



Fall 2003 Newsletter

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**Lifetime Secure Personal Assistance Network
(LifeSPAN):
Supporting families to create safe & secure futures for
relatives with developmental disabilities**



Ashoka Fellow
Al Etmanski

PLAN Co-founder Al Etmanski honored as ASHOKA fellow

Ashoka's mission is to develop the profession of social entrepreneurship around the world. It is a global non-profit organization that searches the world for social entrepreneurs—extraordinary individuals with unprecedented ideas for change in their communities.

This August, LifeSPAN Board members congratulated Al Etmanski at a reception held in Bellevue for Ashoka Fellows. Al was recognized for his groundbreaking work building PLAN™ and its efforts to enhance the quality of life and security of individuals with disabilities through secured networks of families and friends, increased financial independence, and avenues for true contribution and citizenship that can withstand the death of their parents as well as unpredictable changes in government-funded support services.

Congratulations Al & PLAN™ from your first U.S. and international affiliate group LifeSPAN.

**Take time today to begin planning
A Good Life for your relative
With a developmental disability**

Fall Bloomers- LifeSPAN Personal Networks

LifeSPAN's first network, focusing on Kari Sellars, is thriving. In the beginning the network learned that Kari had dreamed for several years of riding horses. A network member stepped forward to help make this dream a reality and today Kari has completed a year of riding. She is now learning to trot – Go Kari! The next goal she has set for herself is learning to fish. She got a good start in August when she fished with the Bateman family on Hood Canal. Kari's network meets quarterly. One network member shared her observations with LifeSPAN, "It is so wonderful to watch Kari with this community of people who share caring and concern for her; she beams with pleasure as she shares her news and we all start to feel a part of her life and a part of each other's lives." Kari's network is led by facilitator Tammy Merrill and has been very supportive of her personal wishes and strengths.

Kelly White is very excited about the momentum his network is gathering. His future planning consultation is completed and his network facilitator, Stacey Kerns, is getting to know him better. LifeSPAN and Kelly's family are busy contacting potential network members for his first network meeting in December; just in time for the holidays that Kelly especially enjoys. His family is confident that he will have a strong



Matteo Ohlstrom is looking forward to barbequing with his Network members.

network that will help him achieve his goals and dreams, and we know network members can look forward to having Kelly's help in appreciating the world around them by slowing down and stopping to "smell the flowers."

Matteo Ohlstrom is eagerly awaiting his network...he has been known to call his mother and ask, "So, how is my network coming?" His family has completed the future planning consultation and is deciding on a facilitator.

In the next newsletter we will be reporting on 3 thriving networks with more on the way!

Call LifeSPAN today to start a Network for your relative with a developmental disability, to be a Network facilitator or to be a part of someone else's Network.

Events & Workshops

Seven Steps in Seven Sessions Workshop

Coming in February—call or see web site for details Workshop description on page 2.

Safe & Secure Workshop

Coming in March—call or see web site for details. At this day-long presentation, you will hear the success stories of how families have created networks of support for their loved ones, practical advice on estate and financial planning and concrete ideas on steps to take to provide a safe and secure life for your relative.

Wills & Estates Workshop

Coming in May—see web site for details. This will be a 3 session workshop (2 hours each) addressing Wills, Estates & Taxation; Financial Planning, Financial Vehicles, & Funding a Special Needs Trust; and Guardianship Options and Ensuring Choice & Safety. These sessions will be limited to 12 families to ensure that individual questions and concerns can be addressed. Register for all 3 sessions for \$75 or individual sessions for \$35 each. Presented by legal and financial professionals in conjunction with LifeSPAN.

To register for a workshop or inquire about a presentation, contact the LifeSPAN office.

Seven Steps in Seven Sessions Workshops

How often do you have the opportunity to talk to other families about the joys and issues surrounding having a family member with a developmental disability? How often do you share your dreams, visions and plans for the future with families like yourselves?

“Seven Steps in Seven Sessions” provides a small group setting where you will be guided through the steps of creating a “personal future plan” for your relative with a disability. Discussions are based on the book entitled, *A Good Life—for You and Your Relative with a Disability*, by Al Etmanski, Co-founder of the Planned Lifetime Advocacy Network (PLAN™).

In the last year 14 families have attended a “Seven Steps in Seven Sessions Workshop” offered by LifeSPAN. Linda, who has a brother with developmental disabilities, states, “The first benefit of attending the 7 Steps was that after a year of flailing around on my own I got to talk to families about issues common to all of us. My brother is thrilled to find his opinions solicited and acted on as we plan for the next steps in his life and we grow more excited about what the future will bring.”

At LifeSPAN, we believe that your wishes, dreams, and desires can shape the future. Through “Seven Steps,” we will help you take practical steps toward that future.

To inquire about joining the current workshop, contact the LifeSPAN office.

Plan to join us for the next
Seven Steps in Seven Sessions

No Time for a Workshop?

If you're thinking about wills and estate planning, developing a circle of support, alternatives to legal guardianship, and what will happen to your son or daughter when you're gone, then this book is an essential resource for you and your family.



“I was touched, troubled, tantalized, and then tranquil with a sense of direction, hope and peace for the future. So easily we live in denial until something unforeseen happens that cracks our false sense of security. This book is a love story of family and a love story of parents offering to other parents a path to peace of mind and heart.”

—Cathy Anthony, parent, Executive Director, Family Support Institute

A Good Life: for you and your relative with a disability, by Al Etmanski, 328 pages, paperback. \$39.99 (tax and shipping included)

Contact LifeSPAN at 425-883-9867 or lifespan@verizon.net to order your copy.

Thank You for Supporting LifeSPAN

- Parkview Services—Founding Partner
- Bill & Kathy Sellars—Founding Partner
- The Seattle Foundation—Founding Donor
- Thurston Charitable Foundation
- The Seattle Foundation, Anonymous Donor Advised Fund
- Anciaux International Communication
- Bateman Consulting LLC
- CGC Associates
- Davis Wright Tremaine
- Rhombus, Inc.

We Want Your Feedback!

Seven Steps in Seven Sessions Workshops have been offered in several locations around the Puget Sound Area. We have the flexibility to offer a variety of different locations or facilitate a workshop for your group at a location near you. To best meet your needs we would appreciate you submitting your responses to the following questions:

- I am interested in participating in this workshop.
- I am part of a parent group, organization, etc., that would like to attend.

I would attend a workshop in the Eastside or Seattle or other suggested locations

I would attend a workshop on:

- evenings, daytime, weekends

Answers can be submitted by phone at 425-883-9867 or online at www.lifespan-wa.org.

Endowment Trust Fund Update:

Good news for people who have joined or intend to enroll in the DD Endowment Trust Fund! Recently announced Enhanced Matching Policies, available now through June 30, 2007, will allow virtually every dollar deposited to work for, earn income and be available to your beneficiary. One time per account, the entire \$600 Enrollment Fee will be matched, and every year the entire Tax Preparation Fee and the first \$75 of the Annual Management Fee will be matched. For more information, visit www.arcwa.org.

14th Annual Legislators' Forum on Developmental Disabilities for King County:

On Nov. 24, 2003 the King County Parent Coalition together with King County Developmental Disabilities will hold its Legislators' Forum. This is a great opportunity for families to talk face-to-face with their legislators about government issues that concern them. For more information contact Cathy Murahashi at 425-643-4048 or cathym@arcofkingcounty.org

New Logo & Website Launched

Good communication is essential for LifeSPAN to support families in planning for and implementing a quality life today and safety, security and peace of mind for the future. Our new logo gives feeling to our belief that, with planning and recognition of the dreams, desires and contributions of our relatives with a developmental disability, we move into the future with confidence. The logo was designed by Brent Swenson of Rhombus, Inc.—a member of Kari Sellars network—and generously donated by the Sellars Family. We are also happy to announce the launch of our new website at www.lifespan-wa.org. The design and maintenance of the website has been generously donated by Kari Sellars sister, Michele Anciaux Aoki of Anciaux International Communication.

Visit www.lifeSPAN-wa.org for network updates, workshop registration and details, or to contact us!

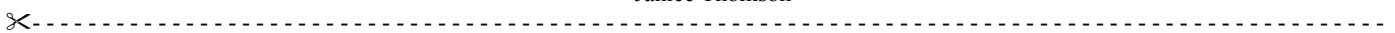


The new logo designed by Brent Swenson of Rhombus, Inc.

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Associate Memberships:

Associate memberships begin at \$60 for individuals, \$100.00 for non-profit organizations, \$250.00 for professionals, and \$500.00 for businesses. Membership includes one copy of the book *A Good Life* (\$39.99 value, tax included), our quarterly newsletter, 10% discount on workshops, and telephone advisory & referral assistance.

I Would Like Further Information On:

- Personal support networks
- Lifetime memberships
- Wills and estate planning

I Would Like to Purchase the Book, *A Good Life-for You and Your Relative with a Disability* by Al Etmanski.

My check for \$39.99 (tax & shipping included) is enclosed.

Donations and Volunteer Opportunities

- I would like to donate \$ _____
- Please contact me about volunteering

Name(s) _____

Address _____

City _____ ST _____

Zip _____ Phone: _____

Email: _____

Make check payable to: LifeSPAN

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