

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
Red Wing Phone Number 651-388-5307

April-May 2003
Winona Phone Number 507-452-8822
E-mail: office@arcsoutheasternminnesota.org

Olmsted Jailathon A Success and Fun for All!

Many jailbirds turned out for our Annual Jailathon held at **HyVee Barlows** on March 20. Everyone had a great time! Arc raised over \$10,000 for Arc services. The top "bail raisers" were:

1st Place: Dwight Vold, who won an overnight stay at Rochester Marriott and a \$45 gift certificate at Outback Steakhouse;

2nd Place: Paula McGuine, who won a \$45 Gift Certificate to Outback Steakhouse; and **3rd Place: Stacey Jahraus**, who won a \$25 Gift Certificate to Apache Mall.

This year the **Java Café** donated a \$10 gift certificate for our random winner and that was: Kristi Liebenow from Hiawatha Homes.

We would like to thank our corporate sponsor: **IBM Mid-America Employee Credit Union** . Also, a big thank you to **Jon** and his crew at **HyVee Barlows** in Rochester, who welcome us with open arms and big smiles each year and keep the donuts and coffee coming! We would also like to thank the following businesses for their prize donations: **Waterworks X-Press Car Wash, Marriott Hotel Rochester, Pepsi Cola Bottling Co. of Rochester, and Outback Steakhouse.**

We would like to thank the following jailbirds for taking an hour out of their day to help Arc:

John Flanders – PossAbilities	Al Petty – Adamson’s
Dwight Vold – Coldwell Burnet Realty	Karolee Adler – Hiawatha Homes
Travis Hatcher – Arc employee	Dean Rich – Rich & Associates
Judy Keeler – Hiawatha Homes	Donna Garratt – Bear Creek Services
Paula McGuine – Cardinal of Minnesota	Paul Fleissner – Olmsted County
Kathy Accurso – Rochester Public Schools	Karen Meyer – Rochester Park & Rec.
Kristi Liebenow – Hiawatha Homes	Rob Cothorn – Streamline Mortgage
Frank Spaeth – Sulla’s Printing	

****See the next page for pictures from this event.**



Arc was busy with Rose Sales this year! Our first sale was held at Herberger's on their Community Day. We did pre-sales at the store the week before and had the highest total of all pre-sales in Minnesota. We want to thank sales associate Judy Bale, the employee at Herberger's who sold the most roses, and Neil Engleman, store manager at Herberger's. Also thanks to our volunteers who came out to Herberger's to sell roses: Kathy Graupner, Teresa Cerling, Amanda Henry, and Val Koster. Diane Perrier of Lutheran Social Services in Red Wing also held a sale in her area – thanks Diane! We also did an 'in-house' sale with Jeff and Cathy Maness again leading sales. Thanks Cathy and Jeff for your hard work! In early April we will be doing a sale at the Zumbrota Dairy Queen. We want to thank Les Bauer, Arc Board Member, and Joan Thoreson from the Dairy Queen for heading up this effort. The roses were beautiful and everything has gone very smooth. We are looking forward to next year!!

Autism Support Group Meeting Dates for the rest of the 2003 school year

The May 1, 2003, meeting will be held at the United Way Building, Conference Rooms A & B, 903 West Center Street, Rochester. The June 5, 2003, meeting will be held at B'nai Israel Synagogue Library, 621 2nd Street SW, Rochester.

The focus 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.

For questions, call JoAnn at the Arc office at 507-287-2032 or toll free at 888-732-8520.

CH.A.D.D. of Rochester

CH.A.D.D of Rochester meets at 7:00 PM on the **first Thursday** of each month, October through November and January through May. Meetings are held at:

First Baptist Church, 415 16th St. SW, Rochester, MN

Meeting & Program: 7:00 – 8:00 PM, Support Groups: 8:00 – 9:00 PM

For more information, call 280-6937 or visit our Web site at: www.chadd.org/chadd452.html

Parent Meetings for Parents in Goodhue County

All meetings will be held at the Red Wing Library Community Room, 225 East Ave, Red Wing, from 7:00 - 8:30 PM

Dates are:

Wednesday, May 14, 2003, Foot Room

Wednesday, August 13, 2003, Community Room

Wednesday, November 12, 2003, Community Room

The topic the May 14th meeting will be self-determination. We also will get suggestions from parents for future meetings.

Welcome New Staff Lindsay Husbyn Olson:

Hi, I'm Lindsay Husbyn Olson. I'm the new Secretary/Receptionist at Arc. Zumbrota is my hometown. After graduating from high school I attended Rasmussen Business College in Eagan, Minnesota. I lived in the Twin Cities for about 5 years. Currently I'm living in Pine Island with some friends. My hobbies include reading, crafts, cooking, gardening and going to stock car races. I have a great love for animals, especially my cat Lily.



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).
- ❖ Staffing our annual legislative action day.

Please contact Ann at the Arc office for more information.

Attention Parents:

Have you ever felt alone or overwhelmed trying to manage all of the services that your child with a developmental disability needs?

Come learn about the advocacy and support services Arc Southeastern Minnesota has to offer. All meetings will be held from 7:00 pm – 8:30 pm.

Thursday, April 10, 2003
Wabasha DAC
611 Broadway Ave
Wabasha, MN

Tuesday, April 29, 2003
St John’s Lutheran Church
Conference Room
301 8th Ave NW
Kasson, MN

Tuesday, May 6, 2003
Winona DAC
1721 Service Drive
Winona, MN

Thursday, May 15, 2003
Houston County Court House
Commissioner Room
304 South Marshall ST
Caledonia, MN

Registration is required: call JoAnn at Arc if you have questions and to register at 507-287-2032 or toll free at 888-732-8520.

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**Rummage items needed! Goodhue’s Ice Cream Social and Rummage Sale is Sunday, April 27, in Goodhue and we need your rummage!
Remember...one person’s trash is another’s treasure!! Call Marta or Ann for pick-up/drop-off options at 507-287-2032 or toll free at 1-888-732-8520.**

People First of Winona

People First of Winona's leadership has been busy planning the calendar for 2003. Here is the year at a glance so you can plan for the meeting and events coming up:

Date	Meeting/Event	Location	Time
April 14	Self-Advocacy Conference Planning	HCO's Lower Level Conference Room	5 pm
April 25-26	2003 Self-Advocacy Conference	Bloomington, MN	
April 26	WEA Annual Hike Bike Fundraiser	Need people to walk, ride, or sponsor a participant	8am- 11am
May 12	Monthly Meeting	HCO's Lower Level Conference Room	5 pm
June	Picnic planners will meet – no monthly meeting.		
July 14	Summer Picnic	Jaycee's Pavilion in Lake Park	
August 11	Monthly meeting and Bowling Party planning	HCO's Lower Level Conference Room	5 pm
September 8	Monthly Meeting	HCO's Lower Level Conference Room	5 pm
October 13	Party Planning Mtg.	HCO's Lower Level Conference Room	5 pm
November 10	Thanksgiving Potluck	Location to be announced	
November and December	Poinsettia sales and delivery	Location and date to be announced	
December 8	Pizza Party and 2004 Planning Mtg	Godfather's Pizza	5 pm
December	Christmas Party	Date & time to be announced	

As you can see it will be another busy year. If you want to receive e-mail notices from People First of Winona e-mail us at winonapeople1st@yahoo.com

Annual Memberships are available for \$10. This covers all monthly meeting dues, potluck "cover charge", and puts you on the mailing list that goes out via the US Postal Service. *No one will be denied membership based of inability to pay.*

PEOPLE FIRST OLMSTED COUNTY

Our next People First Olmsted Meeting will be on April 16, 2003, at 6:30 PM at the United Way Building. **Please plan on attending!**

Also the 2003 Self-Advocacy Conference will be held April 25th -26th at the Thunderbird Hotel in Bloomington, Minnesota. Registration is \$40 for the 2 days (hotel accommodations not included). If you would like more information on this conference, please call Beth at the Arc office at 287-2032.

We would like to get some self-advocacy training set up for Olmsted, Red Wing and Winona People First groups. If you have ideas on speakers or topics, please contact Beth at the Arc office at 287-2032.

Arc Minnesota Day at the Capitol

More than 40 people from Southeastern Minnesota attended Day at the Capitol. It was a cold and windy day. However, we were warm with determination. We met as a group with the following legislators: Rep. Fran Bradley (29B), Rep. Bill Kuisle (30B), Rep. Gene Pelowski (31A), Rep. Greg Davids (31 B), Sen. Dave Senjem (29), Sen. Bob Kierlin (31), and Jason Rohloff (Rep. Steve Sviggum's (28B) legislative assistant). Some of us visited individually with our other legislators. Our legislators listened to us. However, they told us we would likely see cuts in services for people with developmental disabilities.

The following are various areas of concern:

Rebasing of the the MR/RC Waiver

Rebasing was done administratively by the Minnesota Department of Human Services, not the Legislature. The result is a different dollar amount than was authorized previously to each county. A major problem is that there are 87 different counties, and the effect of rebasing, or amount of money (**usually a reduction**) varies greatly among counties. There is no opportunity to review the impact of rebasing prior to the cuts to counties or to persons with disabilities, their families, or providers. **Cuts to some families have been up to 50% in service while others with similar needs remain uncut.** Health, safety, and training are threatened if large cuts are implemented. The Governor's proposed budget cuts (4% to the waiver) would be in addition to the cuts in rebasing, causing serious service reductions to people with high needs.

4% Rate Reduction

The governor's budget proposal recommends a 4% rate reduction effective 7/1/2003 for the following programs: **Mental Retardation/Related Conditions Waiver (MR/RC); Intermediate Care Facilities/Mental Retardation (ICFs/MR); Day Training and Habilitation (DT &H) programs; Group Residential Housing; Community Alternative Care Waiver (CAC); Community Alternatives for Disabled Individuals Waiver (CADI); Traumatic Brain Injury Waiver (TBI).** Rate reductions will affect individual and provider budgets for wages and benefits and may result in reduction of current services, employee compensation levels, and staffing levels. Many provider rates and individual service budgets were reduced significantly during rebasing of the MR/RC waiver in January 2003. **This compounding 4% could be devastating.**

Day Training & Habilitation Mandate

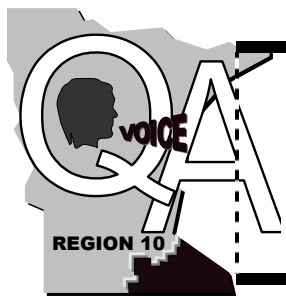
DT& H services are available to adults who are no longer served by the education system. These services are to be directed at the development and maintenance of life skills and community integration. They typically are to be provided away from the individual's place of residence. Over 13,000 persons with developmental disabilities receive DT&H services. **The governor has recommended eliminating the statutory authority or mandate requiring DT & H services for persons with mental retardation or related conditions to.** These services are very important supports for persons with disabilities. Without a mandate to receive services away from their residential home, they would be with one provider 24 hours per day. Arc MN and other advocates believe that whenever possible, people are better protected by having more than one provider. Families and residential service providers are already facing cuts and may not be able to find additional staffing needed to make up for the lost DT&H services.

Arc recommends that the governor make DT& H services optional for individuals over 65 years old but should keep the mandate for services intact.

2003 Legislative Education Priorities

- **Funding for Special Education**
- **Third party billing for health care related services provided in schools as long as current informed consent provisions apply**
- **Improved Alternative Dispute Resolution and Due Process Procedures**
- **Interagency Committee on Autism**

We have a lot of work ahead of us in the months to come. Please write, call or e-mail your legislators weekly and ask them to support services for people with developmental disabilities. Ask them not to cut services. If you have questions or want clarification on the issues call JoAnn at the Arc office at 507-287-2032 or toll free at 888-732-8520. If you want to receive legislative information on issues that affect people with developmental disabilities by phone or e-mail contact JoAnn at Arc's phone numbers or by e-mail at jlawler@arcsoutheasternminnesota.org.



**Minnesota Region 10
Quality Assurance Project**

Funded by the Minnesota State Legislature
For more information call: (507) 932-0292

Value
Of
Individual
Choices and
Experiences

Quarterly Progress Report, February 2003

The Quality Assurance Commission Plans For The Future:

On December 11, 2002 the Region 10 Quality Assurance Commission held a strategic planning session at the Mayo Civic Center in Rochester, MN. The Commission would like to thank those individuals who participated and helped plan for the future of the QA system and **VOICE** review process. There were 25 Region 10 Stakeholders who attended this planning session. After reviewing the planning session notes, the Executive Committee, Finance Committee and Region 10 Stakeholders Workgroups are working on these three strategic directions:

The Quality Assurance Commission will:

STRATEGIC DIRECTION I: Become financially self-sustaining by January 1, 2004.

Leadership: Finance Committee, John Flanders

STRATEGIC DIRECTION II: Become a permanent option for licensing and quality assurance for individuals with developmental disabilities and their service providers.

Leadership: Legislative Committee, Roy Harley

STRATEGIC DIRECTION III: Continuously improve all aspects of the VOICE process.

Improve the efficiency of the review process and dissemination of information

Leadership: QA Managers, QAT Trainers and **VOICE** Assessment and Review Committee

For more information on the QA Commission's detailed workplan for each of these directions, please call Cindy Ostrowski at (507) 932-0292.

Upcoming workshops, meetings and special events/fundraisers for January-June 2003:

January

- 2 Autism Support Group
- 7 People First – Red Wing
- 9 Down Syndrome Support Group – Rochester
- 15 People First – Rochester
- 18 SibShop – Rochester

February

- 4 PLAN Parent Meeting – Rochester
- 4 People First – Red Wing
- 6 Autism Support Group – Rochester
- 8 FLP/SPV Training – Red Wing
- 10 People First – Winona
- 12 Parent Meeting/Conservator Workshop – Red Wing
- 13 PLAN Financial Planning Workshop – Winona
- 18 Planned Giving Advisory Council – Rochester
- 18 Board Meeting – Rochester
- 19 People First – Rochester
- 20 FLP/SPV Training – Rochester
- 22 FLP Training – Caledonia
- 25 PLAN Professional Meeting – Rochester

March

- 4 People First – Red Wing
- 6 Day at the Capitol – St. Paul
- 6 Autism Support Group – Rochester
- 10 Down Syndrome Support Group – Rochester
- 10 People First – Winona
- 13 FLP Information Meeting – Preston
- 18 Board Meeting – Rochester
- 18 People First – Rochester
- 20 FLP Information Meeting – Wabasha
- 24 PLAN Parent Meeting – Winona
- 24 FLP/Arc Information Meeting – LaCrescent
- 28 Chris Burke – Caledonia

April

- 1 People First – Red Wing
- 3 Autism Support Group – Rochester
- 3 Down Syndrome Support Group – Rochester
- 7 PLAN Professional Meeting – Winona
- 10 Advocacy Meeting for Parents – Wabasha
- 12 Spring Fling – Caledonia
- 14 People First – Winona
- 15 Board Meeting – Rochester
- 16 People First – Rochester
- 25-26 State Self-Advocacy Conference
- 25-27 Tootsie Roll Sale
- 26 Hike Bike – Winona
- 27 Ice Cream Social/Rummage Sale – Goodhue
- 29 Advocacy Meeting for Parents – Dodge

May

- 1 Autism Support Group – Rochester
- 1 Down Syndrome Support Group – Rochester
- 6 Advocacy Meeting for Parents – Winona
- 6 People First – Red Wing
- 7 Self-Determination Workshop – Rochester
- 12 People First – Winona
- 12 PLAN Parent Meeting – Red Wing
- 14 Parent meeting/Self-Determination Workshop – Red Wing
- 15 Advocacy Meeting for Parents – Houston
- 20 PLAN Professionals meeting – Red Wing
- 20 Board Meeting – Rochester
- 21 People First – Rochester

June

- 3 People First – Red Wing
- 5 Autism Support Group – Rochester
- 17 Board Meeting – Rochester
- 18 People first - Rochester

Upcoming Workshops sponsored by Arc Southeastern Minnesota
 Location: Red Wing Public Library, 225 East Avenue, Foot Room

“Who will care for my child when I am no longer able to do so?”

Parents and Family Members meeting/focus group,
 Wednesday, May 14th, 2003 from 6:00 pm-7:00 pm

Please come and find out about a new initiative called PLAN of Southeastern Minnesota. 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 deceased or no longer able to provide care themselves. This session is geared toward parents and family members with a focus of gaining information regarding PLAN while parents and family members provide input regarding their family situation to help shape this new initiative. This initiative is currently in the development stage. Possible services for the future may include: personal care plan coordination, service advocacy & monitoring the following services: medical and dental care, medication and prescription renewal, social and recreational activities, skills training and other services.

Presented by: Vicky Keller, PLAN of Southeastern Minnesota Project Director.

“Who gets the remote?”

Self-Determination Training
 Wednesday, May 14th, 2003 from 7:00 pm-8:30 pm

The philosophy of self-determination and self-directed supports has become “best practice” worldwide. This approach changes the way the support system works for everyone – individuals with disabilities, family members, community members, case managers and support providers. Come learn more about self-determination and self-directed supports. The purpose of this training is to help you understand more about self-determination and ways in which you can begin helping yourself, or the individuals you support, have more control over your/their life. We will talk about what self-determination is and is not, basic principles of self-determination and what is needed for people to direct their own supports. This will include specific information about person centered planning and individualized budgets: two things that are key to directing your own services.

Presented by: Polly Owens, Program Consultant for PossAbilities of Southern Minnesota.

There is no charge but you MUST register. Please register at least one week in advance. Call (507) 287-2032 or toll-free at 1-888-732-8520 or complete and mail this form to: Vicky Keller, PLAN of Southeastern Minnesota, 903 West Center Street Room # 140, Rochester, MN, 55902.

Name(s) _____ Daytime Phone # _____

Mailing Address _____ Evening Phone # _____

City _____ State _____ County _____

___ PLAN Parent Meeting, March 14, 6:00 pm-7:00 pm

___ Self-determination Training, March 14th, 7:00 pm-8:30 pm

___ Both

Membership Matters!!***General Renewals***

Barbara Chromy – Austin	Alan & Linda Kuetemeyer – Rochester
Eve & Chuck Pavesich – Byron	Mike & Chris Kuhn – Rochester
Iona Novak – Caledonia	Gene Mickow – Rochester
John & Paula Hoellbacher – Elgin	John & Linda Paradise - Rochester
David & Jessica Schwier – Fountain	Lyla Rasmusson – Rochester
LeRoy & Ardy Henrichs – Goodhue	Lauren & Lorna Schunke – Rochester
Don & Sarah Kroefsky – Kellogg	Denny & Lorna Smith – Rochester
Charles & Joanne Weiser – LaCrescent	Bob Toman – Rochester
John & Janet Gordon – Lake City	Dr. William & Betty Weidman – Rochester
Marian Rolph – Lake City	Marcy & Steve Wolfe – Rochester
Tom & Donna Brass – Mantorville	Robert & Kathe Yoss – Rochester
Nita Hayes - Maple Grove	Jamie Bennett & Brett Hesla – Rushford
Alice & Phil Strom – Northfield	Donald Kinneberg – Spring Grove
Gordon & Denise Fitschen – Red Wing	Olive Westphal – Spring Valley
David & Wendy Stricker – Red Wing	Karen Smith – West Concord
Steve Veek – Red Wing	Lisa Dennis – Winona
Glenn & Jo Augustine – Rochester	Cherie Hales – Winona
Kirsten Betsworth – Rochester	Patty Holm – Winona
Jean & Howard Brandt – Rochester	Winifred Jenkinson – Winona
Kathy Brinker – Rochester	Doris Laska – Winona
Ron & Bev Dotzenrod – Rochester	Al & Mary Lehmkuhl – Winona
Aldin Fiksdal – Rochester	Tasha Luehmann – Winona
Gary & Marybeth Fitterer – Rochester	Margaret Przytarski – Winona
George & Elaine Ingalls – Rochester	Kenneth & Debra Rostad – Winona
David & Della Jenkins – Rochester	Jeanine Scherbring – Winona
Brent & Dawn Koster – Rochester	Helen Newell – Fountain City, WI
Mike & Chris Kuhn – Rochester	Mildred Lawler – San Jose, CA

Sponsor Memberships

Angela & Tom Murphy – Caledonia	Raul & Joan Espinosa – Rochester
Doug & Deb Steenhard – Fairbault	Faline & Kevin Gossman – Rochester
Dennis & Pat Iverson – Owatonna	Adele & Dick Spavin – Rochester
Craig & Julie Koop – Pine Island	Larry & Cindy Unger – Rochester
Scott & Karleen Shellum – Red Wing	Mike & Rita Wiersma – Spring Valley
Lloyd & Elisabeth Bartholomew – Rochester	Al & Shirley Steenhard – Buffalo Center IA
Bear Creek Services – Rochester	

Contributor Memberships

David & Joy Rott – Elgin	Thomas & Margaret Bellinger – Rochester
Tom & Julie Bittinger – Owatonna	Alan & Judy Hoffman – Rochester
Bob & MaryAlice Stewart – Owatonna	Peggy O’Toole Martin & John Martin - Rochester
Steve & Marilyn Nelson – Red Wing	John & Barb Taylor – Rochester

Patron Memberships

Helmut & Heide Buettner – Rochester	Donna Garratt – Rochester
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Contributions and Memorials

***Thanks to those who have contributed to Arc SE Minnesota!
The following are those who have contributed since our last issue:***

American Legion Aux 588 – Mazeppa
Plainview United Fund – Plainview
Teresa Cerling
Gail Jambois

A.F. of L. Labor Temple – Rochester
Eagles No. 1243 – Winona
Dr. Mary L. Jurisson
Spring Grove United Fund

In Memory of Dave Skanson

Bill and JoAnn Lawler

In Honor of “Aunt” Marta Bollesen

Annika and Mikka Bollesen

******Mark your calendars for April 27! The Goodhue Ice Cream Social and Rummage Sale is Sunday April 27th. We will need volunteers for set-up on Saturday, April 26 in Goodhue and we will also need volunteers for Sunday. Call Ann at the Arc office if you are interested, 507-287-2032 or toll-free at 1-888-732-8520.**

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

Arc Southeastern Minnesota presents a training for individuals, families & conservators (support providers, case managers & others welcome).



DID YOU KNOW THAT YOU ARE IN CHARGE OF YOUR SUPPORTS ?

Wednesday May 7, 2003 from 7:00 – 9:00 pm
United Way Building, Conference Room A & B
903 West Center Street Rochester, MN

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- Do you want CHOICES?
 - Do you want to decide what supports you need?
 - Do you want to know how much money is being spent on your supports and decide for yourself how that money should be spent to support you?
 - Do you want to discover ways to turn your dreams into reality?
 - Do you want to know more about the funding you receive and how the money flows?

This training will address these questions and more to help you take greater control over your own supports.

- Learn basic information about how the system works, how the money flows and ways you can do things differently.
 - Hear stories from people with disabilities and their families on how they turned their dreams into reality and took charge of their supports, from hiring their own staff to buying a home to starting a business.
 - Learn about the Minnesota VOICE review process.
 - Lots of information, creative ideas and helpful discussion will abound.
-

Call the Arc office at 507-287-2032 or toll free at 1-888-732-8520 to sign up for the training. Leave a message with your name, phone number, number of people & session attending.

Also indicate if you are an individual, family member, conservator or provider.

Priority will be given to individuals, families & conservators.

Training is presented at no cost to attendees. Thank you to the Olmsted Community Self-Determination Work Group for funding this training.

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Meet the Arc SE Planned Giving Advisory Council (PGAC)!

On February 18, we held the first meeting of the Planned Giving Advisory Council. I am very pleased to have this advisory group to lean on for ideas and direction. This Council consists of 6 people from four different counties that have a wealth of experience in financial and community leadership. Several have parented children with developmental disabilities. Let me introduce you to this Council:

Jane Campion, Rochester – Mayo Clinic background (Director for Diversity). Active volunteer and community leader. Currently on several community boards and heavily engaged with work for the Rochester Area Foundation.

Janet Johnson, Rochester – Parent. Former Arc of Olmsted County Chair. On the committee that hired Buff Hennessey! Influential leader in development of Day Activity Center and Hiawatha Homes.

Don Meiners, Caledonia – Parent. Banking experience and an active volunteer for many organizations tied to developmental disabilities. Initiated several programs for the advancement of people with disabilities. Currently on the ABC board.

Dave Oeth, Rochester – Tax managing director RSM McGladrey, Inc. Active leader in several community organizations. Treasurer for Rochester Chamber of Commerce.

Stewart Shaw, Winona – Parent. Broad Arc Leadership positions -- past president of MNARC and SPARC (St Paul Arc) and the Arc Foundation of Minnesota. Teacher and Registrar at Hamline University and Winona State University.

Joel Young, Chatfield – Parent. City Clerk in Chatfield. Former chair of Arc SE Minnesota. Chaired the merger process that joined the seven county chapters into one. Long time advocate of Endowment planning for Arc.

This distinguished group of people see Planned Giving as fundamental and necessary for Arc SE Minnesota. Their Advisory role will serve us well. Join me in welcoming each member to the Planned Giving team.

Arne Fockler
arne@fockler.net

PLAN: Planned Lifetime Assistance Network

“Who will care for my child when I am no longer able to do so?”

The goal of this initiative is to provide lifelong caring support and assistance to individuals with disabilities and/or severe illness, such as mental illness and brain injury after their parents and/or caregivers are deceased or no longer able to care for their family member.

PLAN is in the process of being developed and WE NEED YOUR HELP! Please contact Vicky Keller, PLAN Project Director at Arc Southeastern Minnesota, (507) 287-2032 or toll-free 1-888-732-8520 if you have not yet filled out a PLAN survey. The information you provide to us will be used for the purpose of designing PLAN of Southeastern Minnesota. We want to meet the needs of you and your family member with this new initiative. *THANK YOU* to those of you who have already completed the survey!

Conservatorship/Guardianship

Thursday, May 1, 2003, at United Way Bldg., 903 West Center St. Conference Rooms A & B. This program on Conservatorship/Guardianship will be presented by Bill Volkmar from Dunlap & Seeger Law Offices in Rochester.

Registration is required. Call JoAnn at Arc SE MN office to register at (507) 287-2032 or toll free at 800-732-8520 or e-mail at jlawler@arcsoutheasternminnesota.org

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ARC SOUTHEASTERN MINNESOTA AWARDED NATIONAL

ABUSE PREVENTION STRATEGIES GRANT

Arc Southeastern Minnesota is one of only twenty Arc Chapters in the nation that has been awarded a grant to participate in "Abuse Prevention Strategies Training." The grant is funded by the U.S. Department of Justice. They designated SafePlace Disability Services in Austin, Texas as the educator and trainer to expand their work nationally. A primary focus of the grant is to assist disability service organizations in incorporating abuse prevention strategies in their existing services.

SafePlace's Disability Services is partnering with the Arc of the United States, the American Council of the Blind and the United Cerebral Palsy Association, Inc. through the National training grant project. They identified 20 chapters nationwide, and a designated staff person to participate in training to recognize and respond to abuse, a safety plan with consumers experiencing abuse, and incorporating abuse prevention into their existing services.

This grant selected Susan O'Connell, the Family Liaison Project Coordinator from Arc Southeastern Minnesota to receive the Abuse Prevention Strategies training in Austin, Texas.

We are proud to be chosen in a national program to address the very real problem of abuse against people with developmental disabilities. This is an opportunity to be a model and lead the way in helping to ensure the safety and civil rights of those of us with disabilities.

Autism Spectrum Disorders

Autism Spectrum Disorders Next Meeting, Thursday, April 17, 2003, United Way Building, Conference Room A, 4:00 PM, For more information on this new group, please contact either: Lorna Smith at smith.lorna@mayo.edu or Vesna Sloan at vesnass@hotmail.com

There will be a workshop for parents of children with a diagnosis in the Autism spectrum on May 17, from 9am-3 pm at Jefferson Elementary School. A fee of \$5.00 will be charged per person. Please contact Lorna for more information.

DOWN SYNDROME NETWORK GROUP

Parents who have young children with Down Syndrome you are invited to attend our next meeting.:

Thursday, May 1, 2003
6:30 p.m. – 8:30 p.m.
United Way Building, 903 W. Center St, Rochester
Meet in the Gym

Please join us for an informal evening of networking. Information will be shared, future-meeting topics will be discussed, and time to socialize with other families will be available. Young children are welcomed; a play area will be set up. Please R.S.V.P. to Debbie at Arc Southeastern Minnesota (507) 287-2032, toll free 1-888-732-8520 or email dmonahan@arcsoutheasternminnesota.org. Dress warmly; the gym tends to be on the cool side.

If the weather is questionable...Call (507) 281-7370 and then code 3108 to listen to the message to see if the meeting has been cancelled.

For those who want to be on the Down Syndrome Email list and receive Down Syndrome (and related) information via email, please forward your address to Debbie at dmonahan@arcsoutheasternminnesota.org. Summer picnic information will be sent out soon.

Funding for this group provided by The Sheltering Arms Foundation and the Down Syndrome Association of MN.

Lindsay Husbyn-Olson, Arc's new receptionist, and Denny Theede, Arc Minnesota Board President and longtime Arc Southeastern MN Member, at Day at the Capitol, March 6.

***Bring the whole family to Arc Southeastern Minnesota's
Annual Ice Cream Social & Rummage Sale!!***

Sunday, April 27, 2003, At the Goodhue Lions Building in Goodhue, MN
Bring the whole family to enjoy *delicious* BBQ sandwiches, root beer floats, and fresh
homemade pie with ice cream for only \$5.50.

Afterward, do a little shopping at the Rummage Sale!

SERVING TIME: 10:30AM– 1:00PM

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RUMMAGE SALE: 10:30AM– 2:00PM

All proceeds to benefit Arc Southeastern Minnesota-

a nonprofit organization dedicated to providing advocacy and support to persons with
developmental disabilities and their families in Southeastern Minnesota. Bring the whole
family and enjoy great food, **friends and shopping.**

**Call Marta or Ann at 507-287-2032 or toll free at 1-888-732-8520 with any
questions.**

Arc Southeastern Minnesota
903 West Center Street # 140
Rochester MN 5902