

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

February – March 2003
Winona Phone Number 507-452-8822
E-mail: office@arcsoutheasternminnesota.org

Poinsettia Sale

With money still coming in it looks like we sold almost 700 plants this year. The plants were gorgeous this year! We heard a lot of very positive comments. We want to extend our sincere appreciation to Kevin Patton and the entire staff at **Whiting's** for continuing to be such a great group of people to work with. They take customer service the whole nine yards and do it with a smile every time!

Thanks to the Team Leaders and all of the individual sellers for their great efforts this year! We would also like to thank the staff at **Coffman, Nehring, Christopherson and Ferguson** and **Curly Bollesen** for their help in delivering poinsettias this year.

We survived without a chairperson this year but know the sale would go smoother and (hopefully) more profitable if we could have a chair or co-chairs. Please keep that in mind for next year and let Marta know if you are interested.

Upcoming Spring Fundraisers

Spring is an extremely busy time of the year for us. We have several fundraisers coming up and as usual **we need volunteers!**

Candy Sale: February to March. All counties are welcome to participate. Call Ann for order forms or for more information. There are some new, and yummy, items this year.

Rose Sale: This years Rose Sale is going to be even bigger and better. In the past we have done the rose selling strictly out of the office – similar to the way the candy sale is run. This year we hope to get a major department store to let us sell at their store 1 or 2 Saturdays during the sale months of February-April. This chain of stores has participated with other Arc chapters around the state and this year we hope to get the local store on board with our chapter. We will need volunteers so, again, please call Ann at the Arc office. More details will be available in the next week.

Olmsted Jailathon: Next week Ann and Marta will be getting into full swing starting to prepare for the Jailathon. The Jailathon will be held in the beginning of March. This fundraiser generates a lot of funds for us, and is also a great way to get Arc information out there, but it is also very labor intensive. We need volunteer jailbirds, volunteer judges, coordinators and other miscellaneous needs. We also need people who would be willing to come into the office next month for a day or two to call prospective jailbirds. Again please call Ann or Marta for more information.



**PLANNING FOR THE FUTURE OF PERSONS WITH
DISABILITIES WORKSHOP**

Thursday, February 13, 2003

6:30 – 8:30 PM, Winona DAC, 1721 W. Service Drive, Winona

Planning for the Future of Persons with Disabilities and/or Mental Illness

Presenter: Daryll Stenberg from *Life Planning for Persons With Disabilities*

(Each family attending is entitled to receive a two-hour, no-charge, consultation to discuss how a comprehensive Life Plan would work in their situation!)

This workshop is intended for persons with disabilities and/or mental illness, their families and other interested persons and professionals. Topics include: Supplemental Needs Trust Law, Developing a Comprehensive Life Plan, Protecting Governmental Benefits, Writing Letters of Intent, Preparing Last Wills and Testaments, Implementing a Supplemental Needs Trust, Selecting Trustees, Funding the Trust-Average Family, Choosing Guardians/Conservators, Coordinating Residential Care, Education, Employment & Other Factors to Guarantee a Comfortable Lifestyle and Planning Final Arrangements.

There is no charge to attend this workshop, **however you MUST register** by contacting Vicky at (507) 287-2032 or toll-free 1-888-732-8520 or complete and return the below form. **SPACE IS LIMITED.** Registrations must be received by February 9th.

Directions to DAC Winona (1721 W. Service Drive):

Coming from Hwy 14E. Pass St. Mary’s College. Turn right on Service Drive (bottom of the hill). Approximately ¼ block before the Hwy 61 Interchange.

Coming from I-90 into Winona: Turn left onto Hwy 61. Turn left onto Hwy 14 E. Turn left on Service Drive (bottom of the hill).

Workshop – February 13, 2003 – Location: Winona DAC

Complete and return this form to:

Vicky Keller, Arc Southeastern Minnesota, 903 West Center Street, Rochester, MN. 55902

Name _____ **Phone number** _____

Mailing Address: _____

City _____ **State** _____ **Zip Code** _____

**New Location for the Autism Support Group and
meeting dates for the 2002-2003 school year**

All of the meetings will be held on the first Thursday of each month. The time of the meetings will be 7:00 – 8:30 PM at B'nai Israel Synagogue Library, 621 2nd Street SW, Rochester.

The focus is parents who have a preschool or elementary 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.

February 6, 2003- March 6, 2003- April 3, 2003- May 1, 2003-June 5, 2003

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

CH.A.D.D. of Rochester

❖ Thursday, February 6

Parent Advocacy: IEPs, 504s, & Assessments

Speaker: April Gonzales-Moeller, Advocate for Special Needs Children

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

Red Wing Library, 225 East Ave, Red Wing, Minnesota

7:00 - 8:30 PM

Dates Are: Wednesday, February 12, 2003, Foot Room
 Wednesday, May 14, 2003, Community Room
 Wednesday, August 13, 2003, Community Room
 Wednesday, November 12, 2003, Community Room

The focus of our first meeting will be to discuss Arc's services and answer questions. We also will get suggestions from parents for future meetings.

PLAN of Southeastern Minnesota

A collaborative project of Arc Southeastern Minnesota and NAMI Olmsted County serving the populations of developmental and other disabilities, mental illness and brain injury.

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

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. PLAN steps in where families do in terms of coordinating care and assisting individuals over their lifetime. PLAN hopes to become a “surrogate family member” for individuals with disabilities, mental illness, brain injury or other disabilities. *This initiative is currently in the development stage. Possible services for the future may include: personal support plan coordination, service advocacy & monitoring the following services: medical and dental care, medication and prescription renewal, social & recreational opportunities, skills training and others.*

Two information sessions will be offered. One 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. The second session is geared toward professionals with a focus of finding out more information regarding PLAN and how professionals can share this information with the families they work with.

PARENTS & FAMILY MEMBERS MEETING/FOCUS GROUP

Monday, March 24th, 2003

6:00-8:00 PM

PROFESSIONAL INFORMATION SESSION

Monday, April 7th, 2003

10:00-11:30 AM

Both meetings will be held:

Winona DAC

1721 W. Service Drive, Winona

Please register one week in advance. Call (507) 287-2032 or toll-free 1-888-732-8520 or complete and mail this form to: Vicky Keller, PLAN of Southeastern Minnesota, 903 W. Center Street Room #140, Rochester, Minnesota 55902.

Name(s) _____ Daytime Phone # _____

Mailing Address _____ Evening Phone # _____

City _____ State _____ County _____

_____ Parent/Family Meeting; Mar. 24th _____ Professional Meeting; April 7th



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.

Welcome New Staff Ann Henry:

My name is Ann Henry and I have recently joined Arc Southeastern Minnesota as the Operations Manager. I have two teenage daughters, Amanda 16 and Ashley 14 and I've been married 18 years to my husband Hank. In our spare time, we enjoy riding our Harley's and enjoy our dogs and cats, too many to name.

Notes from People First of Winona:

Winona held their annual Holiday Party in December at the Eagles Club. We had around 100 people attend. A wonderful time was had dancing the night away, socializing with old friends and making new ones. People First held their annual Food Drive for the Emergency Food Shelf and brought in 100 lbs. of food. This will help the Food Shelf help people in need. A special thank you to the Christmas Party "Kitchen Fairies": Terri Knopp, Delores Wicka, Mary Prztarski, Rose Dorn, Gert Koskovich, Marge Prztarski, Florence Goetzman, Ellen Holmgren and Ann Wood. Without these dedicated people there wouldn't have been the wonderful refreshments to keep up the energy levels during the night of fun.

We would also like to thank the following businesses for their continued support through donations for door prizes: Videoland, Beirs, Country Kitchen, Sugar Loaf Furniture, Burger King, Culvers, Dairy Queen, Rogan Shoes, Prime Steak and Cake, Taco Johns, McDonalds, Wenonah Canoe, Kwik Trip, Brock's Candy, The Book Shelf and Tran Federal Credit Union.

People First of Winona Continued:

People First of Winona's leadership has been busy planning the calendar for 2003. They started the planning in December with a pizza party that had more than 35+ members attending. Here is the year at a glance so you can plan for the meeting and events coming up:

Date	Meeting/Event	Location	Time
February 10	Valentine Potluck	Eagles Club	5 pm
March 10	Game Night/Mtg	HCO's Lower Level Conference Room	5 pm
March 28	Chris Burke & John De Masi Workshop	Caledonia	
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	Poinsettia Plant Pre-Sales begin		
December	Poinsettia Plant 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.

Notes from People First of Red Wing:

People First of Red Wing/Goodhue County ushered in the Halloween season with a potluck dinner at Jordan Towers II. We combined forces with Community Ed., aKtion Club, and Jesus Cares. People First provided hot dogs, paper plates, eating utensils and napkins. Everyone brought his or her own beverage and a dish to pass. What a feast! After we ate we told a little about each of these groups and finished the evening with cards, dice games, and board games. A good time was had by all.

November was our election month. David Mensing is our new vice-president. He replaced Brad Mickelson who did a great job. Stephanie McLain is our new secretary. She replaced Sonja Aaland who also did a great job. In addition to being secretary, Sonja has regularly invited the officers to her apartment for our pre-meeting supper and planning meeting. Mike Baerg was elected to president last year and still has one year left in his term. Diane Pabst, treasurer, is also in her second year. Both are doing excellent jobs for our group.

In December we held our Christmas Party. It was held on December 2nd at Marie's in Red Wing. We had their buffet, which was awesome. We all ate ourselves silly! We had Christmas music, prizes and a gift exchange. Pat Flom from Wanamingo regularly brings her vehicle full of members from there as well as being a great addition to our group. Pat purchased and wrapped all of the presents for the 40-some people who were at the party. We all really appreciate all that she does.

At our January meeting, we set our goals for 2003. Diane Pabst has taken over the responsibility of inviting the officers to her apartment for our supper and planning meeting. We are planning to meet the first Tuesday of every month at 6:30 pm at Jordan Towers II. The only month we are planning on meeting at a different time is the month of July. We will meet the second Tuesday of the month because so many people are vacationing over the 4th of July. July is also our traditional picnic month usually in Wanamingo.

We voted to have a team in the Mississippi Shuffle Cancer Walk again this year. We voted to continue our voluntary dues of \$1 per month, but if someone doesn't have a dollar we still want them to feel welcome at the meeting. We voted to meet from 6:30-7:30pm with a little time to play cards or board games after the meeting. We have some real Uno and Yahtzee experts in our group. We voted to have a potluck in October and a Christmas Party in December.

For more information on People First, call Dorothy Eckblad at 651-388-1644.



Notes from People First of Olmsted County:

People First Olmsted County is getting off to a slow start. We will continue to meet on the third Wednesday of every month at 6:30 PM in the Conference Room in the United Way Bldg. Our next meeting will be February 19th. There are several events coming up this year that would be good opportunities for self-advocates to be a part of.

Please call Beth at the Arc Office if you are able to attend or have any questions.

A Message from the Planned Giving Officer

Donations of Appreciated Assets (stock, real estate)

Arc recently received a gift of common stock from a member. It can be a very good financial strategy to consider gifting stock that you may have purchased years ago that has appreciated in value. If you sell the stock and donate the proceeds to charity, you will have to pay taxes on the capital gain. A better approach is to give the stock directly to the charity and let the charity sell it. You can claim a tax donation for the value of the stock at the time of donation, and you do NOT have to pay taxes on the capital gain.

Arc SE has set up a brokerage account to handle just such stock donations. If you are thinking of using this gifting strategy, I can help make this a simple thing to do. In the past, this has sometimes been a very complicated process. It doesn't have to be anymore.

The strategy of gifting appreciated assets applies to other assets as well, e.g. real estate. If real estate is something you plan to gift to charity upon your death, there are ways to make the gift now, and personally receive an income for life from this asset. This can allow you to "tap into" the asset for current needs and also avoid paying taxes on the appreciation of the asset. You make the gift earlier than planned and benefit from it in your retirement years!

On a slightly different topic, I have had some Arc members tell me that they have already done their estate plans and have included Arc in these plans. Wonderful! While I realize this is personal information that not everyone wants to share, it is information that is helpful to me as the Planned Giving Officer for Arc. If you feel so inclined, I would welcome hearing from you if you have included Arc in your estate planning. I will keep any information you want to share with me in strict confidence.

I have spent a few weeks in the Arc SE office now (my job officially started on January 1st). It has been invigorating for me to see dedicated Arc staff working hard to make a difference for people with developmental disabilities and their families. The challenges are great (and growing). Arc needs to grow to continue to meet these challenges. It is important for all of us to do what we can to foster this growth. I remain convinced that the health of the Arc organization is fundamental to my son's future. There are a few things I can do individually, but what we can do collectively is what will make Andy's quality of life continue to improve.

Thank you for your time,

Arne Fockler
arne@fockler.net

Disability Day at the Capitol

This years Day at the Capitol will be March 6, 2003. Registration begins at 8:30 am at the Kelly Inn in St. Paul. There will be presentations on key issues from 9:00 am to Noon. Visit with your state legislators after lunch; you'll be done by 3:30. Cost is \$30.00 per person. Arc Southeastern Minnesota will again be attending, please call JoAnn at the Arc Office if you are interested in attending.

January 10, 2003

Dear Family Member,

We need your support!!! We need **everyone's** support. The Minnesota \$4.56 billion deficit **will affect** people with developmental disabilities and their families. If the Governor and the Legislature hold tough on their promise of no new taxes, this is serious business. There is very little to cut from the Minnesota State budget without cutting from Human Services and Education. **That means our services.** We are being asked by our friends in the legislature, where cuts to our programs should come from.

Do you want your programs cut? Do you want to wait years for a needed program? Here is how you can help. **We need you, your family and your friends too.**

Please fill this out today and return it immediately by mail, e-mail or phone. There is no time to waste. During the next 5 months decisions **will be made** that will impact your family for years.

Sincerely,

Donna Garratt
President
Arc Southeastern Minnesota

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Action alert

Name _____ Address _____

Phone # _____ E-Mail _____

Legislative District _____

Preference of Contact Action

Check what you would like to do:

Action Alert to Legislator _____ By Phone _____ Mail _____ E-Mail _____

Write personal story _____ Meet personally with legislator _____

Write letter to Editor _____ Day at Capitol (3-6-03) _____

Questions???? (want more information, do not know who your legislator is, need a sample letter) Call JoAnn at Arc at 507-287-2032, toll free at 888-732-8520 or

E-Mail (jlawler@arcsoutheasternminnesota.org).

Membership Matters!!

General Renewals

Ben & Jan Maroushek – Apple Valley
 Julie O’Neil – Kasson
 Gene & Elaine Semin – LaCrescent
 David & Judy Kleinbach – Minnesota City
 Lu Ommen – Preston
 John Fryer – Rochester
 Aaron & Cheryl Larson – Rochester
 Beth Wiegand – Rochester

Tim & Rosey Jones – St. Charles
 Betty Mace – Stewartville
 Cindy Naylor-Meyer – Stewartville
 Florence Goetzman – Winona
 Roseanne Kubicek – Winona
 Chuck & Sandy Schollmeier – Winona
 Delores Wicka – Winona

Sponsor Memberships

Carol Fitzgerald – Rochester
 Lester & Diana Hornvedt – Rochester
 Earl & Betsy Jorgensen – Rochester

Steve & Brenda Kann – Rochester
 Thomas & Vicky Pileggi – Rochester

Contributor Memberships

Sandra & Patrick Egan – Rochester
 Ron & Sue Kosharek – Rochester

Bill Siggelkow & Connie Hosey – Rochester
 John & Marlene Mulrooney – Rochester

Patron Memberships

Val & Don Koster – Rochester
 Janet & Larry Johnson – Rochester

Bob Kierlan – Winona

Contributions and Memorials

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

Belvidere Combined Charity
 Fran and Mary Bradley
 Bristol Township Community Chest
 Chatfield Athletic Club
 William and Mary Cochran
 Employees of DS MFG.
 Arne and Kay Fockler
 Goodhue Public Schools FFA

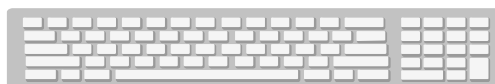
Goodhue Twnshp Combined Charity Drive
 Greenfield Twnshp Combined Drive
 Harmony Community Chest
 Bill Harreld
 Immanuel United Methodist Women
 Knights of Columbus # 11460
 Larry and Janet Johnson

Contributions continued:***In Honor of Dick Ferguson***

Joan Breslin Larson and Steve Larson

In Honor of Bill and JoAnn Lawler

Rich Pederson & American Express Training Unit



If you would be willing to receive the newsletter and other updates via e-mail please send your e-mail address to: office@arcsoutheasternminnesota.org
 Postage rates continue to go up and this would be a way to cut costs. If you have any questions, please call Marta at the Arc office.

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

Calendar

February

- 6- Autism Support Group Meeting, Rochester
- 6- Down Syndrome Support Group Meeting, Rochester
- 8- FLP, Supported Parent Volunteer Training, Red Wing Library, Red Wing
- 10- People First, Winona
- 12- Goodhue County Parents Meeting, Red Wing
- 13- PLAN Financial Planning Meeting, Winona
- 18- Board Meeting, Rochester
- 19- People First of Olmsted County, Rochester
- 20- FLP, Supported Parent Volunteer Training, Rochester
- 25- PLAN-Professional Meeting-Rochester

April

- 1- People First, Red Wing
- 3- Autism Support Group Meeting, Rochester
- 4- Down Syndrome Support Group, Rochester
- 9- PLAN-Professional Meeting- Winona
- 12- Spring Fling, Caledonia

March

- 4- People First-Red Wing
- 6- Day at the Capitol, St. Paul
- 6- Autism Support Group, Rochester
- 6- Down Syndrome Support Group, Rochester
- 10- People First, Winona
- 13- FLP Information Meeting, Preston
- 18- Board Meeting, Rochester
- 19- People First of Olmsted County, Rochester
- 19- FLP Information Meeting, Wabasha
- 24- PLAN, Parent Meeting, Winona

April, cont'd

- 14- People First, Winona
- 16- People First, Rochester
- 25-26- State Self-Advocacy Conference
- 26- Hike Bike, Winona
- 27- Ice Cream Social, Goodhue

**Arc Southeastern Minnesota
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Rochester MN 55902**