

The Arc

Of Grays Harbor
Advocacy respect community
for ALL people with developmental disabilities



SPORTS & FITNESS
The Arc of Grays Harbor



Connection

The Arc—Past and Present

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. --Margaret Mead



Communicating With the Hill

***"The first step toward change
is awareness"***

***Team = "Together Everyone Achieves
More!"***

It was the best of times, it was the worst of times. Well, the worst of times is hitting with hurricane force in the face of the Governor's projected budget cuts to services for people with intellectual/developmental disabilities (ID/D), basic health Insurance, Medicaid and education. There is no way to sugarcoat the devastating news. Everyone will be affected in some way, some by a little, some by what may seem a hopeless amount. But, we can't give up!! This nation has been through hard times before and has persevered. We need to pull together, join forces and hit this crisis head on. This is not the time to give our elected officials the silent treatment! The squeaky wheel gets the oil, so we need to become the squeaky wheel.

Keep in mind when communicating with "the hill" that during legislation,

it's a numbers game. The more people they hear from the louder the voice becomes, the better the effect it will have when it's time for decisions on where to spend the money or what bills to pass or defeat. They may be the elected ones making those decisions, but they should be making them based on what the peoples needs are. Statistics aren't enough, we need to present to them a face, a family, a personal real life story to bring home the reality of what their decisions will mean to people with ID/D (intellectual/developmental disabilities), their families and their day to day life.

This legislative session is going to be a very hard one considering the drastic budget cuts. Now, more than ever before, legislators need to hear from YOU!! There are many things you can do to keep informed, be involved, contact or testify with your legislators, etc.



Go to The Arc of WA State website at : www.arcwa.org where you can find links that will connect you to:

➤ **Action Alerts**, which not only keeps you informed on up-to-date happenings, it also allows you to send emails immediately to legislators to ask them to pass important legislation that these alerts keep you informed of

➤ **Olympia Insider video podcasts** which gives you a concise preview/review on what's happening for and with developmental disability advocacy at the Capitol in Olympia.

➤ Direct access to **The Olympia Insider**, an informative online newsletter

➤ Links to sign up and follow The Arc on **Facebook**, **Twitter**, **YouTube**, and their blog spot **"Remarks From The Arc"** where you will find stories from families talking about what effects the new cuts are having on their life.

➤ **Call the Legislative Hotline (1-800-586-6000)**. It's free, fast and makes a huge difference when numbers count. You will need to state your name and address, what district or legislators you are addressing, the bill number or budget item you are calling about and then state your position briefly

➤ Participate in at least one **Advocacy Day** held Wednesdays during legislative session (full schedule on this page). There will be limited space for rides to Olympia for these events, call The Arc office and sign up if you are interested in attending the Legislative Reception or one of the Advocacy days.

The Arc of Grays Harbor is here to help YOU!! If you have a story to tell and need help writing it, or if you'd like to testify and need a ride, Call The Arc office at (360)-537-7000.

Schedule for Advocacy Days in Olympia

WELCOME TO ADVOCACY DAYS 2011	JANUARY 19TH DD Briefing Legislative Reception	JANUARY 26TH Advocacy Day: Session Overview
FEBRUARY 2ND Budget Overview	FEBRUARY 9TH Employment Funding	FEBRUARY 16TH Medicaid State Plan Services
FEBRUARY 23RD HCBS Waivers	MARCH 2ND Legal Issues	MARCH 9TH Family/Self Advocate Funding
MARCH 16TH Education Concerns	MARCH 23RD Legislative Budgets	MARCH 30TH Independent Living Day Rally
APRIL 6TH Autism Issues	APRIL 13TH Session Wrap-up	APRIL 24TH Last Day Of Session

Advocacy Day is a great way to learn about the legislative process in person. Each Advocacy Day begins at 10:00am with a briefing on bills and budget issues highlighted for that week. These briefings are held at the United Churches, 110-11th Street in Olympia. (Across the street from the Capitol) Participants will be offered tips and options on which ways to advocate during the afternoon session.



The 31st Annual Legislative Reception

Wednesday, January 19

5:30-7:30

**In the Legislative Building's
Columbia Room**

Hosted by

The WA State Developmental Disabilities Council. The Governor's Committee on Disability Issues and Employment, The State Independent Living Council, Parkview Services & The WA State Rehabilitation Council

Where people with disabilities and the Organizations that represent them meet with Legislators to discuss issues critical to people with disabilities



Thoughts from Todd

I get a boatload of emails in my position as Executive Director for the Arc of Grays Harbor, in addition to those I get from family and friends scattered all over the globe. Have you noticed how often people are ending their emails with some sort of tag line or quote these days. Some are cute, others funny, and some are meant to make you stop and think. One crossed my screen this past week that caught my attention, not a small achievement considering how busy and easily distracted I tend to be. It said ***“Change is made by those who show up!”*** Now I’m sure I’ve heard this quote before, but in our current political climate it really resonated with me.

One thing I’ve learned in business is that success is so often precipitated by being in the right place at the right time. If you miss the appointment or ignore a customer call, it won’t take long for the business to pass you by. It seems to me that some of the most strategic business relationships I have developed over the years have been the result of responding to that little inner voice and just dropping in on a customer. Some of these drop-ins have led to thousands of dollars in sales at a critical time.

When I’m asked what The Arc does I often respond with *“we change the world”*, which really is my goal; to make the world we live in a better place for individuals and Families touched by disability. I know many of you feel the same way. This Goal we share requires that we “show up”, even when it is not convenient, hurts or it costs us something. That statement really is true, *“Change is made by those who show up”*. I am so often amazed at how much a small group of people can accomplish over time just by sticking with the mission and continuing to move ahead. Margaret Mead said it all with her quote ***“Never doubt that a small group of thoughtful committed citizens can change the world, indeed it’s the only thing that ever has.”*** There seems to be a plethora of armchair critics these days that are so willing to add their two cents after the fact, but it is those who show up who get to really make the difference.

I am so impressed with our volunteers here at The Arc. From those who serve on the Board of Directors to those who coach a team or give time to help in the office, these are the ones who are *“Showing Up”* and making change. In addition, those of you who take the time to write or call your congressman, reply to a survey or take a stand in your local community; you are *“Showing up”*! Maybe you’ve looked on as I have at our last few local elections and seen just how few votes separated candidates and issues. A few more votes could have swung the decision another way. Regardless of your political views, if you don’t show up to vote, you don’t get to contribute to change, or maybe you do, didn’t a wise man once say ***“all that’s necessary for evil to win the world is for enough good men to do nothing”***?

Today more than ever we need you to ***“SHOW UP”***. The issues legislators face are critical to our community. We at your Arc of Grays Harbor are trying to make it as simple as possible for you to take your place with us, to make sure our cause has a voice in Olympia. Please take your place and show up, if not ***you***, then ***who?*** If not ***now***, then when?

For questions or comments Contact Todd at: todd@arcgh.org

LENDING LIBRARY

The Arc of Grays Harbor now has a lending library of assessable equipment. There is an assortment of wheelchairs, bathroom safety equipment, chair lift and a scooter chair and more. The details are still being fine tuned, but we are taking calls now for anyone in need of special equipment for short term period. Call The Arc office at 360-537-7000 and talk to Todd for more details.

Business of the Month

With the new cards The Arc is now giving new and renewing members, there will be a “business of the month” listed in this newsletter every month with a special offer or discount on a selected item that you can get by going to that business and showing them your membership card.

To start the New Year off, January Business of the Month is The ArcGH! So, come visit us, show your membership card and pick up a free “Arc” coffee mug! If you are a member and don’t have a card, come in and get your card and receive your free mug. If you’d like a mug but, are not a member, please come in and join this month and you will be able to receive the monthly specials plus, you will get discount prices for events of The ArcGH.

COME SEE US!!

These are the “ELECTED” officials that we, the people, voted into place to make decisions on our behalf. It is up to “us”, the people, to advocate and educate these decision makers on how crucial funding for services is needed and the impact their decisions will have on the lives of people with disabilities and their families. More than ever, they need to hear from us! Our voice needs to be strong and persistent. We need to speak up for those who can’t speak for themselves, we cannot allow our government to keep taking more from the ones who need the most. Our Governor and legislators must creatively address this injustice!!

OUR ELECTED OFFICIALS

**GOVERNOR
CHRISTINE
GREGOIRE**



Website: www.governor.wa.gov

Email: go to website and follow email link

Office of the Governor, PO Box 40002

Olympia, WA 98504-0002

Phone: (360) 902-4111

Fax: (360) 753-4110

19th Legislative District

Cities: Westport, Aberdeen, Cosmopolis, John’s River, Grayland, Arctic, North River, and other various rural areas along the southern shore of Grays Harbor

**SENATOR
BRIAN HATFIELD
Democrat**



Website: www1.leg.wa.gov/senate/hatfield

Email: hatfield.brian@leg.wa.gov

PO Box 40419

Olympia, WA 98504-0419

Phone: (360) 786-7636

**REPRESENTATIVE
DEAN TAKKO
Democrat**



Website: www1.leg.wa.gov/House/Takko

Email: takko.dean@leg.wa.gov

PO Box 40600

Olympia, WA 98504-0600

Phone: (360) 786-7806

**REPRESENTATIVE
BRIAN BLAKE
Democrat**



Website: www1.leg.wa.gov/House/Blake/

Email: blake.brian@leg.wa.gov

PO Box 40600

Olympia, WA 98504-0600

Phone: (360) 786-7870

24th Legislative District

Cities: Hoquiam, Montesano, Ocean Shores, Ocean City, Copalis & Pacific Beach, Moclips, Lake Quinault, Amanda Park, Neilton, Humptulips and various other rural areas north of Hoquiam.

Counties: Jefferson, Clallam, and parts of Grays Harbor County

SENATOR JIM HARGROVE Democrat



Website: www1.leg.wa.gov/senate/hargrove

Email: hargrove.jim@leg.wa.gov

PO Box 40424, Olympia, WA 98504-0424

Phone: (360) 786-7646 **Fax:** (360) 786-1323

REPRESENTATIVE KEVIN VAN DE WEGE Democrat



Website: www1.leg.wa.gov/House/vandewege

Email: Vandewege.Kevin@leg.wa.gov

PO Box 40600, Olympia, WA 98504-0600

Phone: (360) 786-7916

REPRESENTATIVE LYNN KESSLER Democrat—(Retiring) Position filled Jan. 10th by: Steve Tharinger



Website: www1.leg.wa.gov/House/Kessler

Email: kessler.lynn@leg.wa.gov

PO Box 40600, Olympia, WA 98504-0600

Phone: (360) 786-7904

35th Legislative District

Cities: Elma, Oakville, McCleary, and various other rural areas east of Montesano.

Counties: Mason and portions of Grays Harbor, Kitsap, and Thurston Counties.

SENATOR TIM SHELDON Democrat



Website: www1.leg.wa.gov/senate/sheldon

Email: sheldon.timothy@leg.wa.gov

PO Box 40435, Olympia, WA 98504-0435

Phone: (360) 786-7668 - **Fax:** (360) 786-1999

REPRESENTATIVE KATHY HAIGH Democrat



Website: www1.leg.wa.gov/House/Haigh

Email: haigh.kathy@leg.wa.gov

Box 40600, Olympia, WA 98504-0600

Phone: (360) 786-7966

REPRESENTATIVE FRED FINN Democrat



Website: www1.leg.wa.gov/House/finn

Email: finn.fred@leg.wa.gov

PO Box 40600, Olympia, WA 98504-0600

Phone: (360) 786-7902

If your town is not listed above under the district, you can find your district by going to www1.leg.wa.gov/Legislature/ and fill out your address, town, and zip code where it says "Your District Finder" and it will take you to your district page listing your representatives.

For questions or more information, call The ArcGH office at 360 537-7000



No Longer Alone!

Parent to Parent links families who have questions
to families who help find the answers



SERVING GRAYS HARBOR & PACIFIC COUNTY

RESTORE FUNDING FOR PARENT TO PARENT!

We must let our legislators know how vital it is to keep P2P programs running. The program took a hefty budget cut in 2009 and the result was that 5,000 families "lost" their P2P resource support services throughout the State. Be sure to email, call, or make an appointment to talk to your legislators and let them know how important it is to YOUR family that they restore funding for Parent To Parent and Senior Parent programs. With fewer state services becoming available there will be an even greater hardship for families



Child Care Action Council is planning a play group for parents and their young children at the South Shore Mall Community room from 10:00-Noon starting Tues. Feb. 15th. Watch next month's newsletter for more information.



Not rain, nor wind, nor dark of night could dampen the spirits of the families and participants from Sports & Fitness and Arcin' Round of The Arc of Grays Harbor as they took their place in the annual Festival of Lights Parade in Montesano.

The rain was relentless, the wind was whipping, but the dedicated people who were there weren't giving up. The Arc of Grays Harbor and its' programs made it through with the aid of the Five Star Community van offering a warm dry haven for those who needed it. The float was made possible through the efforts of Tara Adams, Martha Adams, Paul Hosler, and the assistance of Stafford Prison inmates. A special thank you to all for their hard work.



Tara Adams takes cover from the rain with Santa, Craig Collison as they ride through the Festival of Lights Parade.

DONATIONS

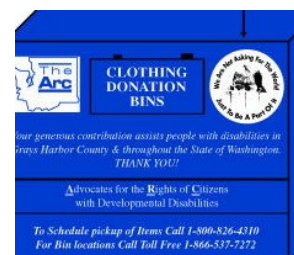
If you have any unused clothing, small house items such as: dishes, linens, toys, books, small working appliances (toasters, blenders, etc) that you would like to get rid of, you can donate them to The ArcGH using one of the following options:

- Bring them to The Arc office in the South Shore Mall
- Drop them off in the blue donation bins inside the South Shore Mall at the Sears end (by the Mall office) and at the main entrance.

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

The Arc of GH is offering this service for Grays Harbor County and surrounding areas. Scheduling details are still in the process, but watch this newsletter for updates. If you have noticed the different colored bins around the community, please keep in mind that the "BLUE" Arc bins and the "YELLOW" Union Gospel Mission bins are the ones that are non-profit with the revenue kept in our local community. ***The other bins are "For Profit" Companies from out of the area. The money does not stay here in our community.***

PLEASE use local bins *only*, bring your items to The Arc, or give us a call and we will pick up your donation.





Todd Faulkner
Executive 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 ArcGH wants people to know:

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



Crystal Reed
Program &
Volunteer
Manager
Sports & Fitness
Arcin' Round
the Community
Coordinator



Loretta Marlow
P2P Teen thru
Adult transition
Outreach
Coordinator
Benefit &
Employment
Analysis



Charlene
McCarty
Admin. Assistant
P2P-Senior
Parent
Phone contact-
Information -
Resource-Referral

The Arc welcomes citizen input in the form of emails, letters, and attendance at meetings held on the 2nd Wednesday of the month at 6:00pm in the South Shore Mall Community Meeting room

The ArcGH Board of Directors

Dolores Cobb, President
Jack Dwyer, Vice President
George Rogers, Treasurer
Jason Self, Secretary
Betty Beckett
Marlene Bay
Gloria Callaghan
Matt Stowers
Joan Randall
Todd Faulkner, Exec. Dir.



Crime Victims Advocacy Network offers free, confidential services to victims of crime. For additional information or assistance, 24 hours a day, call us at **1-866-711-2826** or visit us on the web at **www.cvan11.org**

Beyond Survival is a sexual assault resource center committed to educating and empowering all people impacted by sexual violence. 117 East 3rd Street Aberdeen Wa 98520 (360)533-9751 <http://www.ghbeyondsurvival.com>

24 Hour Response Line 1-888-626-2640

NEW OFFICE HOURS!!!

The Arc of Grays Harbor has extended their hours of operation to better serve the the people in our community!

Mon: 9-5

Tues: 9-5

Wed: 9-6

Thurs: 9-5

Fri: 9-12

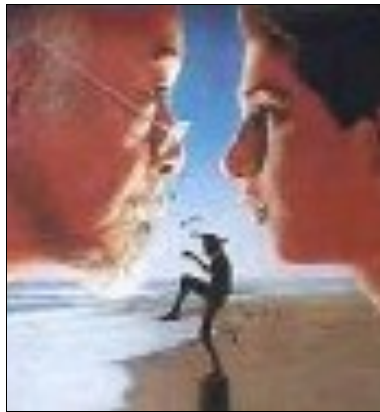
**"We know that equality of individual ability has never existed and probably never will, but we should insist that equality of opportunity still must be sought."
~Franklin D. Roosevelt~**

Arcin' Round the Community

The Arc's desired role is to support the inclusion of people
in the community, not BE the community!

The Karate Kid

THE ORIGINAL MOVIE



January is National Mentoring Month:

The Grays Harbor Mentoring Roundtable is celebrating by
putting this event on for **FREE!!!!**

WHEN: **Wednesday, January 26th**

TIME: **5:30 pm to 8:00 pm**

WHERE: **Aberdeen High School Auditorium**

COST: FREE!!!

**Join us at 5:45 pm in the auditorium for a
FREE ice cream social!**

NEED A RIDE??? If you live in Grays Harbor than we can pick you up!
The first 12 people to call and sign up get a ride to and from the event.
FREE for partners of The Arc and \$2.00 for non-partners.

4th Annual Exhibition Basketball Game

The Arc of Grays Harbor
VS.
Coastal Water District
Cub Scouts and Boy Scouts

Sunday January 23rd @ 3:00 pm

Hoquiam High School Gym

Cost: \$5.00

The Arc partners: \$3.00, Kids under 5: Free

Tickets can be purchased at The Arc office!



*All Proceeds go to The Arc of Gray Harbor and the Coastal Water District
Cub Scouts and Boy Scouts!*

The Arc

Of Grays Harbor

NOTES

Depression Support Group—
Mondays 2pm-4pm-
Emerson Manor Community
Room-703 Simpson Ave. Call
Pam 537-1173 for more info

- Jan.11-Volunteer Club
Meeting 6:00—SouthShore
meeting room
- Jan 12--Board of Directors
SShore meeting room-6:00
- Jan.19-Legislative Reception
—Olympia 5:30-7:30
- Jan. 23—4th Annual
Exhibition Basketball Game
Hoquiam HS Gym —3:00pm
Tickets on sale at The Arc
Office— \$5.00
- Jan. 26—Arcin' Round Event
“karate Kid” at Aberdeen HS
Auditorium FREE!

JANUARY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Depression Support Group (see side notes)	4	5	6	7	8
9	10 Hope From Horses (see back)	11 Volunteer club meeting-6:00	12 Board Meeting 6:00	13 NAMI Education Night (see back)	14	15
16	17 NAMI Supportive Education Night Aberdeen -6pm (see back)	18	19 People First Meet 5:30-7:00 (see back) Legislative reception	20	21	22
23 Exhibition Basketball game (see flyer)	24 Hope From Horses (see back)	25	26 Arcin Round Movie (see flyer)	27	28	29
30	31					