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[Connections](#)

[Issue: January 2024](#)

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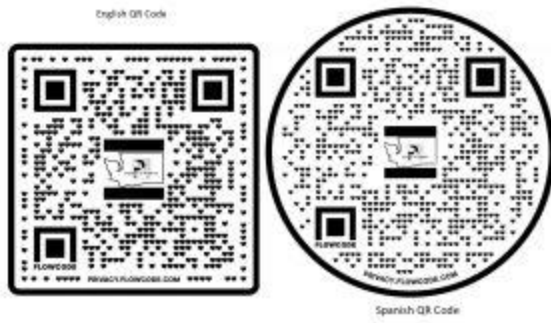
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Media Outreach Coordinator: Maria Jimenez mjimenez@mlchc.org

Office: (509)764-7424



 [Send This To A Friend!](#)



***Please take our survey!
It helps us with our
grant funding. Thank
you!***



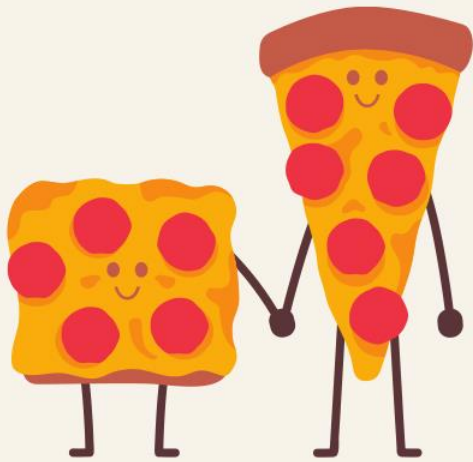
Café Chat

MOSES LAKE

GRAB YOUR LUNCH OR FAVORITE BEVERAGE & JOIN
US, **MONDAYS**, FROM **11AM-1PM** AT
940 E NELSON ROAD

(CHURCH ACROSS FROM CHIEF MO MIDDLE SCHOOL)
IT'S A GREAT TIME TO BE WITH OTHER PARENTS WHO
"GET IT" HOPE TO SEE YOU THERE!





CAFÉ CHAT

Othello

Please Join us on
February 6th, 6:30PM at
time out Pizza
1025 E Main St, Othello

It's a great time to get together with
parents who "Get it". We'll have resources
and answer your questions.



Lunch & Learn

Join us for Lunch & Learn every
**2nd Monday, at 11AM in Moses Lake:
940 E Nelson Road**

We invite Providers (DDA, PAVE,
CYSHCN, etc.) to come every month
and you are able to ask questions and
have conversations with them.

We provide the coffee and tea, and you
are welcome to bring your lunch.



Café Chat @ Night!

Moses lake

Too busy during the day? Still want to chat with others who "get it"? Join us for a relaxing evening with food and fun on the 3rd Tuesday of the month,

6:30PM at

the Bowling Alley down by the game room in Moses lake.

Hope to see you there!



THE BALLET ACADEMY OF MOSES
LAKE IS NOW OFFERING A

*Special Needs
Creative Dance Class*

EVERY MONDAY 4:15-5:00PM

TAUGHT BY KERRY ARONSOHN

KERRY HAS A B.A. IN DANCE, 30+ YEARS OF TEACHING EXPERIENCE, COACHES
SPECIAL OLYMPICS CHEER, 10+ YEARS SERVING THE DISABILITY COMMUNITY

QUESTIONS: CALL OR TEXT KERRY 509-855-2152

REGISTER AT BALLETTACADEMYML.COM

LOCATED 230W 3RD AVE, MOSES LAKE

PEOPLE 1ST *of Moses Lake*

When: MONDAY,
JANUARY 15
@ 6:30 PM

Where: SALON ENVY
317 S ASH ST.
MOSES LAKE



EDUCATE - ADVOCATE - CELEBRATE

MISSION STATEMENT

The purpose and mission of People First of Washington is to assist all people to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary. We are equal citizens in our communities.



**PEOPLE
FIRST**
of Washington

Contact: Craig at
509-218-7982 or craig@pfow.org

FOR MORE INFORMATION ON ANY
OF OUR UPCOMING EVENTS
PLEASE EMAIL US AT
P2P@MLCHC.ORG





Informing Families *Today and Tomorrow*

A Partnership for Better Communication
on Developmental Disability Issues in Washington State

Applying for Developmental Disability Services in Washington State

DDA: The Door to DD Services



The main door to services for individuals with intellectual/developmental disabilities in our state is the Developmental Disabilities Administration (DDA). It's where people go to get help for in-home, out-of-home, and community-based services. Learn more about DDA services here: dshs.wa.gov/dda.

Important: Most services are not an entitlement, which means that being eligible for DDA does not automatically result in enrollment for services. There can be a long wait, but it's important to take the first step, which is applying for a determination of DDA eligibility.

#1 To apply for DDA eligibility, you must:



Be a resident of the state.

- If DDA does not consider you a state resident, your application will be denied.
- If you live in another state, your eligibility for services will not transfer.



Have a qualifying condition.

DDA's qualifying conditions for developmental delay and intellectual/developmental disability are used to determine eligibility. You can find them here: dshs.wa.gov/dda (click on Eligibility).

#2 How to apply for a determination of DDA eligibility at different ages:

Birth to Three

Apply for Early Support for Infants and Toddlers (ESIT). A Family Resources Coordinator (FRC) will help you obtain screenings, services and supports. Learn more here: del.wa.gov (click on ESIT).



Age Three and Older

Request a determination of eligibility from your local DDA office (or online). Find the office nearest you: dshs.wa.gov/dda.

You will be asked for documents to verify identity, residency, disability, consent, and (where needed) guardianship or adoption records. Visit dshs.wa.gov/dda for an application packet (click on Eligibility).



DDA requires a re-determination of eligibility at age 4, so you will need to re-apply for DDA services *before* that happens. DDA will send a notice 6 months prior to your child turning 4.

#3 It's up to you to request to be assessed for services.

You must call to request services after you have been determined eligible for DDA.

Some services are entitlement, such as personal care through Community First Choice; however, most DDA services are provided through a waiver program, which is not an entitlement. Enrollment in waiver programs are filled based on assessed need when there is available funding. Once you have been enrolled in services, you will be assigned a case manager and service planning will begin. *It's very important to request the services you need, so that you can be contacted when there's an opening for that program or service.*



The Washington State Governor's Office of the Education Ombuds: Strategic Plan

(August 2023-2026)



VISION: We envision a public education system that dismantles racism, ableism, and other marginalization to support every student's dreams for the future.

We value our independence, anti-racist values, and responsiveness to communities. We will learn as a team from families, students, and communities and promote this vision.

MISSION

We work with families, communities, and schools to address problems together so that every student can fully participate and thrive in Washington's K-12 public schools.

OUR ROLES

Listen to concerns and address questions about the K-12 public education system

Use informal conflict resolution tools to support collaborative problem-solving and promote education justice

Provide coaching, facilitation, and training about family and community engagement and systems advocacy

Collect data and identify trends to guide our education policy recommendations



Strategic Priorities

Informal Conflict Resolution

OEO assists anyone with questions or concerns about Washington's K-12 public schools. We can provide you with information, referrals, toolkits, and other resources.

OEO's legislative mission is to reduce opportunity gaps. Our strategic plan priorities concentrate on education justice, especially for communities most affected by COVID-19. We are focusing our limited conflict resolution resources, such as informal mediation and coaching, on K-12 students who are:

- Out of school, including students with disabilities receiving partial school days
- People of color, Black, or indigenous
- Experiencing homelessness
- In kinship or foster care
- Involved with the juvenile justice or juvenile rehabilitation systems
- Immigrant, refugee, asylee, or migrant, or students or families whose primary language(s) is not English, or
- Receiving Wraparound with Intensive Services (WiSE) or Children's Long Term Inpatient Programs (CLIP) supports

Strategies:

Proactively build relationships with families, students, and communities seeking education justice in schools to listen and learn from their experiences and strengths

Create more online tools to answer common questions outside our direct intervention priorities

Identify opportunities to create systemic change through the individual concerns brought to us

Outreach

Our outreach priorities reflect the communities prioritized in our conflict resolution. We will also create materials and tools for issues outside our strategic plan to empower families, students, and educators in collaborating.

Strategies:

Collaborate with community, family, student, and educator organizations, as well as government agencies, to co-host events and workshops

Deepen ongoing relationships with organizations and family and student groups, while also increasing statewide awareness about OEO

Use powerful storytelling to share family and student experiences with educators, policymakers, and other families and communities

Policy Advocacy

We will identify and create opportunities to promote racial justice, disability and mental health justice, and language access in the school system. We will bring student, family, and community perspectives and concerns to policy discussions and decisions.

Strategies:

Collaborate with community organizations, families, and students to combat racism, ableism, and other forms of oppression

Learn from and be led by the community, family, and student perspectives most often left out of policymaking

Use our leadership roles on workgroups to advocate for family and student voice

DEVICE DISTRIBUTION PROGRAM

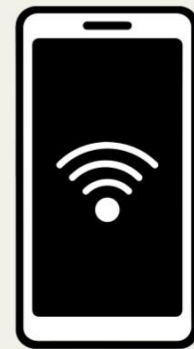


Eligibility criteria

- Community member does not have a smartphone device with capabilities to log on to the internet or meet their healthcare needs
- Community member qualifies regardless of citizenship status or documentation.
- Community member is not housed with physical address.
- Community member income is **at or below 200%** of poverty level.

Exclusions

- Community member is under the age of 18
- Community member qualifies or is eligible for state or federal program such as Affordable Connectivity/Lifeline, Medicaid etc...



Limited Supplies!!

**For more questions please contact Janette at 509-770-5081
or Ana at 509-906-6091.**

Address: 1038 W Ivy Ave Ste 1, Moses Lake, WA 98837



LOCAL SUPPORT GROUPS

Autism Society of WA Grant CO. Chapter

Please call Brian or Laura Jacobson at
509-771-0076 for more information.
grant@autismsocietyofwa.org

Down Syndrome Society of Grant County

For more information check out their
website at: www.DSSGC.org
Email: cbuddywalk@gmail.com
Or call: Denise Ketola at 360-903-3201



Inter-agency Coordinating Councils

Grant County

Meets monthly via Zoom

For more information please contact:

509-664-3781

Adams County

Meets bi-annually, for more information please
contact:

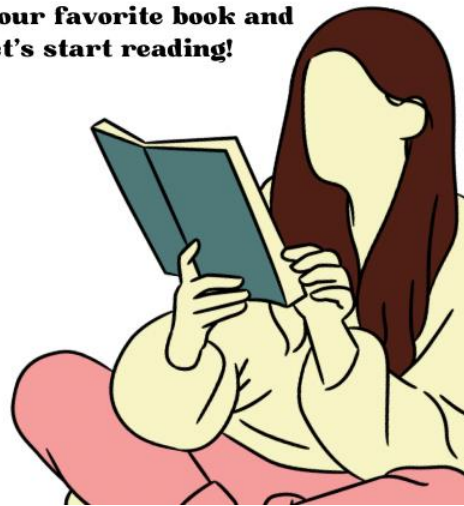
Columbia Basin Health
Association at:

509-488-5255



Our Lending Library is
available!

**Get your favorite book and
let's start reading!**



[Lending library](#)

Please click the link [here](#)



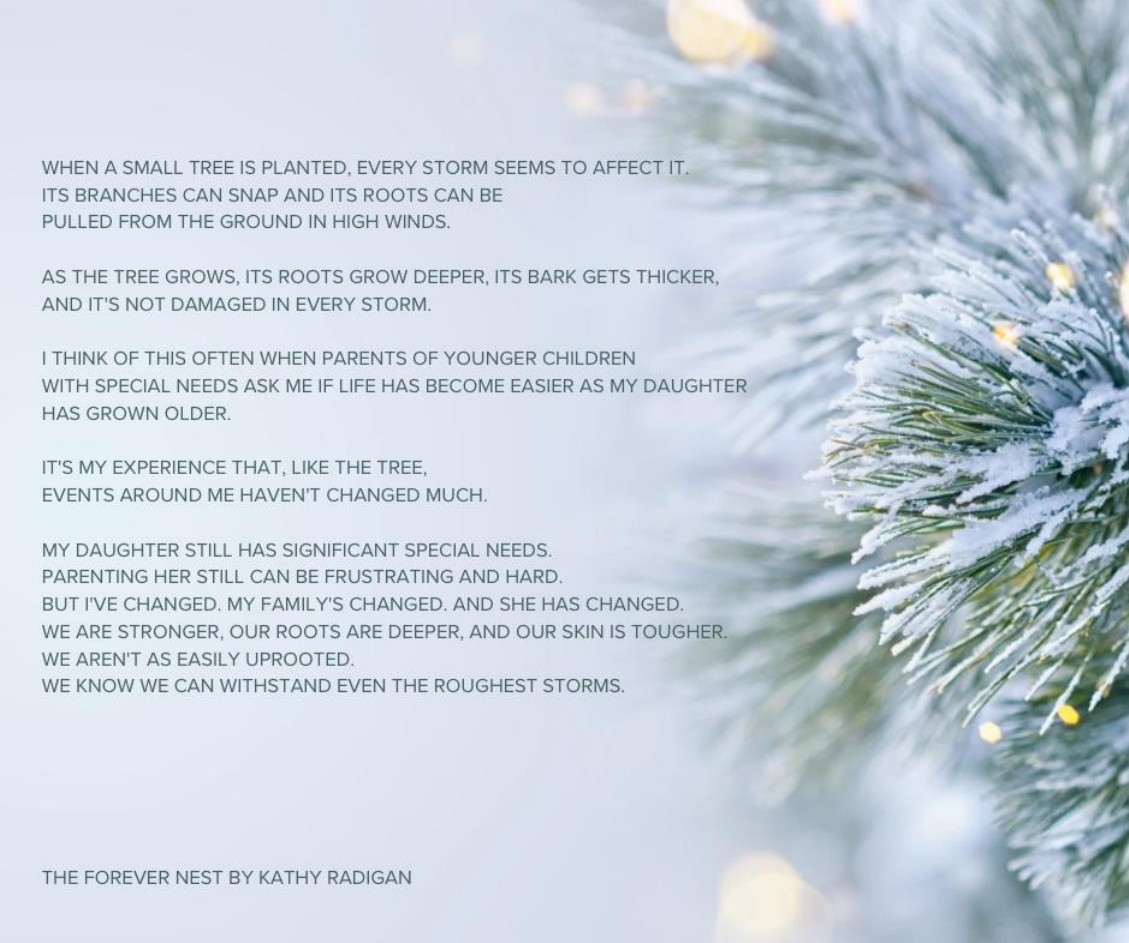
Difference Between Locomotion and Motor Planning

Locomotion skills and motor planning are related concepts within the realm of motor development, but they refer to different aspects of movement and coordination.

1. **Locomotion Skills:** As mentioned earlier, locomotion skills pertain to the ability to move the body from one place to another. These skills involve various forms of movement such as walking, running, jumping, hopping, and crawling. Locomotion skills are fundamental for basic mobility and navigating the environment. They are a subset of motor skills and are part of a broader range of movement abilities that individuals develop over time.
 2. **Motor Planning:** Motor planning, also known as motor praxis, refers to the cognitive process of planning and organizing the sequence of movements required to perform a specific action or task. It involves the ability to conceptualize, plan, and execute a motor activity in a coordinated manner. Motor planning encompasses not only locomotion skills but also other complex
-

movements, such as fine motor skills (like grasping objects, [handwriting](#), and using utensils) and more intricate actions that involve multiple steps.

To read more, please click the link [here](#)



WHEN A SMALL TREE IS PLANTED, EVERY STORM SEEMS TO AFFECT IT.
ITS BRANCHES CAN SNAP AND ITS ROOTS CAN BE
PULLED FROM THE GROUND IN HIGH WINDS.

AS THE TREE GROWS, ITS ROOTS GROW DEEPER, ITS BARK GETS THICKER,
AND IT'S NOT DAMAGED IN EVERY STORM.

I THINK OF THIS OFTEN WHEN PARENTS OF YOUNGER CHILDREN
WITH SPECIAL NEEDS ASK ME IF LIFE HAS BECOME EASIER AS MY DAUGHTER
HAS GROWN OLDER.

IT'S MY EXPERIENCE THAT, LIKE THE TREE,
EVENTS AROUND ME HAVEN'T CHANGED MUCH.

MY DAUGHTER STILL HAS SIGNIFICANT SPECIAL NEEDS.
PARENTING HER STILL CAN BE FRUSTRATING AND HARD.
BUT I'VE CHANGED. MY FAMILY'S CHANGED. AND SHE HAS CHANGED.
WE ARE STRONGER, OUR ROOTS ARE DEEPER, AND OUR SKIN IS TOUGHER.
WE AREN'T AS EASILY UPROOTED.
WE KNOW WE CAN WITHSTAND EVEN THE ROUGHEST STORMS.

THE FOREVER NEST BY KATHY RADIGAN



Screen time for kids with disability

How much screen time is too much, and how can we, as parents and caregivers, support children weighing the benefits of screen time with the pitfalls?

A friend recently aired her concern about her children’s school pushing BYOD (Bring Your Own Device) since online learning in the wake of COVID-19. She had already encountered noticeable changes in her children’s behaviour – depression, emotional distancing and, as a result of children spending increased time online - bullying. As she put to me “kids are using their devices for social media far more than for educational purposes and none of it (time on social media vs educative time) can be monitored”.

It’s about a **healthy balance**. Age, maturity, the content viewed, learning needs, all these, impact on habits and usage. There is no magic “one-size-fits-all” timeframe. The **quality** of use and parental involvement is paramount in deciding what works for your family. Face-to-face human connection is far more meaningful and engaged than an emoji on a screen—the sound of laughter, for example.

To read more please click the link [here](#).

2023 Discover Pass free days announced!



The Washington State Discover Pass Program has designated the Discover Pass free days for 2023. On these days, visitors will not need a [Discover Pass](#) to park at [Washington state parks](#) and on recreation lands managed by [Washington Department of Natural Resources \(DNR\)](#) and [Washington Department of Fish and Wildlife \(WDFW\)](#).

The 2023 Discover Pass free days are:

- Sunday, Jan. 1 – New Year’s Day and First Day Hikes
- Monday, Jan. 16 – Martin Luther King Jr. Day
- Thursday, March 9 - Billy Frank Jr.’s birthday
- Sunday, March 19 – Washington State Parks’ birthday
- Saturday, April 22 – Earth Day
- Saturday, June 10 – National Get Outdoors Day
- Sunday, June 11 – Free Fishing Weekend
- Monday, June 19 - Juneteenth
- Saturday, Sept. 23 – National Public Lands Day
- Tuesday, Oct. 10 – World Mental Health Day
- Saturday, Nov. 11 – Veterans Day
- Friday, Nov. 24 – Autumn Day



[Washington State Governors Office of the Education Ombudsman](#)

[Office of Superintendent of Public Instruction \(OSPI\)](#)

[The Individuals With Disabilities Act \(IDEA\)](#)

[Developmental Disabilities Administration](#)

[Department of Early Learning \(ESIT\)](#)

[Washington State Parent to Parent](#)

[Washington State Fathers Network](#)

[Social Security Administration \(SSI\)](#)

[DDA OMBUDS Washington state](#)

[Special Olympics Washington](#)

[Informing Families](#)

[Wishing Star](#)



The Parent to Parent Support Programs provide emotional support, education and information to families of children with special needs and/or disabilities.

Personal support from another parent, who has a child with similar needs, can be helpful in coping with many challenging experiences and feelings.

Helping parent volunteers have completed a training program and are available to provide support and information to other parents. All information will be kept confidential. There is no cost for this service.



Moses Lake Community Health Center is the Grant/Adams Parent to Parent lead agency.

(you do not have to be a patient of Moses Lake Community Health Center to use

Parent to Parent services, they are open to all in our communities)

Moses Lake Community Health Center is committed to providing high quality, compassionate and comprehensive primary health services for the entire family, with a special focus on the underserved and migrant farm worker in our community.

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Our mailing address is:

605 Coolidge Street
Moses Lake, WA 98837

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