



# The Arc Connection September, 2011

## Grays Harbor *For people with intellectual and developmental disabilities*

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### COPES: Community Options Program Entry System

#### **What is COPES?**

COPES is a program that pays for personal care and other services for people in their own homes. It also pays for care in adult family homes, adult residential care facilities, and assisted living facilities. It helps people who, without COPES, would need to be in nursing homes. The financial eligibility rules for COPES are very similar to the rules for the Medicaid program for nursing home care.

The COPES program is administered by the Department of Social & Health Services (DSHS). You can apply for COPES at the local offices of Home & Community Services (HCS), which is a division of DSHS. To find the nearest HCS call 1-800-422-3263

To get COPES you must be financially eligible. Also you must need help, because of a physical or cognitive disability in doing certain activities of daily living. You must need extensive help with two or more activities of daily living, or at least some help with three or more. A person who needs supervision because of a cognitive

impairment may qualify for COPES if extensive help with one daily living activity is needed. Finally, DSHS must determine that you need the help described above and that your needs can be met adequately by services available through COPES.

COPES can pay for personal-care services in your home in two ways. It can pay a private agency or it can pay a person you hire directly (called an "individual provider"). An individual provider may be a relative but may not be your spouse.

What COPES will pay depends on how many hours of services you need. The number of hours is set after an assessment by DSHS staff. The amount COPES will pay also depends on how much of the cost of your care DSHS determines you must pay yourself, based on your income and certain allowable expenses.

If you receive personal-care services in your home, COPES may also pay for other services, including home-delivered meals, home health aids, skilled nursing care, adult day care, and

**Achieve with us.**

training to help you increase what you can do for yourself. COPES may also pay for care in a group facility or home. Payment depends on the type of facility and its location. All COPES recipients get Medicaid coverage for other medical expenses, including physician services, prescription drugs and home health services. In addition, they get case management services – help in planning and monitoring their care. Also, DSHS pays the Medicare premiums, co-payments & other deductibles for COPES program participants.

COPES coverage does not begin until DSHS approves a plan that describes both your needs and the services that will meet them. In addition, if you choose to get personal care services in your home from an individual provider, COPES coverage does not begin until DSHS has determined that the individual provider is capable of providing the needed services and until the provider has signed a contract. (Providers must satisfy certain conditions and pass a background check.) The medical coverage you get with COPES is effective as of the first day of the month in which your COPES coverage begins.

In counting your income for a month, DSHS looks at what you received that month. Income typically includes such things as Social Security, VA benefits, and wages, in the month they are received.

In counting your resources for a month, DSHS looks at what you have on the first day of the month that you already had in the previous month. Resources typically include such things as real estate, funds in bank accounts (but not including this month's income) and stocks. Funds from a payment that counted as income last month will count as resources this month if you still had

them as of the first of this month.

If you are on COPES, you will be allowed to keep a specified amount of income. If you have more than the allowable amount, you must use that money for part of the cost of the services approved under the COPES program. The part of the cost you pay is called your "participation." COPES covers the rest.

### *A Note About the Medically Needy“ Spenddown” Programs*

*Some people with too much income for COPES may be eligible for similar services through other programs. The “Medically Needy In-Home Waiver” (MNIW) covers in-home care. The “Medically Needy Residential Waiver” (MNRW) covers services in adult family homes and assisted living facilities.*

Many people need help applying for COPES or Medicaid. Often there are family members or friends, or staff members of a hospital or nursing home or other agency, who are able to help. Help is also available from DSHS staff, especially for people who have physical or mental impairments that make it hard to get through the application process on their own. If you need help in the application process from DSHS, you or someone else should tell a DSHS representative. DSHS rules require "necessary supplemental services" when they are needed. These services include help filling out forms and help finding information or papers needed for your application.

**COPES rules are complicated.  
Before taking steps you don't  
understand, you should get  
individualized legal advice.**

## **DOWN SYNDROME EMPLOYMENT SURVEY**

The National Down Syndrome Congress is currently soliciting information on employment. The survey is designed for parents and/or caregivers and their adult children with Down Syndrome, ages 18-50yrs old.

Currently there is no information describing where people with Down Syndrome work and the kinds of jobs they do.

We all need that information in order to document the current situation and advocate for job training programs, funding, and more variety and choices in jobs for individuals with DS.

It is important to take this survey whether you are working in paid or volunteer jobs, not currently working, or are in a training program to prepare you for jobs. The survey will be online until December 31, 2011.

Please take the survey as soon as you can if you fit in the criteria listed above. Everyone's response is important!! Follow this link and help make a difference for the future.

[www.surveymonkey.com/s/RK5SWWS](http://www.surveymonkey.com/s/RK5SWWS)

### **Do you have a concern about the development of a child under the age of three?**

**The Grays Harbor Infant Toddler Intervention Program provides  
Free Developmental Screenings**

**Family Resources Coordinators  
will help the family to schedule  
further evaluations and provide  
assistance to connect with  
additional services as needed**

**Contact Kelly Miller  
360-533-9419 or email at  
kmiller@asd5.org**



# Thoughts from Todd

The Removal of the R-word....Political Correctness gone too far?

As many of you already know I've been out and about in our community quite a bit lately. I've seen many of you at the fair, at the ball park or just bumped into you around town somewhere. Often when I'm out representing The Arc I wear my name tag and one of our R-word buttons. I hope you have all had a chance to see these terrific buttons; they are printed with the word "R-word" with a big red cross through the word in the universal symbol of "NO". These button are not original to us here on Grays Harbor but are part of the National Campaign to end the use of the R-word. You might have seen some of the ads on TV featuring the cast of the hit show GLEE and other celebrities encouraging people to take the pledge to end the "R-word".



I am always delighted to see people's reaction to my button as I wear it. Often context is everything and can lead to some very interesting conversations. I was recently at an event that included representatives for both the Republican and Democratic Parties, and some in attendance were offended that I would be so clearly out spoken in my political views, I had to explain that the button did not in fact reflect my political views but was a statement about kindness and inclusion for all. In another setting I was accused of being anti-reading, and on rainy days I am often thought to be protesting the rain and begging the return of the sun. While I might long for more sun at times I can assure you my "NO R-word" button does not stand for any of these ideas.

As I get the opportunity to share with people what the meaning of the button is I am usually met with an understanding smile and a discussion of how it's about time this hurtful label was removed from our vocabulary. I am so happy to hear from many of our young people how they understand how this term has been used to hurt and to limit people and they are often the first to sign the pledge and pin a button to their shirt. Unfortunately not everyone responds this way and when I am out without my button I so often hear this term used in some of the most abusive of ways.

Some of us may have grown up with this term; I spoke recently with two such gentlemen. As they asked about my button I explained it to them. They exchanged a funny snicker between themselves and one of them spoke up and said he was so tired of all this "Politically Correct" speech and that he would continue to use whatever language he liked. Needless to say I was dumbfounded. Not that I haven't run across the type before but his callousness just blew me away.

I asked this man if he used other labels for people in public, "no" he said, "those labels would not be acceptable in public, and I might get beat up if I used those in certain company", so my question to him was why do you think it's not alright to use a derogatory label for someone who can defend themselves but find it acceptable to use one for someone who cannot? Now it was his turn to be speechless. I went on to explain how the use of the R-word goes way beyond just being Politically Correct, it goes to the very core of how we value People. In the truest sense, we are all People First. I am not a label, a diagnosis or a disease. I am a valuable contributing member of society and this community as are all of the individuals served through the programs of the Arc.

I'm reminded every day that our mission is not yet achieved, we have a long way to go to bring equality, acceptance and inclusion for people touched by disability, thank you for your ongoing support as we reach for this goal every day. If you have not done so already, stop by the office and sign the pledge to end the word and wear your button proudly, and ACHIEVE WITH US! And as always, feel free to contact me with your comments, or questions at 537-7000 or email [toddf@arcgh.org](mailto:toddf@arcgh.org)

*Todd*

**FYI:** *The House of Representatives approved a bill that eliminates the use of the words "retarded" and "retardation" in health, education and labor laws. The bill changes the terms from "mental retardation" to "intellectual disability".*

*Rosa's Law (named for a girl from Edgewater, Maryland, who has Down syndrome) passed in the Senate in August, and now heads to President Barack Obama's desk for final approval and signing in September.*

# Mark Your Calendars



## Bowling Meetings:

HAWKS: Sat., Sept. 3, 2011

2pm-Community Meeting Room at South Shore Mall

[ Coaches & Volunteers, please come at 1:00 for pre-meeting]

PANTHERS: Thurs. Sept 8, 2011  
6pm-Elma Library

If you still have baseball uniforms please bring & turn in at this time!!

## Bowling Practice

PANTHERS: Elma Lanes- Saturdays 10-12 starts Sept. 17

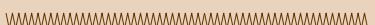
HAWKS: Spare Time Bowl- Saturdays A-Team: 1-3pm B-Team: 3-5pm

## EXCEPTIONS:

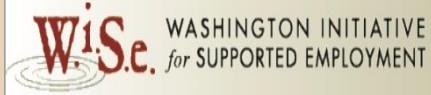
1. First Practice for the Hawks is Sun. Sept 11th due to Loggers Play Day on Saturday, the 10th.
2. No Practice for HAWKS on Sept. 17 due to coaches confer.

## More Arc Events For September

Sunday, Sept. 4th—Car Races Elma Raceway. Transportation for the first 12 people to sign up. Call The Arc - 537-7000. Tailgate BBQ before the races Cost= \$13.00/person (bring extra money if you want to purchase food there. No food or beverage can be brought into the races)



Saturday, Sept 10th—Loggers Playday Parade. The Arc will have a float in the parade and a booth in the vendor's section If you would like to be a part of The Arc Group and walk in the parade with us call The Arc office- 537-7000. There will be no transportation available to or from the event.



## WEBINARS

If you would like to participate in any of the following webinars, call The Arc for location and details 537-7000.

➤ **Tuesday September 13 10AM-12PM:**

Employment Supports & Modifications for Individuals with Autism



➤ **Thurs. Sept. 22—7PM-9PM**

Building A Whole Life- A Training for Individuals and Families



➤ **Fri. Sept 23 & 30 3:00-4:30PM**

2 Part Series: Building a Student Career Portfolio



## Conference

brought to you by  
Lewis County Autism  
Coalition & Families Forward

**Friday, September 23rd**

**8:30 AM—5:00 PM**

**Cost: \$40.00**

Centralia Nazarene Church  
1119 W. First  
Centralia, WA 98531

Register by Sept 16th.  
Pre-registration is required.  
Child Care Provided.

Call Rayna: 360-748-4359



To ALL the folks who drove by and waved, honked, stopped to give donations or bought raffle tickets at The Arc-A-Thon held on Aug. 19th at Sunny Radio.

A special THANK YOU to Jodesha Broadcasters for promoting the event on air!

# The Arc In Action

## Grays Harbor Fair Big Hit!

The week at the Fair was an active, crazy, busy wonderful time! The Arc booth became one of, if not the most popular booths in the pavilion. We kicked off the start of our Raffle Fund Raiser with the displaying of a 2012 Honda Foreman 4x4 ATV. Tickets are still on sale for \$10 through December 15th. (see flyer insert) We also held a free drawing for a Kindle E-reader which was won by Joel Padilla of Aberdeen. Congratulations Joel!! Thank you to everyone who stopped by our booth, took a spin at the wheel for free prizes and talked with us. Hope to see you next year!



## STATE WINNERS!!



**Individual Skills Softball:**  
Fred Abbie: Silver; Sean Hill: Gold  
Hillary Hope: Bronze

**Individual 9 Hole Golf:**  
Jason Self: Gold

*Congratulations!*

## Summer Life Skills Program Huge Success!!

The summer Life Skills Program was developed to serve multi purposes and succeeded beyond expectations! The idea was to offer a summer activity that would be educational, yet fun and hopefully offer some respite time for families during the extended summer hours. Because of the success, The Arc is continuing the program through the year on a monthly basis. Classes will be held the 3rd Monday of the month from 3:30pm to 5:30pm. Cost will be \$5.00 per class. Locations may vary and participants will be notified by postcard or phone. The first class will be Monday, Sept. 19th at Hoquiam High School Science Building. Please call The Arc office at 537-7000 to sign up and get directions.



*Luisa Kolb shows her Person Centered Planner as others look*

**HIGHLIGHTS FROM THE LIFE SKILLS SUMMER PROGRAM**



*Learning to use a fire extinguisher*

# Community Inclusion at Work & Play

## September Events happening in and around GH County!

Inclusion cannot be achieved without participation!!



I  
**SPY!!**

### *Spied at the "Soul Surfer" Movie*

Brad Young, Angela Seiler,  
Amy Morales, Jason  
Pelerine, Leroy Winkleback

*Jason commented that he liked the movie and the way the church was setup to give that real "theatre" atmosphere. Nice to see familiar Arcin' faces at this community event!*



### *Spied at the GH County Fair*

Robert & Trudy Duncan,  
Michael Buckman, Severson Family, Luisa Kolb, Sean Hill, Collin Strode, Diana Heison, Brad Young, Angela Seiler, Kaitlin Kimball, Margaret Hood, CJ and Asen Lipska

*It was great seeing so many of you at this popular county event! If we forgot to list someone who saw us there, please accept our apology, let us know and we'll be sure to mention you next month! Hope to see you at one of the many community events in September! Don't forget to come up and say "I SPY"!!*

- Sept 3—Annual Seafood Festival & Craft Show – Westport Food, crafts, music, & fun at the Maritime Museum. Contact: Westport/Grayland Chamber (800) 345-6223
- Sept 9-11—Arts & Crafts Festival – Ocean Shores—Largest arts & crafts festival in SW Washington. Contact: Ocean Shores VIC (360) 289-9586
- Sept 10—Reynvaan Run – Hoquiam 2 mile, 5 k, and 10k run. Contact: City of Hoquiam (360) 637-6040
- Sept 10—Loggers Playday – Hoquiam -Loggers share their skills and compete plus a street fair and parade. (Contact The Arc if you would like to sign up to help with The Arc Float and walk in the parade with us— 537-7000)
- Sept. 11—North By Northwest—7th Street Theatre—7:30pm
- Sept. 11—Up Your Wind Kite Festival—Pacific Beach—Kite Flying Kite contests, choreographed kite flying. Contact: WA Coast Chamber (800) 276-4727
- Sept 16-18—NW Junior Rodeo – Fairgrounds, Elma. Junior rodeo and fundraiser. Contact: Grays Harbor Fairgrounds (360) 482-2651
- Sept . 17—Paddle the Shores—Ocean Shores—Human powered boat race, poker paddle & more. Contact: (360) 289-5632
- Sept. 17—Buckaroo Days – Elma Chili cook off, cowboy art and more. Contact: Elma Chamber (360) 482-3055
- Sept 17—Sandcastle Contest & Ducky Race – Pacific Beach. Amateur sandcastle contest. Contact: (360) 276-4727
- Sept 17—McCleary's Annual City-wide Garage Sales—Stop by any McCleary Merchant to pick up your map of garage sales
- Sept 17-18—Beach Wide Garage sale, 30 Miles of garage sales along South Beach area roads. Contact: Westport/Grayland Chamber (800) 345-6223
- Sept 23-24—West Side Story—7th Street Theatre—7:30pm
- Sept 24—Jeff Allen Comedy Night—Immanuel Baptist church —7pm 1200 Soule Ave Hoquiam, WA —Tickets-\$12 Contact: 538-2372
- Sept 24—Lake Sylvia Fall Celebration Fun for the whole family; music, crafts, triathlon & more! Sponsored by FOSLS. Ph: (360) 249-3701

Participate & Enjoy what your Community has to offer!!





Todd Faulkner



**Tori Board**  
Program  
Director



**Loretta Marlow**  
Family and  
Transitions  
Specialist



**Charlene  
McCarty**  
Information  
and Resource  
Director

## The ArcGH Wants To Make Life Easier For You

Learning that your child has special medical needs or different abilities can be a devastating and traumatic experience. Families have questions and concerns about coping with their loved one's needs through various stages of their lives

The Arc wants people to know:

**"You are not alone, we've been there, and we're here for You."**

Visit  
The ArcGH  
Website  
[www.arcgh.org](http://www.arcgh.org)

**facebook**



Name:  
The Arc of Grays  
Harbor



**Crime Victims  
Advocacy Network**  
offers free,  
confidential services  
to victims of crime. For additional  
information or assistance, 24 hours a  
day, call at **1-866-711-2826** or visit  
the web site at [www.cvan11.org](http://www.cvan11.org)

**SPORTS & FITNESS**  
The Arc of Grays Harbor

Beyond Survival is a sexual assault resource center committed to educating and empowering all people impacted by sexual violence.  
313 South I Street Aberdeen WA 98520 (360)533-9751  
<http://www.ghbeyondsurvival.com>



### DONATIONS

If you have any used clothing, small household items such as: dishes, linens, toys, books, toasters, blenders, etc) that you would like to get rid of, you can donate them to The Arc using one of the following options:

➤ Visit our Web site [www.arcgh.org](http://www.arcgh.org) click on the donation truck and sign up for a pick-up online!

➤ Call us at 360-537-7000 or Toll Free 1-866-537-7272 to schedule a pick-up at your home or business.

Drop your items in one of the clothing bins. One is at The Arc located at 120 W. First St. and one is on 8th Street on the block before the Post Office.



# Highlights of August Events

## GH Fair ↗

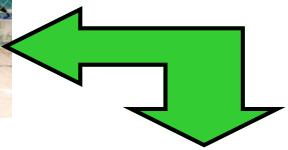


## STATE GAMES

→



Arc  
A  
Thon



## CELEBRITY SOFTBALL & BBQ



Thanks to Stafford Prison Employees for coming out to play. And Thanks to Johnny Manson for Calling the game. It was a fun day for ALL!

# RAFFLE!!

**2012 Honda FourTrax®  
Foreman 4X4 With EPS**



**TRX®500FPM**

# **Tickets- \$10.00**

**Only 2000 Tickets to be sold**

**Stop by The Arc Office and buy YOUR ticket today!**

**Drawing will be held December 15th, 2011**

**(need not be present to win)**

This Raffle is sponsored by The Arc of Grays Harbor and proceeds will go to help fund programs and services of The Arc of Grays Harbor. Staff, Board Members and their immediate families are not eligible to enter. Ticket purchaser is responsible for filling out ticket information in legible writing. Must be 18 to purchase tickets. A limit of 2000 tickets will be available for sale. Prize will be drawn December 15, 2011 at the Appreciation Banquet. The winner will be announced in The Arc's January 2012 newsletter or you can call The Arc at 360-537-7000 after December 15.

Raffle Coordinator- Todd Faulkner

120 West First Street  
Aberdeen WA 98520  
Ph: 360-537-7000  
Fax : 360-537-8816 Email:  
[thearc@arcgh.org](mailto:thearc@arcgh.org)  
Website: [www.arcgh.org](http://www.arcgh.org)



The Arc™  
Grays Harbor

The logo for The Arc Grays Harbor features a stylized orange and yellow swoosh graphic above the text "The Arc™" and "Grays Harbor".

# Informing Families

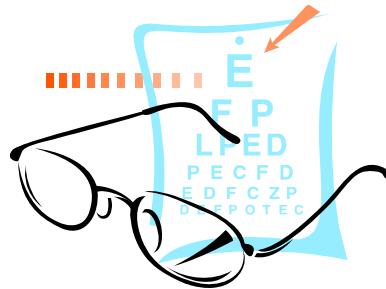
## Building Trust

A Partnership for Better Communication  
on Developmental Disabilities Issues in WA State

### Legislation Gives Washington State Medicaid Clients Access to Low-Cost Eyeglass Lenses, Frames, Contacts

Vision aides were eliminated for clients of the Medicaid program ages 21 and older effective January 1, 2011. Legislation passed during this year's session will help Medicaid clients.

Legislation passed during this year's regular legislative session will help state Medicaid clients affected by a budget cut that eliminated coverage of frames, lenses and contacts from the medical assistance program this year.



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#### What Happens Under the New Law

Under the new law, Airway Heights' Correctional Industries Optical center, which is the manufacturer of vision hardware for the Medicaid program, will continue to make the items that are prescribed by Medicaid providers. The Spokane center now will charge doctors for the actual cost of producing the glasses, and doctors will be able to pass that same charge along to clients.

The legislation assumes that eye doctors and centers will not make a profit on the transactions. Prices are expected to range around \$20 for a pair of glasses.

None of the cuts affected children's benefits. The cuts also did not change coverage of eye or hearing exams for adults. Those remain covered by Medicaid.

#### Process for Getting New Glasses

Medicaid clients who are interested in obtaining new eyeglasses should talk to their optometrist, ophthalmologist or primary care provider.

Clients should ask their providers to call the toll-free Airway Heights number – 1-888-606-7788 – and the customer service center there will advise them.

## EMERGENCIES DON'T WAIT FOR YOU ~ BE PREPARED!

If you are responsible for helping others when the unthinkable happens – a little bit of planning now may save a lot of heartache later!



### IF SOMEONE YOU SUPPORT HAS MOBILITY NEEDS:

- Store emergency supplies such as gloves, batteries, patch kits, etc., in a pack attached to or near the equipment.
- If the person uses a cane or other device, keep an extra one in an easily accessible place.
- Arrange and secure furniture and other items for barrier-free passage. Be sure all pathways are wide and unblocked. Practice evacuation often.



### IF SOMEONE YOU SUPPORT HAS MEDICAL CONDITIONS AND DEVELOPMENTAL DISABILITIES:

- Develop and maintain an emergency health information card for local police, fire, emergency personnel and others who may not know the person.
- Make arrangements for at least 2 people to check in and see if the person is okay after a disaster strikes.
- Always have at least a week's supply of medication or other needed supplies (such as oxygen) on hand.
- Store emergency medical supplies readily accessible and make sure others know where they are.
- Keep a current emergency contact list readily available.



### IF SOMEONE HAS COGNITIVE DISABILITIES:

- Practice regularly what to do during and after an emergency.
- Make sure the person has a clear, written plan that can be easily located and shared with others if you are not around.



### IF SOMEONE HAS COMMUNICATION DISABILITIES:

- Help the person have a communication plan to use with emergency personnel quickly.
- Store paper, writing materials, etc., with emergency preparedness kits to help communication.
- Make sure the person's emergency health card contains information on the best ways to communicate with the person.



### HOW PREPARED ARE YOU?

- Do you have up-to-date CPR training and First Aid training?
- Do you know your home's evacuation route/plans?
- Do you know where emergency supplies are stored?
- Where are the main gas, water and electricity shut-offs? Do you know how to turn them off?
- Can you operate a fire extinguisher?
- Can you carry or transport the person if necessary?
- Do you have a complete first aid kit and a portable evacuation kit?
- Do you have an identified place to go and know how to get there?





Achieve with us.

Grays Harbor



# SEPTEMBER 2011

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3 Bowling Meeting 2pm South Shore Mall
4 Elma Car Races	5 Labor Day	6 	7	8 Panthers Bowling mtg Elma Library 6pm	9	10 Loggers Playday Parade 12:00
11 Hawks first bowling practice 1-3 and 3-5 Spare Time Bowl	12	13	14 Board Meeting 5:15 @ The Arc	15	16	17 Panthers First Bowling -10-12
18	19	20	21 People First Meeting (see back)	22	23	24
25	26	27	28	29	30	

## NOTES Bowling Practice:

### Hawks

Spare Time Bowl—Saturdays  
A-Team: 1-3pm B-Team: 3-5pm  
First Practice Sunday Sept. 11 due to Loggers Playday  
No Practice for Hawks on Sept. 17th due to Coach's Conference

### Panthers

Elma Lanes—Saturdays  
10am-12pm





**Parent-to-Parent** strives to build partnerships between the families and the professionals who serve people with disabilities. **You are not alone!** We provide information, resources and support to families who have a loved one with special needs with special questions. Parent-2-Parent provides a variety of educational workshops and trainings along with groups for networking or emotional support for young parents with newborns to senior parents of adult children with disabilities. For more information call The Arc 360-537-7000



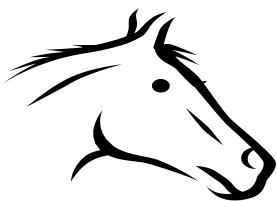
**Arcin' Round the Community**— people of all ages and abilities, participating in activities, clubs and organizations **already in the community!** Individuals in need of one on one assistance and/or supervision must provide their own support person at the activity/event. All activities are overseen by the program coordinator staff and volunteers. Call The Arc office 360-537-7000 for more information



**Sports & Fitness-** The ArcGH. Using competitive sports and fitness activities to nurture personal growth and promote healthy lifestyles. The teams compete at Special Olympics Washington events. There are teams throughout Grays Harbor and Pacific Counties and most recently a unified team of younger adults. The sports, practices, and events will be posted in newsletter or available at The Arc office (120 W. First Street). For physical forms and additional information please contact The Arc office 360-537-7000



**Young Athletes** - another part of the Sports & Fitness Program. A collaboration with Special Olympics and local area elementary schools. An innovative inclusive sports play program for children 2 to 7 that pursues the goal of engaging children with appropriate play activities designed to foster physical, cognitive, and social development. The inclusive peer participation raises awareness about the abilities of children with intellectual/developmental disabilities and teaches diversity and tolerance for those differences at a young age.



**Hope from Horses** – provides horseback riding for individuals with disabilities, enhances community awareness and acceptance of individuals with disabilities. Riding sessions are held at the Grays Harbor Fair Grounds, the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month, beginning in October and runs through May at 6:30pm. Call Becky Larsen at 249-3789 for more information.



**People First of Grays Harbor** – The purpose/mission of People First is “to assist people with disabilities to realize and appreciate that they are PEOPLE FIRST and their disabilities are secondary; that they are equal citizens in their communities.” People First meetings are held the 3<sup>rd</sup> Wednesday of the month from 5:30 – 7:00pm at 2109 Sumner Ave (Pearsall Bldg/Health Dept) in Aberdeen. For more information call Betty Beckett 249-2099



**"NAMI" National Alliance On Mental Illness- The Nations Voice on Mental Illness** Is a non-profit, grassroots self-help, support and advocacy organization for people with brain disorders. Supportive Education Nights in Aberdeen are the 2<sup>nd</sup> Thursday of the month at Pearsall Bldg. 6:00pm (call 532-0370 for more info) and in Ocean Shores on the 3<sup>rd</sup> Monday of the month at Galilean Lutheran Church- 6pm (call 289-4884 for more info).