



Arc SEntiments

Southeastern
Minnesota

Arc Southeastern Minnesota improves 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, Rice, Wabasha and Winona.

Thoughts

Carl Deobald - Arc Board President

Summer has been flying by, and schools around the area will be starting soon. Our 15 year old grandson has been with us during the month of August, and it has been fun. He lives in the UK, so it is a blessing to have him here.

I would like to thank the Arc staff for all their dedication during our hard times. They have given up a lot and still keep doing their jobs.

Buff Hennessey, the Executive Director, has been with us since 1/1/81, and spends countless hours keeping Arc Southeastern Minnesota going. We would be lost without her. (I think she spends more time for Arc than she does at home!) She is a blessing to have on our team.

Marta Bollesen, Director of Operations, is responsible for working with the finances, including payable and receivables. Marta also works with the Membership Committee and a variety of other jobs. She has been doing a great job at keeping things straight since 11/22/99.

When you call or stop by the Arc office, you have most likely been greeted by **Betty Koehler**, the Office Manager/ Receptionist. She joined the Arc staff on 10/9/06, and works with our clerical assistants and volunteers to help make the office run smoother. Betty is also responsible for our quarterly newsletter.

Our Individual and Family Advocates, **JoAnn Lawler** (birth through grade 5), and **Beth Honecker** (grade 6 and up), work with the families and individuals who need advocacy support for school issues, and for other issues related to your family member's disability. JoAnn began her career with Arc on 4/5/93, and makes legislative contacts for Arc as well. Beth started on 3/31/98 as our Office Manager and began her advocacy role in 2003.

The "Jill of All Trades", **Melissa Evans**, is the PLAN Program Director, Housing Access Services Advocate, and SAM Community Organizer. She has been working hard to do a great job since 1/7/08. Give her a call if you are interested in how she might be able to help you or your family.

Debbie Monahan, Family Liaison Project, has been dedicated to providing peer and emotional support since 10/8/02, to families whose children have special needs. She is a great resource for the families, and lets them know they are not alone. During her spare time, she is also one of our Housing Access Services Advocates.

Mike Sick, Special Events & Marketing Coordinator, started with Arc in August of 2009, and has been working hard to raise funds for us. Recently he finished up with the 6th annual Celebrity Mulligan Golf Tournament, and it was great!

Our Clerical Assistants, **Cameron Steenhard** and **Travis Hatcher** do a great job helping with the office work and keeping the staff smiling. These guys make a difference! Cam has been with us since 4/22/99 and Travis began on 5/24/94.

We are here to help the children and adults with special needs be more independent like we are. So please find it in your hearts to be a part of this organization in some way; member, volunteer or someone who has a great idea to share. Together we can make it happen!

Fall, 2010

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(888) 732-8520
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Website:
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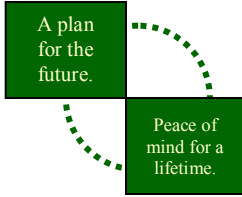
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MISSION

We build inclusive communities for all by providing support, education and advocacy to persons with developmental disabilities and their families.

Arc Southeastern Minnesota is a 501(c)3 nonprofit agency. All contributions are tax deductible to the extent allowed by law.

News from Melissa & Winona People First



PLAN (Planned Lifetime Assistance Network)

Have you thought about what would happen to your loved one with a disability after you can no longer care for them? Would all your family members know your wishes and your loved one's wishes? Are you sure you have everything documented? Do you want to make certain?

PLAN will help you answer not only these questions, but also give you the peace of mind you deserve. Please contact me and I'll help you put to rest any doubts you may have. I can be reached on Monday, Wednesday or Thursday at (507)287-2032, toll free at (888)732-8520 or by email at melissa@arcse-mn.org.

Arc's MPT (Master Pooled Trust)

You don't need to spend your loved one's money in order to keep it from jeopardizing government services. Well, that is if you know about the Arc's Master Pooled Trust. With the Arc's MPT, you can put the extra money into a trust to use for them to go on vacation, buy something needed or wanted, but more importantly to secure their financial future.

If you have any questions about how to get things organized for the future care of your loved one with a disability, or you are interested in our wonderful Master Pooled Trust Program to ensure financial security for them, please contact me (Melissa) any time. I'm in the office Mondays, Wednesdays and Thursdays.

SAM (Self-Advocates Minnesota)

SAM is a council for people with disabilities. They learn their rights, find their voices, learn how to be assertive, make change in society, bring awareness and get involved in the community. It is open to any adult with disabilities, professionals, family members or anyone wanting to volunteer their time. Best of all, there is no membership cost.

The council meets on the 2nd Thursday of each month from 5:30 pm to 7:30 pm in Rochester. A light supper is provided, and mileage reimbursement is available.

For more information on how you can get involved, contact Melissa at (507)287-2032, toll free at (888)732-8520 or by email at melissa@arcse-mn.org.

Winona People First

winonapeople1st@yahoo.com

Our annual summer picnic was held on Friday, July 30, 2010. We had approximately 65 people attend, enjoy games, food and friendship.

We continue to have monthly meetings, and at each meeting a member self advocate presents a training to their fellow self advocates from the ACT Meeting Builders activities on self advocacy and empowerment. The group is currently working on a presentation called "Who and What is Winona People 1st" to present to area groups encouraging participation and hopefully increase our membership.

One of our members, who also is an active member of the SAM Southeast group, was elected to the vice chair position for the next year. He is very excited about this.

Winona People 1st continues to be a self sufficient group relying on income from annual memberships, meeting dues and potluck event income. We meet regularly on the second Monday of every month at 5:15 pm at 66 E. Third Street in the lower level of the Home and Community Options main office. We look forward to new and returning member's continued participation.

Housing Access Services/Special Needs Trusts

Meet Sharon

Melissa Evans

Sharon lived in a one bedroom apartment with her 17 year old son where she didn't feel safe. She wanted to move, but didn't know how to go about it. That's when Arc Southeastern Minnesota was contacted to see if we could help.

Together with Sharon, we searched on-line for a bigger apartment where she would feel safe. We checked out apartments, providing her with the transportation to get back and forth. When she decided on a new place, we paid the application fee, helped her complete the necessary forms and gather the needed documents.

Once her application was accepted, Arc helped to pay the deposit, gave her information on Shelter Needy and MSA, and worked to acquire a companion note from her doctor so she could have a pet in the unit without paying a pet deposit (a huge help). We also assisted Sharon with her packing, and moved everything to her new place; a two bedroom apartment.

Here are her responses to questions I asked after the move.

How do you like your new place? What has been different between your new place and your old one?

"I love my new place ... really, really love it! It's a happier place to live. My mental health has changed for the better. It's brighter here."

Are you happy you moved?

"I'm ecstatic!"

Were you happy with the support you received through Arc's Housing Access Services Program? What do you think was the biggest help?

"Yes, everything, I needed everything. Without the support, I wouldn't have been able to move. I didn't have the deposit, transportation to look at places or means to move. It also gave me incentive."

Would you recommend this program to someone else?

"Yes, and I have."

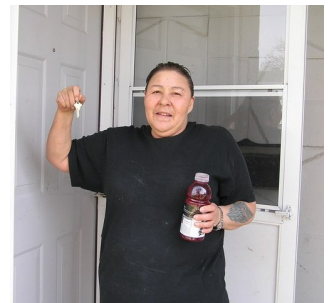
Is there anything you would have liked to receive from the program that you didn't?

"Nothing ... on going financial support if it was available."

Comments?

"The program is a good program. The staff is very supportive and very informed with what is needed. I learned a lot about moving. My son has more positive contacts, more positive activities and involved more with the church. We both have made quite a few friends. I'm glad to get away from the drugs, parties and alcohol. There's less pressure here. I'm not being taken advantage of."

If you are ready to move or would like more information on how we can help you, please contact Melissa or Debbie at the Arc office. We can be reached at (507) 287-2032, toll free at (888) 732-8520 or by email at melissa@arcse-mn.org or dmonahan@arcse-mn.org.



Sharon Happily displaying her new keys!

Important Changes About Special Needs Trusts Including Pooled Trusts:

Effective October 1, 2010, all SNTs created on or after January 1, 2000 that contain an early termination provision (a common practice) must be set up in such a way that:

1. The State is the primary assignee upon termination;
2. No one, other than the beneficiary and the State may benefit from an early termination, and;
3. The power to terminate must be given to someone other than the beneficiary.

If a SNT does not meet the requirements of these new regulations, the assets will be counted as a resource and could render someone ineligible for SSI.

If you have a special needs trust that was created on or after January 1, 2000, it is important that it meets these new requirements. You may want to contact an attorney for legal advice.

This information was provided by Jennifer Knapp of Libera Knapp, P.A.

News from Debbie/Silent Auction Request

Developing Literacy Skills Workshop

According to the Reach Out and Read website, too often parents of children with disabilities underestimate their child's potential for developing literacy skills. Reading programs can be adapted for children with developmental disabilities. It has been found that components of a reading program, including making reading an anticipated part of the daily routine (such as helping with transitions and introducing new situations to the child), creating literacy-rich environments, and encouraging joint attention, pointing, rhyming and singing, and sharing emotions, are particularly effective in promoting the literacy development of children with developmental disabilities. Parents and caregivers should be encouraged to use adaptive approaches and tools to meet a child's specific needs (e.g. story boxes or tactile experience books for children with visual impairments, reading in standers, rhymes with stretching activities, positioning with reading to encourage joint attention). For more information about the Reach and Read program, go to their website at www.reachoutandread.org.

On **September 28, 2010** the Rochester Area Help Me Grow and the Dodge/Olmsted County Help Me Grow (formerly known as the Rochester IEIC and the Dodge/Olmsted IEIC) will be sponsoring a presentation called Developing Literacy Skills with Young Children: **THINK LITERACY!** The speaker, Joan Blaska, Ph.D., is an Education Consultant and Professor Emeritus from St. Cloud State University where she trained teachers to work with young children with and without disabilities and their families. Dr. Blaska will speak about promoting early literacy development and the importance of literacy rich materials and environments.

The **new location** for the workshop is the Edison Building's Board Room, located at 615 7th Street SW, Rochester from 12:30 pm to 3:30 pm. There is no charge, however, please RSVP by September 21st to dmonahan@arcse-mn.org or jschuldt@zumbroed.org.

Down Syndrome Network Group

The Down Syndrome Network Group meeting dates have been set for the 2010/2011 school year. Please save the following dates:

- Friday, October 1, 2010
- Friday, December 3, 2010
- Friday, March 11, 2011
- Friday May 6, 2011

The meetings will still be in the Fellowship Hall of the Calvary Evangelical Free Church, located at 5500 25th Ave. NW, Rochester from 6 pm to 8 pm. When available, staff from the Rochester Park and Rec will be onsite to play with and watch the children.

More information will be sent out prior to each event. Please contact Debbie with any questions at dmonahan@arcse-mn.org, (507) 287-2032 or (888) 732-8520.

The Down Syndrome Network Group is supported by Arc Southeastern Minnesota (www.arcse-mn.org) and the Down Syndrome Association of Minnesota (www.dsamn.org).

Special Request for Silent Auction Items

Our Annual Meeting and Awards event is coming up soon and we are looking for Silent Auction items. Below are some great ideas. Please contact Marta at marta@arcse-mn.org, 507-287-2032, or toll free at 888-732-8520 if you would like to donate or have questions.

- Store merchandise
- Antiques
- Collectibles
- Gift certificates - any size is appreciated
- Donations of money
- Home canned pickles/vegetables
- Canned jams & jellies
- Supply winter wood for the fireplace
- Home baked cookies, candy, cake – either a one time donation at the auction or monthly for a year!
- Home made soups, wine, beer, or breads – one time donation or repeated throughout the year.
- Quilted, knitted, crocheted items; leather work, glass work, other art
- Donated time to a cabin or time-share you own
- Certificate for a fresh Christmas tree

Arc Southeastern Minnesota Program and Services Survey 2010

Name: (Optional) _____ County: _____
____ Parent/Guardian
____ Student
____ Self-Advocate
____ Other (explain) _____

Are you an Arc Member? ___ YES ___ NO
Would you like more information on becoming an Arc Member? ___ YES ___ NO

How did you find out about Arc SE MN ? _____

Which services have you used? (Check all that apply)

<input type="checkbox"/> Individual and Family Advocacy for school related issues	<input type="checkbox"/> Master Pooled Trust
<input type="checkbox"/> Individual and Family Advocacy for other issues	<input type="checkbox"/> SAM
<input type="checkbox"/> Newsletter/Website	<input type="checkbox"/> Housing Access Services Program
<input type="checkbox"/> PLAN	<input type="checkbox"/> Family Support/Family Liaison
<input type="checkbox"/> Trainings/Workshops	<input type="checkbox"/> Support Groups
<input type="checkbox"/> Information and referral	<input type="checkbox"/> Other _____

1. If you have worked with an Arc advocate, did they assist you in reaching your outcome or goal ?
2. Do you believe the Arc advocacy services you received will help you to better resolve disputes in the future?
3. Did you receive the information and support you needed from a Family Liaison/family support staff?
4. If you are involved with PLAN or Master Pooled Trust, did an Arc staff person help you obtain resources and information for the future?
5. Do you know what Enhanced Services are through PLAN ?
6. As a self advocate, do you feel more confident in speaking or stating your wants and needs?
7. As a self advocate, do you feel more involved in your home and/or community as a result of your participation with SAM?
8. Did you gain knowledge or receive new information from the Arc Newsletter or Arc Website?
9. If you attended a workshop sponsored by Arc, did you gain knowledge as a result of attending?
10. How can Arc improve its services?

Thank you for your input. It will help us improve our services to better meet your needs.

**Please return this survey to the Arc office by September 27, 2010
Arc SE MN, 6301 Bandel Road Suite 605, Rochester, MN 55901**

Advocacy Answers

Self-Worth

JoAnn Lawler

Summer is almost over. Some of us are looking forward to cooler temperatures and lower humidity. Most students are happily getting ready for the start of the new school year. We all are doing what we can to help our child to gear up for a successful school year.

One important way is continuing to foster our child's self-worth. Our involvement doesn't have to be time-consuming but it does need to be present. How your child feels about herself or himself will affect all aspects of their life, including school.

Below are some ideas to help increase your child's self worth:

- Spend quality time with your child so they understand they are an important part of your life.
- Show your child what friendship means so he or she can build strong relationships with family, friends and the community.
- Establish consistency in your child's life through routines, rules, and consequences for their positive and negative behavior.
- Play an active role in your child's education. Review their papers and acknowledge their efforts. Help your child understand his or her IEP (Individual Education Plan) goals and objectives.
- Find activities, games or other ways to have fun with your child. It's a way a child can relax and feel good about themselves.
- Ask your child for his ideas, thoughts or feelings. It is important he or she knows that you value their opinion, goals or dreams.
- Teach your child to problem solve by exploring ways he or she can deal with disagreements or conflict.
- Give your child the opportunity to help with chores around the house; to be a responsible member of your family.
- Let your child know life is not always fair. Share an event or two in your life and how you handled each situation. These discussions will help your child learn coping skills for both positive and negative events.

The Annual Transition Fair - The Next Step

The Rochester Community Transition Interagency Committee Annual Transition Fair will be held on Tuesday, October 26, 2010 from 4:30-7:30pm in the ESC building at 334 16th Street SE, Rochester, MN. This event is for special education students and their families from Pre-K to Grade 12 for the purpose of helping them make connections to community resources and services. It is a free event open to the public.

Please contact Beth Honecker or JoAnn Lawler if have you questions or are in need of an advocate. We can be reached at 507-287-2032, toll free at 888-732-8520 or by e-mail at mail@arcse-mn.org.

Guardianship/Conservatorship Workshop:

Is your daughter or son with a disability nearing the age of 18 in the next year or so? Is it time to think about Guardianship or Conservatorship for your family member who has a disability? Learn about guardianship/conservatorship including recent changes in the law. Current Guardians and Conservators are also welcome.

When: Wednesday, September 29, 2010

Time: 6:30 pm

Location: Cardinal of Minnesota
3008 Wellner Drive NE
Rochester, MN 55906

Presenter: Bill Volkmar, with the law firm of Dunlap and Seeger P.A., Rochester, MN

Registration is required. Please call Betty at the Arc office if you have questions or to register. She can be reached at (507) 287-2032, toll free at (888) 732-8520 or email at bkoehler@arcse-mn.org.

Arc Annual Picnic/Marketing News

Arc's Annual Family and Friends Picnic

JoAnn Lawler

The temperature finally cooled down in Southeastern Minnesota, just in time for our annual picnic. Eighty five Arc family and friends gathered together at West Silver Lake Park for the potluck picnic on Tuesday, August 17th. There was a wide variety of delicious food brought to share. We devoured it all! We are all about **good friends and food**.

A big thank you to everyone who helped before, during, and after the picnic. The success of our picnic depends on the willingness of you folks, and we certainly appreciate you.

I look forward to next year's picnic. In the meantime, wishing everyone a happy and stress-free Fall, 2010.



Marketing News

Mike Sick

On Monday, July 26th, Arc Southeastern Minnesota held its 6th Annual Celebrity Mulligan Golf Tournament at Somerby Golf Course in Bryon, MN. I must say that it went fantastic! With 114 golfers, it was our 2nd largest turnout in the life of the tournament, with net proceeds of over \$35,000 for persons with developmental disabilities. People really seemed to open their hearts to being involved once again.

As I got ready to thank everyone involved in this great fundraiser, I realized just how many individuals and businesses it took to make a perfect day. Without your generous support our event would not have been possible.

First we would like to send out a special thank you to everyone who donated to our live and silent auctions. The items you donated helped to bring in over \$12,000. To all the sponsors of the event, thank you. You realize the importance of Arc in our community, and your participation in sponsoring the event year after year means so much.

We would like to extend a big thank you to our intern, Peter, Val Koster, Donna Garratt, the golf committee members, the Arc staff and all the other volunteers who donated their time. Your involvement before, during, and after the event was all instrumental in making the day possible.

Arne and Andy Fockler gave everyone a great understanding of the importance of Arc, and the ways advocating effects everyone in our community. Thank you guys for being our speakers, and doing such a great job!

And finally to the golfers, thank you for coming. We hope you enjoyed your day, and perhaps even shot your best round of golf! We would love to see you next year.

Again, thank you to all our sponsors, golfers, and volunteers that made the event a success. We look forward to seeing even more new faces next year!

We would also like to thank the Rochester Honkers for dedicating the August 2nd game to us through the Community Angels Program. They also value the importance of giving back to the community.

Keep an eye out for things to come this year at Arc. We are planning some awesome activities that will continue to keep with the tradition that Arc has developed over 50 years ago. We will be bringing on a new member to our team in the next month so be sure to look for ways that you can help make them feel welcome! Thanks everyone for your continued support and I look forward to seeing you at all the events to come in the future!

Rummage Sale

Watch for information about Arc Southeastern Minnesota's upcoming Fall Rummage Sale!



Arc Southeastern Minnesota

AWARD NOMINATION FORM

Each fall, Arc Southeastern Minnesota recognizes individuals, groups, and businesses from our communities at the Annual Appreciation Dinner. We invite you to submit the name of an individual, business, or group in any of the following categories.

HANG IN THERE AWARD presented to an Arc member who has contributed significant volunteer time and effort to the agency.

ANN FERGUSON COMMUNITY SERVICE AWARDS Recognizes the outstanding efforts of a community group, business or individual who has been especially supportive of people with developmental disabilities or Arc Southeastern Minnesota. The categories are: **Community Organizations; for Professional Service; and Human Services.**

INCLUSION AWARD Presented to an individual or group who has made an outstanding effort to promote opportunities for the inclusion of persons with developmental disabilities into typical settings.

MEDIA AWARD This award is presented to a member of the media who has promoted the achievements of persons with developmental disabilities or Arc Southeastern Minnesota.

SELF ADVOCACY AWARD Presented to a person with a developmental disability who has enthusiastically and effectively presented the views of people with developmental disabilities.

Nominee: _____

Address: _____ City _____

State _____ Zip Code _____ Phone/Email : _____

- | | |
|--|---|
| <input type="checkbox"/> Hang In There | <input type="checkbox"/> Ann Ferguson Community Service Award for |
| <input type="checkbox"/> Inclusion | <input type="checkbox"/> Community Organizations |
| <input type="checkbox"/> Media | <input type="checkbox"/> Professional Service |
| <input type="checkbox"/> Self Advocacy | <input type="checkbox"/> Human Services |

Name of Person Submitting Nomination: _____

Address: _____ City _____

State _____ Zip Code _____ Phone/Email : _____

Comments (Please attach additional page if needed) _____

Please complete and return this form and any additional page(s) by **September 27, 2010** to:

Arc Southeastern Minnesota
6301 Bandel RD NW, Suite 605
Rochester, MN 55901
Email: mail@arcse-mn.org

Gifts that Remember/Directed Giving

In Memory of Alice and Frank Majerus

John and Melanie Kasner

In Memory of Rachel Mann

Kathy and Jerry Hanson
Larry and Mickey Prince

In Memory of Dr. James O'Toole

Peggy O'Toole Martin

In Memory of Eileen Huberty

Buff Hennessey and Jack Priggen

In Honor of Sebastian & Francesco's Birthdays

Stephanie Faubion and Family

In Memory of Harlan Steenhard

Marta Bollesen
Arne and Kay Fockler
Donna Garratt
Buff Hennessey and Jack Priggen
Brent and Dawn Koster
Don and Val Koster
Bill and JoAnn Lawler
Ellen Newman
Lyn and Steve Smith

In Honor of Kathy Hanson's Birthday

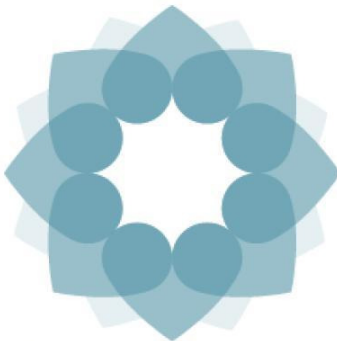
Gail Keidl

Gifts that Remember is a thoughtful way of honoring a person who has made a difference in your life. It's a way to show someone you care and also provide support for Arc - the agency that has made personal choices and heightened independence a reality for millions of people with developmental disabilities.

If you are interested in giving a Gift that Remembers, please go to our website: www.arcse-mn.org and click on "Honor Someone you care about." If you have any questions, feel free to give us a call at (507) 287-2032, toll free at 888-732-8520 or send an e-mail to: mail@arcse-mn.org.

Directed Giving Alliance of Olmsted County

"The Directed Giving Alliance is a partnership of local charities who are working together to give donors more choices in workplace giving campaigns."



Directed Giving Alliance
of Olmsted County

By pooling our resources together, more of these donations directly fund the missions important to the donor. We want the donor to have more choices in where their donated dollars go.

Each member of the Directed Giving Alliance has their financial operations audited annually by an independent group: Local Independent Charities of America (L.I.C.). L.I.C. has awarded each member of the Directed Giving Alliance with their "Seal of Excellence" that states that each organization meets the highest standards of public accountability, program effectiveness, and cost effectiveness. Of all charities nationwide, only about 5% of all nonprofits are thought to meet or exceed the standards of the L.I.C. "Seal of Excellence."



The Directed Giving Alliance will be holding its first campaign this fall. For more information, please go to <http://directedgiving.org/faq.htm> or contact Marta at (507) 287-2032 or by e-mail at marta@arcse-mn.org.

Arc Southeastern Minnesota's Wish List Thank You:

Thank you to Jennifer Deobald, and Carl and Connie Deobald who have donated items to Arc Southeastern Minnesota from our "Wish List"! We are very appreciative!

Please call our office if you are interested in our current list.

Thank you!

Mark Your Calendar



Arc's Calendar of Events & Workshops



September:

- 9th - SAM Advisory Council Meeting (5:30 pm to 7:30 pm)
- 28th- Joint Rochester Area Help Me Grow and Dodge/Olmsted Help Me Grow IEIC Meeting/Literacy Workshop (12:30 pm to 3:30 pm)
- 29th- Guardianship/Conservatorship Workshop beginning at 6:30 pm

October:

- 1st- Down Syndrome Network Group of SE MN (6:00 pm to 8:00 pm)
- 8th- The Arc of Minnesota Statewide Conference
- 9th- The Arc of Minnesota Statewide Conference
- 14th- SAM Advisory Council Meeting (5:30 pm to 7:30 pm)
- 26th- Annual Transition Fair (4:30 pm to 7:30 pm)

November:

- 11th- SAM Advisory Council Meeting (5:30 pm to 7:30 pm)

December:

- 3rd- Down Syndrome Network Group of SE MN (6:00 pm to 8:00 pm)

- Visit our website at www.arcse-mn.org for more information on these and other events.

The Arc of Minnesota Statewide Conference:

Join the Arc of Minnesota and the conference Host Chapter Arc United for a weekend full of educational opportunities and fun at the beautiful Breezy Point Resort, Brainerd Lakes Area on October 8-9, 2010.

For more information or to register, please contact Karen Quammen at KarenQ@arcmn.org or (651) 523-0823 or (800) 582-5256, ext. 109. Check the Arc Minnesota website for conference and hotel information.

Volunteer Spotlight!

This is a new column we have added to the newsletter. In each newsletter, we will spotlight a volunteer. If you are or have been a volunteer at Arc, we are very grateful for your assistance. Each and everyone of you makes a difference to the organization.

Welcome, Mindy Nghiem

Betty Koehler

This month I am pleased to introduce Mindy Nghiem to you. Mindy started volunteering at the Arc office in May of this year, and has continued to come in twice a week to do whatever we ask of her. Her willingness and great attitude has had a positive impact on all of us.

When asked what brought her to Arc Southeastern Minnesota, she said, "I thought it would be a great way to gain some experience and to help out the community. It's gratifying to know that I have a small part in it." We are very thankful for the active role she plays at Arc.

Mindy is a graduate from the Minnesota State University Mankato in 2009. She is currently attending grad school at St. Mary's University for an MBA degree. During her free time (if she has any!), Mindy enjoys traveling, shopping, biking, spending time with family and friends, and enjoying the beautiful summer weather!

Thank you, Mindy!



Mindy Nghiem, Volunteer



Minnesota Region 10 Quality Assurance

Developed by Region 10 Stakeholders
Funded by the Minnesota State Legislature

www.mn-voice.org

Value
Of
Individual
Choices and
Experiences

August Update

With our continuance of funding set for this fiscal year, we have three counties, Fillmore, Houston and Olmsted, which have decided to return to Region 10 QA for licensing their providers. In those counties, we have 22 providers that utilize 52 licenses such as Waiver Residential, ICF/MR, Semi Independent Living, DT&H, and Supported Employment Services.

We will continue to license them as in years past by:
Randomly selecting and conducting **VOICE** Reviews for people they serve.
Assisting and Monitoring Team Action Plans that evolve from **VOICE** Reviews.
Completing Paper Compliance Reviews.
Bringing all information to the Quality Assurance Review Council to review and recommend license renewal status.

We also are in discussions to determine how we may provide **VOICE** reviews to people and their providers who live outside these three counties.

This summer we have been working in concert with the MN Consortium for Citizens with Disabilities (a large collection of disability agencies and organizations throughout the state) to move forward with some long term plans for Quality Assurance for MN. We heard clearly from legislators last session that they would like to see MN agree on a statewide vision for QA. We are hoping this vision will build off past QA work groups that emphasized local or regional based QA systems. We are working to stress that our experiences prove that effective QA systems center on the person, measure the person's quality outcomes, support and enhance their Quality Circles, and are transparent and accountable to everyone. We hope that next session will be one of action, system reform and that **VOICE** and Region 10 QA can be a major factor in a statewide QA system.

This next Legislative Budget session will be focused on the (seem to be never ending) State Budget Deficit. This makes the Fall's Governor and Legislative election even more important. We hope that you will make the time and effort to:

Learn about each candidate, attend a pre election forum and vote.

Attend a post election forum to help educate our leaders.

Write, email, or meet your state leaders to share your story, your values and ideas.

Region 10 QA Commission News

Summer is the time our Region 10 QA Commission undergoes some changes in leadership. A big thank you goes to departing members - Marge Dent, Matt Shoen, Peter Fedorko and Donna Garratt. Their commitment and enthusiasm will be missed by all. We are happy to welcome three new Members onto the Commission - Laurie Sutherland, LeAnn Bieber and Theresa Loessin. We are excited to have them join and work with us through these exciting times.

Region 10 QA Volunteer Opportunities

We currently have two openings on the Region 10 QA Commission. If you or someone you know are interested, please connect with our Nominating Committee Chair, Dawn Farr, DFarr@olmmed.org or 507-280-9587.

QA Team Members assure that the QA system works effectively for individuals receiving support services. We invite you to get involved and become a QA Team Member. To learn more contact Dan Zimmer at 507 287-2032 or danz@mn-voice.org.



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___ My business provides jobs for people with developmental disabilities

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Thank you for joining Arc Southeastern Minnesota!