



Clallam Connection

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May-June 2018

## COMMUNITY SUMMIT

The Community Summit in Wenatchee is once again coming June 12-14, 2018.

The theme is “Refresh ~ Connect ~ Evolve”.

This year, the Community Summit will have their own app to connect and network, available in May.



2018 Opening Keynote: Todd Stabelfeldt

Todd Stabelfeldt shares his decades-long struggle for increased independence in both his personal and professional life. Striving for a life of independence when living in a body that is completely dependent ...that is my life. It's what you choose to do with it that sets you apart. I look for solutions to whatever life throws my way. They come in all shapes and sizes; high tech and low tech. They succeed and sometimes fail. Everyone loves successes, but the failures change the world. They have the power to discourage you to stop trying or challenge you to strive to go further than you have ever gone before; realizing you are more than you ever knew you could be. The trail isn't straight, likely not easy, but it can be accomplished.

Sponsored by the Department of Social and Health Services Developmental Disabilities Administration

For more information and/or to register, go to [www.communitysummit.ws](http://www.communitysummit.ws)

You can't change who you are, but you can change what you have in your head, you can refresh what you're thinking about, you can put some fresh air in your brain.

- Ernesto Bertarelli



# First Step Family Support Center

Promoting healthy development of children and families in Clallam County since 1972

We support parents and families so that they can maximize their individual potentials as they progress throughout their lives.

—Nita Lynn, Executive Director

First Step Family Support Center believes that parents are their child's first teacher as well as their first emotional "home". In an effort to support parents in their crucial role, we offer maternity support, parenting education classes, home-visiting programs, and center-based activities so that families have the advantage in raising healthy and happy children.

Since 1972, First Step Family Support Center has worked for and with families in Clallam County.

We actively evolve our services as the needs of the community and the families we serve change. Today, the relevance and importance of family support is stronger than ever.

In 2017, we touched the lives of 5,415 individuals by providing parenting education, home-visiting programs, advocacy, support groups, and access to vital health and safety information and supplies. All of our programs are free or paid for by Medicaid.

For more information go to:

[www.firststepfamilysupportcenter.org](http://www.firststepfamilysupportcenter.org),

or call 360-457-8355.



## Supportive Parenting Program

Supportive Parenting is an intensive home-visiting program to help parents with cognitive limitations raise their children and to help their children develop on target and thrive. Parents must have an open case with the Washington Developmental Disabilities Administration.

**When:** Visits are determined by you and your Parent Educator

**Where:** Visits occur where needed to accomplish your goals

**Contact:** Nita (360) 457-8355

*Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things.*

*- Steve Jobs*

# DON'T FORGET

- **DDAC Meetings** — May 3rd, 5:30-7:30pm, Dungeness Community Church, 45 Eberle, Sequim. July 5th, 5:30-7:30pm, Clallam County Commissioners Room, Clallam County Courthouse, Port Angeles.
- **BLAC Meeting**—“Business Leadership Advisory Committee”, a subcommittee of the DDAC. Dates: TBD. Meeting dates are listed at: [www.clallam.net/HHS/HumanServices/blac](http://www.clallam.net/HHS/HumanServices/blac)
- **Clallam County Commissioners Meeting**—Every Tuesday at 10:00am in the Clallam County Board of Commissioners room, Clallam County Courthouse, Port Angeles
- **Sequim School Board Meetings**—Every First and Third Monday of each month at 6:30pm. For current listing go to: [www.sequimschools.wednet.edu](http://www.sequimschools.wednet.edu)
- **Port Angeles School Board Meetings**—Every First and Fourth Thursday of each month at 7:00pm. For current listing go to: [www.portangelesschools.org/administration/school\\_board/school\\_board\\_meeting\\_schedule/](http://www.portangelesschools.org/administration/school_board/school_board_meeting_schedule/)
- **Crescent School Board Meetings** - Fourth Thursday of each month at 7:00pm. For current listing go to: [www.crescentschooldistrict.org/school\\_board/board\\_meetings/](http://www.crescentschooldistrict.org/school_board/board_meetings/)
- **Quillayute Valley School Board Meetings**—Every Second and Fourth Tuesday of every month at 6:00pm. For current listing go to: [www.qvschools.org/pages/Quillayute\\_Valley\\_SD\\_402](http://www.qvschools.org/pages/Quillayute_Valley_SD_402)
- **Cape Flattery School Board Meetings** — For current listing go to: [www.capeflattery.wednet.edu/board-agendas](http://www.capeflattery.wednet.edu/board-agendas)

EVENTS	Irrigation Festival—May 4-13, Sequim. Carnival, log show, parade, fireworks, food vendors, car show. Go to <a href="http://www.irrigationfestival.com">www.irrigationfestival.com</a> for more information. 
	Juan de Fuca Festival—May 25-28, 2018, Port Angeles. Go to <a href="http://www.jffa.org">www.jffa.org</a> for more info.
	 May 28th—Memorial Day Courthouse is closed.
	Maritime Festival—June 9 & 10, Port Angeles. Tall ships, boat tours, music, food. Go to <a href="http://www.maritimefestival.org">www.maritimefestival.org</a> for more information.



Clallam  
Mosaic

Empowering people with developmental disabilities  
for a more viable community

## UPDATE

Spring term for Clallam Mosaic started on April 16<sup>th</sup> and the 10 week session will run through June 29<sup>th</sup>. This term is very exciting, as we try out some new things! We are offering two free classes that are supported by the Clallam County Health & Human Services, Developmental Disabilities:

1. **Living Stronger: Circle of Friends** – This curriculum helps participants learn about social relationships and develop skills that are appropriate in the workplace vs. home vs. the community. This class will be the first installment of classes and workshops aimed at promoting healthy relationships. Topic areas this term will include; a) Building a positive self-image, b) Making autonomous choices, c) Relationships: health & communication, d) Public and private behavior, e) Understanding feelings and behaviors, and f) Recognizing potentially unsafe situations, saying “No” & basic self-protection. Spring Term schedule: Thursdays, April 19<sup>th</sup> through June 21<sup>st</sup>, from 10 am to noon at DVLC (925 N Sequim Ave, Sequim).
2. **Soft Skills: Work Ready** - This new class addresses soft skills to improve employability and retention of individuals with developmental disabilities. The curriculum will be provided over two terms, Spring and Fall. Topics in the two sessions will include: a) Effective listening & communication, b) Attitude & demeanor, c) Collaboration, flexibility & teamwork, d) Professional relationship building, e) Independent decision making & problem solving, f) On-the-job social & interpersonal skills, g) Negotiation & conflict resolution, and h) Critical thinking. Spring Term schedule: Fridays, April 20<sup>th</sup> through June 22<sup>nd</sup>, from 12:30 pm to 2:30 pm at HTLC (301 Lopez Ave, Port Angeles).

Another new class being offered this term is *Inclusive Art with April*, on Friday mornings from 9:30 am to 11:30 am, April 20<sup>th</sup> through June 22<sup>nd</sup> at HTLC in PA. For this class, participants sign-up on the week-of each session by either calling 360.797.3602, signing up on the sign-up sheet outside the Clallam Mosaic office or by sending an email to [info@clallammosaic.org](mailto:info@clallammosaic.org). Each session costs \$6 which can be paid on the day of class. The class is open to everyone in the community, neurotypical or with disabilities and is meant to promote inclusive practices. Please come and join us for a session!

Continuing along the art theme, we are grateful to the Port Angeles branch of NOLS for hosting an exhibit of participant work. The show which opens on Friday, April 27<sup>th</sup> with a reception and ArtBlast! entertainment will feature the work of over 25 artists from Clallam Mosaic. Featured work includes art produced individually as well as collaboratively during art classes. The show will run through July 24<sup>th</sup> so we hope everyone in the community can swing by and appreciate the ability of our community.

A couple of additional notes about activities:

- Dances continue to happen every month at St. Andrews Episcopal Church. We had record attendance for the April dance with 37 attendees, a huge group of caregivers and volunteers. It was a fantastic event where participants got to share some great music, dancing and eat pulled pork sandwiches, coleslaw, homemade mac & cheese and an assortment of other goodies. Specific dates for dances are: 5/19, 6/9, 7/14, 8/11, 9/8, 10/13, 11/10 and 12/8. Cost is \$5 for entry and \$2 for food. Hope you make it to one soon!

## CONT..

- On the Parent to Parent front, Coffee & Conversations are scheduled in the Holy Trinity Lutheran Church's Youth Room on: 5/3 and 6/7. Mom's/Dad's Night Out are scheduled for 5 pm on May 18 @ Midtown Public House in PA and June 22 @ Mariner Café in Sequim. We are also in the process of planning a P2P Pour, Sip, Paint event in PA so keep your eyes on our website ([www.clallammosaic.org/P2P](http://www.clallammosaic.org/P2P)) for more information.

And finally, a shout out to Soroptomist International of Port Angeles Jet Set for recognizing our volunteer Lori Cates as a *Woman of Distinction Behind the Scenes* (see picture) for her numerous years of volunteer service to Clallam Mosaic!



**We have to evolve, we have to change, and in order to do that,  
we have to initiate the change.**

**- Ed Catmull**

### Do You Want To Make a Difference?

The Developmental Disabilities Advisory Committee acts in an advisory capacity to plan for and make recommendations to the Department of Health and Human Services and the Board of County Commissioners on the provision of services in Clallam County.

The DDAC provides an important link between the public, the Department of Health and Human Services and the Board of County Commissioners and provides important information about community needs and opinions that can affect Clallam County policies and lead to improved services and employment outcomes for county citizens with developmental disabilities.

If you are interested in applying to become a committee member, go to [www.clallam.net/boards](http://www.clallam.net/boards) or stop by the Board of County Commissioners office in the Clallam County Courthouse to pick up an application. Questions? Call Tim Bruce at (360) 417-2428.

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Developmental Disabilities  
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Port Angeles, WA 98362

Got a Story? Got News? Contact Tim Bruce at  
360-417-2428 or [tbruce@co.clallam.wa.us](mailto:tbruce@co.clallam.wa.us)

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**TO END THE WORD**  
**www.r-word.org**