



**Happy Holidays to All!**

As we look towards the new year, remembering with fondness those who are here and have passed on, I wish for all families a season of peace and joy, and a year filled with hope, health, and happiness.

Starting in January, we will be taking our annual trek to Olympia for “Advocacy Days,” I will be facilitating a workshop on how to speak to your legislator, and effective storytelling. We will then travel to Olympia to present these concerns and comments to our legislators in person.

The Kitsap County Parent Coalition has some important workshops coming next year. We will cover IEPs, Work Transition, Employment issues, and an exciting Person-Centered-Planning (PCP) series. The PCP workshops will focus on “whole life” issues, so that our loved ones may experience a meaningful life in the community, on their own terms. Stay tuned!

Like last year, please remember to be good to yourselves during the hustle and bustle of the holiday season, and take time to “stop and smell the cocoa!” My wish to everyone in the new year is that you are filled with the wonder and love of your special children, and that their lives will always be touched by kindness. May you see the beauty that exists in our world, and give thanks to those who have helped.

**Happy  
New Year!** --Melissa Lund ☺

## ~KITSAP COUNTY PARENT COALITION~

### **KCPC Parent & Family Support Meeting:**

*--A support meeting for parents and families of persons with developmental disabilities, light luncheon, RSVP if possible. Walk-ins welcome!*

**When:** Thursday, Jan. 11, 2017

**Where:** OESD #114, 105 National Ave. N, Bremerton, 98312

**Time:** 11 AM to 1 PM

**Topic:** Speaking to Your Legislator/How to Tell Your Story

**Questions/RSVP:** Melissa Lund, KCPC, [mlund@wa.easterseals.com](mailto:mlund@wa.easterseals.com)  
360-377-2502, ext. 100



### **Kitsap County Parent Coalition Advisory Board**

*--We are currently recruiting parents interested in charting the course for our Kitsap County Parent Coalition, there will be 3 Advisory Board meetings per year, occurring after regularly scheduled Parent Coalition meetings.*

**Next Meeting:** March 2018

**Contact:** Melissa Lund, KCPC Coordinator, [mlund@wa.easterseals.com](mailto:mlund@wa.easterseals.com)  
360-377-2502, ext. 100



### **Special Education Training & Support Series**

*--Vanessa Lewis, PAVE PTI Coordinator, will be reviewing special education topics related to Individual Education Plans (IEPs). A light luncheon is provided.*

**When:** January 31<sup>st</sup>, 2018

**Where:** OESD #114, 105 National Ave. N., Bremerton, 98312

**Time:** 3 PM—5 PM

**Topic:** Communications/Practice IEP Meeting Scenarios

**RSVP:** Melissa Lund, [mlund@wa.easterseals.com](mailto:mlund@wa.easterseals.com), or Vanessa Lewis, [vlewis@wapave.org](mailto:vlewis@wapave.org)



### **Our Goal:**

*To get parents & families connected with the appropriate resources and services available in our community, and offer opportunities for networking, training, and education.*



## **Autism Workshop (2<sup>nd</sup> of series)**

*--Monica Meyer, autism consultant, will be presenting her second workshop in the Autism Information series, light luncheon provided.*

**When:** January 23, 2018

**Where:** The Summit at Bay Vista, 4650 Bay Vista Blvd., Bremerton, WA 98312 (off Kitsap Way, past Winco Foods)

**Time:** 5:30—8:30 PM

**Topic:** Assistive Technology: Communication, Independence, Health & Safety

**RSVP:** Melissa, [mlund@wa.easterseals.com](mailto:mlund@wa.easterseals.com), 360-373-2502, ext. 100



## **~Community Information~**

### **SEPAC (Special Education Parent/Professional Advisory Council)**

**When:** Jan. 18, 2018

**Where:** Fairview Middle School

8107 Central Valley Rd. NW, Bremerton, WA 98311

**Time:** 6:30—8 PM

**Topic:** "How to Communicate Effectively," Greg Abell, Sound Options Group, LLC

**Contact:** Jana Hertzberg, [CKSDSEPAC@gmail.com](mailto:CKSDSEPAC@gmail.com)



### **Autism 200 Series/Seattle Children's Hospital**

*-Autism 200 is a series of 90-minute classes for parents and caregivers of children with autism who wish to better understand autism spectrum disorder. Faculty from Seattle Children's, and the University of Washington and community providers teach the classes. Each class includes time for questions.*

***Some topics include:*** Addressing Challenging Behavior, Helping Children with Autism Who Struggle with Restrictive Eating, Social & Wellness Resources, Transition to Adulthood, and much more!

Main link: <http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/#resources>



## **Community Showcase: Stephen's Neighborhood**

~Stephen's Neighborhood is a grassroots gathering of people in North Kitsap, who love kids and are concerned about helping Special Needs young adults have full and rewarding lives.

~This is not a parents-only organization. To be effective it requires the talent and commitment of many members of the neighborhood who simply care. As a community, they recognize the need to step in and continue vital processes and services when young people with disabilities "age out" of the educational system.

~Stephen's Neighborhood, which consists of North Kitsap area parents, educators, and other interested community members, started a conversation regarding the needs for services in North Kitsap. This group is now seeking the involvement of more interested participants to explore the possibilities in identifying these needs and helping their group expand services for their special needs young adults.

~In the summer, they have Buddy Walks, where everyone can get out and enjoy the fresh air and nature in an inclusionary setting.

~To find out more about this wonderful group that currently meets in the Kingston area, please go to their website at [www.stephensneighborhood.com](http://www.stephensneighborhood.com).



## **New Year's Celebration**

--Sylvan Way Baptist Church is having a New Year's Celebration for people with developmental disabilities of High School age and above. Please RSVP by Jan. 16<sup>th</sup>.

--Includes: Lunch, Crafts, Music, Games, and a Celebration of Birthdays.

When: Saturday, January 20, 2018

Where: Sylvan Way Baptist Church, 900 Sylvan Way-Youth Lodge

Time: 2:00—4:30 PM

RSVP: Diane Garrett, 360-308-8495



## **Holiday Tips for Our Special Families**

When the big day arrives, it can be exciting, but sometimes stressful for not only parents, but their children with developmental disabilities. **Here are some tips:**



**~Dress comfortably:** Children may not be amenable to trying something new or different, old clothes may feel “safe” and comforting.

**~Create a “Quiet Room”:** Keep a box of favorite toys and activities where the child can retreat to if they need a place to relax away from large groups and overstimulation.

**~Praise Positive Behavior:** A child needs to know that you understand and have empathy for the disruption of the usual order of the household, but praise or a small reward (optional) can be a way to give feedback that you appreciate how much they are trying to socialize appropriately.

**~Talk beforehand with guests about noise levels:** Give guests and family the heads up if your child has sensory issues, a muted TV or lower level music can help, or have the child wear noise-reduction headphones.

**~Overexcited eater:** If you have a child who “impulse grabs” food, serve small portions on a plate instead of serving food family-style, where people help themselves.

**~Visual/Olfactory Overload:** All the decorations, candles, baubles and bows (and Santa!) can be very overstimulating to some children. Consider minimizing the house décor, and using unscented candles to reduce sensory issues. Include the child in the decorating, so they can determine what they can handle.

### **~Other:**

For information on food related issues and autism in particular, visit [www.foodforthought@autismspeaks.org](mailto:www.foodforthought@autismspeaks.org).

## **Coming in 2018!**

—More information in future newsletters, save the date!

**~“Advocacy Days” DD Briefing & Legislative Reception—Jan. 17**

**~Developmental Disabilities Resource Fair—Feb. 3**

**~“Night to Shine” Dance—Feb. 9**

**~Person-Centered-Plan Workshop—mid April (tentative)**

**~Employment—TBD**



## **Work Transition**

*(From the guide provided by Kitsap County Human Services, contact Melissa at [mlund@wa.easterseals.com](mailto:mlund@wa.easterseals.com) for a complete copy).*

### **December—Critical Documents**

~When you start a new job, proof of eligibility to work will be required, for which you can use a State ID and Social Security card or birth certificate. Other items, such as public transportation, applying for adult services, and opening a bank account will require documents to set them up.

#### **WA State ID:**

- Apply at DMV or online.
- Before age 18: need birth certificate and guardian's ID or Driver's License.
- After 18: Birth certificate; school transcript w/DOB; SS card w/signature; school yearbook w/photo.

[www.dol.wa.gov/driverslicense/gettingidcard.html](http://www.dol.wa.gov/driverslicense/gettingidcard.html)

#### **Social Security Card:**

- Must apply at Social Security office—cannot apply online.
- Required documents: Social Security card application (available online), WA State ID, and birth certificate.

<https://faq.ssa.gov/link/portal/34011/34019/Article/3755/How-do-I-apply-for-a-new-or-replacement-Social-Security-number-card?>

#### **Birth certificate:**

- Call 360-236-4300, or order online.

<http://www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce>

#### **Bank Account:**

- Most banks require a photo ID and social security number.
- Minimum opening balance depends on the bank.

#### **Kitsap Transit Card**

- In person at the Bremerton Transportation Center.
- Over the phone: 1-800-501-RIDE
- \$5.00 card purchase.
- Need photo ID.

<http://www.kitsaptransit.com/fares/orca>

#### **Kitsap Transit Access**

- Get eligibility application form from:  
<http://www.kitsaptransit.com/access-and-vanlink/access>, 360-479-7272
- Requires medical verification.

