



Arc SEntiments

Southeastern
Minnesota

Arc Southeastern Minnesota has improved lives for people with developmental disabilities and their families. This newsletter is intended to inform you of current and future Arc activities and to invite your participation in protecting the rights of people in the counties of Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona.

Thoughts from the Director

We have been BUSY! Our advocates and family support staff have a full plate of work that epitomizes what Arc is all about—**Advocacy and Support**. Working in seven different counties with parents of young children with developmental disabilities is especially rewarding. **We CONNECT people.**

When parents learn that they have a child with a disability, it is very helpful for them to meet with other parents who also have a child with a disability. These parents share information that is enlightening and supportive; information about what works and what doesn't. They find new friends and learn to think about the pluses of the situation as well as the challenges. Parental role models abound in these groups. They have earned my respect and admiration.

Early focus is fundamental for both the child and the parent. Helping the parent work through the "system" to get appropriate supports in place is the advocacy part of the job. Sometimes we are perceived as "taking on the system", but we work cooperatively with our community partners to find the "least restrictive alternative" for the child. We want to change the system positively from within and help our partners see the mutual benefits of early intervention. More options and fewer barriers result from this collaborative effort. The change is lasting and our community becomes a better place to live.

So, when you sign up to become a member of Arc, keep this in mind. Don't think of your membership dollars as buying services for your situation. **Think of your membership dollars as changing the "climate" of your community** (and I am not talking about the weather here).

I am seeing our members look at Arc in this broader context and increase their annual membership gift. Great! We have many needs and challenges to contend with. We need your support. When your membership comes due, take a moment to reflect on what your life would be like without Arc. Then give as you are able to help us continue to **change the climate!**

Buff

August-October 2004
Volume 1, Issue 3

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Arc Southeastern Minnesota provides advocacy and support for people with developmental disabilities and their families. We have been in the region for nearly 50 years. Arc is a nonprofit agency supported by membership, contributions, planned gifts, fundraising, and the United Way. Arc Southeastern Minnesota works to ensure that people with developmental disabilities have the full range of human and civil rights.

Parental Fees Update

Some individuals have had difficulty getting their parental fee to be an approved expense within their flexible benefits plan (also sometimes known as cafeteria plan). There are a couple of ways to address this issue, depending on the reason that the plan benefits manager is not allowing parental fee as an eligible expense.

Parental fees seen as an insurance premium

- ◆ The federal government has set up two different types of flexible health accounts, one for premiums and one for medical expenses. Some companies only have a medical expense account and not a premium account – and the benefits manager thinks that the parental fee is a premium and, therefore, not allowing the parental fee to go through the flexible health account. In that situation, explain to the benefits manager that the parental fee is not a premium. Tell him/her that at the end of every fiscal year, there is a settle-up. At the end of every fiscal year, all parental fees are reconciled. If you have paid more in fees than what MA has paid for, you get a credit on your account that makes it more like a co-insurance or co-payment. Premiums do not have a settle-up.

Parental fees not seen as a health related expense

- ◆ Sometimes the flexible health accounts benefits manager does not think the parental fee is used for health related expenses. Any and all medical services your child is receiving will be documented on the Explanation Of Medical Benefits form you receive from the Department of Human Services. Showing the EOMB to your benefits manager should help in that situation.

If you continue to have difficulty, you should show the benefit manager a copy of the new statutory language. The new language can be found in HF 2277 and can be accessed at <http://www.revisor.leg.state.mn.us/unoff/house/ccr/ccrhf2277.html>. Go to line 103.11 of that bill for the beginning of the revised language.

Hike Bike

Winona held the 29th Annual Hike Bike and what a success it was. We would like to thank the following businesses for their donation of prizes ... **Brock Candy Company, Winona Radio, Severson Food Plus on Riverview Drive, Country Kitchen, Culver's, Kolter's Bike Shop, Pediatric Dental, Zesto's, Adventure Cycle & Ski, Wincraft, MC Custom, Z's Tees & Sports, Trane Federal Credit Union, Time Out, Hardees, Lakeview Drive-In, Taco John's, Gregory's Hallmark, Paperback & Pieces, Winona Island Café, Jimmy James in Winona & Rochester, Hiawatha Broadband Communication, and McDonalds.**

Thanks to **Rochester Wholesale Fruit, HyVee, Great Lakes Cheese, and Country Market** for the donation of refreshments during the Hike Bike. Also, special thanks to the **Winona Education Association** for co-sponsoring the Hike Bike and for to all the participants who raised money for Arc.

News from People First of Winona

In August there will be a Bowling Party! Please contact winonapeople1st@yahoo.com for more information or if you would like to be added to the People 1st of Winona e-mail list.

Welcome Kate Bigalk

Hello, my name is Kate Bigalk. I am a social work student at Winona State University/Rochester. I started a field experience with Arc on May 10th. I've been working with JoAnn Lawler, and we have been busy going to various meetings throughout the counties Arc serves. It's been fun getting to learn what the Arc organization does. I really believe that it is vital to advocate and help people with disabilities and their families. After I graduate in May of 2005 I hope to get a job where I could advocate for people with disabilities rights. I hope to eventually become a political social worker that advocates for policies and other issues that will help people with disabilities the most. Although my field experience hours will be up by the end of June, I plan to volunteer various hours during the summer.

Kate Bigalk

"What do You See"

by Kate Bigalk

*What do you see, when you look at me,
do you see a woman with a disability,
what do you see?*

*What do you see, when you look at me, Do you see a person who has seen
the painted desert in Utah, the Canadian Rockies and Capital Hill,
what do you see?*

*What do you see, when you look at me, Do you see a dreamer,
a gracious listener, or a writer,
what do you see?*

*What do you see when you look at me, Do you see an artist,
optimist or an activist,
what do you see?*

*What do you see, when you look at me, I hope you see me,
instead of my disability,
this is what I hope you see.*

Pie & Ice Cream Social

What a truly fun and engaging event! The annual Pie and Ice Cream Social was held on Sunday, May 2nd from 10:30 a.m. to 1:30 p.m. at the Goodhue Lion's Club on a beautiful spring day! This was my first event to completely plan, coordinate and implement; and I have to send a super thanks to Lindsay Husbyn Olson and Clarence Mickelson for all your efforts in making this a hugely successful and well orchestrated event. The BBQ's were a hit (thanks Lindsay!) and the pies were a *delightfully tasty treat*.

In the end we raised \$1,176.50 and fed around 220 people. Special thanks to **Thrivent Financial for Lutherans in Goodhue County** for their matching funds.

Thankfully,

Heather Schuster

Arc Southeastern Minnesota-Special Events

Event Volunteers

Duane Adler
Todd Adler
Les Bauer
Nathan Bauer
Tom Campbell
Paul Fredrickson
Janice Heise
Kristen Heise
Kathy Henn
Susan Hopp
Brad Mickelson
Clarence Mickelson
Marlys Mickelson
Lindsay Husbyn Olson
Lorraine Wendorf

Pie and Baked Good Donors

Les Bauer
Joy Bollesen
Dorothy Eckblad
Janice Heise
Kristen Heise
Ardy Henrichs
Ellen Newmann
Lindsay Husbyn Olson
Susan O'Connell
Joann Rasch
Marcia Steenhard
Annie Stensland
Joann Zemke
Lois Zemke

Event Sponsors

Area 57 Coffee Café-Wanamingo
Blue Moon Café-Red Wing
Country Kitchen-Cannon Falls
Covered Bridge-Zumbrota
Edgewood-Cannon Falls
Ember's-Cannon Falls
Hub Foods-Zumbrota
Jenny Lind bakery-Red Wing
Liberty's Restaurant-Red Wing
Lily's Coffee House-Red Wing
Old Fashioned Foods-Red Wing
Perkins-Red Wing
Subway-Cannon Falls and Red Wing



Sponsor Table



Bake Sale Table



**Register to Win-
Gfit Certificate to Country Kitchen**



**Lindsay Husbyn Olson-Arc
Employee and event "Kitchen
Director" poses with Nathan
Bauer and baby Stella!**



**The crowd enjoys good food
and friendly conversation.**



**The Adler Concertina Band
served up some foot stompin'
music!**

ASK Event

Dr Dick Ferguson honored at Arc Fundraiser

Arc Southeastern Minnesota and The Arc of Minnesota held a joint fundraising luncheon in May and honored a true pioneer for Arc - Dr Dick Ferguson. Dick was in attendance as our our Guest of Honor. Dick and (the late) Ann Ferguson were strong champions for the rights of people with developmental disabilities. Their work has paved the way and improved the lives of many people.

Our program at this luncheon highlighted the impact that Arc has had on our communities in terms of jobs, housing, education and recreation. It also showcased the wonderful support that parents have received.

“Lives Changed - People Included”.

This was the theme for the luncheon. This theme has validity today because of the pioneering spirit of people like Dick and Ann Ferguson. Our speakers were wonderful! Here is a little bit about each speaker and their topic:

Denny Theede, past president of The Arc of Minnesota and currently serving on Arc Southeastern Minnesota’s board of directors, spoke to his personal history and commitment to Arc.

Sally Helmerichs (another long term Arc “Pioneer”) from the Twin Cities gave us a sobering look at the history of what life was like for families 40-50 years ago.

Robin Sommer of Olmsted County Community Services talked about a synergistic relationship between Arc and her agency. Teamwork is the key.

Carol Carryer, long time Arc member and past president of the ISD 535 School Board spoke about educational changes for people with developmental disabilities. She also talked about how she has included Arc in her will and why. Carol organized the Disability Awareness program in the Rochester public school system.

Nathan Bauer was our featured speaker. He spoke about his self-advocacy journey - living, working and playing in the community. **Being Included!** It was heartwarming to see how far we have come from the days of the state hospitals.

Les Bauer closed the program by recapping a bit of this marvelous history and asking our guests to consider making a multi-year gift to Arc Southeastern Minnesota. Many did! Thank you!

It was a very nice luncheon. Thanks to Andy Fockler, Alli Martin, Cassie Nishimura, and Nathan Bauer for being greeters. Thanks to Val Koster for handling the arrangements and thanks to the entire Arc staff for their help.

We are planning to do another similar event for Houston and Winona counties September 2nd. Call me if you want to participate.

Arne Fockler

Charitable Gift Advisor
afockler@arcse-mn.org



Heather Schuster-Special Events, Arc SE MN (left)
Lindsay Husbyn Olson-Office Manager, Arc SE MN (right)



Arne Fockler-Charitable Gift Advisor, Arc SE MN (left)
Buff Hennessey-Executive Director, Arc SE MN (middle)
Steve Larson-Executive Director, The Arc of MN (right)



Attendees mingle following the formal program.

2004 Event Calendar

August

- 5 Goodhue County Jailathon — Red Wing and Wanamingo
- 12 Autism Spectrum Disorders Task Force — Rochester
- 20-22 Nat'l Down Syndrome Congress 2004 Annual Convention — Minneapolis

September

- 2 Arc Fundraising Dinner — CedarValley Golf Course
- 9 Autism Spectrum Disorders Task Force — Rochester
- 13 Down Syndrome Network — Rochester
- 16 Appreciation Dinner — Rochester

October

- 8-10 State Convention — Walker
- 11 People 1st Popcorn/Movie Night — Winona
- 11 Down Syndrome Network — Rochester
- 14 Autism Spectrum Disorders Task Force — Rochester

November

- 8 People 1st Thanksgiving Potluck & Dance — Winona
- 8 Down Syndrome Network — Rochester
- 11 Autism Spectrum Disorders Task Force — Rochester
- 15 Poinsettia Sale Begins — Rochester
- 18 Winona Jail-a-thon — Winona

December

- 3 Winona Poinsettia Pick-up and Delivery
- 9 Autism Spectrum Disorders Task Force — Rochester
- 13 Down Syndrome Network — Rochester
- People 1st Pizza Party — Winona
- 13 Down Syndrome Network — Rochester

Event Specifics:

Arc SE MN's Annual Meeting & Silent Auction Elks Club-Rochester

Arc Southeastern Minnesota is gearing up for our annual Appreciation Dinner and Silent Auction scheduled for Thursday, September 16th. We are currently looking for items for our silent auction. If you have an item to donate, or know of someone who would like to donate, please contact Lindsay or Beth at the Arc Office at toll free 888-732-8520 or 507-287-2032.

Down Syndrome Network Meeting Dates

Due to remodeling at the United Way, the Gym will be unavailable during the months of September, October, November and December. We will have Parent Only Meetings on the second Monday of these months in Conference Room C (located on the 2nd floor of the United Way Bldg).

Starting January 2005, we can go back to having a family networking time (with children) in the gym. Scheduling for 2005 will be discussed at future meetings.

Fall Schedule:

Monday, September 13, 2004
Guest Speaker: Susan O'Connell
Topic: Personal Safety Planning
Time: 6:30 p.m.-8 p.m.

United Way Bldg Conf. Rm C
903 W. Center Street
Rochester MN 55902
rsvp to Arc SE MN 507-287-2032, 888-732-8520 or
dmonahan@arcse-mn.org

Autism Spectrum Disorders Task Force

These meetings will be held at the Rochester United Way Building from 7 p.m.-9 p.m.

Centurion Bike Ride for Inclusion

It was a terrific ride on July 10th with over 130 riders. The weather was foggy but cool! I give special "kudos" to my event committee-John Scott, Ted Saxman and Jennifer Hansen-your expertise made this event high quality and fun-I simply COULD NOT have done it without your faithful help and support! Special thanks also to Bob Hart for organizing the medical workers and Emma Hughes for all your office help!

Special thanks to following:

Registration Helpers:

Harlan and Marcia Steenhard and Donna Garratt.

Pit Stop attendees:

Cardinal of Spring Valley, Boy Scout Troup #93 from Chatfield, Buff Hennessey, Michelle Priggen, Marta Bollesen and Curly Bollesen.

Brochure Distribution:

Mario Minelli for Rochester Athletic Club.

Event Sponsors:

Rochester Amateur Radio, Rochester Cycling and Fitness, Bicycle Sports and CarbBoom.

Matching Funds Donor:

Thrivent Financial for Lutherans, Rochester.

Heather Schuster

Arc Southeastern Minnesota-Special Events

Autism Spectrum Disorders Task Force

A pot luck picnic is being planned for August. Watch for further information in the near future.

For more information on the TASK FORCE contact Vesna Sloan, chair at 289-1882 or vesnass@hotmail.com, or Amy Streichert, co-chair at 288-8343 or astreichert@yahoo.com

Linkage Line

This is a **free service** for Minnesotans with disabilities, family members and service providers. Linkage Line is your link to disability services and supporters. Specialists will help you connect to services that meet your needs. No question is too big or small.

You can call **1-866-333-2466**. This information is available in other forms to people with disabilities by contacting them at 651-582-1998 (voice) or toll free at 1-800-747-5484. TTY/TDD users can call the Minnesota Relay at 711 or (800) 627-3529. For the Speech-to-Speech Relay, call (877)627-3848.

Brought to you by Minnesota Department of Human Services and the Metropolitan and Southeastern Minnesota Centers for Independent Living.

Ryan Stack receives Eagle Rank



Defying what his doctors and therapists have said for years, Ryan Stack recently received the coveted Eagle Rank through the Boy Scouts of America. Ryan, who is challenged by Asperger's Syndrome, worked diligently since first grade to reach this prestigious goal, and now enjoys the benefits of being an Eagle Scout. Part of the work in becoming an Eagle Scout includes providing leadership for a large-scale project which benefits the community. Ryan chose to install a new campfire ring at Camp Winnebago in Caledonia, MN. This camp services the community of disabled and challenged people in Southeastern Minnesota. Their former campfire ring was dangerous and unusable, but now, thanks to Ryan's leadership, sturdy, safe benches have been installed around the ring, and a new fire-pit is encircled by stones. Congratulations to Ryan!

Attention Rochester School District Individuals

The Rochester School District Student Support Services Advisory Council needs you!

The Rochester School District Student Support Services Advisory Council (SSSAC) is comprised of parents, school district employees, and representatives from community agencies. Its purpose is to advise the Student Support Services Department and School Board on issues that will have an impact on students receiving support services such as special education, social work services, and care and treatment.

The council's mission statement is "working in partnership to achieve the recognition, understanding, and educational progress of students with disabilities". The council's goal is to "promote the recognition and understanding of special education students and their families".

Student Support Services serves: Autism Spectrum Disorders, Deaf and Hard of Hearing, Deaf-Blind, Developmental Cognitive Disability, Early Childhood Special Education, Emotional or Behavioral Disorders, Other Health Disabilities, Physically Impaired, Specific Learning Disability, Speech or Language Impairments, Traumatic Brain Injury, Visually Impaired.

The SSSAC meets the 4th Thursday of each month (during the school year) from 6:30-8:30 pm at the Edison Building. For further information, call the Student Support Services Office at 285-8737 or Debbie Monahan at Arc SE MN 287-2032.

Rochester Civitan Club Appreciation

Thanks to the Rochester Civitan Club who generously donated \$1000 for our Scholarship Program again this year. The Civitan Club has been a consistent contributor to this program and we appreciate their support!

Family Support Newsletter

Volume 1, Issue 3

Greetings from Arc Southeastern Minnesota!

Summer is here. This is a wonderful time of the year to enjoy longer days and increased opportunity for activities. I have been very busy with speaking engagements around the state on Abuse Prevention for People with Disabilities.

This issue of the Arc Family Support newsletter is devoted to school and community “inclusion” as well as ideas for fostering friendships between our children and their peers. Both of these issues often go hand-in-hand and are a common concern that Debbie and I hear from parents.

Parents are frequently challenged with advocating for their children’s inclusion in the educational setting. It can be a key issue that requires a lot of thoughtful planning by an IEP team in order to support its success. Inclusion needs to be recognized as a priority and right by all of us; parents, advocates, educational professionals, care providers, case managers, and most importantly...our children.

History is an important reminder that not too long ago our children with disabilities were not afforded rights that we now take for granted: the right to a Free and Appropriate Public Education. This is sometimes hard to believe. Also, we are reminded that Arc supported legislation that opened the option for people with disabilities to live in their own homes within their community rather than institution care. This is not easy history for me to remember as I can imagine that it might not be for you. But by remembering, we can acknowledge how far we have come. We can continue to protect and celebrate the opportunities and equal rights our children have.

Inclusion for *all* in educational environments has transformed schools from the look that they had when I was in school, one where children with disabilities were invisible. I cannot remember one child with disabilities ever in our school building. When I look back I think, “Where were they?” By fostering inclusion we can help to create a learning environment where *all* children can learn together regardless of disability, and tolerance and diversity are the norm.

Lastly, I have included a personal story from Lindsay, our Arc SE office manager and her experiences growing up in an “inclusive” educational environment and how it impacted her life.

~Susan O’Connell

*“Friendship is born at that moment when one person says to another:
“What? You, too? I thought that I was the only one.”*

~ C.S. Lewis

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Webster's Dictionary describes "Inclusion" as "the act of including; that which is included". Inclusion is an important aspect to all of our quality of life. It is also a civil rights issue. Below are some thoughts on "inclusion" taken from an Impact Magazine article titled, "Inclusion: A Road Worth Taking".

"Inclusion is not something you do just in school or at home. It is not just for some children but not others. It is not for younger children but not high school students. It is not something that happens for "x" number of hours per week. It is how you live your life every day and every minute. Inclusion is a way of living-a way of thinking, believing, planning, and acting.

Twenty-three years ago, people with significant support needs were not even part of the discussion about being included in neighborhood schools and classes. The concept of mainstreaming was focused on children with less significant support needs. Over these past two decades much has changed for children and adults with significant support needs. At the same time, so much has remained the same. There are far more children today who are being included than ever before. There are far more schools and educators who are working and struggling to figure out how to include a specific child in a specific class. This is wonderful. Yet it is a little premature for us to declare victory just yet because too many children continue to reside in segregated classrooms and schools. There are also far too many students who receive their instruction in the regular education classroom, but are not members of the regular education classroom. Physical presence is important, but not the goal. Inclusion is the goal!"

In another article from Impact Magazine titled "Strategies for Supporting Friendship for All Students", we have some concrete ideas for parents and educators to assist "social inclusion" of children with disabilities.

"Most of us agree that friendships are important for all people. So then, why do so many students with disabilities still not have the meaningful relationships they deserve? What follows are some strategies that students, teachers, and families have found useful to value and support all students to have the rich and enviable social lives they deserve."

- **Person-First Language:** Through respectful language, you can model for others that the student with disabilities is a "person first." You can model your belief that the student with disabilities is not deficient but simply moves through the world in different ways.
- **True Inclusion:** It certainly goes without saying that students need to be together in order to develop respect, mutual interests, and real friendships.
- **Support Communication:** All students have the ability to develop effective ways to communicate their thoughts and knowledge. For students who do not speak or do not speak easily, advocate for augmentative or alternative means of communication. Learn to listen to all of the ways a student communicates and recognize that some students use "behavior" as their only way to get their points across.

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- **Ask the Most Important Question: Who is This Person?** An essential step to facilitating social relationships is to know the student. What is her story? What are her interests and dreams? What does he like? What does he dislike? What are her gifts and strengths? Most importantly, what does he want? Let the student's dreams and desires fuel the process.
- **Talk and Listen to Kids:** As adults it is impossible for us to truly know what it is like to be a student. A student's classmates can give you information about what friendship is like for students their age. They can tell you how they meet, where they go, why they like to hang out together. They can inform you about opportunities for social connections and let you know what students with particular interests do to get together.
- **Pay Attention:** One of the greatest barriers to the formation of relationships is missed opportunities. Too often, the adults in a student's life have difficulty paying attention to the natural relationships that are forming. A valuable strategy involves the commitment to spending the time to observe the natural opportunities for friendship, and then stepping in and supporting those to happen.
- **Conclusion:** There is no perfect strategy; there is simply the one that works for a particular student.

Resources for Identifying and Meeting Social Needs

- ◆ **Yes I Can Social Inclusion Program.** *this year-long curriculum fosters the social inclusion of junior and senior high school students with disabilities. Contact the Institute on Community Integration at 612/624-4512 or <http://ici.umn.edu/products>.*
- ◆ **The All Means All Pack.** *A video and book combination that offers an introduction to person-centered planning processes for use with students and Circles of Friends. Available from Inclusion Press, Toronto, 416/658-5363 or www.inclusion.com.*

The Beach Center on Disability offers tips on supporting and teaching our children with disabilities the importance of making time for friends:

- 1:** Making and keeping at least one friend is a social skill that is important for healthy emotional development and helps to foster self-esteem.
- 2:** Learning to interact and compromise helps to develop empathy skills and increases a feeling of belonging and responsibility.
- 3:** Parents cannot make friends for their child, but they can facilitate playtime or other age appropriate interactions to encourage the building of relationships.
- 4:** Modeling good friendship and conversation skills may pave the way for your child to develop such skills.
- 5:** Young children may demonstrate "parallel play," which occurs when they play alongside a peer and not with the peer. Parallel play is a normal developmental stage; however, it is important to encourage your child to learn to interact with peers.

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*“What would you think if I sang out of tune
Would you stand up and walk out on me
Lend me your ears and I'll sing you a song
And I'll try not to sing out of key*

*Oh, I get by with a little help from my friends
Mm, I get high with a little help from my friends
Mm, gonna try with a little help from my friends.”*

~Lennon/McCartney

I have asked Lindsay Husbyn Olson our Office Manager, to offer some of her personal experiences of growing up in an inclusive educational and childcare setting and how it impacted her life.

“Inclusive Education was something I never thought about. It was just that way. I grew up going to daycare and school with persons with developmental disabilities. Friendships were formed. I'm not saying it was perfect and that nobody was picked on; yet, the positives that came out of that environment were far greater. I, along with others learned acceptance at a young age. Our friends with disabilities were just part of our class. We all graduated together, we all received our diplomas together. It's been 8 years since I was in school, and I still see my classmates and think that I'm the lucky one to have learned so much from them. This is why I feel that inclusive school systems are beneficial.”

~ Lindsay Husbyn Olson

The Arc's Position Statement on Inclusion

All our constituents have the right to participate fully in their diverse communities. Needed supports should be available and affordable so that each individual with disabilities can live, learn, work, and play with others who do not have disabilities.

Children should:

- Live in a family home.
- Grow up enjoying nurturing adult relationships both inside and outside a family home.
- Learn in their neighborhood school in a regular classroom that contains children of the same age without disabilities.
- Participate in the same activities as children without disabilities.
- Play and participate with all children in community recreation.
- ◆ Have the opportunity to participate in an inclusive spiritual life.

A Day in the Park at CHESTER WOODS

Saturday, September 18, 2004,

Registration – 9:00 – 9:30 a.m.

Costs: \$2 per person (no charge for support staff)

Opening Remarks & Instructions – 9:45 a.m.

Stations Start at 10:00 a.m. - Rotations made at set intervals

Late Arrivals – may cause forfeiture of wagon ride!

Morning Stations Include:

Oxbow Critters

Canine Search & Rescue Dogs

Casting Contest

Camping Demonstration

Nature Art Projects

Wagon Ride – ride a wheelchair accessible ‘hay wagon’ for a tour of the park’s Prairie Land



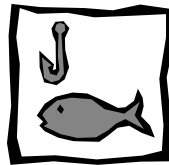
Afternoon Stations Include:

Trail / Nature Walk

Fishing

Relaxing Wagon Ride

Nature Crafts



Provided:

Assorted beverages (if you have a specific beverage choice, please bring own)

Be Sure to Bring:

Sack Lunch (storage space available), extra snacks, extra beverages, medication as needed, any specific adaptive equipment needed, suntan lotion, bug spray, extra clothing, fishing gear.

Helpful Hints (ALL Clients & Staff):

Dress in layers and bring along extra sweaters, sweatshirts or jackets. At the park it can often be much different than in town. By dressing in layers you will be able to add or remove clothing as needed for the type of day.

Registration:

For more information or for a registration form please contact RADAR. The address is:

539 N. Broadway, Rochester, MN 55901. Their phone number is: 507-280-6995.

Day of Event:

Everyone will check in at the gate and receive a schedule, map, nametags and instructions and details on the day of events and activities.

Membership

Look at the label!

Notice anything different? Thanks to a member's suggestion, we have added your membership renewal date in the upper right hand corner of the address label. I will continue to send you a notice shortly before your membership renewal date, but you will now have a convenient place to look for your renewal date.

Did you know that when you Join Arc Southeastern Minnesota, you automatically become a member of the state and National organizations as well? Of your membership gift, \$10 is sent to the state organization for an individual membership, and \$15 for a family membership. Family is defined as parents of a person with developmental disabilities. A family membership counts as two votes at convention business meetings. An individual membership counts as one vote.

Kay Fockler

Membership

Arc Gift Memberships

Two gift memberships were purchased this quarter. Thanks go to Renee Reyes and John Jordan. This is a great way to get someone "started" in Arc.

We introduced the Gift Membership last year and we are already seeing the benefits. One of these new members has decided to make a monthly financial commitment. Others are seeing the value of "connecting" with other members.

Consider getting other family members started with Arc; brothers, sisters, parents, grandparents, children, etc. Family members are often wonderful supporters because they have seen that Arc has touched the lives of their extended family.

It is easy to do! Simply call Lindsay at the Arc office at 507-287-2032 or toll free 1-888-732-8520 and she will be glad to assist you.

Welcome New Members

Silver Memberships (\$250-\$499)

Dr. and Mrs. Douglas Bacon - Rochester

Contributor Memberships (\$100-\$249)

Bill and Marcia Cochran - Rochester
Henry and Sandy Hocraffer - Rochester
Jim and Jeanie Michelizzi - Pine Island
John and Peggy O'Toole-Martin - Rochester

Sponsor Memberships (\$50-\$99)

Pat Dunn-Walker - Rochester
Tom and Vicky Pileggi - Rochester
David and Sara Stenhaug - Rochester
Dr Ken and Jackie Swenson - Rochester
Margery Weichers - Winona
Deb Weston - Maple Grove

General Memberships (\$25-\$49)

Matt and Andrea Bradford - Kasson
Laurie Clendenning - Rochester
Kent and Cathy Espe - Winona
Michael Garner - Rochester
Mark and Lois Henselin - Rochester
Sande and Dann Hoffmann - Rochester
Barb Huberty - Rochester
Pat Jordan - La Crescent
Audrey Kirkland - Rochester
Steve Langland - Spring Grove
Dan and Cara Miller - Spring Valley
Paul and Nancy Pedersen - Stewartville
Gloria Pepke - Winona
Dale and Carol Rodgers - Chatfield
Sandy and Shirley Russo - Rochester
Raymond Stoppel - Rochester
Jean Sweet - Chatfield
Francis and Theresa Wilkes - LaCrescent

Membership Renewals

Platinum Memberships (\$1000+)

Arne and Kay Fockler - Rochester
Mychelle and Jim Maronde - Rochester

Gold Memberships (\$500-\$999)

Les and Barb Bauer - Zumbrota

Silver Memberships (\$250-\$499)

Roger and Irene Herzog - Rochester
Tom and Corinne Johnson - Rochester
Bill and Janet Volkmar - Rochester

Contributor Memberships (\$100-\$249)

Daniel and Betty Bielen - Byron
Peter and Carol Carryer - Rochester
Bob and Kristy Giere - Rochester
John Jordan - Houston
Dan and Linda Kinzer - Rochester
Steve and Joan Larson - Shoreview
Erin and James Mitchell - Minneapolis
Shirley Olson - Zumbrota
Carolyn and Steve Ramaker - Rochester
Mr. and Mrs. Eugene Schmidt - Zumbro Falls
Lyn and Steve Smith - Rochester
Mike and Sandy Staggemeyer - Caledonia

Sponsor Memberships (\$50-\$99)

Walt and Mary Allen - Rochester
Kent and Susan Bailey - Rochester
Karla Bollesen - Rochester
Shelley Burkhardt - Student Support Svcs Director
ISD 535 - Rochester
Wes and Mary Clark - Rochester
Kathy and Kevin Clemens - Welch
Marilyn Frost - Byron
Kathy and John Graupner - Wabasha
Nita Hayes - Maple Grove
Mary Hewett - Winona
Peter Edl and Paula Horner - Rochester
Bernetta Kahabka - Rochester
Jennie and Russ Lemire - Rochester
Alton and Louise Shefelbine - Rochester
Vesna Sloan - Rochester

General Memberships (\$25-\$49)

Eleonore Albert - Rochester
Nathan Bauer - Rochester
Lora and Bill Beaupre¹ - Rochester
Lisa Brenna - Rochester
Rose and Allen Busta - Rochester
Doug and Sue Butler - Rochester

General Memberships (\$25-\$49) cont'd

Nathan Bauer - Rochester
Konne Carlson - Onamia
Rose Dorn - Winona
Jean Dube - Dodge Center
Phil and Linda Ferguson - Rochester
Ruth Fischer - Rochester
Angela and Dennis Grimm - Rochester
Elizabeth Harth - Red Wing
Thomas Heimer - Lake City
Kristen Heise - Red Wing
David Henderson - Rochester
Zumbro Vly Psyc Svcs - Leah Holmes - Rochester
Susan Hopp - Red Wing
Greg and Beth Hostetter - Rochester
Charles and Sherrie Knopp - Winona
Babs Knudson - Red Wing
Brent and Dawn Koster - Rochester
Donn and Sarah Kreofsky - Kellogg
Steve Kronebusch - Rollingstone
Audrey Krupicka - Austin
Crystal and David Lammers - Adams
Laura and Dennis Laudon - Rochester
Amy Lawler - Oronoco
Mildred Lawler - San Jose, CA
Gary and Donna Luehmann - Lewiston
Kim and Bob Marek - Rochester
Stanley Jones and Associates - Rochester
Sheloy Mollert - Rochester
Kristin Nagel - Rochester
Richard Nelson - Houston
Steve and Marilyn Nelson - Red Wing
Stan and Ruth Nerhaugen - Red Wing
Don and Barb Olsen - Rochester
Julie O'Neil - Kasson
Mary Oney - Byron
Deborah and Dennis Piens - Rochester
Rochester Park and Recreation - Rochester
Annie and Dale Stensland - Wanamingo
Stacy Stiever - Rochester
Alice and Phil Strom - Northfield
Kim Sutton - Rochester
Eva Tieman - Rochester
Monica and Ron Troendle - Caledonia
Karen and Paul Van Duyn - Colton, SD
Darrell and Glenna Vikse - Spring Valley
Ed and Linda Vilt - Austin
Norris and Carolyn Voth - Goodhue
Sister Renata Walch - Rochester
Gerald and Mavis Williams - Eyota
Shirley Wilson - Rochester

Thank You's - Financial Contributions

Gift that Remembers

Arc's **Gift that Remembers** is a nice way of honoring someone. In this newsletter you will find a G.T.R. envelope for your convenience.

JoAnn Lawler has used the GTR more than any other member. Here is what she has to say about it:

"I have found that Gift that Remembers through Arc Southeastern Minnesota is a wonderful way of remembering and honoring people in my life. The death of a loved one is an obvious time to use it. I also use it to honor a special person in my life for their birthday or a special occasion. When I make a donation in my friends and/or families name, I am honoring them while helping the agency that has done so much to improve lives for people with developmental disabilities and their families over the past 50+ years."

In Memory of **Sara Bea**
Bill & JoAnn Lawler

In Memory of **Damien Beck**
JoAnn Lawler

In Honor of **Arne and Kay Fockler's**
35th Wedding Anniversary
Jack Priggen and Buff Hennessey

In Memory of **Ashley Hiatt**
JoAnn Lawler

In Memory of **Bernadine Lee**
Mickey and Larry Prince

In Memory of **Rachel Mann**
Kathy Mann
Sara Monson
Mickey and Larry Prince

In Honor of **Mickey and Larry Prince's**
50th Wedding Anniversary
Marta Bollesen
Kathy and Larry Peterson
Buff Hennessey and Jack Priggen
Jeff, Johanna and Adam Prince
Judy Prince

In Memory of **Rose Sadler**
Don and Val Koster
Mickey & Larry Prince
Jim Sadler

Charitable Gifts

We have received charitable gifts from the following donors this quarter. We deeply appreciate such gifts. We depend on the generosity of our donors for a growing portion of our income.

THANK YOU!

Academic Excellence Inc. - Tara & Jim Cassmann - Mankato
Kim Bell - Rochester
Layne and Kathy Bucher - Zumbrota
Heide and Helmut Buettner - Rochester
Jane and Mary Campion - Rochester
Teresa and Roy Cerling - Wykoff
Civitan Club - Rochester
Eastwood Bank Northside - Rochester
Gary and Lynda Fockler - Redding, CA
Bob and Kristy Giere - Rochester
Stephen and Carla Harner - Rochester
Immanuel Lutheran Ladies Aid - Elgin
Jack Priggen and Elisabeth Hennessey - Zumbro Falls
Hiawatha Snow Seekers - Chatfield
Charmaine and Norman Hepper - Rochester
Les and Dianna Horntvedt - Rochester
John Jordan - Houston
Bernetta Kahabka - Rochester
Knitcraft - St. Croix Foundation, Inc. - Winona
Mary Kuehn - Rochester
Jeff and Cathy Maness - Pine Island
Dawn May - Mantorville
Linda and Dan Monahan - Plainview
Cindy and John Ostrowski - Dover
Peace United Methodist Women - Plainview
Cardinal of Minnesota - Rochester
Mickey and Larry Prince - Rochester
Carolyn and Steve Ramaker - Rochester
Renee Reyes - Rochester
Rochester Civitan Club - Rochester
Robin Sommer - Rochester
Merit Contracting Inc. Ed Stanley - Rochester
Kathleen and Marion Stanton - Hayfield
Harlan and Marcia Steenhard - Rochester
Joan and Daniel Thoreson - Zumbrota
Joel and Julie Young - Chatfield

Charitable Giving

Rose Garden of Supporters

Arc Southeastern Minnesota's Rose Garden of Supporters is a way of thanking people for their longstanding support. The Rose Garden levels reflect gifts that have been received since July 1999 when we re-organized as **Arc Southeastern Minnesota**.

Congratulations and thank you to these people who have joined our garden or changed levels:

Rose Bud: \$500 - \$999

Academic Excellence, Inc.
Jim and Tara Cassmann - Mankato
Les and Barb Bauer - Zumbrota
Bob and Kristy Giere - Rochester
Tom and Corinne Johnson - Rochester
John and Peggy O'Toole-Martin - Rochester
Jeff Prince - Pitman, NJ
Merit Contracting Inc.-Ed Stanley - Rochester

Red Rose Garden: \$1000 - \$5000

Mychelle and Jim Maronde - Rochester
Harlan and Marcia Steenhard - Rochester

Betty Hubbard Society

The Betty Hubbard Society honors people that have made a long term commitment to Arc by designating an Arc chapter as a beneficiary in their will. I am happy to add two additional members to this list.

**Carol and Pete Carryer
Julie and Tom Bittenger**

Congratulations and thank you!

Do you have a will in place ? If not, you might want to consider the following workshop scheduled for July 29th.

Where There is a Will, There is a Way

July 29, 2004

6:30 p.m.-8:30 p.m.

**United Way Building, Conference Room A
(903 W. Center Street, Rochester)**

There are many benefits to having a will in place. There can also be problems that will confound your heirs if you do not have a will in place. This workshop will provide insights on how we can get our affairs in order, plan for our family, plan for ourselves AND maybe include Arc in our will.

Presenters for this workshop are Bill Volkmar from Dunlap & Seegar Law Office and Daryll Stenberg from Life Planning for Persons with Disabilities. To register, please contact Arne Fockler at (507) 287-2032 or toll-free 1-888-732-8520.

**Registration Fee: No Charge for Arc Members
\$10 for non-members**



Arc Membership Form

*Southeastern
Minnesota*

Name _____ Phone _____ E-mail Address _____
Address _____ City _____ State _____ Zip Code _____

Membership (choose one)

- General \$25
- Sponsor \$50
- Contributor \$100
- Silver \$250
- Gold \$500
- Platinum \$1000
- Other _____

I would like to be a member of Arc but am unable to pay dues at this time.

Membership contributions are tax deductible.

**Thank you for joining Arc
Southeastern Minnesota!**

Paying by Check?

Please make checks payable to **Arc Southeastern Minnesota.**

Paying by **VISA** _____ or **MASTERCARD** _____

Name as it appears on the card _____

Credit Card Number _____

Expiration Date _____

Signature _____

Tell us your interest in Arc?

- I am a Self Advocate
- I am a parent of a person with developmental disabilities
- I am a relative of a person with developmental disabilities
- I am a professional working in disability related services
- I am a friend of a person with developmental disabilities
- My business provides jobs for people with developmental disabilities
- Other _____



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