



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.

Arc honors our Founding Mothers of 50 years ago!

This is our 50th year! I have enjoyed being your Executive Director for the past 25 years. I have experienced the challenges and rewards of working for equal rights for people with developmental disabilities. The fight continues. We make progress, but we are never done. Every time we move forward we find that we still have a ways to go. But, the rewards are great as well when we look back on 50 years of progress and ask the question "What would life be like today for people with developmental disabilities had it not been for Arc leadership?"

I have immense respect for people that led this fight during the first 25 years of Arc's existence. The first three presidents of Arc Olmsted County were Louise Shefelbine, Jean Peterson and Lorna Schunke. These three women were instrumental in organizing the first group of parents to focus on a more meaningful life for their children. They hired a special education teacher with money out of their own pockets. They also lobbied local and state legislators for reforms and took trips to the state hospital facilities to see first hand the care that was being provided. These trips strengthened their resolve that there must be a better way.

To start our 50th anniversary year we had the privilege of honoring these women as **Founding Mothers** of what was then called the Association for Retarded Children of Olmsted County (which is now known as Arc Southeastern Minnesota). We had news media in attendance. It was a very special occasion. Louise, Jean and Lorna enjoyed seeing each other again for the first time in several years. They are still good friends.

This was an Olmsted County story. I would like to tell this same kind of story using local pioneers across Southeastern Minnesota. We have had heroes in every county.

This has been an incredibly busy quarter for us. Difficult changes have happened within our organization. I have felt an overwhelming support from members and friends during this time. Thank you so much! Please read about these changes and why we need your continued support.

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Arc Southeastern Minnesota
903 West Center Street
Rochester, MN 55902
(507) 287-2032
or
(888)732-8520
toll free

Website:
www.arcse-mn.org

Contact us:
office@arcse-mn.org

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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.

We have been in the region for 50 years. Arc is a nonprofit agency supported by membership, contributions, planned gifts, and fundraising.

The Founding Mothers



Celebrating 50 Years of Service Arc Southeastern Minnesota (1956-2005)

Arc Southeastern Minnesota is celebrating 50 years of advocacy for people with developmental disabilities and their families this year. On Friday May 6th, we honored Louise Shefelbine, Jean Peterson and Lorna Schunke -- The Founding Mothers -- who started this wonderful organization in Olmsted County.

Jean Peterson recalled how she placed a newspaper ad in the early 1950s, seeking out other parents of children with disabilities for support as she cared for her daughter, Cathy.

Louise Shefelbine and Lorna Schunke responded to the ad and they started meeting in Jean's living room. Before long they started a Sunday school class and recreation group, and hired a special education teacher for their children! They also lobbied legislators to fund programs for those with disabilities.

Their work led to the founding of "The Association for Retarded Children of Olmsted County". Subsequently the word Children was changed to Citizens. Today we are known as Arc Southeastern Minnesota - an agency that provides advocacy, support and education for people with developmental disabilities and their

families. These three ladies were the first presidents of Arc in 1956, 1957 and 1958. Dave Dunn, former president of The Arc US (our National Organization) was present and commended both the founding mothers and the Arc Southeastern Minnesota organization.

Three other mothers of children with developmental disabilities were on hand and talked about what life is like for their daughter or son today:

- Kay Fockler (Andy - age 32),
- Peggy O'Toole-Martin (Allie - Age 20)
- Brenda Kann (Maria - age 6) .

Kay, Peggy and Brenda conveyed their appreciation and respect to the founding mothers for improving lives for people with disabilities and their families.

Thank you Louise, Jean and Lorna!!!

Want to show appreciation to Louise, Jean and Lorna? Give a Gift That Remembers in their honor (see page 6)

Keeping Arc Strong! ... Board Perspective

...Kathy Graupner - Board Chair

Arc is an amazing organization. What we do is not duplicated anywhere. We look out for people with disabilities throughout their entire lifetime. Actually, we start before they are born. Being the president of this group has been an honor for me.

This has been a difficult time for the board of directors. Cutting staff and services is no fun. But I have every confidence that we will be a much stronger organization in the future. We do not have a choice here. Too many people depend on us.

The reduced funding from United Way of Olmsted County has forced us to make staffing reductions.

We have eliminated three positions and have made reductions in almost all of our other staff positions including our Executive Director. Positions eliminated were Fundraising and Special Events Coordinator, Charitable Gift Advisor, Family Liaison Project Coordinator

We have shifted some of the fundraising and family support workload to other staff members and we are obviously turning to our volunteers to help us over the short term with fundraising and Charitable Giving. Plans are being made to host our first ever Golf Tournament August 29th at Somerby Golf Community in Byron.

Our goal is to restore these services as quickly as possible. We have had a very successful fundraising campaign. It has been so encouraging to see such broad based support! We have many friends. The board has met and restored some service hours based on our encouraging funding campaign results.

Many families look to Arc for guidance at crucial times in the life of their son or daughter with a developmental disability. Every advance of any significance for people with developmental disabilities has Arc's fingerprints on it.

Arc is the reason that people with developmental disabilities have been included in our communities.

The founding mothers should be so proud of their accomplishments. My heartfelt thanks to them for starting this work. We have an obligation to them to keep it going and continue to advance the lives of people with developmental disabilities.

We have taken a step backward. We have reduced staffing. But, we are moving forward. The rest of this newsletter will talk about actions we need to take to restore our full strength. One such action stands out:

We need to increase the number of lifetime members we have in Arc.

We have over 500 parents on our newsletter mailing list who are NOT Arc members! That astounds me! If you are one of them, join Arc today! Fill out the last page of this Newsletter and send it in!

Note - If you don't know if you are a member, look at the mailing label on this newsletter. Members will have an expiration date printed in the upper right hand corner. Receiving a newsletter does not mean you are a member.

We need members who share the "cause". Members that believe that Arc makes the difference in the life of a person with developmental disabilities. Members who commit to long term support of Arc.

We need you. Maybe more importantly - You need us. The future quality of life for people with developmental disabilities will depend on how successful Arc is at influencing legislators and decision makers. The gains we have made over the past 50 years are all at risk in my opinion!

We need to understand how much of this "crisis" funding will be recurring income that will be there to support our staffing needs. **In the fall we will be asking members for designated support either through the United Way of Olmsted County campaign or direct support to Arc.** You can find information on how to give directly to Arc by visiting our web site www.arcse-mn.org.

Help Arc reduce expenses. If you are comfortable with accessing this newsletter via our website, go to arcse-mn.org/newsletters.html and sign up for electronic distribution.

My thanks to the hundreds of people who rallied to our support during the Crisis Fundraising campaign. I look forward to working with you as we move forward and restore our strength of years past.

Kathy

Successful Fund Drive Shows Broad Support

Charitable Gift Advisor...Arne Fockler

After the funding cut, we immediately started planning to raise funds that would allow us to increase staff hours (hence services) as soon as possible. We kicked off a mail and phone campaign on April 11th.

Our calling campaign was very successful. The results were wonderful. Not only did we raise a sizeable amount of funds, but we talked to hundreds of supporters that reassured us that they need and appreciate our services. As of May 25th we have achieved the following:

- ◆ We have raised over \$42,000 in cash
- ◆ When we include pledges through the end of the year we have a total of \$73,000 in 2005.
- ◆ Over 60 volunteers made phone calls. One member called 35 people.
- ◆ Over 240 individuals and families made donations.
- ◆ Many people talked to us about giving direct contributions to us in the fall.
- ◆ Quite a few people voiced support for Arc, but were unable to contribute. The expenses involved in raising a child with special needs is financially draining for families. -- They need us.

Many people need to be thanked for this success:

- ◆ A special thanks goes out to the counties outside of Olmsted for their understanding and support. We received over \$9,000 in gifts from outside Olmsted County. That represents over 21% of the immediate cash raised to date. That is outstanding!
- ◆ Thank You to the 60+ callers in all 7 counties that made follow-up phone calls to hundreds of people asking that they consider the plea for help.
- ◆ Thanks to the board of directors and Arc Staff for their active participation in the drive and for making numerous thank you phone calls to donors. Our intention was to make sure every donor was thanked.
- ◆ A special thanks to Mickey Prince and Kay Fockler for helping to organize call sheets and donor pledges, ensuring follow-up where needed, for making many calls, for personal thank you notes, for everything.

Thank You to Arc's Donors:

Sharon Aaby - Rochester
Andy and Gretchen Anderson - Rochester
Marvin and Elaine Anderson - Rochester
Dolores Augedahl - Caledonia
Elda Augustine - Goodhue
Dr Bill and Ellie Baldus - Rochester
Chuck and Kitty Barry - Rochester
Les and Barb Bauer - Zumbrota
Julie Beck - Rochester
Bettie and Stephen Becvar - Hayfield
Kim Bell - Rochester
Lucy and Tony Bergmann - Mazeppa
Renee Berry - Rochester
Marshal Beyer - Rochester
LeAnn and Curtis Bieber - Byron
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Judy and Charles Bird - Rochester
Gail and Allen Bishop - Rochester
Marta Bollesen - Rochester
Jean and Howard Brandt - Rochester
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Bernhard and Colleen Brenner - Winona
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Layne and Kathy Bucher - Zumbrota
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Jane and Mary Campion - Rochester
Kevin and Karen Carr - Chatfield
Margaret Cassidy - Winona
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John and Gail Flanders - Rochester
Becky and Trent Fluegel - Rochester
Andy Fockler - Rochester
Arne and Kay Fockler - Rochester
Gary and Lynda Fockler - Redding, CA
Rabbi David and Cynthia Freedman - Rochester
Frances Freimark - Wykoff
Herb and Edna Freitag - Rochester
Gary and Cindy Friedt - Rochester
Marilyn Frost - Byron
Michael Garner - Rochester
Yvonne and Hilbert Gensmer - Rollingstone
John and Janet Gordon - Rochester
Kathy and John Graupner - Wabasha

Thank You to Arc's Donors (cont'd)

Guy and Laurie Griesmann - Rochester
 John and Elaine Griffith - Rochester
 Joe Gunnison - Rochester
 Cherie Hales - Winona
 Don W. (Bill) Harreld, Jr. - Rochester
 William Harris - Winona
 Kit and Mike Hawkins - Rochester
 JoAnn Heathman - Rochester
 Janice and Roger Heise - Goodhue
 Jack Priggen and Elisabeth Hennessey -
 Zumbro Falls
 LeRoy and Ardy Henrichs - Goodhue
 Dr. Norman and Charmaine Hepper -
 Rochester
 Roger and Irene Herzog - Rochester
 John and Paula Hoellbacher - Elgin
 Alan and Judith Hoffman - Rochester
 Rhea Iverson - Winona
 Arnold and Sylvia Jacob - Lewiston
 Gail Jambois - Rochester
 David and Della Jenkins - Rochester
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 Myron and Ruth Morgan - Byron
 John and Marlene Mulrooney - Winona
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 Cathy Nye - Rochester
 David and Gwen Oeth - Rochester
 Don and Barb Olsen - Rochester
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 Shirley Olson - Zumbrota
 Terri Olson - Rochester
 FCHS Inc. Lu Ommen - Preston
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 John and Peggy O'Toole-Martin -
 Rochester
 Polly Owens - Rochester
 Anna Pabst - Goodhue
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 Ann and Noel Peterson - Rochester
 Kathy and Larry Peterson - Seattle, WA
 Beatrice Petz - Winona
 Tom and Pat Peyla - Wabasha
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 Mickey and Larry Prince - Rochester
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 Carolyn and Steve Ramaker - Rochester
 Owen Redman - Red Wing
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 Mary Alice Richardson - Rochester
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 Mazeppa
 Dianne and Fred Schjolberg - Wabasha
 Dr. Donald and Georgia Scholz -
 Rochester
 Lorna Schunke - Rochester
 Louise Shefelbine - Rochester
 Kristen Shogren - Rochester
 Helen Monsees, Robert Sixta - Rochester
 Pam and Joel Skinner - Rochester
 Gene and Elaine Skjeveland - Rochester
 Judy and Jim Sloan Foundation -
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 Michael and Denise Werner - Rochester
 Delores Wicka - Winona
 Deb Wilk - Hayfield
 Francis and Theresa Wilkes - LaCrescent
 Erin Wilson - Spring Valley
 Shirley Wilson - Rochester
 Terry Wintering - Rochester
 Kathe Yoss - Rochester
 Joel and Julie Young - Chatfield
 Rita Zeman - Rochester
 Susanne and Gordon Ziebart - Rochester

How will we spend the money raised?

Our first priority with the funds we have raised is to restore the lost staff hours and services. Our Board is addressing which staff hours can be restored and to what level. We have already restored some family support hours. The board will be evaluating this continually as we better understand what portion of the funds raised will be repeating funds that we can count on year to year.

To restore the operating funds that we have lost, we are focused on several items. You may be interested in some of these or all of these as you consider your overall gifting to Arc Southeastern Minnesota. You should know that Arc Southeastern Minnesota continues to receive support from the United Ways of Dodge, Red Wing, Great Rivers (LaCrosse Area) and Winona.

1. We need designated money in the fall United Way campaign. For those who sent gifts through Olmsted County United Way, you may still designate your money to Arc Southeastern Minnesota in the fall United Way campaign or you can send money directly to Arc. We have put an infrastructure in place to accept monthly or quarterly gifts. This can be done via our website or by bank to bank transfers. If you want Arc to receive a portion of your community gifting, please call us (287-2032) or go to our web site www.arcse-mn.org and see what plan might work for you.

2. Our membership and gifting income has to increase every year. That has clearly been happening in the past two years. Continually growing our membership base helps this.

Some members have chosen to increase their annual membership payment. Some members have made multi-year pledges to Arc that include their membership fee. Some members have continued to pay their annual membership fee AND pay an annual pledge commitment as well. We want to work with you to make this as simple as possible for your own situation.

As we go forward and seek funds from businesses and "outside" donors it is very helpful to be able to show that our membership provides solid support to the organization. You do! We encourage our members to think about what Arc has done for their family and pay a membership fee that is commensurate with your belief that Arc has been the agency that has made the most difference in the overall lives of people with developmental disabilities.

3. We need to build a few fundraisers that raise significant dollars on an annual basis. Some of our volunteers are working on this. Our first Arc Golf Outing on August 29th will be the first such event.

4. We need more grant money and large gifts from donors that understand our cause and agree with it. If you are looking for an agency to gift to and want more information, we would be happy to come out and talk to you about Arc. Go to the website, look over the options, e-mail us or call us.

Gifts That Remember

In Memory of Sarah Larsen

Ann and Arnold Archer
Daniel and Betty Bielen
Arne and Kay Fockler
David and Linda Grande
Elisabeth Hennessey
and Jack Priggen
Don and Val Koster
Bill and JoAnn Lawler
Kathy Mann
Dawn Miner
Mickey and Larry Prince
Kara and Guy Vig

In Memory of Shirley Rydell

Ronice and Gary Donovan

In Memory of Ron Lien

Arne, Kay and Andrew Fockler
JoAnn and Bill Lawler

In Memory of Neil Engen

JoAnn and Bill Lawler

In Memory of Helen Mulnix

JoAnn and Bill Lawler

In Honor of Nathan Bauer-Special Olympic Athlete of the Year

Rabbi David and Cynthia Freedman

In Honor of Mickey Prince-Mother's Day

Jeff Prince, Johanna and Adam

In Honor of the Sarr Family

Patricia and Mark Ruttum

In Honor of JoAnn Lawler

Marta Bollesen
Buff Hennessey

Honor Someone Special?

Do you want to honor someone who has been important in your life?

Give a *Gift that Remembers*.

Our Founding Mothers are good candidates for such a gift. We have benefited from their early leadership in Arc. Let them know by sending a Gift That Remembers - it will show your appreciation for what they have done and it will benefit the organization that they started - Arc.

Any amount works - \$10, \$20, \$50, \$5,000 etc. The gift goes to Arc and the honoree is sent a letter explaining that you have honored them in this way.

Family Support Newsletter

Greetings from Arc Southeastern Minnesota,

When I think of spring, I think of “hope”. Living in Minnesota gives us a very real sense of the seasons. As much as I might grumble about winter in February, and longingly listen to friends describe luscious warm vacations...I do still love the change of seasons. Each spring, it feels exhilarating to open the windows, see a first robin (I saw mine on Easter) and new growth all around us. Spring is part of the cycle of life and gives us a chance to begin again.

I will never forget one fine spring day a few years ago. I was waiting in line at my local bakery to purchase a muffin. Two older women in line recognized each other with joy and a warm hug. One woman said to the other, “It is so nice to see you. You made it through the winter!” The other beamed and said, “and you did, too!” I still think of that exchange and smile. It seemed so “*Minnesotan*” to me at the time. The older I get the more appreciation I have for that exchange, and spring.

It is my hope that all of our Arc families experience the feeling of new beginnings this spring. Arc has weathered some hard times recently, but continues to be the backbone of advocacy and support, and systems change for people with disabilities and their families in Minnesota. All of us in society have been impacted by the strong efforts of Arc and the resulting improvements for people with developmental disabilities and their families.

This issue of the Family Support Newsletter will be my last. I am seeking my own new beginnings. It has been such an honor and my deep passion to serve Arc and support Southeastern Minnesota families for the last few years. I have been touched by each person within the Arc organization, and learned from each parent that I have supported. Thank you all for your feedback that helped shape the content of each Family Support Newsletter. I am confident that our newsletter will continue to be a support and offer information on issues that are important to you and your family.

This issue, like others is about a topic that you have said is important to you. Many parents and concerned teachers have come to Debbie and me with the issue of *teasing and bullying* that all kids, but especially children with disabilities, experience. I have gathered a lot of information that will give you tools and strategies to help address bullying and teasing and assist us all with providing a safe and happy environment for children with disabilities.

~Susan O’Connell
Family Liaison Project Coordinator

“Tolerance is respect, acceptance and appreciation of the rich diversity of our world’s cultures, our forms of expression and ways of being human. Tolerance is harmony in difference.”

(A definition of tolerance from UNESCO)

Family Support Newsletter

Pacer Center is a good resource for information about Teasing and Bullying. Below are some strategies for parents to use if their children with disabilities are being teased or bullied.

What to do when Your Child is Being Bullied

Your usually happy child comes home from school upset and distracted. Eventually your child tells you that kids are constantly picking on him. What's a family to do? Is your child being bullied? What is bullying?

- Teasing- pestering or making fun of someone.
 - Bullying- cruel and overbearing behavior toward someone or constantly teasing.
 - Harassment- severe, constant teasing, and bullying.
-

Parents can take steps if a child is teased or bullied constantly. Here are some tools to help you and your child deal with teasing and harassment.

1. Listen to your child and observe any changes in behavior. Realize that each child is different. What may not affect one child may extremely upset another.
2. Discuss the situation with your child.
3. Teach your child specific words to use in response to the teasing.
4. Look at ways your child can stay away from the children doing the teasing. That may include sitting in a different location in the lunchroom, participating in different activities on the playground, or sitting in a different place on the bus.
5. Keep a record of what your child describes as happening at school. Be sure to include:
 - ⇒ dates
 - ⇒ who was involved
 - ⇒ what was said
 - ⇒ the name of someone who might have seen or heard the incident.
6. Discuss with your child what the next step might be, such as speaking to the teacher about what happened. (Be aware that your child may not want you to tell the teacher for fear of being labeled a "tattletale.")
7. Inquire if your child's school has peer mediation. If so, have your child request mediation with students involved.
8. If you speak to the teacher about teasing or bullying and the issue is ignored, send the school principal a letter containing:
 - ⇒ the date on which you spoke to the teacher;
 - ⇒ your concerns;
 - ⇒ specific information about the incidents; and
 - ⇒ the adverse affects of the taunting on your child.

**Ask for a meeting to discuss the situation.*

9. Inform the principal that you expect school staff to send the message to all children that teasing and bullying will not be tolerated.
10. If the principal does not help, send copies of the letter that you sent to the principal to the chair or members of the school board and the superintendent of school requesting a written reply on the action the school will take. Include the date you contacted the principal and his or her response.

If parents and school staff work together, it is likely that teasing and bullying will not escalate to harassment.

Family Support Newsletter

The Southern Poverty Law Center has great resources for parents, educators, and caregivers to help address the issue of teasing. Below is one of their publications.

TEN WAYS TO NURTURE TOLERANCE

1. Talk about tolerance.

Tolerance is an ongoing process; it cannot be captured in a single moment. Establish a high “comfort level” for open dialogue about social issues. Let children know that no subject is taboo.

2. Identify intolerance when children are exposed to it.

Point out stereotypes and culture misinformation depicted in movies, TV shows, computer games and other media. Challenge bias when it comes from friends and family members. Do not let the moment pass. Begin with a qualified statement: “Andrew just called people of XYZ faith “lunatics.” What do you think about that, Zoe?” Let children do most of the talking.

3. Challenge intolerance when it comes from your children.

When a child says or does something that reflects biases or embraces stereotypes, point it out: “What makes that joke funny, Jerome?” Guide conversation toward internalization of empathy and respect-- “Mimi uses a walker, honey. How do you think she would feel about that joke?” or “How did you feel when Robbie made fun of your glasses last week?”

4. Support your children when they are victims of intolerance.

Respect children’s troubles by acknowledging when they become targets of bias. Don’t minimize the experience. Provide emotional support and then brainstorm constructive responses. Develop a set of “comebacks” for children who are victims of name-calling.

5. Foster a healthy understanding of group identities.

For tweens and teens, group identity is critical. Remind them, however, of three things. First, pride in our own groups does not mandate disrespect for others. Second, no group is entitled to special privileges. Third, we should avoid putting other groups down as a way to elevate status of our own groups.

6. Showcase diversity materials in your home.

Read books with multicultural and tolerance themes to your children. Assess the cultural diversity reflected in your home’s artwork, music, and literature. Add something new. Give multicultural dolls, toys or games as gifts. Bookmark equity and diversity Web sites on your home computer.

7. Create opportunities for children to interact with people who are different from them.

Look critically at how your child defines, “normal.” Expand the definition. Visit playgrounds where a variety of children are present—people of different races/ethnicities, socioeconomic backgrounds, family structures, etc. Encourage a child to spend time with elders- grandparents, for example. Attend religious services at a variety of houses of worship.

8. Encourage children to call upon community resources.

The earlier children interact with the community, the better; we are not islands unto ourselves. If a child is interested in stars, visit the local library, museum, or planetarium. A child who is concerned about world hunger can volunteer at a local soup kitchen or homeless shelter.

9. Be honest about differences. Do not tell children that we are all the same; we are not.

We experience the world in different ways, and those experiences matter. Help your child understand the viewpoints of others.

10. Model the behavior you would like to see.

As parents and as children’s primary role models, we must be consistent in how we treat others and in our commitment to tolerance. If we as parents treat people differently based on characteristics such as race or gender, our children are likely to do the same.

Family Support Newsletter

Below is a publication from the Pacer Center giving tips to help children who are being bullied.

Survival Tips for a Child Who is Being Bullied

Every day some children miss school or don't want to go because they are upset by or afraid of bullies. In many cases, children don't tell an adult about the bullying because they think it will only make things worse, or they believe adults do nothing.

What can parents do? First they need to understand what bullying is, say PACER Center's Minnesota Parent Center staff. It is not friendly teasing, nor is it harassment, which is more severe and defined by law. State laws and Minnesota school policies protect against harassment.

Stopping bullies is difficult, and your child may need to try several ideas. The Minnesota Parent Center lists tips from experts that may help your child cope with bullies.

Survival Tips for Kids:

1. Stay with other children. It is harder to bully someone when they are in a group.
2. Think about why you are being bullied and if there is anything that you might do differently.
3. Learn to walk away, even if what a bully says upsets you. Most bullies pick on children who get upset.
4. If you decide to respond, practice what you will say to bullies. For example:
 - Tell the bully you don't like what they are doing.
 - Answer the bully with a joke. Most bullies don't expect a funny response.
5. Tell your family that someone is bullying you. They can give you ideas on what to do. Your family can contact the school and tell what is happening to you.
6. Tell another adult at school that you are being bullied. It is their job to help stop the bullying.
7. Find and join an activity that you enjoy such as a club or sport at school or at your community center. It will build confidence and help you make friends who will support you.

Resources on the Issue of Bullying and Teasing

- <http://nichcy.org/resources/bullying.asp>. A great deal of information on bullying from the National Dissemination Center for Children with Disabilities.
- www.tolerance.org. This website is a great resource for all on the issue of addressing tolerance and hate with regard to disabilities and cultural differences. A Minnesota teacher writes about her strategies to challenge her students to face up to verbal and physical harassment. They also have a grants program offered to teachers for implementing tolerance projects in schools and communities.
- www.macmh.org. For younger kids (grades k-3) the Minnesota Association for Children's Mental Health has a program called SUPER ME A Campaign to End Hurtful Teasing.
- www.bullyfreakids.com
- www.pacer.org. Pacer has several publications on the issue of bullying and teasing. "Tips for Creating a Safe School" is a great resource. They also have a list of resources.
- www.dontlaugh.org
- www.keepschoolssafe.org
- www.austin-safeplace.org. SafePlace has information on a bullying prevention program that engages school administrators, faculty, students and parents in school-wide activities to prevent bullying and to promote a positive school climate.
- www.gillettechildrens.org. If you live in an area where you have not had a chance to see their new commercial, please take the time. Go to the website and click on "television commercials", and then click on the boy or girl.

Events

People 1st of Winona Annual Summer Picnic

Who: Family, friends, People 1st Members
--- Anybody who wants to join in the fun
When: Monday, July 11th, 2005
Time: 5pm - ???
Where: Jaycee Shelter in Winona's Lake Park
Cost: \$1 and a dish to pass

People 1st of Winona will provide Hot Dogs & fixings, beverage, utensils. There will be games to play and time for socialization with friends.

*RSVP to winonapeople1st@yahoo.com or
call the Arc SE MN Office by July 5th, 2005
1-888-732-8520*

Honkers Game

We would like to thank the Honkers for dedicating the **July 5th** game to us through the Community Angel program. **Please come join us at the game!**

Ticket prices are \$5.00 per adult and \$3.00 for children (under 12) and Seniors.

For tickets please call the Honkers (507)-289-1170

TOWN MEETINGS

Arc Southeastern Minnesota and the Region 10 Quality Assurance will be holding Town Meetings in June. Beth Honecker will give a general overview of Arc and the services we provide. Karen Larson will talk about ***VOICE - a person-driven process to assess the quality of life and the quality of support provided to individuals with developmental disabilities.*** **Join us at:**

June 13, 2005 6:30-8:30 PM
Red Wing Public Library
225 East Avenue
Red Wing, MN 55066

June 15, 2005 6:30-8:30 PM
Wabasha County DAC
611 Broadway Avenue
Wabasha, MN 55981

June 20, 2005 6:30-8:30 PM
St. Johns Lutheran Church
301 8th Ave
Kasson, MN 55944

**PLEASE RSVP to Beth at the Arc office at 888-732-8520
or by e-mail to bhonecker@arcse-mn.org.**

Spring Fling in Spring Grove

The 22nd annual Arc SE MN Spring Fling was held on April 23rd at the Fest Building in Spring Grove with a Dinner and Dance.

The event had 227 registrations. People attended from Fillmore, Winona and Houston Counties. We also had registrations from Lime Springs, Iowa. The meal was catered by Daily Habit of Spring Grove and the Band was Bits N Pieces of Caledonia.

Thank you to Sue and Oz Landsom and Jeff Gerard for volunteering their help for the event.

Another Successful Hike Bike!

In April Arc and the Winona Education Association (WEA) teamed up for another successful Hike Bike. Students from Winona schools and members of People 1st of Winona collected pledges and then hiked or biked several times around Lake Winona. Many participants brought family members to ride with them and turned this into a family event. We even made it on the local TV news when HBC came, capturing the event on tape. The participants raised over \$4300 for Arc, what a successful day.

Arc would like to thank area businesses and friends of Arc for their donations. Prizes were donated by Wincraft, Hardees, Tom's Lock, Winona Radio, Lakeview Drive-In, HBC, Dr Caroll, Culvers, Scraper's Haven, Time Out, McDonalds, Winona Computer & Laser Tag, Taco Johns, Videoland, Video Vision, Altra Credit Union, Jimmy Jam's, Brach's Candy, Zesto, Kolter's

Bike Shop, Severson Conoco on River Drive, Mainstream Audio, the Schollmeier Family, and Nancy Bowman. Refreshments were provided by Midtown Foods, HyVee, Rochester Fruit, and Sandy Gardner & Cheryl Ghionzoli.

A thank you also goes out to the WEA for sponsoring and staffing this fund raiser and the students and families from the Winona schools for participating. Members from People 1st of Winona for either hiking or staffing the refreshment stand and the sponsors of the hikers for their pledges.

The following students collected the most money according to school - **Winona Middle School**-Katie Hokenstad, **Jefferson-Mallory** Hyde, **WK**-Brandon Reutzel, **Madison**-Arian Brethurst, **Goodview**-Heidi Hartmann, and **Central**-Ellen Blacklock. Katie Hokenstad and Andy Miller won the drawing for the bikes.

2005 Summer Program Offerings for Children with Developmental Disabilities

... a special thank you to Vesna Sloan, for volunteering to gather and prepare this information

1. Park and Recreation Department, Adaptive Recreation Programs - Summer Playgrounds

Park and Rec office is at 201 4th St. SE in Rochester

- 7 weeks, June-August, weekly registration \$125.00 - 3-19 year olds welcome, Mon-Fri 1:00-5:15 pm
- Held at West Silver Lake Pavilion with field trips to the Rochester Library, various swimming pools in the city, the Rec Center, bowling and archery; with great games, crafts, music, gym and other activities.
- The spring program calendar is out right now. Look up activities on the web at www.ci.rochester.mn.us/park
- Contact Karen Mayer, Coordinator of Adaptive Education at 287-7980 for more information.

2. PossAbilities of Southern Minnesota 1808 3rd Ave. SE in Rochester

- \$15.30/hour or \$19.80/hour for 1:1 support, covered by some grants and waivers
- services are offered year round to people with all types of disabilities. *PossAbilities* works to integrate people into the community by assisting them in participating in programs like the Quarry Hill summer camps, the various camps at the YMCA and other activities where people need some help.
- Call Tanya Hughes, the Youth Recreation Coordinator at 208-6247.

3. **The Rochester Area Family Y** has all types of day camps as well as week long away camps. Select the camp that best suits your child and speak to *PossAbilities* to make the arrangements with the YMCA for registration and to have someone there to help your child.

4. **Quarry Hill Nature Center** offers programs throughout the year, and summer camps that are a great way for the kids to learn about nature while socializing with their peers. Decide on your favorite activities and see if *PossAbilities* can accommodate your needs. They will pay for the registration and be there to help your child in the program.

5. **RideAbility** provides therapeutic horseback riding for children with disabilities and their siblings.

- Children 4-21 years of age are welcome.
- Classes are on Mon & Tues evenings in the summer, with the possibility of some daytime classes being added.
- Sessions are for one hour a week for a month. Many volunteer opportunities here.
- There are also adult classes in the spring and fall.
- Call Jeanie Michelizzi, President (507)356-8154.

6. **Five Star Kids** are offering gymnastics classes focusing on motor, social and sensory development.

- Classes are offered throughout the year.
- Five Star Kids will offer three half or full day camps this summer.
- June 6-10, July 5-8, and August 22-26. Half day \$85/Full day \$165 per week.
- Call (507)252-6926 for more details.

7. **J.E.T.S. Gymnastics** (formerly RAGA) offers gymnastics classes for children with developmental disabilities.

- Classes are every Wednesday evening from 7-8 pm.
- Monthly registration and payment of \$50/child
- Call (507)285-9262 for more information.

7. **Rochester Youth Baseball Association** is introducing an **Adaptive Teeball League**

- 5-12 years of age. - Tuesday evenings in June. \$30/child.
- For more information call the RYBA hotline at (507)281-9672.
- Volunteers are needed!

8. **The Autism Society of Minnesota** has *Residential Camps* for children with autism spectrum disorders.

- Camp Discovery is June 20-25 (boys and girls, 10-21) and July 19-24 (boys 10-21) for children with high functioning autism or Asperger's syndrome.
- Camp Hand in Hand is for children with autism/PDD and is on June 18-23 (boys 12-21), June 25-30 (boys 12-21), & July 31-Aug 5 (girls 9-21; boys 9-11).
- Call the Autism Society of Minnesota at (651)647-1083. \$700/member.

Welcome New Members!

Platinum Membership (\$1,000+)

Dan and Pat Rukavina - Winona

Gold Membership (\$500+)

Dr. Charles Smith - Rochester

Silver Membership (\$250+)

Peter and Margaret Coleman - Oronoco

Sponsor Memberships (\$100+)

Cerise and Paul Brown - Rochester
Janet Burns - Lewiston
Charlene and Gary Dahl - Rochester
Russell and Katherine Dickson - Rochester
Mr. and Mrs. Vernon Feine - Rushford
Becky and Trent Fluegel - Rochester
Gary and Cindy Friedt - Rochester
Bobbi and Rob Kostinec - Rochester
Mike and Donna Lawson - Stewartville
Jane Marquette - West Concord
Beatrice Petz - Winona
Erin Wilson - Spring Valley
Terry Wintering - Rochester
Rita Zeman - Rochester
Susanne and Gordon Ziebart - Rochester

Contributor Memberships (\$50+)

Bernhard and Colleen Brenner - Winona
Glenn and Dorothy Faith - Rochester
Rhea Iverson - Winona
Polly Owens - Rochester
Owen Redman - Red Wing
John & Cathy Westberg - Rochester

General Membership (\$25+)

Virgel Borkowski - Winona
Justin Deutsch - Mantorville
Brandon Eidem - Mantorville
Matthew Frey - Mantorville
Karen Haugerud-Bahl - Preston
Ellie Henrichs - Red Wing
Barbara Henry - Winona
Robert Herzog - Rochester
Gretchen & Joe Hoffman - St. Charles
Robert Langanki - Rochester
Nathan Pederson - Mantorville
Gloria Pepke - Winona
Scott and Hiyas Quelle - Rochester
Gayla and Mike Rahn - Rochester
Catherine Rice - Lake City
Mr. and Mrs. Laverne Riesner - Red Wing
Mark & Kay Spavin - Rochester
Orvel and Valborg Treangen - Spring Grove

We are excited to see a lot of new members joining/rejoining Arc. Call us if we can assist you in any way or if you have questions about what we do or how you can help. Visit our web site at www.arcse-mn.org for more information about Arc Southeastern Minnesota.

Membership Renewals in 2005

Platinum Membership (\$1,000+)

Judy and Charles Bird - Rochester
Marilyn and Mahlon Burbank - Rochester
Arne and Kay Fockler - Rochester
Gary and Lynda Fockler - Redding, CA
Carol Jackson - Zumbrota
David and Della Jenkins - Rochester
Don and Val Koster - Rochester
John and Peggy O'Toole-Martin - Rochester
Mickey and Larry Prince - Rochester
Jim and Ginny Ranweiler - Rochester
Barb and Michael Sarr - Rochester
Judy and Jim Sloan Foundation - Rochester
Lyn and Steve Smith - Rochester

Gold Membership (\$500+)

Bear Creek Services - Rochester
Gail and Allen Bishop - Rochester
Jane and Mary Champion - Rochester
Cardinal of Minnesota - Rochester
Bill and Marcia Cochran - Rochester
Carl and Connie Deobald - Rochester
John and Gail Flanders - Rochester
William Harris - Winona

Great River Homes - Wabasha
Steve and Joan Larson - Shoreview
Tom and Pat Peyla - Wabasha
Phyllis Rusley - Rochester
Dick and Adele Spavin - Rochester
Tom and Margaret Thompson - Byron
Bill and Janet Volkmar - Rochester

Silver Membership (\$250+)

Daniel and Betty Bielen - Byron
Layne and Kathy Bucher - Zumbrota
Facilities Interaction Group (FIG) - Rochester
Kathy and John Graupner - Wabasha
Jack Priggen and Elisabeth Hennessey - Zumbro Falls
Mary Hewett - Winona
Thad and Suzanne Johnson - Eden Prairie
Dave and Gwen Oeth - Rochester
Dan and Linda Kinzer - Rochester
Stewart and Barbara Lewis - Rochester
Carolyn and Steve Ramaker - Rochester
Helen Monsees and Robert Sixta - Rochester
Harlan and Marcia Steenhard - Rochester
Treasure Island Casino - Welch

Membership Renewals in 2005 (continued)

Sponsor Memberships (\$100+)

Elda Augustine - Goodhue
Julie Beck - Rochester
Lucy and Tony Bergmann - Mazeppa
LeAnn and Curtis Bieber - Byron
Julie and Tom Bittinger - Owatonna
Mark and Lori Bransford - Rochester
Heide and Helmut Buettnner - Rochester
Shelley Burkhardt - Rochester
Rose and Allan Busta - Rochester
Wes and Mary Clark - Rochester
Robert and Eva Colligan - Rochester
Barbara Drury - Rochester
Dave and Sonja Dunn - Rochester
Ellen Enzler - Rochester
FCHS Inc.- Preston
Ruth Fischer - Rochester
Joe Gunnison - Rochester
Kit and Mike Hawkins - Rochester
Cathie Hiley - Rochester
Alan and Judith Hoffman - Rochester
Greg and Beth Hostetter - Rochester
John Jordan - Houston
Brenda and Steve Kann - Rochester
Ed and Mary Lou Kasner - Rochester
Charles and Sherrie Knopp - Winona
Cheryl and Aaron Larson - Rochester
Kathy Mann - Rochester
Paul and Donna Maroo - Dodge Center
John and Paula McGuine - Rochester
Jim and Jeanie Michelizzi - Pine Island
Kevin and Michelle Monosmith - Pine Island
Ellen Newman - Wanamingo
Steve and Deb Niedfeldt - Rochester
Duane Olson - Rochester
Opportunity Services - Red Wing
Griffith and Lois Rees - Rochester
Richardson Law Office - Rochester
David and Joy Rott - Elgin
Dianne and Fred Schjolberg - Wabasha
Gene and Arlys Schmidt - Zumbro Falls
Louise Shefelbine - Rochester
Pam and Joel Skinner - Rochester
Gene and Elaine Skjeveland - Rochester
Mike and Sandy Staggemeyer - Caledonia
Stanley Jones and Associates - Rochester
Bob and Mary Alice Stewart - Owatonna
Neil and Peggy Stolp - Oronoco
Eva Tieman - Rochester
Terry and Betsy Timm - Kellogg
Uni-Patch / Tyco Healthcare - Wabasha
Joyce Veneziale - Rochester
Michael and Denise Werner - Rochester
Deb Wilk - Hayfield
Kathe Yoss - Rochester
Joel and Julie Young - Chatfield

Contributor Memberships (\$50+)

Sharon Aaby - Rochester
Ann and Arnold Archer - Pine Island
Glenn and Jo Augustine - Rochester
Jennifer Bagne-Walsh - Rochester
Les and Elaine Beyer - Rochester
Ron and Bev Dotzenrod - Rochester
Rick and Carol Fishbune - Rochester

Carol Fitzgerald - Rochester
Eldon and Dorothy Fockler - Olmito, TX
Marilyn Frost - Byron
Michael Garner - Rochester
Cherie Hales - Winona
Stephen and Carla Harner - Rochester
Peter Edl and Paula Horner - Rochester
Arnold and Sylvia Jacob - Lewiston
Pat Jordan - La Crescent
Bernetta Kahabka - Rochester
Mary Lambert - Rochester
Mary Jo and Larry Legier - Rochester
Ed and Ann Lufkin - Hayward
Betty Mace - Stewartville
Jeff and Cathy Maness - Pine Island
Paula Marshall - Red Wing
Jennifer and Rob Miller - Winona
Steve and Marilyn Nelson - Red Wing
Debbie and Dan Noll - Nelson
Dr. Donald and Georgia Scholz - Rochester
Lorna Schunke - Rochester
Margery Weichers - Winona
Rita and Mike Wiersma - Spring Valley

General Membership (\$25+)

Kathy Accurso - Rochester
Eleonore Albert - Rochester
American Legion Aux. Post 546 - Kellogg
Jacob Bauer - Burnsville
Cully Bisgard - Byron
Eugene Brown - Shakopee
Dalyn Bruemmer - Red Wing
Doug and Sue Butler - Rochester
Konne Carlson - Onamia
Barb Chromy - Austin
Jon and Laurie Claeys - Rochester
Karen and John Corfits - Rochester
Liz Crawford - Rochester
WC Regional Outreach Center - Boyd
Jean David - Rochester
Harold and Jean Davison - Rochester
Todd and Dawn Devine - Rochester
Ben and Hilde DeWit - Rochester
Jean Dube - Dodge Center
Betty and Harold Eggebraaten - Rochester
Susan Farrington - North Branch
Gordon and Denise Fitschen - Red Wing
Rod Fockler - Houston, MO
Carole Frederickson - Forest Lake
Larry and Deb Freitag - Nucla, CO
Jon Fryer - Rochester
John Gosse - Dodge Center
Roy Harley - Red Wing
Delores Heintz - Caledonia
Kristen Heise - Red Wing
Robert Helin - Rochester
Margaret Hilleshiem - Kellogg
John and Paula Hoellbacher - Elgin
Mark and Beth Honecker - Rochester
Susan Hopp - Red Wing
Katy Hughes - Rochester
Elaine Ingalls - Rochester
Winifred Jenkinson - Winona
Dorothy Johnson - Red Wing
Kirsten Kaiser - Rochester
Ruth Klocke - Hayfield
Brent and Dawn Koster - Rochester
Donn and Sarah Kreofsky - Kellogg
Audrey Krupicka - Austin
Linda and Alan Kuetemeyer - Rochester
Chris and Mike Kuhn - Rochester
Esther Laine - Rochester
Crystal and David Lammers - Adams
Dalton and Delores Langanki - Wabasha
Cindy and Beverly Larrison - Rochester
Doris Laska - Winona
Amy Lawler - Oronoco
Mildred Lawler - San Jose
Mary and Al Lehmkuhl - Winona
Jerry and Lois Leisen - Wabasha
Terra Lidbom - St. Charles
Marjorie Litto - Reads Landing
Charles and Ruth Lombard - Lake City
Ben and Jan Maroushek - AppleValley
Clarence and Marlys Mickelson - Goodhue
Ann Mickow - St Charles
Gene Mickow - Rochester
Mike and Bonnie Miesen - Plainview
Terry and Nancy Miller - Rochester
Larry and Rose Mary Miller - Dodge Center
Linda and Dan Monahan - Plainview
Kristin and Dave Nagel - Rochester
Stan Nerhaugen - Red Wing
Helen and John Newell - Fountain City, WI
Kerry Olafson - Rochester
Joyce and Deven Oldenburg - Rochester
Mr. and Mrs. Vernon Roble - Spring Grove
Lisa and Steve Roelofs - Rochester
Kirk Rubado - Rochester
Tonia and Mark Ruport - Mantorville
Augie Schleicher - Plainview
Tom Schultz - Rochester
Diane Sellner - Rochester
Scott and Karleen Shellum - Red Wing
Karen and Bob Smith - West Concord
Alma Solberg - Spring Grove
Kathleen and Marion Stanton - Hayfield
Al and Shirley Steenhard - Buffalo Center, IA
Annie and Dale Stensland - Wanamingo
Don and Wendy Stroebel - Kasson
Annabelle Suilmann - Wabasha
Harvey J. TePoel - Rochester
Autumn and Terry Thillen - Rochester
Gerald and Janice Tjepkes - Racine
Bob Toman - Rochester
Gary and Michelle Tweito - Spring Grove
Donna Vale - Rochester
John VanDeWalker - Wanamingo
Ed and Linda Vilt - Austin
Norris and Carolyn Voth - Goodhue
Rose Walsky - Winona
Sue Webb - LaCrescent
Jim and Connie Wendt - Zumbrota
Olive Westphal - Spring Valley
Beth Wiegand - Rochester
Charles and Joanne Wieser - LaCrescent
Francis and Theresa Wilkes - LaCrescent
Shirley Wilson - Rochester
Zumbro Valley Psych. Services. Leah Holmes
- Rochester

Arc Southeastern Minnesota Jail-a-thon Beats Last Year's Total!

...Lindsay Husbyn Olson

On March 21st, the Olmsted Jailbirds surprised us once again with their generosity and willingness to help out as we had jailbirds who raised \$15,000. This was an increase of over \$2,500 from last year... And we couldn't have done it without our number one jailbird, **Phil Sims who raised \$1590! Kent Gillespie from Premier Bank** was our second place finisher with \$830 and third place **Stacy Stiever from Cardinal of MN** finished with \$807. All of our jailbirds did a wonderful job and we want to thank everyone for their time and willingness to help out!

We would like to thank the following sponsors: **HyVee Barlow's Plaza, Think Federal Credit Union, Midwest Wireless, Radisson Plaza Hotel, Outback Steakhouse, Cinemagic Theatres, Silver Lake Foods and Waterworks X-Press Car Wash.** We thank all of our sponsors for their support.

Thanks also to our volunteers for the event: **Bill Lawler, Carl Deobald, Christina Delfanian, Irene Herzog, Kay Fockler, Phyllis Rusley, and Don & Val Koster.**

We continue our mission of community inclusion for all and appreciate the support we get from businesses and individuals in the community!

<u>Jailbird</u>	<u>Employer</u>	<u>Jailbird</u>	<u>Employer</u>
Barb Kylo	Kyllo Kare Family DayCare	Diane Sellner	Bear Creek Services
Paul Fleissner	Olmsted County	Connie Wendt	Bear Creek Services
Jennifer Bagne-Walsh	Olmsted County	Jim Maronde	Trust Mortgage
Mary Lambert	ISD 535	Kim Norton	Rochester School Board
Karolee Adler	Hiawatha Homes, Inc.	Kathy Swyghan	Schmidt-Goodman Office
Connie Walker	Hiawatha Homes, Inc.	Autumn Thillen	ABC
Kent Gillespie	Premier Bank	Chuck Sutton	Crenlo of Rochester
Diana Polikowski	REM	Leanne Bieber	Olmsted County
Kate Storey	Cardinal of Minnesota	Amy Kuns	KTTC
Stacy Stiever	Cardinal of Minnesota	Vicki Dearth	PossAbilities
Travis Hatcher	PossAbilities	Amber Siebenaler	PossAbilities
Joel Pralle	PossAbilities	Mark Honecker	Custom Alarm
Tim Nolan	R & S Transport	Phil Sims	Radio Shack
Dan Zimmer	Region 10 QACommission	Donna Garratt	
Al Pettey	Adamson Motors	Sam and Carly Monahan	
Liz Crawford	Bear Creek Services		

Winona Jail-a-thon a Success!

We would like to thank all of the people who volunteered to put in "hard time" working the phones to benefit Arc Southeastern Minnesota at our 1st Annual Winona Jailathon.

We raised over \$2,500 to benefit people with developmental disabilities and their families.

We would like to thank the following sponsors: Winona Eagles Club, Gilmore Avenue Car Wash and Quick Lube, Winona Target, and Winona Radio.

A special thanks goes to our "Top Jailbird" Denny Theede, who raised \$440! Second place went to Cynthia Porter from The Winona Post. In third place we had a tie between Rosanne Kubicek and Stewart Shaw. All of our jailbirds did a wonderful job and we want to thank everyone for their time and willingness to help out:

Peter Walsh, Mary Hewett, Cindy Harrison, Christine Brown, Rachel Besaw, Tanya Williamson, Denny Theede, Cynthia Porter, Rosanne Kubicek, and Stewart Shaw.



Arc Membership Form

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

Membership	
<input type="checkbox"/> General	\$25
<input type="checkbox"/> Sponsor	\$50
<input type="checkbox"/> Contributor	\$100
<input type="checkbox"/> Silver	\$250
<input type="checkbox"/> Gold	\$500
<input type="checkbox"/> Platinum	\$1000

I am interested in paying my membership with monthly or quarterly payments

Please call me.

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 _____

Thank you for joining Arc Southeastern Minnesota!



903 West Center Street
Rochester, MN 55902

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

Visit us at: www.arcse-mn.org

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