



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

“Who will care for my child when I am no longer able to do it?” That is the question that started our PLAN program. PLAN is an acronym for Planned Lifetime Assistance Network. What an ambitious undertaking! Stop and think about it. Parents of persons with disabilities have a full plate looking out for their loved ones. Education, housing, recreation, jobs all require some level of support. Making sure that your child has equal rights in these areas is a daunting task. The thought of who will handle all those decisions after parents are not able to, is a very difficult question. I don’t believe that anything can really replace strong parents.

BUT, this is the type of question Arc has always stepped up to. When I look back at how the PLAN program was started, there are many similarities to other programs we have started. The pattern looks familiar:

- 1. PLAN started with a group of concerned parents** - a group called “Parents Forever”. The name says it all. Parents kicked it off and have worked with Arc to get it started.
- 2. The task was formidable!** Not unlike those parents who pushed for education and jobs and housing many years ago, PLAN takes an incredibly broad, holistic look at the life we want for our sons or daughters. What supports do we need in place for housing, finances, work, recreation? Inclusion doesn’t just happen without hard work.
- 3. Leaders emerged** at every stage of planning and implementation. Arc veterans were crucial to getting an initial definition in place. Arc staff took these thoughts and built a starting point for the PLAN program. Our neighbor organization, *The National Alliance for the Mentally Ill* of Olmsted County, participated in the planning and made sure we looked at the project from their perspective as well.
- 4. Arc again stepped up to the plate.** I am proud of all the staff, parents and volunteers who have struggled through early definition of this program. It is characteristic of what I have come to expect from our “grass roots” organization.

We celebrated other accomplishments at our annual Appreciation Dinner on September 16th. This newsletter highlights some other achievements. Read on!

Buff

November 2004—January 2005
Volume 1, Issue 4

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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.

Highlights from 2004

As always 2004 was a busy year for Arc. We have assisted over 400 individuals with disabilities and families in all 7 counties with their advocacy and support needs. We worked with nearly every school district and social service department in our area.

In January, PLAN (Planned Lifetime Assistance Network) moved from the development phase to implementation. PLAN is intended to help families answer the question of who will care for a family member with a disability when the family is no longer able to. We have completed Personal Support Plans for eight families and have provided extended services for two of those families. We have sold PLAN manuals to families around the state. We are serving families with members with developmental disabilities, brain injuries and mental health issues. We continue to work cooperatively with NAMI (National Alliance for the Mentally Ill) Olmsted County in this program area.

Our Abuse Prevention Training Program has also grown in 2004. We have presented to a variety of audiences — Arc advocates from around the state; Region 10 special educators, paraprofessionals, and parents; self-advocacy conferences in Mankato and St. Cloud, The Arc of Minnesota's state conference and will be presenting at The Arc of the United States national convention later this fall.

Another major effort in 2004 has been in the area of membership. We have representation on the Membership Committee at The Arc of Minnesota and a newly formed local committee. Our local committee has developed many of the materials now being used statewide including a PowerPoint presentation, recruitment letters, gift membership plans, and a training manual. This effort has resulted in Arc Southeastern Minnesota recruiting 182 new members since November 2003!

Members are the heart and soul of Arc. They are financial supporters and volunteers, but more importantly, they help set the direction for our beliefs and priorities. They give a voice to those not always able to speak for themselves. They send a message to public officials that persons with developmental disabilities are valuable members of our society.

Region 10 Quality Assurance also saw significant growth in 2004 along with a change in relationship with Arc Southeastern Minnesota. Arc continues as the fiscal host, but is taking a more active role with staff in the growth of the process. Since the beginning of the project Arc has been the employer of the Project Director. We now employ four of the 5 QA staff. Major efforts are underway to expand outside of Region 10 into other areas of the

state. Partnerships may be formed with other Arc chapters. We are also developing a program to better support the involvement of self-advocates and parents in the QA program. Using the QA process with other disability populations is also occurring on a pilot level. Region 10 Quality Assurance continues to receive national attention for its creative and unique way of looking at the quality of supports being provided to individuals with disabilities.

We continue to be well represented at The Arc of Minnesota. Dennis Theede from LaCrescent and Winona is currently the Past President and Les Bauer from Zumbrota is the current Vice President. Joel Young from Chatfield is our regional representative to The Arc of Minnesota's Board of Directors. Thank you for all you do on our behalf.

Arc has also experienced a number of challenges in 2004. Efforts in the area of systems advocacy were difficult. In spite of the dedicated work by many, we saw few legislative victories. We appreciate people's willingness to be involved and will need to continue advocating for the needs of persons with developmental disabilities with our elected public officials.

As an organization, Arc has also struggled financially. The Board has been diligent in its efforts to put in place a plan to increase financial support for our programs and services. There are many facets to this plan; some of which are still in the development stage. For the first time ever, we gave no salary increases to our staff and we made reductions in a number of other areas. We combined the Arc SEntiments and Family Support newsletters into a single quarterly publication. Efforts are underway to begin to shift from an annual membership approach to a multi-year donorship approach. We have offered the opportunity to give larger gifts through our membership dues structure. We hosted 2 ASK events in 2004 where potential donors were invited to learn more about Arc and possible giving options. Nearly \$70,000 has been received or pledged over a five year period as a result. We have also restructured some staff positions to better address short term special event fundraising, long term fundraising, and United Way relationships.

Our Board and staff are strong and our membership is growing. Please join us in continuing our strong tradition of working to improve the quality of life for persons with developmental disabilities and their families and to work to build inclusive communities for all.

Appreciation Dinner

Arc Southeastern Minnesota presents Mardi Gras !

On September 16, 2004 Arc Southeastern Minnesota held its Annual Appreciation Dinner and Awards Banquet. The evening included a social hour, dinner, awards, a silent auction, and dancing! We welcomed over 90 people from all seven counties.

Every year Arc Southeastern Minnesota gives out several awards. This year the award winners are: For the **Ann Ferguson Community Service Award: Rochester Amateur Radio Club**; **Inclusion Award: Mary Pieper** of Houston County; **Special Board Award: Dorothy Eckblad** of Red Wing; **Self-Advocacy Award: Stacie Zylstra** of Rochester; and the **Hang In There Award: Les Bauer** of Zumbrota.

We also gave out Pioneer Awards. **Pioneer Awards**, which are new this year, are presented to one person from each of our seven counties who personifies the spirit of Arc by giving Arc Southeastern Minnesota a vision for positive change for persons with developmental disabilities. This year the Pioneer Award winners are : **Jeff and Cathy Maness** of Dodge County, **Joel Young** of Fillmore County, **Clarence Mickelson** of Goodhue County, **Don and Lavona Meiners** of Houston County, the late **Ann Ferguson** of Olmsted County, **Dianne Schjolberg** of Wabasha County and **Dennis Theede** of Winona County.

Arc also elected new board members **Nathan Bauer** of Rochester and **Lyn Smith** of Rochester.

Re-elected board members are **Teresa Cerling** of Wykoff, **Judy Tollefsrud** of Spring Grove, **Sonja Aaland** of Red Wing.

This evening wouldn't have been such a success without the help of several volunteers. Special thanks go out to Val Koster who puts in so much time every year to make this event so much fun for everyone! We would also like to thank Donna Garratt, Kay Fockler, Don Koster, Craig Hanson, Bill Lawler, Carl Deobald, Ellen Holmgren and Cheryl Ghionzoli.

We also want to thank the following businesses from around the area for their donations that helped to make our silent auction a success: The Canadian Honker Restaurant, Timber Lodge Restaurant, Vision Auto Care, Outback Steakhouse, Rochester Civic Theatre, Treasure Island Casino, Hubbell House Restaurant and the Aviary Restaurant. Thanks to everyone for their support!



Kathy Graupner
Arc SE MN Board President
Buff Hennessey
Arc SE MN Executive Director



Les Bauer Winner of the
Hang In There Award
Nathan Bauer
Newly elected Board Member



Arne Fockler
Charitable Gift Advisor
Doug and Dick Ferguson
accepted the **Pioneer Award** on
behalf of the late Ann Ferguson



Joel Young
Pioneer Award
Fillmore County



Stacie and Jason Zystra
Stacie is the winner of the
Self Advocacy Award



Clarence Mickelson
Pioneer Award
Goodhue County

Houston/Winona County Fundraising Dinner

Houston/Winona County Fundraising Dinner

The Arc Southeastern Minnesota and The Arc of Minnesota held a joint fundraising dinner on September 2, 2004 to raise funds for Arc and to celebrate inclusion. Our theme was:

Lives Changed — People Included!

We held this dinner at the Cedar Valley Golf Club just outside of Winona. The setting was beautiful and the food was outstanding!

Our keynote speaker was **Nathan Bauer**, a young man with Down Syndrome. Nathan talked about his life, his parents, his job, his education and his home in the community. He was inspiring!

It was a time to recognize the advances that have been made over the past 50+ years. Our other speakers were distinguished members of Arc that have been a part of this movement.

Denny Theede, past president of The Arc of Minnesota and currently serving on Arc Southeastern Minnesota's board of directors, spoke of 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.

Don Meiners and Lavona Meiners, long-time leaders in Arc initiatives in Houston County, both spoke of the progress that has been made and how Arc has been at the center of this change.

Ellen Holmgren, dedicated activist in Winona for many years, gave wonderful examples of progress for people in very severe circumstances.

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 wonderful dinner in a beautiful setting. Many long hours of work go into the planning of such an event. A special thank you to the planners of this event — Denny Theede, Ellen Holmgren, Don and Lavona Meiners. It is invigorating to work with people that have such dedication to improving lives for people with developmental disabilities.

Thanks also go to Milt Topness, Lisa Meiners and Beth Pohlman for being greeters. Thanks to Bruce Klein, Vice President of Fortress Bank, and for their generosity in providing financial assistance with the dinner. A special thanks goes to the entire Arc staff for their help with this dinner.

These events are focused at helping Arc establish a more secure long term funding base. Many of our donors are lifelong donors. We depend on gifts for a growing portion of our financial support. If you can help, and have not attended such an event, please call me at the Arc office. I don't want anyone to feel left out.

Arne Fockler

Charitable Gift Advisor



Arne Fockler
Deb Weston
Sally Helmerichs
Buff Hennessey



Speaker
Denny Theede



Greeters
Beth Pohlmon
Milt Topness
Lisa Meiners



Pre-Dinner Festivities

Event Specifics

PLAN of Southeastern Minnesota

Informational Meeting

When: Thursday, November 11th, 2004,
Winona
Monday, January 24th, 2005, Rochester

Time: 6:30 pm-8:00 pm –Information on PLAN
8:00 pm-8:30 pm-Legislative Issues and
(in Winona only) HCO updates.

Location: Winona, Home & Community Options,
66 E Third St
Rochester, United Way Building

Contact Vicky Keller at (507) 287-2032 or toll free
1-888-732-8520 for more information and
to register.

Autism Workshop II

Presented by Autism Spectrum Disorder Task Force

When: November 6, 2004

Location: Ozmun Hall 19th Floor, Mayo
Building

Time: 9:00 am - 4:00 pm

Registration: Begins at 8:30 am

Price: \$25 pre-registration \$30 at the door

For more information on speakers and a
registration form go to www.autismrochester.org

Autism Spectrum Disorder Task Force

This is an informal parent driven group which strives to
provide support and enhance educational and
recreational opportunities for children with autism
spectrum disorders and their families within Rochester
and the surrounding areas.

Information: www.autismrochester.org

Location: United Way Building

When: November 11, 2004,
December 9, 2004
January 13, 2005

Time: 7:00pm- 9:00pm

Down Syndrome Network Group

Parents who have young children with Down Syndrome,
you are invited to attend our next meeting. Due to
construction of the United Way Building and lack of
space this is a parents only meeting.

When: Monday, November 8, 2004, 6:30pm-8:00pm

Presentation: PLAN

Location: United Way Building Conference Room C

RSVP: Debbie at Arc Southeastern Minnesota
(507)287-2032, 1-888-732-8520
e-mail dmonahan@arcse-mn.org

Future Meeting dates Dec. 13, 2004, Jan 20, 2005

For those who want to be on the Down Syndrome Email
list and receive Down Syndrome (and related)
information via email, please forward your address to the
email listed above.

Event Specifics Continued

Autism Support Group organized by the RT

Autism Awareness Foundation

Location: Willow Creek Golf Course in Rochester

Time: 6:30 pm

Date: November 18, 2004

Topic: "Show and Tell Tool Time", regarding
assistive technology and tools for children
with autism.

Future meeting date is planned for January 20,
2005.

If you would like more information on this group go
to www.rtautismawareness.org.

Asperger's Support Group

When: Monday, November 8, 2004
Monday, December 6, 2004

Time: 7:30 pm- 9:00 pm

Location: United Way Building

For more information contact: Pat Dunn-Walker
282- 4431

Poinsettia Sale

Bring some Holiday Cheer to your home or office.
Buy a Poinsettia to support Arc Southeastern Minne-
sota. Whittings and Arc Southeastern Minnesota
have teamed up again this holiday season to offer
beautiful Poinsettias.

Rochester: The Poinsettia sale will begin November
8, 2004 and run through December 20, 2004. To
order plants drop by the office, call, or send in an
order from. We will then send you a ticket. When
you receive the ticket, you can take the ticket to
Whittings Silver Lake Drive and pick out your own
plants or call Arc Southeastern Minnesota for
delivery information.

Winona: Arc Winona ordering deadline is Novem-
ber 30, 2004. Pick up will again be at the
American Red Cross at 1660 Kraemer Drive and
dates will be Friday, December 3, 2004 from 3:30
pm to 6:30 pm and Saturday, December 4, 2004
from 10:00 am to 2:00 pm. Delivery can also be
arranged.

For more information or to order plants please call
or E-mail Marion at the Arc office at (507)287-
2032 or toll free 1-888-732-8520, or E-mail:
mimhauser@arcse-mn.org.

Event Calendar

November

- 6 Autism Workshop II - Rochester
- 8 People 1st Thanksgiving Potluck & Dance - Winona
- 8 Down Syndrome Network - Rochester
- 8 Poinsettia Sale Begins - Rochester
- 8 Aspergers Support Group - Rochester
- 11 Autism Spectrum Disorders Task Force - Rochester
- 11 PLAN of Southeastern Minnesota - Winona
- 15 Sleigh Ride & Potluck Social PLAN - Stewartville
- 18 Autism Support Group - Rochester

December

- 3 Winona Poinsettia Pick-up and Delivery
- 4 Winona Poinsettia Pick-up and Delivery
- 5 Wabasha County Arc Holiday Party - Kellogg
- 6 Aspergers Support Group - Rochester
- 9 Autism Spectrum Disorders Task Force - Rochester
- 9 People 1st Pizza Party - Winona
- 13 Down Syndrome Network - Rochester

January

- 13 Autism Task Force - Rochester
- 20 Autism Support Group - Rochester
- 20 Down Syndrome Network Group - Rochester
- 24 PLAN of Southeastern Minnesota - Rochester

Wabasha County Arc Holiday Party

When: December 5, 2004
Time: 12:00pm - 3:00pm
**Location: American Legion Kellogg
213 Bellvidere Ave., Kellogg**
Potluck meal so please bring something to pass.

Karaoke will follow the meal so we can share the holiday spirit with everyone.

We will also be collecting toys for local agencies to give to kids in the Lake City and Wabasha area.

Please bring a toy to donate and you will bring a smile to a child's face.

Upcoming Trainings

“What’s the Big Idea” is a training geared towards parents who have a school aged child, and are interested in learning more about the IEP (Individual Education Plan) and IIP. Please watch for upcoming trainings in 2005.

Guardianship and Conservatorship training will be held in 2005 in Red Wing, Winona, and Rochester. We will be inviting lawyers from the area who specialize in this area to discuss recent changes with the Guardianship and Conservatorship Law.

FAS Fetal Alcohol Syndrome trainings will be held in various schools throughout the seven county area. Please call Arc SE MN if you are interested in having a training for parents or guardians.

Please call Beth Honecker or JoAnn Lawler at Arc Southeastern Minnesota at (507)287-2032 or toll free 1-888-732-8520

Where There is a Will, There is a Way This workshop will focus on estate planning with tips on how Arc Southeastern Minnesota can be included in your will for mutual benefit. Help Yourself - Help your favorite charity. This workshop will be on March 10, 2005 in Houston and Winona County and July 14, 2005 in Rochester. For more information on these workshops contact Arne Fockler at (507) 287-2032 or toll free at 1-888-732-8520.

Action Alert

Arc has 70 people signed up on our Action Alert System. I will be contacting people as issues come up during the 2005 Legislative Session. If you are interested in being part of Arc's Action Alert System please call or e-mail me at the Arc office at (507)287-2032, toll free at 1-888-732-8520 or e-mail me at jlawler@arcse-mn.org. Give me your name, address, telephone number, e-mail, and legislative district. If you do not know your legislative district I will look it up for you.

We had bi-partisan support for various issues that affect individuals with developmental disabilities during the 2004 legislative session. As you know the Minnesota House of Representatives and the Senate were grid-locked and did not pass much legislation.

We are planning an evening **Town Meeting sometime in December. Please watch for updates.**

Our main issues will be:

- ◆ Parental Fees
- ◆ Medical Assistance Co-pays/ Dental Limits
- ◆ Consumer Directed Community Supports (with emphasis in those counties where this service is currently being offered)

We will be inviting legislators from the seven counties that we serve to hear our concerns. Arc needs two speakers to talk on each issue. Please contact JoAnn Lawler if you are willing to speak. We need families and self advocates to speak up on these issues. They affect you. We want families and concerned individuals to come and be part of the meeting.

For questions or more information please contact JoAnn Lawler at (507) 287-2032, toll free 1-888 732-8520 or e-mail jlawler@arcse-mn.org.

Attention Rochester School District Parents, Teachers, and School Building Administrators!

The Student Support Services Advisory Council needs you!

The 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 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. ***Exception: No November meeting, next meeting will be December 2, 2004.**

New Development Committee Formed!

We now have a Development Committee here at Arc. After a strategic fundraising/development Board Meeting we felt that the first thing we needed to do was to put together a Development Committee to decide how to go forward with our fundraising activities. At this point this group is made up of staff and Board Members but we need your input, too! **We would love to have a member from every county in our service area.** This group will meet 3-4 times a year to lay out our fundraising plans for the coming year. Please contact Marion Imhauser, Fundraising and Special Events, for more information or to become involved. She can be reached at 507-287-2032, toll-free at 1-888-732-8520 or you can e-mail her at mimhauser@arcse-mn.org.

34th Annual Arc Southeastern Minnesota Poinsettia Sale

Arc Southeastern Minnesota and Whittings Flowers and Greenhouse have teamed up again this holiday season to offer beautiful poinsettias.

When:

November 8, 2004 - December 20, 2004

Who it Benefits:

Arc Southeastern Minnesota and the services we provide.

How to Order:

Stop by the Arc office to order your plants, or mail in the order form enclosed.

Pick Up:

You may take your Arc ticket to Whittings Greenhouse on Silver Lake Drive and choose your own plants or have them delivered for \$4.00 per delivery address.

Questions:

Contact Marion at the Arc office at (507) 287-2032 or toll free at 1-888-732-8520

Mission Statement:

Arc Southeastern Minnesota provides advocacy, support, and education for people with developmental disabilities and their families. Arc serves the counties of Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona.



Order Form

Delivery Information

Pricing:
1 -9 plants \$16.00
10 - 24 plants \$15.50
25-50 plants \$15.00
50+ plants \$14.00

Recipient: _____
Address: _____
Phone: _____

No. of plants _____ @ \$ _____ / each = _____

Delivery Charges: \$4.00 per address = _____ Purchaser: _____
(If different from above)

TOTAL COST.....=_____

_____ Pick out and deliver your own plants. We will mail tickets to you.

_____ Arc delivers (Rochester only, add \$4.00 for each delivery address).

If delivered, what colors: Red _____ Pink _____ White _____

*****Arc accepts VISA/MasterCard.*****

Name as it appears on card: _____ Number: _____

Signature: _____ Expiration Date: _____

**Please enclose your check, payable to Arc SE MN, with this completed form and return to:
Arc Southeastern Minnesota, 903 W. Center St., Rochester, MN 55902**

Family Support Newsletter

Volume 1, Issue 4

Greetings from Arc Southeastern Minnesota!

I have just returned from The Arc of Minnesota State Convention in Walker. The leaves were beautiful and even though I stopped to shop in Nisswa, the miles seemed to pass by quickly.

Please give some thought to attending an Arc of Minnesota State Convention. It is a great opportunity to meet a lot of new friends, gather resources from numerous exhibitors, and attend wonderful breakout sessions on several topics related to disabilities. It is also fun! This year I had the privilege of presenting two of the breakout sessions, on issues related to “healthy relationships” for people with disabilities.

Our children are back starting a new year of school. Some of us have children going to school for the first time, and experiencing “pangs” of letting go. Some of our children are nearing the end of their school years and we may be having similar “pangs” of “where did the time go?” Whether your child is new to school or preparing for transition to life after school, please consider Arc as a wonderful resource of support and advocacy for your child’s educational needs. Yes, even parents who have been advocating for their child’s education for many years can find themselves needing support and advocacy. Sometimes a parent has one question about a change in their child’s IEP that can be answered in a phone call to our Arc office. At other times, parents request that our advocates assist in various meetings to help ensure a positive IEP or other service plan. Our advocates are available to offer time and energy to help you advocate for your child. JoAnn Lawler and Beth Honecker are our Arc SE Minnesota advocates and they can be reached during office hours at 507-287-2032 or toll free 1-888-732-8520.

Debbie Monahan and I provide support to families in our seven county Southeastern Minnesota area. We have a lot of contact with families that have younger children or a child with a new diagnosis of a disability or medical need. We are often called to be a supportive ally for parents who have a child in the hospital. Both Debbie and I have walked in those shoes. Many times parents call and are seeking information about services, a disability, disability rights or financial resources. We have a large network and are experienced in helping parents in finding answers to their questions. Sometimes parents just need someone to talk to. We are happy to be that support for families and can also provide “parent-to-parent” matches when a parent is searching for a support person who is experiencing similar joys and unique challenges. Please feel free to contact Debbie Monahan or myself during business hours at the Arc SE Minnesota office.

Remember that your vote matters! Your vote matters in the lives of people with disabilities. Dynamic disability rights leader Justin Dart once said, *“Vote as if your life depended on it, because it does.”*

~Susan O’Connell

Family Liaison Project Coordinator

Family Support Newsletter

Volume 1, Issue 4

In our Arc office we often hear from parents and professionals searching for information and resources about emotional and behavioral disorders and mental health issues of people with disabilities. Within this issue of the Arc SE MN Family Support Newsletter are ideas, information and resources on this topic that can answer some of your questions.

The following ideas may help both family members and professionals to recognize and build on family strengths when working with children and youth who have emotional and behavioral disorders. (From the Beach Center on Disability)

1. **Every person and family has strengths.** Sometimes you might not be aware of strengths because you are so busy dealing with life's everyday problems. When you increase your perception of personal and family strengths, you can use inner resources to handle roadblocks that come your way.
2. **A family strength can be any strength that makes people glad about their family.** Strengths could include any skill, attitudes or awareness that family members have to: (a) enhance their own sense of well-being, (b) balance individual needs with those of the rest of the family, or (c) keep communication open and easy.
3. **Identify your family's strengths.** Talk with another person, friend or spouse, and have them list the strengths that he or she sees. Sometimes, other people can identify strengths that you are not aware of.
4. **Think of different ways to look at your family.**
5. **Acknowledge the strengths in your family.** Family members may not be aware of their own strengths. When someone points out a strength, the person who is recognized is more aware of what he or she is doing right.
6. **Let family members know what you appreciate about them.** When you comment on a strength, be specific about what you see and why that strength is helpful.
7. **Try not to compare what your child does with what other children can do.** Look for and appreciate your own child's strengths and contributions.

“What is a Behavior”?

(Taken in part from *Revolutionary Common Sense*, Aug/Sept. issue)

“I've learned from many wonderful experts that **behavior is communication**, whether one has a disability or not. Biting, head banging, withdrawal, outbursts, and other typical and not so typical actions are all forms of communication. People with disabilities who don't have effective means of communication (oral speech, communication device, etc.), *as well as those who have never been listened to*, may have no other way to communicate their feelings *except* by physical actions. And in too many instances, parents, teachers, services providers, professionals, and others don't see this; instead, they view these actions as “inappropriate behaviors.” Consequences or punishments are delivered; the person tries to communicate his resulting sadness, fear, or frustration through physical actions; these are once again viewed as “inappropriate behavior” and the cycle continues and escalates! There is much to learn about communication and behavior. In the meantime, instead of saying, “He had a behavior,” perhaps we could more accurately and respectfully state, “**He's trying to tell us something.**”

Family Support Newsletter

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Ten Ways to Support a Person with Challenging Behavior

- 1. Get to know the person.** Seems obvious, doesn't it? However, often people trying to eliminate unwanted behavior don't know the person behind the behavior. To learn more about the person with challenging behavior, spend time with that person in comfortable places at times the person prefers.
- 2. Remember that all behavior is meaningful.** Challenging behavior sends the message of needs not being met. The behavior could mean, "I'm lonely", "I'm bored", "I have no power", "I don't feel safe", "I don't feel valued", "I have physical pain", or other needs. A single behavior, too, can reflect several needs. Keep in mind that the behavior often has something to do with what the person is asked to do and who is doing the asking. After a while, you should see a pattern to the behavior.
- 3. Help the person develop a support plan.** Include the person with the challenging behavior in any planning and look at improving the person's whole life-relationships, community participation, choices, skill development, and contributions.
- 4. Develop a support plan for the supporters.** Create a supportive environment for everyone concerned. Caregivers need care and support, too.
- 5. Don't assume anything.** Diagnostic labels and past performance often cause people to assume incorrectly. Speak to the person if you're not sure whether the person understands. Never speak about the person with a disability as if that person wasn't present. It isn't polite or supportive.
- 6. Relationships make all the difference.** Many people with disabilities live in extraordinary isolation. Some depend entirely on their family or paid staff for their social relationships. To overcome this isolation, brainstorm ideas for including the person with a disability in the community and setting up a social support network.
- 7. Help the person to develop a positive identity.** A person with challenging behavior commonly gets identified as a "problem", which carries a negative message for the person and those around him or her. Build a positive identity by helping the person find a way to make a contribution and better support those in his or her life. Make sure that the person's strengths and capabilities don't get overlooked when reducing or eliminating challenging behavior.
- 8. Instead of ultimatums, give choices.** If the person uses challenging behavior to express needs, give the person choices and allow the person to make choices throughout the day. Choices do not mean free rein. Set limits with the input of the person with a disability. Every relationship has limits.
- 9. Help the person to have more fun.** Fun is a powerful cure for problem behaviors. Look for things the person enjoys doing. Add to that list. Make fun a daily goal.
- 10. Establish a good working relationship with the person's primary health care physician.** Many people exhibiting challenging behavior don't feel well. Being healthy is more than being free of disease or illness. It also means a balanced diet, good sleep habits, and other health factors. Sudden behavior problems might be related to not feeling well. By knowing the person's general health, talking to those who know him or her, and having good contact with a primary health care physician, you can more easily figure out the reason for the challenging behavior.

(From "10 Things You Can Do to Support a Person With Difficult Behaviors",
By David Pitonyak, *The Community Journal*)

Family Support Newsletter

Volume 1, Issue 4

*“When you are parenting a child with special needs
make sure you look in both directions.”*

~Temple Grandin,

(An assistant professor at Colorado State University who has Autism)

As parents, we play an important role in helping to teach our children with disabilities about “feelings and emotions.” Learning about personal “feelings” is an on-going process for our children, but a valuable skill that will assist in their quality of life, help in reducing vulnerability to abuse, and nurturing a healthy self-esteem. Below are ideas and activities for families to help foster and support their children learning about personal feelings and the feelings of those around them.

Simon Says "Feelings"

Play Simon Says with your children substituting feeling phrases for the usual directions. For example, say: "Simon says, look happy. " In between commands you can ask them questions about those feelings, such as "What makes you feel happy?"

Flannel board activity

Cut out several circles to represent faces and draw on different emotions - happy, sad, scared, angry, sleepy, and surprised. Put up first face (ex. Happy) and say, “Happy face, happy face, what do you see? I see a _____ face looking at me.” Put up next face and continue.

The Gift Of Friendship

Remind your children how good people feel when they give someone a gift and the person shows their appreciation. What are some ways to show your appreciation? "Thank you," "It's beautiful!", "It's just what I wanted," "I love it!" Have your children draw names and make a gift (picture) for the name they drew. Give their friend the gift. Then have your children make thank you cards with markers or crayons for the picture.

Mirror Anatomy (game)

Children can practice naming the parts of their bodies while looking in a mirror. They will also enjoy practicing different facial expressions. Observing how they look when they have different feelings inside helps children to understand the body language of others.

Many of you already know that I also coordinate an Abuse Prevention Program at Arc SE Minnesota. This is a wonderful opportunity and great challenge. In my travels around the state of Minnesota, I have met with hundreds of people; self-advocates, parents, care providers, advocates, activists and professionals that are all concerned with the issue of abuse against people with disabilities. Each time I have been asked to present to a group of people, I have come away with more that I have learned from others. I am very grateful to the survivors of abuse that have had the courage to stand up and share their stories. Along with them, we at Arc SE Minnesota are addressing this critical issue and helping to “Break-the-Silence.”

I am happy to announce that I have been asked to be a guest presenter at the Arc National Convention in Boston this November. I will be co-presenting “Preventing Violence and Abuse Among People with Developmental Disabilities” with my esteemed peers, Michelle Schwartz from SafePlace in Austin, TX, LeighAnn Davis from the Arc of the United States, and Darla Stuart of Arc Aurora, CO.

~Susan O’Connell

Welcome New Members

Platinum (\$1,000 and up)

Harold and Rosemary Jambois - LaCrescent

Gold Membership (\$500 - \$999)

Gary and Lynda Fockler - Redding, CA

Phyllis Holmgren - St. Paul

Richard and Sheila Wieser - LaCrescent

Carol Jackson - Zumbrota

Silver Memberships (\$250-\$499)

Winifred Schulte - Caledonia

Contributor Memberships (\$100-\$249)

Bill Harris - Winona

John and Bobbi Haugan - LaCrescent

Pam and Steve Holty - Rochester

Ralph and Lois Mullally - LaCrescent

Lori and Brian Swerine - Caledonia

Sponsor Memberships (\$50-\$99)

Ronice and Gary Donovan - Rochester

Terrence and Patricia Forrest - Byron

Betty and Bob Kalmes - Rollingstone

Dawn May - Mantorville

General Memberships (\$25-\$49)

Duane Adler - Pine Island

Linda Becker - Rochester

David and Lana Lee Bye - Pine Island

Roger and Vicki Dearth - Rochester

Gary and Rose Donnay - Eyota

Jill Gadiant - Rochester

Carrie Goldsbury - Red Wing

Denise and Dave Herber - Winona

Julie and Jim Hermes - Rochester

Vicky Hildman - Rochester

Kristine and Michael Hogan - Rochester

Charles and Ruth Lombard - Lake City

Mary and John Lubahn - Pine Island

Joe Morse - Winona

Sarah Oachs - Rochester

Janelle and Dirk Oelkers - Zumbro Falls

Bev and Troy Ofstie - Kasson

Eva and Doug Pampuch - Winona

Katrina Puffer - Rochester

Genny Rice - Rochester

Mark and Marie Schreiter - Rochester

Sonya Smith - Rochester

Denis and Mary Strei - Rochester

Jerome and Marlene Towey - Rochester

General Memberships Continued

Denise Voy Tompkin - Rochester

Kathy and Steve Williams - Rochester

Estate Support Services - Preston

Patricia Wood - Winona

Pam and John Gindt - Cornell, WI

Rita and Mohsen Tavara - Orangevale, CA

Arc Gift Memberships

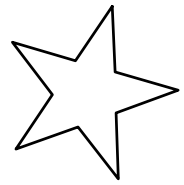
Thank you to **JoAnn and Bill Lawler** for purchasing gift memberships for two different families. This is a gift that can be life changing for people. Last year one of our members purchased a Gift Membership for his brother. The brother has made a multi-year financial gift to Arc SE! Your relatives may be looking for ways to help out. Make it easy for them to stay abreast of what Arc is doing and become a lifelong supporter. Thanks again to JoAnn and Bill!

Membership Committee

Our Membership Committee has been meeting all year to address the issues affecting membership. If we want change we must have a strong membership! We have seen a great increase in membership this year and we need to continue this push. We have had several mailings this year directed to parents, former members, etc. and we will continue to move ahead. We have staff, Board, and members on this committee but again: **we would love to have a member from every county in our service area.** For more information or to join this committee please contact Lyn Smith, Membership Committee chair, by e-mail at LyndaSmith@charter.net or you can call Marta Bollesen at the Arc office at 507-287-2032 or toll-free at 1-888-732-8520.



Membership Renewals



Platinum Memberships (\$1000+)

Kirk Garratt - Rochester
Marilyn and Mahlon Burbank - Rochester
Donna Garratt - Rochester

Gold Memberships (\$500-\$999)

Tom and Angela Murphy - Caledonia

Silver Memberships (\$250-\$499)

Mary Hewett - Winona
Judy and Charles Bird - Rochester
Herb and Edna Freitag - Rochester
Larry and Kaia Lehman - Kenyon
ABC Inc. - Rochester
Jeff O'Toole - Rochester

Contributor Memberships (\$100-\$249)

Sandy Gardner and Cheryl Ghionzoli - Trempealeau, WI
Ann and Noel Peterson - Rochester
Millie and John Ellingson - Rochester
Rabbi David and Cynthia Freedman - Rochester
Barb and Michael Sarr - Rochester
Connie Hosey and Bill Siggelkow - Rochester
Hiawatha Homes - Rochester

Sponsor Memberships (\$50-\$99)

Ann and John McGuire - Rochester
Chuck and Kitty Barry - Rochester
Marta Bollesen - Rochester
Ron and Grace Deno - Rochester
MaryBeth and Gary Fitterer - Rochester
Guy and Laurie Griesmann - Rochester
Art and Judy Gust - Stewartville
Vicky Keller - Byron
Bill and JoAnn Lawler - Rochester
John and Paula McGuine - Rochester
Don and Lavona Meiners - Caledonia
Stewart and Kay Shaw - Winona
Jim and Donna Wermerskirchen - Austin
A.B.L.E., Inc. - Caledonia
Great River Homes - Wabasha

General Memberships (\$25-\$49)

Myron and Ruth Morgan - Byron
Sonja Aaland - Red Wing
Dolores Augedahl - Caledonia
Larry Bale - Red Wing
Anne and Thomas Campbell - Red Wing
Kevin and Karen Carr - Chatfield
Marian and Glenn Citurs - Rochester

General Membership Continued

Sherman Cole - Houston
Robert and Eva Colligan - Rochester
Marianne Dohnalek - Red Wing
Kaye Eppard - Rochester
Mike and Joy Fogarty - Rochester
Diane Foley - Rochester
Mariann Gray - Rochester
Jean Gronseth - Rochester
James and Ila Hammell - Eitzen
Janice and Roger Heise - Goodhue
Dale and Charlotte Heyn - Rochester
Dick and Amy Humphrey - Rochester
Beth Iseminger - Eagan
Robert and Barbara Jacobson - Caledonia
Mary Pat Jewison - Rochester
Richard and Norma Johnson - Wykoff
Peter Keller - Byron
Jan Kelly - Winona
Lester and Ruth Kocher - Rochester
Steve and Lonny Kohls - Wabasha
Theresa Kronebusch - Altura
Marilyn and Jim Krusmark - Plainview
Mary Lambert - Rochester
Rodney and Nina Lee - Rochester
Mitch and Eileen Long - Rochester
Marilyn Mahoney - Cannon Falls
Joyce McConville - Minnesota City
Karen Morris - Harmony
Betsey T. Nichols - Mabel
Anna Pabst - Goodhue
Ron and Deb Pederson - Mantorville
Lyle and Joan Pohlman - Caledonia
Judy Prince - Rochester
Judy Przytarski - Winona
Eugene and Elaine Semin - LaCrescent
Thomas L. Sitzer, DDS - Rochester
Stacey and John Troeger - Rochester
Michael and Sheryl Weinandt - Wabasha
Tracy and James Wilson - Stewartville
Anne Ziegelmeier - Bend, OR
Camp Winnebago - Caledonia
Hunt Drug Store - Rochester



Charitable Giving

We are working hard to get Arc Southeastern Minnesota on a more stable funding base. Much progress has been made. **Did you know that...**

- ...over 130 **new members** have joined Arc Southeastern Minnesota in 2004.
- ...18 of those new members have been introduced to Arc via **Gift Memberships**.
- ...we now have 45 people that have pledged multi-year financial support.
- ...our **Rose Garden** of supporters has grown to 98 members.
- ...49 of those Rose garden entrants achieved a new level of support this year!
- ...13 members (that we know of) have included Arc Southeastern Minnesota in their will.

Thank You! These are encouraging statistics. We have a wonderful group of dedicated supporters. Your generosity is appreciated! But, you guessed it, we have to do more!

Our financial difficulties are not behind us. This is the toughest year we have experienced in many years. Next year promises more of the same. We have too many uncertainties facing us, financially and with programs for people with developmental disabilities.

The end of the year is close by. If you are planning for your year-end contributions, please consider Arc Southeastern Minnesota.

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

One anonymous donor gave \$5000 !

\$500 or above

Alton and Louise Shefelbine - Rochester
Fortress Bank - Houston

\$200 or above

Rochester Civitan Club - Rochester
Dick and Adele Spavin - Rochester
Dr Titus and Carol Evans - Rochester

\$100 or above

Susan Hovell - Galesville, WI
Don and Lavona Meiners - Caledonia
Dr. John G. Mayne - Rochester
Rosanne Kubicek - Winona
Florence Goetzman - Winona

\$100 or above

Ellen Holmgren - Winona
Dolores Augedahl - Caledonia
Joyce McConville - Minnesota City
Bob Sandvik - LaCrescent

Up to \$100

Dennis and Lonna Theede - LaCrescent
Don Holmquist - Winona
Bill and JoAnn Lawler - Rochester
Shirley Wilson - Rochester
Cathy and Syed Faruque - Winona

Thank You's - Charitable Giving

Gift that Remembers

Our "Gift that Remembers" (GTR) is becoming a very popular way to honor a relative or friend or a loved one who has passed away. We have had over 60 different GTR's this year.

Has someone done something nice for you lately? Consider the GTR as a vehicle to recognize them and also publicize their thoughtfulness of others. It can be a real day brightener.

In Memory of **Dawn Hannenberger**
LeRoy and Ardy Henrichs

In Memory of **Don Byers**
Bill and JoAnn Lawler

In Memory of **Elise Knapp**
Bill and JoAnn Lawler
Jack Priggen and Buff Hennessey
Mickey and Larry Prince

In Memory of **Melvin Ellingson**
Bill and JoAnn Lawler

In Memory of **Louise Anderson**
Jack Priggen and Buff Hennessey

In Memory of **Oliver Einhon**
Mickey and Larry Prince

In Memory of **Alton Shefelbine**
Arne and Kay Fockler

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

In Honor of **Mickey and Larry Prince's 50th Wedding Anniversary**

Arne and Kay Fockler
Larry and Janet Johnson
Ron and Sally Byers
Don and Arlysse MacGillivray
Gladys Klaysmat
Orpha and Jerry Prince
Eleanor Jarvi
Sarah Maki
Julie and Roald Finanger
Ray and Lou Heino
Jim and Esther Petrick

Arc Southeastern Minnesota 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 totals are cumulative gifts. Since this is the end of the year, we are including the entire Rose Garden of Supporters. Those who have moved to a higher level of giving are bolded. Thanks to all!

White Rose Garden (\$10,000 - \$24,999)

Knights of Columbus #1013 - Rochester

Knights of Columbus #639 - Winona

Yellow Rose Garden (\$5,000 - \$9,999)

Arne and Kay Fockler - Rochester

David and Della Jenkins - Rochester

Charles and Joanne Wieser - LaCrescent

Knights of Columbus #11460 - Rochester

Rochester Civitan Club - Rochester

Coral Rose Garden (\$2,500-\$4,999)

Donna Garratt - Rochester

Cardinal of Minnesota, Jack Priggen - Rochester

Judy and Jim Sloan Foundation - Rochester

Red Rose Garden (\$1,000 - \$2,499)

Tony and Rene Arendt - Mazeppa

Heide and Helmut Buettner - Rochester

Marilyn and Mahlon Burbank - Rochester

Jane and Mary Campion - Rochester

Bill and Marcia Cochran - Rochester

Herb and Edna Freitag - Rochester

Kirk Garratt - Rochester

Don W. (Bill) Harreld, Jr. - Rochester

Jack Priggen and Buff Hennessey- Zumbro Falls

Gail Jambois - Rochester

Harold and Rosemary Jambois - LaCrescent

Larry and Janet Johnson - Rochester

Brenda and Steve Kann - Rochester

Don and Val Koster - Rochester

Mychelle and Jim Maronde - Rochester



Mickey and Larry Prince - Rochester

Phyllis Rusley - Rochester

Bill Siggelkow - Rochester

Harlan and Marcia Steenhard - Rochester

Bear Creek Services - Rochester

Goodhue School (FFA) - Goodhue

Knights of Columbus #1223 - RedWing

Knights of Columbus #1781 - Millville

Knights of Columbus #6896 - Preston

Knitcraft-St. Croix Foundation - Winona

Prairie Island Tribal Council - Welch

Premier Bank - Rochester

Recreation Lanes - Rochester

Wal-Mart North - Rochester

Rose Bud (\$500 - \$999)

Ann and Arnold Archer - Pine Island

Les and Barb Bauer - Zumbrota

Vita and Javon Bea - Oronoco

Daniel and Betty Bielen - Byron

Judy and Charles Bird - Rochester

Layne and Kathy Bucher - Zumbrota

Peter and Carol Carryer - Rochester

Teresa and Roy Cerling - Wykoff

Carl and Connie Deobald - Rochester

Dave and Sonja Dunn - Rochester

Pat and Sandy Egan - Rochester

Millie and John Ellingson - Rochester

Dr Titus and Carol Evans - Rochester

Charles and Meellee Fish - Rochester

Gary and Lynda Fockler - Redding, CA

Bob and Kristy Giere - Rochester

John and Elaine Griffith - Rochester

Roger and Irene Herzog - Rochester

Cathie Hiley - Rochester

Alan and Judith Hoffman - Rochester

Phyllis Holmgren - St. Paul

Carol Jackson - Zumbrota

Tom and Corinne Johnson - Rochester

Bernetta Kahabka - Rochester

Senator Bob Kierlin - Winona

Rose Bud (\$500 - \$999) Continued

Dan and Linda Kinzer - Rochester
Steve and Joan Larson - Shoreview
John and Paula Laskowski - Rochester
Bill and JoAnn Lawler - Rochester
Mary Jo and Larry Legier - Rochester
Larry and Kaia Lehman - Kenyon
Ed and Ann Lufkin - Hayward
Don and Arlysse MacGillivray - Rochester
Kathy Mann - Rochester
Don and Lavona Meiners - Caledonia
Tom and Angela Murphy - Caledonia
Jeff O'Toole - Rochester
John and Peggy O'Toole-Martin - Rochester
Ann and Noel Peterson - Rochester
Kathy and Larry Peterson - Seattle, WA
Tom and Pat Peyla - Wabasha
Jeff Prince - Pitman, NJ
Carolyn and Steve Ramaker - Rochester



Jim and Ginny Ranweiler - Rochester
David and Joy Rott - Elgin
Louise Shefelbine - Rochester
Lyn and Steve Smith - Rochester
Dick and Adele Spavin - Rochester
Bob and Mary Alice Stewart - Owatonna
Neil and Peggy Stolp - Oronoco
Bill and Janet Volkmar - Rochester
Richard and Sheila Wieser - LaCrescent
Joel and Julie Young - Chatfield
Academic Excellence Inc.,
Jim & Tara Cassmann - New Ulm
AFL Labor Temple Association - Rochester
Fortress Bank, N.A - Houston
Fraternal Order of Eagles #1243 - Winona
Knights of Columbus #2751 - Lake City
Merit Contracting Inc., Ed Stanley - Rochester

Betty Hubbard Heritage Society

Betty Hubbard was a pioneer for people with developmental disabilities. Her commitment to Arc was extraordinary. The Betty Hubbard Heritage Society was introduced by The Arc of Minnesota to honor people who have made similar commitments. Originally, you became a member of the Betty Hubbard Society by making a planned gift or an accumulated monetary gift to Arc. Today, you become a member of the Betty Hubbard Society by designating a chapter of Arc as a beneficiary in a planned gift.

Listed below are the names of people who have informed us that they have included Arc in a Planned Gift of some form. This could mean that Arc is a beneficiary in a will or a life insurance policy or that Arc is the beneficiary in a supplemental needs trust. These are the people that we know about. If you have included Arc Southeastern Minnesota in a planned gift, please let Arne Fockler know so we can include you in this recognition.

We thank the following people for making such a significant commitment to Arc. We appreciate it immensely.

Julie and Tom Bittinger - Owatonna
Marta Bollesen - Rochester
Peter and Carol Carryer - Rochester
Arne and Kay Fockler - Rochester
Elisabeth Hennessey - Zumbro Falls
Larry and Janet Johnson - Rochester
Peter Keller - Byron
Vicky Keller - Byron
Don and Val Koster - Rochester
Kathy Mann - Rochester
Don and Lavona Meiners - Caledonia
Tom and Pat Peyla - Wabasha
Mickey and Larry Prince - Rochester

34th Annual Arc Southeastern Minnesota Poinsettia Sale in Winona

Arc Southeastern Minnesota and Whittings Flowers and Greenhouse have teamed up again this holiday season to offer beautiful poinsettias

Who it Benefits:

Arc Southeastern Minnesota and the services we provide.

Order deadline:

November 30, 2004

How to Order:

Call Arc Southeastern Minnesota, fax or mail in the order form attached

Pick Up Location:

American Red Cross
1660 Kraemer Drive, Winona

Pick up Dates:

Friday, December 3, 2004, 3:30 pm-6:30 pm
Saturday, December 4, 2004, 10:00 am - 2:00 pm

Delivery :

Delivery can be arranged

Questions:

Contact Marion at the Arc office at (507) 287-2032 or toll free at 1-888-732-8520



Order Form

Pricing:

1 -9 plants \$16.00
10 - 24 plants \$15.50
25-50 plants \$15.00
50+ plants \$14.00

Delivery Information

Recipient: _____

Address: _____

Phone: _____

No. of plants _____ @ \$ _____ / each = _____

Delivery Charges: \$4.00 per address = _____ Purchaser: _____

(If different from above)

TOTAL COST.....=_____

Colors of Plants: Red _____ Pink _____ White _____

_____ Please deliver. Delivery is \$4.00 per address and can only be delivered from 3:30 pm - 6:00pm on Friday December 3rd and 10:00 am - 1:00 pm on Saturday December 4th.

If delivery is needed which day: _____ Friday _____ Saturday

*****Arc accepts VISA/MasterCard.*****

Name as it appears on card: _____

Number: _____

Signature: _____

Expiration Date: _____

**Please enclose your check, payable to Arc SE MN, with this completed form and return to:
Arc Southeastern Minnesota, 903 W. Center St., Rochester, MN 55902,
or fax to 1-507-287-2089**



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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Rochester, MN 55902
(507) 287-2032 or (888)732-8520 toll free

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