



**Spring 2004 Newsletter**

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

The PLAN\* approach to securing the future for our relatives with disabilities has inspired the National Film Board of Canada to produce a film documentary depicting the story of the Jordan family of Ottawa.

While the film is being produced the NFB has created an interactive internet documentary with regular updates, opportunities for sharing and feedback. Visit [www.nfb.ca/tiesthatbind](http://www.nfb.ca/tiesthatbind) to discover, participate and be inspired by this fully accessible site, which begins by telling the Jordan story. This is your opportunity to take part and make changes in your own community by telling your story and sharing your opinions.

\* LifeSPAN is the first US and international affiliate of PLAN.

**THE TIES THAT BIND**  
An Internet Documentary & Community Engagement Project

**Meet the Jordan family.**  
Chris has multiple disabilities. His aging mother and father face serious illness. The whole family must plan for an uncertain future.

[www.nfb.ca/tiesthatbind](http://www.nfb.ca/tiesthatbind)

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

## Winter moves toward Spring— And a New Network Blooms!

When Sue Willey attended the Good Life Workshop presented by Vickie Cammack and Al Etmanski of PLAN three years ago, life was looking pretty good for her son, Kelly White, then 25. Locally Kelly has strong family ties: his mom and step-dad in Redmond, dad and step-mom in Issaquah and two brothers and a sister-in-law. He also has a job he enjoys with AtWork! in Bellevue and a stable and supportive environment in an Adult Family Home.

The workshop struck a chord with Sue, who had already been thinking about Kelly's life and what it might look like after she was gone. She wanted the peace of mind that there would be people involved in Kelly's life who would keep his good life in place... and find ways to enrich it further. The idea that planning for the future improves lives today also resonated with her; maybe with a Personal Network of Support for Kelly she could fulfill her own dream to travel more as she got older.

So Sue took two courageous steps, first joining the founding board of LifeSPAN to bring the PLAN model to Washington, and then starting Kelly's Personal Network of Support.

Kelly's first network meeting was upbeat and positive. It was hosted in January by his mom and step-dad and facilitated by Stacey Kerns. Kelly was delighted to be the center of attention and discussion; participants included his family, a former teacher, a high school friend, a family friend and a neighbor. The network members shared how they knew Kelly and a word to describe him, including smiling, inspirational and "music man." There was discussion of some of Kelly's interests, including the Seattle Mariners, fireworks and Elvis. Some of the winter chill outside was set aside



*Kelly White and Stacey Kerns at Kelly's first network meeting.*

with cookies, hot beverages, and a chance for network members to chat and enjoy a bit of Kelly's favorite music.

The results of the gathering are exciting. During the April meeting members will learn about Kelly's medical needs and how to move around in the community with him. July will bring a birthday celebration! An activity calendar will be started so Kelly can spend time with network members outside of meetings.

Kelly's family is deeply excited about this great beginning to a new adventure and looks forward to a richer, more varied life for Kelly now and in the future. His mom is delighted at what this network will provide for his life.

## Events & Workshops

### *Seven Steps in Seven Sessions Workshop*

Are you a part of a group that might be interested in having a Seven Steps Workshop in your area? Contact the LifeSPAN office to find out about arranging a workshop. Weekday, evening, or Saturday times are available. Call us now for a late spring/fall workshop.

***A Good Life Workshop*** March 13, 2004—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 providing a safe and secure life for your relative with a disability. See details on next page.

***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.**

## A Good Life Workshop:

### A Day of Practical Discussion and Action Steps for Creating a Safe and Secure Future for Relatives with Disabilities

This workshop is for you if you are asking these questions:

- ? How will individuals with disabilities continue the quality of life they now experience with their parents?
- ? Who will be there in the future to provide security and friendship for my son or daughter?
- ? Who will be there to ensure that the interests of my son, daughter, brother or sister are protected, their contributions are recognized, and their needs and choices are honored?

This practical discussion explores the challenges families face in planning the future from the perspective of parents and adult siblings. It engages attendees in considering what makes a "Good Life" filled with:

• **friendship** • **a chance to contribute** • **choice** • **a welcoming home** • **and a secure financial future.**

Each section offers family-directed action steps and shares true life examples of how the future plan and personal support network you create can support your loved one, today and beyond your lifetime.

**Date/Time:** Sat., March 13, 2004, 9:00 am to 3:30 pm

**Location:** Shoreline Conference Center  
18560 1st Ave NE, Shoreline, WA 98155

**Cost: \$75 for one person; \$55 each additional family member.** Fee includes *A Good Life* by PLAN co-founder, Al Etmanski (\$39.99 value) and a one year LifeSPAN Associate membership. Attendees who have a copy of the book are encouraged to give their additional copy to a family member, friend or to donate it to LifeSPAN for community outreach.

Thanks. **Note:** Fees cover under 50% of the cost of services. The remainder is covered by contributions.

**To Register:** Call LifeSPAN at 425-883-9867 or email us at [life.span@verizon.net](mailto:life.span@verizon.net)

"A good life may be a mystery, but it is a delicious mystery. It is not the kind of mystery that can't be solved, but a mystery that must be approached with the heart and soul, not just the head." -Al Etmanski

## 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.



*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

## 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 group 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

**Reply by phone at 425-883-9867 or online at [www](http://www.life.span.org).**

## Thank You for Supporting LifeSPAN

- Parkview Services—Founding Partner
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- The Seattle Foundation—Founding Donor
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- Anciaux Communications International
- Bateman Consulting LLC
- CGC Associates
- The Ohlstrom Family

## Facing the Future Together

Learn the philosophical and practical ways LifeSPAN is here to support your family in this 5 Part series of articles.

Parents experience the birth of a child, the first day of school, learning to drive or moving out as a young adult with a variety of emotions: excitement, trepidation, pride and relief to name a few. But what happens when, at the time of birth or later, through birth defect, accident or illness, you learn that your child and the rest of your family will have to live with the consequences of developmental, physical or mental health disabilities?

Among the many questions that arise there are two very important ones:

- ▶  **Parents ask: “What will happen to my child when I am gone or am no longer able to take care of him/her?”**
- ▶  **Sons and daughters ask: “What will happen to me when mom and dad aren’t around?”**

This is where LifeSPAN can step in and be of support to your family.

### We start by planning...

The first step is to offer you inspiration and support as you develop and complete a Personal Future Plan with your loved one with a disability. We believe that:

- Planning for the future is an act of courage; you are planning to let your child go.
- Planning for the future is one of the best ways to improve your child or other relative’s life in the present.
- Families are strong: your initiative, dedication, tenacity, creativity and commitment.
- Together with your loved one and your family, **YOU** know what a good life and the best future plan looks like.

The framework we use to develop a Personal Future Plan with your relative is found in the book, *A Good Life for you and your Relative with a Disability* by Al Etmanski, co-founder of PLAN™. LifeSPAN offers a number of services and tools to assist you in developing your Personal Future Plan, including personal consultations, workshops, newsletters and sales of the *Good Life* book.

In the next newsletter: Part 2 of this series explores the framework of “A Good Life.” -*Val Ohlstrom, Board President*

**To learn more, join us for the “Good Life Workshop” March 13, 2004. For details see accompanying article.**

**“Whatever you can do or dream you can begin it. Boldness has genius, power**

### Board of Directors

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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), a subscription to our 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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