck Lunch - bring a dish to share**

Kids bring a basket to collect eggs

Easter Bunny will be present for photos

[More Info Here](#)

## WWVDN MARCH EVENTS OVERVIEW

# March 2026



For children, adolescents, and adults with intellectual and developmental disabilities, as well as their families, who may feel isolated, overwhelmed, and exhausted. We offer information and connection.

No cost to attend or participate. For more information and to register for any event, visit [www.wvdn.org](http://www.wvdn.org) Calendar of Events or use the QR code pictured



For parents and caregivers of children and adults with disabilities



Parent to Parent in March

**Mon, March 2, 5:00 to 7:00 pm**  
Papás y Mamás Especiales: Encuentra tu Trébol de la Suerte!

**Fri, March 20, 6:00 to 7:30 pm**  
Parent to Parent Columbia County

**Sat, March 21, 2:00 to 3:00 pm**  
World Down Syndrome Day Celebration

**Sat, March 28, 11:00 to 1:00 pm**  
Easter Potluck & Egg Hunt

*Parent-to-parent coordinators are available to provide one-on-one assistance with paperwork or to answer questions about disability services and support agencies.*



Caregivers connect while children (12 years old or younger) play

**Tuesday, March 10, 4:00-5:30 pm**  
Picky Eaters & Healthy Choices

**For Parents:** We are excited to welcome a presenter from the Department of Health who will be sharing practical strategies for supporting children with picky eating.

**For Kids:** Children will learn about healthy food choices through engaging, hands-on activities that connect directly to what parents are learning.

For children, teens, and adults with disabilities.



LIFT: For children with disabilities aged 5 to 8

**Mon, March 9, 3:30 to 5:00 pm**  
Imagination Station

**Mon, March 23, 3:30 to 5:00 pm**  
Rhythm & Moves



RISE: For children with disabilities aged 8 to 12

**Mon, March 2, 3:30 to 5:00 pm**  
Speak Up! Self-Advocacy & Choice

**Mon, March 16, 3:30 to 5:00 pm**  
Community Quest



SOAR: For adolescents and adults with disabilities aged 13 and over

**Tues, March 3, 5:30 to 6:30 pm**  
Whitman Buddy Program: Bingo Night

**Sat, March 7, 1:40pm**  
Artrageous: A Live Art & Music Experience

**Fri, March 13, 5:00 to 7:00 pm**  
Foam-tastic Creations

**Fri, March 20, 5:00 to 7:00 pm**  
Patchwork Pop

**Fri, March 27, 5:00 to 7:00 pm**  
Wooly Wonders

For more information on all of these events and to RSVP, please visit the [Calendar of Events](#) (button below)

[Calendar of Events](#)

## Register for Challenger Baseball

### Registration Deadline: March 17

Games on Fridays, April 17 & 24 and May 1, 8, 15 & 22 at 5:30 pm



Challenger Baseball gives children and youth with disabilities the chance to play baseball in a fun, supportive, and inclusive environment.

Players build confidence, make friends, and enjoy the excitement of team sports, while families and the community come together to cheer them on! Parents/Caregivers must remain present.

[More Info Here](#)

## Volunteers Make a Difference



# VOLUNTEERS NEEDED



## Opportunities Available:

**Fridays, April 17, 24 and May 1, 8, 15 & 22 - Challenger Baseball: Buddy**

[More Info Here](#)

## Message From WWVDN Executive Director

Dear WWVDN families and supporters,

I want to share that I will be stepping back from my role as Executive Director at WWVDN. This decision comes from a reality that many, if not most, families of adults with intellectual or developmental disabilities eventually must confront. My daughter is no longer in school, is not employed, cannot safely remain home alone for extended periods of time, and is not prepared for when responsibility for her care and well-being will shift to siblings or paid caregivers when she outlives her parents.

I have been asking myself what choices I can make now to best prepare her for the future. While I could continue serving as Executive Director, I cannot give this role the time and focus it requires and deserves. Therefore, I am choosing to focus my attention, time, energy, and skills on teaching and strengthening the life skills my daughter will need for greater independence and long-term stability.

I am grateful to have worked at WWVDN since 2018 and proud of the growth and impacts we have achieved together. I plan to continue working in a much smaller capacity at WWVDN, using my skills and abilities as long as they are helpful.

Shamra

Position opens March 1 for applications

[Executive Director Job Description & Application Process](#)

## Community Bulletin



The History and Visioning Project honors the Washington State Developmental Disabilities Council's 50-year journey of advancing disability rights and inclusion across Washington. Established in 1976, the Council has worked alongside self-advocates, families, and community partners to create lasting systems change. This project looks back at that history while charting the Council's future—documenting milestones, collecting personal stories, and identifying themes that will guide priorities for the years ahead. Through outreach to past and present Council members and the broader disability community, the project preserves a shared history and strengthens the foundation for a more equitable and inclusive Washington.

[More Info Here](#)



# WALLA WALLA VALLEY MPO

## Coordinated Public Transit – Human Services Transportation Plan



Do you or someone you know depend on the bus to get to the store, school, or doctor's appointments?

Learn more at our virtual open house <https://arcg.is/1mrbzf4>



### CONNECT WITH US AT ONE OF THESE EVENTS

**PUBLIC OPEN HOUSE**  
Wednesday, March 4  
1:30–4:00 PM  
Walla Walla Public Library  
238 E Alder St,  
Walla Walla, WA 99362



**SHARE YOUR INPUT**  
Wednesday, March 4  
9:00–10:15 AM  
Valley Transit Center  
**108 W Main St,**  
**Walla Walla, WA 99362**

More Info Here



# ECHO Autism Communities Symposium



TIME (CT)	TOPIC	PRESENTERS
8:00 - 8:15am	Welcome & Opening Remarks	Kristin Sohl, MD
8:15 - 9:15am	Supporting Autistic Children: Practical Strategies for Emotion and Sensory Regulation	Winnie Dunn, PhD, OTR, FAOTA
9:15 - 10:15am	Beyond Guardianship: Understanding Choices, Roles, and Rights for Autistic Individuals	Haley Moss, Esq.
10:15 - 10:30am	Break	
10:30 - 11:45am	Listen to the Spectrum: See Possibilities in All Abilities   Autistic Voices Share What a Good Life Means to Them	Stephen Shore, Ed.D. Andrew Arboe, Charlotte Faughn, Luis Polo
11:45am - 12:45pm	Neuroaffirming Practices: Autism, Neurodivergence, and the Myth of Normality	Ramiro Mitre, MA
12:45 - 1:00pm	Break	
1:00 - 2:00pm	Catatonia and Autism: What Everyone Needs to Know	Joshua Smith, MD
2:00 - 3:00pm	Autism in the News: A Pediatrician's Perspective	Kristin Sohl, MD
3:00 - 3:15pm	Closing Remarks	Kristin Sohl, MD

[More Info Here](#)

**LAST CHANCE: Chief for a Day**

# NOMINATE

**AN ABSOLUTELY INCREDIBLE KID FOR**

# CHIEF FOR A DAY

Chief for a Day is a special program for children in grades 4–8 who are living with a permanent disability or chronic health condition. Selected participants are paired with an Emergency Services Agency in the Walla Walla Valley.

Nominations are limited to Walla Walla County, Columbia County and Milton-Freewater children and their families.

**Deadline for nominations is March 1, 2026.**

Questions?

[wwchief4day@wwacw.com](mailto:wwchief4day@wwacw.com) or (509) 876-1592



SCAN ME



Enter a Nomination

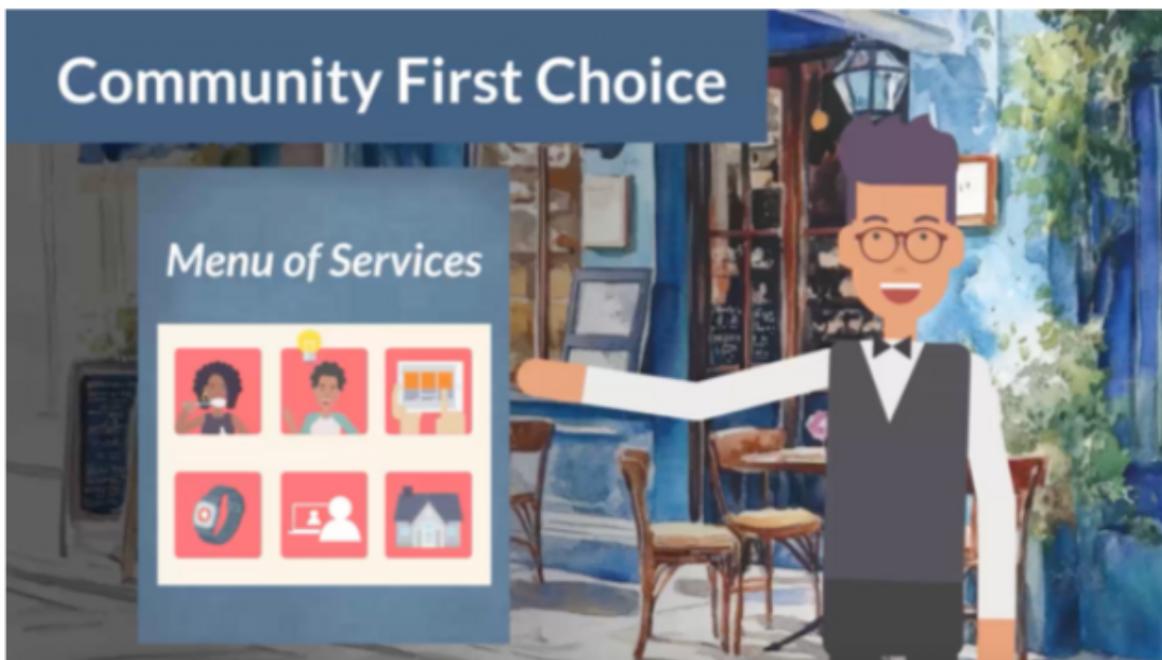
# Developmental Disabilities Community Services

Home and Community Living Administration



January 16, 2026

## Community First Choice



### Check Our Our Menu of Services

Are you hungry for information about Community First Choice services? Step into the CFC Café! Our new video series shows how CFC services can help you live more independently. We'll release a new video each month, so be sure to check back for more of our CFC menu.

[Community First Choice Video Playlist](#)

# Food Pantry Resources



## ST. FRANCIS CABRINI

HOURS: WEDNESDAY AND FRIDAY MORNINGS 9:30-11:45 A.M.  
1ST SATURDAY DRIVE-THRU: 9:30AM-11:30AM  
LOCATED AT 302 W MAIN ST, WALLA WALLA  
(509) 525-3903

## SONBRIDGE

FOOD, UTILITIES, CLOTHING, BASIC NEEDS HELP  
WWW.SONBRIDGE.ORG  
1200 SE 12TH STREET, COLLEGE PLACE, WA 99324  
CALL TO SET UP APPOINTMENT (509) 529-3377  
MONDAY - FRIDAY 9 AM - 5 PM  
HELPLINE@SONBRIDGE.ORG

## AKIN WALLA WALLA FOOD BANK

FIRST 3 FRIDAYS OF THE MONTH  
9:00AM - 12:00PM, 1:00PM - 4:00PM.  
BY APPOINTMENT ONLY. CALL (509) 529-2130  
1612 PENNY LANE, WALLA WALLA-  
BEHIND GESA CREDIT UNION (OFF OF TIETAN STREET)  
AKINFAMLIY.ORG

## FOOD BANK AT SALVATION ARMY

827 W ALDER ST, WALLA WALLA, WA 99362  
ELIGIBILITY  
BRING PHOTO ID  
MON, TUES, WED 9:00AM - 3:00PM  
THURS 9:00AM - 5:00PM  
CLOSED 12:00PM - 1:00PM FOR LUNCH

## NEW BEGINNINGS CHAPEL

822 W MAIN, WALLA WALLA  
FRIDAYS 12:30-1:30  
(509) 527-3385

# WALLA WALLA FOOD RESOURCES\*

\*This list only includes BMAC-affiliated organizations in the city of Walla Walla.

Emergency Food Assistance by Weekday						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## Organization Information

 <b>Address:</b> 202 W. Birch Street <b>Phone:</b> 509-525-7153 <b>Distributes:</b> Mon-Sun <b>Times:</b> • <b>Breakfast:</b> 7:30AM-8AM • <b>Dinner:</b> 5:30PM-6PM <b>Meal Type:</b>  <b>Notes:</b> Meals handed out in the parking lot on Poplar Street between 4th and 5th Ave.	 <b>Address:</b> 720 Sprague Avenue <b>Phone:</b> 509-527-3775 <b>Distributes:</b> Mon-Thu <b>Times:</b> • <b>Lunch:</b> 11:30AM-12:30PM <b>Meal Type:</b>  <b>Notes:</b> Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	 <b>Address:</b> 825 W. Alder Street <b>Phone:</b> 509-529-9470 <b>Distributes:</b> Mon-Thu <b>Times:</b> • <b>Mon-Thu:</b> 9AM-12PM & 1PM-3PM <b>Meal Type:</b> 	 <b>Address:</b> 302 W. Main Street <b>Phone:</b> 509-525-3903 <b>Distributes:</b> Wed & Fri <b>Times:</b> • <b>Wed/Fri:</b> 9:30AM-11:45AM • <b>*1st Saturday Drive-thru:</b> 9:30AM-11:30AM <b>Meal Type:</b> 	 <b>NEW BEGINNINGS CHAPEL</b> <b>Address:</b> 822 W. Main Street <b>Phone:</b> 509-527-3385 <b>Distributes:</b> Friday <b>Times:</b> • <b>Sit-Down Meal:</b> 11AM-12PM • <b>Food Giveaway:</b> 12:30PM-1:30PM <b>Meal Type:</b> 	 <b>Address:</b> 1612 Penny Lane <b>Phone:</b> 509-529-2130 <b>Distributes:</b> Friday <b>Times:</b> • <b>By appointment only</b> <b>Meal Type:</b> 	 <b>Address:</b> 73 S Palouse Street <b>Phone:</b> 509-525-8753 <b>Distributes:</b> Tuesdays and Wednesday <b>Times:</b> • <b>Lunch:</b> 11:30AM-1PM <b>Meal Type:</b> 
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**meal types:**

Grab-and-go meal
 Sit-down meal
 Grocery-style pantry
 Pre-made food box

**nondiscrimination statement:**  
 No client will be discriminated against because of race, religion, color, gender, pregnancy, age (including those over 40), national origin (including ancestry), ethnicity, disability (as defined in the federal Americans with Disabilities Act), marital status, veteran status, sexual orientation or any other characteristic protected by applicable federal or state law.

Flyer produced by Blue Mountain Action Council. For questions or update requests, please email [info@bmacww.org](mailto:info@bmacww.org). Revised 10/30/2025.

# RECURSOS ALIMENTARIOS EN WALLA WALLA\*

\*Esta lista solo incluye organizaciones afiliadas a BMAC en Walla Walla.

Asistencia alimentaria de emergencia por día						
Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado

## Información de organizaciones

 <b>Dirección:</b> 202 W Birch Street <b>Número:</b> 509-525-7153 <b>Distribuye:</b> Lunes a domingo <b>Horas:</b> • <b>Desayuno:</b> 7:30AM a 8AM • <b>Cena:</b> 5:30PM a 6PM <b>Tipo de comida:</b>  <b>Notas:</b> Comida repartida en el estacionamiento de Poplar Street entre 4th y 5th Ave.	 <b>Dirección:</b> 720 Sprague Avenue <b>Número:</b> 509-527-3775 <b>Distribuye:</b> Lunes a jueves <b>Horas:</b> • <b>Almuerzo:</b> 11:30AM a 12:30PM <b>Tipo de comida:</b>  <b>Notas:</b> Comida gratis para residentes de WA mayores de 60 años. Pregunte por el programa Meals on Wheels para clientes confinados en casa.	 <b>Dirección:</b> 825 W Alder Street <b>Número:</b> 509-529-9470 <b>Distribuye:</b> Lunes a jueves <b>Horas:</b> • <b>Lunes-Jueves:</b> 9AM a 12PM & 1PM a 3PM <b>Tipo de comida:</b> 	 <b>Dirección:</b> 302W Main Street <b>Número:</b> 509-525-3903 <b>Distribuye:</b> Miércoles y viernes <b>Horas:</b> • <b>Miércoles/Viernes:</b> 9:30AM a 11:45AM • <b>*Drive-thru del primer sábado:</b> 9:30AM a 11:30AM <b>Tipo de comida:</b> 	 <b>NEW BEGINNINGS CHAPEL</b> <b>Dirección:</b> 822W Main Street <b>Número:</b> 509-527-3385 <b>Distribuye:</b> Viernes <b>Horas:</b> • <b>Comida sentada:</b> 11AM a 12PM • <b>Sorteo de comida:</b> 12:30PM a 1:30PM <b>Tipo de comida:</b> 	 <b>Dirección:</b> 1612 Penny Lane <b>Número:</b> 509-529-2130 <b>Distribuye:</b> Viernes <b>Horas:</b> • <b>Solo por cita</b> <b>Tipo de comida:</b> 	 <b>Dirección:</b> 73 S Palouse Street <b>Número:</b> 509-525-8753 <b>Distribuye:</b> Martes y miércoles <b>Horas:</b> • <b>Almuerzo:</b> 11:30AM-1PM <b>Tipo de comida:</b> 
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**tipos de comida:**

Comidas para llevar
 Comida sentada
 Dispensa estilo supermercado
 Caja de comida preparada

**declaración de no discriminación:** Ningún cliente será discriminado por motivos de raza, religión, color, género, embarazo, edad (incluidos los mayores de 40 años), origen nacional (incluida la ascendencia), etnia, discapacidad (según se define en la Ley Federal de Estadounidenses con Discapacidades), estado civil, condición de veterano, orientación sexual o cualquier otra característica protegida por la ley federal o estatal aplicable.

Folleto producido por Blue Mountain Action Council. Para preguntas o solicitudes de actualización, escriba a [info@bmacww.org](mailto:info@bmacww.org). Revisado el 30 de octubre, 2025.



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