



FOCUS

*PC2 for Developmental Disabilities
Fall, 2021 ~ Volume 27, Issue 1*

**PIERCE COUNTY
DEVELOPMENTAL DISABILITY
LEGISLATIVE FORUM**

The Pierce County Legislative Forum offers individuals with I/DD (intellectual and developmental disabilities) and their families an opportunity to share information and advocate for their needs by speaking directly with Pierce County Legislators.

Proposed agenda:

- Welcome / Gathering
- Tracy Vandewall Leadership Award
- Legislator Introductions
- Speaker Panel
- Break/Intermission
- Connect with your legislator
(break out rooms by district)

November 16, 2021

6:30 pm - 8:30 pm

Register and more Information:



www.piercelegislativeforum.org



Pierce County





“FOCUS” is a newsletter publication of the Pierce County Coalition for Developmental Disabilities and is funded through a grant from Pierce County Human Services, DD.

“FOCUS” is produced four times per year and is available for viewing and downloading by visiting our website - www.pc2online.org

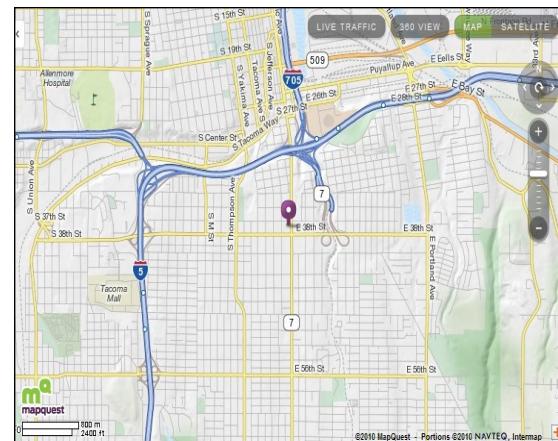
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, topical meetings/forums, & Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

PC2's office hours are Monday-Thursday, 9-4:30 and Friday 9-1. Please visit anytime for information, resources, brochures, or help with Internet searches.

If you have information on classes, conferences or events, or articles which may be of interest to others, please submit to:

PC2, 3716 Pacific Avenue #A, Tacoma, WA 98418
253-564-0707 (T), 253-564-0702 (F), 1-877-DD-LINKS (TF)
E-mail: info@pc2online.org Web: www.pc2online.org



PC2 BOARD

DR. ALAN GILL, *Board Chair*
JASON CLAPP, *Treasurer*
LAVON FRAZIER, *Board Member*
NANCY LEE, *Board Member*
TOM PAGANO, *Board Member*
JO SIMMS, *Board Member*
JEFFREY SNYDER, SR., *Board Member*
MELODY SNYDER, *Board Member*
SARAH TREMBLAY, *Board Member*

PC2 STAFF

BETHANN GARTEIZ, Ed.D., *Executive Director*
JAUNA BALDERSTON-TODD, *Media Specialist / Bookkeeper*
NATHAN BECKER, *Custodian*
CHRISTOPHER CLEVELAND, *Office Assistant*
DALE GOLDER, *Housing Program Manager*
SANDI GRUBERG, *Program Coordinator*
LINDA HYATT, *Program Consultant*
KRISTIN LOOS, *Program Assistant*

PC2 STEERING COMMITTEE

CINDY BECKER, *Parent*
DOANH CHANG, *Parent*
CAROLYN JONES, *Parent*
FRANCIE PELTIER, *Parent*
MICHAEL RAYMOND, *Self Advocate*
VIKRAM SHAH, *Parent*
ROBERT WARDELL, *Self Advocate*



From the Director's Desk

Dear PC2 Families & Friends:

PC2 staff is so happy that we are starting this Fall with students back in school. Remember that if you are in need of any IEP help, you can reach out to us (253.564.0707) or our Info/Ed partners at PAVE (253.565.2266).

By now, we had hoped to be back in full-swing here at PC2, but County guidelines have changed our plans. With new requirements, all staff and volunteers must be fully vaccinated; this has also had a limiting effect in our resuming in-person info/ed meetings. (Please see page 7 for our Fall Legal Series flyer, which will be held October 6, 20, and 27, via Zoom - links included.) If you are not receiving our weekly e-blasts with news, updates, and events, please call us with your email address so we can include you in receiving this timely information. (253.564.0707, or email info@pc2online.org.) We look forward to the time when the County gives us the go-ahead to be back together in-person. It is going to take all of us, working together, to help make this happen.

With mask mandates still in place, please let us know if you are in need of any masks or hand sanitizer for your family. We have a supply available. (253.564.0707)

Please see page 1 for information on this year's Pierce County Legislative Forum. We are proud to help sponsor the evening on November 16th. This virtual event will provide great information, with break-out rooms by district for you to connect directly with your legislative representatives. Please visit www.piercelegislativeforum.org to register or for more information. We hope you can join us!

Thank you to those of you who have taken the time to complete our Fall survey. It is important that we know what matters to YOU! We will be sharing the results with the Statewide Parent Coalitions in preparation for the 2022 Legislative Session. If you have a few minutes, we hope you will share your thoughts. Link: <https://www.surveymonkey.com/r/pc2legpriorities2022>

*Your voices matter.
Your legislators want - and need - to hear from you, their constituents.*

With our first Fall storm (barely!) behind us, don't forget to review your go-kits and emergency preparedness plans. Please see pages 17-24 for helpful tips.

As always - we are here to assist you and your family. Please reach out anytime.

BethAnn & PC2 Staff

In Memoriam

IN MEMORY OF

Robert "Bob" Howard Furman Jr.

Fircrest, WA, USA • September 19, 1950 - September 9, 2021



Robert Howard Furman Jr., or to those close to him, Bob, Bobby, Bubba, peacefully passed away at his home on September 9th, 2021.

To all that knew him, Bob had a giving heart and zest for life. He dedicated his time both professionally and personally to the community of people with disabilities and advocated that all voices are heard.

As a father, Bob could always be heard on the sidelines of his daughter's soccer games and was their biggest cheerleader.

Bob loved to travel for family scuba trips, rock n' roll concerts, and to enjoy nature and new cultures.

He is survived by his wife Mary, daughters Sarah and Katherine (Fredrik), granddaughter Isabel, and siblings Carol, Christy, and Pat.

Editor's Note: Bob has been a friend to PC2 for many years.

Our staff and Board send our condolences to Mary and the rest of his family.



STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Developmental Disabilities Administration
PO Box 45310, Olympia, WA 98504-5310

September 20, 2021

TO: DSHS Developmental Disabilities Administration Stakeholders
FROM: Debbie Roberts, Assistant Secretary
SUBJECT: **2022 DSHS Proposed Supplemental Budget – DSHS Developmental Disabilities Administration**

On September 16, the Department of Social and Health Services (DSHS) Acting Secretary, Don Clintsman, announced the submission of the DSHS proposed supplemental budget to the Office of Financial Management. This included the Developmental Disabilities Administration (DDA) proposed budget.

The COVID-19 pandemic continues to impact the way in which we assist clients in need of services and supports. While the revenue picture has greatly improved and the addition of federal funds may provide opportunities to aid and enhance the DDA service system, this is the first step in the supplemental budget process and things can and will change before a final supplemental budget is passed. Highlights from DDA's proposed supplemental budget requests include:

- **Home and Community-Based Services Federal Medical Assistance Percentages**
Priorities: Leverages a one-time opportunity to utilize savings from a temporary additional 10 percent Medicaid matching fund increase afforded by the American Rescue Plan Act (ARPA). Funding will be used for wage increases for direct care workers who serve individuals with developmental disabilities. (\$110.3 million; \$48.5 million GF-S)
- **Joint Request with DCYF and HCA:** Creates two 16-bed facilities as a Residential Crisis Stabilization Program (RCSP) in collaboration with the Health Care Authority (HCA) and the Department of Children, Youth and Families (DCYF). DDA will provide continued stabilization services for DDA enrolled youth once the RCSP clinical team has determined that the youth no longer require inpatient level of care and that home and community-based services are appropriate. (\$5.4 million GF-S; 5.2 FTE)

2022 DDA Proposed Supplemental Budget

- **Enhanced Case Management Program:** Expands the capacity of the Enhanced Case Management Program (ECMP) by 800 clients. ECMP's current funded capacity is 700 individuals. The ECMP assists individuals and families mitigate risk associated with isolation, home environment, and quality of care concerns by increasing home visits and access to case resource management and support services. (\$6.4 million; \$3.7 million GF-S; 25.0 FTEs)
- **Community Supports for Children:** Funds two three bed facilities in a licensed program for children and youth (age 8-21) to provide Intensive Habilitation Services, and six three-bed licensed long-term enhanced Out-of-Home Services facilities for children and youth with high behavioral acuity or co-occurring disorders through age 20. (\$8.9M; \$5.5M GF-S; 0.5 FTE)
- **Community Residential Quality Assurance:** Addresses monitoring of services delivered to over 4,500 clients served in DDA contracted residential programs. The staffing is needed to meet assurances with Centers for Medicare & Medicaid Services to verify clients received services authorized on the Core and Community Protection Waivers. (\$545,000; \$308,000 GF-S; 2.0 FTE)
- **Home Care Agency Tax Rate Adjustment:** Fills the employer tax gap by funding adequate employer taxes for home care agencies in alignment with RCW 74.39A.310 as amended in the 2020 legislative session. (\$1.8 million; \$799,000 GF-S)
- **Transitional Care Management:** Funds complex transition coordination teams, mobile diversion rapid response, provider development, smaller caseloads, and enhanced support to providers to support an estimated 2,100 client's transitions of care annually. (\$20.6 million; \$11.7 GF-S; 52.0 FTE)

In addition to the supplemental budget request, in August the Governor authorized DSHS to begin using \$13.6 million in CARES Act funding from the Department of Health to facilitate client transitions from community acute care hospitals to ALTSA and DDA community settings, to ease the shortage of available hospital beds resulting from the current surge in COVID-19 cases. The CARES funding is being used to pay for temporary rapid response teams throughout the state to increase staffing in long-term care settings, and to provide payment incentives to nursing homes, assisted living facilities, adult family homes, and supported living providers to accept clients transitioning from hospitals.

More detail on the DDA, and the entire DSHS, budget request can be found at the [OFM Budget](#) website.

Thank you for providing supports for individuals with developmental and intellectual disabilities. Be well.

Editor's Note: PC2 will continue to follow this important budget news. Watch for updates in our weekly e-blasts. Call the office if you would like to be included in our e-blast list. (253.564.0707 or email info@pc2online.org.

The Pierce County Coalition for
Developmental Disabilities (PC2)
invites you to our



***Fall, 2021 Legal Series,
presented by Timothy Williams,
Attorney at Law***

**Special Needs Trusts & ABLE Accounts
for Families of Individuals
with Developmental Disabilities
on Wednesday, October 6, 5:30 p.m.
<https://uso2web.zoom.us/j/85137246925>**

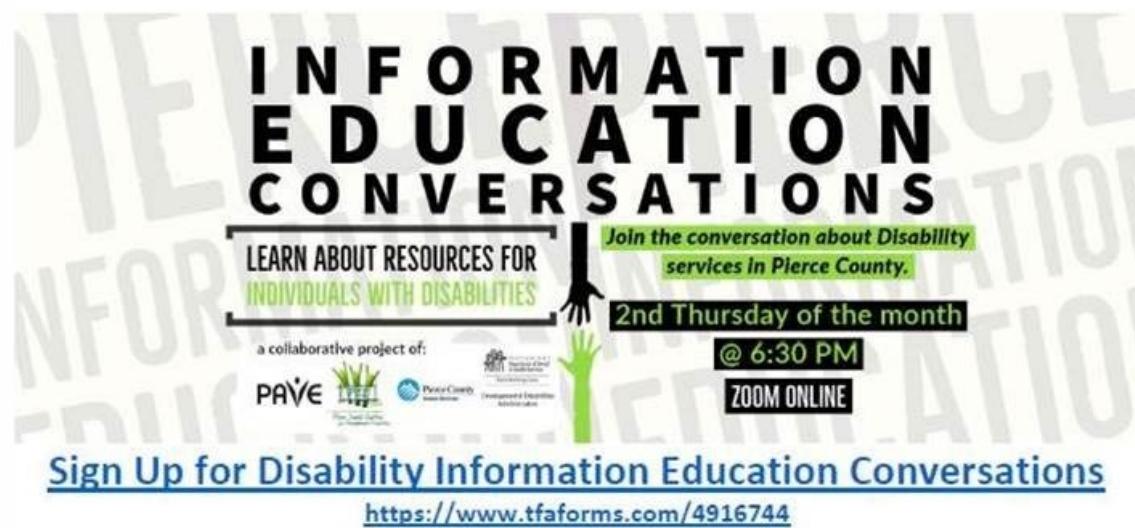
**Estate Planning for Families of Individuals
with Developmental Disabilities
on Wednesday, October 20, 5:30 p.m.
<https://uso2web.zoom.us/j/86805472344>**

**Guardianships for Individuals with
Developmental Disabilities
on Wednesday, October 27, 5:30 p.m.
<https://uso2web.zoom.us/j/88406620336>**



***Please call PC2
at 253-564-0707
with any questions or
for more information.***

PC2 Legal Series



INFORMATION EDUCATION CONVERSATIONS

LEARN ABOUT RESOURCES FOR INDIVIDUALS WITH DISABILITIES

Join the conversation about Disability services in Pierce County.

2nd Thursday of the month

@ 6:30 PM

ZOOM ONLINE

a collaborative project of:

PAVE
Pierce County Department of Developmental Disabilities
Pierce County Department of Health and Senior Services
Community Foundation of Pierce County

[Sign Up for Disability Information Education Conversations](https://www.tfaforms.com/4916744)

<https://www.tfaforms.com/4916744>

Second Thursday of the Month from 6:30 pm - 7:30 pm

Sessions include 30-minute panel presentation and 30-minute Q and A.

AUGUST 12, 2021

Explore and increase understanding of housing options for people with developmental disabilities in Pierce County

The evening presentation will focus on current housing options available to individuals with developmental disabilities. Participants will have an opportunity to ask questions about housing options such as Adult Family Homes, Shared Living, Companion Homes and Supported Living. This is an important step in planning the future for your son or daughter that meets your families' needs and expectations. We look forward to having you join us for this presentation.

SEPTEMBER 9, 2021

Quality Cognitive and Adaptive Testing

Cognitive and adaptive testing can be something that makes or breaks a person's access to disability services. This session panel will talk about what is quality cognitive and adaptive testing accepted by systems like DDA and SSI; How to access testing; and understand paperwork from the school and medical field.

OCTOBER 14, 2021

Highschool Transition is not a place: Plans for post high school adult life

Talk with experienced leaders about: What makes a great transition Individual Education Plan (IEP); Services 18-21 and beyond; Ways to build life skills and balance academics; When and how graduation pathways start; Work skills and placement options; Creative and individualized job skills and life skills goals and plans; and Student and parent rights in the process.

Language interpretation requests for  - 需要中文翻譯 - 한국어 번역 요청 Запросы на перевод на русский язык - Codsiyada fasiraadda afka soomaaliga - Solicitudes de intérprete de español - Yêu cầu thông dịch viên tiếng Việt – or for accommodations call Doreen 253-439-8001 at least 1 week prior to event.

L'Arche Tahoma Hope Presents

DRIVE THRU HALLOWEEN



Join us for a spooky drive-thru experience at L'Arche Farm.



There will be games, prizes, photo ops, and all sorts of ghoulish fun!

SATURDAY, OCTOBER 30TH AT 10AM-3PM
11814 VICKERY AVE E

We will be operating according to CDC guidelines, so **masks will be required**
RSVP by emailing
welcomecenter@larchetahomahope.org



L'ARCHE®
TAHOMA HOPE
FARM & GARDENS



5204 Solberg Drive SW
Lakewood, WA 98499
Phone: 253.584.1001/Fax: 253.581.4741
centerforce.net



Find us on social media

#JustLikeYou

COME OUT OCT. 29 AND SUPPORT CENTERFORCE!

Join us Friday, Oct. 29 at Historic 1625 Tacoma Place for Centerforce's ALL HALLOWS EVE: A 'Just Like You' Annual Event!

We will be hosting a Halloween Bash with a silent auction, wine pull, Alaska Airlines raffle and more on South Tacoma Way. Our goal is to raise \$40,000 to support our programs that assist individuals with intellectual and developmental disabilities find jobs, and be able to engage and participate in their communities.

Wine and beer will be available, along with some hors d'oeuvres, while you browse the silent auction, grab a bottle of wine from the wine pull or try your chance at winning 2 tickets from Alaska Airlines for travel valid on Alaska Airlines and Virgin America (excludes Cuba)!

As with other nonprofits, our organization's services have been significantly impacted by the pandemic. Those we serve with intellectual and developmental disabilities are among the most vulnerable and, as a result, were sequestered in their homes for well over a year.

This is a 21-and-over event. Doors open at 5 p.m.
Costumes welcome but not required.

>> PURCHASE YOUR TICKETS TODAY AT CENTERFORCE.NET! <<



Would you like to help sponsor our event or donate a silent auction item?

Sponsorship levels available from \$500-\$2,500. Contact board chair Kevin Carpenter at 314-971-1526 for more information.

Sponsorship forms are also available at centerforce.net.

Thank you to ...

- **Lakewood Community Foundation Endowed Fund** (a Donor Advise Fund) for selecting Centerforce for a \$3,000 grant. Since the start of the COVID-19 pandemic, we've been working to connect our clients with activities at home. This grant continues with this need for art supplies and more.

- **The Puyallup Tribe of Indians** for a \$5,000 grant to help pay for virtual class fees and activities that our clients can engage in — eliminating the cost barriers they face. We've been working to connect our clients with virtual activities at home throughout the pandemic.

We're so grateful for both of these organizations and this community support! #inthistogether

Pierce County Parks Specialized Rec



OCT 2021 PROGRAM LOCATIONS



Pierce County *Parks*

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

- **PIERCE COUNTY PARKS**

Chambers Creek Regional Park
Environmental Services Building
9850 64th St. W.
University Place, WA 98467

Lakewood Community Center
9112 Lakewood Dr. SW
Lakewood, WA 98499

Spanaway Regional Park
Sprinker Recreation Center
14824 C St. South
Tacoma WA 98444

- **METRO PARKS TACOMA**

SERA Multi-purpose Field
6002 S. Adams St.
Tacoma, WA 98405

- **COMMUNITY LOCATIONS**

Narrows Plaza Bowling
2200 Mildred St. W.
University Place, WA 98466

Regal South Hill Cinema
South Hill Mall
3500 S Meridian
Puyallup, WA 98373

Virtual programs meet via ZOOM
<https://zoom.us> (internet & email required)



TRANSPORTATION

Pierce Transit Shuttle

Customer Service

To Contact SHUTTLE:

1. Dial (253) 581-8000
2. Press 1 for SHUTTLE/ Fixed Route Customer Service
3. Then Press 2 for SHUTTLE
4. Then Press:
 - Toll-Free outside local calling area: 1-800-841-1118
 - TTY for individuals with a hearing impairment: 711
 - Fax: (253) 984-8154 or (253) 984-8227

Mailing Address:

Pierce Transit, 3701 96th St SW, Lakewood, WA 98496

Email: adaquestions@piercetransit.org

Website: www.piercetransit.org/shuttle/



Shuttle service is available at all program locations

Sign us up! REGISTRATION

WWW.PIERCECOUNTYWA.GOV/PCSR | (253) 798-4177

Registration: Pre-Registration is required. Class sizes are limited. To register online, visit our website at www.piercecountywa.gov/PCSR and follow the "Register for Activities" link. To register by phone, please call (253) 798-4177, 7:30am to 8:30pm daily.

DDA: Pierce County Parks Specialized Recreation programs are supported by DDA funding; respite money may be used. If using DDA funds to register please call (253) 798-4177 and have the participant's case manager contact information on-hand.

General Billing Info: Case managers will be billed monthly, using the hourly reimbursement rate based on the quarter hour.

Cancellation Policy: You must request cancellation, and receive confirmation, from PC Parks staff at least 5 business days before an activity for a refund. Refunds will not be made for missed or forgotten sessions, or late cancellations.

Virtual Programs: For virtual activities, access to an internet capable computer/laptop/tablet/cell phone provided by the participant's parent/guardian is required for participation. A ZOOM link will be sent to the email address listed on the registration prior to the program's scheduled meeting.



PAGE
2
 Pierce County Parks
SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

Unexpected Absences:

You will not be billed out of pocket for any illness or behavioral related issues as long as we are notified prior to the absence. If you/the participant is sick or experiencing:

- Behavioral issues: If for any reason you feel you/your participant is not able to safely attend classes, please call and inform us at your earliest convenience. Safety is of our utmost concern.
- If you have any type of contagious illness: Please do not attend classes until you have not had symptoms for 72 hours.

Unattended Classes / No-Shows:

If for any reason, you/the participant does not show up for registered classes or is absent for any reason other than illness or behavioral related issues, you will be required to pay the published rate for these classes. We cannot excuse absences related to caregiver or transportation issues, appointments or trips. Because we are unable to bill DDA for services not rendered, you will be required to pay out of pocket, and an invoice at the end of the month for the amount due.

To communicate any absences or for any scheduling questions please contact us at:

253-798-2997
pcsr@piercecountywa.gov

 Pierce County Parks
SPECIALIZED RECREATION - ADVENTURE WITHIN REACH



SUN	MON	TUES	WED	THURS	FRI	SAT																																																																																				
26	27	28	29	30	1 No Programs	2 9:00 Crafts & Cocoa 10:30 FUNctional Fitness-basketball																																																																																				
3	4 10:00 Manic Monday 5:00 Grit City Peers	5 11:30 Art Class 3:30 Rec Bowling League 5:00 SO Bowling	6 9:30 Low Impact Aerobics 12:00 Laughing Lunch 5:30 Rec Flag Football	7 9:00 Hangout Dinner & A Movie!	8 10:30 Virtual Club TGIF 1:00 Grit City Peers	9 9:00 Crafts & Cocoa 10:30 FUNctional Fitness-basketball 3:00 Ice Bumper Cars!																																																																																				
10	11 10:00 Manic Monday 5:00 Grit City Peers	12 11:30 Art Class 3:30 Rec Bowling League 5:00 SO Bowling	13 9:30 Low Impact Aerobics 12:00 Laughing Lunch 5:30 Rec Flag Football	14 9:00 Hangout	15 10:30 Virtual Club TGIF 1:00 Grit City Peers	16 9:00 Crafts & Cocoa 10:30 FUNctional Fitness-basketball																																																																																				
17	18 10:00 Manic Monday 5:00 Grit City Peers	19 11:30 Art Class 3:30 Rec Bowling League 5:00 SO Bowling	20 9:30 Low Impact Aerobics 12:00 Laughing Lunch 5:30 Rec Flag Football	21 9:00 Hangout	22 10:30 Virtual Club TGIF 1:00 Grit City Peers 6:00 Halloween Dance!	23 9:00 Crafts & Cocoa 10:30 FUNctional Fitness-basketball																																																																																				
24	25 10:00 Manic Monday 11:00 Words for Lunch 5:00 Grit City Peers	26 11:30 Art Class 3:30 Rec Bowling League 5:00 SO Bowling	27 9:30 Low Impact Aerobics 12:00 Laughing Lunch 5:30 Rec Flag Football	28 9:00 Hangout	29 10:30 Virtual Club TGIF 1:00 Grit City Peers	30 No Programs																																																																																				
31	1	2	3	4	5	6																																																																																				
SEPTEMBER <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> </table> NOVEMBER <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> </table>							S	M	T	W	T	F	S	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	S	M	T	W	T	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4
S	M	T	W	T	F	S																																																																																				
29	30	31	1	2	3	4																																																																																				
5	6	7	8	9	10	11																																																																																				
12	13	14	15	16	17	18																																																																																				
19	20	21	22	23	24	25																																																																																				
26	27	28	29	30	1	2																																																																																				
S	M	T	W	T	F	S																																																																																				
31	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30	1	2	3	4																																																																																				

Halloween

LEISURE PROGRAMS

ART CLASS

It's time to relax and create! Step by step instructions and materials will be provided for each art project. We'll take a quick lunch to socialize and fuel our creativity during this 2 hour class, so please bring a sack lunch. All levels of artists are encouraged to join!

All Ages | \$15/class

LOCATION	DAY	DATE	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Tues	Oct 5	11:30 am - 1:30 pm	Sept 28 at 12 pm	16763
Lakewood Community Center	Tues	Oct 12	11:30 am - 1:30 pm	Oct 5 at 12 pm	16764
Lakewood Community Center	Tues	Oct 19	11:30 am - 1:30 pm	Oct 12 at 12 pm	16765
Lakewood Community Center	Tues	Oct 26	11:30 am - 1:30 pm	Oct 19 at 12 pm	16766

GRIT CITY PEERS CREW

We're combining two of our most popular social programs into one amazing program! Register for Mondays or Fridays, our projects and activities will be the same both days. Come see old friends and meet new ones while we play games, craft, hang out, and chat. All program supplies provided.

All Ages | \$35 | 4 Classes | No Class - Oct 1

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Mon	Oct 4, 11, 18, 25	5:00 - 6:30 pm	Oct 1	16776
Sprinker Recreation Center	Fri	Oct 8, 15, 22, 29	1:00 - 2:30 pm	Oct 1	16777

CRAFTS & COCOA

Get crafty with us on Saturday mornings! Each day we'll provide the materials for a craft and hot chocolate beverage. If you'd like to stay for a longer morning, join us for FUNctional Fitness and get active from 10:30am-12:00pm.

All Ages | \$35 | 4 Classes

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Sat	Oct 2, 9, 16, 23	9:00 - 10:30 am	Sept 30 at 12 pm	16767

THE HANGOUT

If you enjoyed hanging out with us this year at Club Pierce and Camp Pierce, then this is the program for you! Participants, ages 20 and older, will enjoy personally enriching activities each day, including enhancing socialization with peers and increasing independence skills by participating in crafts, sports, cooking and other activities.

Age 20+ | \$25/participant/day

LOCATION	DAY	DATE	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Thurs	Oct 7	9:00 am - 2:00 pm	Oct 5	16770
Lakewood Community Center	Thurs	Oct 14	9:00 am - 2:00 pm	Oct 5	16771
Lakewood Community Center	Thurs	Oct 21	9:00 am - 2:00 pm	Oct 5	16772
Lakewood Community Center	Thurs	Oct 28	9:00 am - 2:00 pm	Oct 5	16773

WORDS FOR LUNCH

Roses are red.

Violets are blue.

We just wrote a poem.

And now, so can you!

Did you know that writing poetry improves cognitive function while boosting memory and self-reflection? Even without all of those perks, we think poetry is just fun! Read some poetry and practice writing it yourself in this new expressive class. Don't forget to bring a sack lunch to enjoy as we work!

All Ages | \$20/participant

LOCATION	DAY	DATE	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Mon	Oct 25	11:00 am - 1:00 pm	Oct 20	16780

VIRTUAL PROGRAMS

MANIC MONDAY MEET UP

Register once for all of the Manic Monday Meet Up sessions! Hang out with us at the beginning of the week - virtually! Fill your cup with coffee, tea, juice, or water, log in, and let's chat! This is a wonderful opportunity for participants who are new to ZOOM.

All Ages | FREE | 4 Dates

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
ZOOM	Mon	Oct 4, 11, 18, 25	10:00 - 10:30 am	Oct 3 at 11:59 pm	16774

CLUB TGIF

Let's get together (virtually) and have some fun! Virtual Club TGIF participants will take part in games, crafts, virtual field trips, and more. Access to an internet capable computer/laptop/tablet/cell phone provided by the participant's parent/guardian is required for participation. All other required supplies will be provided and will need to be picked up from a Pierce County Parks community center prior to the first Club meeting. Please indicate your preferred community center (Lakewood Community Center, Meridian Habitat Community Center, or Sprinker Recreation Center) choice in the registration process.

Ages 18+ | \$55/participant (includes all dates) | No Club - Oct 1

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
ZOOM	Fri	Oct 8, 15, 22, 29	10:30 am - 12:00 pm	Sept 30	16768

LAUGHING LUNCH

Hang out with us virtually while eating your lunch. We'll chat, watch funny videos, tell silly jokes, and laugh the whole time! Register just once for every Wednesday in October.

All Ages | FREE | 4 Dates

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
ZOOM	Wed	Oct 6, 13, 20, 27	12:00 - 12:30 pm	Oct 5	16778

SPORTS / FITNESS

FUNCTIONAL FITNESS: BASKETBALL SKILLS

Get movin' and have some FUN at FUNctional Fitness. We'll be doing a series of low impact exercises, focusing on balance, flexibility, strength, and cardio. In addition to circuit style training, we'll work on basketball skills like running, shooting, defense, and passing in the gymnasium. All ability levels are welcome. Please wear clothes you can be active in, and bring water!

All Ages | \$35 | 4 Classes

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Sat	Oct 2, 9, 16, 23	10:30 am - 12 pm	Sept 30 at 12 pm	16760

RECREATIONAL BOWLING LEAGUE

Come bowl 2 relaxed games and have a fun time with your bowling partner at Narrows Plaza Bowling. To bowl with a specific friend, please sign up together and specify during registration. Price includes shoes & 2 games.

Please do not send money for participants to purchase meals at bowling. There is not enough time.

All Ages | \$40 | 4 Classes

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
Narrows Plaza Bowling	Tues	Oct 5, 12, 19, 26	3:30 - 5:00 pm	Sept 29 at 12 pm	16759

RECREATIONAL FLAG FOOTBALL SKILLS

Fall is upon us, and that means football! Join us at the SERA Multipurpose Turf Field for Flag Football, a great non-contact activity that will teach basic skills such as catching, throwing accuracy, contactless defense, and even field goal kicking - along with a healthy dose of cardio! All ability levels are welcome, and remember to wear active clothing and bring water. ***This is not Special Olympics. This will be a recreational practice time with no competitions.

All Ages | \$35 | 4 Practices

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
SERA Multi-purpose Field	Wed	Oct 6, 13, 20, 27	5:30 - 7:00 pm	Sept 30 at 12 pm	16761

LOW IMPACT AEROBICS

Raise your heart rate and keep your joints happy with our NEW low impact aerobic exercise class. It includes a variety of exercises designed to improve cardiovascular efficiency (efficiency with which the human body can distribute blood and oxygen.) Some examples of low aerobic exercises include walking, marching, and rolling shoulders.

Ages 13+ | \$35 | 4 Classes

LOCATION	DAY	DATES	TIME	REG. DEADLINE	CODE
Lakewood Community Center	Wed	Oct 6, 13, 20, 27	9:30 - 11:00 am	Oct 4 at 12 pm	16781

COMMUNITY

DINNER & A MOVIE!

We're going to the movies! The movie title will be a surprise until the week before we go, but we promise it'll be great, and it will be rated G to PG-13. Before the movie, we'll chow down on an all you can eat buffet at the Golden Corral. Registered participants will meet at the entrance to the movie theater at the South Hill Mall. Participants can then be picked up at the same location (South Hill Mall movie theater entrance) at the end of the activity.

Due to varying movie times and titles, a final decision on the activity meeting time and movie will be made no later than Friday, October 1st and will be emailed to registered participants at that time. We will be watching an evening movie.

Ages 13+ | \$40/participant

LOCATION

Regal South Hill Cinema

DAY	DATE	TIME	REG. DEADLINE	CODE
Thurs	Oct 7	TBD	Oct 1	16757



SPECIAL EVENTS



ICE BUMPER CARS!

Drive independently in a car on the ice while hanging out with your friends. The Bumper Cars are ADA assessable and we have the ability to get all drivers into the cars. After our time on the ice we'll have a fun pizza party on-site. Remember it's cold on the ice so wear layers to keep warm on the ice. Riders must wear flat, closed shoes, must be at least 42" tall, and weigh less than 300 pounds.

Ages 6+ | \$25/participant

LOCATION

Sprinker Recreation Center

DAY	DATE	TIME	REG. DEADLINE	CODE
Sat	Oct 9	3:00 - 5:00 pm	Oct 7	16779

MONTHLY PARTY - Halloween Dance

Dress in your best costume and join us for a scary good time. Our Fun Factory DJ will keep your bones rattling all night while we monster mash at this fab-BOO-lous party.

Ages 13+ | \$25/participant

LOCATION

Chambers Creek Regional Park - Environmental Services Building

DAY	DATE	TIME	REG. DEADLINE	CODE
Fri	Oct 22	6:00-9:00 pm	Oct 19	16758



SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

Be Connected! Inclusive Planning Tips for Emergencies

September is National Preparedness Month. This year, we partnered with the Coalition on Inclusive Emergency Planning (CIEP) to offer preparedness tips for people with disabilities, access and functional needs.

As part of our series that started with “Be Alert” earlier this month, this week’s theme is Be Connected.

You may often hear the advice, “in times of emergency, check on your neighbors.” That’s because when we connect with our neighbors and the resources in our community, it increases our ability to respond to and recover from disasters. It’s especially true for people with access and functional needs — physical, developmental or intellectual disabilities, and chronic conditions or injuries — plus older adults and people with limited English proficiency.

Connect with your Neighbors

Disasters can bring out the best in all of us, and people are often willing to help each other. Here’s how you can prepare with your neighbors:

1. Know who can walk to your home to help you if no other transportation is available. Create a “buddy system” of checking in on each other; the best time is now, before a disaster strikes.
2. Determine who has skills and unique talents they can share. For example, some people like to prepare food or share the results of their gardening skills. One neighbor may have tools and equipment to repair a leaky roof. Another neighbor may be a retired police officer who can ensure your area is safe. Someone in your building may work in the medical field and have knowledge beyond basic first aid.
3. Develop relationships with people you see often at home, work, or school. Exchange your strong skills with their strong skills.

Connect with your Support Network

Even if you’re prepared, you might experience a temporary disruption in meeting your access and functional needs during the first few days after a major disaster. So, it’s important to create a backup plan. Here’s how.

1. Develop your own support team. People with disabilities and other access and functional needs may already have a support network. Think of your personal assistant or caregiver, your support service provider, your interpreter — people you rely on to help meet your basic life needs.

2. Identify at least five people to be your support network who can help with your communication, self-care, and transportation needs. Not all may be available during the first few days after a disaster or extreme weather event. Keep a list of those people and their phone numbers.
3. Be aware that communication networks may be down, or that interpreters and caregivers that need to come to you could be hard to find because they are attending to their own issues.
4. Develop a communication plan by assigning someone out of the area where your family can check in. It will be much easier for you to call out of the area than for people to call in.
5. If you are not able to use voice or video, try texting; it requires minimal bandwidth to transmit.
6. Discuss your disaster plans with your home health care provider.

Connect with your Community

You may need to help yourself first before you can go out and help others. Here are some ways to get connected with local emergency-response resources.

1. Enroll in your local Community Emergency Response Team (CERT) program to learn basic disaster survival skills.
2. Your local fire department may maintain a list of people with special medical needs; if they do, ask to be included.
3. Create a profile with your local 9–1–1 call center to flag your address and phone number. Notify responders that you or someone in your household may need extra support, such as a tactile American Sign Language (ASL) interpreter or have critical medical issues.

* These lists, profiles, or registries do not always guarantee quicker service.

Getting connected before an emergency strikes can help save lives.

Written by guest blogger Jim House, Emergency Planning Disability Integration Manager, Coalition on Inclusive Emergency Planning (CIEP). CIEP is a statewide advisory group that focuses on access and functional needs (AFN) issues before, during, and after a disaster. CIEP is a program of the Washington State Independent Living Council (WASILC) and is funded by DOH.

<https://medium.com/wadepthealth/be-connected-inclusive-planning-tips-for-emergencies-f7bb45b7d9aa>

Be Alert! Preparedness tips for people with disabilities

It's National Preparedness Month!

This year, the Department of Health partnered with the Independent Living Council's (WASILC) Coalition on Inclusive Emergency Planning (CIEP) for some emergency preparedness tips.

Each week this month, we'll provide tips to help those with disabilities, or access & functional needs, protect themselves and their loved ones.

This week's theme is BE ALERT! Check back each week for more about our upcoming themes: BE CONNECTED, BE READY, and BE AWARE.

Be Alert!: Emergency notifications keep you in-the-know and give you time to react when there's an emergency. Wireless/Email alerts can be lifesaving, and they're free!

Sign up for local emergency notifications through the Emergency Management Division's Alert & Warning Notifications page.

Become familiar with the Wireless Emergency Alerts (WEA) on your phone and other electronic devices.

Communication with family is vital!

Develop a plan to reconnect with family in case of an emergency. Consider that out-of-state family members might be easier to contact during statewide emergencies.

Use social media or the Red Cross Safe and Well program to let your family know that you are safe.

If telephone networks are congested, try texting instead.

If necessary, contact emergency personnel. Call or text 9–1–1 only if you have a real emergency. If you are in an area where texting is not available, be prepared to call 9–1–1 through your relay provider.

After a major disaster, you may need to communicate without the use of technology, hearing aids or cochlear implants.

Keep paper and pens handy for writing messages.

Emergency Preparedness

Check out and download communication apps for your phone. These can be especially helpful for those requiring translation assistance.

Consider carrying a pre-printed copy of important messages with you, such as:
“I use American Sign Language (ASL) and need an ASL interpreter.”
“I do not write or read English, please find someone who can speak [language].”
“If you make announcements, I will need to have them written or signed.”

If possible, use a device that plays signed or captioned emergency videos.

Find out what local TV channels will provide continuous captioned and/or signed news.

Place alarms and other warning devices around your home.

Install smoke alarms that can be both seen and heard. At least one should be battery operated.

Install a NOAA Weather Radio near your bed with a strobe light or bed shaker to alert you of an impending emergency overnight. Check your phone or TV for more details on how to respond.

Want to help? Advocacy saves lives.

Recruit foreign language translators or ASL interpreters to be Red Cross emergency volunteers. Trained bilingual advocates can work directly with community members with limited English proficiency.

Encourage TV stations to broadcast emergency news and information in open caption formats and to provide on-camera interpreters for media briefings during emergencies.

Remind news outlets to post important phone numbers AND speak them slowly for people who cannot see or read a TV screen. Repeat the numbers frequently so they can be written down.

Get information from reliable sources.

When an emergency happens, it's important to keep things in perspective. Avoid the pitfalls of misinformation and get reliable information from these sources:

Credible newspapers, radio, or television stations.
Social media postings from trusted sources such as . . .

Your health care provider.

Your local health department.

Your local emergency management agency.

Your preferred community organization.

FEMA Ready.gov at www.ready.gov.

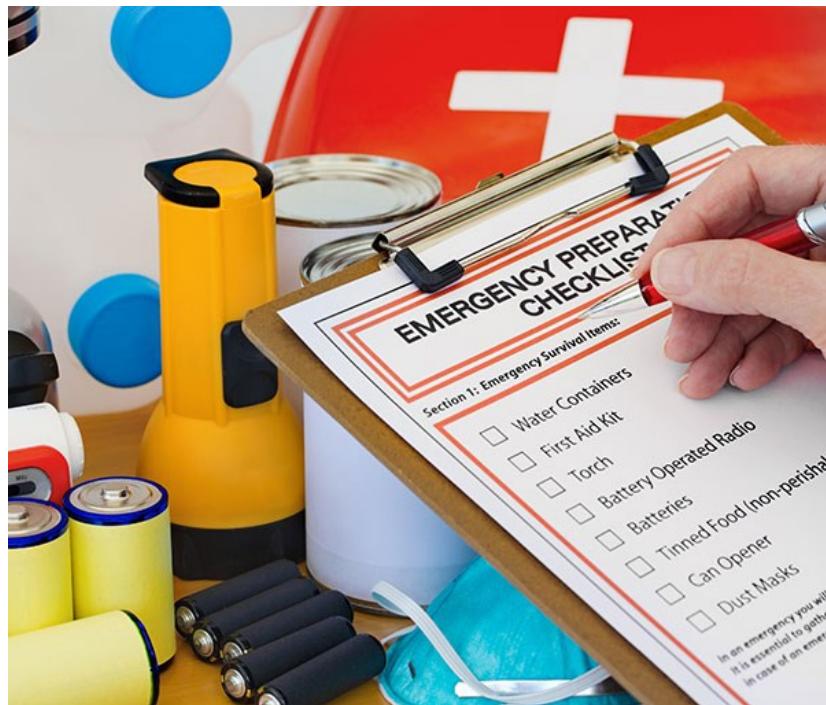
Washington State Department of Health at www.doh.wa.gov.

Washington Military Department, Emergency Management Division
at www.emd.wa.gov.

That's it for this week's tips. Please check back next week for more tips from CIEP!

Guest Author. Written by Jim House, Washington State Independent Living Council

<https://medium.com/wadepthealth/be-alert-2279f81460a6>



Emergency Preparedness

Emergency Preparedness

Be Red Cross Ready

Get a kit. Make a plan. Be informed.



It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...Get a kit. Make a plan. Be informed.

Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in CPR/AED use.
- I have taken action to help my community prepare.



Get a kit

At a minimum, have the basic supplies listed below.

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Current digital photos of loved ones, updated every six months, especially for children
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags
- Sunscreen
- Insect Repellent



Make a plan

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military or engages in extended business travel on a regular basis, plan how you would respond if they were away.
- If you or a member of your household is an individual with access or functional needs, including a disability, consider developing a comprehensive evacuation plan in advance with family, care providers and care attendants, as appropriate. Complete a personal assessment of functional abilities and possible needs during and after an emergency or disaster situation, and create a personal support network to assist.

Plan what to do in case you are separated during an emergency

- Choose two places to meet—
 1. Right outside your home in case of a sudden emergency, such as a fire.
 2. Outside your neighborhood, in case you cannot return home or are asked to evacuate.

Consider any transportation challenges that might be encountered by individuals that use mobility assistive equipment.

- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should memorize emergency contact information and have it in writing or programmed into their cell phones.
- Identify alternative ways to communicate (email, text, call, mail, through a third party, etc).

Plan what to do if you have to evacuate

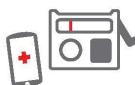
- Decide where you would go and what route you would take to get there. You may choose to go to a hotel or motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.



Download the [Red Cross Emergency App](#) or, go to [redcross.org](#) and search emergency app.

This app provides expert advice on how to prepare and respond to disasters and includes a map with open Red Cross shelters.

- Have at least one alternate location if the preferred location is not accessible.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable. Ensure all household/family members know the evacuation route, alternate routes, primary and alternate meeting destination.
- Plan ahead for your pets. Keep a phone list of "pet friendly" motels/hotels and animal shelters that are along your evacuation routes.



Be Informed

Learn what disasters or emergencies may occur in your area.

These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

Let Your Family Know You're Safe

Tell your loved ones about the [American Red Cross Safe and Well Website](#) or access through [redcross.org](#) by searching safe and well. This internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have internet access, call **1-800-RED CROSS** to register yourself and your family.

142108 9/16

For more information on disaster and emergency preparedness, visit [redcross.org](#).

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as "watches" and "warnings" and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed too.

Emergency Contact Cards for All Household Members

Emergency Contact Card	People to Call or Text in an Emergency
Name: _____	_____
Phone: _____	_____
Home Address: _____	_____

Get your cards online [here](#) or, go to [redcross.org](#) and search emergency contact.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Ensure contacts for relatives include familiar names (grandma, aunt, etc.) as well as actual names when making cards for children.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Emergency Preparedness

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



Ad Council

Ready.

READY.GOV/MYPLAN

Quick Tips:

- **Be proactive** - If you have a disability, plan ahead for various environments and situations.
- **Ask before acting** - If you are helping someone with a disability, ask how you can help before giving assistance.
- **Elevators vs. stairs** - Use elevators only when necessary. Reduced capacity will result in longer wait times for those who can't use stairs.
- **Plan for alternate communication** - Alternate methods of communication, such as pen and paper, may be needed when masks are worn.
- **Consider individuals with vision impairments** - People who are blind or have low vision might need help with social distancing.
- **Go virtual** - Explore if there are virtual solutions to in-person events.