



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

Words of Wisdom

Carl Deobald - Arc Board President

Hello to all,

The holiday season is approaching fast, as another year is coming to an end. You know what that means, don't you? Schedules are very busy at home and/or at work as we try to finish projects on our "to do list". Many of us are well on our way to getting lost in the holiday rush.

Even with your hectic schedule, remember to "stop and smell the roses". It can be as easy as a walk in the park, a quiet moment by the fire, baking cookies with a friend, or chatting with someone you haven't talked with in awhile.

One of my favorite activities is holiday baking. Invite a family member or friend over to bake. When you're finished, you'll both have tasty goodies on hand, the house will smell really good, and perhaps you've had fun. If you have any extra food, why not share it with someone less fortunate.

With a little planning (and realistic expectations), you can enjoy the holidays. You can enjoy time with your family and friends, and not worry if everything is perfect.

As the 2010 year comes to a close, I would also like to take a moment to say **thank you** to the members, volunteers, staff and Arc Board who have given so much during this past year. Your support is very important for us to be able to provide a high level of services for persons with developmental disabilities and their families.

Wishing you all a safe and happy holiday season, and a happy new year!



Arc Board's President, Carl Deobald, enjoying our Annual Meeting

Winter, 2010-2011

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MISSION

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

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

Arc Annual Meeting

Arc Southeastern Minnesota Annual Meeting

Arc Southeastern Minnesota held its Annual Awards Banquet and Annual Meeting on November 14, 2010 at the Eagle Bluff Learning Center in Lanesboro, MN. Approximately 90 individuals attended.

Most years we see some new faces on our Board of Directors, but 2011 will bring us more new members than usual.

Winners of the Ann Ferguson Community Service Award for Professional Service



Pictured above from left to right, Kevin Smith and Kevin Ward representing ARSYS.

Newly elected to the Board were: Wendy Hanson of Rochester; Vicki Hildman of Rochester; Lisa Meiners of Caledonia; and Peggy O'Toole-Martin of Rochester. Re-elected Board members were: Lyn Smith of Rochester, and Sue Landsom of Mabel. Other Board members include: Karen Larson of Faribault; Joan Bucher of Zumbrota; Nancy Falde of Lake City; Terra Lidbom of St. Charles; Larry Goetzinger of Caledonia and officers, Carl Deobald of Rochester; Matt Bradford of Kasson; Julie Winkels of Byron; and Jim Maronde of Rochester.

Winner of the Ann Ferguson Community Service Award for Human Services Karen Meyer



From left to right is Ryan Garratt, Troy Koster, Carly Monahan, Karen Meyer, Chip Smith, Jennifer Deobald and Andy Fockler.

Congratulations to all our award recipients! Each of these individuals and organizations has shared in the vision of Arc Southeastern Minnesota, making the world a better place for persons with developmental disabilities. We applaud you!

Media Award Winners



Lindy Lange
Rochester Post Bulletin



Heather Gray
Spring Grove Herald

Inclusion Award Winner



Pastor Sharon Nelson
Byron United Methodist Church

Self-Advocacy Award Winner Milton Topness, pictured below



Hang in There Award Winner
Cheryl Ghionzoli, pictured above



From left to right, Teresa Cerling and Judy Tollefsrud, outgoing Board Members

Pictured from left to right is new board member, Wendy Hanson with her husband, Bart and son, Sawyer who all attended the event.

Welcome to all our new board members!



SAM News / The Arc of Minnesota State Conference

SAM (Self-Advocates Minnesota)

Karli Harguth, a SAM leader, and I attended the National Self-Advocates Becoming Empowered (SABE) Conference in Kansas City, Missouri this past September. It was a great opportunity to meet self-advocates from all over the United States, share ideas, make friendships, and add more tools and materials to our collection.

We participated in workshops entitled: Get the Power! Self-Advocacy is the Key to Independence; Reach for the Powerswitch; Tips on Activating the Self-Advocacy Movement; Finding the Heart, Courage, Knowledge, and Leadership in Self-Advocacy; Using Existing Tools to Increase Self-Advocacy Efforts; The Advanced Leadership Academy; Express Yourself; Yes! Training Delivery Style Effects Self-Advocacy Outcomes; and Beyond Tokenism: Serving on Boards & Policymaking Bodies.



The view outside of our hotel in Kansas City, MO!

If you would like us to present at your next meeting or would like more information on self-advocacy, rights, assertiveness, leadership, recruitment, people 1st language or anything listed above please contact Melissa at the Arc office. If you would like to sponsor SAM Leaders to have the opportunity to attend state and national trainings, please document that with your gift (any amount helps) and send it to the Arc office, attention Melissa Evans. SAM leaders would like to send you a thank you.

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

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

The Arc of Minnesota Statewide Conference

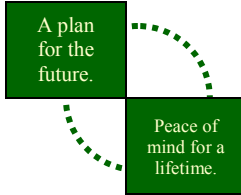
The Arc of Minnesota Statewide Conference was a weekend full of educational opportunities and fun at the beautiful Breezy Point Resort, Brainerd Lakes Area on October 8-9, 2010.

Mickey and Larry Prince of Rochester were presented a **Special Board Award**, which recognizes *outstanding service to The Arc and/or persons with developmental disabilities and their families*. "After 30 plus years, Mickey and Larry continue to provide creative, dedicated leadership, never compromising The Arc's mission, never forgetting The Arc's grassroots. They are exemplary volunteers and the conscience of The Arc."

Cheryl Ghionzoli of Home & Community Options in Winona was given the **Andrew R. Richardson Advocacy Award**, which honors a person who speaks for the rights and human acceptance of an individual or individuals with developmental disabilities. She is very active with Winona People First and SAM Southeastern Minnesota. "Cheryl not only believes in the rights and inclusion of people with disabilities, she lives it as she assists self-advocates in speaking up for themselves and being part of the communities in which they live."

Housing Access Services Program, **Outstanding Chapter Achievement Award**, honors chapters of The Arc for outstanding service to people with developmental disabilities and/or strengthening The Arc. Thanks was given to Arc Southeastern Minnesota as a participating chapter who made a huge difference in the commitment to a better life for people with disabilities.

PLAN/Housing Access Services



PLAN (Planned Lifetime Assistance Network)

What is PLAN?

PLAN is a program that provides supplemental care for persons with developmental or physical disabilities, mental illness and/or brain injury, on behalf of parents or other caregivers who are no longer able to do so themselves. PLAN works together with individuals and families.

Why is PLAN Beneficial to Families & Individuals?

Families are often closely involved in ensuring that their relative experiences high quality of life and meaningful experiences. PLAN helps provide continuity of appropriate care by monitoring and advocating the coordination of services for the well being of a loved one. PLAN helps families develop a **Personal Support Plan** that provides for both present and future needs.

What is a Personal Support Plan?

A Personal Support Plan provides a comprehensive history of the family member's life and it serves as a way for families to express their future wishes and concerns for a loved one with a developmental/physical disability. A Personal Support Plan also describes in detail the ways in which families expect PLAN of Southeastern Minnesota to support, monitor and advocate for loved ones.

Start your PLANning today by calling the Arc office at (507) 287-2032 or toll free at 888-732-8520 and ask for Melissa.

Charlie Applequist & Heidi Archer

Melissa Evans, Housing Access Services

Charlie is a SAM (Self-Advocate Minnesota) Leader in the southeast region, and is very active with Arc Southeastern Minnesota.

Charlie first heard of Housing Access through a presentation at one of the SAM meetings in Rochester. When the apartment complex he was living in with his girlfriend, Heidi Archer, notified them that their lease would not be renewed, Charlie immediately contacted Arc Southeastern Minnesota for help.



**Pictured above is
Charlie Applequist**

I met with Charlie and Heidi in their home to discuss what options were available; try to get their landlord to renew the lease, or move to another apartment. Charlie and Heidi decided to find a new place to call home.

Charlie, Heidi and I searched for other places to “hang their hats”. We viewed all the possible places together, and once their new home was chosen, Housing Access Services assisted with the deposit and application fees they needed.

Charlie and Heidi are enjoying their new home in Rochester.

For additional information regarding the Housing Access Services Program, please contact Debbie Monahan or Melissa Evans at the Arc office at (507) 287-2032 or toll free at 888-732-8520.

News from Debbie

SAFE AND WELCOMING LEARNING ENVIRONMENTS

INCLUSIVE SCHOOLS WEEK

Inclusive Schools Week is an annual event sponsored by the Inclusive Schools Network at Education Development Center, Inc., that is held each year during the first week in December. Since its inception in 2001, Inclusive Schools Week has celebrated the progress that schools have made in providing a supportive and quality education to an increasingly diverse student population, including students who are marginalized due to disability, gender, socio-economic status, cultural heritage, language preference and other factors. The week also provides an important opportunity for educators, students and parents to discuss what else needs to be done in order to ensure that their schools continue to improve their ability to successfully educate all children. See www.inclusiveschools.org

The Rochester Special Education Advisory Council (SEAC) and the Rochester Public Schools supported Inclusive Schools Week this year. The Special Education Advisory Council (SEAC) assisted schools with the following activities:

- "I'm Tyler" aired on the public access channel – The short film is about " Tyler... a typical high school student who happens to have cerebral palsy and some other challenges. He has taken on a mission to educate the world about Ability Awareness. He believes that what a person, any person, CAN do is much more important than what he/she can't. The people in Tyler's life who have seen this and practiced Ability Awareness have made all the difference in the world to him."
- Media Specialists at some elementary schools introduced children to books that cover inclusive practices towards children with special needs during a weekly lesson over Inclusive Schools Week.
- Art teachers at some elementary schools organized art activities/projects that promote working with partners or teammates to create together or that promote being a good friend to all.
- Sunset Terrace created a paper link chain to display in the hallways of the school. Each paper link had words or pictures, created by students, that address how to be a good friend.
- Lincoln hosted a magician, who has special needs, who performed at the school and talked about ability awareness.

Next year, Inclusive School Week will be December 5-9, 2011. Consider helping your school district with activities to promote awareness, friendship and inclusion.

Down Syndrome Network Group

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

- Friday March 11, 2011

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

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

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

Advocacy News

Candidate Night

JoAnn Lawler, Individual & Family Advocate

Arc Southeastern Minnesota, Region 10 Stakeholders, and NAMI of Southeast Minnesota hosted a “**Candidates Night**” on Monday, October 25, 2010 in Rochester. Fourteen candidates from the region participated. We had about 50 people, including the candidates, who were part of the presentation and discussion. There was lots of good information shared by all.

There was a second “**Candidates Night**” held in Winona on Tuesday, November 26, 2010. It was coordinated by providers in the Winona and surrounding area and members of Region 10 Stakeholders. Fifty people, including six candidates attended. The format was questions asked from the audience and answered by the candidates. This event was a success as well.

Upcoming Event

Please mark your calendars for the “**Day at the Capitol**” that is set for **Tuesday, January 25, 2011**. We will be having **Tuesdays and Thursdays at the Capitol** this legislative session too.

Please contact Arc Southeastern Minnesota or The Arc of Minnesota to participate. With so many changes in the Minnesota Legislature we have a lot of educating to do. This session will be a difficult one, and we need to work together to be sure the needs of individuals with disabilities continue to be met.

If you have questions, please contact JoAnn at 507-287-2032, toll free at 888-732-8520 or by e-mail at mail@arcse-mn.org.

Rochester Police Department

Beth Honecker, Individual & Family Advocate

On November 15th, Melissa and I met with police negotiators of the Rochester Police Department for a training presentation. Our main focus was to provide them with an overview of developmental disabilities and effective methods of communication with persons with disabilities.

Donna Garratt, a parent with a son who has developmental disabilities, was there to share her personal story of Ryan. Melissa and I also shared stories of our own family members with developmental disabilities to furnish helpful tips and information to make communicating with citizens with disabilities easier and more successful.

The presentation seemed to be very well received. At the end, we took time to respond to questions, and then provide each officer with a special communication card they could keep in their vehicle. Other tools were also provided for future use.

We would like to thank everyone who attended the presentation, and to Sergeant Frank Ohm for allowing us to provide this training. The ongoing support, and collaboration of the Rochester Police Department with Arc Southeastern Minnesota is very much appreciated.

The Arc of Minnesota Master Pooled Trust

Financial management and estate planning for people with disabilities to provide protection for program benefits

A person with a disability who has or may receive cash could lose their eligibility for certain public program benefits that require a low income and low net worth- like SSI, Medical Assistance and Food Stamps. In addition, the funds received must be reported to the appropriate governmental agencies quickly- sometimes within a few weeks, depending on the program involved. A Master Pooled Trust can protect a person's eligibility for these benefits!

A person with a disability who currently funds many of their own services (private pay) may also be able to create a Master Pooled Trust account to help ensure the continuation of their existing assets, and become eligible for public benefits.

The Arc Master Pooled Trust allows a person with a disability to keep and use assets they currently own or money they may receive in the future (such as back Social Security payments, an inheritance, or a court settlement) without jeopardizing their eligibility for certain program benefits. When funds are placed in a Master Pooled Trust, the money is used to supplement current or future benefits from these programs. You are not required to spend back down to the "poverty level" to maintain those benefits. In addition, a Master Pooled Trust can be created to receive current funds, or the trust can be designed to anticipate receiving future assets from sources like an estate distribution or life insurance settlement.

Why a Master Pooled Trust? Benefits to the Grantor, the Beneficiary and the Estate

- **Protection** of assets and means-tested program eligibility.
- **Freedom** from the responsibility of financial management, such as investment decisions, distributions, administration, government reporting and tax information. (Arc manages these responsibilities as your Trustee.)
- **Accessibility of funds** for the beneficiary.
- **Inclusion** of friends and family whom you wish to involve in the decision-making process.
- **Financial & Estate Planning** advantages are also possible with the skilled use of a master trust.

Why The Arc of Minnesota? Benefits of using The Arc as your Trustee

- **Dependability.** The Arc is known and trusted for its 60-year history of helping people with disabilities.
- **Experience.** The Arc knows the relevant laws and programs, and the needs of persons with disabilities.
- **Management Skills.** The Arc understands the rules and reporting requirements for Master Pooled Trusts.
- **Reliability.** The Arc is insured, and our investments are managed by the Associated Bank Trust Co.
- **Affordability.** The Arc's Master Trust is more affordable, with lower fees and lower minimum deposits than most other trust alternatives.

Can I use a private special needs trust (SNT) created by an attorney? That can be effective for larger deposits or special situations, however:

- SNTs are costly to establish- often twice as much as a Master Pooled Trust.
- SNTs require that you appoint a knowledgeable trustee to manage and administer the trust. This can be especially burdensome when distributions to the beneficiary begin. The trustee is responsible for compliance with rules pertaining to distributions, reporting and taxes. Who will serve that purpose throughout the life of the trust?

When should I contact the Arc Southeastern Minnesota office or Trust Department of The Arc of Minnesota?

1. When you or a loved one with a disability has received funds, and you are concerned about protecting current eligibility for your loved one's benefits.
2. When you anticipate the receipt of funds in the future, and would like to safeguard the assets and eligibility for public programs.
3. When you begin estate planning for someone with a disability in order to supplement future benefits and protect their existing benefits.

Who should I contact?

1. Melissa Evans– Arc Southeastern Minnesota– 507-287-2032, 888-732-8520, melissa@arcse-mn.org, or 6301 Bandel Rd NW Suite 605, Rochester MN
2. Dennis Collins, Trust Director, 651-523-0823, Ext. 111.

Advertising/ Marketing News



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Marketing News

Peter Mathiason

With the new year upon us we are getting ready for all of the events that will be going on in 2011. Believe it our not we have already started



Peter Mathiason
Marketing Coordina-

working on the 7th annual “Celebrity Mulligan” golf tournament which will be held at the beautiful Somerby Golf Club in Byron, Minnesota on July 25, 2011. We are very pleased to add some new faces to our golf committee this year as well. Arc board president Carl Deobald and former Marketing Coordinators, Andy Moscho and Mike Sick will be on board to help make this year’s tournament another great success.

In February we will start gearing up for our annual Rose Sale, which will take place in mid-April. So remember that everyone likes a nice little surprise around tax time!

Please look for more information on our upcoming fundraisers on our website as details are finalized.

Wishing everyone a great holiday season!!

Gifts that Remember/Thank You

Thank you everyone for your Gift that Remembers!

In Memory of Jessica Lyn Ewing

Jack Priggen & Buff Hennessey

In Memory of Chuck Pavesich

Val & Don Koster
Arne & Kay Fockler
Jack Priggen & Buff Hennessey

In Memory of Ron Kangas

Buff Hennessey & Jack Priggen
Marta Bollesen

In Memory of Herb & Edna Freitag

Gerry & Joyce Weaver

In Memory of Kevin Kenny

Arne & Kay Fockler
Jack Priggen & Buff Hennessey
Marta Bollesen

In Memory of Margaret Easdale

JoAnn & Bill Lawler

In Memory of Ann & Dick Ferguson

Arne & Kay Fockler

In Memory of Thomas Alleckson

Donna Garratt
Bear Creek Services, Inc.
Buff Hennessey & Jack Priggen
Kate Carey
JoAnn & Bill Lawler
Vicki Allen
Sally & David Arrindell
John Wanner
Ron & Jody Hanson
Jim & Mychelle Maronde
Jason Winslow
Don & Jeannine Hadley
Jim & Sharon Giebel
Victoria's Restaurant
Marta Bollesen

In Memory of Esther Laine

Jeff Prince

In Memory of Eileen Huberty

Mickey & Larry Prince

In Memory of Rachel Mann

Kathy Hanson

In Honor of Carl Deobald

(Retirement)
Donna & Arthur Pavlish

In Honor of Yaron Freedman

(28th Birthday)
Cynthia Freedman

In Honor of Buff Hennessey

(Special Birthday!)
Mickey & Larry Prince

In Honor of Mickey & Larry Prince

(The Arc of MN State Award)
Jack Priggen & Buff Hennessey
Bill & JoAnn Lawler
Marta Bollesen

In Honor of JoAnn Lawler

Erin Mitchell

In Honor of Mickey & Larry Prince

Jeff Prince
Kathy & Larry Peterson

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

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

Arc's Wish List Thank You!

We would like to extend a special thank you to Jennifer Deobald, and Carl & Connie Deobald who have donated paper items to Arc Southeastern Minnesota from our "Wish List"! We are very appreciative!

Please call our office at 287-2032 if you are interested in our current list.

Thank You Volunteers!

We would like to thank all the individuals who have volunteered over the past years. The help you provides makes a big difference in what we can do.

If you are interested in volunteering, please give Betty a call at 287-2032.

Arc Southeastern Minnesota's Letter of Appeal

December, 2010

Dear Friends,

As another year winds down for Arc Southeastern Minnesota we need your help and support for the upcoming year. This year we saw some positive things happening for individuals with developmental disabilities and their families. For example, Region 10 QA received some limited funding. But we also saw more cuts coming down the pipeline as our economy is still very soft. Arc staff was cut by 20% last year and some also received wage reductions this year. For the last 3 years, Arc has had to use most of its reserves. Reductions have been made but the need for services Arc provides has not changed.

Arc Southeastern Minnesota is looking into ways to get the funding we need to continue the services we provide. Without the funding needed for a person dedicated to development it is very hard to develop new avenues for funding. We still do our yearly fundraising with the help of volunteers and our staff. We need to develop this area of raising funds to continue our strong tradition of innovation in providing advocacy, support and education to persons with developmental disabilities and their families.

If you would like to volunteer your ideas and time to help develop new avenues for raising funds for Arc we would be honored to have your help. Arc is still in a position where we are relying on private financial support from individuals and businesses to provide our core services. This year please consider a gift to Arc Southeastern Minnesota.

Our Mission Statement

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

We cannot accomplish this without your support. We need your help. Again, please consider a gift to Arc Southeastern Minnesota this holiday season.

Thank you,

Carl Deobald
Board President

Would you like to consider this year-end gift as your membership? ____ Yes ____ No



Minnesota Region 10 Quality Assurance

Developed by Region 10 Stakeholders
Funded by the Minnesota State Legislature
www.mn-voice.org

Value
Of
Individual
Choices and
Experiences

Upcoming Legislative Session

QA Commission's Legislative Committee has been hard at work finalizing strategies for this session. Many factors or issues are determining our path.

- We have several newly elected legislators as well as the Governor who we will need to educate as to who we are, what we do and why we need to continue.
- It is the budget year and our state again faces a massive budget deficit. We heard from legislators last session that they would like to see our system moved into a statewide proposal and that chance of us gaining only regional funding as in years past seem slim.
- There seems to be a statewide movement towards moving away from our separate county systems and looking towards doing some things more regionally. We know that Region 10 counties are working on a pilot project. We have had success working with a group of counties and sharing resources to meet each counties' needs and hope we will be part of their plan.
- We are working at possibly utilizing legislation drafted in 2007 from a DHS QA Panel group. Due to several factors, the complete legislation was not introduced that year. It asks for formation of a separate stakeholder run QA Commission with Regional Commissions implementing QA.
- We are continuing to ask why Regional QA efforts are not supported by administrative waiver dollars. We feel that, like case management, waiver dollars should be allotted for QA purposes like **VOICE** and doing so would have minimal effect on a person's individual waiver budget.

This December our Legislative Committee and QA Commission will be fine-tuning our legislative efforts. We will keep stakeholders informed as progress on Quality Assurance legislation occurs. We will need all the support we can get. How you can help:

- Write letters or emails to your elected officials.
- Come to Disability Day at the Capitol.
- 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 Volunteer Opportunities

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

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



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 **Arc Membership Form**

Name _____ Phone _____ E-mail Address _____
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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:

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 _____

Thank you for joining Arc Southeastern Minnesota!