

# STEPPING UP!

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## Weaving & Leaving: Farewell message from Angela Jarvis-Holland

I am grateful for a chance to say goodbye to you all. Twenty years have gone by so quickly and in that time my work has connected me with so many amazing and beautiful people.

We have worked hard together weaving the cloth of community and we are each threads joining together to create strength and warmth. Our world is not yet open to all that people with disabilities have to offer and there are real challenges and barriers that our organization works to reduce. This work will continue after I retire and I know how much it is needed. I will miss working alongside my great accomplice Angela Frome and the staff and board, but I am excited to see them moving out of the shadow of COVID-19, and am impressed by their determination to keep growing our work.

See “Angela” on page 4



## Every day, the world gets a little bigger

By Leah Thompson

It had been 641 days since my daughters had last been inside a school—when they were sent home for an early spring break, not knowing when they would return.

See “School” on page 8

## Letter from the Board

by Mike Rosen

Spring is a time of renewal, and an appropriate time to discuss the changes coming for NW Disability Support. First, as many of you already know, Angela Jarvis-Holland, our Founding Director, is retiring. Angela's contributions to the organization are historic and profound and she will be greatly missed. I will remember Angela as a fierce leader full of knowledge and compassion, and relentless in her pursuit of inclusion, equity, and justice.

We are moving quickly to continue our programs and have just hired Kris Balliet as our Interim Director. Kris is a seasoned non-profit administrator with decades of experience. Her most recent assignment was as Interim Director for the Sandy River Watershed Council. She is an attorney, community volunteer, and an ardent supporter of disability rights. Kris began working for NW Disability Support in March and is likely to stay on until the end of July.

NW Disability Support is working with Nonprofit Professionals Now to search for a permanent, full-time Executive Director. We expect the process to take approximately four months to complete. If you are interested in this position or know of good candidates, please refer them to Agnes Zach at [agnes@npprofessionals.com](mailto:agnes@npprofessionals.com).

The NW Disability Support Board of Directors met in early March for a retreat and began discussions around what the organization looks like, post-pandemic. Our goal was to set a direction for our work through the end of the year and well into 2023. We continue to receive significant funding from Oregon Health Authority and Federal Emergency Management Agency to sustain our work on COVID-19-related issues. We also receive funding from Multnomah Early Childhood program for ABI's Kindergarten Inclusion Cohort, and we continue to use unrestricted funds we've raised to support our other programs. We expect to hear soon whether we have been awarded a new grant from OHA that will run through June of 2023.

As we look past the pandemic, programs we want to emphasize are: early childhood outreach, education and community building; reinvigoration of our youth/young adult work; NWDSA's Buddy Fest NW; and the All Born (in) annual conference. It's full steam ahead and the Board of Directors and staff are excited to get all this work up and running.

Finally, we would like to reintroduce you to our six board members and encourage you to contact us with any questions or comments you have.

Wishing you all the best throughout the Spring and the rest of the year.

**Abigail Braithwaite (Secretary)** is a writer and advocate living in Clark County, WA. She joined the board of NW Disability Support in 2007, and is mom to two children. Her daughter Adara experiences Down syndrome, and was her ticket to this community.

**Jonathan Cotton** lives in West Linn with his wife and daughter Lorelai, who experiences Down Syndrome. Jon's background is in entrepreneurship and nonprofit work. He's worked on the board of Bridge City Guild and YMCA of Columbia-Willamette, holding roles on financial, development, marketing, and executive committees. Jon is a founder of Cascade Church Portland and works part time as its operations director.

See "Board" on page 7

# Message from Steven & Dan

by Steven Holland (Board Member) & Dan Jarvis-Holland (Self-Advocate)

My wife Angela Jarvis-Holland will be stepping down as Executive Director of NW Disability Support, the umbrella organization for Northwest Down Syndrome Association and ABI Community. Last week I was helping her clear out her office and we ran across a collection of photos from the many socials, trainings, and events we have been a part of over the years. It was such a joy to see the smiling faces of the many kids and parents that been a part of this organization for so many years.

As we move into spring, it’s a good time to reflect back on the amazing journey we have experienced as a family over the last two decades. Daniel was just three years old when we became involved with the Northwest Down syndrome Parent Support Group, which later became NWDSA, and then expanded to become NW Disability Support.

In 2002, we hosted our first summer social/picnic at Oaks Park, and our first Buddy Walk at the Rose Quarter. That November, we held our first Reciprocal Learning Community Parent/Professional training. Those early friendships and collaborations laid the foundation for many years of amazing accomplishments, and it’s really those relationships that motivated us to work together over these 20 years to build a better future for people with disabilities.

To name all of the amazing projects that were launched over the years would take pages, but they have all been inspired by the love of our children, with the goal of meeting real needs, and programs based on our core values and built on best practices. Our whole family has been a part of this passion project—Angela, Daniel, Quinn, and I. In many ways the growth and work of NW Disability Support parallels the growth in our own family.

As we close this letter, Daniel wanted to share some thoughts about his experience. “I like the Buddy Walk/Fest which is fun and I got to be a speaker. The Youth Group was hard, but I learned skills about being more independent. I like seeing my family work hard and I’m getting better at setting my goals. The work has made me a good person and I like my friends from NWDSA/ABI. NWDSA/ABI made college open for me at PSU, and I hope more advocacy will let me to take classes at Community College.”





### “Angela” cont...

We have a skilled Interim Executive Director in Kris Balliet and a thoughtful process to find our next permanent ED. My thanks also go to our Board Chair Mike Rosen, who is leading fearlessly.

In my time as ED there has been hard work, joy, and so many celebrations. I have seen profound changes from the programs, outreach, and conferences we all create together. Among my favorites is the Kindergarten Inclusion cohort, the work with the Hispanic community, youth, and the banners and billboards with proud faces of our community 20 feet wide across the city! Always at the heart of the work is love and an embrace of welcome that I trust will continue. Not many offices offer the chance to hold a newborn baby and share the first genuine congratulations with their parents. We have seen faces change and smiles spread, we have witnessed possibilities growing and expectations rising and that is real strength.

We have also been unafraid to raise our voices and challenge injustices in schools and community, create new conversations, and support the changes we need. Thank you to every one of you that stands up for justice and dignity; it makes the world better for everyone.

All of our work connects to the goal of creating a loving and inclusive community. It has been an honor to serve that mission and also to see its impact on pride, awareness, and visibility for people with disabilities. I have also seen my own family grow and learn from so many leaders and mentors that are a part of our circle.

We have all been through a lot with COVID-19 and the isolation and risks it brought. I enjoy music and poems when I am stressed. One of my favorites is "Beannacht" by John O'Donohue and it reminds me of the cloth of community all of our threads weave:

*And so may a slow  
Wind work these words  
Of love around you  
An invisible cloak  
To mind your life*

Peace love and joy to you all, and see you at a Buddy Fest NW, All Born (in) conference, or celebration some time soon!

*Angela Holland*



## Meet Allison Bailey—New Parent Outreach Coordinator

When my son Wynn was born in 2018, I was desperately trying to find my place in the community. My friends and family didn't understand what I was going through and felt awkward about his diagnosis, which in turn pushed me away, because all I wanted was for someone to congratulate me and love Wynn like I did. I felt ostracized and I had a lot of anger towards how people saw Wynn as just a diagnosis and not a beautiful, bubbly, bright little boy. After 10 days in the NICU, we brought Wynn home, and I told my husband that there was an event that night through a cool organization I found called NWDSA and that we should go. I remember driving downtown, feeling anxious and nervous about how people would look at us, treat us. Would they even talk to us? As we parked, I felt queasy. I couldn't handle more uncomfortable stares at Wynn.



Little did I know that that would be one of the best nights of our lives. We were immediately greeted with a warm welcome, and for the first time ever, people were congratulating us and telling us how perfect Wynn was. Everyone wanted to hold him, see him, and say, "hi" to him. I felt like I had stepped into a different world where no one saw a diagnosis; they just saw Wynn, and that was incredibly refreshing for me. I knew in that moment that, regardless of any family or friends that I had lost through my pregnancy and his birth, I gained an entire community that supported me and wanted the best for my child. I have been a fierce advocate since then; I stayed active on a few support forums online that I had joined during my pregnancy, after his diagnosis, to give other pregnant women a glimpse into what it's really like having a baby with Down syndrome. If anything, I wanted these women to hear, "Congratulations! It's going to be okay!" because that's what I so desperately wanted to hear when I was pregnant.

NWDSA/ABI gave us hope after Wynn was born, and I want to pay it forward and give that special feeling to other families. I thoroughly enjoy advocating for my son and everyone in the community, and reaching out to families that are in need of support. I'm really looking forward to help guide families through this new journey they're on, while providing hope, reassurance, and resources.

**NWDSA offers New & Expectant Parent Support  
in English & Spanish  
at [nwdsa.org/get-support](http://nwdsa.org/get-support)**

# Kindergarten Inclusion Cohort (KIC) Goes Virtual

Getting ready for Kindergarten can be an exciting and overwhelming life event for parents of children experiencing disability. Programs such as Kindergarten Inclusion Cohort (KIC) help prepare families for the transition.

KIC is a series of best practices-driven trainings that helps families advocate for inclusive kindergarten placements for their children. More than just workshops, KIC is also a community of parents who support each other.

As with so many things, KIC went virtual this year. That means we are able to make KIC content even more widely available to families of students getting ready for Kindergarten.

If you or someone you know is preparing for Kindergarten with IEP services, have a look at [abicommunity.org/resources/](http://abicommunity.org/resources/). These resources are also useful to families of older students, service providers, and educators.



## Upcoming virtual workshops

- April 14 • Visual Supports & Communication Tools for Inclusive Classrooms with Molly Hulett
- May 12 • Behavior Supports with Dave Andrews

**Learn more & register**  
[abicommunity.org/events](http://abicommunity.org/events)

**Recordings & resources from previous online workshops can be found at [abicommunity.org/resources/virtual-events](http://abicommunity.org/resources/virtual-events)**

## Meet Chelle Johnson, our New Kindergarten Transition & Education Coordinator



Chelle has years of experience working alongside parents and children with developmental disabilities. She has two sons, one of whom experiences Down syndrome. We are excited to welcome Chelle to the ABI community!

## Recent workshops



IEP RIGHTS & LAWS, CHRIS SHANK- 1/25/22



GOALS IN THE IEP, NOELLE SISK-2/24/22



PORTFOLIOS, CINDY RYAN- 3/10/22





**Welcome to the world, baby Aodhan!**



**“Board” continued...**

**Steven Holland (Vice-Chair/Treasurer)** is a graduate of the University of Oregon with a degree in finance, a CFA, and is Directory of Treasury and Risk with The Campbell Group, LLC. He has been with NW Disability Support since 2001, serving at different times as board member, treasurer, and president. He is parent of an adult son with Down syndrome.

**Molly Hulett** lives in Oregon City and is the parent to two children, one of whom experiences Down syndrome. Molly is a former graduate of ABI’s Kindergarten Inclusion Cohort and is a teacher at Clackamas ESD.

**Giuseppe Lipari** is a creative director working in a freelance capacity as well as with local and national companies for branding marketing and design needs. He joined the NW Disability Support Advisory Board in 2008 and the Board of Directors in 2010.

**Mike Rosen (Chair)** has 24 years of volunteer and public-school advocacy experience and has won awards for his community leadership. Mike has a keen interest in inclusion, the environment and social justice. Professionally Mike has 26 years of team and program management experience in environmental work. Mike is supporting the NW Disability Support with grant writing and community partnerships.

## “School” continued...

The week before winter break, my daughters returned to in-person school, just days after they were fully vaccinated.

For so many of us, our time in isolation felt never-ending. But for the small children kept home, it extended into an enormous percentage of their lives. Their entire worlds changed, from once having safe places to explore, to being suddenly confined to a small and newly-scary world.

Our family chose to be more isolated than most. The early years with our now 11-year old daughter with Down syndrome were fraught with medical scares, surgeries and hospitalizations, as well as times when we weren't sure if she would make it through the night. For us, those experiences changed us.

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**The risk calculations that others found reassuring offered us no comfort, because we had already come so close to loss.**

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And so, to protect our daughter, our family stayed home. We stayed masked, rarely meeting others outdoors. And as much as we tried to bring joy and connection into our home, it was heartbreaking to watch our children's worlds get so small.

Now that the girls are back to school, the shift has brought so much lightness to us all. Their education is no longer limited to a teacher on a screen and endless jumbled online assignments, with us working overtime to fill the gaps for our daughter with considerable support needs. We are back in the throes of packing lunches and rushing around, planning for IEP meetings and a transition to middle school. And every day we are gaining a little more of ourselves back. When I pick up my daughters from school I get to hear how great their days have been. It is wonderful to feel like our worlds are getting bigger. The worries may not be over, but we are grateful to be getting there.





# "Beating COVID" posters available in 11 languages

- English
- Spanish
- Korean
- Arabic
- Traditional Chinese
- Russian
- Vietnamese
- Hmong
- Sumali
- Marshallese
- Chuukese



Get copies by contacting [info@abicommunity.org](mailto:info@abicommunity.org)

## Vaccines against COVID-19 for all: From promise to reality

By Maria Rangel

In June 2021, thanks to our partnership with the Oregon Health Authority, we were presented with the opportunity to host accessible vaccine events for our entire community. We wanted to make an effort to support the individual needs of a population that sometimes has barriers to getting vaccinated in the traditional clinics with formal settings.

First, as with everything we do, we started from our philosophy of listening to the voices of the community, and thinking about how to reduce the barriers that they shared with us. Second, there was our commitment to inclusion; it was not going to be an event just for the disability community. We would ensure a warm welcome and individualized attention to each person who attended our events. We wanted each person who walked into one of our vaccine events to feel safe, welcome, and free to ask for any support or accommodation so that their experience would feel more like a get-together with friends than a doctor's appointment.

We have successfully incorporated this style into our vaccine events, with some adjustments to incorporate safety recommendations. Ten months later, we proudly share with you that we've hosted ten vaccination events, with a total of 375 people vaccinated. People who get vaccinated at our community events are of all ages and abilities, including a number of children and youth who have already tried unsuccessfully to get vaccinated elsewhere.

*How are our events different?*

We start with an atmosphere of joy. We play music and supply sweets, coloring books, posters, and our *Fighting COVID* and *Beating COVID* comic books. Volunteers welcome guests and help them navigate the process. We offer spaces where the family can gather around a person who is afraid, encouraging them until they feel ready.

In some cases, we consult with the families to find out in advance what they will need. Do they need bubbles? An outside space? A sign language or Spanish interpreter? A teddy bear to hug while they get their shot, or small toy to take home afterwards? We offered all of this, plus numbing sprays, and creams to reduce needle pain. When the final 15-minute wait is over, we have hot food like burritos and delicious tamales, bags or t-shirts, take-home food boxes, and more.

Something that has helped many people have a good experience is a vaccination plan that the person to be vaccinated makes together with a support person. This puts them in control to decide what supports they need. The plan is then communicated to us so that our team is prepared.

I personally learned the value of these plans. I am a mother of three children: 15, 14 and 8 years old. I prepared well to support Ruby—my teenage daughter who experiences Down syndrome. At my suggestion, the vaccinator explained each step before inserting the needle, since this helps Ruby reduce her anxiety.

"I'm opening the alcohol to clean your arm. I'm cleaning your arm. I am applying the vaccine. Let's count, 1-2-3 and done!"

Ruby did well, but—surprisingly—when it was my youngest son Emiliano's turn, he was consumed with anxiety and his enthusiasm to get vaccinated turned to terror.

See "Vaccine" on page 13

## Vacunas contra COVID-19 para todos y todas: de la promesa a la realidad

por Maria Rangel

En Junio de 2021, gracias a nuestra asociación con la Autoridad de Salud de Oregón, se nos presentó la oportunidad de organizar eventos de vacunación accesibles a toda nuestra comunidad. Queríamos hacer un gran esfuerzo para apoyar las necesidades individuales de una población que a veces tiene barreras para vacunarse en las clínicas que son formales.

En la planificación, comenzamos de nuestra filosofía como en todo lo que hacemos. Primero, siempre está la voz de nuestra comunidad, así comenzamos escuchando y pensando sobre cómo reducir las barreras que nos contaban. Segundo, estaba nuestro compromiso con la inclusión; entonces, no iba a ser un evento únicamente para la comunidad con discapacidades, sino íbamos a asegurar una buena bienvenida y atención individualizada a cada persona que asistiera al evento. Queríamos que cada persona que entrara a uno de nuestros eventos se sintiera seguro/a, bienvenido y libre de pedir cualquier apoyo y o acomodación para que su experiencia con la vacuna pareciera más a un encuentro con amigos que una cita médica.

Exitosamente hemos incorporado este estilo a nuestros eventos de vacunación, con algunos ajustes para incorporar las recomendaciones de seguridad. Diez meses después, les compartimos con orgullo que hemos llevado a cabo Diez eventos mensuales de vacunación, con un total de 375 personas vacunadas. Las personas que reciben la vacuna en nuestros eventos comunitarios son de todas las edades y habilidades, incluyendo una cantidad de niños y jóvenes que ya habían intentado sin éxito vacunarse en otros lugares.

*¿Cómo son diferentes nuestros eventos?*

Comenzamos con un ambiente de alegría. Ponemos música, dulces, libros de colorear, pósteres, y cómics. Otra de las cosas que hemos incorporado en cada evento son voluntarios que dan la bienvenida y ayudan a navegar el evento. Ofrecemos espacios donde la familia puede agruparse alrededor de una persona que tiene miedo, animándole hasta que se sienta listo/a.

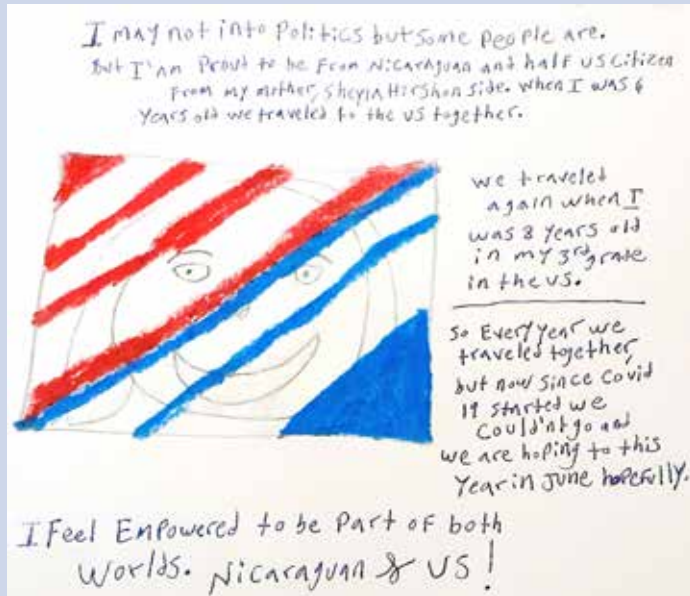
En algunos casos consultamos con las familias para saber con anticipación qué iban a necesitar. ¿Necesitaban burbujitas? ¿Un espacio afuera? ¿Un intérprete de señas o de español? ¿Un oso de peluche para abrazar mientras recibían su vacuna, y llevar a casa luego? ¿Un juguete pequeño que ayude a reducir la ansiedad? Ofrecimos todo esto, más aerosoles y cremas anestésicas para reducir el dolor de la aguja. Y cuando ya los 15 minutos de espera final terminan, tenemos comida caliente como burritos y tamales riquísimos, bolsas o camisetas, cajas de comida para llevar a casa y más. Algo que ha ayudado a muchas personas que tienen miedo y o ansiedad a tener una buena experiencia son los planes de vacunación. Este es un plan que la persona que va a recibir la vacuna hace junto con una persona de apoyo.

Así la persona que estará recibiendo la vacuna está en control, y puede decidir qué apoyo va a necesitar. Luego, se nos comunica el plan para que nuestro equipo esté preparado.

Aprendí de manera personal el valor de estos planes. Soy mamá de tres hijos: de 15, 14 y 8 años.

See “Vacunas” on page 13





## Artwork by Chrystal Figueroa-Hirshon

I may not [be] into politics but some people are. But I am proud to be from Nicaraguan and half US citizen from my mother, Sheyla Hirshon side. When I was 6 years old we traveled to the US together. We traveled again when I was 8 years old in my 3rd grade in the US.

I feel empowered to be part of both worlds. Nicaraguan & US!

*Hola yo soy Chrystal Figueroa-Hirshon. Yo pinte una cara con azul y blanco tambien rojo y blanco bandera porque yo nací en Nicaragua y yo vine a EU cuando tenia 6 años con mi madre Sheyla Hirshon. Porque ella es de EU por eso yo soy parte de 2 mundos, yo siento muy orgulloso mucho.*

[Chrystal's artwork was created for a Visual Arts class at PHAME Academy]

## Local disability community news round-up

→ Oregon Health Authority has released a Crisis Care Plan that will ensure that care during a public health crisis is no longer administered on discriminatory metrics. "Under the tool, all patients who can potentially benefit from treatment will be offered care. No one will be denied care based on stereotypes, assumptions about any individual's quality of life, or judgement about an individual's "worth" based on the presence or absence of disabilities."

→ Congratulations to Valerie Williams on becoming the new director of the Office of Special Education Programs (OSEP). Williams has a son with Down syndrome, and when asked about her vision she said: "I would like to see inclusion, where it's not something that people try to do but it's intentionally weaved into everything that's done. Making everything that we're doing more inclusive means that it's not an afterthought"

→ University of Oregon announced the Ballmer Institute for Children's Behavioral Health, which will focus on creating intervention and treatment programs to address children's behavioral and mental health care needs. The institute will partner with K-12 schools across the state. "The global pandemic has only amplified the mental and behavioral health needs of students here in Portland and across the country," said PPS Superintendent Guadalupe Guerrero. "School districts are often ill-equipped to adequately address these barriers to learning. The institute is a new model of prevention and care."

## Anti-viral treatment helps keep family out of hospital

By Randy Anderson

About a month ago, my 25 year-old daughter Whitney woke up with congestion and fever. An in-home rapid test revealed that she was positive for COVID-19.

Whitney is high-risk for pulmonary and cardiac complications but has enjoyed good health for a few years. We are both triple-vaccinated and have kept our circle small throughout the pandemic. Despite our caution, she was unknowingly exposed.

The staff at NWDSA/ABI, thanks to their immersion in COVID-19 work with Oregon Health Authority, was able to help get us on a path to treatment right away. We contacted Whitney's Primary Care Provider and he prescribed the anti-viral medication PAXLOVID™.

I began developing symptoms and tested positive that evening. I contacted my PCP and learned that, as Whitney's caregiver, I also qualified for treatment with PAXLOVID™.

Two days after starting treatment, all symptoms were completely gone! Along with vaccinations, PAXLOVID™ helped reduce the severity of symptoms, sped up recovery, and kept us out of the hospital.



WITH THE HELP OF ANTI-VIRAL TREATMENT, WHITNEY & RANDY TESTED NEGATIVE LESS THAN 5 DAYS AFTER ONSET OF SYMPTOMS.

Two oral antivirals—Paxlovid™ and Molnupiravir™—have been authorized for outpatients with mild to moderate COVID-19 under emergency use authorization from the Food and Drug Administration. Treatment should begin within five days of symptom onset to be most effective.

Paxlovid™ is currently authorized for use in patients 12 years or older. Molnupiravir™ is authorized for patients who are 18 or older.

Contact your health care provider or facility to find out if these treatments are available in your community.



## Bring the COVID-19 vaccine to the community with this accessible event checklist

### Choosing a site

- Fully accessible space, with accessible restrooms including gender neutral
- Ample, open areas for people that use wheelchairs and strollers
- Non-medical community setting
- Near public transportation with accessible route to event (curb cuts etc)
- Ample parking

### Preparation & set-up

- Welcome signs and festive banners with images of community.
- Accessible entrance with colorful signs, balloons, tables for swag, COVID-19 safety materials, information, and treats.
- Greeter stations.
- Multilingual informational signs with clear visuals placed around the site.
- Clearly marked areas for registration, line-up, and the final 15-minute wait.
- Vaccine stations marked off, with room to accommodate wheelchair access.
- Areas established for initial check-in and to assess individual needs .
- “Ready-Set-Go!” plan established so those arriving can communicate their vaccine needs and accommodations.
- Private, comfy areas marked off for individuals and family groups, where anxious guests can stand, pace, lie down, or sit.

### Publicity

- Phone contacts for previous special arrangements.
- Flyers in major languages.
- Flyer or email blasts to disability organizations, school districts, county offices, CBOs.
- Local media contacted for PSAs

### Day of event • **make sure individual needs drive the process**

- Translators available for Spanish, ASL, other languages as needed.
- Pre-check-in meeting with all staff and volunteers, to set expectations and clarify roles.
- COVID comics, treats, PPE, COVID-19 Test kits, information laid out on tables near entry.
- Trained Therapy dogs circulating (when available).
- Volunteers assigned tasks and stations: cheering, assisting, assessing needs, maintaining lines, giving out stuffed animals, fidgets, water, treats, etc.
- Fast track line so individuals with small children, accessibility needs, or inability to wait in long lines can get in and out fast as possible.
- Vaccination staff prepared to give person-centered treatment, including fidgets, numbing spray, weighted blanket, ice pack, timing, privacy or anything else in family vaccine plan.
- Before and after waiting areas with coloring books, toys, stickers, etc.
- Staff or volunteers maintaining exit area, monitoring final 15 minutes, and distributing snacks, food boxes, etc.



## Elementos importantes para crear eventos accesibles de vacunación: Traer la vacuna a la comunidad

### Escogiendo el sitio

- Completamente accesible, con baños accesibles, incluso uno que es género neutro
- Espacio amplio para personas en sillas de rueda o con carriolas
- Lugar comunitario, en vez de un sitio médico
- Cerca del transporte público, con bordillos accesibles para llegar al evento
- Amplio lugar para estacionar

### Preparación y arreglo

- Preparar carteles de bienvenida y pancartas festivas con imágenes de la comunidad.
- Decorar la entrada accesible con carteles y globos. Acomodar mesas para materiales de salud, regalitos, información, bocaditos, etc. Designar un sitio para personas que darán la bienvenida.
- Colocar letreros informativos alrededor del sitio, en varios idiomas, y con visuales.
- Marcar áreas para registrarse, hacer fila para la vacuna, y esperar los 15 minutos después de la vacuna.
- Arreglar los puestos de vacuna, asegurando que haya paso para sillas de rueda.
- Designar sitios para orientación inicial y evaluación de necesidades individuales
- Establecer un plan de "¡En sus marcas, listos, fuera!", para que individuos llegando puedan comunicar sus necesidades y acomodaciones para recibir la vacuna.
- Arreglar áreas privadas y cómodas, donde personas ansiosas pueden tranquilizarse en compañía de sus familiares, con libertad de movimiento.

### Publicidad

- Contactos telefónicos para comunicar con anticipación cualquier necesidad individual
- Volantes en varios idiomas.
- Información distribuida mediante volantes o correo electrónico a organizaciones de personas discapacitadas, distritos escolares, oficinas del condado y clínicas.
- Contactar medios de comunicación local para hacer anuncios públicos.

### El día del evento • asegurándose de que las necesidades individuales impulsen el proceso

- Intérpretes disponibles de Español, ASL, u otros idiomas.
- Junta de orientación previa entre todos para establecer expectativas y aclarar responsabilidades.
- Equipo de protección personal, kits de pruebas de COVID, cómics sobre COVID, bocadillos, información etc. colocados en las mesas.
- Perros terapéuticos, si hay.
- Voluntarios/as ubicados/as para animar, asistir, evaluar las necesidades, mantener las filas, distribuir peluches, juguetitos, agua, bebidas, etc...
- Fila rápida para que personas con niños pequeños, necesidades de accesibilidad o incapacidad de aguantar largas esperas puedan entrar y salir con mayor rapidez.
- Personal de vacunación preparado para brindar apoyos centrados en la persona, con juguetitos, spray analgésico, cobijas pesadas, hielo, cronómetro, privacidad o cualquier otro arreglo pedido en el plan familiar de vacunación.
- Áreas de espera previa y después con libros de colorear, calcomanías, etc.
- Personal y voluntarios monitoreando el área de salida, notando los 15 minutos de espera y distribuyendo comida y/o cajas de comida al final.

## “Vaccine” continued...

It took two hours and the support of the whole family to get his first vaccination, and even so it was between crying and fighting. Anywhere else, I would have given up.

When it was time for Emiliano's second dose, we prepared ourselves with a good plan. The first step was to give Emiliano the *Fighting COVID* and *Beating COVID* comic books, created by NW Disability Support to provide education and information about COVID-19 in a fun way, available in English and Spanish.

The day of the event, I spoke with the vaccinator and asked her to fill out any required paperwork before Emiliano arrived. I also asked them to use an aerosol anesthetic spray to reduce the pain from the needle in his arm. As soon as Emiliano came in, he sat down, lifted his shirt, and looked me in the eyes as I bent down to be at his level. He said, "Hold my hand, please," and without further ado, he got his vaccine. In the end, I told him, almost crying: "I'm so excited that you did this. I am very proud of you."

We continue to offer these events. Follow us at [Facebook.com/nwdsa](https://www.facebook.com/nwdsa).



Emiliano shared his vaccination experience with the Oregon Health Authority: [covidblog.oregon.gov/vaccine-voices-im-so-proud-a-mom-of-disabled-children-soothes-their-vaccine-anxiety/](https://covidblog.oregon.gov/vaccine-voices-im-so-proud-a-mom-of-disabled-children-soothes-their-vaccine-anxiety/)

“My name is Emiliano, and I am 8 years old, and I got both of my vaccines and I am very proud of myself and the very first time I was nervous, but me and my mom made a plan and it helped me a lot and now I feel a lot more safer.”

Emiliano recientemente compartió un poco sobre su experiencia con la Autoridad de Salud de Oregón: [covidblog.oregon.gov/voces-de-vacuna-estoy-muy-urguloso-madre-calma-la-ansiedad-de-su-hijo-ante-la-vacuna/](https://covidblog.oregon.gov/voces-de-vacuna-estoy-muy-urguloso-madre-calma-la-ansiedad-de-su-hijo-ante-la-vacuna/)

“Mi nombre es Emiliano y tengo 8 años y tengo mis dos vacunas y estoy muy orgulloso de mi y la primera vez estaba muy nervioso, pero yo y mi mama hicimos un plan y me ayudo muchísimo y ahora me siento mucho más seguro.”

## “Vacunas” continuado...

Me preparé bien para apoyar a Ruby, mi hija adolescente que experimenta síndrome de Down. A mi sugerencia, la vacunadora le explicaba cada paso antes de meter la aguja. Ya que esto le ayuda a Ruby a reducir su ansiedad.

“Estoy abriendo el alcohol para limpiar tu brazo. Estoy limpiando tu brazo. Estoy aplicando la vacuna. ¡Contemos, 1-2-3 y Listo!”

A Ruby, le fue bien, pero, sorpresivamente, cuando llegó el turno de Emiliano, mi hijo menor, la ansiedad lo consumía y el entusiasmo que tenía por vacunarse se convirtió en terror. Tomo dos horas y el apoyo de toda la familia para lograr su primera vacuna, y aun así fue entre llanto y lucha. En cualquier otro sitio, me hubiera dado por vencida.

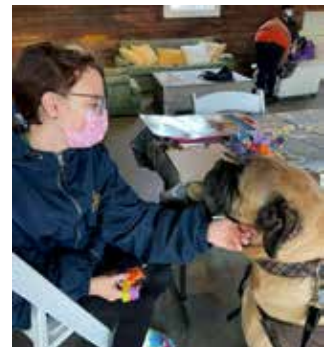
Cuando le tocó la segunda dosis a Emiliano, nos preparamos con un buen plan. El primer paso fue darle a Emiliano los cómics *Fighting COVID* y *Beating COVID*, creados por NW Disability Support para brindar educación e información sobre el COVID-19 en forma divertida disponibles en inglés y español.

El día del evento hable con la vacunadora y le pedí que completara cualquier papeleo requerido antes de que llegara Emiliano.

También pedí que usaran anestesia aerosol un spray para reducir el dolor de la aguja en el brazo. la vacunadora estuvo de acuerdo con el plan.

Y en cuando, Emiliano entro se sentó, se levantó la camisa, y me miró a los ojos mientras me agachaba para estar a su nivel. Él dijo: “Toma mi mano, por favor,” y sin más ni menos, recibió su vacuna. Al final, yo le dije, casi llorando: “Estoy tan emocionada de que hayas hecho esto. Estoy muy orgullosa de ti.”

Síguenos [Facebook.com/AsociaciondeSindromedeDowndelNoroeste](https://www.facebook.com/AsociaciondeSindromedeDowndelNoroeste)





## NWDSA and ABI are programs of NW Disability Support

NW Disability Support is a registered non-profit corporation in Oregon and has 501(c)3 tax-exempt status with the federal government, organized for charitable, scientific, and educational purposes to provide social opportunities, education, support, training, and information to families and individuals with disability.

The Board of Directors consists of volunteers and is supported by enlightened professionals. Each board member has firsthand experience with caring for a child with individual needs and understands the importance of connecting with other families.

Our Mission: Create and nurture a loving and inclusive community celebrating every person with a disability. We will accomplish this mission by empowering and supporting families and individuals who have been touched by disability. We will work to increase education, promote public understanding and acceptance, and toward full inclusion of individuals with disability in our community.

### Interim Executive Director

Kris Balliet

### Board of Directors

Steven Holland	Guiseppe Lipari
Abigail Braithwaite	Molly Hulett
Jonathan Cotton	Mike Rosen



## COVID-19 VACCINE COMMUNITY EVENTS

April 20, May 18, June 15 • 3:30-6:30 PM  
Rossi Farms • 3839 NE 122nd Ave, Portland

## VACUNACIÓN CONTRA EL COVID-19 EVENTO COMUNITARIO

20 de abril, 18 de mayo, 15 de junio • 3:30-6:30 PM  
Rossi Farms • 3839 NE 122nd Ave, Portland



ABICOMMUNITY.ORG . . . CROSS-DISABILITY PROGRAMS & RESOURCES  
NWDSA.ORG . . . DOWN SYNDROME PROGRAMS & RESOURCES  
ABICOMMUNITY.ORG/ESPAÑOL . . . RECURSOS Y INFORMACIÓN EN ESPAÑOL

## Bike on! Because inclusion matters

By Ann Donaca

After a two year hiatus, we are thrilled to announce that our 15th year of ABI Bike First! will take place the week of June 20–24th, 2022.

The program was inspired by Cody Sullivan who, when he was ten years-old, wanted so badly to ride a bike with his friends. With great determination, we created Bike First! in 2005 and have since taught the skills needed to ride typical bicycles to over 500 children, youth, and adults with disabilities. We have also opened our doors to individuals without disabilities in our Quick Start! and Refresher courses. This year, we plan to include 45 participants that may become new bicyclists.

Our new partner, De La Salle North Catholic High School, is hosting Bike First! at their state-of-the-art campus in NE Portland. All of our previous sponsors have happily agreed to support us as we celebrate our 15th year.

*With the costs of procuring bikes and running a quality camp, and growing demand for scholarships, we are always in need of new sponsors. Send leads to [bikefirstfunding@gmail.com](mailto:bikefirstfunding@gmail.com)*



ABI BIKE FIRST! VOLUNTEERS (OVER 80 IN 2019) DEVOTE THE WEEK—RUNNING AT TOP SPEED—TO THE SPIRIT OF COMMUNITY AND DEEP DEDICATION TO SPREADING THEIR BELIEF OF INCLUSION.



### ABI Bike First! 2022 Schedule:

June 19: Mandatory Volunteer and Family Meeting

June 20 thru June 24: Bike First! Week

June 23 thru June 24: Quick Start / Refresher

**Register at [abicomunity.org/bikefirst](https://abicomunity.org/bikefirst)**







### COVID-19 Vaccine Community Events

April 20, May 18, June 15 • 3:30-6:30 PM  
Rossi Farms • 3839 NE 122nd Ave, Portland



### Vacunación contra el COVID-19 Evento Comunitario

20 de abril, 18 de mayo, 15 de junio • 3:30-6:30 PM  
Rossi Farms • 3839 NE 122nd Ave, Portland

### Event Calendar

[abicommunity.org/events](http://abicommunity.org/events)

**Drop-In Support** • English & Spanish •  
Thursdays 12pm-2pm • Virtual event

**Dual Diagnosis Parent Support Group** • First  
Sunday of the month • Virtual event

**Supports & Communication Tools for  
Inclusive Classrooms** • April 14 • Virtual Event

**Buddy Fest NW** • October 8

**ABI Bike First!** • June 20-June 24

### Calendario de eventos

[abicommunity.org/events](http://abicommunity.org/events)

**Horas abiertas para apoyo con la educación  
especial y Lunes Conscientes** • English &  
Spanish • Thursdays 12pm-2pm

**Grupo de apoyo para padres de hijos/hijas con  
diagnóstico dual** • Primer domingo del mes

**Apoyos visuales y herramientas de  
comunicación para aulas inclusivas** • 14 de abril

**Festival de amigos del noroeste** • 8 de octubre

**ABI Bike First!** • 20 de junio-24 de junio

Para más información: Maria (503) 262-4029