

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

June-Aug 2003
Winona Phone Number 507-452-8822
E-mail: office@arcse-mn.org

28th Annual Hike Bike

A special "thank you" goes out to all who have made this fundraiser the success it is. Winona Education Association for all of their continued support in sponsoring the Hike Bike and staffing this event! We appreciate it.

County Market	Adventure Cycle & Ski
Hy-Vee	Videoland
Rochester Wholesale Fruit	Video Vision
Brach's Candy	Win Craft
Z's Tees & Sports	Kolter's Bike Shop
Seversons Food Plus on Riverview Drive	Lakeview Drive Inn
Valley Security	Hardees
Country Kitchen	Jimmy Jams
Beir's	Time Out Crafts
Perkins	Winona Radio
Dairy Queen	WEA
Culver's	Target
Dr Carroll at Pediatric Dental Care	Taco Johns
Penguin Zesto	

University Offers Summer Course in Disability Services

The course **Contemporary Services for Persons with Disabilities (EDPA 5356, 3 credits)** will be offered at the University of Minnesota, June 9-20, 8 am-11:50 am, Monday through Friday. The class examines current policy, research and practices related to education, health and social services that support individuals with special needs and their families across their lifespan. It is on one of the core courses for the Certificate in Disability Policy and Services, a 12-credit interdisciplinary program especially focusing on developmental disabilities, and designed for graduate and undergraduate students, as well as practicing community professionals.

The summer course is a joint effort of the University's Department of Education Policy and Administration, and the Institute on Community Integration.

For further information, contact Marijo McBride 612/624-6830 or by e-mail at mcbri001@umn.edu.

Rochester Community & Technical College
Continuing Education & Workforce Development
Sexuality & Developmental Disabilities

June 17, 2003 9:00 am – 3:15 pm, University Center Rochester, Coffman Center, Room CF206/208
Presenter: Karen Finck, RN, MS, CS Health Counseling Services

Co-Sponsored by: PossAbilities of Southeastern Minnesota
Cost: \$11.00-includes handouts, morning break, lunch and afternoon break.
Phone: (507) 280-3157
Questions: phone (507) 280-3157 website- www.rctclearn.net

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PLAN of Southeastern Minnesota – Update

We continue to move forward with PLAN of Southeastern Minnesota. Thanks to all who completed and returned the survey! The response was awesome. We are continuing to search for grant dollars to help us with Phase II: Determining the Final Model Design and Infrastructure and Phase III: Implementation Start-up and Demonstration. Our hope is that we will begin Implementation by January 2004. The *Personal Support Plan* tool is in the process of being developed. Once completed, we will be piloting five families to “test” the model and tool.

Our PLAN advisory committee has worked very hard to see PLAN of Southeastern Minnesota become a reality. I would like to thank the committee for all their work and volunteer efforts. A special ***Thank You to Loyce Brown*** for her dedication to this Project. Due to health reasons, Loyce is unable to continue on the committee. Loyce is one of the most *positive* people I know. She has been there to encourage me through the “difficult stages and challenges” of this Project. Loyce has been on the committee for several years and has been instrumental in representing this Project and its unique needs. **Thank You, Loyce!** I would also like to say ***Thank You to Dave Dunn***. Dave has been on the advisory committee for several years and is leaving the committee to pursue other interests. Dave has helped to research other PLANs across the nation and has brought the committee valuable information from various sources. **Thank You, Dave** for your expertise!

Vicky Keller, PLAN Project Director

Greetings from People First of Houston County (formerly People First of Caledonia)

It’s been a while since we have had a chance to update the Arc Newsletter with our latest “happenings”. We continue to be busy self-advocates so have much to report for this edition. In August of 2002, we officially became People First of Houston County. We “flew the coop” from our association with A.B.L.E. Inc. and have become our own independent organization. A.B.L.E. still continues to support staff that in turn supports the clients of the agency in getting to our meetings and events. Thank you A.B.L.E. for all you did to make our group as successful as we have become and for your continued support with our events.

With the change came the idea of a name change to better fit our new organization. Since we have members from Spring Grove, La Crescent, Hokah, Houston, and Caledonia we came up with our new name. We meet every third Saturday at Hokah Fire Hall. We’d like to extend a BIG THANK YOU to the city of Hokah for donating the space for us each month.

People First of Houston County-Cont.

Our advisor continues to be Danielle Burg who left A.B.L.E. after 15 years employment to assist clients with the Consumer Directed Support Program I.C.A.N.: Independent Choices Assistance if Needed. Her assistant and the co-advisor of our group are Virgie Rud of A.B.L.E. Inc. and Joe Rud Trucking. Virgie is an essential part of our team and coordinates speakers and other events we decide to do as a group. We recently had Houston County Deputy Ken Frank speak on community safety. Thank you Ken! We will have a fire safety meeting held in May along with a potluck lunch for our members.

We have continued to prosper with our pop machine we have in Caledonia and use the money toward good causes in our community. We still have our stretch of MN DOT Highway Pickup and work hard at keeping that clean. They recently put up a new sign to reflect our name change BUT wouldn't you know it.....there's a mistake on the new sign! The coordinator assures us that it will be fixed as soon as the "budget allows".

Some of us recently attended the ACT Conference in Bloomington, MN. We all enjoyed this educational and fun event. All of us that were there at the workshops closing went home with fabulous door prizes. Thanks to Advocating Change Together for putting on the event. We met new friends as well as learned new skills.

We recently sent a letter to the editor concerning our fundraising pop machine. Our advisor decided to write the letter to the editor so others could see how our group uses it's funds to serve others and note our successes along with our way of compromising with the person who had an issue with our sales. Alls well that ends well.....we are still filling and refilling and ordering tons of pop. Special thanks goes out to Lisa Belverud Program Supervisor at A.B.L.E. Inc. for assisting us with this task. That's it for this issue. Happy Summer to all!!!

Danielle R. Burg

People First of Houston County Advisor

Autism Support Group

The June 5, 2003 Meeting is Canceled

Meeting dates, times and locations will be in our next issue of Arc Sentiments

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 PM - 8:30 PM

Dates are:

Wednesday, August 13, 2003, Community Room
Wednesday, November 12, 2003, Community Room

How Can I Help Arc Southeastern Minnesota?

Arc Southeastern Minnesota is a 501 (c)3 corporation. All donations made to us are tax deductible. Monies for our programs and services come from these sources: memberships, donations, United Way and fundraising activities. We do not receive any government funding.

Listed below are a number of ways you can support the programs and services offered by Arc Southeastern Minnesota.

Memberships – we have several levels of membership giving.

General Membership - \$25, Sponsor Membership - \$50,

Contributor membership - \$100, Patron/Matron Membership - \$150

We do not have a corporate level but we do encourage businesses to join at one of the upper two levels.

Tax Deductible Donation – Contributions of any size are always welcome and are tax deductible. You can make your donation in honor of a special occasion or in memory of a loved one. (See envelope included in this newsletter.)

In Kind Contributions are also welcome. Please call the Arc office to discuss our specific needs.

Corporate Matching Grants – Do you work for a company that has a matching grants program? This may be a simple way to double your gift to Arc. If you are not sure if this program is offered through your employer, check with your Human Resources Department. Just send in the forms to us with your donation and we will take care of the rest.

Sponsorship – Do you own a company or work for a company that would be willing to be a sponsor for one of our fundraisers? For more information, please call Marta at the Arc office at 507-287-2032 or toll-free at 1-888-732-8520.

Stock Donations, Charitable Remainder Trusts, etc. – Please contact Arne at the Arc office if you are interested in gifts such as these.

Arc Southeastern Minnesota Web site published

Check out our new web site at www.arcse-mn.org -- it is a very good start to something that we have needed for some time. A very special thank-you goes out to **Corporate Web Services, Inc.** of Rochester, MN (www.cws.net) for their work at putting together a quality design for us. Much of this work was donated to Arc and we thank **Alan De Keyrel and Chad Herring of CWS, Inc.** for their willingness to help us out.

Arc Southeastern Minnesota Reunion

About 60 veteran members of Arc Southeastern Minnesota (Dodge, Filmore, Goodhue, Houston, Olmsted, Wabasha and Winona counties) attended a "reunion" on May 8th to celebrate the successes Arc has had over the last 50+ years. We recalled when times were not so good: when jobs, recreation, education and housing were not available for people with developmental disabilities and when parents of newborn children with mental retardation were given poor advice and had no support system.

We rejoiced in remembering the pioneering parents that started to change that system and the more recent pioneers who have expanded on that mission to assure that the rights of people with disabilities are protected -- the volunteers and staff that have held Arc chapters together through difficult times; the people that don't shy away from difficult advocacy work.

Our **theme** for the evening was: We Have Changed Society.

Arne Fockler, our new Charitable Gift Advisor, spoke on this theme and the need for endowment to ensure that our work continues (as we all know it must). He shared his personal plan for giving and estate planning and asked the group to put a plan in place as well. We need to assure that this marvelous legacy of change, over the past 50 years, continues for the next 50 years. A new Arc SE brochure was distributed that was focused on charitable giving and Arc's future need for an endowment.

It was an enjoyable time. Reminiscing, meeting old friends, enjoying good food, and taking our minds off the current legislative issues (if only for a moment). We do have a glorious history. We have changed society!



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 Lindsay at the Arc office for more information.

The Annual Goodhue County Ice Cream Social and Rummage Sale went off with a bang. It was held at the Lions Club on Sunday, April 27th. All in attendance had a good time! Profits from the rummage sale were approximately \$1000. Thank you to all the volunteers, workers and those who attended and/or donated.

Pictured above is Carl Deobald, "holdin' the dough" and Cactus Friends, "playin' a tune"

Pictured above are some of the "kitchen staff"...everyone's having such a great time!

Thank you to all who donated for this event:

Wal-Mart—Red Wing

Perkins—Red Wing

Liberties—Red Wing

Brachlers Bakery—Red Wing

Lawrences—Cannon Falls

Greg's Meats--Hampton

All the wonderful People who donated pies!!!

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
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 of Winona

Annual Summer Picnic

Where: Jaycees Pavilion
When: July 14, 2003
Games start at: 5:00 PM
Serving Starts at: 5:30 PM

Main Course: Sloppy Joe's
Potluck-PLEASE bring a Dish To Pass

Cost: \$1.00
Family and Friends welcome
Water gun shoot out, guessing games, tossing games

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

Carol Felber – Bloomington	Susan Hopp – Red Wing
Helen Konzem – Caledonia	Greg & Beth Hostetter – Rochester
Rod & Omanez Fockler – Houston, MO	Marilyn Osborn – Rochester
Charles & Joanne Weiser - LaCrescent	Jim Behrends – Rochester
Sandra Swan – Lake City	Stacey Troeger – Rochester
Mr & Mrs Thomas Heimer – Lake City	Kristin Nagel – Rochester
Ron & Deb Pederson – Mantorville	Bob Sixta & Helen Monsess – Rochester
Mark & Tonia Ruport – Mantorville	Ted & Phyllis Lutter – Rochester
Konne Carlson – Onamia	Mark & Beth Honecker – Rochester
Mike & Bonnie Miesen – Plainview	Sharon Aaby – Rochester
Linda Monahan – Plainview	Doug & Sue Butler – Rochester
Jim & Marilyn Krusmark – Plainview	Mary Pat Jewison – Rochester
Majorie Lifto – Reads Landing	Shirley Wilson – Rochester
Kristen Heise – Red Wing	Stanley Jones & Assoc, Lynne McCutcheon
Sonja Aaland – Red Wing	Rochester

Sponsor Memberships

Thad & Suzy Johnson – Ramsey	Bernetta Kahabka – Rochester
Steve & Carolyn Ramaker – Rochester	Barbara Drury – Rochester
Griff & Lori Rees – Rochester	Marta Bollesen – Rochester
John & Paula McGuine – Rochester	Russ & Jennie Lemire – Rochester
Beverly Larrison – Rochester	Mary Hewett – Winona

Contributor Memberships

Arnold & Ann Archer – Pine Island	Dan & Linda Kinzer – Rochester
Jim & Virginia Ranweiler – Rochester	Fred & Dianne Schjolberg – Wabasha

Patron Memberships

Phyllis Rusley – Rochester	Tom & Pat Peyla – Wabasha
Arne & Kay Fockler – Rochester	Jack Priggen & Buff Hennessey-Zumbro Falls
Carl & Connie Deobald – Rochester	Les & Barb Bauer – Zumbrota

Contributions and Memorials

Thanks to those who have contributed to Arc SE Minnesota!

The following are those who have contributed since our last issue:

Jane Campion – Rochester

Pat & La Vay McCool – West Concord

William & Janet Volkmar - Rochester

Gift That Remembers

Arnold & Ann Archer

In Honor of Sarah Larsen's 30th Birthday!

Betty Bielen

In Memory of Neil, Sylvia Glynn and Arline Langdahl

Kathy Mann & Sarah Monson

In Memory of Rachel Mann

Mickey & Larry Prince

In Memory of Rachel Mann

Upcoming workshops, meetings and special events/fundraisers June-December 2003

June

- 3 People First—Red Wing
- 4 Autism Support Group—Rochester
- 17 Board Meeting—Rochester
- 18 People First--Rochester

July

- 8 People First—Red Wing
- 14 People First—Winona
- 15 Board Meeting—Rochester
- 16 People First—Rochester

August

- 1 People First—Winona
- 5 People First—Red Wing
- 13 Parent Meeting—Red Wing
- 19 Board Meeting—Rochester
- 20 People First—Rochester

September

- 2 People First—Red Wing
- 8 People First Winona
- 8 Down Syndrome Support Group—Rochester
- 16 Board Meeting—Rochester

October

- 8 People First—Red Wing
- 13 People First—Winona
- 13 Down Syndrome Support Group-Rochester
- 14 People First—Rochester
- 21 Board Meeting—Rochester

November

- 4 People First—Red Wing
- 10 People First--Winona
- 10 Down Syndrome Support Group-Rochester
- 12 Parent Meeting—Red Wing
- 18 Board Meeting--Rochester
- 19 People First—Rochester

December

- 1 People First—Red Wing
- 5 People First/RADAR/SEMCIL-Roch
- 8 People First—Winona
- 8 Down Syndrome Support Group-Roch

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 My interest in Arc is:
 _____ 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
Board of Directors Nomination Form**

The Nominating committee will be presenting names to be voted on at the annual meeting to be held in October during the Arc Southeastern Minnesota Appreciation Dinner and awards. Five Board terms will be voted upon. At least 50% must be persons with disabilities, family members or legal representatives. Nominees should reflect the diversity of our 7 county area. We encourage members to nominate individuals (including themselves) who would be an asset to our board.

Nominee: _____

Address: _____

Comments: _____

Is the individual aware of this nomination? Yes No

Please return this form by August 25, 2003

Your Name: _____

Phone: _____

Please mail to: Arc Southeastern Minnesota
903 W Center Street
Rochester, MN 55902

Arc Southeastern Minnesota Award Nomination Form

Each fall, Arc Southeastern Minnesota recognizes individuals, groups and businesses from our communities at the annual appreciation Dinner. We invite you to submit the name of an individual, business, or group in any of the following categories. The Awards dinner will be held in October.

Hang In There Award presented to an Arc member who has contributed significant volunteer time and effort to the agency.

Ann Ferguson Community Service Award Recognizes the outstanding efforts of a community group, business or individual who has been especially supportive of people with developmental disabilities or Arc Southeastern Minnesota.

Inclusion Award Presented to an individual or group who has made an outstanding effort to promote opportunities for the inclusion of persons with developmental disabilities into typical settings.

Friendship Award Recognizes an individual or group not professionally associated with service delivery to persons with disabilities, who has demonstrated a commitment to individual equality, inclusion and relationship building.

Self-Advocacy Award Presented to a person with a developmental disability who has enthusiastically and effectively presented the views of people with developmental disabilities.

Nominee: _____

Address: _____

Phone: _____

Hang In There _____ Ann Ferguson Community Service _____

Inclusion _____ Friendship _____ Self Advocacy _____

Comments: _____

Name of person submitting nomination: _____

Phone number: _____

*****Thank You**

Arc Southeastern Minnesota would like to extend a sincere "Thank You" to Midwest Wireless for their donations of phones and all phone service during the Olmsted Jailathon. Midwest Wireless donated the use of six cellular phones and long distance service for the jailbirds to "post their bail". Our thanks to Midwest Wireless...

Relocation:

The Arc office will be moving upstairs to the second floor of the United Way building. Directly above the current space. We are all very excited for the additional space. We will be moving sometime in June.

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