

# WINTER ICE! SPECIAL EDITION

# Looking for something fun to do over Winter Break?

Check inside for activity ideas during December, 2024 & beyond!





The "FOCUS" newsletter is a publication of the Pierce County Coalition for Developmental Disabilities (PC2) and is produced four times each year. It is available to view and download by visiting <u>www.pc2online.org.</u>

PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at <u>www.pc2online.org</u>, topical meetings/forums, & our Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

The PC2 office is open are Monday-Thursday, 9 a.m.-4:30 p.m., and Friday 9 a.m.-1 p.m. Please visit anytime for information, resources, brochures, or help with Internet searches.

If you have info on classes, conferences, or events, or other items to share, please submit to:

PC2, 3716 Pacific Avenue #A, Tacoma, WA 98418-7836 253-564-0707 (T) | 253-564-0702 (F) | 1-877-DD-LINKS (T/F) E-mail: <u>info@pc2online.org</u> Web: <u>www.pc2online.org</u>



# PC2 BOARD

DR. ALAN GILL, Board Chair JASON CLAPP, Board Treasurer NANCY LEE, Board Member KRISTINE NELSON, Board Member LAURA O'ROURKE, Board Member JO SIMMS, Board Member SARAH TREMBLAY, Board Member

# PC2 STAFF

MICHELE LEHOSKY, LINKS Director KRISTIN LOOS, Program Specialist LARRY TODD, Program Specialist CARY VAZQUEZ, Especialista del Programa JAUNA BALDERSTON-TODD, Media Specialist / Bookkeeper NATHAN BECKER, Custodian CHRISTOPHER CLEVELAND, Office Assistant SANDI GRUBERG, Advocacy Advisor BETHANN GARTEIZ, Housing Director DALE GOLDER, Housing Manager SHAWNA FRANKLIN, HUD Advisor

# **PC2 STEERING COMMITTEE**

CINDY BECKER, Parent DOANH CHANG, Parent LINDA HYATT, Parent CAROLYN JONES, Parent FRANCIE PELTIER, Parent MICHAEL RAYMOND, Self Advocate VIKRAM SHAH, Parent ROBERT WARDELL, Self Advocate

# From the Director's Desk . . .

Dear Families & Friends of PC2:

This has been a wonderful year here at PC2. Staff have been busy helping families find their way through the maze of services and supports for their loved ones. We work daily with the goal in mind to help families find what they need; and we know you don't ask for more than you need.

When we review the stats of where individuals with developmental disabilities live while they are receiving services, we see that they are in their family home. Hats off to all our families, for your many years of support to your sons and daughters. Your stories, your life journeys,



make all the difference for your loved ones with developmental disabilities. From the routine and stability you give them everyday, to the love and respect for their care and well-being you provide, you are vital to your loved one and add to the quality of their lives.

It also helps us realize that, at times, we all need help, and it's not always easy to ask for it. What we've learned is that it's hard to find caregivers who would provide the same quality of care that you give to your loved ones. But I encourage you to keep going, keep looking, keep asking, because you and your loved one deserve the best. Breaks are important for us all and it helps your loved one learn that they can trust other people with their care.

Thank you to our PC2 Board of Directors, for you vision and mission and keeping our feet to the fire. Thank you Adult Developmental Clinic at MultiCare, for providing the only developmental clinic for adults here in Pierce County. Their waitlist continues to grow as more families and individuals with developmental disabilities need more of these types of services.

The Pierce County Legislative Forum for Developmental Disabilities was held on November 19th. It is a place where families come together to talk to their legislators and help them understand their journey with their loved one with developmental disabilities. We thank our partners - PAVE and Pierce County Human Services, DD - for their efforts and the wonderful job they did to put this event together. We had a marvelous showing of families and individuals. Thank you Senator Trudeau for attending. For those of you who would like to share your stories by connecting with your legislators, we have included the contact page in this issue (page 50). Early advocates for people with developmental disabilities have stated that "change is made by the people who show up." If you want and need to see change, come talk to us. We can help you figure out how you can "show up" and share the story of your journey to help make a difference. If you would like to make a video of your story, please contact us. We would love to help you do that. We are always here for you!

In this issue (page 51), you will find the schedule of Arc of Washington 2025 Advocacy Days. You can sign up online via the links included. If you would like to comment on a bill or testify during the session, we're here to help you.

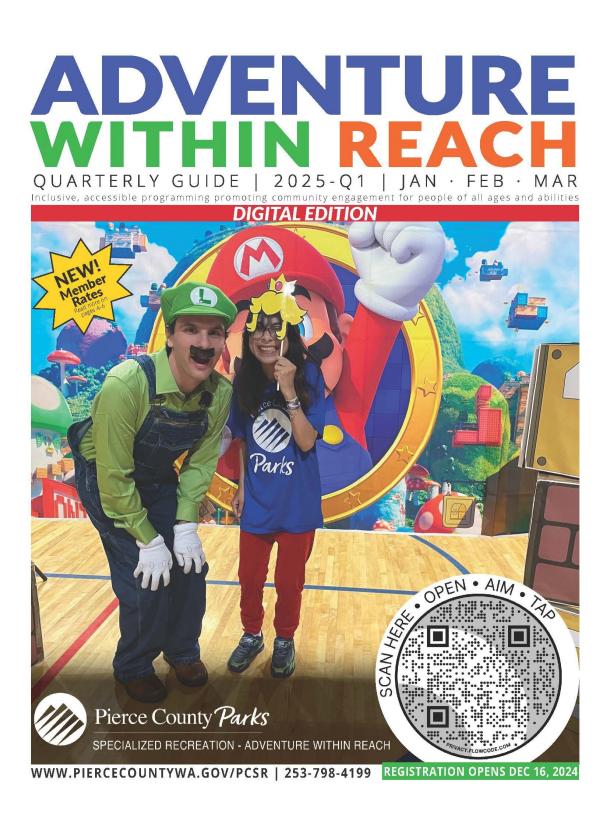
As the weather gets colder (something we can always count on!), I want you to know that you can also count on PC2. We are here to help you navigate through ever-changing systems. If you need to understand what services to ask for or where to find a specific support for your son or daughter, we're here for you.

At the end of 2024, with all its highs and lows, PC2 staff want to wish you wellness and joy and the happiest of holidays!

# Michele & PC2 Staff









SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9:00 AM - 5:00 PM 9:00 AM - 5:00 PM

9:00 AM - 5:00 PM

9:00 AM - 5:00 PM

9:00 AM - 5:00 PM

Office: Lakewood Community Center

9112 Lakewood Dr SW

Lakewood, WA 98499

Program Information: (253) 798-2997

Office Registration Hours:

Monday

Tuesday

Thursday

Friday

Wednesday

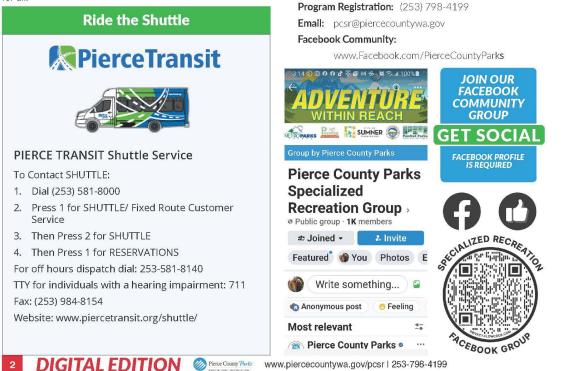
# Welcome

### Welcome to Pierce County Specialized Recreation!

We are excited to offer a variety of programs designed for individuals five years and older with a wide range of abilities. Our mission is to provide enriching activities that inspire, engage, and connect participants with each other and the community in a meaningful way.

### **Program Options:**

We offer virtual and in-person programs, giving participants the flexibility to choose the format that works best for them. Whether you join from home or attend in person, we are committed to providing a safe, inclusive, and enjoyable experience for all.





Registration\_\_\_\_\_

pg 4-6

How-to-information, **NEW: Member Rates**, payment options, and policies

Monthly Calendars	pg 7-9
January, February, March 2025	
Art & Leisure	pg 10-13
Virtual Programs	pg 13
Community	pg 13-15
Special Events	pg 16-17
Fitness & Sports	pg 18-20
Special Olympics	pg 21-23



Cover Image: 2024 Mario Kart® Tournament - turn to page 17 for our next party! www.piercecountywa.gov/pcsr | 253-798-4199 YOU COULD QUALIFY

# SCHOLARSHIPS AVAILABLE

Pierce County residents participating in recreational programs may be eligible for scholarship funds based on income and family size.



Learn more and apply online:

www.PierceCountyWA.Gov/ParkScholarship

Pierce County Parks DIGITAL EDITION

3

# WHAT'S NEW IN QUARTER 1



# **CHANGE TO LISTED PRICES**

We're making some changes to our Adventure Within Reach Program. To understand what's happening, please read our Frequently Asked Questions below so you're prepared for when registration opens on **December 16, 2024.** 

# Why do you list Non-Member Rates (the full price rate) for programs in the guide?

We list the full price, also know as Non-Member Rate, of our programs so that you understand the actual cost of each activity/ program. Residents of qualifying communities are eligible for a reduced Member Rate (see the **"Who is eligible for the Member Rate?"** section).

If you **do not** qualify for the Member Rate, you will pay the Non-Member Rate, or full program price.

### Why is a Member Rate being offered?

Pierce County Parks works with amazing jurisdictional program partners to offer programs across the county. Our partners are **Metro Parks Tacoma, City of Puyallup, City of Sumner, and City of Lakewood.** Each of these partners help offset the costs to make the program affordable, so participants only pay half of the cost of the activities.

To increase service to residents who live in areas supported by our partners, we now offer a Member Rate which is 50% of the listed registration price. The Member Rate may also extend to residents in other areas of Pierce County, which you can learn about in our "Who is eligible for the Member Rate" section.

## How much is the Member Rate?

The Member Rate is 50% off of the full program price listed.

### Who is eligible for the Member Rate\*?

Participants will be enrolled as members and receive the Member Rate if you live in a qualifying community:

- You live in unincorporated Pierce County
- You live in a Pierce County city with a population under 10,000
- You live in an area that is a Specialized Recreation Adventure Within Reach jurisdictional program partner (Metro Parks Tacoma, City of Puyallup, City of Sumner, or City of Lakewood)

\*If you live in Gig Harbor or in the Key Peninsula communities (this includes Wauna, Glenclove, Herron Island, Minter, Rocky Bay, Key Center, Vaughn, Home, Lakebay and Longbranch), you **do not** qualify for a Member Rate. Public recreation services in these communities are provided by PenMet Parks.

\*\*Participants who reside in Bonney Lake, Edgewood, Fife, and University Place, will receive the Member Rate through June 2025. This may be extended in the future.

### What if I live in Gig Harbor or on the Key Peninsula, what programs are available to me? Why do I not qualify for the Member Rate?

Please refer to PenMet Parks for program opportunities.

PenMet Parks provides services to residents who live in the Gig Harbor and Key Peninsula area and is not a participating partner in the Adventure Within Reach program.

### Will these changes impact the quality and type of Pierce County Parks Specialized Recreation Programs?

No, our programs will be the same fun and safe activities that you have come to expect.

### How will I receive my Member Rate if I qualify?

If you participated in a program in 2024, our team has registered you into our software. The Member Rate will be applied during the checkout process.

# Can I use my approved Pierce County Parks and Recreation Scholarship?

Yes! You can apply your Scholarship at registration, which will be applied in addition to the Member Rate reduction.

DIGITAL EDITION Prece County Parks www.piercecountywa.gov/pcsr | 253-798-4199

If you do not have a Pierce County Parks Recreation Scholarship and would like more information, visit www.PierceCountyWA.gov/ ParkScholarship.

### Can I continue to use DDA funds?

Yes! DDA funds may still be used with this new process. Please contact us for questions.

### How do I register for programs?

There are three ways you can register:

1. Online

10

- 2. In Person
- 3. By Phone

# **UPDATES FOR QUARTER 1 2025 REGISTRATION:**

- We no longer accept registration by email.
- If you registered for a program in 2024, your ActiveNet account will already be updated to reflect if you qualify for a Member Rate or not. If you have concerns about your account status, please contact us at (253) 798-4199.
- If you **do not** qualify for a Member Rate, you must pay the full rate of the program. Scholarships and DDA billing may still apply, if you qualify for those resources.

### **Option 1: Online Registration**

Steps:

- 1. Sign in to your AcitveNet account on our website.
- 2. Click on the Specialized Recreation category on the main page.
- Choose your program(s) and checkout. 3.
- 4. Payment is required in full at checkout. Online purchases require payment by credit card only.
- 5. If you qualify for a Member Rate, the discount will be applied at checkout.

### **Option 2: In-Person Registration**

### Visit our office:

### Lakewood Community Center

9112 Lakewood Dr SW, Lakewood, WA 98499 Hours: Monday-Friday, 9:00 AM-5:00 PM (closed on holidays).

### Steps:

- 1. Come to the front counter during business hours.
- 2. Staff will help you register and update your ActiveNet account if needed.
- 3. Cash, check, or credit card payment is accepted.

Monday-Friday, 9:00 AM-5:00 PM (closed on holidays)

### Steps:

- 1. Call and leave your name to be added to the list.
- 2. Staff will call you back in the order calls are received.
- 3. When staff call you back, they will help register you for open programs or add you to a waitlist for full programs.
- 4. Phone in registrations must pay over the phone with a credit card.

### For Individuals Using DDA

Register by:

- Visiting the front counter (see In-Person Registration left).
- Calling during business hours (see Phone Registration above).

### What if I am new to registration?

To register for the first time, please call or visit us at our Lakewood Community Center during business hours. A Pierce County Parks staff member will help verify if you are eligible for a Member Rate, create an online ActiveNet account for you, and help register you for your first activity/program.

Once your online ActiveNet account is created, you can register for other Adventure Within Reach or Pierce County Parks programs!

### Visit our office:

Lakewood Community Center 9112 Lakewood Dr SW, Lakewood, WA 98499

Call us: (253) 798-2997 Hours: Monday-Friday, 9:00 AM-5:00 PM (closed on holidays)

### We're here to help!

Reach out if you have questions or need assistance.



PC2: Empowering individuals with developmental disabilities and their families since 1995!

### **Option 3: Phone Registration**

Call (253) 798-2997 during business hours:



# **REGISTRATION INFORMATION**



**REGISTRATION OPENS DECEMBER 16:** Pre-Registration is required. Class sizes are limited. To register online, visit our website at **www.piercecountywa.gov/PCSR**. To register by phone, please call **(253) 798-4199**. Register in person at the **Lakewood Community Center**, 9112 Lakewood Drive, Lakewood, WA 98499 Monday through Friday between 9:00 am - 5:00 pm.



**DDA:** Pierce County Parks Specialized Recreation programs are supported by DDA funding; respite money may be used. If using DDA funds to register please have the participant's case manager contact information on-hand.



**GENERAL BILLING INFO:** Case managers will be billed monthly, using the hourly reimbursement rate based on the quarter hour.

### **Unexpected Absences**

You will not be billed out of pocket for any illness or behavioral related issues as long as we are notified prior to the absence.

If you/the participant is sick or experiencing:

 Behavioral issues: If for any reason you feel you/the participant is not able to safely attend classes, please call and inform us at your earliest convenience. Safety is of our utmost concern.

• If you have any type of contagious illness: Please do not attend classes until you have not had symptoms for 72 hours.

### Absences Using DDA Funds / Respite Care

Participants who are choosing to use DDA funds/Respite Care funds to pay for activities with Pierce County Parks must call our office or email paula.selfridge@piercecountywa.gov 24 hours prior to missing an activity that you have registered for. Any activity missed that is deemed a no-call, no-show or payment denied from DDA WILL be billed to the participant and all class fees will be the participants responsibility.

### Unattended Classes / No-Shows

If for any reason, you/the participant does not show up for registered classes or is absent for any reason other than illness or behavioral related issues, you will be required to pay the published rate for those



**CANCELLATION POLICY:** You must request cancellation, and receive confirmation, from Pierce County Parks staff at least 5 business days before an activity begins for a refund. Refunds will not be made for missed or forgotten sessions, or late cancellations.



VIRTUAL PROGRAMS: For virtual activities, access to an internet capable computer/laptop/tablet/cell phone provided by the participant's parent/guardian is required for participation. A ZOOM link will be sent to the email address listed on the registration prior to the program's scheduled meeting.



classes. We cannot excuse absences related to caregiver or transportation issues, appointments or trips. Because we are unable to bill DDA for services not rendered, you will be required to pay out of pocket, and invoiced at the end of the month for the amount due.

### One to One Assistants, Care Providers, and Chaperones

We want everyone to have the opportunity to fully and independently participate in our activities, and we realize that some of our participants need assistance to make that possible. We allow for two different types of assistance, both of which require passing a background check before attending.

One to One (1:1) assistants and care providers may attend a program or activity at no additional cost with a registered participant when that person needs assistance with feeding, toileting, behavioral support, or ambulation. Our staff may evaluate and determine the need for a 1:1 assistant at any time.

There may be times when the space in the busses for transportation is limited and staff evaluate who needs a 1:1 riding on the bus with us. In those cases, program staff will call the families and work out a plan that will have the 1:1 driving separate behind the bus. Priority would be for 1:1 assistants who need to constantly be with their clients due to behavioral needs or medical needs.

Chaperones may accompany registered participants as program support for ease of mind for an additional fee. Chaperones will need to provide their own transportation when we travel into the community.

To communicate an absence or for SCHEDULING QUESTIONS please contact us at 253-798-2997 | pcsr@piercecountywa.gov



Mirce County Recks

**Pierce Co. Parks Specialized Rec.** 

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30	31	1 NEW YEAR'S DAY Office Closed NO PROGRAMS	2	3	4
5	6 9:00 Club Pierce Puyalus Recreation Center 9:30 Virtual Chat 200M 3:30 Let's Play Sports Lakewood Community Center 6:30 Rec Swim Lakewood Community Center 6:30 Rec Swim Padfic Lutheran University Pool 6:30 SO Basketball Competitive 50:5	7 11:30 Art Class Lakewood Community Center 6:00 SCrapbook/Cook STAR Center 6:00 SO Basketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	8 9:00 Club Pierce Sprinter Recreation Center 9:30 Virtual Chat ZOOM 3:30 Jewelry Club Lakewood Community Center 6:00 SC Basketball Traditional 5v5 Lakewood Community Center	9 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	10 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 6:00 Woodland Wonderland Dancel Environmenial Services Building	11 5:00 BINGO Party! Lakewood Community Cento
12 11:15 Sumner Swim Social (with bus) Latewood Community Center 12:00 Summer Swim Social (no bus) Sumner YMCA	13 9:00 Club Pierce Puyalus Pierceation Center 9:30 Virtual Chat 2:00M 3:30 Let's Play Sports Lalewood Community Center 6:30 Rec Svim Lalewood Community Center 6:30 SO Basketball Competitive 5v5 Peodels Center	14 11:30 Art Class Lakewood Community Center 6:00 SCO Basketball Team & Indv. Skills Lakewood Community Center Coto SC Cheerleading Lakewood Community Center	15 9:00 Club Pierce Sprinker Recreation Center 9:30 Virtual Chat ZOOM 3:30 Jewelry Club Lakewood Community Center 6:00 SO Basketball Traditional Sv5 Lakewood Community Center	16 9:00 The Hangout Lalewood Community Center 4:00 Mini Golf& Dinner! Tower Lanes Ent Center 6:30 SO Basketball Competitive 5:V5 Lalewood Community Center	17 9:30 Virtual Chat 2004 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradee Lanes Ent Center	18
19	20 MARTIN LUTHER KING, JR DAY Office Closed NO PROGRAMS	21 11:30 Art Class Lalewood Community Center 6:00 SCrapbook/Cook STAR Center 6:00 SO Basketball Team & Indv. Skills Lalewood Community Center 6:00 SO Cheerleading Lalewood Community Center	222 9:00 Club Pierce Spriner Recreation Center 9:30 Virtual Chat 200M 3:30 Jewelry Club Lakewood Community Center 4:30 Dinner & Moviel Regal South Hill Mal Chema 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	23 9:00 The Hangout Lalewood Community Center 6:00 Board Game Night Ayalup Recreation Center 6:30 SO Basketball Competitive 5v5 Lalewood Community Center	24 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Community Center 1:00 Coccoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	25
26 1:30 Ready, Set, Cook! STAR Center	277 9:00 Club Pierce Puyalup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports Lalewood Community Center 6:30 Rec Svim Lalewood Community Center 6:30 Rec Svim Competitive 5v5 Peoples Center	28 11:30 Art Class Lakewood Community Center 6:00 SC Dasketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	29 9:30 Virtual Chat 2004 3:30 Jewelry Club Lakewood Community Center 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	30 9:00 The Hangout Lalewood Community Center 6:30 SO Basketball Competitive 5v5 Lalewood Community Center	31 9:30 Virtual Chat 2004 10:30 Low Aerobics Laewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	1

	- 5	HU	JA		2028	SPECIALIZED RECREATION
SUN 26	MON 27	28	<b>WED</b> 29	THURS 30	<b>FRI</b> 31	SAT 1
2	3 9:00 Club Pierce Pupalup Recreation Center 9:30 Virtual Chat 200M 3:30 Let's Play Sports Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim Padfic Latheren University Pool 6:30 SO Basketball Competitive 5V5	4 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Deficial Bowl 6:00 Scrapbook/Cook STAR Center 6:00 SO Basketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	5 9:00 Club Pierce Sprinker Recreation Center 9:30 Virtual Chat 200M 3:30 Jewelry Club Lekewood Community Center 6:00 SO Basketball Traditional 5v5 Lekewood Community Center	6 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	7 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Communy Center 1:00 Cocco Social Spinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	8 5:00 BINGO Party! Lakewood Community Cente
9	People's Center 10 9:00 Club Pierce Puyalup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports Lakewood Community Center 6:30 GC Peers Crew Lakewood Community Center 6:30 SO Basketball Competitive SVS People's Center	11 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffodi Bowl 6:00 SC Basketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	12 9:00 Club Pierce Spriker Recreation Center 3:30 Jewelry Club Lakewood Community Center 4:30 Dinner & Moviel Regal South HII Mall Gnema 6:00 SC Basketball Traditional 5v5 Lakewood Community Center	13 9:00 The Hangout Lakewood Community Center 6:30 SO Basketball Competitive 5V5 Lakewood Community Center	14 10:30 Low Aerobics Lakewood Community Center 1:00 Coccoa Social Spriker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	15
16 11:15 Sumner Swim Social (with bus) akewood Community Center 12:00 Sumner Swim Social (no bus) Sumner YMCA	Peoples Center 17 PRESIDENTS' DAY Office Closed NO PROGRAMS	18 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffodl Bowl 6:00 Scrapbook/Cook STAR Center 6:00 SO Dasketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	19 9:30 Virtual Chat 200M 3:30 Jewelry Club Lakewood Community Center 6:00 SC Basketball Traditional 5v5 Lakewood Community Center	20 9:00 The Hangout Lalewood Community Center 6:00 Board Game Night Ruyalup Recreation Center 6:30 SC Basketball Competitive 5:v5 Lalewood Community Center	21 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Community Center 1:00 Cocco Social Spiriker Recreation Center 3:30 Rec Bowling Paradise Lares Erit Center 6:00 Cupici's Bash Dancel Meridan Habitat Park.	22
23 1:30 Tasty Travels CANADA STAR Center	24 9:00 Club Pierce Puellup Recreation Center 9:30 Virtual Chat 2:00 M 3:30 Let's Play Sports Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim Peofic Latheren University Pool 6:30 SO Basketball Competitive 5\x5 Peoples Center	25 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffodl Bowl 6:00 Scrapbook/Cook STAI Center 6:00 SC0 Basketball Team & Indv. Skills Lakewood Community Center 6:00 SO Cheerleading Lakewood Community Center	26 9:00 Club Pierce Spiriker Recreation Center 9:30 Virtual Chat 200M 3:30 Jewelry Club Lakewood Community Center 6:00 SO Basketball Traditional Sv5 Lakewood Community Center	27 9:00 The Hangout Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	28 9:30 Virtual Chat 2:00M 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Spirker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	1

erce Co. Parks Specialized Rec.

	AL.			025	·	unty <i>Parks</i> recreation
SUN	MON	TUES	WED	THURS	FRI	SAT
23	24	25	26	27	28	1
			Re	Special Olym gional & State Gar	npics: Winter Seas nes in Wenatchee	on March 1-3
2	3 9:30 Virtual Chat 2:00M 3:30 Let's Play Sports 2:00 GC Peers Crew Lakewood Community Center Lakewood Community Center	4 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffod I Bowl 6:00 Scrapbook/Cook STAR Center	5 9:30 Virtual Chat 2:00M 3:30 Jewelry Club Lakewood Community Center	6 4:00 SPA Day! Lakewood Community Center	7 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinter Recreasion Center 3:30 Rec Bowling Prandee Lanse Ent Center	8 5:00 BINGO Party! Lakewood Community Cente
9	10 9:00 Club Pierce Puyalup Hecreation Center 9:30 Virtual Chat 2:00M 3:30 Let's Play Sports Likewood Community Center 5:00 GC Peers Crew Likewood Community Center 6:00 SO Swimming	11 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffodi Bowl 6:00 Scrapbook/Cook STAR Center	12 9:00 Club Pierce Spriker Recreation Center 3:30 Jewelry Club Lakewood Community Center	13 9:00 The Hangout Lakewood Community Center 4:00 Play Day! Lakewood Community Center	14 10:30 Low Aerobics Lakewood Communy Center 1:00 Cocoo Social Spriker Recreation Center 3:30 Rec Bowling Pradee Lans Ent Center 6:00 Hollywood Dancel Environmental Services Building	15
16 I1:15 Sumner Swim Social (with bus) akewood Community Center I2:00 Sumner Swim Social (no bus) umer/MCA	Padic Lutheran University Pool <b>17</b> 9:00 Club Pierce Puyalup Recreation Center 9:30 Virtual Chat 2:00M <b>3:30 Let's Play Sports</b> Lakewood Community Center <b>5:00 GC Peers Crew</b> Lakewood Community Center <b>6:00 SO Swimming</b> Padific Lutheran University Pool	18 11:30 Art Class Lalewood Community Center 3:30 Rec Bowling Daffod IBowl 6:00 Scrapbook/Cook STAR Center 6:00 Rec Soccer Sphriker Harmation Center 6:00 SO Soccer Sphriker Recreation Center	19 9:00 Club Pierce Sprinker Recreation Center 9:30 Virtual Chat 2:00M 3:30 Jewelry Club Lakewood Community Center 6:00 Rec Soccer Sprinker Recreation Center Sprinker Recreation Center	20 9:00 The Hangout Lalewood Community Center 6:00 Board Game Night Ruyallup Recreation Center	21 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Communy Center 1:00 Cocoa Social Spriver Receasion Center 3:30 Rec Bowling Paradee Lane Ert Center 6:00 Mario Kart® Tournament	22
23	24 9:00 Club Pierce Puyalup Recreation Center 9:30 Virtual Chat 2:00M 3:30 Let's Play Sports Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center	25 11:30 Art Class Lakewood Community Center 3:30 Rec Bowling Daffed I Bowl 6:00 Scrapbook/Cook STAR Center 6:00 Rec Soccer Sphriker Recreation Center 6:00 SO Soccer	Lakewood Community Center 6:00 Rec Soccer Sprinker Recreation Center 6:00 SO Soccer	27 9:00 The Hangout Lakewood Community Center	Lakewood Community Center 23 9:30 Virtual Chat 200M 10:30 Low Aerobics Lakewood Communy Center 1:00 Cocoo Social Sprivler Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	29
30 :30 Ready, Set, Cook! TARCenter	31 9:30 Virtual Chat 2:00M 6:00 SO Swimming Padfic Lutheran University Pool	Spirker Recreation Center	Sprinker Recreation Center	3	4	5

# **ART & LEISURE**

# Scrapbook & Cook

Each week we'll make a simple dish that you can recreate at home. We'll also supply paper, scissors, and all the crafty supplies you need to create some amazing scrapbook pages. You just bring the pictures!

AGE: 18+	MEMBER RATE: \$40 NON-MEMBER RATE: \$80
LOCATION:	STAR Center / Shuttle - Yes 3873 S 66th St, Tacoma WA 98409

CODE	DAY	DATE	TIME	REGISTER BY
20149	Tues	Jan 7-28	6:00-7:30 pm	Jan 6
20150	Tues	Feb 4-25	6:00-7:30 pm	Feb 3
20151	Tues	Mar 4-25	6:00-7:30 pm	Mar 3



# **Cocoa Social**

Cocoa Social offers engaging activities for everyone, including board games, crafts, karaoke, and interactive group games. Get creative and design your own custom coffee mug to drink from each week. Enjoy lively group activities, sing your heart out at karaoke, and relax with friends while sipping on hot cocoa or cider (with sugar and dairy-free options available). Cocoa Social is the perfect way to unwind and connect in a welcoming environment. Don't miss out!

AGE: 12+ MEMBER RATE: \$40 NON-MEMBER RATE: \$80 LOCATION: Sprinker Recreation Center / Shuttle - Yes 521 Military Road S, Tacoma WA 98444 CODE DAY DATE TIME REGISTER BY

CODL	D/ (1	DATE	THAT	REGISTER DI
20156	Fri	Jan 10-31	1:00-2:30 pm	Jan 9
20157	Fri	Feb 7-28	1:00-2:30 pm	Feb 6
20158	Fri	Mar 7-28	1:00-2:30 pm	Mar 6

DIGITAL EDITION SPerce County Preck

NO COCOA SOCIAL DATE: Jan 3

10



# Ready, Set, Cook!

Learn basic kitchen safety, food preparation skills, and hygiene while making a delicious meal with our PCSR cooking experts. January: Veggie magic! Rainbow veggie wraps and chocolate avocado mousse cups. March: Breakfast for dinner! French toast sticks and yogurt parfaits. Join us for the Tasty Travels program on February 23 to cook and learn about different cultures from around the world.

AGE: 18	+	MEMBER RA	ATE: \$35			
		NON-MEMBER RATE: \$70				
LOCATI	ON:	STAR Center / Shuttle - Yes				
		3873 S 66th	St, Tacoma WA 9	98409		
CODE	DAY	DATE	TIME	REGISTER BY		

CODE	DAY	DATE	TIME	REGIST
20176	Sun	Jan 26	1:30-3:00 pm	Jan 23
20177	Sun	Mar 30	1:30-3:00 pm	Mar 27

# **Tasty Travels**

Embark on a virtual journey to **CANADA!** Head north with us to explore what our border friends are dining on. We'll cook a delicious dish of Poutine and an easy, no bake dessert called Nanaimo bars.

AGE: 13		MEMBER RAT	<b>FE: \$29</b> ER RATE: \$58	
LOCATION: STAR Center / Shuttle - Yes 3873 S 66th St, Tacoma WA 98409				
<b>CODE</b> 20152	DAY Sun	DATE Feb 23	<b>TIME</b> 1:30-3:00 pm	REGISTER BY Feb 18

www.piercecountywa.gov/pcsr | 253-798-4199

# PC2 Focus Newsletter

# **ART & LEISURE**

# **Art Class**

Let the creativity flow! Reduce stress, boost creativity, and enhance fine motor skills through art. Step-by-step instructions and materials are provided for each art project. Please bring a packed snack or lunch with you to class if desired. We'll take a quick break to snack, socialize, and fuel our creativity. All levels of artists are encouraged to join.

AGE: 13	3+ M	EMBER RAT	E: \$19		
	N	NON-MEMBER RATE: \$38			
LOCAT	ION: La	kewood Co	mmunity Center / Shut	tle - Yes	
	91	od Dr. SW, Lakewood V	/A 98498		
CODE	DAY	DATES	TIME	REGISTER BY	
20161	Tues	Jan 7	11:30 am-1:30 pm	Jan 5	
20162	Tues	Jan 14	11:30 am-1:30 pm	Jan 12	

20162	Tues	Jan 14	11:30 am-1:30 pm	Jan 12
20163	Tues	Jan 21	11:30 am-1:30 pm	Jan 19
20164	Tues	Jan 28	11:30 am-1:30 pm	Jan 26
20166	Tues	Feb 4	11:30 am-1:30 pm	Feb 2
20167	Tues	Feb 11	11:30 am-1:30 pm	Feb 9
20168	Tues	Feb 18	11:30 am-1:30 pm	Feb 16
20169	Tues	Feb 25	11:30 am-1:30 pm	Feb 23
20171	Tues	Mar 4	11:30 am-1:30 pm	Mar 2
20172	Tues	Mar 11	11:30 am-1:30 pm	Mar 9
20173	Tues	Mar 18	11:30 am-1:30 pm	Mar 16
20174	Tues	Mar 25	11:30 am-1:30 pm	Mar 23





# **Jewelry & Accessories Club**

Join us in creating a variety of jewelry and accessories that you'll personalize. Projects include: bracelets, headbands, tote bags, earrings, keychains/lanyards, beaded pens, etc. We'll focus on a new project each week.

AGE: 12+ MEMBER RATE: \$		: \$27			
	NON-MEMBER RATE: \$54				
LOCATION: L	akewood Com	nmunity Center / Sł	uttle - Yes		
9112 Lakewood Dr. SW, Lakewood WA 98498					
CODE DAY	DATES	TIME	REGISTER BY		
20145 Wed	Jan 8-29	3:00-4:30 pm	Jan 6		
20146 Wed	Feb 5-26	3:00-4:30 pm	Feb 3		
20147 Wed	Mar 5-26	3:00-4:30 pm	Mar 3		

NO JEWELRY CLUB: Jan 1



# **Board Game Night!**

Join us for an evening of great social interaction, fun with friends, and board games! We'll provide a selection of games, but feel free to bring any personal favorites to share with the group. Not familiar with board games? No worries—Pierce County staff will be happy to teach you how to play!

AGE: 8-		EMBER RAT	E: \$10 R RATE: \$20	
LOCAT	ION: Pu	yallup Recre	eation Center / Shutt NW, Puyallup WA 9	
CODE	DAY	DATES	TIME	REGISTER BY
20189	Thurs	Jan 23	6:00-7:30 pm	Jan 20
20190	Thurs	Feb 20	6:00-7:30 pm	Feb 17
20191	Thurs	Mar 20	6:00-7:30 pm	Mar 17

www.piercecountywa.gov/pcsr | 253-798-4199 🥢 Pierce County Parks

DIGITAL EDITION

11

# **ART & LEISURE**



# **Grit City Peers Crew**

Come see old friends and meet new ones each Monday while we play games, craft, hang out, and chat. All program supplies included with your registration.

AGE: 12+	MEMBER RATE: \$30/Jan & Feb, \$40/Mar
	NON-MEMBER RATE: \$60/Jan & Feb, \$80/Mar
LOCATION:	Lakewood Community Center / Shuttle - Yes
	9112 Lakewood Dr. SW, Lakewood WA 98498

CODE	DAY	DATES	TIME	<b>REGISTER BY</b>
20141	Mon	Jan 6-27	5:00-6:30 pm	Jan 3
20142	Mon	Feb 3-24	5:00-6:30 pm	Jan 31
20143	Mon	Mar 3-24	5:00-6:30 pm	Feb 28

NO GRIT CITY PEERS CREW DATES: Jan 20, Feb 17, Mar 31

# **The Hangout**

This laid-back program offers a fun mix of activities shaped around a different theme each week. Stay active shooting hoops, t-ball, kickball, and stretching. Enjoy games like trivia, Pictionary, coloring pages, and snack time to keep you energized. We also host a Monthly Talent Show and BINGO Day-don't miss out! Bring a packed lunch, wear comfy clothes, and come ready to move, laugh, and make new friends!

Do you know someone with a cool job or interest who would like to visit The Hangout and talk about what they do? We LOVE special guests! Please reach out to Karli Schwimmer at Karli.Schwimmer@ piercecountywa.gov.

AGE: 18	3+	MEMBER RATE: \$81			
		NO	N-MEMBER	RATE: \$162	
LOCATION:				munity Center / Shut	
		911	2 Lakewood	Dr. SW, Lakewood W	/A 98498
CODE	DA	0	DATES	TIME	REGISTER BY
20186	Thu	rs	Jan 16-30	9:00 am-2:00 pm	Jan 13
20187	Thu	rs	Feb 13-27	9:00 am-2:00 pm	Feb 10
20188	Thu	rs	Mar 13-27	9:00 am-2:00 pm	Mar 10
NO HANGOUT DATES: Jan 2, 9, Feb 6, Mar 6					

Hang out with us!





# Virtual Social Chat

Fill your cup with coffee, tea, juice, or water, log in, and let's chat! NEW: Register for all chats by month! We'll meet virtually Monday, Wednesday, and Friday on Zoom.

When registering, please make sure we have updated email address on file so that you can receive your Zoom link and can login.

### AGE: All FREE

20239 M/W/F Jan 6-31

20240 M/W/F Feb 3-28

20241 M/W/F Mar 3-31

LOCAT	ION: ht	https://zoom.us (ZOOM)		
CODE	DAY	DATES	TIME	

TIME	REGISTER BY
9:30-10:00 am	Always Open
9:30-10:00 am	Always Open
9:30-10:00 am	Always Open

NO VIRTUAL CHAT DATES: Jan 1, 3, 20, Feb 12, 14, 17, Mar 12, 14



PC2 Focus Newsletter

# COMMUNITY

# **Club Pierce**

Club Pierce offers a range of personally enriching activities for individuals with disabilities who want to engage with the community and have fun. Participants will enjoy a variety of experiences including volunteering, visiting different organizations, and exciting field trips. Activities are designed to enhance socialization, build independence skills, and strengthen resumes. When not exploring the community, attendees will take part in activities such as crafts, sports, and cooking.

Due to high demand, registration is limited to one location per day each week. Participants are encouraged to join the waitlist for fully booked dates to be contacted if spots become available. Join Club Pierce to explore, learn, and have a great time!

AGE: 18		MEMBER RATE: \$87 NON-MEMBER RATE: \$174				
LOCAT		-	ition Center / Shuttle JW, Puyallup WA 983			
CODE	DAY	DATES	TIME	REGISTER BY		
20195	Mon	Jan 6-27	9:00 am-2:00 pm	Dec 30		
20196	Mon	Feb 3-24	9:00 am-2:00 pm	Jan 27		
20197	Mon	Mar 10-24	9:00 am-2:00 pm	Mar 3		
	NO MON CLUB PIERCE DATES: Jan 20, Feb, 17, Mar 3, 31					
	52	1 Military Roa	ad S, Tacoma, WA 98	444		
CODE	DAY	DATES	TIME	REGISTER BY		
20192	Wed	Jan 8-22	9:00 am-2:00 pm	Dec 30		
20193	Wed	Feb 5-26	9:00 am-2:00 pm	Jan 27		

Mar 12-26 9:00 am-2:00 pm Mar 3

NO WED CLUB PIERCE DATES: Jan 1, 29, Feb, 19, Mar 5



20194 Wed



# **Dinner & A Movie**

We're going to the movies! The movie title (rated G to PG-13) will be a surprise until the week before we go, but we promise it'll be great. Before or after the movie, we'll chow down on an all you can eat buffet at the Golden Corral. Registered participants will meet at the entrance to the movie theater at the South Hill Mall. Participants can then be picked up at the same location (South Hill Mall movie theater entrance) at the end of the activity.

Please look up the movie's rating and description to ensure it's a good choice for your participant. Participants may bring up to \$25 in cash to purchase snacks for themselves. Due to dietary and safety concerns, participants may not purchase snacks for anyone else or share their snacks.

AGE: 13+		ATE: \$50 BER RATE: \$100 Hill Cinema / Shuti	tla - Voc	
LOCATION.		ridian, Puyallup W		
	3300 3 ME	iulan, ruyaliup vv.	A 70373	POP
CODE DA	/ DATES	TIME	REGISTER BY	CORN.
20153 We	d Jan 22	4:30-8:30 pm	Jan 15	
20154 We	d Feb 12	4:30-8:30 pm	Feb 5	
14 D	IGITAL	<b>EDITION</b>	Pierce County Parks	www.piercecountywa.gov/pcsr   253-798-4199

erce C 0. arks S pecialized Rec

# COMMUNITY

# **Mini Golf & Dinner**

Meet at Tower Lanes Entertainment Center for a relaxed game of indoor miniature golf complete with waterfalls, fountains, and bridges. The group will also enjoy a tasty dinner in the bowling alley's private party room. Registration includes mini golf, casual style dinner, and drink. Indoor Mini golf course not ADA.

AGE: 13+ MEMBER RATE: \$30 NON-MEMBER RATE: \$60 LOCATION: Tower Lanes Entertainment Center / Shuttle - Yes 6323 6th Ave, Tacoma WA 98406

 CODE
 DAY
 DATE
 TIME

 20198
 Thurs
 Jan 16
 4:00-6:30 pm

REGISTER BY Jan 13



# **SPA Day**

**Celebrate friendship and relax with us!** Enjoy a soothing manicure, complete with a take-home kit, then help prepare fresh salads while sipping refreshing beverages and wearing calming face masks. For added relaxation, we'll have coloring sheets for a peace-ful, creative break. Whether you're adding color to a floral design or simply enjoying the process, it's the perfect way to unwind and reconnect. Come for the pampering, stay for the fun, and leave feeling refreshed and recharged.

AGE: 13+	MEMBER RA	<b>ATE:</b> \$48	NON-MEMBER RATE: \$96
LOCATION:	Lakewood C	community Center	/ Shuttle - Yes
	9112 Lakew	ood Dr. SW, Lakev	vood WA 98498
CODE DA	Y DATE	TIME	REGISTER BY
20199 Thu	urs Mar 6	4:00-7:00 pm	Mar 5



# **Play Day**

Dinner, Bowling, and Fun! Celebrate play with us on a day full of fun activities! We'll meet at the Lakewood Community Center and travel via Pierce County Parks accessible shuttle to South Hill Mall. There, we'll bowl a few games, enjoy the arcade, and feast on dinner at Round 1 Bowling & Amusement. It's a perfect day of recreation and relaxation with friends.

**DIGITAL EDITION** 

15

 AGE: 13+
 MEMBER RATE: \$48
 NON-MEMBER RATE: \$96

 LOCATION:
 Lakewood Community Center / Shuttle - Yes

 9112 Lakewood Dr. SW, Lakewood WA 98498

 CODE
 DAY
 DATE
 TIME
 REGISTER BY

 20200
 Wed
 Mar 13
 4:00-8:00 pm
 Mar 12

www.piercecountywa.gov/pcsr | 253-798-4199 🧼 Pierce County Racks



erce anks S pecia

# **SPECIAL EVENTS**



# **BINGO Parties!**

Join us for themed BINGO!!! We'll play multiple games each night, and winners will receive a prize. Bingo cards and daubers will be provided.

AGE: 13+	MEMBER RATE: \$11
	NON-MEMBER RATE: \$22
LOCATION:	Lakewood Community Center / Shuttle - Yes
	9112 Lakewood Dr. SW, Lakewood WA 98498

### JANUARY - NEW YEAR, NEW BINGO!

Theme: Fresh Starts & Resolutions						
CODE	DAY	DATE	TIME	<b>REGISTER BY</b>		
20209	Sat	Jan 11	5:00-7:00 pm	Jan 10		

### FEBRUARY - LOVE & LUCK BINGO!

 Theme: Valentine's Day & Good Fortune

 CODE
 DAY
 DATE
 TIME
 REGISTER BY

 20210
 Sat
 Feb 8
 5:00-7:00 pm
 Feb 7

### MARCH - SPRING INTO BINGO!

 Theme:
 Springtime & St. Patrick's Day

 CODE
 DAY
 DATE
 TIME
 REGISTER BY

 20211
 Sat
 Mar 8
 5:00-7:00 pm
 Mar 7



# Mario Kart® Tournament & Party

It's time for a little friendly competition of the super fun game, Mario Kart®! Everyone will get a chance to be entered into a bracket for the chance to walk away with the trophy. Additional themed activities and light refreshments will be available. Dressing up in themed clothing/colors is highly encouraged.

AGE: 13+	MEMBER RATE: \$22 NON-MEMBER RATE: \$44			
LOCATION:	Lakewood Cor	R RATE: \$44 mmunity Center / Sh od Dr. SW, Lakewood		
CODE DAY 20206 Fri	Y DATE Mar 21	<b>TIME</b> 6:00-8:00 pm	<b>REGISTER BY</b> Mar 19	

DIGITAL EDITION 17

www.piercecountywa.gov/pcsr | 253-798-4199 🛛 🖉 Pierce County Rades

# **IESS & SPORTS**



# **Recreational Bowling**

Come bowl two relaxed games and have a fun time with your bowling partner. To bowl with a specific friend, please register and email grant.hampton@piercecountywa.gov. Price includes shoe rental and two games. All abilities welcome!

Starting in February, participants must choose between Paradise Lanes Entertainment Center or Daffodil Bowl. Due to high demand, participants are no longer able to register for bowling twice a week.

MEMBER RATE: \$32 AGE: 10+

NON-MEMBER RATE: \$64

LOCATION: Paradise Lanes Entertainment Center / Shuttle - Yes LOCATION: Daffodil Bowl / Shuttle - Yes 12505 Pacific Ave S, Tacoma WA 98444

CODE	DAY	DATE	TIME	REGISTER BY
20223	Fri	Jan 10-31	3:30-5:00 pm	Jan 5
20224	Fri	Feb 7-28	3:30-5:00 pm	Feb 5
20225	Fri	Mar 7-28	3:30-5:00 pm	Mar 5

### . . . . . . . . . . . . . .

# Let's Play Sports!

Participants will play court sports such as basketball, floor hockey, kickball and more! This activity provides a wonderful opportunity to compete with your peers and have fun; in addition to learning a variety of exercises designed to improve skills and knowledge of each sport. Join Let's Play Sports after Club Pierce or before Grit City Peers Crew for a full day of activities on Mondays.

AGE: 8-	F	MEMBER RATE: \$20				
LOCAT	ION:	and the second second	munity Center / Sh	nuttle - Yes		
		9112 Lakewood	d Dr. SW, Lakewood	d WA 98498		
CODE	DAY	DATE	TIME	<b>REGISTER BY</b>		
20219	Mor	n Jan 6-27	3:30-4:30 pm	Jan 5		
20220	Mor	n Feb 3-24	3:30-4:30 pm	Feb 5		
20221	Mor	n Mar 3-24	3:30-4:30 pm	Mar 5		
NO LET	'S PL	AY SPORTS! DAT	<b>FES:</b> Jan 20, Feb 17,	Mar 31		
18	D	<b>GITAL E</b>	DITION (	Pierce County Parks WW		

.....

		Te	524 E. Main St	reet, Puyallup wA s	98372
(	CODE	DAY	DATE	TIME	<b>REGISTER BY</b>
	20227	Tues	Feb 4-25	3:30-5:00 pm	Feb 5
	20228	Tues	Mar 4-25	3:30-5:00 pm	Mar 5

# Low Impact Aerobics

Raise your heart rate and keep your joints happy with our low impact aerobic exercise class. It includes a variety of exercises designed to improve cardiovascular efficiency (efficiency with which the human body can distribute blood and oxygen). Some examples of low-impact aerobic exercises include walking, marching, rolling shoulders and dancing. This program will also incorporate a different core strength practice each week, such as yoga and Pilates.

AGE: 10	)+	MEMBER RATE	:\$22	NEW !!
		NON-MEMBER		
LOCAT			nmunity Center / Shutt	
		9112 Lakewood	d Dr. SW, Lakewood W	A 98498
CODE	DAY	DATE	TIME	<b>REGISTER BY</b>
20215	Eri	lan 10-31	10,20 12,00	I State I State
20210	1.1.1	Jan 10-51	10:30 am-12:00 pm	Jan 5
20215	Fri	Feb 7-28	10:30 am-12:00 pm	

www.piercecountywa.gov/pcsr I 253-798-4199 Pierce County Parks

# **Pierce Co. Parks Specialized Rec**

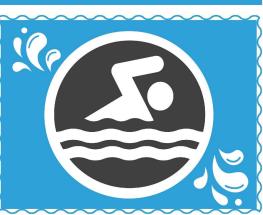
# **FITNESS & SPORTS**

# **Recreational Swim**

Have fun hanging out with your peers at Pacific Lutheran University Pool! This is not an instructional class and participants should be confident in their swimming ability or come with the assistance of 1:1 aide. Lifeguards will be on duty and Pierce County Parks Specialized Recreation staff will be onsite to supervise pool time.

AGE: 10	)+	MEMBER RATE: \$20			
		NON-MEMBER	RATE: \$40		
LOCATION: Pacific Lutheran University Pool / Shuttle - Yes					
		905 124th St S, F	arkland WA 98444		
CODE	DAY	DATE	TIME	REGISTER BY	
20230	Mor	n Jan 6-27	6:30-7:30 pm	Jan 5	
20231	Mor	Feb 3-24	6:30-7:30 pm	Feb 5	

NO RECREATIONAL SWIM DATES: Jan 20, Feb 17





# **Sumner Swim Social**

Join us at the largest YMCA in the state of Washington for a swim social! Sumner YMCA is not on the Pierce Shuttle line, but we are offering transportation from Lakewood Community Center to Sumner for an additional fee. *Please complete the swim waiver and email* to grant.hampton@piercecountywa.gov once completed www.ymcapkc.org/join/guest-pass

AG	AGE: 10+ MEMBER RATE: \$15 NON-MEMBER RATE: \$30				AGE: 10		MEMBER RATE			
LO	LOCATION: Sumner YMCA / Shuttle - NO 16101 64th St E, Sumner WA 98390			LOCAT			nmunity Center / Shut d Dr. SW, Lakewood W			
CC	DDE	DAY	DATE	TIME	REGISTER BY	CODE	DAY	DATE	TIME	REGISTER BY
202	234	Sun	Jan 12	12:00-2:00 pm	Jan 8	20233	Sun	Jan 12	11:15 am-2:45 pm	Jan 8
202	235	Sun	Feb 16	12:00-2:00 pm	Feb 12	20236	Sun	Feb 16	11:15 am-2:45 pm	Feb 12
202	237	Sun	Mar 16	12:00-2:00 pm	Mar 12	20238	Sun	Mar 16	11:15 am-2:45 pm	Mar 12

PCSR Buses will transport participants to/from Sumner YMCA

www.piercecountywa.gov/pcsr | 253-798-4199 Microe County Packs

# **FITNESS & SPORTS**



# **Recreational Soccer**

Soccer is a wonderful sport for all abilities. Athletes who participate in Recreational soccer are able to improve their overall physical fitness through training and skill development. Athletes will learn the basics of the game and experience the benefits of playing as a team, which promotes communication, camaraderie, and friendship.

This registration includes weekly practice and it does not include any competitions. Athletes are responsible for all athletic apparel (shorts, socks, shin guards, and sneakers must be worn.) No jersey is provided.

 
 AGE: 8+
 MEMBER RATE: \$30 NON-MEMBER RATE: \$60

 LOCATION:
 Sprinker Recreation Center - Turf Fields / Shuttle - Yes 521 Military Road S, Tacoma WA 98444

 CODE
 DAY
 DATE
 TIME
 REGISTER BY 6:00-8:00 pm

 20229
 Tues WED
 Mar 4819-June 4718
 6:00-8:00 pm
 Mar 21

NO REC SOCCER DATE: May 2728

NEW!

12/9/24 Program Revision: Rec & SO Soccer changed from Tuesdays to Wednesdays.

For competitive opportunities, please see page 22 for our Special Olympics Soccer season. When registering, please choose either SO Soccer or Rec Soccer.

# COACHES WANTED!

We need coaches for Special Olympics programs.

Please reach out to Grant Hampton if you're interested in coaching. grant.hampton@piercecountywa.gov

20



DIGITAL EDITION Prece County Parks www.piercecountywa.gov/pcsr | 253-798-4199

# SPECIAL OLYMPICS





# SPORTS SEASON CHANGES

As we head into our 50th anniversary in 2025, the Special Olympics Washington staff is working hard to imagine what the next 50 years of Special Olympics Washington will look like and how program offerings will continue to evolve. To this end, we are excited to announce a new structure for our sports and competitions seasons. Beginning in July 2024, we will transition from four seasons to three seasons: Fall, Winter and Spring.

# Please visit Special Olympics Washington's website for full release statement at:

https://specialolympicswashington.org/sportseason-changes/



# **PLEASE NOTE:**

Special Olympics is implementing a new online registration portal called Dynamics. This system will replace ARF forms and require new Medical Forms to be completed online. Every athlete will need to have ALL forms completed prior to the first practice. Any athlete that has not completed their forms will not be able to participate in any practice or competitions.

Visit us online at:

WWW.PIERCECOUNTYWA.GOV/SOWAPCSR

# **SPRING SEASON**

Special Olympics has not released the dates or locations for Sub-Regional and Regional Tournaments. Please provide a reliable email during registration, as all scheduling and regional information will be communicated via email. For those that qualify at the Regional Tournament, Spring State Games will be at University of Puget Sound and are scheduled for June 20-22.

If you require transportation to and from regional and state competitions, please contact Grant Hampton. There will be an additional fee for transportation to competition events.

www.piercecountywa.gov/pcsr | 253-798-4199 🥢 Pierce County Parks

DIGITAL EDITION 21





Soccer is a wonderful sport for all abilities. Athletes who participate in soccer are able to improve their overall physical fitness through training and competition, and athletes learn firsthand the benefits of playing as a team, which promotes communication, camaraderie, and friendship. Registration includes weekly practice, scrimmage and regional competitions, it does not include state competition. If a team qualifies for state competition there will be a separate registration fee. Pierce County Parks will provide athletes with a soccer jersey. Athletes are responsible for all other athletic apparel (shorts, socks, shin guards, and cleats must be worn.)

Special Olympics has not released the dates or locations for Regional Tournaments. Please provide a reliable email during registration, as all scheduling and regional information will be communicated via email.

For those that qualify at the Regional Tournament, Spring State Games will be at University of Puget Sound and are scheduled for June 20-22.

If you require transportation to and from regional and state competitions, please contact Grant Hampton. There will be an additional fee for transportation to competition events.

\*\*\*Special Olympics is implementing a new online registration portal called Dynamics. This system will replace ARF forms and require new Medical Forms to be completed online. Every athlete will need to have ALL forms completed prior to the first practice. Any athlete that has not completed their forms will not be able to participate in any practice or competitions.\*\*\*

 AGE: 8+
 MEMBER RATE: \$73 NON-MEMBER RATE: \$146
 Special

 LOCATION:
 Sprinker Recreation Center - Turf Fields / Shuttle - Yes 521 Military Road S, Tacoma WA 98444
 Special

 CODE
 DAY
 DATE
 TIME
 REGISTER BY Mar 21
 Washington

 20212
 Fues WED
 Mar 1819-June 1718 6:00-8:00 pm
 Mar 21
 Washington

 NO SO SOCCER DATE:
 May 2728
 Mar 21
 Mar 21

22 DIGITAL EDITION @ Prec Comp Parts

Ruks www.piercecountywa.gov/pcsr | 253-798-4199

Tuesdays to Wedr

2/9/24 Program Revision: Rec & SO Soccer c



This is an intermediate/advanced level swimming program and not recommended for beginners. Limited number of spots available. The 2025 Pierce County Parks swim practice schedule runs March 17th - June 23rd.

Special Olympics has not released the dates or locations for Regional Tournaments. Please provide a reliable email during registration, as all scheduling and regional information will be communicated via email.

For those that qualify at the Regional Tournament, Spring State Games will be at University of Puget Sound and are scheduled for June 20-22.

If you require transportation to and from regional and state competitions, please contact Grant Hampton. There will be an additional fee for transportation to competition events.

\*\*\*Special Olympics is implementing a new online registration portal called Dynamics. This system will replace ARF forms and require new Medical Forms to be completed online. Every athlete will need to have ALL forms completed prior to the first practice. Any athlete that has not completed their forms will not be able to participate in any practice or competitions.\*\*\*

AGE: 8+	MEMBER RATE: \$68
	NON-MEMBER RATE: \$136
LOCATION:	Pacific Lutheran University Pool / Shuttle - Yes 905 124th St S, Parkland WA 98444

DATE TIME

**REGISTER BY** Mar 10-June 16 6:30-7:30 pm Mar 21

NO SO SWIMMING DATES: Mar 24, May 26, June 2

CODE DAY

20213 Mon



**DIGITAL EDITION** 

23

www.piercecountywa.gov/pcsr | 253-798-4199



Live link:

https://www.piercecountywa.gov/1458/Specialized-Recreation



Info: 253-798-2997 | Register: 253-798-4199 | Email: pcsr@piercecouuntywa.gov Facebook Community: www.Facebook.com/PierceCountyParks

 Winter 2025
 Jan 6 - March 22
 Vol. 16

 SEQUOIA
 Quarterly

 HERAPEUTIC RECREATION
 Quarterly

 NEVSEETEER
 Registration

 Inside the Issue
 Info for:

# **Featured Function**

### XANADU AT TACOMA MUSICAL PLAYHOUSE

Join us for a fun filled night at the Tacoma Musical Playhouse and watch the romantic comedy unfold on stage. Xanadu follows the journey of a magical Greek muse, Kira, who descends from Mt. Olympus to Venice Beach, California in 1980 on a quest to inspire a struggling artist, Sonny, to achieve the greatest artistic creation of all time – the first ROLLER DISCO! (Hey, it's 1980!) But, when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation, and chaos abounds.

Optional: bring about \$15-\$20 for the concession stand. TMP offers Sensory Bags that can be checked out at the box office (noise reducing headphones, sunglasses, marble maze, stress ball, mesh marble fidget, a laminated information card, and single use calm strips and earplugs.) Sunday, February 23rd 1:30 - 4:00 pm

\$65.00 Registration | \$35 with scholarship Tacoma Musical Playhouse: 7116 6th Ave, Tacoma, WA 98406, USA



Inside the Issue: Registration info for: Sequoia Social Bowling Birdability® Outings Cooking Classes Bunco Party

and more!





# **Individual Services**

Sequoia Therapeutic Recreation is a vendor providing DDA individual services to help folks meet their individual goals in the community as listed in their Individual Plans.

Ask your Developmental Disabilities Administration Case Resource Manager if you qualify for Specialized Habilitation, Community Engagement, Community Inclusion, or Staff and Family Consultation. See our website for more information.

# Community Partners & Supporters

THANK YOU to the Names Family Foundation, Tacoma Arts Live and the ACE program, Tahoma Bird Alliance, Tacoma Lawn Bowling Club, SAMi/TPS, Meadow Park Golf Course, Washington Trails Association, Spun, Manitou Park Presbyterian Church, Fircrest Presbyterian Church, Meadow Park Golf Course, Bowlero Lanes of Lakewood, and special thanks to all our volunteers and Sequoia supporters. We love our community!

# Donate!

Consider supporting our programs and our scholarship fund by making a monthly donation on our donorbox. Thank you! https://donorbox.org/sequoia-tr-support

# About Us

Founded in Aug 2021, Friends of Sequoia Therapeutic Recreation (DBA Sequoia Therapeutic Recreation) is a 501(c)3 nonprofit charitable organization providing inclusive community based therapeutic recreation activities one on one and in small groups for people with intellectual and developmental disabilities (I/DD) and their families

Our Mission: Cultivating confidence, friendships, joy, and respect.

Vision: To be well-respected and trusted Values: Sincerity, Honesty, Long-term relationships, Mutual Respect, Community



Maddie, Katie, and Michelle having a blast at the bowling alley

Sequoia TR is able to provide services and activities for the community thanks to grants, supporters, and donations. Special thank you to the **Names Family Foundation**. Every donation of time and financial contributions helps! Thank you. Follow our socials and check our website for the online Sequoia Spirit Wear store, open now.



Logan and Josh at bowling



### BUNCO PARTY

Are you feeling lucky? Join us for a fun filled afternoon of BUNCO wearing your festive St. Paddy's festive attire. BUNCO is a social dice game that will have you laughing and sharing good times with others. No experience necessary - volunteers absolutely welcome. Lunch provided. Please contact us with any dietary restrictions. Wheelchair Accessible Entrance on 10th St/Nollmeyer. Can't wait to see you on the other side of the rainbow.

Saturday, March 15

11:00 am - 1:30 pm

\$20.00 Registration | \$15 with scholarship SUITE 15 AT THE Tacoma Armory: 1001 S Yakima Ave, Tacoma, WA 98405, USA

### COOKING CLASS

Spice up your cooking skills and dive into the joy of creating a delicious meal yourself! Join our hands-on cooking class, led by our experienced provider, Emily, who will guide you step-by-step through preparing a tasty, simple dish that you can recreate anytime. Discover essential kitchen techniques, build confidence in meal preparation, and boost your independence along the way. **Saturday, January 25th 5:30 - 7:30 pm** 

> \$33.00 Registration | \$20 with scholarship Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

### BIRDABILITY®

Meet your friends from Sequoia TR and Tacoma Bird Alliance at Wapato Park on the Sheridan side for this Birdability® adventure to learn about birds and their habitats. This flat paved loop around Wapato Lake is perfect for all abilities. Naturalists Birdability® Captains will point out and teach us about the birds we see or hear. Due to all the cat tails, we anticipate seeing and hearing Red Winged Black Birds. It sprinkles, drizzles, and rains in the PNW - wear proper clothing for the weather.

Saturday, March 22nd

### 10:00 am - 11:30 pm

\$16.00 Registration | \$8 with scholarship Wapato Lake Park: 6500 S Sheridan Ave, Tacoma, WA 98408, USA Birdability® is a registered trademark of Birdability, a Texas nonprofit corporation.

### SEQUIOA SOCIAL

Make and maintain friends while creating seasonal arts & crafts, play fun games and make something tasty in the kitchen. Please meet us at Fircrest Presbyterian Church at 12:30pm. It's ok to bring a snack and a drink. Bring a caregiver to assist you with your personal care needs. Mondays 12:30 - 2:30 pm

# January 8- March 17

### \$264.00 Registration | \$130 with scholarship

Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA



# SPRING BREAK March 23 - April 6 No Programs during this time

### BOWLING

Join Sequoia TR for a 11-week social recreational bowling session with friends. Meet at Bowlero Lanes of Lakewood. Bowling starts at 4pm, practice bowling is from 3:50-4pm. Teams of three will bowl two games, no lane switching. All levels welcome. Please tell us if you would like to bowl with a specific friend. STR staff will do our best to partner folks together. Registration fee includes shoe rentals and games. If you arrive and your team is already in the 5th frame or later we will add you to the second game.

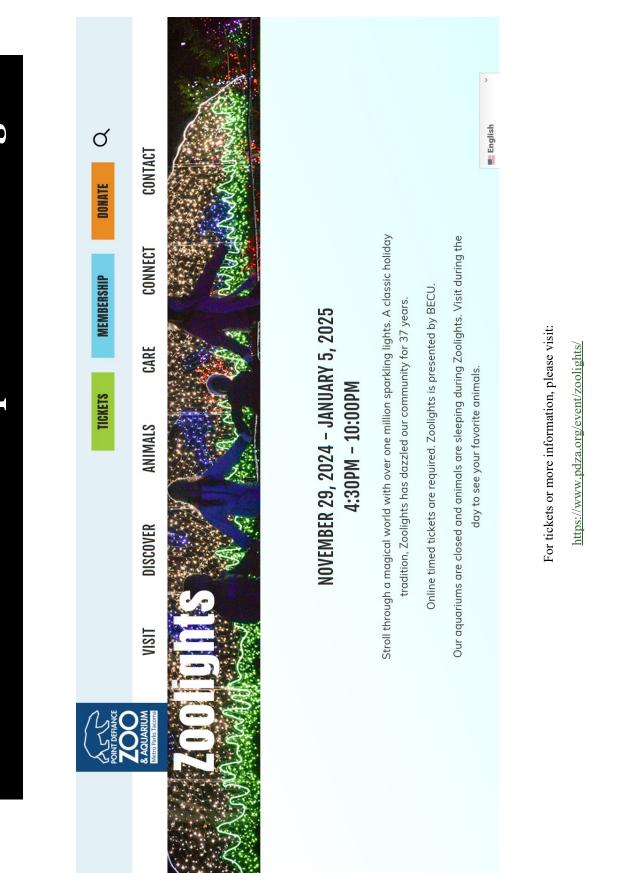
### January 8 - March 19

### Wednesdays 3:50 - 5:30 pm

\$207.00 Registration | \$100 with scholarship Bowlero Lanes of Lakewood: 3852 Steilacoom Blvd SW, Lakewood, WA 98499

Live link: https://www.sequoiatr.org/







https://www.thefair.com/holiday-magic/holiday-magic-tickets/?utm\_source=holiday-magic-2024&utm\_content=holiday-magic-3AlaUG3reCzA87R5tG4A7Zs8gBd%2BrIc7gX ighlights-110624&utm\_medium=email&utm\_campaign=holiday-magicights&vgo\_ee=DoYq2nV61DqoE40BJaNEygE2VdUThF3TsN4OmXBY2vdI0w4%3D%



# **DECEMBER** Events & Activities



# DEC 23-JAN 5

Collect a scavenger hunt form from the Frederickson Community Center Mon-Fri from 9:00 AM-4:00 PM, then explore the park in search of candy cane signs. Return completed forms to the community center for a tasty candy cane treat.

DEC

2024

CROSS PARK U 9:00 AM-4:00 PM S FREE

## DEC 2-30 TAE KWON DO

Build self-discipline, agility, balance, strength, and speed. Students are built from the inside out and must face strict standards for advancement including physical, mental and written tests. Learn Olympic style and traditional training. This class is taught by career instructors with multiple years of experience.

SPRINKER RECREATION CENTER 8 AGES 8 OVER 0 MON/THURS 6:00-8:00 PM 8 \$45/PERSON



# **JANUARY** Activities



# HOCKEY

# LEARN TO PLAY

Interested in playing hockey? Our classes work on skating skills, stick handling, developing game knowledge and fundamentals. Classes available for all levels.

SPRINKER RECREATION CENTER AGES 4 & OLDER



# PRACTICE

Pierce County Parks

Stick & Puck and Skate & Scrimmage sessions available weekly. Goalies always needed! All games are non-checking.

SCHEDULE & FEES: WWW.PIERCECOUNTYWA.GOV/HOCKEY

# ICE SKATE!

## LEARN TO SKATE

Sprinker strives to provide a fun and safe experience, teach the correct technique of the simple basic elements, promote health and physical fitness, and enable all participants to develop skills necessary for a lifetime of skating.

#### Lessons include:

- 30-minute group instruction with a certified ISI Coach
- Rental figure or hockey skates for classes
- practice during the public session on the day of the lesson
- · 2 free admissions to the public sessions
- Skill evaluation, ribbon, and or badge.



VISIT OUR WEBSITE

www.piercecountywa.gov/parks

PC2: Empowering individuals with developmental disabilities and their families since 1995!

CONTACT US

253-798-4177

# **JANUARY** EVENTS & ACTIVITIES

JAN 2025



# OALLAGES

Calling all adventurers and mythical creature enthusiasts! Sasquatch has been spotted on the Grandview Trail and we need true explorers to help find the big hairy creature! Complete a hunt form and turn it in at the Environmental Services Building between 8:30 AM-4:00 PM Mon-Fri for a prize.

CHAMBERS CREEK REGIONAL PARK



### JAN 18 OALLAGES NO SUN FUN RUN

Rain, hail, sleet, or snow, the No Sun Fun Run will take place no matter what weather our South Sound winter provides. The run is non-competitive, chip-timed, and welcomes all ages and abilities on the Nathan Chapman Memorial Trail. Remember, there's no such thing as bad weather, only bad clothes.

HERITAGE RECREATION CENTER
 S35/RUNNER
 B30 AM CHECK IN / 930 AM START

### JAN 2-30 TAE KWON DO

Build self-discipline, agility, balance, strength, and speed. Students are built from the inside out and must face strict standards for advancement including physical, mental and written tests. Learn Olympic style and traditional training. This class is taught by career instructors with multiple years of experience.

SPRINKER RECREATION CENTER 8 AGES 8 & OVER 0 MON/THURS 6:00-8:00 PM S \$45/PERSON

# JAN 7-FEB 12

BELLY DANCE

Middle Eastern Belly Dance is a low-impact form of dance appropriate for all body types and backgrounds. Learn history, basic movements, isolation techniques, and more. No dance experience necessary. All ages, shapes, genders welcome. Come with a willingness to learn make new friends, laugh and have a good time.

SPRINKER RECREATION CENTER	0	AGES 18 & OVER	0	TUES 6:00-7:00 PM
CROSS PARK	θ	AGES 18 & OVER	0	WED 6:00-7:00 PM

\$55/PERSON \$\$55/PERSON



# FEBRUARY **EVENTS**



### FEB 1 ALL AGES

## DADDY DAUGHTER DANCE

Join us for a Luau-inspired Daddy Daughter Dance with music, dancing, and refreshments for all ages. Enjoy a live DJ, goody bags, and a professional photographer offering photo packages starting at 6:30 p.m. Don't miss this chance to create lasting tropical memories together at Sprinker Recreation Center!

SPRINKER RECREATION CENTER S20/COUPLE 0 7:00-9:00 PM

\$8/ADDITIONAL CHILD \$10/ADDITIONAL ADULT

FEB

2025



# ֎PROVAIL

# Discover Your Community: Community Inclusion Services in King & Pierce Counties

Did you know that you may be eligible for Community Inclusion Services? Explore opportunities and enrich your life with community-based activities tailored to your interests.

## What is Community Inclusion?

Community Inclusion is an individualized service designed to provide meaningful opportunities to engage in community activities. Whether it's volunteering, attending art classes, enjoying music appreciation, or participating in exercise classes, the possibilities are endless and tailored to your interests.

## Do I Qualify for Community Inclusion?

Community Inclusion is available to:

- Individuals on the Basic Plus and Core Waivers
- Individuals in Skilled Nursing Facilities (PASRR)

### How Much Does It Cost?

- No Cost for Qualified Participants: If you qualify under the Basic Plus and Core Waivers or are in a Skilled Nursing Facility (PASRR), this service is free for you.
- Self-Pay Option: For those who do not qualify under the waivers, this is available at an estimated hourly rate of \$48.

## Can I Participate in Both Community Inclusion and Employment Services?

Absolutely! Recent changes now allow you to engage in both Employment Services and Community Inclusion.

# Start Your Journey Today

Contact your <u>DDA Case Resource Manager</u> to see if you are eligible for Community Inclusion Services.

## Explore Activities That Match Your Interests

Community Inclusion activities are:

### Individualized

Based on your personal interests

### Integrated

With individuals without disabilities in your community

### Accessible

By public transit or within a reasonable commute from your home

### Engaging

Allowing you to build relationships with community members who are not paid staff

### PROVAIL IS EAGER TO WORK WITH YOU

provail.org

PC2: Empowering individuals with developmental disabilities and their families since 1995!

(CD)

206.363.7303

# Are You Interested in a FREE iPhone?

How is this possible? DSHS' Developmental Disabilities Administration received special pandemic funding to purchase devices that can provide access to remote services for DDA clients and providers.

Apple iPhone SE 2.0 (64GB) includes:

- Unlimited minutes, messages & data, plus 11GB of hotspot data.
- Rugged case.
- Screen protector.
- Home charger.
- Built-in accessibility features. https://www.apple.com/accessibility
- Minimum one-year service plan.



### Service Plan Details

- You will be responsible for the phone.
- The service plan is between T-Mobile and you, not us.
- · You cannot make international calls, call 411 or change the phone number.
- The service plan will be for a minimum of one year. Depending on when you get the phone, the service plan may last until 9/15/24 or 1/6/25.
- After the service plan ends, the phone will belong to you. It will be unlocked. You can use the phone however you choose. You can pay for a new plan with T-Mobile or other vendors, purchase pre- paid calling cards or possibly use it for other qualifying low cost or free service plans. Learn more at: https://www.accesswireless.com/shop-phones/eligible\_phones

# Custom Support App

Multi-Language Call Center Support: 360-447-5678

Live agents are available Monday - Friday 6 a.m. to 4 p.m. (PST). On weekends or after hours leave a voicemail or send an email: supportwa@pwbts.net. Someone will contact you during call center hours. Visit https://supportwa.premierwireless.com for chat and other resources.

### How can I get a phone? Pick 1 of the 3 options below

1. Ask your case resource manager.

2. Visit us online: https://www.dshs.wa.gov/dda/service-and-information-request 3. Click on your region to request a phone: Region 1 Request Form, Region 2 Request Form Region 3 Request Form

Live links:

https://www.dshs.wa.gov/dda/service-and-information-request

https://forms.office.com/pages/responsepage.aspx?id=F-LQEU4mCkCLoFfcwSfXLeIKkAt2rMdPvOAl8wVrn pUNEw1MVkzRUE3SkZNWIVUSFJDT1JEWFJYTi4u

**Respite Retreats** 

For individuals with an intellectual or developmental disability and their families.

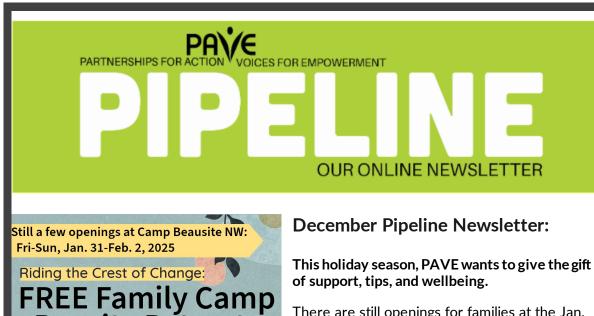
Learn more & apply at

lifespanrespitewa.org.

Type "family camp" in

the search bar

Lifespan Respite a program of PAVE



There are still openings for families at the Jan. 31-Feb. 2 Family Camp Respite Retreat at Camp Beausite NW!!

These **free** Family Camp Respite Retreats are for individuals with intellectual or developmental disability (I/DD) and their families. These special weekend camp dates are reserved

for families with a Family Camp Voucher from Lifespan Respite WA. Indoor lodging, all meals, inclusive activities and respite time!

Apply for a camp voucher today! If awarded, your family can register for the FREE weekend family camp. In addition to the retreat mentioned above, there are two additional dates that are available later in the winter season.

<u>Here are some simple instructions on How To Get Help From PAVE.</u>
Ask for what you need! Submit a PAVE Help Request.

Submit a PAVE Get Help request or search our website with over 300 articles, many with videos on a range of topics, all of us at PAVE are here for you and your family!



Live link: <u>https://wapave.org/</u>

### **Anderberg Christmas House**

### When: Open 24 hours a day

Where: 2019 S. 10th Street The Anderberg Christmas House in central Tacoma gets a yearly holiday makeover. The house is decorated with Christmas lights, and large Christmas inflatables fill up the front and backyard of this home. The holiday display can be viewed daily this month as weather conditions allow. Neighborhood holiday displays in Tacoma If you're looking for more neighborhood holiday displays in Tacoma, check out the Tacoma Christmas Lights map created by Tacoma resident Shatone Martin. The map lists seven homes that currently have holiday displays and three homes that will have holiday decorations go up soon. The map will continue to be updated as more people get their lights decorations up, so check back before you go. Anyone looking to add their residence to the map of holiday displays can do so by joining the Tacoma Holiday Network group on Facebook that was created by Martin herself.

### Tacoma Light Trail - New Year's Eve Kick Off Celebration

When: Dec. 31, 6-10 p.m.

Where: Tollefson Plaza, 1548 Commerce St. Start your New Year celebrations in downtown Tacoma and visit the free winter light art festival. The Tacoma Light Trail New Year's Eve Kick Off Celebration will feature a light parade, light art, live music and dance performances. The Tacoma Light Trail will be available to view every night from Dec. 31 to Jan. 12 from 5 to 9 p.m.

### Lakewold Gardens Winter Solstice Festival

When: Dec. 13-29, 5-8 p.m. Where: Lakewold Gardens, 12317 Gravelly Lake Dr. SW The Lakewold Gardens Winter Solstice Festival celebrates the shortest and longest night of the year with immersive lighting, live music, art activities and warm beverages. Admission to festival is \$20 for adults, \$16 for students, seniors and military, and \$10 for youth ages 5 to 17 years old. Children under 5 years old enter for free.

For more info, please visit: <u>https://www.thenewstribune.com/news/local/</u> article296646419.html





## Ready, Set, KNOW ...

# **Changes to DDA Enrollment** Criteria: Coming October 2024

House Bill 2008 was passed in June 2022, requiring the Washington State Department of Social and Health Services Developmental Disabilities Administration to stop using intelligent quotients, better known as IQ, to determine DDA enrollment. Beginning Oct. 7, 2024, they will no longer use IQ to determine enrollment. DDA will rely on diagnosis and adaptive functioning only for enrollment eligibility.

#### Other changes made to DDA eligibility include:

- Enrollment for all qualifying conditions\* is now available from birth to 3.
- Age of onset before 18 is now for all qualifying conditions
- The list of accepted adaptive assessments
- Expansion of the list of people who can make a diagnosis:
  - For some conditions, and under specific circumstances, DDA can accept diagnoses from the Center of Excellence, naturopathic doctors, advanced registered nurse practitioners, and physician assistants. Additionally, a geneticist can diagnose another neurological or a condition similar to ID.
  - Diagnoses from before October 7th by a gualified diagnostician can be used.

#### Changes to diagnosis criteria (Effective October 7th, 2024)

- DDA now accepts autism diagnoses from a COE, ND, ARNP, or PA affiliated with an autism or developmental center.
- DDA now accepts cerebral palsy diagnoses from a ND, PA, or ARNP associated with neurological practice.
- DDA now accepts diagnoses for neurological conditions or other conditions similar to intellectual disabilities from an ND, geneticist, or ARNP or PA associated with a neurological clinic or genetic testing center.
- DDA now accepts developmental delay diagnoses from a ND, ARNP, or PA.

You, the applicant, are responsible for providing the information required to determine DDA eligibility.

How long does it take to complete a determination of eligibility through DDA? DDA has up to 30 days from receiving the final requested documentation to decide if you are eligible.

To apply to be a DDA client, submit a Service and Information Request. To learn more visit https://www.dshs.wa.gov/dda/consumers-and-families/eligibility.

If you need help contact your local DDA office. To find your local office visit https://www.dshs. wa.gov/office-locations.

A Service of the Washington State Developmental Disabilities Council • informingfamilies.org

\*Qualifying conditions are defined as Developmental Delays, Intellectual Disability, Cerebral Palsy, Epilepsy, Autism, and another neurological or

other conditions similar to

Intellectual Disability.

10/24

ews to Know: DD J



# By Kirk Larson Social Security Administration Public Affair Representative in Washington State

In our ongoing commitment to serve the public more efficiently, we are expanding appointment-based services at our <u>local Social Security offices</u>.

By scheduling appointments, we will aim to reduce wait times, streamline service delivery, and improve the overall customer experience. Nearly 400 field offices have already moved to appointment-based service this year. These offices have seen significant improvements in wait times due to more efficient and helpful visitor experiences and increases in the number of customers able to complete their business online.

We are implementing appointment-based services nationwide in two phases. The first phase is a transition period now through January 5, 2025. The purpose of this transition period is to educate our customers about needing to schedule an appointment for SSA services. As a reminder, many of our services can be provided via phone with an appointment and do not require a customer to walk into an office for service.

Effective January 6, 2025, we will require customers to schedule an appointment for service in our field

### Winter, 2024

offices, including requests for Social Security cards. We encourage customers to become accustomed to our:

online services, where many transactions can be completed conveniently and securely, and

automated services available on our National 800# at 1-800-772-1213.

Customers who are not able to handle their business online or with the automated options, may call their <u>local Social Security office</u> or our National 800# to schedule an appointment.

We want to make clear that we will not turn people away for service who are unable to make an appointment or do not want to make an appointment. For example, members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention may still walk in for service at our field offices. Some of our offices also have minimal to no wait times, and they will still serve customers who walk in.

We appreciate your partnership in sharing this information and helping our customers through this transition. Thank you for your continued support as we work together to improve service accessibility and responsiveness.

###



# Emergency Preparedness

**Care Provider Bulletin** 

Jan. 2017

### **Did you Know?**

Emergencies can take many forms, from winter storms, wildfires, power outages, earthquakes, to terrorism. Individuals with intellectual and/or developmental disabilities are often at higher risk if they rely on others for care and support.

### Who is at Increased Risk?

- · Individuals with mobility barriers
- Individuals with medical conditions
- Individuals with communication barriers



### **Assess Your Emergency Preparedness**

- Do you have up-to-date CPR and first aid training?
- · Do you know your home's evacuation route/plans?
- Where are the main gas, water and electricity shut-offs? Do you know how to turn them off?
- · Do you know where emergency supplies are stored?
- · Can you operate a fire extinguisher?
- · Can you carry or transport someone if necessary?
- · Do you have a complete first aid kit?
- · Do you have an evacuation kit and is it portable?
- · Do you have an identified place to go and know how to get there?
- · Do you know where to access emergency information?
- How will you charge mobile and other devices?
- Do you have a plan for how to obtain power if it goes out, especially if you have clients who use any equipment that needs to be plugged in? Do you have backup batteries, generators, or other resources?

PC2: Empowering individuals with developmental disabilities and their families since 1995!

Did you Know?

ARE

READY ?

- The Federal Emergency Management Agency (FEMA) offers a free application for mobile devices with weather/
- mobile devices with weather/ emergency alert notification as well as emergency tips, resources for disasters, and it also allows you to enter information about your own disaster/emergency plan.
- You can register with the power company to receive alerts about power outages and restoration.
   Many companies have free applications for mobile devices.
- You can sign up for Smart 911, a service that allows you to text 911.
   By signing up ahead of time you can enter your address and other information for first responders, such as medical issues.



### **Prepare and Make a Plan**

#### Individuals with Mobility Needs

- Store emergency supplies such as gloves, batteries, patch kits, etc., in a pack
   attached to or near the equipment.
- If the person uses a cane or other device, keep an extra one in a strategic place, if possible.
- Arrange and secure furniture and other items for a barrier-free passage. Be sure all pathways are wide and unblocked.
- If a power wheelchair is used, have a backup lightweight manual chair. Know the size and weight of the power wheelchair in case it needs to be transported.
- Purchase extra batteries for power wheelchairs or adaptive equipment and keep them charged.
- Identify options for accessible transportation, if needed, and write them down.

#### Individuals with Medical Needs

- Develop and maintain an emergency health information card for local police, fire, emergency personnel, and others who may not know the person.
- Keep a current emergency contact list readily available, including phone numbers for doctors, the pharmacy, service providers, and medical facilities.
- Keep copies of medical insurance cards, a list of allergies, and health history information.
- Keep a list of medications and medically prescribed devices, including hard copies of prescriptions and doctor's orders for any equipment or supplies.
   Write down serial numbers and types of equipment used.
- Always have at least a week's supply of medication or other needed supplies such as oxygen, catheters, feeding tubes, cannulas, tubing, trach tubes, pads, undergarments, and ostomy supplies on hand.
- If any medications require refrigeration, include this in the plan.
- Store emergency medical supplies where the are readily accessible and make sure others know where they are.
- Consider a medical tag or bracelet describing medical needs.
- If life sustaining medical treatment is provided by others (such as dialysis, oxygen, cancer treatment), find out alternative locations, if needed.
- Alert the power company if oxygen or mechanical ventilation is used and ask what can be expected during a power outage.
- Make arrangements for at least two people to check in and see if the person is okay after a disaster strikes.

#### Individuals with Communication Needs

- · Develop a communication plan to use with emergency personnel quickly.
- Store paper, writing materials, etc., with emergency preparedness kits to help with communication. Laminated cards with pictures may help if communication devices are not available.
- If communication devices are used, keep serial numbers and model information.
- Make sure the person's emergency health card contains information on the best ways to communicate with the person.

#### **Other Considerations**

- Consider having items available to decrease stimulation or offer privacy, if needed (pop up tent, headphones, comfort snacks or items).
- · Identify shelter options and let friends and family know where to look.

### Practice

- Practice regularly what to do during and after an emergency.
- Make sure the person has a clear, written plan that can be easily located and shared with others if you are not around.



#### More information:

Washington Emergency Management Division http://mil.wa.gov/emergency-management-division

Federal Emergency Management Agency (FEMA) https://www.fema.gov/

Individuals with Disabilities and Others with Access and Functional Needs https://www.ready.gov/individuals-access-functional-needs

Smart911

https://www.smart911.com/

#### Red Cross

http://www.redcross.org/prepare/ location/home-family/disabilities





DISTRICT 2

DISTRICT 25

**DISTRICT 26** 

## **2025 PIERCE COUNTY LEGISLATURE**

LEGISLATIVE HOTLINE - 1-800-562-6000 - <u>support@leg.wa.gov</u> Session starts 1/13/2025

Rep. Michelle Caldier (R)

Bldg, Key Code: JLOB = John L. O'Brien Bldg. LEG = Legislative Bldg. LMB = Legislative Modular Bldg. JAC = John A. Cherberg Bldg.

29

DISTRICT

DISTRICT 31

GOVERNOR

Sen. Jim McCune (R) PO Box 40402 Olympia, WA 98504 Office: LMB 110 360-786-7602 jim.mccune@leg.wa.gov

DISTRICT

DISTRICT 27

DISTRICT 28

Rep. Andrew Barkis (R) PO Box 40600 Olympia, WA 98504 Office: LEG 427-A 360-786-7824 andrew.barkis@leg.wa.gov

Rep. Matt Marshall (R) \* PO Box 40600 Olympia, WA 98504 Office: LEG 122-A 360-786-7912 matt.marshall@leg.wa.gov





Sen. Chris Gildon (R)

PO Box 40425 Olympia, WA 98504

Office: LMB 116

360-786-7648

Rep. Cyndy Jacobsen (R) PO Box 40600 Olympia, WA 98504 Office: LEG 122-E 360-786-7968 cvndy.jacobsen@leg.wa.gov



Rep. Adison Richards (D) \* PO Box 40600 Olympia, WA 98504 Office: LEG 122-D 360-786-7964 adison.richards@leg.wa.gov





Sen. Yasmin Trudeau (D) PO Box 40427 Olympia, WA 98504 Office: JAC 227 360-786-7652 yasmin.trudeau@leg.wa.gov

Rep. Laurie Jinkins (D) PO Box 40600 Olympia, WA 98504 Office: LEG 339-C 360-786-7930 laurie.jinkins@leg.wa.gov

Rep. Jake Fey (D) PO Box 40600 Olympia, WA 98504 Office: JLOB 415 360-786-7974 jake.fey@leg.wa.gov

Sen. T'wina Nobles (D) PO Box 40428 Olympia, WA 98504 Office: LEG 416 360-786-7654 twina.nobles@leg.wa.gov

Rep. Mari Leavitt (D) PO Box 40600 Olympia, WA 98504 Office: JLOB 332 360-786-7890 mari.leavitt@leg.wa.gov

Rep. Dan Bronoske (D) PO Box 40600 Olympia, WA 98504 Office: LEG 132-D 360-786-7958 dan.bronoske@leg.wa.gov

Sen. Steve Conway (D) PO Box 40429 Olympia, WA 98504 Office: JAC 241 360-786-7656 steve.conway@leg.wa.gov



Rep. Sharlett Mena (D) PO Box 40600 Olympia, WA 98504 Office: JLOB 319 360-786-7996 sharlett.mena@leg.wa.gov

Sen. Phil Fortunato (R) PO Box 40431 Olympia, WA 98504 Office: LMB 216 360-786-7660 phil.fortunato@leg.wa.gov

Rep. Drew Stokesbary (R) PO Box 40600 Olympia, WA 98504 Office: LEG 335-C 360-786-7846 drew.stokesbary@leg.wa.gov

Rep. Josh Penner (R) \* PO Box 40600 Olympia, WA 98504 Office: JLOB 465 360-786-7866 josh.penner@leg.wa.gov



Washington Governor Bob Ferguson Office of the Governor PO Box 40002 Olympia, WA 98504

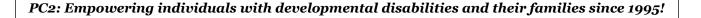
360-902-4111 711 800-833-6384

\*Newly elected legislators.

Office assignments and phone numbers subject to change.

11/14/2024

PC2 for Developmental Disabilities ~ 3716 Pacific Avenue #A, Tacoma, WA 98418 ~ 253-564-0707 ~ info@pc2online.org ~ www.pc2online.org



### Arc of Washington - 2025 Advocacy Days

*Advocacy Days*, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them.

In 2025 we will offer a mixture of opportunities for people to participate. All Advocacy Days begin at 10:00 am.- 11:30 am.

On January 15th, there will be a live Advocacy Day, the program begins at 10:00 am at United Churches in Olympia. The morning program will be live streamed. The rest of the Advocacy Days will be virtual to make the meetings more accessible to people all around the state.

We will also be coordinating with several organizations who will be holding live rallies. Watch for further details.

 Rally Days

 February 5th- Community Residential Services Association (CRSA) @ noon

 February 19th- The Community Employment Alliance (CEA) @ 1:00

 March 5th- Self-Advocates in Leadership (SAIL) @ 1:00

#### CLICK ON THE TITLE OF THE TOPIC BELOW TO REGISTER.

January 15th; LIVE EVENT @ 10 am <u>Build Capacity: How can we plan for our system to grow so that it meets the needs of our community?</u> United Churches 110 11th Ave SE Ste 210 Olympia, WA 98501-2253

January 22nd; VIRTUAL EVENT Supporting Families: *How can we ensure families have the support they need?* 

January 29th; VIRTUAL EVENT Housing: *How can I have a safe, affordable, inclusive place to live?* 

February 5th; VIRTUAL EVENT WITH WATCH PARTIES; CRSA RALLY @ NOON Supported Living: *How can I get the support I need to live in my home?* 

February 12th; VIRTUAL EVENT Crisis: Why are so many people in crisis?

February 19th; VIRTUAL EVENT WITH WATCH PARTIES; CEA RALLY @ 1:00 Employment & Community Inclusion: *How do we ensure that individuals have the adequate supports and individualized services needed to work and build relationships in the community*?

February 26th; VIRTUAL EVENT Education: What is needed to ensure every student has an inclusive education?

March 5th; VIRTUAL EVENT WITH WATCH PARTIES; SAIL RALLY @ 1:00 Community Living: What are the community and housing supports and services I need in order to live successfully in the community?

March 12th; VIRTUAL EVENT Social Engagement: How do we create welcoming communities and prevent social isolation?

March 19th; VIRTUAL EVENT Workforce: *How do we ensure there is a quality workforce available to provide care?* 

March 26th; VIRTUAL EVENT Budget: *What can you do now?* 

For more information, please visit https://arcwa.org/advocacy/advocacy-days-2025/