March 2026 Newsletter

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



"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

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



More Info Here

WWVDN MARCH EVENTS OVERVIEW

March 2026

WALLA WALLA VALLEY Disability Network

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 wwvdn.org Calendar of Events or use the QR code pictured

For parents and caregivers of children and adults with disabilities

Parent to Parent
Inform | Support | Connect

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.

Connect&Play

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
Learn Imagine Friendships Thrive
Ages 5 - 8

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
Reach Inspire Socialize Explore
Ages 8 - 12

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
Social Opportunities And Recreation
Ages 13 and up

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



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



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 I 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 or (509) 876-1592

SCAN ME



Enter a Nomination

Developmental Disabilities Community Services

Home and Community Living Administration

DSHS
WASHINGTON STATE
Department of Social and Health Services

January 16, 2026



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

Communities In Schools
Blue Mountain Region

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
Christian Aid Center	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center Walla Walla Senior Center The Salvation Army First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army The Pantry @ St. Frances Cabrini First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center The Pantry @ St. Frances Cabrini New Beginnings Chapel	Christian Aid Center The Pantry @ St. Frances Cabrini

Organization Information

Christian Aid Center
Walla Walla Rescue Mission

Address: 202 W. Birch Street
Phone: 509-525-7153
Distributes: Mon-Sun
Times:
- **Breakfast:** 7:30AM–8AM
- **Dinner:** 5:30PM–6PM

Meal Type:
Notes: Meals handed out in the parking lot on Poplar Street between 4th and 5th Ave.

Walla Walla Senior Center

Address: 720 Sprague Avenue
Phone: 509-527-3775
Distributes: Mon-Thu
Times:
- **Lunch:** 11:30AM–12:30PM

Meal Type:
Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.

The Salvation Army

Address: 825 W. Alder Street
Phone: 509-529-9470
Distributes: Mon-Thu
Times:
- **Mon-Thu:** 9AM–12PM & 1PM–3PM

Meal Type:

The Pantry @ St. Frances Cabrini

Address: 302 W. Main Street
Phone: 509-525-3903
Distributes: Wed & Fri
Times:
- **Wed/Fri:** 9:30AM–11:45AM
- ***1stSaturday** 9:30AM–11:30AM

Drive-thru:
Meal Type:

New Beginnings Chapel

Address: 822 W. Main Street
Phone: 509-527-3385
Distributes: Friday
Times:
- **Sit-DownMeal:** 11AM–12PM
- **FoodGiveaway:** 12:30PM–1:30PM

Meal Type:

akin

Address: 1612 Penny Lane
Phone: 509-529-2130
Distributes: Friday
Times:
- **By appointment only**

Meal Type:

First Congregational Church

Address: 73 S Palouse Street
Phone: 509-525-8753
Distributes: Tuesdays and Wednesday
Times:
- **Lunch:** 11:30AM-1PM

Meal Type:

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.

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 dia

Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
Christian Aid Center	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center Walla Walla Senior Center The Salvation Army First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army The Pantry @ St. Frances Cabrini First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center The Pantry @ St. Frances Cabrini New Beginnings Chapel	Christian Aid Center The Pantry @ St. Frances Cabrini

Información de organizaciónes

Christian Aid Center
Walla Walla Rescue Mission

Dirección: 202 W Birch Street
Número: 509-525-7153
Distribuye: Lunes a domingo
Horas:
- **Desayuno:** 7:30AM a 8AM
- **Cena:** 5:30PM a 6PM

Tipo de comida:
Notas: Comida repartida en el estacionamiento de Poplar Street entre 4th y 5th Ave.

Walla Walla Senior Center

Dirección: 720 Sprague Avenue
Número: 509-527-3775
Distribuye: Lunes a jueves
Horas:
- **Almuerzo:** 11:30AM a 12:30PM

Tipo de comida:
Notas: Comida gratis para residentes de WA mayores de 60 años. Pregunte por el programa Meals on Wheels para clientes confinados en casa.

The Salvation Army

Dirección: 825 W Alder Street
Número: 509-529-9470
Distribuye: Lunes a jueves
Horas:
- **Lunes-Jueves:** 9AM a 12PM & 1PM a 3PM

Tipo de comida:

The Pantry @ St. Frances Cabrini

Dirección: 302W MainStreet
Número: 509-525-3903
Distribuye: Miercoles y viernes
Horas:
Miercoles/Viernes: 9:30AM a 11:45AM
- ***Drive-thru del primer sabado:** 9:30AM a 11:30AM

Tipo de comida:

New Beginnings Chapel

Dirección: 822W MainStreet
Número: 509-527-3385
Distribuye: Viernes
Horas:
- **Comida sentada:** 11AM a 12PM
- **Sorteo de comida:** 12:30PM a1:30PM

Tipo de comida:

akin

Dirección: 1612 Pen-nyLane
Número: 509-529-2130
Distribuye: Viernes
Horas:
- **Solo por cita**

Tipo de comida:

First Congregational Church

Dirección: 73 S Palouse Street
Número: 509-525-8753
Distribuye: Martes y miercoles
Horas:
- **Almuerzo:** 11:30AM-1PM

Tipo de comida:

tipos de comida:
Comidas para llevar · Comida sentada · Despensa 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.

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