

Parent Resource Newsletter

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November / December 2013

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Step Forward to Cure Tuberos Sclerosis 5k Run/Walk

Saturday, November 2

Take a step forward to unlock the cure for tuberous sclerosis complex by joining the 5k run/walk or donating. 5k run starts at 9 AM; 5k walk starts at 10 AM at Seward Park in Seattle. [Register online.](#)



Save the Date for the 2013 Children's Therapy Holiday Party!



Monday, December 9
5:30 – 7 PM

You and your family are invited to Children's Therapy Free Holiday Party! The holiday party fun will include arts & crafts, refreshments, gifts for all children, photo ID cards, Dizzy's Tumble Bus, photo opportunities with Santa (bring your own camera) and more! The party will be at Valley Medical Center's Medical Arts Center, 4033 Talbot Road South, First Floor Conference Center.

Free and Low-cost Health Coverage is Here

Find a Plan That Fits Your Needs & Budget

- Compare new health plans side-by-side
- Find out if you're eligible for tax credits or financial help
- Get answers to your questions
- Review your options and get enrolled



[Apply online now.](#) For questions or in-person help, call the Valley Medical Center Assister at 425.656.5599 or toll-free at 1.855.WA.FINDER. You will need this information:



- household monthly income
- Social Security # and date of birth for each household member
- Immigration information, if it applies

Are You Eligible?

You may be eligible if you're:

- between 19 and 65 years old
- a Washington resident
- a U.S. citizen or meet Medicaid immigration requirements
- not incarcerated
- annual household income at or below the following:

1 person	\$15,856
2-person family	\$21,404
3-person family	\$26,951
4-person family	\$32,499
5-person family	\$38,049
6-person family	\$43,596
7-person family	\$49,142
8-person family	\$54,689
For households with more than 8, add \$4,020 for each additional person	

NOTE: If your household income is above these limits, but you still can't afford to buy health insurance, you may be eligible for financial help. When you apply, you'll be given more information.

Preschool Story Times at the Kent Library



Wednesdays at 11 AM

Ages 3 to 5 with adult. Take an alphabet adventure featuring stories, finger plays, songs and a simple craft activity for your preschooler every Wednesday in November. View [more info.](#)

How Much TV/Computer Screen Time is Too Much? Find Out!

Why should you care about time spent in front of the TV or computer screen? Screen time may limit healthier, more active play. Find out more in these [Healthy Habits handouts](#), available in both English and Spanish!



Children's Therapy 2013 Holiday Closures

We're taking some time off during the holidays to relax and be with family and you should too! Here's our holiday schedule:

Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Tuesday, December 24	Christmas Eve
Wednesday, December 25	Christmas Day
Wednesday, January 1	New Year's Day 2014

RESOURCES

Learn How to Keep Kids with Autism Spectrum Disorder Safe at this year's 2013 Autism Society of Washington Annual Conference

Saturday, November 9 in Olympia

Safety awareness is a topic that goes far beyond cupboard and door latches and ID bracelets. The level of risk and vulnerability for individuals with ASD is as varied and complex as their individual diagnosis. And it changes with growth and development and varies from setting to setting. There is no single set of tools and applications that apply to every person and every situation.

Don't miss this opportunity to increase your awareness of safety and risk associated with ASD.

Registration is \$40. [Register here](#) or view [more info.](#)

There are a limited number of scholarships for families and individuals who cannot afford to pay for registration. Please contact the Autism Society of Washington for more information.

37th Annual Washington Association for the Education of Young Children (WYAEC Conference)

November 14 – 16 in SeaTac

This wide-ranging conference covers play, emotional growth, learning, creativity, cultural diversity, language, vision, eating, you name it! The event takes place at the Marriott Convention Center and Hotel SeaTac Airport. Click for [more info](#) about the conference. [Registration info.](#)

DONOR CORNER

If you are able to donate an iPad/iTouch/iPod or iTunes gift cards in any denomination for the clinic, that would be greatly appreciated!



Please let us know if you donate any new items to Children's Therapy, such as Play-Doh, jugs of bubbles or a monetary/iTune card donation, so that we can thank you by name in the newsletter. We are so appreciative of and thankful for your donations!

Thank You to Our Donors!

- Tyler T. for the toys
- Elizabeth Beane for the exercise ball
- Lillyan Betancourt for the toy donations and new Play-doh containers

CHILDREN'S THERAPY WEBSITE

PREVIOUS NEWSLETTERS

Back Issues of the *Parent Resource Newsletter* Available Online

[Click here](#) to view back issues of the Children's Therapy *Parent Resource Newsletter*.

If This is Your First Parent Resource Newsletter

Welcome to all of our new families! The *Parent Resource* is our bi-monthly e-newsletter, keeping you current with what's going on that may be of interest to your family. Printed copies are also available at Children's Therapy. We'll keep you up-to-date about resources and events in the area, while providing information about Children's Therapy policies and changes. We welcome your comments—please tell your therapist if you have any suggestions or input. Information about non-VMC sponsored events is for your consideration only: we cannot guarantee the accuracy/content of the listed events and services.