

ISSUE: March 2026





**RUTH LUNDEVILLE**

Program Coordinator

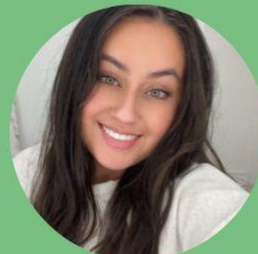
rlunderville@mlchc.org



**ELIZABETH ARGUETA**

Multicultural Outreach  
Coordiantor

Eargueta@mlchc.org



**MARIA JIMENEZ**

Media Outreach  
Coordinator

mjimenez@mlchc.org

Office: (509) 764-7424



**Send This to a Friend!**

**Please take our Survey!**



## 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** **10:30AM**  
Moses Lake Public Library

QUESTIONS?  
NCWLIBRARIES.ORG/OKANOGAN | (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?  
NCWLIBRARIES.ORG/MOSES LAKE | (509) 765-3489

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*Join us!*

**Presenter:** Itzel Crisostomo

- Want more information about Division of Vocational Rehabilitation (DVR)?
- Have questions about the resources DVR has to offer?

Please RSVP if possible. If not, feel free to join us! We'd love to have you there!

Date: March 10, 2026  
Location: Wahluke School District  
Portable M2  
Time: 5:30pm to 7:00pm



# TRANSITION & RESOURCE FAIR



Join us for a free event created to support families of individuals with special needs at every stage of life, from early childhood through adulthood. This is a wonderful opportunity to connect directly with experienced providers, ask questions, explore resources, and learn about services available in our community. Families will have the chance to speak with representatives from:

**Autism Therapy Services (ATS)**  
**Developmental Disabilities Community Services (DDCS)**  
**Division of Vocational Rehabilitation (DVR)**  
**Compass**  
**Special Olympics**  
**Pave**  
**WellPoint**  
**Attorney**  
**Parent Coalition**  
**Grant County Health District**  
**Coordinated Care**  
**Community Health Plan**  
**Skill Source**

Please RSVP to [p2p@mlhc.org](mailto:p2p@mlhc.org) by Thursday, March 12 if you'd like to receive a food item.



Date: Friday, March 20  
Time: 9:00 am to 3:00 pm  
Location: Chavurat Teleiotes  
940 E Nelson Rd, Moses Lake, WA 98837



# 2026 MARCH

*Parent Connections*

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Brewing Connections Othello	4	5	6	7
8	9 Lunch & Learn	10 Brewing Connections Mattawa	11	12	13	14
15	16 Brewing Connections Quincy	17 	18	19 Brewing Connections Ritzville	20	21
22	23	24	25 Brewing Connections Moses lake	26	27	28
29	30	31				

### LOCATIONS & TIMES

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

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

Lunch & Learn:  
Casa Herredura - 28 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:  
1004 W 1st Ave, Ritzville, WA 99369  
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@mlche.org](mailto:p2p@mlche.org)





“As a parent, if you’re new to Sensory Processing Disorder or need additional resources to help your family on their journey, these tips and emotional insights will help you along the way.”

To read more please click the link here:

[Tips For Parenting A Child With Sensory Processing Disorder](#)



“When we talk about supporting communication for autistic children, AAC is often framed as a skill to be taught. But here’s the shift that changes everything: AAC is not just a communication tool. It’s an access tool. And access depends heavily on regulation. For many children, the biggest barrier to using an AAC device isn’t motivation, understanding, or willingness. It’s the state of their nervous system.”

To read more please click the link here:

[AAC and Dysregulation: Why Kids Can’t Use AAC When They’re Dysregulated](#)



“If your child has anxiety and/or depression, you certainly want 504 accommodations for anxiety and depression. However, accommodations will accommodate for a lack of skill. You want to make sure you are simultaneously teaching the skill that is lacking.”

To read more please click the link here:

[504 Accommodations for Anxiety: Printable List of Ideas to Add to an IEP or 504 Plan.](#)



## 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





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## PEOPLE FOR PEOPLE

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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)





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*

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### **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

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Please click  
the link [here](#)



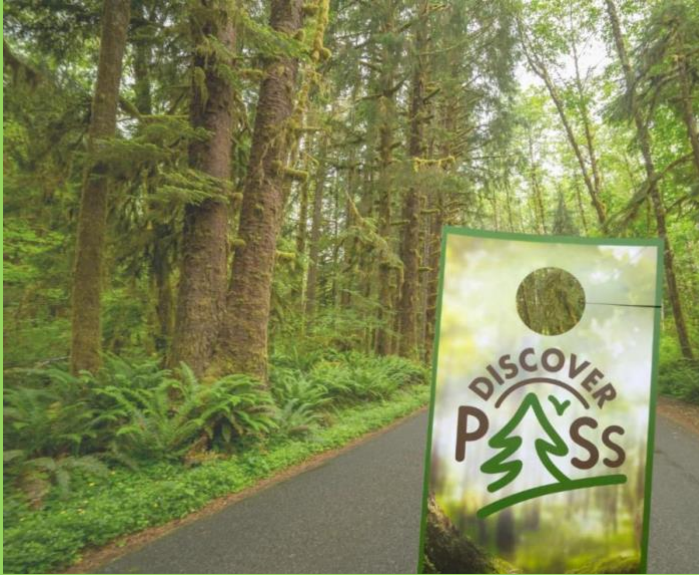
Please click the link. If you  
have any questions, feel free  
to email us at  
p2p@mefc.org

Our Lending Library is  
available!

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

*“Where flowers bloom  
so does hope.”*





## 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

## WEBSITES & RESOURCES

Places to visit for information



**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

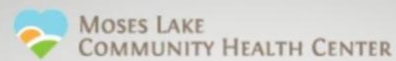
## Wishing Star



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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