

ISSUE: APRIL 2026



Grant and Adams County



**PARENT TO  
PARENT**





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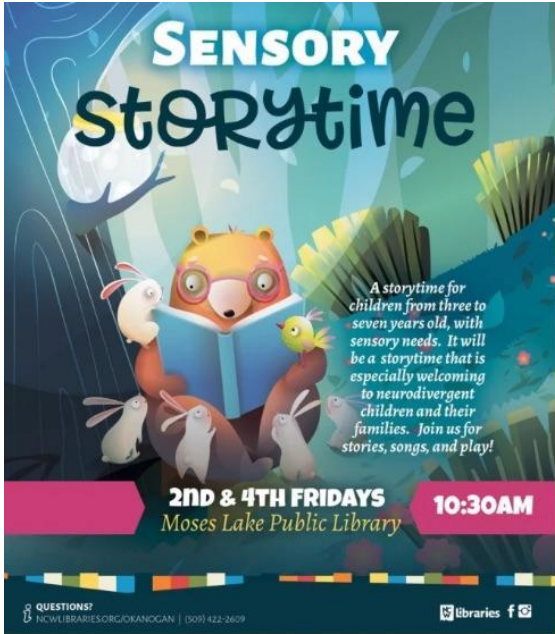
Send This to a Friend!

Please take our Survey!



Upcoming  
Events!

# SENSORY STORYTIME



A storytime for children from three to seven years old, with sensory needs. It will be a storytime that is especially welcoming to neurodivergent children and their families. Join us for stories, songs, and play!

**2ND & 4TH FRIDAYS**  
Moses Lake Public Library **10:30AM**

QUESTIONS?  
NEWLIBRARIES.ORG/MOSESLAKE | (509) 422-2609

libraries f



# ADULTS with Special Needs Storytime



This small group of adults with special needs meets for a weekly storytime with songs and crafts! If you are interested in more information, please contact us at (509) 765-3489!



**THURSDAYS 10:30-11:30 AM**  
*Moses Lake Public Library*

WANT TO LEARN MORE ABOUT THIS?  
NEWLIBRARIES.ORG/MOSESLAKE | (509) 765-3489

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A tropical-themed poster for a pool party. The background is a light blue water texture with white ripples. The top and bottom edges are decorated with illustrations of white hibiscus flowers, green and yellow palm fronds, and a yellow and pink lifebuoy. In the center, the text 'JUNE 26, 2026' is in a bold, dark blue sans-serif font. Below it, 'Pool' is in a large, bold, dark blue sans-serif font, and 'party' is in a yellow, cursive script font. To the right of 'party' is a yellow and pink lifebuoy. Below the date and title, 'FROM 6:30PM-8:00PM' is written in a dark blue sans-serif font. Underneath this is a horizontal line, followed by the text 'We will provide water bottles, and families are more than welcome to bring their own food items.' in a dark blue sans-serif font. Below that is 'Children must be accompanied by an adult.' in a bold, dark blue sans-serif font, and 'Please RSVP by June 22 to p2p@mlchc.org' in a dark blue sans-serif font. At the bottom, 'A SPECIAL THANK YOU TO OUR SPONSOR, MOSES LAKE COMMUNITY HEALTH CENTER!' is written in a bold, dark blue sans-serif font. There are also two beach balls (one blue, yellow, and red; the other yellow, orange, and blue) on the left and right sides of the poster.

**JUNE 26, 2026**

# Pool party

**FROM 6:30PM-8:00PM**

We will provide water bottles, and families are more than welcome to bring their own food items.

**Children must be accompanied by an adult.**

Please RSVP by June 22 to [p2p@mlchc.org](mailto:p2p@mlchc.org)

**A SPECIAL THANK YOU TO OUR  
SPONSOR, MOSES LAKE  
COMMUNITY HEALTH CENTER!**



# 2026 APRIL

## Parent Connections

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 	6	7 Brewing Connections Othello CANCELED	8	9	10	11
12	13 Lunch & Learn	14 Brewing Connections Mattawa	15 Brewing Connections Moses lake	16 Brewing Connections Ritzville	17	18
19	20 Brewing Connections Quincy	21	22	23	24	25
26	27	28	29	30		

### LOCATIONS & TIMES

Brewing Connections Moses lake:  
402 E 3rd Ave #101, Moses lake, WA 98837  
(find us in their big room)  
11am-1:00pm

Brewing Connections Othello:  
705 E. Juniper St. Othello, Wa 99344  
5:30pm-7:00pm

Lunch & Learn:  
Casa Herredura - 241 N Elder St STE A, Moses Lake WA 98837  
11:00am-1:00pm

Brewing Connections Quincy:  
1004 E St SW, Quincy, WA 98848  
11:00am-1:00pm

Brewing Connections Ritzville:  
8104 W 1st Ave, Ritzville, WA 99169  
5:30pm-7:00pm

Brewing Connections Mattawa: Wahluke School District-Portable  
M2  
5:30pm-7:00pm

If you have any questions  
please email us at [p2p@mlhc.org](mailto:p2p@mlhc.org)



“Colorectal cancer (CRC) screening is crucial for early detection, but people with intellectual and developmental disabilities (IDD) face significant healthcare disparities, including lower screening rates.”

To read more please click the link here:

[Healthcare disparities in colorectal cancer prevention for people with intellectual and developmental disabilities: A caregiver perspective](#)

“Because many people who are caregivers do not self-identify, a clear definition can encourage family caregivers to identify, which is a crucial first step in finding appropriate services and support... Caregivers often do not know what services are available or if they are eligible to receive any publicly funded services. Websites can explain these programs, provide eligibility requirements, and direct caregivers on how and where they can receive the services.”

To read more please click the link here:

[States Help Family Caregivers Navigate: Promising Practices in State Caregiving Websites](#)

Some kids do not get enough information from the proprioceptive system to unconsciously maintain body awareness, which can lead to sensory seeking behavior. Others seem to receive too much information from this system and avoid any further stimulation from outside sources, which can lead to sensory avoiding behavior. When the proprioceptive system is working inefficiently, the best way to help your child is to use specific proprioceptive input that can be overwhelmingly helpful to the development of this system. This specific proprioceptive input is what we call heavy work activities.

To read more please click the link here:

[Heavy Work Activities Prevent Proprioceptive Dysfunction and Fosters Proprioceptive Success](#)

## Calendar

Don't miss a meeting! Print our calendar and stay on top of all the dates.

Please click the link [here](#).



# MEET OUR *Team!*



**RUTH LUNDEVILLE**  
Program Coordinator

My name is Ruth Lunderville, I'm the new Program Coordinator for Parent to Parent/ Parent Coalition for Grant & Adams Counties. I have a son who is 30 and has Autism, Developmental Delays and Visual Impairments. I have a 28-year-old son who has Autism and Developmental Delays. I also have a son who passed away from cancer eight years ago who had Autism and Developmental delays. I've been involved with Parent to Parent since my oldest sons were 17, where I became a Helping Parent and volunteer and former media outreach coordinator. In my spare time I am a coach for the Special Olympics in Moses Lake, play the piano, crochet and am active in my church. My passion is to serve our community, helping families get the resources they need and help them learn how to advocate for themselves in all areas. It really has been a blessing to live in such a wonderful community, and I look forward to serving in this role for years to come.



**ELIZABETH ARGUETA**  
Multicultural Outreach  
Coordinator

My name is Elizabeth Argueta. I grew up in Quincy, Washington. I love reading books and spending time with my family! I am a parent of two kids, which have helped me shape my passion for helping families in our community. I enjoy learning and developing new skills. I am looking forward to being a part of Parent to Parent and providing support to other families through meaningful work!



**MARIA JIMENEZ**  
Media Outreach  
Coordinator

My name is Maria Jimenez, though many people know me as Grizel. I've been with Parent to Parent for two years and I'm the proud mom of a soon-to-be six-year-old on the autism spectrum. In my spare time, I love working out, playing tennis, and going on coffee runs! Being part of a community that truly understands the joys and challenges of raising a child with a disability means so much to me, and I'm grateful to connect with others who share this journey.



# SHARE YOUR STORY! INSPIRE OTHER PARENTS!

Your journey could give hope to another parent  
just starting theirs!



Have you benefited from the Parent to  
Parent program?  
Has a Helping Parent made a difference  
in your life?

Your experience could encourage, uplift,  
and guide another parent who is looking  
for support.

Write your story! Share how Parent to  
Parent helped you.

No need to be a writer—just be yourself!

*Where to submit:*

Email: [p2p@mlchc.org](mailto:p2p@mlchc.org)

Facebook: send us a direct message





## PEOPLE FOR PEOPLE

Kasandra Edeza is a Travel Trainer at People for People. You might be wondering what a Travel Trainer does. The Travel Trainer helps the elderly or disabled people learn how to use public transportation. This gives them more independence.

The Travel Trainer can help you with these things:

- Planning trips and teaching you how to use bus services
- Rider etiquette and personal safety
- Scheduling and transferring buses

She would be happy to meet with you and help you become comfortable using public transit services. This service is free for anyone who would like to use it, and you can choose to participate in the training program.

For more information or to enroll please contact,  
Kasandra Edeza  
Mobility Coordinator / Travel Trainer  
kedeza@pfp.org  
509-793-1906 Extension 495  
People for People  
843 Kittleson Rd. Moses Lake, WA98837  
(509) 765-9249

# Project Guardian

## What is Project Guardian?

Project Guardian is a free, voluntary, confidential program that bridges the gap between local public safety officials and people with autism, intellectual and developmental disabilities, and dementia, ensuring safety, compassion, and connection.



For more information  
on any of our upcoming  
events, please email us  
at [p2p@mlchc.org](mailto:p2p@mlchc.org)

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SPECIAL NEEDS  
**CREATIVE**  
**DANCE**  
**CLASS**

*Every Tuesday 4:00 - 5:00 pm*


*Taught by Kerry Aronsohn*

*Kerry has a B.A. in Dance, 30 yrs of  
teaching experience,  
coaches special olympics, 10+yrs of  
serving the disability community*

*Questions: Call or text Kerry 509-855-2152*

*REGISTER @ [balletacademyml.com](http://balletacademyml.com)*

*230 W 3rd Ave, Moses Lake*



### **LOCAL SUPPORT GROUPS**

#### Autism Support Group of Grant County

For more information check out:

Facebook at <https://www.facebook.com/ASGofGC>

Email at

[grantcountyautism@gmail.com](mailto:grantcountyautism@gmail.com)

Website with live chat option at

[www.grantcountyautism.org](http://www.grantcountyautism.org)

#### Down Syndrome Society of Grant County

For more information check out their

website at: [www.DSSGC.org](http://www.DSSGC.org)

Email: [cbuddywalk@gmail.com](mailto: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

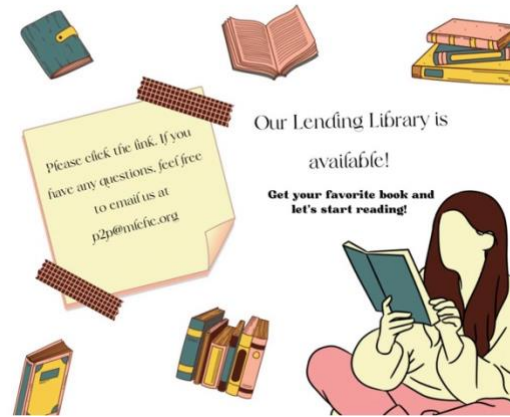
contact:

Columbia Basin Health

Association at:

509-488-5256

Please click the link **here**.





*"Big things often have small beginnings"*

## 2026 Discover Pass free days announced!

The Washington State Discover Pass Program has designated the Discover Pass free days for 2026. 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 2026 Discover Pass free days are:  
Jan. 1 — First Day Hikes; New Year's Day



Jan. 19 — Martin  
Luther King, Jr.  
Day

March 9 -- Billy  
Frank Junior's  
Birthday

March 19 —  
State Parks'  
Birthday

April 22 — Earth  
Day

June 6 — Free  
Fishing Weekend

June 7 — Free  
Fishing Weekend

June 19 —  
Juneteenth

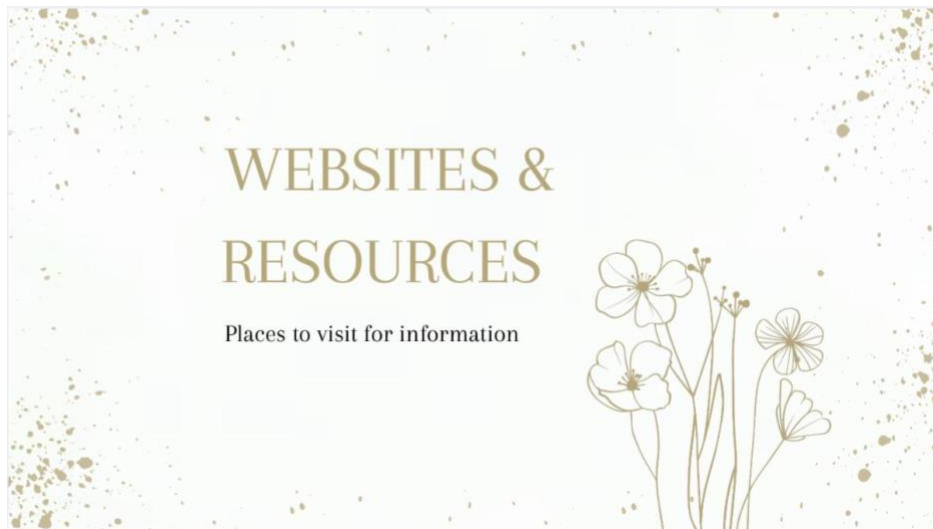
Aug. 9 — Smokey  
Bear's Birthday

Sept. 26 —  
National Public  
Lands Day

Oct. 10 -- World  
Mental Health  
Day

Nov. 11 —  
Veterans Day

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Washington State Governors Office of the Education  
Ombudsman

Office of Superintendent of Public Instruction

The Individuals With Disabilities Act (IDEA)

Developmental Disabilities Community Services  
(DDCS)

Department of Early Learning (ESIT)

Washington State Parent to Parent

Washington State Fathers Network

Social Security Administration (SSI)

DD Ombuds Washington State

Special Olympics Washington

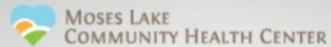
Informing Families

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.

Parent to Parent | [605 S Coolidge St | Moses lake, WA 98837 US](#)

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