

Arc SEntiments

A newsletter for persons with developmental disabilities and their families in the counties of Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona

903 West Center Street Rochester MN 55902
507-287-2032 toll free 1-888-732-8520
Website address: www.arcse-mn.org

September-November 2003
E-mail: office@arcse-mn.org

Centurion Bike Ride 2003

The 2003 Centurion Bike Ride was held on July 26, 2003. Unfortunately, we did not have the great weather we had last year. At about 4:00 am there was quite a thunderstorm in the Rochester area that scared a few riders off. By 6:00, though, the skies had cleared and the approximately 60 riders were ready to go. The day turned out quite muggy with strong winds as well but the riders are a bunch of troopers and all made it back to the finish line.

This ride would not be possible without the assistance of many volunteers. First off all the two guys on our committee once again did a great job of answering my questions and getting the maps ready and the course marked. **Ted Saxman** is always so willing to help with suggestions, marking the course, and being there in the morning to answer questions from the riders. **John Scott** from the **Rochester Amateur Radio Club** does our maps and brings in a bunch of guys to help on the day of the ride.

We would also like to thank the following: **Harlan Steenhard** and **Curly and Joy Bollesen**, Arc members and volunteers, for getting up before the sun to come help out and staying to help throughout the day; **Jennifer Hansen**, a bicyclist who sustained an injury and wasn't able to ride this year, came down to the park and helped us out instead; **Bob Gritman**, of **Bicycle Sports**, who puts our brochures out in his store for us every year, provided SAG wagon support and offered some great ideas for next year; **Matt Hawkins**, of **Rochester Cycling & Fitness** also puts brochures out for us in his store; **Dr. Michael O'Connor**, who makes sure our ride information gets on the **Rochester Active Sports Club** website; **Mario Minelli**, who answered countless questions from me and also put information about our ride out at the Rochester Athletic Club; **Bob Hart** and **Peter Wollan**, from **Hiawatha Nordic Ski Patrol**, for coordinating medical assistance the day of the ride; **Kelly Manahan and Boy Scout Troop # 93** for again working the rest stop in Chatfield; **Cardinal Home of Spring Valley staff and clients** for working the rest stop in Spring Valley; **Buff Hennessey** and **Patrick Priggen** for working our water stop; **Brian Boelter** from **Skippy's Grocery** in Chatfield for the Gift Certificate for snacks; **Don Lanning** from **Don's Valley IGA** in Spring Valley for the Gift Certificate for snacks; and **Ron Pickel** and **HyVee** for the donation of ice and ice cream.

Most of all we would like to thank all of the riders who braved what could have been bad weather to come out and ride for Arc! We hope to see everyone back for next year's ride!!



"Holiday Gala Formal"

Sponsored by the Elks Lodge 1091 and co sponsored
by Rochester Community Education
and the Rochester Park and Recreation Department.

WHO: **Young adults ages 17-22 in the
Rochester School District**
DATE: Saturday, November 22
TIME: 5pm-6pm ~ Social Hour
6pm-7pm ~ Dinner
7pm-10pm ~ Dance
COST: **Underwritten by The Elks Lodge ~
no cost**
SITE: **The Elks Lodge 1091 in Rochester
917 SE 15th Avenue**

ABOUT THE EVENT: **This event will include a formal sit down dinner followed
by a dance led by a band. Dress suits, tuxedos, and gowns are acceptable
dress. If you are in need of a formal outfit or have questions, please contact
Karen Meyer at 287-7980 or Val Koster at 288-6953.** Registration will be taken
by the Park & Recreation Department during the dates of September 2-November 14.

We extend our sympathy to the family of Melvin Wilson who passed away in July. Mel was a long time member of Arc Olmsted County who volunteered many, many hours on the Board, on fundraisers, and on membership activities. His quiet leadership helped Arc become what it is today. Mel's wife, Helen, who passed away last fall, was also a long time volunteer. They will both be missed.

We also extend our sympathy to the family of Melvin Peterson, who with his wife Jean, were founders of Arc Olmsted County in 1954. We appreciate all the Peterson family has done for Arc.

People First of Olmsted County

There will be NO meeting on August 20, 2003. There will be an Arc Potluck Picnic on August 19, 2003 at Essex Park at 6:00 PM. If you would like to come, please call Lindsay at the Arc Office to RSVP.

We will have our next meeting on September 17th, 2003 from 6:30pm- 7:30pm at the United Way Building. We will be watching a video called "I Belong Out There" put out by the MN Department of Human Services. Our October meeting is scheduled for October 15, at the United Way Building and Cindy Ostrowski will be coming to talk about Quality Assurance. We hope to see everyone there!

Did You Know...?

Did you know that during May, June, and July 2003, the Family Liaison Project supported 24 new families in Winona, Dodge, Fillmore, Goodhue, Wabasha, Houston and Olmsted counties? This support was provided in a variety of ways: by telephone, email, in person and by Supported Parent Volunteer Connections. Our Flip Side Newsletter was mailed to 1060 parents and Arc supporters in our seven county area as well. Please be sure to return the Support Services Survey we recently sent to ensure we continue to meet the needs of our families.

Did you know the Down Syndrome Network Group meets the 2nd Monday of the month during the school year and has a picnic during the summer? Over 35 families are on our Down Syndrome Network Group mailing list and the meetings are open to all families who have young children with Down Syndrome in our seven county area.

PARENT FEE TOWN MEETING

Arc Southeastern Minnesota in collaboration with Arc Minnesota will be holding a Town Meeting to discuss parental fees. The meeting will be held in late October 2003 in Rochester. Flyers will be sent out. Call JoAnn at the Arc office for more information at 507-287-2032 or toll free at 888-732-8520.

Down Syndrome Network Group will meet:

Monday, Sept. 8th, 6:30-8:00pm United Way Gym

Monday, October 13th, 6:30-8pm United Way Gym

Monday, November 10th, 6:30-8pm United Way Gym

Monday, December 8th, 6:30pm-8:00pm United Way Gym

Monday, Jan. 12th, 2004 6:30-8pm United Way Gym

Why PLAN?

When my daughter, Danielle was born, we spent an endless amount of time with medical appointments and therapies. We were getting to know our new little girl, as well as learning about all of her unique needs. It wasn't until she was about 2 that I started thinking about what would happen to her and who would care for her if my husband and I were unexpectedly unable to do so. (For those of you who know me, you realize that I tend to think of 'doom and gloom' and have a funeral planned out in my head when someone is an hour late.) So as you can imagine, this question weighed heavy on my mind. Danielle is now 12 and I still think about her future without us.

That is why I am so excited to be the Project Director for the new Project called, PLAN of Southeastern Minnesota. Many of us automatically take care of our child's financial needs (i.e. life insurance policy, supplemental needs trust) however, PLAN focuses on your child's *quality of life* needs. The objective of PLAN is to step in where families do in terms of coordinating care and assisting individuals over their lifetime. PLAN hopes to become a "surrogate family member" for individuals with disabilities, mental illness and/or brain injury. A *Personal Support Plan* is a customized document in which the individual and family describes and prioritizes the services to be delivered when designated. A typical *Personal Support Plan* might include the monitoring of services, advocating for the beneficiary, arranging for transportation, cleaning services or a vacation. It may include addressing personal needs such as shopping, grooming, assisting with personal finances, visiting relatives and regular visits to the doctor or dentist. Each Plan is unique to the needs of your child and family.

An unexpected "accident" can happen to any of us at any time. PLAN is designed for your child of any age (young or adult) with unique concerns. It is projected that PLAN will be implemented in January 2004. If you are not familiar with PLAN and would like more information, please contact me at (507) 287-2032 or toll-free 1-888-732-8520. PLAN of Southeastern Minnesota helps families plan for the life long support of their family member for the future.

Hope to be talking with you soon,

Vicky Keller, PLAN Project Director
Arc Southeastern Minnesota

Gift to Arc Southeastern Minnesota

A special thank you is in order for Jim and Judy Sloan for their recent gift of \$1200 to Arc Southeastern Minnesota. This gift will help us advance our usage of technology. Jim and Judy are generous people that have gifted Arc in the past. They have also established a foundation in Rochester that benefits other organizations as well. Arc applauds the spirit of the Sloan's in "giving back" to their community.

We already have one tangible result of this gift. Our web site now has a calendar function. This calendar will help keep staff, Board, committees, Arc members, friends and the general public aware of workshops and activities sponsored by Arc Southeastern Minnesota. The schedule and a brief description of workshops, Board/committee meetings, membership events, etc., will be kept on this online calendar. The Arc SE home page www.arcse-mn.org will highlight a few events. Click on [View the entire calendar](#) to see all of our upcoming events.

Any web site questions can be sent to Arne Fockler (afockler@arcse-mn.org).

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Looking for a better interest rate ?

Are you tired of very small returns on your CD (Certificate of Deposit) or Money Market fund ? There is a way to increase your return and make a planned gift to Arc Southeastern Minnesota at the same time. It is called a Charitable Gift Annuity (CGA).

Consider this example. John is 70 years old and currently has a \$20,000 CD earning 2.5%. John could purchase a gift annuity for \$20,000 and receive a 6.5% return on that money for his entire lifetime. At John's death, the remainder of the CGA is "gifted" to Arc. In addition to the improved interest rate, John will also get a tax deduction for his charitable gift for the year in which he purchased the CGA.

If John were 85 years old at the time he purchased the CGA, the lifetime interest rate would be 9.5%!! Even if this doesn't work for you, maybe you know someone who could use a better return on their current assets: Grandpa/Grandma, Uncles, Aunts, friends, etc.. Let them know about the possibility for better returns.

A gift annuity is a powerful way to assure that your hard-earned money provides you with a comfortable living income while you support a worthy organization that has helped people with disabilities in many, many ways. A nice combination!

Need more information? Want an estimate of exactly what interest rate you can earn for yourself and/or your spouse? Call Arc's Charitable Gift Advisor -- Arne Fockler at 287-2032.

The 2003 Legislature adjourned late on Thursday May 29, 2003. The Health and Human Services Budget bill cuts about \$1 Billion from what would have been spent in the next two years. Here are some facts regarding Health and Human Services that will be in effect from July1, 2003 to June 30, 2005.

1. Home and Community Waiver services Reductions:

*Eliminates 600 new MR/RC Waiver slots for people with developmental disabilities, which results in a cut of 13.4 million in state funds and 26.8 million in services.

*Limits TBI Waiver to 150 persons per year resulting in a cut of 4.9 million in state funds and 9.8 million in services.

*Limits CADI Waiver each month to five fewer individuals, resulting in a cut of 4.8 million and 9.6 million in services cuts.

2. Parent Fee Increases for MA/TEFRA, waivers, ICF/MR's, Rule 5 Mental Health.

*About 5,600 families will pay about 4.2 million more in fees over the next 2 years. This increase will hit at all income levels.

*The notices for the increase should have been sent out in June.

3. People over the age of 21 who are on Medical Assistance will now have to pay a co-pay starting October 1, 2003.

*\$3 for Brand Name medicine, \$1 for generic medicine.

*\$3 per visit for doctor and clinic visits, except OT, PT, Speech and Mental Health.

*\$6 for non-emergency visits to the Emergency Room.

*\$20 out of pocket limit for pharmacy co-payments was also adopted.

*No co-payments for those in nursing homes, ICF/MR's, for services covered by Medicare, hospice, children or pregnant women.

4. Increase Adult Foster Homes to Five

*This allows for five persons for existing four-bed adult foster homes. With informed consent from each person and county approval, providers can add a fifth person to four-bed homes.

5. Region 10 Quality Assurance System was extended to 6/30/2007 with funding approved through 6/30/2005.

*There are many more changes that will be taking place. If you would like more information or would like a copy of the legislative summary, feel free to call the Arc office at 507-287-2032 or toll free at 888-732-8520.

New Membership

Monica Troendle	Caledonia	Vesna Sloan	Rochester
Nancy Cliff	Lake City	James & Tracy Wilson	Stewartville
Joyce McConville	Minnesota City	Judy Przytarski	Winona
Sister Renata Walch	Rochester		

General Membership

Ed & Linda Vilt	Austin	John & Karen Corfits	Rochester
Audrey Krupicka	Austin	Guy & Laurie Griesmann	Rochester
Curt & LeAnn Bieber	Byron	Leah Holmes	Rochester
Kevin & Karen Carr	Chatfield	Dennis & Laurie Laudon	Rochester
Jean Dube	Dodge Center	Terry & Nancy Miller	Rochester
Elda Augustine	Goodhue	Deb, Steve, & David Niedfeldt	Rochester
Norris & Carolyn Voth	Goodhue	Don & Barb Olsen	Rochester
Ruth Klocke	Hayfield	Thomas Sitzer	Rochester
Debra Wilk	Hayfield	Joel & Pam Skinner	Rochester
Richard Nelson	Houston	Annabelle Suilmann	Rochester
Don & Wendy Stoebl Sr.	Kasson	Connie Walker	Rochester
Amy Lawler	Oronoco	Darrell & Glenna Vikse	Spring Valley
Augie Schleicher	Plainview	Ann Mickow	St. Charles
Marianne Dohnalek	Red Wing	Dalton & Delores Langanki	Wabasha
Stan & Ruth Nerhaugen	Red Wing	Kevin & Kathy Clemens	Welch
Eleonore Albert	Rochester	Margaret Driscoll	Winona
Bill & Lora Beaupre	Rochester	Janice Kelly	Winona
Robert & Eva Colligan	Rochester		

Sponsoring

Marilyn Frost	Byron	Dave & Sonja Dunn	Rochester
Mike & Sandy Staggemeyer	Caledonia	Rick & Carol Fishbune	Rochester
John Jordan	Houston	Stephen & Carla Harner	Rochester
Les & Elaine Beyer	Rochester	Peter Edl & Paula Horner	Rochester
Karla Bollesen	Rochester	Mary Richardson	Rochester
Shelley Burkhardt	Rochester	Dan & Deborah Noll	Nelson, WI
Jasper & Cynthia Daube	Rochester		

Contributing

Neil & Peggy Stolp	Oronoco	Harlan & Marcia Steenhard	Rochester
Charles & Judy Bird	Rochester	Steve & Joan Larson	Shoreview
Charles & Meellee Fish	Rochester	Uni-Patch	Wabasha
Stewart & Barbara Lewis	Rochester	Gene & Arlys Schmidt	Zumbro Falls
Kathy Mann	Rochester		

Membership Continued**Patron/Matron**

Cardinal of Minnesota	Rochester	Steve & Lyn Smith	Rochester
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Titus & Carl Evans Jr.
Larry & Mickey Prince

Rochester
Rochester

William & Janet Volkmar

Rochester

Contributions

Kaye Eppard
Minutemen Press
Betsey Nichols
Cindy Yess
Kevin Monosmith
St. Patrick's Council of Catholic Women

Gift That Remembers

In Memory of Sara Bea
Kathy Mann

Jack Priggen & Elisabeth Hennessey

In Memory of Walter Lawler

Bill & JoAnn Lawler

In Memory of Elodie Einhorn

Marta Bollesen

Jack Priggen & Elisabeth Hennessey

Bill & JoAnn Lawler

In Memory of Melvin Wilson

Dave & Sonja Dunn

In Memory of Edna Maki

Mickey, Larry & Judy Prince

In Memory of Emma Jurek

Roger & Irene Herzog

In Memory of Carol Brantner

Mickey & Larry Prince

In Memory of Lorraine Ward

Mickey & Larry Prince

***Does your employer provide matching gifts to non-profits? All you need to do is ask someone in the Human Resources office at your company and they will be able to tell you if they match and, if they do, how to go about doing it. This is a great way to double your gift to Arc!

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We have a new logo! Did you notice our new logo on the back page? Check it out. Do you like our new look? We do!

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We are still accepting names of nominees for the Board and Awards. Winners will be announced at the Appreciation Dinner. Please submit your nominees by September 19, 2003.

Arc Southeastern Minnesota moved in late June to larger offices on the 2nd floor of the United Way Building. Please stop in to see our new space. We had lots of help with the move. Thanks to Tom Brass, Patrick Priggen, Mark Honecker, Kay Fockler, Bob Monahan, Curly Bollesen, and Bill Lawler. We couldn't have done it without your help. A special thanks to Arne Fockler

and especially to Steve Niedfeldt who took care of everything related to moving our computers, the network, and phone system. We are very lucky to have such great volunteers.



VOLUNTEERS NEEDED!

Arc Southeastern Minnesota depends on the time, talent, and energy of volunteers to carry out its different programs. There are many ways you can get involved:

- ❖ Writing letters and e-mails and making phone calls about public policies affecting persons with developmental disabilities and their families.
- ❖ Helping us label and mail our bi-monthly newsletter *Arc Sentiments*.
- ❖ Putting together mailings (both scheduled mailings and those arranged on short notice).
- ❖ Working at fund raisers or special events

Please contact Lindsay at the Arc office for more information.

Parental Fee

If you want help with your Parental Fee Appeal call JoAnn at Arc at 507-287-2032 or toll-free at 1-888-732-8520. JoAnn is suggesting to parents that want to appeal to request an appeal in person. An appeal has more weight if the appeal judge has to come to you and see you and your family as individuals instead of just numbers on a piece of paper.

Autism Support Group

The focus of the Autism support group is parents who have a school age child with a diagnosis in the autism spectrum and or PDD/NOS. The facilitator is Cynthia Freedman. Cynthia is a Clinical Social Worker with Zumbro Valley Psychological Services in Rochester. She is also the parent of a young adult with autism and mental retardation.

Meetings for the 2003-2004 Year are:

**Thursday, October 2, 2003
7-8:30 PM
United Way Bldg
903 West Center St.
Conference Room "C" – Second Floor**

**Thursday, February 5, 2004 and
Thursday, May 6, 2004
Place to be determined**

IEP Workshop, Wednesday, October 8, 2003

Co-Sponsored by Arc Southeastern Minnesota and PACER Center.

A flyer will be sent out to parents at a later date. Contact JoAnn at 507-287-2032 or toll free at 888-732-8520 or by e-mail (jlawler@arcse-mn.org) with questions or to register. **Registration Is Required**

**Ability Building Center Cafeteria
6:30 PM – 9:30 PM
1911 14th St. NW
Rochester, MN**

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Guardianship/Conservatorship Workshop, Monday, October 27, 2003

Come learn about the big changes made in the **Minnesota 2003 Legislative Session.**

**Christ Episcopal Church
6:30 PM – 8:30 PM
4th Street & West Avenue
Red Wing, MN**

(Use the Parish Hall entrance on 4th St)

Presenter: Catherine Johnson, with the Law Firm of Vogel and Gorman, PLC in Red Wing, MN. Call JoAnn at the Arc Office at 507-287-2032 or toll free at 888-732-8520 with questions or to register. Flyers will be sent out at a later date. Registration Is Required.

Calendar of Events

<p style="text-align: center;"><u>September</u></p> <p>2 People First – Red Wing 8 People First – Winona 8 Down Syndrome Support Group – Rochester 16 Board Meeting – Rochester 17 People First – Rochester</p>	<p style="text-align: center;"><u>November</u></p> <p>4 People First – Red Wing 10 People First – Winona 10 Down Syndrome Support Group – Rochester 12 Parent Meeting – Red Wing 18 Board Meeting – Rochester</p>
<p style="text-align: center;"><u>October</u></p> <p>2 Autism Support Group – Rochester 8 People First – Red Wing 13 People First – Winona 13 Down Syndrome Support Group – Rochester 15 People First – Rochester 21 Board Meeting – Rochester</p>	<p style="text-align: center;"><u>December</u></p> <p>1 People First – Red Wing 5 People First/RADAR/SEMCIL Holiday Party - Rochester 8 People First – Winona 8 Down Syndrome Support Group – Rochester</p>

Arc Southeastern Minnesota Membership Form!

Arc Southeastern Minnesota is a non-profit volunteer organization providing advocacy and support to persons with developmental disabilities and their families. The Arc SE MN region

includes the counties of: Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona. Arc membership contributions are tax deductible as provided by law. Arc is funded by donations, memberships, fundraising and United Way. **Thank you for becoming an Arc Member!**

Name: _____ Phone: _____

Address: _____ E-mail: _____

_____ General Membership	\$25.00	<u>My interest in Arc is:</u>	
_____ Sponsoring Membership	\$50.00	___ Self Advocate	___ Friend
_____ Contributing Membership	\$100.00	___ Parent	___ Relative
_____ Patron/Matron Membership	\$150.00	___ Professional	

Arc is now accepting MasterCard and Visa. We need your signature, expiration date on card, and card number.

Signature _____ Expiration Date _____

Card Number _____

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

_____ I would like to make a donation of \$ _____.

Please make checks payable to Arc SE MN and mail to Arc SE MN, 903 West Center Street, Rochester MN 55902 Call 507-287-2032 or toll free 1-888-732-8520