

2016

## Legislative Forum

Wednesday November 16<sup>th</sup>

6:30pm-8:00pm

Everett Station Weyerhaeuser Room  
3201 Smith Avenue, Everett

This is your opportunity to meet your Snohomish County Legislators. Please come to hear their views on supporting individuals with intellectual/developmental disabilities and their families.

Your personal stories and connections with your legislators can and will make a difference!

If you have any questions or would like to help out with this event, please contact:  
Kelly Church at [kelly@arcsno.org](mailto:kelly@arcsno.org) 425-258-2459 x107

## Statewide Legislative Reception

Wednesday February 1, 2017



### Advocacy Day Briefing

2 to 4 pm

The United Churches  
110 Eleventh Avenue SE  
Olympia, WA 98501

### Reception

5:30 to 7:30 pm

Columbia Room  
Legislative Building  
Capitol Campus, Olympia

## What is an Advocacy Day?

Advocacy Days are a great way to learn about the legislative process. Each Advocacy Day begins with an hour briefing at 10:00 in the morning.

The briefing includes:

**Special speakers**

**Tips for a successful day**

**Inside information on current bills and budget issues**

Participants are offered several ways in which to advocate during the afternoon, such as:

**Meeting with legislators or their aides\***

**Attending hearings or floor sessions**

**Writing and delivering messages to legislators**

**2017**

## Advocacy Days Schedule

**Feb 1** Employment day (Rally with CEA)  
Briefing & Legislative Reception

**Feb 8** Disability Protections

**Feb 15** Supported Living Day (Rally with CRSA)

**Feb 22** Multi-Cultural Day

**Mar 1** Meet your Legislators!

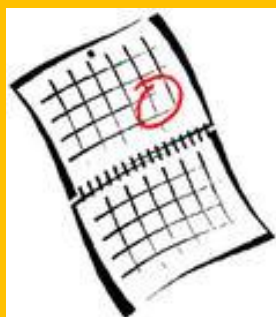
**Mar 8** How McCleary Affects You

**Mar 15** Family Services

**Mar 22** Budget Overview

**Mar 29** Self-Advocates/Autism, Down Syndrome

**Apr 5** Take Note!

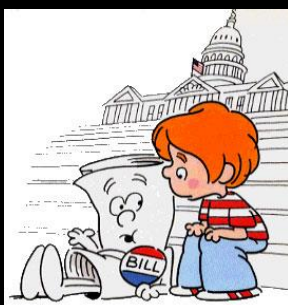


## Would you like to join us?

\*Please let us know if you would like help setting your appointment with your legislator or would like to join The Arc caravan.

## Mark your calendars!

For more information, please call or email **Kelly Church, Parent Family Coalition Coordinator** [Kelly@arcsno.org](mailto:Kelly@arcsno.org) 425-258-2459 x 107



Advocating for what you believe in is crucial – if you don't ask for it, people assume you don't need it!

# Did you know?

## October is Washington State Disability History Month

### THE GOOD LIFE-CELEBRATING DISABILITY THROUGH FILM

**Save the Date &  
Be our Guest at the**

#### **Disability Awareness Film Festival**

**THURSDAY OCTOBER 20, 2016**

**6:00pm – 8:00pm**

**Stanwood-Camano YMCA**

7213 267th St NW  
Stanwood, WA 98292

*Questions? Mary Wysocki 425-388-7320*

Sponsored By:  
Stanwood  
Aktion Club

Stanwood-  
Camano YMCA  
Rectangular Snip  
Coalition For  
Inclusive  
Communities

The Arc of  
Snohomish  
County

Snohomish  
County  
Developmental  
Disabilities

#### **Washington St. Disability History Month**

**2008** "The legislature finds that annually recognizing disability history throughout our entire public educational system, from kindergarten through grade twelve and at our colleges and universities, during the month of October will help to increase awareness and understanding of the contributions that people with disabilities in our state, nation, and the world have made to our society. The legislature further finds that recognizing disability history will increase respect and promote acceptance and inclusion of people with disabilities. The legislature further finds that recognizing disability history will inspire students with disabilities to feel a greater sense of pride, reduce harassment and bullying, and help keep students with disabilities in school."

### **Upcoming Helping Parent Training and IEP Parent Partner Module**

Would you like to **support other parents** who have a child with a developmental disability? Are you interested in **helping families** prepare for, and navigate the IEP process?

Join us to learn about community resources, enhance your **communication and listening skills**, and increase your knowledge about **IEPs and Special Education**.

#### **Helping Parent Training**

**Date:** Monday, November 7<sup>th</sup> and 14<sup>th</sup>

**Time:** 6 to 9 pm

**Location:** The Arc of Snohomish County  
2500 Hewitt Ave, Suite 300 Everett, WA 98201

#### **IEP Parent Partner Module**

**Date:** Monday, November 28<sup>th</sup>

**Time:** 6 to 9 pm

**Location:** The Arc of Snohomish County  
2500 Hewitt Ave, Suite 300 Everett, WA 98201

**\*Prerequisite Required:** Must be a current Helping Parent or have participated in and completed the helping parent training in order to attend the IEP module.



# Self-Advocacy Corner

## What is People First of Washington?

The purpose of People First of Washington is to assist people to realize and appreciate that we are “people first” and our disabilities are secondary. We are equal citizens in our communities.

For more information visit:  
[www.peoplefirstofwashington.org](http://www.peoplefirstofwashington.org)

The Arc of Snohomish County is excited to announce that we are currently working on putting together a People First of Washington Chapter for Snohomish County self-advocates!

In October we were able to send 7 individuals, including 2 Arc Staff, to the 2016 annual People First Convention.

Participants were able to participate in sessions that included information and training on: Effective self-advocacy, Healthy eating, Voter rights and education, Fundraising, Personal Safety and more!



The Arc is still working on what such a chapter might look like. If you are interested in participating or would like to get involved, please contact:

Jessie Atkins, Leadership Development Coordinator at 425-258-2459 x 109 or [Jessie@arcsno.org](mailto:Jessie@arcsno.org)

## I.CAN

### Women's Self-Advocacy Group

I.CAN is a group aimed at Self-Advocates and is open to all women ages 16 and up. We want to share resources and skills and believe that everyone has something to share. Women's Self-Advocacy meetings take place the 3<sup>rd</sup> Monday of the month from 5 to 6:30 pm at The Arc Office: 2500 Hewitt Ave, Suite 300, Everett 98201

For more information, contact:

Corinna Fale, Self-Advocacy Coordinator at 425-258-2459 x 103 or [Corinna@arcsno.org](mailto:Corinna@arcsno.org)

Next Meeting: Monday Nov. 21st – Internet Safety & Personal Safety

## What is Self-Advocacy?

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination. - [Wrightslaw](#)

## Why is Self-Advocacy Important?

So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life. - [Wrightslaw](#)

# Leadership Opportunities

## ADA Public Right-of-Way Citizen Advisory Committee

Snohomish County's ADA Public Right-of-Way (ADAPROW) Citizen Advisory Committee members are volunteers appointed by the County Engineer who help develop guidelines and recommendations to handle ADA compliance issues for pedestrian facilities in the public right-of-way. In August 2016 the Snohomish County Public Works performed a 'Self-evaluation' to identify barriers for individuals with disabilities.

**What is a Self-Evaluation?** State and local governments like Snohomish County build roads and sidewalks, operate and maintain traffic signals, and provide community programs, recreational activities, and facilities. They also operate airports and public transportation, maintain parks, and do so much more. In all that they do, government agencies must ensure that individuals with disabilities can participate and benefit from all their programs and services. A self-evaluation is an opportunity for a government agency to review all that it does and identify modifications that are needed so that individuals with disabilities can participate in civic life. Not only should government agencies conduct self-evaluations because they are the right thing to do, they are also required by the Americans with Disabilities Act (ADA) of 1190 (1).

**How Can I Get Involved?** You can read the DRAFT self-evaluation study: *Mobility Without Boundaries: Americans with Disabilities Act Self-Evaluation Study, August 2016*, <http://snohomishcountywa.gov/DocumentCenter/View/36985> Snohomish County Public Works. Visit the online public meeting at [www.SnoCoADA.org](http://www.SnoCoADA.org) for more information.

Provide feedback on the study and help prioritize the removal of barriers by taking our survey: <http://sgiz.mobi/s3/Snocoadasurvey>



## ADAPROW Citizen Advisory Committee Meetings

The committee meets on a quarterly basis. Meetings are held on the county's Everett campus and are open to the public. Meetings are held at **3000 Rockefeller Ave, Everett, WA**. If you wish to attend the meeting and would like to request special accommodations, please phone 425-388-6438 (TTY: 711) at least 48 hours in advance, if possible.

### The Arc of Snohomish County

2500 Hewitt Ave, Suite 300  
Everett, WA 98201  
[info@arcsno.org](mailto:info@arcsno.org)  
[www.arcsno.org](http://www.arcsno.org)  
**425-258-2459**

Shayne Nagel, Executive  
Director [Shayne@arcsno.org](mailto:Shayne@arcsno.org)

*Achieve with us.*

For additional opportunities to get involved in  
Snohomish County visit

<http://snohomishcountywa.gov/128/Boards-Commissions> to find an open board/committee to  
get involved in and have your voice heard!

# Get involved in LEADERSHIP!

## Leadership & Education

The Arc supports individuals with developmental disabilities and their families to be knowledgeable and to have the necessary skills and information to advocate and to educate the community about issues that affect individuals with developmental disabilities

The Arc of Snohomish County is affiliated with The Arc of Washington State and The Arc of the United States. Programs are designed to foster inclusion and self-advocacy.

## Building Leaders

The Arc identifies extended family members, siblings, guardians and self-advocates who are interested in actively participating in leadership roles representing individuals with intellectual/developmental disabilities.

Leaders receive information, training and support to effectively advocate for individuals with disabilities and to educate their community and state and local policy makers.

Leaders collaborate and partner with parent groups, organizations, schools, agencies and community members to address common needs and concerns among people with disabilities and those who support them.

## Exclusive Invitation for:

## Arc of Snohomish County trained Leaders

### Community Connections Workshop Featuring Special Guest Speaker

Greg Abell, Sound Options Group, LLC.

#### ❖ Save The Date! ❖

Saturday, November 12<sup>th</sup>, 9 am to 3 pm  
Held at The Arc of Snohomish County  
2500 Hewitt Ave., Ste. 300, Everett

Come **connect** with other leaders during this **networking and training event** designed to help you **engage** with your community and make the most of your **advocacy** efforts.

#### RSVP:

Megan Mittelstaedt, Community Connections Coordinator  
[megan@arcsno.org](mailto:megan@arcsno.org) ❖ 425.258.2459 x108

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

## Sound Options Group, LLC.

*Partners with organizations and individuals as they initiate change and encounter conflict.*

*Surprising solutions emerge when we effectively engage conflict. When people show respect and listen to each other's perspectives, it's possible to develop solutions that benefit everyone involved.*

Visit [www.somtg.com](http://www.somtg.com) for more information!