

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

Arc's legacy of changing lives for people with developmental disabilities and their families is not just a catchy phrase. Improving the quality of life for people with developmental disabilities is exactly what we do.

And we is the key word in explaining why this progressive change has happened in our communities. Local Arc chapters working with State and National organizations; parents and volunteers working with Arc staff members; the "grass roots" membership working with The Arc of MN to draw attention to the omissions and inequities in the service delivery system. This is the teamwork that has and continues to serve us well.

The challenges and the workload in front of us this year has increased. 2004 is the first year during my tenure here that Arc staff received no pay increases. Even so, the rewards are great! The spirit of staff and volunteers working for Arc is upbeat. We know we are pursuing what is needed and what is right!

We made good progress in many areas in 2003.

- ◆ The PLAN (Planned Lifetime Assistance Network) program is drawing excitement from early pilot program participants.
- ◆ Our advocates continue to "be there" for families with needs
- ◆ Surveys of our support group members tell us that we have made a positive difference in their lives.
- ◆ We have changed our strategy on how we fund the Arc Southeastern Minnesota organization. We are planning for Arc's viability for the next 50 years. The annual membership gift and Planned Giving are fundamental parts of this new strategy. Members are stepping up their financial support. Thank you, we need that!
- ◆ We have put a renewed focus on increasing our membership and in the past 3 months we have added over 70 additional members!
- ◆ We have published a web site. It is a start! We have good plans for future utilization. Visit us at: www.arcse-mn.org

These accomplishments tell me that we are moving in a positive direction. I always welcome your insights. If you have thoughts, ideas or concerns, please call me at the office or provide input via the website.

Thanks to all of you. Your membership commitment continues to be the strength of the Arc.

Buff

January-March 2004
Volume 1, Issue 1

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A United Way Agency

February-April 2004

Updates from Arc Southeastern Minnesota

One Newsletter - quarterly

Our newsletter has a fresh new look and feel to it. In an effort to streamline the information that is provided through our publications, we will be including the bright yellow Family Support Newsletter within Arc SEntiments. Our plan is to deliver this newsletter quarterly. As we continually work to provide the best services and support to people with developmental disabilities and their families, we hope that one newsletter will be accessible, informational, and supportive.

Look for **Family Support** in the center yellow section of each Arc SEntiments newsletter.

New Special Events Coordinator position

We are also making some changes in our organization to help balance the workload and responsibilities. The Board of Directors reviewed and approved these changes at the January meeting:

- ◆ Marta Bollesen has taken on a new position as Director of Operations.
- ◆ We plan to Hire a "Special Events Coordinator" for work on fund raising and the Appreciation Dinner.
- ◆ Arne Fockler will add Public Relations to his responsibilities as Charitable Gift Advisor.

Membership

The Membership Committee has been very busy since December. Buff Hennessey, Marta Bollesen and Les Bauer have been working with the State Membership Process Committee since October. This group, composed of 10 chapter staff and volunteers from all around the state, met several times to design processes for everything from renewals to paperwork processing.

We have set up a new Membership Committee here at Arc Southeastern Minnesota. On this committee are: Buff, Marta, Les, Donna Garratt and Mickey Prince. Our first steps were to design and send a membership request letter to all of our non-members. This letter was created by Les and was a testament to Arc and the difference Arc has made for the Bauer family. We also sent a "Gift Membership" letter to our members encouraging them to purchase memberships as gifts for Christmas, birthdays, etc.

Take a look at our new members and renewals on page 12 and page 13 later in this newsletter to see that the membership focus is starting to make a big difference. Although we consider these first efforts to be successful we know we have a lot of work ahead of us.

On the state level, Larry Prince wrote a great letter for us chronicling Arc and its history. Donna Garratt took that letter and put together a wonderful Power Point presentation that can be used by chapters throughout the state. The presentation (either on overhead transparencies or on Power Point) is a part of a "Sales Package" that the state is putting together. Soon, Les Bauer will be traveling around the state to each chapter to train staff, boards and volunteers on how to use the "Sales Package" to encourage membership.

We are building a stronger Arc. We need to influence public policy for the many people that depend on us.

Make your voice heard: Join Arc today!

New Membership Dues Categories

The Board also approved new membership dues categories. They will now be: \$25-general; \$50-Sponsor; \$100-Contributor; \$250-Silver; \$500-Gold; \$1000-Platinum; and Other.

We are working hard to increase the number of members we have. We also need to increase the size of the annual gift of our members.

When membership time rolls around, we are asking our membership to pause and think about how Arc has made a positive difference in their lives. Consider a gift that reflects that difference.

Please do not be offended by this request. If a larger gift is not workable for you, that is fine. If you can give more, we ask that you do. Our membership is a wonderful group of people that helps in many different ways. We each "give back" in our own way. Thanks to all of you for your support.

Olmsted Jail-a-thon on March 18!

The date has been set, prizes and sponsors secured, and now all we need is: JAILBIRDS! Each year it becomes a little more difficult to fill our jailbird spots so if you know of anyone to turn in, or would be willing to be a jailbird yourself, please call Marta or Lindsay at the Arc Office at 507-287-2032. We could also use a few volunteers to help with jail that day.

HyVee at Barlow's Plaza has again agreed to be our Host Sponsor and jail hours will run from 8:30 am until 3:00 pm. Midwest Wireless will again be donating phones and service for us. We will "arrest" jailbirds at their place of business or jailbirds may turn themselves in. All jailbirds will receive a Waterworks X-press Car Wash coupon, a 2-liter bottle of pop, and a framed mug shot photo as a memento of their time in jail!

The top "bail raiser" will again be rewarded with an overnight at the Marriott Hotel and a \$45 gift certificate to Outback Steakhouse; the second place winner will receive a \$45 gift certificate from Outback Steakhouse; and the third place winner will receive a \$25 gift certificate to Apache Mall. Think Federal Credit Union is our Corporate Sponsor again this year.

This is a fun event and a big fundraiser for Arc so please consider either being a jailbird or volunteering the day of the event! Also, please patronize the following businesses and thank them for their support of this event:

Think Federal Credit Union, Corporate Sponsor
HyVee Barlow's, Site Sponsor
Waterworks X-Press (now at 2 locations!),
Car Wash Coupons for all jailbirds

Midwest Wireless, Phones and Service
Marriott Hotel, Top Prize Sponsor
Outback Steakhouse, Top & Second Prize Sponsor

Rose Sale Order Forms due March 15!

**Beautiful Long-stemmed Roses Available for \$16 a dozen
in Recognition of National Mental Retardation and
Related Disabilities Awareness Month**

Where Promise Lives, Hope Blossoms

All proceeds from Arc's Rose Sale benefit children and adults with mental retardation and related developmental disabilities including Down syndrome, cerebral palsy, autism and epilepsy. One in ten families has a member with a developmental disability. Your participation in Arc's Rose Sale provides critical funding for programs and services. For more information or to request services, call Arc Southeastern Minnesota at 507-287-2032, toll-free at 1-888-732-8520 or visit our website at:

www.arcse-mn.org

How you can help

Any level of support is appreciated. Here are a few suggestions:

At your work – coordinate a pre-sale rose sale! You can pre-sell roses by emailing your co-workers and encouraging them to order. Call Marta at Arc by March 15th with a group rose order and the roses can be delivered to your office on March 23rd!

Better yet, conduct a combo sale - with pre-sales and on-the-spot sales both! Arc will set up a sales table in your cafeteria, reception area or other busy space in your building.

Arc volunteers will work with you and other volunteers from your company to fill pre-orders and sell to those who wish they had pre-ordered, until the beautiful roses are gone!

Pre-order roses – Call the Arc office to pre-order your roses. A benefit of pre-ordering includes the option of pre-paying for your roses with a credit card. Pre-ordering is easy! We will be sending an order form in the mail at the beginning of March and you can fill that out and return to our office by March 15th for a Rose Sale pick up date of March 23rd.

In your neighborhood – ask your neighbors, friends and family to order roses. If you get orders for 10 dozens or more, the roses can be delivered to your home.

Brighten someone's day – order roses to give to your customers or employees to show how much you appreciate them.

We will also do rose sales delivery outside of Rochester if you can get orders of 10 dozen or more! Call Marta at the Arc office to discuss it.

Look for your Rose Flyer at the beginning of March!

2004 Legislative Update

State of Minnesota

Federal Legislation

Two key areas need our attention:

- ◆ **Parental Fees for Parents.** In 2003, a law was passed that resulted in an increase of parental fees. The new fees have caused hardship for many families throughout the state and have ultimately resulted in some children and families losing services. Some parental fees have increased by as much as 700%. Arc will be tracking HF 1923, SF 1991 and SF1947. All 3 bills would offer some relief to the increases implemented last year.
- ◆ **Vouchers or opportunity scholarships for students with disabilities.** In 2003, a bill was introduced that would add a voucher component to the Minnesota Special Education System. A major concern of the bill is that it would require families that exercise this option to give up the right to an IEP (Individual Education Plan) and due process procedures. Receiving a voucher does not provide full tuition to a private school nor does it require private schools to accept students with disabilities.

Questions? Call Beth at the Arc office 287-2032 or 1-888-732-8520 (toll free) or email her at bhonecker@arcse-mn.org.

Want to voice your opinion ? (say yes) Join The Arc of Minnesota's **Action Alert team** and keep current on legislative issues such as those described above. Call JoAnn at the Arc Office or email her at ilawler@arcse-mn.org and she will help you get on the Action Alert team.

MN State Legislator Contact Information

Legislator/District	Party	Room #	Phone	e-mail Address
Sen. Dan Sparks (27)	DFL-Austin	CAP G-24	651-296-9248	Sen.dan.sparks@senate.mn
Rep. Dan Dorman (27A)	R-Albert Lea	SOB 579	877-377-9441	Rep.dan.dorman@house.mn
Rep. Jeff Anderson (27B)	R-Austin	SOB 583	888-682-3180	Rep.jeff.anderson@house.mn
Sen. Steve Murphy (28)	DFL-Red Wing	CAP 306	651-296-4264	Sen.steve.murphy@senate.mn
Rep. Jerry Dempsey (28A)	R-Red Wing	SOB 575	800-682-1256	Rep.jerry.dempsey@house.mn
Rep. Steve Sviggum (28B)	R-Kenyon	SOB 463	651-296-2273	Rep.steve.sviggum@house.mn
Sen. Dave Senjem (29)	R-Rochester	SOB G-17	651-296-3903	Sen.david.senjem@senate.mn
Rep. Randy Demmer (29A)	R-Hayfield	SOB 371	800-387-6453	Rep.randy.demmer@house.mn
Rep. Fran Bradley (29B)	R-Rochester	SOB 563	800-657-3855	Rep.fran.bradley@house.mn
Sen. Sheila Kiscaden (30)	I-Rochester	SOB G-15	651-296-4848	Sen.sheila.kiscaden@senate.mn
Rep. Carla Nelson (30A)	R-Rochester	SOB 571	800-339-9038	Rep.carla.nelson@house.mn
Rep. Bill Kuisle (30B)	R-Rochester	SOB 565	888-858-4753	Rep.william.kuisle@house.mn
Sen. Bob Kierlin (31)	R-Winona	SOB 127	651-296-5649	Sen.bob.kierlin@senate.mn
Rep. Gene Pelowski (31A)	DFL-Winona	SOB 295	888-681-8226	Rep.gene.pelowski@house.mn
Rep. Greg Davids (31B)	R-Preston	SOB 379	651-296-9278	Rep.greg.davids@house.mn

CAP = Capital Building, 75 Rev. Dr. Martin Luther King Jr. Blvd., St. Paul, MN 55155

SOB = State Office Building, 175 State Office Building, St. Paul, MN 55155

2004 Event Calendar

March

- 13 People 1st Bowling — Winona
- 15 Rose Sale Order Forms due at the office
- 18 Olmsted Jail-a-thon — Rochester
- 18 Down Syndrome Network Group - Rochester
- 19-20 Spring Conference UMBIDA
- 23 Rose Sale Delivery and Pickup — Rochester

April

- 3 Spring Fling — LaCrescent
- 15 Down Syndrome Network Group - Rochester
- 17 Family Fair — LaCrescent, MN
- 21 Guardianship/Conservatorship — Winona
- 23-24 Tootsie Roll Sale
- 24 Sibshop — Rochester

May

- 1 Hike-Bike — Winona
- 2 Ice Cream Social — Goodhue
- 6 Autism Support Group — Rochester
- 10 People 1st Game Night — Winona
- 15 Sibshop - Winona
- 17 PLAN Informational Meeting — Red Wing
- 21 Guardianship/Conservatorship — Winona

June

-- nothing scheduled

July

- 10 Rochester Centurion Bike Ride
- 12 People 1st Potluck Picnic — Winona
- 22 Goodhue Jail-a-thon

August

- 20-22 Nat'l Down Syndrome Congress
2004 Annual Convention
Minneapolis

September

- 17 Appreciation Dinner

October

- 8-10 State Convention — Walker
- 11 People 1st Popcorn/Movie Night — Winona

November

- 1 Fall Festival — Rochester
- 8 People 1st Thanksgiving Potluck & Dance
— Winona
- 15 Poinsettia Sale — Rochester
- 18 Winona Jail-a-thon

December

- 3 Winona Poinsettia Pick-up and Delivery
- 13 People 1st Pizza Party — Winona

Additional information

March 19-20, 2004 – **Annual Spring Conference of the UMBIDA** (the Upper Midwest Branch of the International Dyslexia Association). The conference is open to and appropriate for educators, parents, and people with dyslexia. To request a conference brochure, please send a note to umbida@hotmail.com or call the UMBIDA hotline at 651-450-7589. www.interdys.org

April 15, 2004, 6:30pm - 8:00pm – **Down Syndrome Network Group**, United Way Bldg, Rochester. Presentation by the Arc Southeastern MN Advocates.

April 17, 2004, 9:30 a.m.-12:30pm **“Family Fair”** in LaCrescent MN at the La Crescent High School (in the gym). Sponsored by the La Crescent-Hokah Early Childhood Family Education. This event is to bring together a wide array of local organizations and service agencies that provide support and/or resources to area families. Arc Southeastern Minnesota will have a booth at this event.

April 19, 2004, **“Family Fun Night”** sponsored by the Zumbro Education District IEIC (Interagency Early Intervention Committee).

August 20-22, 2004 - **National Down Syndrome Congress, 2004 Annual Convention**, Minneapolis, MN. For additional information contact: Down Syndrome Association of MN 651-603-0720 or 800-511-3696
web site: www.dsamn.org e-mail: dsamn@dsamn.org.

Upcoming Events

DOWN SYNDROME NETWORK GROUP

March 18, 2004,
6:30 p.m. – 8:00 p.m.
United Way Building,
903 W. Center St, **Rochester**
Meet in the Gym

Parents who have young children with Down Syndrome. You are invited to attend our next meeting. Les and Nathan Bauer are our presenters. Nathan is Les' son and now lives in a residence in Rochester. Discussion will center on Nathan's life in the community. Please join us for an informal evening of networking.

Information will be shared and time to socialize with other families will be available. Young children are welcome. A play area will be set up. Any questions, please call Debbie at Arc Southeastern Minnesota (507) 287-2032, toll free 1-888-732-8520 or email dmonahan@arcse-mn.org. If the weather is questionable...Call (507) 281-7370 and then code 3108 to listen to the message to see if the meeting has been cancelled.

Spring Fling

When: **Saturday, April 3, 2004** Where: **La Crescent Legion**

5:00-6:00pm	Social Hour
6:00-7:00pm	Dinner (swiss steak, gravy, mashed potatoes, glazed carrots, coleslaw, rolls and cheesecake)
7:00-9:00pm	Dance - Bits N Pieces

Dinner & Dance \$15.00, Dance only \$8.00

RSVP by March 22, late registrations will be an additional \$5.00

Mail to: Judy Tollefsurd, 17575 County 27, Spring Grove, MN 55974

Make checks payable to Arc Southeastern MN

Autism Support Group

Thursday, May 6, 2004
7 – 8:30 PM
United Way Building
Conference Room "A"
903 West Center Street
Rochester, MN

Guardianship/ Conservatorship Meeting, Winona

This meeting will update families on changes in guardianship and conservatorship that went into effect August 1, 2003. Atty Steve Libera will be our speaker.

Wednesday, April 21, 2004, 6:30—8:30pm
Winona Home & Community Options
66 East 3rd Street

PLAN (Planned Lifetime Assistance Network)

Informational Meetings

Monday, April 26th
from 7:00-8:30 PM
Red Wing Public Library
225 East Avenue, **Red Wing**

Monday, May 17th from 6:30-8:00 PM
Winona Home & Community Options
66 East 3rd Street
Legislative issues and agency updates will follow the PLAN meeting.

For more information or to register, contact Vicky Keller, (507) 287-2032 or toll-free 1-888-732-8520.

Family Support Newsletter

Volume 1, Issue 1

Greetings from Arc Southeastern Minnesota,

Change is good! Our Family Support Newsletter has a fresh new look and feel to it. In an effort to streamline the support and information that is provided through our publications, we will be including the bright yellow Family Support Newsletter *within* Arc SEntiments. As we continually work to provide the best services and support to people with developmental disabilities and their families, we hope that *one* newsletter will be accessible, informational, and supportive. Look for us in the center yellow section of each Arc SEntiments newsletter.

This issue of the Family Support Newsletter includes announcements, information, and a very special topic on “Siblings.” Siblings often have their own challenges when a brother or sister has a disability or medical crisis. Within the next pages will be ideas and insight about how we as parents can help support all of our children and strengthen the family.

As always, I encourage your input into our support newsletter. If there are special concerns and challenges that you would like addressed I welcome your thoughts and ideas.

Susan O’Connell

If you have information on upcoming workshops, events, or a personal story you would like to share please contact Susan at (507) 287-2032 or Toll-free 1-888-732-8520.

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because some day you will have been all of these.”

-George Washington Carver

Family Support Newsletter

Volume 1, Issue 1

Parents often share their thoughts, joys, and concerns with us about their children with disabilities, caregiving challenges, and the stress of navigating through needed services. At Arc we support and empower families to advocate and meet those needs. We are heartened by the stories of strength, commitment, and love that parents share with us. Many times we have heard requests for information about Siblings of a child with a disability. Below you will find information taken from a MnTafs Publication on The Role of Brothers and Sisters.

Relationships between brothers and sisters are among the most rich and enduring bonds that children and adults experience. Brothers and sisters generally spend more time with one another than they do with their parents, not only during childhood, but also throughout the course of their lives. The parent's role will fade, but brothers and sisters will carry that relationship for a lifetime.

One of the most critical factors in siblings' functioning is the way they interpret their parents' attitude toward the child with special needs. The parents' emotional health and availability are a powerful influence in the siblings' ability to cope and find their own identity. If they are unable to claim an important place in the family based on their own individuality, siblings often try, usually unconsciously, to develop an identity or role related to the special needs; becoming over-protective and over-responsible caretakers, developing special needs of their own, striving to be perfect, or acting out in negative ways. Only recently has there been a general awareness that siblings have the same need for information and support as do parents when a child in the family has a disability.

Suggestions for parents from a panel of siblings:

- **Accept their child's disability or chronic illness in order to help others do the same.**
- **Express their own thoughts and feelings to the whole family.**
- **Regularly spend time alone with each child.**
- **Listen to siblings and allow them to express negative feelings.**
- **Tell each child what they admire about him and acknowledge his contribution to the family.**
- **Obtain children's books or other resources about special needs.**
- **Involve siblings in decision-making and care of the child with special needs while maintaining appropriate limits on how much they are expected to do.**
- **Allow the child with special needs to do as much as she can do for herself.**
- **Use respite care and other support services.**
- **Be fair.**
- **Teach siblings positive ways to interact.**
- **Let siblings settle their own differences.**
- **Welcome other children and friends into the home.**
- **Recognize situations that are stressful for siblings and plan ahead to minimize negative effects.**
- **Encourage "normal" family life and activities.**
- **Join or promote the development of sibling programs and support groups.**
- **When appropriate, consult professionals to help siblings cope with stress.**
- **Don't expect siblings to be saints.**

Family Support Newsletter

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Below is additional information about siblings taken from the Arc article, "What Siblings Would Like Parents and Service Providers to Know."

In the United States, there are over six million people who have special health, developmental, and mental concerns. Most of these people have typically-developing brothers and sisters. Brothers and sisters are too important to ignore, if for only these reasons:

- These brothers and sisters will be in the lives of family members with special needs longer than anyone. Brothers and sisters will be there after parents are gone and special education services are a distant memory. If they are provided with support and information, they can help their sibs live dignified lives from childhood to their senior years.
- Throughout their lives, brothers and sisters share many concerns that parents of children with special needs experience, including isolation, a need for information, guilt, concerns about the future, and caregiving demands. Brothers and sisters also face issues that are uniquely theirs including resentment, peer issues, embarrassment, and pressure to achieve.

Despite the important and life-long roles they will play in the lives of their siblings who have special needs, even the most family-friendly agencies overlook brothers and sisters. Below is a discussion of themes discussed by SibNet members and recommendations from the Sibling Support Project:

1) *The Right to One's Own Life.*

Throughout their lives, brothers and sisters may play many different roles in the lives of their siblings who have special needs. Regardless of the contributions they may make, the basic right of siblings to their own lives must always be remembered. Self-determination, after all, is for everyone-including brothers and sisters.

2) *Acknowledge Siblings' Concerns.*

Like parents, brothers and sisters will experience a wide array of often ambivalent emotions regarding the impact of their sibling's special needs. These feelings should be both expected and acknowledged by parents and other family members and service providers.

3) *Expectations for Typically-Developing Siblings.*

Families need to set high expectations for all their children. However, some typically-developing brothers and sisters react to their siblings' disability by setting unrealistic high expectations for themselves-and some feel they must somehow compensate for their siblings special needs.

Sibshops are an opportunity for brothers and sisters of children with a special health or developmental needs to obtain peer support and education within a recreational setting. Children ages 6 and older are encouraged to attend. The sessions are limited to 16 participants. Call JoAnn at the Arc Office if you have questions and to register at 507-287-2032 or toll free at 888-732-8520.

Rochester: Saturday, April 24, 2004
9AM – 12PM
United Way Building Gym
903 West Center Street

Winona: Saturday, May 15, 2004
9AM – 12PM
Winona Middle School Gym
1570 Homer Road

Family Support Newsletter

Volume 1, Issue 1

Announcements

THANK YOU to the Olmsted County Family Services Collaborative for a \$20,000 3 yr. grant to support our Arc Southeastern Minnesota Family Liaison Project!

RideAbility Therapeutic and Recreational Horseback Riding- Horseback riding is recognized as a uniquely beneficial form of therapy for individuals with disabilities. A horse's gait, similar to the human walk, helps strengthen spine and pelvic muscles, improves posture and coordination and increases joint mobility. Along with the physical benefits, horseback riding gives individuals a feeling of control that promotes a sense of accomplishment and increased self-esteem. RideAbility recently received a grant to add a driving team to their program. For more information regarding the RideAbility Program, please contact Jeanie Michelizzi at (507) 356-8154.

For information about obtaining a **Disability Parking Certificate** see the internet Website of the State of Minnesota Driver and Vehicle Services Division at: <http://www.mndriveinfo.org>.

Free Dental Help Available! The National Foundation on Dentistry for the Handicapped, an affiliate of the American Dental Association, has a Donated Dental Services program for persons with disabilities who can't afford dental care. For questions about the program, call Erika Danko at the Foundation at 1-888-471-6334, ext. 318.

For information about **sporting and recreational opportunities for individuals with disabilities** in Rochester and southern Minnesota call RADAR at 507-280-6995 or see their Website at:

www.rochestermn.com/radar/index.html.

The **Down Syndrome Association of Minnesota** is hosting the 2004 Annual Convention for the Nationals Down Syndrome Congress to be held in Minneapolis, at the Hyatt Regency Minneapolis on Nicollet Mall, on August 20-22. This convention annually draws approximately 2,000 professionals, parents and self advocates for a weekend filled with workshops devoted to the most current information available on many different topics related to Down syndrome. Registration materials will be available late spring: check the NDSC website: www.ndscenter.org, or the Down Syndrome Association of Minnesota website: www.dsamn.org.

Rochester Scholarship and Training Grant- Do you care for a young child with a special need as a parent, professional, public agency or preschool caregiver? The Rochester Interagency Early Intervention Committee (IEIC) invites you to apply for a grant which can: reimburse or award registration expenses for attending workshops or conferences, provide or present training for parents, professionals or caregivers, provide education for early identification of children with special needs. Grant request deadlines are: September 1, November 1, May 1, and July 1. Funds are limited. Please allow thirty days for processing. For more information call IEIC (507) 287-1679 or Linda Becker (507) 288-7923.

Parenting A Child With Special Needs class is designed specifically for parents with children birth to kindergarten with added concern of delay, disability, or illness. Discussion is led by a licensed parent educator. This series meets once a month at the Northrop Education Center, 6-7:30 PM. Childcare for preschoolers will be provided. Families are welcome to register for one or all classes. Call 285-8350 with questions.

Volunteer Recognition

We have been blessed with many volunteers that help us each and every day. We want to take time to thank several of those friends. We undoubtedly will miss some people who have helped us in some way. Our apologies in advance. Just know that we depend on you and we do value your time, your talent, and your gifts to Arc Southeastern Minnesota.

Mickey Prince wins 2003 Mayor's award!

One of our tireless volunteers was recognized in December for her dedication and for successfully advocating for the rights of people with developmental disabilities.

Well-deserved, Mickey!



Foundation gift to PLAN

Thank you to the **Christopher Reeve Paralysis Foundation** for your \$5000 gift to PLAN (Planned Lifetime Assistance Network) of Southeastern Minnesota.

Poinsettia Sale

We had another successful Poinsettia Sale this year. We sold approximately 575 plants in Rochester and 45 in Winona. The plants were beautiful and we again want to thank Kevin and his courteous and helpful staff at **Whiting's Flowers and Greenhouse** for being so wonderful to work with! We also thank everyone who came in and got a bunch of 10-20 tickets to sell; **Arne and Kay Fockler** for their strong sales again this year; and to our lone captain, **Joe Gunnison**, who continues to keep a team selling for us year after year; **Curly Bollesen** for being our "delivery man" again this year; and **Sandy Gardner** and **Cheryl Ghionzoli** for coordinating the Winona Sale.

We also want to thank **Jo Augustine** for securing a Thrivent Financial match of \$714 for the plants Jo & Glenn sold – what a pleasant surprise! Thank you to everyone who purchased a plant and helped us to make the Poinsettia Sale another successful event!

Thank You Goodhue Public School Students!

A heartfelt thank you is in order for **Lee Thompson, Goodhue Public School students**, and the **Goodhue FFA Chapter** for their donation of \$540.86! This was from their "Annual FFA Christmas for Arc" project. The 9th grade class donated \$116.61 in loose change and the FFA matched that amount. The remainder of loose change was donated from the rest of the grades, K-12. We want to thank them for their continuous support and generosity!

Welcome Kay Fockler!

Well, everyone knows Kay and knows how much she has done for Arc over the years, so "welcoming" her doesn't seem exactly right, but now Kay has a new role here at Arc: she has volunteered to be our Membership Processor! We are so grateful to her for taking on this challenge and also want to thank Irene Herzog for "training" Kay in. Welcome Kay!

Thanks to the following people/organizations:

Bob Monahan, Sherry Meng, and Gene Skjveland for help with technology workload.

Phyllis Rusley, Janet Johnson, Heidi Archer and Doreen & Harold Strand for all the wonderful help with the Holiday mailings.

Carl Deobald for his timeliness and willingness to help out on short notice with anything needed.

Les Bauer for his initiative in getting needed focus on the membership process. This work will have State and National implications.

Winona Eagles Club for their support and use of the banquet room for Winona People 1st parties.

Welcome New Members!

**We are excited to see a lot of new members joining/rejoining Arc.
Visit our web site at www.arcse-mn.org or call us if we can assist
you in any way.**

Patron Memberships (\$150+)

Jane and Mary Campion - Rochester
Don W. (Bill) Harreld, Jr. - Rochester
Facilities Interaction Group (FIG) - Rochester
David & Gwen Oeth - Rochester

Sponsor Memberships (\$100)

Marshal Beyer - Rochester
Dan and Joan Blaisdell - Dodge Center
William and Rita Bourne - Rochester
Riverview Manor, Inc. - Wanamingo

Contributor Memberships (\$50)

Lucy Bergmann - Mazeppa
Lisa Foxen - Red Wing
Lori Graham - Rochester
Nancy Gurney - Red Wing
Ellen Holmgren - Winona
Paul & Donna Maroo - Dodge Center
Bill and Kristi Mettler - Spring Valley
Margaret Ness - Chester, IA
Randy Peterson - Rochester

General Memberships (\$25)

Kathy Accurso - Rochester
Allison Alberts - Rochester
Nancy Anderson - Fountain City, WI
Linda Baier - Rochester
Bill and Edna Bauer - Gaylord
Jacob Bauer - Zumbrota
Bettie and Stephen Becvar - Hayfield
Cully Bisgard - Byron
Mark and Lori Bransford - Rochester
Sylvia Bruegger - Wabasha
Shelby Bruggenthies - Rochester
Dennis and Mary Jo Bussian - Wabasha
Sharon Cadwell - Rochester
Amy and Brett Carstensen - Rochester
Michael Corbecky - Pine Island
Liz Crawford - Rochester
Gary and Diane Drugg - Rochester
Susan Farrington - North Branch

General Memberships (cont'd)

Sara Fattig - Harmony
Gary and Lynda Fockler - Anderson, CA
Glen and Sharon Fockler - Sioux Falls, SD
Carole Frederickson - Forest Lake
Larry and Deb Freitag - Nucla, CO
Larry Goetzinger - Caledonia
John Gosse - Dodge Center
Craig Hanson - Rochester
Betty Lou Havens - Rochester
Katy Hughes - Rochester
Traci Hussong - Rochester
Dr. Mary L. Jurisson - Rochester
Michael Corbecky - Pine Island
Renee Kaehler - Rochester
Ron & Anne Kangas - Rochester
Yvette and Mark Kidman - Rochester
Dean and Janet Larson - Rochester
Sarah and Amy Monson - Rochester
Kathy Mundell - Viola
Kerry Olafson - Rochester
Roland and Roberta Postier - Oronoco
Lisa and Steve Roelofs - Rochester
Tom Schultz - Rochester
Diane Sellner - Rochester
Bonnie Shepherd - Winona
Colette Sweeney - Rochester
Harvey J. TePoel - Rochester
Ben Tharnton - Rochester
Jeffery Thompson - Rochester
Terry and Betsy Timm - Kellogg
Donna Vale - Rochester
Wal-Mart North - Rochester
Sue Webb - LaCrescent
Bob Youngerman - Winona
Tracy Heaser - Winona
Mr. and Mrs. Vernon Roble - Spring Grove
Ken & Janice Rommes - Caledonia
Alma Solberg - Caledonia
Joyce and Gerry Weaver - Texarkana, TX
Michael and Denise Werner - Rochester

Membership Renewals

Patron Memberships (\$150+)

Vita and Javon Bea - Oronoco
Bear Creek Services, Julie Beck - Rochester
Layne and Kathy Bucher - Zumbrota
Larry and Janet Johnson - Rochester
Senator Bob Kierlin - Winona
John and Elaine Griffith - Rochester
Don and Val Koster - Rochester
John and Paula Laskowski - Rochester
Mary Jo and Larry Legier - Rochester
John and Marlene Mulrooney - Winona
Ann and Noel Peterson - Rochester
Kathy and Larry Peterson - Seattle, WA
Jeff Prince - New Castle, PA
Judy Tollefsrud - Spring Grove
Treasure Island Casino - Welch

Contributing Memberships (\$100)

Heide and Helmut Buettner - Rochester
Teresa and Roy Cerling - Wykoff
Pat and Sandy Egan - Rochester
Millie and John Ellingson - Rochester
Brenda and Steve Kann - Rochester
Larry and Kaia Lehman - Kenyon
Don and Arlysse MacGillivray - Rochester
Mychelle and Jim Maronde - Rochester
Shirley Olson - Zumbrota
Jeff O'Toole - Rochester
David and Joy Rott - Elgin
Bob and Mary Alice Stewart - Owatonna
Barbara and John Taylor - Rochester

Sponsoring Memberships (\$50)

Curly and Joy Bollesen - Rochester
Janet and Heidi Burns - Rochester
Hiawatha Homes, Doug Butler - Rochester
Evelyn and Rodney Carlstrom - Red Wing
Burnetta Dicke - Red Wing
Rabbi David and Cynthia Freedman - Rochester
Dick and Marilyn Fryer - Rochester
Gil and Mary Gutknecht - Rochester
Les and Dianna Hornvedt - Rochester
Earl and Betsy Jorgensen - Rochester
Dr. William and Jeannine Karnes - Rochester
Vicky Keller - Byron
Peter Keller - Byron
Julie and Craig Koop - Pine Island
Bill and JoAnn Lawler - Rochester
Jeff and Cathy Maness - Pine Island
Ann and John McGuire - Rochester
Don and Lavona Meiners - Caledonia
Deb and Bob Monahan - Rochester
John and Linda Paradise - Rochester
Mike and Deb Resman - Rochester
Stewart and Kay Shaw - Winona
Mara and Michael Staiger - Minneapolis
Al and Shirley Steenhard - Buffalo Center, IA
Doreen and Harold Strand - Kasson
Dennis and Connie Tooley - Rochester
Sue and Greg Townsend - Rochester
Cindy and Larry Unger - Rochester
Dr William and Betty Weidman - Rochester
Jim and Donna Wermerskirchen - Austin
Joel and Julie Young - Chatfield

General Memberships (\$25)

American Legion Aux.Post 546 - Kellogg
Dolores Augedahl - Caledonia
Larry Bale - Red Wing
Chuck and Kitty Barry - Rochester
Jaimie Bennett and Bret Hesla - Rushford
Tom and Donna Brass - Mantorville
Eugene and Esther Brown - Shakopee
Anne and Thomas Campbell - Red Wing
Jon and Laurie Claeys - Rochester
Sherman Cole - Houston
Bridget and Dennis Dahle - Hayfield
Jean David - Rochester
Harold and Jean Davison - Rochester
Ben and Hilde DeWit - Rochester
Luella Eggenberger - Lake City
Ahmed and Beverly El-Afandi - Winona
EllenENZler - Rochester
Kaye Eppard - Rochester
Andy Fockler - Rochester
Rod and Omanez Fockler - Houston, MO
Mike and Joy Fogarty - Rochester
Diane Foley - Rochester
Frances Freimark - Wykoff
Paula and Ladd Freitag - Rochester
Lois and Bob Gebhardt - Waltham
Mr. and Mrs. Hilbert Gensmer - Rollingstone
Sandy Gardner and Cheryl Ghionzoli -
Trempealeau, WI
Florence Goetzman - Winona
John and Janet Gordon - Lake City
Mariann Gray - Rochester
Richard Griffith - Rochester
Jean Gronseth - Rochester
Cherie Hales - Winona
James and Ila Hammell - Eitzen
Alex and Bonnie Hanson - Rochester
Mary Lou Hanson - Rochester
Roy Harley - Red Wing
Brian and Judy Harmon - Rochester
Carol Harwick - Rochester
Kit and Mike Hawkins - Rochester
Delores Heintz - Caledonia
Janice and Roger Heise - Goodhue
John and Laura Helmers - Stewartville
LeRoy and Ardy Henrichs - Goodhue
Charmaine and Dr Norman Hepper - Rochester
Beth and Curt Herman - Rochester
Dale and Charlotte Heyn - Rochester
Margaret Hillesheim - Kellogg
Janice Hobbs - Rochester
Mark and Julie Holland - Rochester
Dick and Amy Humphrey - Rochester
Pat and Dennis Iverson - Owatonna
Robert and Barbara Jacobson - Caledonia
Dorothy Johnson - Red Wing
Tim and Rosey Jones - St. Charles
Ed and Mary Lou Kasner - Rochester
Donald Kinneberg - Spring Grove
Norma Klaehn - Dexter
David and Judy Kleinbach - Minnesota City
Helen Klingsporn - Rochester
Lester and Ruth Kocher - Rochester
David Kohler - Rochester

General Memberships (cont'd)

Steve and Lonny Kohls - Wabasha
Steve Kronebusch - Rollingstone
Theresa Kronebusch - Altura
Rosanne Kubicek - Winona
Chris and Mike Kuhn - Rochester
Esther Laine - Rochester
Sarah Larsen - Rochester
Rodney and Nina Lee - Rochester
Phil and Kim Leichty - Rochester
Jerry and Lois Leisen - Wabasha
Terra Lidbom - St. Charles
Mitch and Eileen Long - Rochester
Ed and Ann Lufkin - Hayward, WI
Betty Mace - Stewartville
Marilyn Mahoney - Cannon Falls
Ben and Jan Maroushek - AppleValley
Paula Marshall - Red Wing
James and Carol McCabe - Hokah
Marlys and Ray McNamara - Goodhue
Larry and Rose Mary Miller - Dodge Center
Myron and Ruth Morgan - Byron
Cindy Naylor-Meyer - Stewartville
Duane Olson - Rochester
Lu Ommen - Preston
Cindy and John Ostrowski - Dover
Anna Pabst - Goodhue
Jim and Diane Pagel - Cannon Falls
Mary Passe - Wabasha
Lyle and Joan Pohlman - Caledonia
Judy Prince - Rochester
Martin and Margaret Ranzenberger - Caledonia
Elizabeth Richter - Lewiston
Larry and Char Riess - Rochester
Kirk Rubado - Rochester
Chuck and Sandy Schollmeier - Winona
Dr. Donald and Georgia Scholz - Rochester
Eugene and Elaine Semin - LaCrescent
Phil and Renate Shriner - Rochester
Jean and Phil Sims - Rochester
Roger and Audrey Skauge - Spring Grove
Robin Sommer - Rochester
Kathleen and Marion Stanton - Hayfield
Harriet Stapleton - Caledonia
Doug and Deb Steenhard - Faribault
Kate Storey - Rochester
Daryl and Betty Tessmer - Caledonia
Dennis and Lonna Theede - LaCrescent
Autumn and Terry Thillen - Rochester
Joan and Daniel Thoreson - Zumbrota
John VanDeWalker - Wanamingo
Dennis and Dianne Vesterse - Spring Grove
Rose Walsky - Winona
Jim and Connie Wendt - Zumbrota
Delores Wicka - Winona
Leonard Wieser - LaCrescent
Camp Winnebago - Caledonia
Anne Ziegelmeier - Bend, OR

Thank You - Financial Contributions

Arc's **Gift that Remembers** is a nice way of honoring someone. A gift that remembers makes a wonderful memorial to a loved one who has passed away. It also provides a means to honor someone who has made a difference in your life or the lives of other people. Call Lindsay at the Arc office if you need a bit more detail on **how to give a Gift That Remembers**. The following gifts were received in the past few months to honor or remember someone:

Arc depends on **charitable gifts** for a growing portion of our budgetary needs. We thank all of our donors and pledge that this money will serve to make a difference in the lives of people with developmental disabilities and their families. Listed below are **people who have given financial gifts** to Arc Southeastern Minnesota in the past few months:

In Honor of **Dr. Yun Shin Chun**

Beth & Mark Honecker

In Honor of **Mickey Prince**

Jack Priggen & Buff Hennessey
Kathy Peterson

In Honor of **Yaron Freedman**

Rabbi David & Cynthia Freedman

In Honor of **Mimi Lawler**

Mara & Michael Staiger

In Honor of **The Sarr family**

Pat & Mark Ruttum

In Memory of **Elmer Hanson**

Bev Hoisington

In Memory of **Lois Bielen**

Mr & Mrs Mike Diamond

In Memory of **Edna Alleckson**

Donna Lawson

In Memory of **Rachel Mann**

Mickey & Larry Prince

In Memory of **Travis Armogost**

Bill & JoAnn Lawler

In Memory of **Robert Priggen**

Marta Bollesen
Cardinal of Minnesota Staff
David and Stacy Ellingson
Mark & Beth Honecker
Vicky Keller
Bill & JoAnn Lawler
Mickey & Larry Prince

In Memory of **Leona Crandall**

Buff Hennessey & Jack Priggen

In Memory of **Nell Thomson**

Bill & JoAnn Lawler

In Memory of **Julia Rose Bird**

Judy & Charles Bird

Charitable Gifts

American Legion Auxiliary 546

Les and Barb Bauer

Julie Beck

Belvidere Combined Charity

John Bergerson

Fran and Mary Bradley

Yvonne Bunge

Jane and Mary Campion

Greg and Amy Caucutt

Teresa & Roy Cerling

Chatfield United Charities Drive

Cherry Grove Combined Charities

Bill & Marcia Cochran

Drifters Streetrods SE MN

Sam Ellis

F O E No.1243/ Winona

Richard & Carol Fishbune

Kay & Arne Fockler

Herb & Edna Freitag

Bob Funk

Donna Garratt

Dawn Gensmer

Gloria Dei Women of the ELCA

Goodhue FFA Chapter

Goodhue Combined Charity Drive

Greenfield Citizens Combined Drive

Kathy Graupner

Jim Harens

Harmony Community Chest

Bill Harreld

Buff Hennessey and Jack Priggen

Henry Hocraffer

Immanuel United Methodist Women,
Winona

Linda Ims

David & Della Jenkins

Larry & Janet Johnson

Bernetta Kahabka

Senator Bob Kierlin

Norin Korsmo

Don & Val Koster

John & Paula Laskowski

Bill & JoAnn Lawler

Prairie Island Tribal Council

Ed & Ann Lufkin

Kathy Mann

Mychelle & Jim Maronde

Jim & Peggy McEvoy

Don & Lavona Meiners

Ann Mickow

Debbie and Bob Monahan

People First of Winona

Pine Island United Fund

Premier Bank Rochester

Carolyn & Steve Ramaker

Rushford American Legion #94

Phyllis Rusley

Jim & Judy Sloan

Robin Sommer

Spring Grove United Fund

St. Peters Episcopal Church, Kasson

Harlan & Marcia Steenhard

Thrivent Financial, Rochester

United Methodist Women-Lake City
Methodist Church

VFW Post 8729/ Lake City

Wabasha Combined Drive

Whitewater Trail Blazer's

Charles & JoAnne Wieser

George Young

Charitable Giving

Arc Southeastern Minnesota has a loyal following. We have a rich history of over 50 years of progress. I take great pride in being a member of this marvelous organization. My family has a better life because of Arc initiatives. The long term viability of Arc is vital to us.

I am encouraged by the growth in our membership and the breadth of our donor base. We have many friends. The growth of our membership is the first step. Next we need to find donors that are willing to explore Planned Giving as a vehicle for their future. We have the wherewithal to handle Charitable Gift Annuities or Charitable Remainder Trusts at Arc. You can increase your current income, reduce your tax bill and benefit Arc all in one move. If you have an asset that you might leave to Arc upon your death, you might consider gifting it now and generating a current income while receiving tax benefits for the charitable gift.

There are many options you might consider. I would be happy to discuss what might work for you. No pressure, just explore some alternatives, then you decide whether this is a possibility for your personal situation.

Arne Fockler
Charitable Gift Advisor
afockler@arcse-mn.org

Rose Garden of Support

Since we introduced the Rose Garden of Supporters at our Appreciation Dinner in November, we have had 20 new entrants!

Congratulations to:

Red Rose Garden: \$1000 - \$5000

Bear Creek Services - Rochester
Jane Campion - Rochester
Bill and Marcia Cochran - Rochester
Don W. (Bill) Harreld, Jr. - Rochester
Brenda & Steve Kann - Rochester
Prairie Island Tribal Council - Welch
Mickey and Larry Prince - Rochester

Rose Bud: \$500 - \$999

Judy & Charles Bird - Rochester
Vita & Javon Bea - Oronoco
Layne and Kathy Bucher - Zumbrota
Pat & Sandy Egan - Rochester
John & Elaine Griffith - Rochester
John & Paula Laskowski - Rochester
Ed & Ann Lufkin - Hayward, WI
Don & Lavona Meiners - Caledonia
Jeff O'Toole - Rochester
Ann & Noel Peterson - Rochester
David & Joy Rott - Elgin
Harlan & Marcia Steenhard - Rochester
Bob and Mary Alice Stewart - Owatonna

Arc Gift Memberships

Gift memberships are a new idea that originated in our membership committee. The following people purchased a total of 14 memberships for friends and relatives with the hope will become long term Arc members:

Les & Barb Bauer
Arne & Kay Fockler
Donna Garratt

Kathy Graupner
Kathy Mann
Debbie and Bob Monahan

Thank You! The gift membership is a very good way to add new Arc members that likely will stay with us. Do you know someone that you feel should be a member? Get them started!

Again we are thanking **Jim and Judy Sloan** for their \$1,000 gift to help us with our technology needs. We appreciate your generosity.

We would like to thank **Rick Weiss and Insty-Prints** for awarding us with a \$500 Printing Grant to produce a new agency brochure! This is the first annual "Shine a Little Brighter Grant Program" and we are grateful to have been chosen as a recipient.

Thank you Insty-Prints!!



Arc
Southeastern
Minnesota

Membership Card

Arc Southeastern Minnesota is a nonprofit volunteer organization providing advocacy, support and education to persons with developmental disabilities and their families. We serve the following counties: Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona. Arc memberships are tax deductible as provided by law. Arc is funded through memberships, fundraising, contributions, planned gifts and the United Way.

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

Self Advocate	_____
Parent	_____
Relative	_____
Friend	_____
Professional	_____
Business	_____

I would like to make a donation to Arc.

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

Please make checks payable to Arc Southeastern Minnesota. We also accept Visa and MasterCard. If you are paying by credit card, please fill out the following information.

Visa _____ MasterCard _____ Card Number _____

Signature _____ Expiration Date _____

Other ways you can give to Arc? Arc accepts cash donations, appreciated assets, bequests, memorial gifts, gift annuities, and life insurance. Please call Arne Fockler, Charitable Gift Advisor, for more information!

Arc Southeastern Minnesota, 903 W. Center St., Rochester, MN 55902, **E-mail** office@arcse-mn.org
Phone 507-287-2032 or toll free at -888-732-8520 **Website:** www.arcse-mn.org



903 West Center Street
Rochester, MN 55902

(507) 287-2032 or (888)732-8520 toll free

Visit us at: www.arcse-mn.org

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.

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