



LEADERSHIP COLLECTIVE

Visibility ~ Advocacy ~ Leadership ~ Knowledge

INSIDE THIS ISSUE:

Page 1: Advocacy
Spotlight

Page 2: Quarterly
Focus

Page 3: Around The
Arc

Page 4: Coming Up!

Page 5: Tools and
Resources

Page 6: Get Involved

- Did You Know?
- Federal Bills of Interest

The Arc of Snohomish County

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ADVOCACY SPOTLIGHT

AKTION CLUB

Aktion Club is a branch of Kiwanis, and currently is the only service club for adults with disabilities. The Marysville Aktion Club, led by Jim Strickland, goes a step further in working with highschool transition students, providing them service opportunities and a place for social and emotional growth.

"Community service and giving back are a real important part of what we do," said Strickland, "These people can see themselves doing a real project for a real reason. They learn that this is where I belong, and I have gifts to share here."

Aktion Club also works hand in hand with the Native American and Friends Club, seeing both clubs help and support one another.

"We started working together to support one another, but as time went on the kids from both clubs became real friends," said Native American and Friends club advisor Amy Sheldon. "They don't attend events together because they have to, they attend them together because they want to."

Both clubs combine their efforts to increase the impact of their community service projects, most recently in the form of a charity car wash to support a member who lost their home in a fire.

While these organizations are about service and contributing to their community, they are also about building strong social relationships, and they accomplish this through a number of ways, including Aktion Club's famous karaoke nights.

The relationships built between the members of these clubs has been greatly beneficial to all involved, as attendance and grades have seen improvement from both groups. Students who once had truancy concerns are now regularly attending school so that they can remain involved with their respective club, and maintain the friendships made there.

"The goal here is simple," said Jim Strickland, "We're trying to build lifelong connections through service."

And in that, they are succeeding.

QUARTERLY FOCUS

BACK TO SCHOOL

September is here, and with the close of summer comes the beginning of school. For many parents this is a difficult time, juggling student transportation, after school activities, and advocating for what their student needs to succeed in their education. We at The Arc of Snohomish County are here to help with what can sometimes be a difficult time of year, and with that in mind here are some helpful tips and tricks to ensure that your student will have all the tools they need to succeed.

- Check with teachers and therapists about the daily schedule for their student. Make sure that appropriate minutes of general education and services in their IEP are followed.
- Many students have new teachers and IEP teams who are getting to know them. Making a one-pager about your student is a good way to quickly introduce them to their team. Include things such as what works, what doesn't work, their goals, their interests, and how the student communicates.
- Push for more inclusion! It's never a bad time to talk about inclusion with your IEP team, and studies have shown that the more inclusive a classroom setting is, the better all students perform. The Office of Superintendent of Public Instruction (OSPI) is pushing for more inclusive practices for this very reason.
- Once you have your IEP in hand, remember that YOU control it! Get a copy of it in hand with everyone who might need to know what is in it to make sure that your student's entire education team is providing the services your student requires.

But know that you are not alone in this process too! The Arc of Snohomish County has answers to any questions you may have, and support to help your student get the services they need. Through both our Helping Parent and IEP Parent Partner Program, we can offer the supports needed to navigate this exciting, and difficult, time of the year.

IEP PARENT PARTNER PROGRAM

IEP meetings are a trying, often difficult time for parents, and particularly for those going through their first IEP meetings. Understanding what you need to advocate for to ensure that your student has everything in place to succeed is an important part of any successful IEP meeting. The Arc of Snohomish County can help by matching you with a trained member of our IEP Parent Partner Program, where your parent partner can help you navigate the difficult and intimidating process of IEP meetings. Contact Nicki@arcsno.org for more information about this program.

"It's always
impossible, until it's
done"

-Nelson Mandela-

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NEWS AROUND THE ARC

LEGISLATIVE FORUMS

Coming up later this Fall is our biennial Legislative Forum series! Every election year, The Arc of Snohomish County hosts a Legislative Forum for every legislative district in Snohomish County. These forums give hosts an opportunity to tell their stories directly to the legislators and candidates, and to take an opportunity to educate them and learn where they stand on important IDD issues.

The dates for each individual legislative district forum will be coming out soon, so keep an eye out for when your district will have its forum. If you need help figuring out which legislative district you live in, contact Jake@arcsno.org for assistance.

GROWTH THROUGH LEADERSHIP –

DOUG WENNERBERG

Several issues back, we spoke with Doug Wennerberg about his advocacy efforts and upcoming goals. Doug has made a number of advancements in his own personal advocacy since then, and we spoke with him again to get an update.

"The Arc leadership training really helped be to be a better advocate, and to really understand the history behind everything. Since then I've become the Vice President of People First of Snohomish County, and a Board Member and Co-chair of the Snohomish County Developmental Disabilities Citizen Advisory Board."

Doug was also recently featured in an Everett Herald article about the Disability Mobility Initiative's second annual "Week without Driving," a program designed to help people understand the difficulties and problems that exist with public transportation.

"Week without driving is really important, because it shows everyone the problems that we have with transportation," said Doug. "The Leadership training from The Arc really helped me to be able to speak up when things aren't right, when something needs to be done to make things better."

Doug's advocacy extends beyond his own personal experience, and even beyond this state.

"When I was in Yellowstone I noticed that the path to the handicapped bathroom wasn't paved, while the path to the other bathroom was. I told this to park officials because you can't easily get a wheelchair over gravel, and that people with disabilities will be using the other bathroom because they can't get to the handicapped one."

Thank you for the update Doug, and we look forward to hearing more about the great things you're doing in the future!

"Take a method and try it. If it fails, admit it frankly, and try another. But by all means, try something."

–Franklin Roosevelt–

"What lies behind us
and what lies before us
are tiny matters
compared to what
lies within us."

-Ralph Waldo
Emerson-

COMING UP! GENERAL ELECTION

This November 8 is the General Election in Washington state. Up for election are all of our state representatives and many of our state senators. Make sure to remember to get out and vote on November 8 and make your voice heard!

Washington state is a 100% vote by mail state, but if you need assistance in voting, there are a number of different resources available. [This link](#) from the Secretary of State shows where all the drop boxes are located around the state to drop off your ballot. If you're not registered to vote, or need to check your registration information, you can do so at [this portal](#).

If you have any other questions about voting, feel free to contact Jake@Arcsno.org to get your pressing voting questions answered.



HELPING PARENT PROGRAM AND IEP PARENT PARTNER PROGRAM TRAINING THIS NOVEMBER!

Are you the parent, grandparent or caregiver of a child with developmental disabilities or special health care needs? Are you ready to offer peer emotional support and mentorship to other parents and caregivers?

FIRST, attend Helping Parent 2-part training on Nov 7 & 14

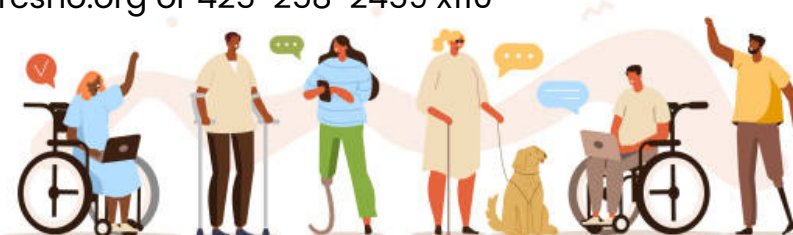
- Gain self-awareness
- Develop active listening skills
- Use personal experiences effectively

THEN, continue with IEP Parent Partner 2-part training on Nov 21 & 28

- Increase knowledge about Special Education
- Help families navigate the IEP process

Trainings are held on Monday evenings in November from 6:30pm to 8:30pm on Zoom.

To register, contact: Alaina@arcsno.org or 425-258-2459 x111 or Nicki@arcsno.org or 425-258-2459 x110



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Get
Connected!

Be
informed!

Take
Action!

TOOLS & RESOURCES

Legislative Alerts & Updates

The Arc of Washington State | arcwa.org/action-center

Sign up for legislative action alerts related to developmental disability. Receive the information you need to voice your opinions on bills during the legislative session. Alerts provide you with messages for your legislators that you can use as-is or edit using your own words. Enter your name and address and click! Your message will automatically be sent to all of your legislators. Email or call the toll-free Legislative Hotline at 1-800-562-6000. Action takes less than five minutes!

Legislative District and Elected Officials

Washington Legislature | leg.wa.gov/DistrictFinder

Find your legislative district and elected officials using the link above.

Legislative Advocates on Developmental Disabilities

The Arc of Washington State | tinyurl.com/3d293ce3

Some of the topics included:

- Tips for meeting with elected officials.
- How to create a short, clear advocacy message.
- The bill process – How a bill becomes a law.
- The state budget process.



Get Involved!

Your local government is looking for volunteers, committee members, and board members for projects throughout your community. For more information about what positions are available in your community, contact Jake@arcsno.org for a complete list. Sign up today to get involved and MAKE A DIFFERENCE!

Virtual Leadership Training

The Arc of Snohomish County invites you to become a trained Arc Leader in our self-paced [Virtual Leadership Training](#)!

Our 8-course training is designed to provide you with the knowledge and skills you need to engage in community leadership. Whether you are interested in joining a local board or committee, speaking with your legislators, or learning more about disability advocacy, our training is a great place to start!

Course topics include: Community and government resources, family resiliency, the history of developmental disabilities and the Disability Rights Movement, disability language and culture, intersectionality, legislative advocacy for the developmental disability community, self-advocacy, and special education.

Register [here](#) or contact Rachel@arcsno.org for more information!

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Jamie Coonts
Executive Director
Jamie@arcsno.org

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GET INVOLVED!

I-CAN Women's Self-Advocacy Group

2nd Tuesday of each month | 10:30 AM – 12 PM

I-CAN is a group for self-advocates open to all women, ages 18 and up. The group meets in a casual environment that combines leadership and learning with fun experiences. The group shares resources and skills and holds the belief that everyone has something to contribute. Questions? Contact Kylie Walsh at Kylie@arcsno.org or 425-258-2459 x121, or Leigh Spruce at Leigh@arcsno.org or 425-258-2459 x103.

Self-Advocates in Leadership (SAIL)

2nd Tuesday of each month | 1 – 4 PM

A group for self-advocates focused on legislative change and open to all. SAIL is a statewide coalition of people with developmental disabilities that strives to shape public policies that affect people with developmental disabilities. Questions? Contact Leigh Spruce at Leigh@arcsno.org or 425-258-2459 x103.

People First of Snohomish County

4th Tuesday of each month | 11 AM – 12:30 PM

A self-advocacy organization by and for people with intellectual and developmental disabilities. People First is focused on educating self-advocates and others, advocating for disability rights, and having fun! We believe we are PEOPLE FIRST and disabilities are secondary. Questions? Contact Kylie Walsh at Kylie@arcsno.org or 425-258-2459 x121.

Did you know?

The general election is coming up on November 8th, and you need to make sure to register before then! The last day to register online or through the mail is October 31, so if you need to register make sure to do so before then! Ballots will be mailed out October 21, so if you are not registered by then you will either need to vote online or in person on November 8th. It is still possible to register on November 8th, but only in person. If you have any questions regarding voting registration or where to vote, contact Jake@arcsno.org for more information.

FEDERAL BILLS OF INTEREST

People with disabilities often face discrimination when trying to access health care, like going to the doctor. Section 1557 was passed as part of the Affordable Care Act to help address this discrimination. The Biden Administration is considering changes to Section 1557 that would make it even stronger and help improve health care for millions of people! The proposed rule would ensure that people have the right to receive services in the community, access accessible medical technology and devices, access effective communication, and to ensure that people with disabilities aren't given less care because they have disabilities. The Arc strongly supports this change.