

## August 2020 News & Events

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### Facing ASD – One Father’s Journey from Denial to Acceptance

By Andrew Hanson

To all you fathers who’ve struggled to embrace your special child’s diagnosis and engage fully in their needs, you are not alone. I share with you my experience.

[Read More](#)

For more family stories, please visit our Parent to Parent webpage:

[Parent to Parent](#)

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### A Note from Parent to Parent

It has been a long 4 months and I hope you are adjusting to this new normal that we are facing with your families. I do hope that you are taking care of yourselves, including your mental health. It is so rough to try to plan life without knowing what to expect from week to week. I am right there with you with trying to navigate living life during a pandemic. I wish I had a magic wand that I could flash to see what the future will look like but I do not. I would advise you to ask questions about school, about Covid, about childcare and finances. If you don’t feel like you are too tired to ask or don’t know where to start, please call the Parent to Parent team. We are here to walk with you through this rough time. We may not have the answers but we can guide to who does or just listen to your joys and





## Congratulations Elizabeth Razo!

Elizabeth won the Walking Challenge with Mamas Especiales by walking **57 miles!**

In her own words: I wanted to focus on exercise every day to improve my health. I really enjoyed it! I had time to relax and realize many things while I was walking. I feel better physically and emotionally so I kept walking after the challenge. I was able to recognize how beautiful our environment is that we live in. I would like to see more challenges like this to encourage people to participate.

I am a preschool teacher here in Walla Walla. I participated a long time ago in bicycle challenges or running challenges. My hobbies are craft art projects and photography.



## Summer Camp 2020

Tues & Thurs, August 18, 20, 25, 27 & a video Talent Show on August 28

**Must register by July 31!**

Theme Days include: Beach, Dinosaurs, Art, and Space. Activity Kits will be delivered to you to complete fun projects you can show at the meetings on Zoom (10am to 11am).

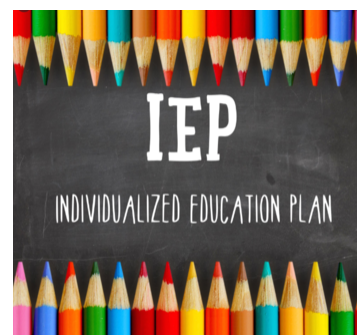
Cost is \$25 per camper.

**Information & Registration**

## IEP Webinar August 19, 1:00 pm

Join us on Zoom as Sam Blazina, Senior Education Ombuds, discusses IEPs (Individual Education Plan). There will be an opportunity to ask questions, and the meeting will be recorded.

**More Information**





# August Activities & Events

[See Calendar of Events](#)

## Mamas Especiales

**Fridays, August 7, 14, 21, & 28** - 1:00 pm. Spanish Speaking Support Group.

## Columbia Co. P2P Meeting

**August 21** - 5:30 pm.

## Autism Parent/Caregiver Meeting

**August 27** - 7:00 pm.

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## Looking for help due to Covid-19 (Coronavirus)?

[Covid-19 Resources](#)

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## How to Participate in the Special Olympics Virtual Summer Games

[Check It Out](#)



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## Fathers Network of Washington State

This network connects fathers with other fathers who are raising children with special needs through meetings, events such as campouts, super bowl party, and poker nights, and trainings on how to tell your story and how to advocate for your child/ren.

If you are interested in the Father's Network or starting a chapter here in Walla Walla, I would encourage you to reach out to Louis Mendoza (425-653-4286) or check out their [website](#).

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# Survey Opportunities

There are several opportunities to give your opinion right now. Please visit our home page and scroll down to view the surveys currently open. They include:

[Wheelchair Vehicle Transfer Survey](#)

[Transportation Planning Survey](#)

[Washington State Developmental Disabilities Council Survey](#)

[See the Survey Opportunities!](#)

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## Have You Filled Out the Census Yet?

[Take the Census Online or Find More Information Here](#)



## Do you know how to contact your legislators?

Share your story with your elected officials.  
They need to know how their decisions affect  
your life.

[Find my representatives here](#)

## Advocacy Efforts

See what part you can play in educating and advocating with  
elected officials:

[ARC of Washington State Advocacy](#)

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Children & Youth with Special Health Care Needs

[Details & How to Apply](#)

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[Amazon Smile Details](#)



## Donate Today - [www.vdn.org](https://www.vdn.org)

Your gift to the Walla Walla Valley Disability Network supports Programs that directly benefit families with children and adults with disabilities.

Your donation supports our ongoing programs and activities:

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