

The Arc Southeastern Minnesota improves lives for people with intellectual and developmental disabilities and their families. This newsletter is intended to inform you of current and future Arc activities and to invite your participation in protecting the rights of people in the counties of Dodge, Fillmore, Goodhue, Houston, Olmsted, Rice, Wabasha and Winona.

## The Arc Southeastern Minnesota's New Identity Expresses Renewed Commitment to People with Developmental Disabilities



**Buff Hennessey**  
Executive Director

The Arc Southeastern Minnesota is in the process of unveiling a new logo, tagline, and overall look as part of its renewed commitment to providing opportunities for people with intellectual and developmental disabilities (I/DD) and their families.

"The new brand reflects our chapter's continued energy and determination to support and embrace people with I/DD and their families across their lifetimes," said Buff Hennessey. "Through the logo, look, and tagline, we want to remind those individuals and families we serve and show the larger public that The Arc Southeastern Minnesota provides opportunity: opportunity for hope, opportunity for growth, and opportunity for change.

As we have done for over 50 years, we will continue our movement forward toward greater inclusion and respect for people with I/DD."

"I am glad to be a part of The Arc Southeastern Minnesota," said Karli Harguth, a self-advocate who is also a SAM (Self Advocates Minnesota) Leader. "It is a very important part of my life and it is because of its support that I am able to achieve my goals and determine my own life. It is important to many of my friends, too, who now have more respect from others and can do things they didn't think they could do before."

The new brand for the chapter is part of a nationwide commitment by The Arc to bring all affiliated chapters under one common look and one slogan, "Achieve With Us." The new logo shown above will be on all chapter publications, its website, its signs, communications, and other materials. The new identity is the fruit of a year-long, nationwide effort by professional brand consultants and a team of professionals from affiliated chapters of The Arc.

During the next several months our Board of Directors will be developing a by-law change recommendation for our membership to vote on at its annual meeting. This change will include changing our name to The Arc Southeastern Minnesota and our target population to persons with intellectual and developmental disabilities. While these might sound like small changes, we are excited about this effort at consistency nationwide among chapters at all levels—local, state and national. We believe this will help The Arc to become better recognized throughout the country which will help us reach many more people who will benefit from our services. It will take us some time to complete the transition to our new look. We hope you like it.

Spring, 2011

The Arc Southeastern Minnesota  
6301 Bandel Rd NW, Suite 605  
Rochester, MN 55901  
(507) 287-2032  
or  
(888) 732-8520  
toll free

Website:  
[www.arcse-mn.org](http://www.arcse-mn.org)

Contact us:  
[mail@arcse-mn.org](mailto:mail@arcse-mn.org)

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### **MISSION**

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

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

# FAREWELL/ DISABILITY MATTERS

Farewell,

I am ready to begin a new phase in my life called retirement beginning June, 2011. I approach it with both excitement and apprehension. While I look forward to the opportunities retirement will bring me, it still saddens me to be leaving this organization. I have been through many phases over the years, but the one at Arc has been one of the most rewarding. I appreciate Arc Southeastern Minnesota giving me a chance many years ago when I was a lot younger and less wise.

I have had the pleasure of working with many self-advocates and families, and have grown from all of these interactions. I hope everyone that I have worked with has also learned and grown from the experiences that we have shared. It is time for me to move on, but I will miss Arc and all of the wonderful people I have worked with.

In ending this retirement letter, I want to emphasize that I will forever be grateful to Arc for having given me the opportunity to be a part of the accomplishments and the great times we have had over the years. I know that I will enjoy the years of the new phase in my life as I move ahead always treasuring my past experiences.

Warmly,  
JoAnn Lawler

“Change is inevitable. Growth is optional.”



**JoAnn Lawler**  
Individual and Family Advocate

## **Farewell Party;**



In June we will be hosting an open house for JoAnn in appreciation of all her years of dedicated service. If you are interested in attending, please contact our office for more details.

Phone: 507-287-2032  
Toll Free: 88-732-8520  
Email: [mail@arcse-mn.org](mailto:mail@arcse-mn.org)

## **Disability Matters Day at the Capitol:**

We had a successful day on January 25<sup>th</sup> at the State Capitol. The weather was very cooperative. Over 50 constituents from our eight county area participated. Many were Self Advocates. We met personally with 14 of our legislators, and left information with all. We want to thank everyone who participated. Your continued dedication and support during this legislative session is very important. We will be participating in Tuesdays at the Capitol and if you are interested in coming along, please let us know. Please participate in our “Action Alerts” and contact your legislators with your concerns. If you need more information, or have a question about legislative issues, contact JoAnn at the Arc office at 507-287-2032, toll free at 888-732-8520 or by e-mail at [joann@arcse-mn.org](mailto:joann@arcse-mn.org).

# ADVOCACY ANSWERS

## Adequate Funding for Special Education

*The Arc of Minnesota*

### Why Special Education is Important:

- All children deserve a quality, inclusive education, and communities need to work together to achieve this goal. Many families have children in both regular and special education.
- While providing a quality education to some students with disabilities may be considered costly, the alternatives in most cases cost even more.

### Background:

- Of the public K-12 students in the state, 126,108 students receive special education services. Approximately 8,746 of those students have a developmental cognitive disability, and 13,879 have autism spectrum disorder.
- The Individual with Disabilities Education Act (IDEA) requires schools to provide a free and appropriate education for all students needing special education services. The federal government currently funds around 17% of the cost; Congress had promised to fund 40%.
- State funding is not keeping up with special education costs. This increases the financial burden on our schools. In Fiscal Year 2011, Minnesota schools will set aside an estimated \$530 million to cover special education costs. Fiscal year 2012 is projected to cost Minnesota schools \$632 million. Shifting more costs to local school districts to educate students with disabilities increases the financial stress many districts face, causing further inequities in the system.

### What Elected Officials Can Do

- Fulfill the state promise to pay back the \$1.4 billion in delayed payments to schools.
- Maintain special education at current funding levels for the next biennium (2011-2012).

## Addressing Bullying and Harassment in Schools

Current statutes (Minnesota Statutes 121.0695 and 121A.03) are not strong enough to prevent ongoing instances of bullying and harassment in our public schools. Children and teens with developmental disabilities and other special needs have been found to be bullied more often than their peers. Kids are now being bullied online.

### Contact your legislator to pass anti-bullying and anti-harassment legislation

- Strengthen current legislation under Minnesota Statutes § 121A.03 by including specific language that prohibits harassment, bullying, intimidation, and violence based on additional characteristics such as “disability.”
- Pass anti-bullying and anti-harassment legislation that includes training for students, parents, and staff, as well as a formal complaint system and a meaningful reporting system that help schools pinpoint areas of improvement. Adequately fund these requirements so we have meaningful legislation based on additional characteristic such as “disability.”
- Support the “Safe Schools for All” legislation authored by Rep. Jim Davie and Sen. Scott Dibble.

# DOWN SYNDROME/FAMILY LIAISON & LEGISLATIVE PRIORITIES

**Down Syndrome Network Group Meeting**  
**Friday, May 6, 2011**  
**6pm-8pm**

**Calvary Evangelical Free Church**  
**5500 25th Avenue NW, Enter Door #5**  
**Rochester MN**

**Presentation By:**  
**Special Olympics Representative**

**Pizza at 6 pm**

**Presentation at 6:45 pm**

**Staff from Rochester Adaptive Park and**  
**Recreation will be on hand**  
**to provide child care**

**Please RSVP by Monday, May 2, 2011 to**  
**dmonahan@arcse-mn.org or 507-287-2032.**

**Sponsored by:**

**The Arc Southeastern MN [www.arcse-mn.org](http://www.arcse-mn.org)**  
**and the Down Syndrome Association of MN**  
**[www.dsamn.org](http://www.dsamn.org)**

## **Family Liaison Project**

Figuring out funding sources for families who have children with special needs can be very confusing and frustrating. The Minnesota Children and Youth with Special Health Needs (MCYSHN) has developed a training manual designed to inform both families and professionals about a wide range of potential funding sources. It is called "Who Pays? Taking the Maze Out of Funding".

The goal is to help persons know what programs and resources exist in order to improve access to health care and more effectively advocate for children, youth, young adults and their families. The content in the manual is geared toward all children and youth, including but not limited to those with special health needs. It includes major funding programs, other possible funding options, and 'tools' to help identify funding resources. The manual is updated annually.

For the most complete and up to date resources and information for all of Minnesota Children & Youth with Special Health Needs program, please visit this website [www.health.state.mn.us/mcysnhn](http://www.health.state.mn.us/mcysnhn).

## **The Arc of Minnesota 2011 Legislative Priorities:**

### **Protect Essential Disability Services**

- Preserve services that protect and make life possible for people with developmental disabilities.
- Provide people with disabilities and their families with funding that meets the individual needs.
- Prevent further fee increases for services that keep families together.

### **Innovate to Create Better Lives at a Better Value**

- Continue Housing Access Services, which increases independence and saves tax dollars.
- Let people with disabilities and families tailor services to best meet their needs and use funds more efficiently.

### **Ensure Quality Education for All**

- Pass anti-bullying legislation.
- Approve adequate education funding for every student.

### **Improve Service Quality**

- Expand a successful model of improving quality that gives people with disabilities a greater voice.
- Implement federal and state innovations to transform service.

# LEE FINDS A HOME OF HIS OWN

## Lee Finds a Home of His Own

Debbie Monahan, Housing Access Services Program

So far 2011 has turned out to be a great year for Lee Oeltjenbruns. On January 1, 2011 Lee moved out of a residential home in Owatonna and into his own apartment in Wanamingo.

It all started back in November 2010 when Lee expressed his desire to be more independent in a letter to his team. Lee wrote, "I would like to move into an apartment, I would prefer to live in Wanamingo."

"Wanamingo would be closer to my current employer. I need to work and I want to work without so many restrictions. I have also missed family activities because of the two weekend restrictions. I want to be able to participate in family events without having to ask permission from someone." Beth Honecker, Lee's advocate from The Arc Southeastern Minnesota is on his team and made the referral to the Housing Access Services Program.



Lee Oeltjenbruns

Lee's family is supportive of his decision to move and to be more independent. They like the idea of him being closer to home. Lee and his family found an apartment building in Wanamingo where they thought Lee could possibly live. The landlord, Jeff Schotzko, was very helpful and accommodating with the timelines and logistics involved with moving someone from a residential home into a home of their own. His willingness to talk and meet with Lee, his family and the Housing Access Service Advocate to discuss the expectations on both sides of the rental agreement was instrumental in a smooth transition.

Since Lee was moving from a residential situation, he was able to use some Transition Funds through his Waiver. Between working with Dodge County, his case manager (who also was very supportive and helpful) and the Housing Access Service Program, we were able to assist Lee with his deposit, setting up utilities and purchasing some essential items for his home. Lee is now set up with supports such as independent living skills through a local provider to assist with budgeting, shopping and home care.

At a follow up visit with Lee in February, Lee indicates everything is going well. He is able to work more and sees his family almost everyday. When asked what's the best thing about living on your own, Lee says "being able to cook anything I want, I'm getting pretty good at it."

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## Newsletter:

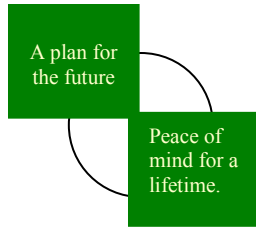
Currently we are striving to update our list of individuals and businesses who receive the *ArcSentiments*. With your help, we can reduce unnecessary costs and save many trees from being destroyed. Please contact our office at: [mail@arcse-mn.org](mailto:mail@arcse-mn.org) if you are:

- Receiving our newsletters by mail, but are willing to receive it by email.
- Receiving the newsletter, but no longer want it.

Thank you!

Betty Koehler

# PLAN/MASTER POOLED TRUST



## PLAN

(Planned Lifetime Assistance Network)

“Planning is bringing the future into the present so that you can do something about it now.”

- Alan Lakein

### PROCESS FOR DEVELOPING A *PERSONAL SUPPORT PLAN*

#### PLAN of Southeastern Minnesota The Arc Southeastern Minnesota

#### **Request for PLAN Information:**

Individual, parent, family member or interested person requests information on PLAN. The PLAN Director or staff will mail out the PLAN packet. A follow-up telephone call will be made within two weeks.

#### **Initial Information Meeting/Orientation:**

An initial information/orientation meeting is scheduled between the interested individual(s) to review and discuss the PLAN services.

#### **Family Questionnaire:**

The *Family Questionnaire* is completed and returned to the PLAN Director or staff.

#### **Intake and Assessment:**

This includes the PLAN Director or staff person meeting with the individual, family members and any other support persons, as desired. (Approximately 2-4 hours.)

#### **The Development of the *Personal Support Plan*:**

The PLAN Director or staff drafts the *Personal Support Plan* with the information from the intake and assessment meeting. This Plan is then sent to the family for approval. Modifications are made. An additional meeting is scheduled, if necessary.

#### **Plan Updates:**

The Plan is reviewed and updated annually. Minor updates and changes may be made at any time via telephone, e-mail, or at a meeting.

#### **Frequency of Contact:**

The PLAN Director or staff will visit the individual as specified in the Plan.

**\*\*Contact Melissa at the Arc office to get started today or email at [melissa@arcse-mn.org](mailto:melissa@arcse-mn.org).**

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#### **Master Pooled Trust:**

Don't forget to plan the financial security of your loved one also. Contact Melissa to learn more about Arc's Master Pooled Trust and how the trust can give you and family members a peace of mind!

# SAM SE MN REGIONAL CONFERENCE/ /EVENT CALENDAR



Mark your calendars for the next SAM SE MN Regional Conference to be held at the Winona State University Campus in Winona on June 25, 2011. There are various workshops to choose from, a delicious supper, bingo, dance, door prizes, and many more friendships to be made.

Registration information will be sent out in May. The cost of the conference is \$35 for self-advocates and \$15 for support staff. Thanks to a grant from MN DD Council, we are able to provide some scholarships for self-advocates. Please register early if you are in need of one.

If you are planning on spending the night, please contact me for the list of motel names and phone numbers. There are many in the area to choose from.

We look forward to another great SAM SE MN Regional Conference and hope to see you there! If there are any questions or you do not receive a registration form in May, please contact me at the Arc Office or email me at [melissa@arcse-mn.org](mailto:melissa@arcse-mn.org). If you would like to be added to our email list to receive registration and information (before they get mailed) please let me know.

Thank you!

Melissa Evans  
SAM SE MN Community Organizer  
The Arc Southeastern Minnesota  
& SAM SE MN Leaders

***SAM is a network of self-advocates, advisors, allies, friends, family and professionals led by self-advocates.***

***(SAM is working on personal empowerment, systems change, leadership development, public awareness and education for people with disabilities.)***

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The Arc Southeastern Minnesota  
6301 Bandel RD NW, Suite 605  
Rochester, MN 55901  
507-287-2032 or toll free 888-732-8520

## Calendar of Events

### April:

20th- Pickup at the Arc office for the 2nd rose sale (12:00 pm to 4:00 pm)  
29th- Cardinal Idol (7:00 pm)

### May:

6th- Down Syndrome Network Group of SE MN (6:00 pm to 8:00 pm)  
12th- SAM Advisory Council Meeting (5:30 pm to 7:30 pm)

### June:

9th- SAM Advisory Council Meeting (5:30 pm to 7:30 pm)  
25th- SAM SE Regional Conference in Winona

### July:

25th- Celebrity Mulligan Golf Tournament at Somerby, Byron



**Watch our website for more information!**

# MARKETING NEWS

## Upcoming Fundraising Events:

Come support our Tootsie Rolls sale as we team up with the Knights of Columbus to help raise funds for a great cause. Stop by Hy-vee Barlows April 29<sup>th</sup> through May 1<sup>st</sup> and grab some Tootsie Rolls.

Spring has sprung and golf tournament planning has begun. We will be holding our 7<sup>th</sup> annual Celebrity Mulligan Golf tournament on July 25<sup>th</sup>, 2011. This year's tournament will take place at the beautiful Somerby Golf Club in Byron, MN. We are very excited about the tournament and have been working hard to make sure it is another great success.

We are currently accepting team registrations so get signed up before it fills up! Silent and live auctions will take place throughout the whole day. Also look early and often to get a chance to golf with the celebrity of your choice. For updates you may check out our Facebook page. More information will also be posted on our website in the coming weeks.

Also a special thanks to everyone who purchased roses for our annual rose sale. With your help we made this years sale a success!

Please start saving your items for our rummage sale later this summer.

If you have any questions about our upcoming events feel free to email our marketing coordinator Peter Mathiason at [Peter@arcse-mn.org](mailto:Peter@arcse-mn.org) or call the office (507)-287-2032.



**Peter Mathiason**  
Marketing Coordinator



## The Arc Southeastern Minnesota 6th Annual Celebrity Mulligan Golf Tournament



**Mark your calendar to play at Somerby Golf Club  
in Byron, Minnesota on July 25th.**

Monday, July 25, 2011  
11:30am shotgun start  
Sommerby Golf Club in Byron

Get your 4-person team ready for  
a fun day of golf, prizes, auctions  
and more!

**For more information call:**  
888-732-8520  
507-287-2032

**Or visit our website at:**  
[www.arcse-mn.org](http://www.arcse-mn.org)

# ADVERTISING/ CARDINAL IDOL

## Take Advantage of Low Rates and Help Out Arc:



MCT Financial Inc. is a reputable mortgage lender committed to helping those in their community to realize their home ownership dreams.

Our goal is to have available for you the most affordable loan programs to aid you in reaching your objectives. Regardless of your circumstances, our representatives will assist you fully throughout the process. Whether it is a purchase loan, debt consolidation, or one of the many other loan programs we offer, our representatives will pledge their time in researching what is right for you.

Right now, MCT will donate the loan proceeds to Arc on your behalf, without jeopardizing your loan rates. So not only will you get the home of your dreams, but also the satisfaction of helping others in the community too!

(Limits do apply!)



Located at 3240 East River RD NE , Rochester, MN  
Phone number: (507) 280-1973



Pictured above is Jim Maronde,  
owner and loan originator

There is a loan processing fee ranging from \$500 to \$750. There are no hidden fees and all costs will be disclosed, so what you get is a great house to call home!

Call today for your FREE consultation!

### CAMP WINNEBAGO'S 2011 SUMMER CAMP

At Camp Winnebago, you'll experience excellent food, caring counselors, clean and modern facilities, great indoor and outdoor programs and activities, and making lasting friendships. We've restructured our camp sessions this summer to give you the ultimate adventure and maximum fun!



**Fun Through  
Accomplishment!**

<u>SESSION</u>	<u>DATES</u>	<u>WEEKLY THEME</u>
#1 (Adults)	June 13-17	Kick Off the Summer
#2 (Adults)	June 20-24	Sport Team Favorites
#3 (Adults)	June 27-July 1	Wagon Train
#4 (Adults)	July 4-8	Holidays on Parade
#5 (Adults)	July 11-15	Go Green
#6 (Youth)	July 17-22	Animal Adventure
Country Jam Trip	July 20-24	Country Music
#7 (Adults)	July 25-29	Cartoon Country
#8 (Adults)	August 1-5	Fun on the Beach
Ctry on River Trip	August 5-7	Country Music
#9 (Adults)	August 8-12	Best of the Summer

**Register Early For the Camp Session of Your Choice!**  
Open to Individuals with Developmental Disabilities, Ages 6-70.  
Camp sessions are limited to 32 campers per session.  
Trips are limited to 12 campers.

For more information about summer camp sessions go to  
[www.campwinnebago.org](http://www.campwinnebago.org)  
or call our office at 507-724-2351.

### Cardinal Idol

Please come out and join us for our 6th Annual Cardinal Idol Event. This year, Cardinal Idol will be paying tribute to Michael Jackson. Feel free to bring your sequined glove and moonwalk shoes!

When: Friday, April 29, 2011  
Where: Mayo High School  
Time: 7pm



This year, Cardinal Idol will be accepting monetary donations to be donated to Arc Southeastern Minnesota as well as the following items that they are in need of: copier paper, card stock paper, postage stamps, Avery labels 5160, Kleenex, paper towels, 16 gallon trash bags, bottled water, gift cards to Walmart, Shopko, or Target, and cleaning supplies

Perishable food items are also being accepted that will be donated to Channel 1 Food Shelf in Rochester.





# Minnesota Region 10 Quality Assurance

Developed by Region 10 Stakeholders  
Funded by the Minnesota State Legislature  
[www.mn-voice.org](http://www.mn-voice.org)

Value  
Of  
Individual  
Choices and  
Experiences

## **Legislative Session**

Dan Zimmer

We are making great progress on our legislation that would bring a community-based, person-directed quality assurance system for our state. Our language is in the House Omnibus bill that is now in conference committee. Our QA Commission's Legislative Committee efforts have included:

1. February meeting with key Department of Human Services Staff to share our legislation goals and discuss the DHS 2007 QA Panel's Legislative Report's recommendations. These included forming a State Quality Council, whose membership includes state, regional, self-advocates, family, and provider representatives. This State Council would be able to work with and yet be separate from DHS to assure quality outcomes for our state. One of the main first duties of this Council would be to develop Regional Quality Councils that would implement the person-directed quality assurance system. These Regional Councils would be implemented gradually over a period of time – not all at once. Another role for this Council would allow them to discuss all the QA efforts currently going on and around through our state. Ideas from task forces like redefining standards, creating new waiver licenses, PEPSI, and the money following the person need to be thoroughly brought together and determinations made as to how we can make one complete system rather than numerous conflicting ones. We came from that meeting very encouraged by the response and support we received!
2. We have been able to meet with DHS Commissioner Jesson twice in March. With DHS input, we are working on the plan for funding. This part of the process is not simple. With the budget crisis – the new system will be difficult to pass with “new money” or a fiscal note. We also need to assure that Region 10 stays solvent during the transition period to the State Quality and Region Councils.

We will be attending some Tuesdays at the Capitol (see JoAnn's section for more details) to remind legislators of our needs, wants and dreams.

- Write letters or emails to your elected officials.
- Be part of a small stakeholder group that meets individually with legislators during the next session.
- Meet on your own with legislators.
- Testify in a Senate or House Committee.
- Join the QA Legislative Committee.

## **Region 10 QA Commission:**

With the coming Spring – it is time to search for new potential members for our Commission. Although it is always sad to see some dedicated members fulfill their term in June, it provides us an opportunity to get new perspectives on the Commission. If you have questions or are interested in applying, please connect with Dawn Farr at [DFarr@olmmed.org](mailto:DFarr@olmmed.org).

## **QAT Training:**

QA Team Members are needed to assure that the QA system works effectively for individuals receiving support services. We invite you and/or the agency you work for, to get involved and become a QA Team Member. We are planning to hold a two-day training in the near future. Final dates to be determined by interested candidates. To sign up or learn more contact Dan at: [danz@mn-voice.org](mailto:danz@mn-voice.org).

# GIFTS THAT REMEMBER/ THANK YOU!

## Thank you for your *Gift that Remembers!*

### In Honor of Mickey Prince's birthday

Jeff Prince & family

### In Honor of the Sarr Family

Pat and Mark Ruttum

### In Honor of Beth Honecker and JoAnn Lawler

Susan O'Connell

### In Memory of Donna Brass' sister

Bill and JoAnn Lawler

### In Memory of Ron Kangas

Kathy and John Graupner

### In Memory of Rachel Mann

Mickey and Larry Prince

### In Memory of David Morrissey

Miranda Kleven

### In Memory of Brittany Ruport

Matt and Andrea Bradford

### In Memory of Harlan Steenhard

Kathy and John Graupner

### In Memory of Irene Conner

JoAnn and Bill Lawler

### In Memory of Karen Solberg

Don and Lavona Meiners  
Roger and Audrey Skauge

### In Memory of Margaret Traxler

Buff Hennessey and Jack Priggen  
JoAnn and Bill Lawler  
Judy McEwen  
Bruce Finley  
James Gessele  
Gayle Deobald  
Carolyn House  
Phillip and Joyce Herrick  
Dale and Joyce Gage  
Carol Eastlund and Charles Stinson  
Norma Bjork  
Raymond Berg, Duane Berg and  
Wendy Berg  
Duane and Susan Berg

### In Memory of Chuck Barry

Mickey and Larry Prince  
Arne and Kay Fockler

### In Memory of Grace Griffin

JoAnn and Bill Lawler

### In Memory of Charles Bradford

Buff Hennessey and Jack Priggen

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

## The Arc's Wish List

- Post-it easel pad
- scotch tape for desk dispensers
- pocket folders in plain colors
- printer/copier paper (colors)
- card stock paper (white)
- ink printer cartridges
- Avery labels 5160 (cream colored)
- name badge labels (Avery 5395 or little ones)
- Avery 5371 or Avery 8371 business cards
- roll(s) of postage stamps
- kleenex
- cleaning supplies
- paper towels
- trash bags (16 gallon)
- 2 chairs for reception area
- CDR's and cases
- bottled water
- gift card (Shopko, Target, Wal-Mart, etc.)

## Thank You!

We would like to extend a warm thank you to Jim Maronde, Carl & Connie Deobald and Ellen Newman who have donated items to us from our "Wish List"!



*Southeastern Minnesota*

6301 Bandel Road NW, Suite 605  
Rochester, MN 55901

NONPROFIT ORG  
US POSTAGE  
**PAID**  
PERMIT NO. 138  
ROCHESTER MN

Current Resident or



# The Arc Membership Form

*Southeastern Minnesota*

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Membership	
___ General	\$35
___ Sponsor	\$50-75
___ Contributor	\$100
___ Silver	\$250
___ Gold	\$500
___ Platinum	\$1000

\_\_\_ I would like to be a member of Arc but unable to pay the dues at this time.

\_\_\_ Please email the newsletter to:

**Thank you for joining  
The Arc Southeastern  
Minnesota!**

**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 \_\_\_\_\_

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 \_\_\_\_\_