
Arc Southeastern Minnesota has improved 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, Wabasha and Winona.

Membership Matters

Membership matters. Here's a slogan we hear often, but just what does it mean? We are all busy in our lives, and generally are involved in numerous activities. For Arc Southeastern Minnesota, your membership is important. We are a regional organization and our geographic area is large. Our members are consumers, family members, friends, and professionals. As we moved to being region-based, our members have found ways to remain involved. Following are just some of the ways our members have helped Arc Southeastern Minnesota, and each other.

Today our members continue some of the early interests and activities of their former local chapter. Some examples are the Spring Fling in Houston County, the Hike Bike in Winona, the Christmas Party in Wabasha, and the Ice Cream Social in Goodhue. Others continue with their People First organizations. Most of these activities are carried on by local volunteers, with Arc Southeastern Minnesota providing resources as needed.

Other members are active in developing new services or processes. One of these is PLAN, which has consisted of a group of parents, friends, and professionals. The goal is help people with disabilities continue fulfilling lives when their parents and/or family are no longer around to provide various supports. Another is a committee for membership process, which is being eagerly anticipated statewide. Les Bauer, a local and state Arc board member, will be going around the state presenting what was developed in our chapter!

Other members are very active in offering support as help is needed. Again, these include the local volunteers noted above, as well as people who help in the office with a wide variety of duties, and our legislative process. Numerous members throughout our region have provided legislative testimony, followed bills, and contacted legislators as the need arises.

Some members are financial supporters. We certainly couldn't continue our work without them! No matter what your membership role is, we do appreciate each of you. So to each of you, thank you for all you do for Arc, and people with developmental disabilities.

Kathy Graupner,
Board President, Arc Southeastern Minnesota

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Volume 1, Issue 2

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A United Way Agency

2004 Legislative Update

Rochester Scholarship and Training Grant

State of Minnesota : Positive steps on health and human services issues:

The Minnesota Senate Tax Committee passed SF 1991, which included our language on reducing parental fee increases and provisions rolling back the 2003 cuts to MFIP grant recipients who have children with disabilities. It now goes to the Senate Health, Human Services, and Corrections Finance Division, which is chaired by Sen. Linda Berglin, author of SF 1991. Thanks to Julie Anderson, Martha Ochs Efraimson, and Kim Stanley for testifying on the impact of parental fee increases on their families. The House Tax Committee passed HF 1681 on Wednesday, March 31st, which included provisions that roll back some of the 2003 cuts to persons with disabilities and their families.

And on the education side...

The Senate Education Budget Division passed its omnibus education funding and policy bill on Wednesday, March 31. It contains language that The Arc of Minnesota and other members of the Coalition for Children with Disabilities had been seeking to limit the use of locked time out rooms and law enforcement officials when behavior problems arise in schools. Unfortunately, the bill doesn't include the increase in special education funding that the coalition is seeking.

Questions? Call Beth at the Arc office 287-2032 or 1-888-732-8520 (toll free) or email her at bhonecker@arcse-mn.org.

Do you care for a young child with a special need as a parent, professional, public agency or preschool caregiver? The Rochester Interagency Early Intervention Committee (IEIC) invites you to apply for a grant which can: reimburse or award registration expenses for attending workshops or conferences, provide or present training for parents, professionals or caregivers, and/or provide education for early identification of children with special needs.

Grant request deadlines are : September 1, November 1, May 1, July 1. Funds are limited. Please allow thirty days for processing. **For more information, call IEIC (507) 287-1679 or Linda Becker (507) 288-7923.**

The IEIC was created to assist in developing and planning comprehensive , coordinated, multidisciplinary interagency services for children from birth to age six and their families. We encourage the sharing of workshop, conference, training information with other parents, caregivers, or co-workers.

Please note: Many of the local IEIC's have training dollars. If you are not in the Rochester area, check with your local IEIC to see if dollars may be available. Please contact Susan at Arc, if you do not know how to contact your local IEIC. (507) 287-2032.

Want to voice your opinion ? (say yes) Join The Arc of Minnesota's **Action Alert team** and keep current on legislative issues such as those described above. Call JoAnn at the Arc Office or email her at jlawler@arcse-mn.org and she will help you get on the Action Alert team.

Legislator/District	Party	Room #	Phone	e-mail Address
Sen. Dan Sparks (27)	DFL-Austin	CAP G-24	651-296-9248	Sen.dan.sparks@senate.mn
Rep. Dan Dorman (27A)	R-Albert Lea	SOB 579	877-377-9441	Rep.dan.dorman@house.mn
Rep. Jeff Anderson (27B)	R-Austin	SOB 583	888-682-3180	Rep.jeff.anderson@house.mn
Sen. Steve Murphy (28)	DFL-Red Wing	CAP 306	651-296-4264	Sen.steve.murphy@senate.mn
Rep. Jerry Dempsey (28A)	R-Red Wing	SOB 575	800-682-1256	Rep.jerry.dempsey@house.mn
Rep. Steve Sviggum (28B)	R-Kenyon	SOB 463	651-296-2273	Rep.steve.sviggum@house.mn
Sen. Dave Senjem (29)	R-Rochester	SOB G-17	651-296-3903	Sen.david.senjem@senate.mn
Rep. Randy Demmer (29A)	R-Hayfield	SOB 371	800-387-6453	Rep.randy.demmer@house.mn
Rep. Fran Bradley (29B)	R-Rochester	SOB 563	800-657-3855	Rep.fran.bradley@house.mn
Sen. Sheila Kiscaden (30)	I-Rochester	SOB G-15	651-296-4848	Sen.sheila.kiscaden@senate.mn
Rep. Carla Nelson (30A)	R-Rochester	SOB 571	800-339-9038	Rep.carla.nelson@house.mn
Rep. Bill Kuisle (30B)	R-Rochester	SOB 565	888-858-4753	Rep.william.kuisle@house.mn
Sen. Bob Kierlin (31)	R-Winona	SOB 127	651-296-5649	Sen.bob.kierlin@senate.mn
Rep. Gene Pelowski (31A)	DFL-Winona	SOB 295	888-681-8226	Rep.gene.pelowski@house.mn
Rep. Greg Davids (31B)	R-Preston	SOB 379	651-296-9278	Rep.greg.davids@house.mn

CAP = Capital Building, 75 Rev. Dr. Martin Luther King Jr. Blvd., St. Paul, MN 55155
SOB = State Office Building, 175 State Office Building, St. Paul, MN 55155

Special Events - Olmsted Jailathon

On March 18th, the Olmsted Jailbirds surprised us once again with their generosity and willingness to help out as we had 20 jailbirds who raised \$12,600!! This was an increase of over \$3,000 from last year... And we couldn't have done it without our number one jailbird, **Dwight Vold, who raised \$4,134! Dwight, from Coldwell Banker Burnet**, has been our top jailbird for 3 years running now and each year he continues to surprise us! **Kent Gillespie from Premier Bank** was our second place finisher with \$878 and we had a tie for third place: **Marge Dent, from Hiawatha Homes**, and **Autumn Thillen, from Bear Creek Services**, each raised \$735! All of our jailbirds did a wonderful job and we want to thank everyone for their time and willingness to help out!

We would like to thank the following Sponsors: **HyVee Barlow's Plaza, Think Employees Federal Credit Union, Midwest Wireless, Marriott Hotel, Outback Steakhouse, and Waterworks X-Press Car Wash**. Please stop in and let these businesses know that we appreciate their continued **support!**

Thanks also to our Volunteers for the event:

**Charlie Applequist
Curly & Joy Bollesen
Teresa Cerling
Carl Deobald**

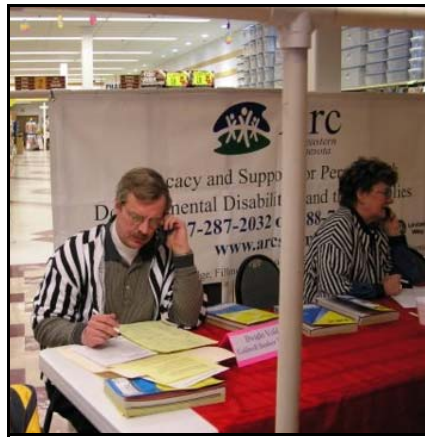
**Sandy Egan
Kay Fockler
Donna Garratt
Irene Herzog**

**Beth Hostetter
Val Koster
Bill Lawler**

<u>Jailbird</u>	<u>Employer</u>
Karla Bollesen	Rochester Public Schools
Mayor Ardell Brede	City of Rochester
Rob Cothorn	Wells Fargo Home Mortgage
Marge Dent	Hiawatha Homes, Inc.
Kent Gillespie	Premier Bank
John Gosse	Rochester Public Schools
Judy Gust	RCTC
Mary Lou Hanson	Cardinal of Minnesota
Travis Hatcher	PossAbilities
Paul Henning	PossAbilities
Bill Larson	R & S Transport
Karen Larson	Region 10 Quality Assurance Commission
Al Pettey	Adamson's
Capt. Jim Pittenger	Rochester Police Department
Mike Rand	Tri-State Business Machines
Kirk Rubado	Rochester Post Bulletin
Margo Stich	Rochester Women's Magazine
Kathy Swygan	Schmidt-Goodman Office Products
Autumn Thillen	Bear Creek Services
Dwight Vold	Coldwell Banker Burnet

**See some pictures of the jailbirds on the next page!

Special Events (cont'd)



**Our "Top Jailbird",
Dwight Vold, from
Coldwell-Banker Burnet,
works the phones to raise
his "bail" which benefits
Arc.**

**"Sheriff" Joy Bollesen
arrests "Jailbird" Al Pettey
at Adamson Chrysler-
Dodge.**



**"Jailbird" Mayor
Ardell Brede is
sentenced by our
Dishonorable Judge
Bill Lawler.**

Special Events Coordinator named!

Hello! My name is Heather Ann Schuster and I'm thrilled to be your new Special Events Coordinator! I began my duties on March 17th and was thankful to "jump right in" during our Olmsted Jailathon. I've so enjoyed working with everyone here at Arc and meeting new faces in the area! I'm thankful to be part of such a wonderful organization and love using my gifts and talents to the best of my ability! I'm experiencing the truth that working for a non-profit means you often go home without a cleared desk! I'm presently planning and coordinating the Rose Sale, Goodhue County Jailathon, Centurion Bike Ride and the Ice Cream Social.

Some goals and hopes are to further develop and enhance our Centurion Bike Ride, add selling dates to our Rose Sale, and develop more public awareness of Arc through mass media.

I'm originally from Wanamingo (30 miles northwest of Rochester) and recently built a house there with my husband Adam and yellow lab "Hailey". Some personal highlights include showing horses professionally for seven years, working for three years as the Public Affairs and Kids Program Director for Radio Disney in Mpls. and graduating from the University of Wisconsin-River Falls with a B.S. in Speech and Mass Communication. I'm looking forward to great successes and joyful experiences here at Arc Southeastern MN!

2004 Event Calendar

May

- 1 Hike Bike — Winona
- 1 & 2 Tootsie Roll Sale — Rochester
- 2 Ice Cream Social — Goodhue
- 6 Autism Support Group — Rochester
- 10 People 1st Game Night — Winona
- 15 Sibshop - Winona
- 17 PLAN Informational Meeting — Red Wing
- 21 Guardianship/Conservatorship — Winona

June

- 24 Down Syndrome Group Picnic — Rochester

July

- 10 Rochester Centurion Bike Ride — Rochester
- 12 People 1st Potluck Picnic — Winona
- 20 Annual Family & Friends Potluck Picnic — Rochester
- TBD Goodhue Jail-a-thon — Pine Island & Red Wing

August

- 20-22 Nat'l Down Syndrome Congress
2004 Annual Convention — Minneapolis

September

- 17 Appreciation Dinner — Rochester

October

- 8-10 State Convention — Walker
- 11 People 1st Popcorn/Movie Night — Winona

November

- 8 People 1st Thanksgiving Potluck &
Dance — Winona
- 15 Poinsettia Sale Begins — Rochester
- 18 Winona Jail-a-thon — Winona

December

- 3 Winona Poinsettia Pick-up and Delivery
- 13 People 1st Pizza Party — Winona

Event Specifics:

Saturday, July 10: Annual Rochester Centurion Bike Ride

Grab your bike and enjoy a day of biking around beautiful southeastern Minnesota! There will be rest stops with snacks and beverages and Root Beer Floats at the conclusion of the ride. Event T-Shirts may also be purchased. There are routes for any type of rider; this could be a fun family outing or a serious cycling event. All routes begin at Bear Creek Park and distance options are 48.5, 70.2 and 107.8 miles. You can view a colored map at www.arcse-mn.org. Registration begins at 5:30 AM with the ride beginning at 6:30 AM. Early registration (before June 1st) is \$15, otherwise the cost is \$20. For registration information contact Heather Schuster at either hschuster@arcse-mn.org, 507-287-2032 or Toll Free 888-732-8520.

Sunday-Friday, June 20-25: CAMP OZ for children and teens with epilepsy

Camp Oz is a fun, weeklong overnight camp for boys and girls ages 9-17, whose primary medical condition is epilepsy (seizure disorders). Call the Epilepsy Foundation of Minnesota for more information at 800-779-0777 or see their website at www.efmn.org. Local contact for the Epilepsy Foundation of Minnesota is Sue Ringhofer at 507-287-2103, email SueEFM@aol.com.

Tuesday, July 20th: Annual "Family & Friends Potluck Picnic"

East Silver Lake Shelter (7th St. & East Silver Lake Drive NE, Rochester, MN). Entertainment by "Dixieland Band". Bring a large dish to pass. Register by calling JoAnn at 507-287-2032 or 888-732-8520 by Friday, July 16th.

Splish Splash get ready for a SPRING BASH!

Families who have children with special needs ages birth to kindergarten are invited to bring your rubber duckies, noodles and innertubes to a POOL PARTY!

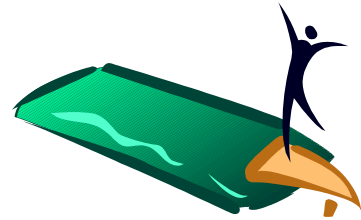
After you have *splish splashed* and are about to collapse, bring your dripping trail and join us for sandwiches and drinks!

Don't have your swimsuit for the season you say? No worries, come and meet other families with children who have special needs who'll offer a pool side ear or *share some secrets* while dangling your toes in the pool.

Where are you going to find this *water pleasing* event you ask?

**Best Western Apache Mall
1517 16th Street SW
Rochester, MN**

**Thursday, May 20th
5PM-8PM**



P.S. There is no cost for this event. We only ask that before you go jumping in the water you leave your wet footprints as a signature!!

This event is co-sponsored by the Rochester Interagency Early Childhood Intervention Family Support Subcommittee and Arc SE MN. Call Brenda Kann at 281-8270 or Lori Bransford at 252-4740 with questions.

Goodhue's Pie & Ice Cream Social



This year's event features an *expanded* bake sale and entertainment by the **Adler Concertina Band**.

Menu includes:

Barbecues, Potato Chips, Baked Beans, Dessert and Beverage.



**Sunday, May 2
10:30 AM-1:30 PM
Goodhue Lions Building-Goodhue, MN**

Meetings

Down Syndrome

Down Syndrome Network Group

A summer picnic will be held on Thursday, June 24, 2004 from 6 PM – 8 PM at the East Silver Lake Park Shelter on East Silver Lake Drive in Rochester. Bring a dish to share. Plates, utensils and beverages will be provided. Please RSVP to Debbie at Arc SE Minnesota 507-287-2032, or toll free at 888-732-8520 or dmonahan@arcse-mn.org.

Autism

Partners In Excellence, Inc.

(PIE) is an early intervention center that has served the Twin Cities' autism community for four years and will be opening up a center in Rochester by June 2004. They offer a growing set of effective treatment programs for children across the autism spectrum, all under one roof. Today their services focus on children ages 2-10 and include year-round, clinic-based therapy programs. Call 952-746-5350 for more information.

Autism Support Group Meeting:

- ◆ Thursday, May 6, 2004 — 7 PM - 8 PM
- ◆ United Way Building , 903 West Center Street, Rochester, MN Conference Room "A"

Summer Programming FUN TIMES!!

Best of Basics

Summer programs offered by **The Reading Center (Dyslexia Institute of Minnesota)** for Language Arts and Math for Elementary through High School students. Call 507-288-5271 www.TheReadingCenter.org.

RideAbility

A family focused organization providing therapeutic and recreational horseback riding for persons with disabilities and their families.

- ◆ Summer youth classes.
- ◆ One hour classes on Monday or Tuesday evenings.
- ◆ Four week duration.
- ◆ Focus on children 4-21 years.
- ◆ Contact Jeanie Michelizzi, President (507)356-8154.
- ◆ One week "daycamp" for children with special needs. Maximum 6 children. July 19-22 in the afternoons.

RAGA (Rochester Area Gymnastics Academy)

They will be holding a gymnastics camp for children with special needs.

- ◆ Rainbow Week, Aug 9-12, 10 AM - Noon, Color theme.
- ◆ Limited to 12 campers.
- ◆ \$60/camper, plus T-Shirt from RAGA.
- ◆ Classes for children with special needs held Wednesday evenings 7PM-8PM throughout the year. Register at 285-9262.

The Autism Society of MN

Offers two residential camps to children with Autism Spectrum Disorders.

Camp Discovery-Lake George, MN

- ◆ Sessions I: June 13-18 (boys & girls)
- ◆ Session II: July 20-25 (boys)

Camp Hand-in-Hand-Camp Knutson or Trout Lake

- ◆ Ages 9-22. For those with autism/PDD.
- Contact AuSM (651)647-1083 \$350/member. or \$700/Non member.

Park & Recreation Department

Adaptive Recreation Program-Summer Playgrounds

- ◆ 7 weeks, June-August, Register per week basis
- ◆ 3-19 years of age, 1 PM.-5:15 PM Monday-Friday (\$125/wk)
- ◆ West Silver Lake Pavilion.
- ◆ Games, swimming & crafts.
- ◆ Adaptive Recreation has programs like soccer, bowling, music, games & crafts, youth gym etc. Contact Karen Meyer, Coordinator of Adaptive Education at 289-7980 for more info. Or go to Park & Recreation Dept. at 201 4th St. SE to register.

PossAbilities of Southern MN-1808 3rd Ave. SE

- ◆ Serves those age 9 through the retirement years—services all year round.
- ◆ There is a chance of them expanding their operation to work with children 3 years and up.
- ◆ Tania Hughes is the Youth Recreation Coordinator at 208-6247. PossAbilities goals are to integrate kids with and without disabilities.
- ◆ Cost is \$15.80/hr or through grants & waivers or \$19.80/hr on 1:1 basis.

Quarry Hill Nature Center

Offers numerous programs throughout the summer and year round.

- ◆ They don't offer programs specifically geared to people with special needs, but PossAbilities does work with Quarry Hill often to help those in need of their services.

When filling out the registration forms please let them know your child has special needs. Phone ahead at 281-6114.

PLAN of Southeastern Minnesota Informational Meeting

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?”

Monday, May 17th 6:30 PM - 8:00 PM
Home & Community Options, 66 E. Third St., Winona

Legislative issues and agency updates will follow the informational meeting.

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. This includes monitoring and maintaining services within the Personal Support Plan. Additional services may be contracted for and monitored within the plan. Some examples may include coordination of services, personal visits to your loved one, contact with the guardian and other family members, as well as assistance with providers (including residential and day programs, meetings, governmental hearing, etc.) and assistance with completing forms and applications.

Please register one week in advance by calling (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, Rochester, MN 55902.



Name(s) _____ Daytime Phone # (____) _____ - _____

Mailing Address _____ Evening Phone # (____) _____ - _____

City _____ State _____ County _____

Family Support Newsletter

Volume 1, Issue 2

Greetings from Arc Southeastern Minnesota!

Ah Spring! Life in Minnesota brings me an appreciation for each new season. Spring is a feast for the senses. I hope that you are taking time for yourself and enjoying some of your favorite activities this spring.

This issue of our Family Support Newsletter has been devoted to “parent support”. There are many ways in which we can find our support or sense of community. A feeling of “belonging” is so important to all of us. If you are the parent or caregiver of a child with a disability it can be easy to feel isolated. Living in Minnesota means that our children are entitled to needed services and interventions from birth. Your child may have a group of professionals in his/her life to help with the best possible opportunities for learning at a very early age. But as a parent with unique challenges, stresses, hopes, and joys, it is easy to feel alone in the midst of all of those needed services, as if no one else is going through what you are.

There are many ways we are able to find that sense of community or belonging that can be so helpful on our journey in life. Finding a network of other parents that meets and has common experiences can be a great support. Arc also offers Supported Parent Volunteers who are trained parents willing to be a one on one supportive match to another parent of a child with a disability. Becoming a member of the Arc is a wonderful opportunity for parents and family members to be connected with a supportive community. Arc has a rich history of changing lives and impacting society. Arc was instrumental in passing laws that gave our children equal rights to an inclusive public education and gave our children choices in where they want to live and work and play when they become adults. Arc is a wonderful strong community of parents, family members and other citizens that continue to work hard to better the lives of people with disabilities. Arc is a community that works hard to offer advocacy, support and education continually to the people who it serves. Please consider joining this family and enjoying the benefits, support and community that a membership to Arc offers. Your participation with Arc makes us stronger and better able to continue changing lives and impacting history.

Within the pages of our Family Support Newsletter you will find personal stories from parents who have been kind enough to share their thoughts and experiences with the benefits that they have found in connecting with other parents and feeling supported. I believe that their words will help all of us to remember how important it is to connect with others who share our experiences. These “parental connections” provide the opportunity to gain new friendships, share, learn and offer support and empowerment to all parents.

~Susan O’Connell
Family Liaison Project Coordinator

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A support or network group can be a great way to connect with other parents and share common experiences. Publications from MnTafs describe a support group as “a group of people with a common life situation or set of challenges, meeting together to help themselves by sharing their experiences, ideas, frustrations, successes, and hopes. Parents with disabilities often find they need to talk with other parents and share concerns and information in a group setting.... others enjoy the give and take and interaction that occurs in a group. As parents help and learn from one another, a sense of involvement in a group, as well as feelings of encouragement and friendship, can develop.”

Parent support groups can provide:

- Emotional support, encouragement, and comfort to help themselves and their children
- A chance to communicate openly and effectively
- Information and education on related topics and resources available
- A chance to help others while receiving help
- Friendship and social opportunities
- Advocacy when parents work together for a mutual goal

Support groups can be formed about a specific disability, age, or geographic location. They can be topical, such as coping with change and loss, treatment options, behavior, toileting, communication, or transition.

Below are a collection of personal stories from parents around our area sharing their experiences and the benefit of “connecting” with other parents. I thank them tremendously for offering to share their insight with all of us. I believe that their stories will give other parents insight into the opportunities in being a part of parent networking groups. All groups in our seven county area welcome new parents. Please call Susan or Debbie at Arc (507-287-2032 or toll free 888-732-8520) for information about existing parent groups in your area.

“Little did I know when I started this journey as a young, first time parent, of a son with developmental disabilities the amount of support, information, acceptance, education and personal growth I would need. The Arc helped provide these things through advocacy, workshops, conventions, their library, “fund-raisers” and just being there. Thirty years later, I cherish the friends I’ve made, both other parents and staff, and know they and Arc will always be part of my life as this journey continues.”

~ Kay, Arc SE Minnesota member

“Our daughter, Anna was born on October 4, 2001, at the hospital in Winona, Minnesota. Before her birth we were busy picking out names, and our conversations about the baby dwelled on whether two-year-old John would get a brother or a sister. Six hours after Anna’s birth, my doctor told me (by then I was sitting alone in my hospital room) that Anna had markers that could indicate she had Down Syndrome. A day later, my husband and I took Anna to the Mayo Clinic in Rochester so she could be seen by a cardiologist and geneticist. The cardiologist gave us the grave news that Anna was born with severe heart defects that would have to be corrected within the first year of her life.”

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She not only had a complete AV canal defect, but Tetralogy of Fallot and a double aortic arch as well. Then the geneticist told us that Anna could not go home with us and would have to be admitted to the intensive care unit at St. Mary's for feeding issues. It was at St. Mary's Hospital that we did receive a folder with some information about Down Syndrome, and a social worker made a referral to Winona County to start visits with the Early Intervention- Birth to Three people. Anna stayed at St. Mary's Hospital for four nights, and within a few weeks, we had confirmation that Anna did indeed have Down Syndrome.

Obviously, it took a while to even start to grasp what all of the diagnosis meant for Anna and the rest of her family. Having already one child, I had thought that I was by then an experienced mother but instead found I needed A LOT of information and support as soon as possible. One of the best avenues for information and support turned out to be the Winona Area Down Syndrome Group. This group had just started meeting about the time of Anna's birth (great timing!), and had a meeting later in October 2001. Although I was not sure I was ready to go to this meeting, I brought my mother and Anna along and never regretted it. I felt an immediate association with others who had a family member with Down Syndrome. These families were great sources of information and understanding. Individuals from the group called to check on us and even came to visit us at St. Mary's hospital when Anna had heart surgery at 4 months of age. We still attend monthly meetings and have learned a lot from speakers and written information received, but especially from the experiences of others who attend and are always willing to answer questions. The families in our group truly have made our family feel appreciated and wanted, and we feel we have found life-long friends in them."

~Eva, Winona Area Down Syndrome Group

"I'll never forget the day that Matthew was diagnosed officially with Autism. We were sitting in a conference room with all of the doctors and technicians that had helped with his testing. They said that Matthew was severely Autistic and would need intensive therapy that would cost around \$100,000 per year. Therapy is located in Minneapolis and has long waiting lists. My husband and I left that meeting feeling as if our world had just exploded and we had nowhere to turn. We are both computer literate, so we began to do some research on the internet and found a lot of information on Autism and treatments, but it was completely overwhelming. We struggled and have provided Matthew some of what he needs, but it had been exhausting both emotionally and physically. Shortly after that we heard of a foundation that was being set up and a parent support group starting. It is incredibly encouraging to be able to go and talk to people who are struggling just as much as you are and maybe even more. You get some tremendous ideas of ways to handle your child as well as finding out that you are not alone in this battle and other people are struggling with the same things as you are. This group is on fire for the cause of Autism and we are determined to get facilities and treatment centers built and functioning in this area to help our children succeed. WE can accomplish so much more as a group than we can ever accomplish alone. We also will be able to climb on the backs of other people in the group when we are tired and frustrated, thus taking our cause farther than it has ever gone before. I cannot tell you how much this group means to my husband and I, along with the support and encouragement we receive."

~Jamie, RT Autism Awareness Foundation

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Information about the value of parent-to-parent matches comes from MNTaf's literature regarding this option for support.

"Parents whose children have special needs often feel helpless and alone. This can be true during times of stress, at the point of diagnosis, or when waiting, watching and worrying that something is amiss with the child. Talking with another parent who has experienced a similar situation can help parents feel less alone and more hopeful. Findings from research and studies about the effectiveness of parent-to-parent support reveal the following outcomes:

- Parent's ability to cope is increased.
- Parent to parent support increases parents' acceptance of their situation.
- Over 80 percent of parents find parent-to-parent programs helpful.
- Parent-to-parent programs often begin spontaneously with grassroots effort, which validates the need and rationale that this initiative should be supported.
- This kind of support assists in the adjustment process and may avoid parents getting stuck in anger and denial.
- The kind of support parent-to-parent offers is unique and probably cannot come from any other source.
- Early connections with other parents lead to much lower utilization of advocacy later.
- Parents who are informed and supported learn to identify their own needs.
- Parents who are supported and informed are easier to work with from a system perspective.

The term parent-to-parent support refers to the various ways that one parent supports another parent in a one-to-one relationship. It refers to something different than a large group setting like a parent support group. It can include carefully made parent matches based on disability, child age, or family situation."

Arc SE Minnesota has a database of trained support parent volunteers who would welcome a parent-to-parent match with any parent of a child with a developmental disability within our 7 county area. Please consider the option of a parent-to-parent match when deciding about the type of support that would best fit with you and your family. To find out more about our Supported Parent Volunteers please call Susan or Debbie at our Arc office. If you are interested in becoming a Supported Parent Volunteer, please join us on May 8th, from 8:30 AM-11:30 AM at the United Way Building (903 West Center Street in Rochester, MN) for a SPV open house. The meeting will be in the United Way building, 903 W. Center St., Rochester, MN. Conference Rm. C. Refreshments will be provided. We hope that you can make it!

Famous People with Disabilities

Beethoven: Composer: Was deaf when he composed his 9th symphony.

Winston Churchill: had a learning disability.

Walt Disney: had a learning disability.

Thomas Edison: Had a learning disability. He couldn't read until he was twelve years old and had a very difficult time writing even when he was older.

Albert Einstein: Mathematician/Physicist: Had a learning disability and did not speak until age 3. He had a very difficult time doing math in school. It was very hard for him to express himself through writing.

Alexander Graham Bell: had a learning disability.

Stephen Hawking: physicist/mathematician has Lou Gehrig's Disease and is in a wheelchair. He needs a computer to speak.

Harriet Tubman: Abolitionist (1830-1913): As a child she was struck by an overseer. The blow fractured her skull and resulted in narcolepsy for the rest of her life. She rescued hundreds of slaves on the underground railroad.

Why Give to Arc?

We had a very good staff meeting this week. Les Bauer presented and talked about the need to grow our membership. His enthusiasm for the task was invigorating. Continuing to grow this base of supportive members is fundamental to the strength of the Arc organization. Our influence on the lives of people with developmental disabilities is predicated on this strength. We discussed the fact that we have many people who are parents of persons with developmental disabilities but are not Arc members. We need to change that!

Les' presentation showed how Arc has changed the "climate" of our communities; How the school system, the jobs market, recreation and housing have advanced for people. Arc provides a lot of services for people, but equally important is this "big picture" work that we do. **We have changed society** is a phrase we use. It isn't hype. The statement is true.

When you join Arc, donate money or include Arc in your estate plans, you are helping us to continue the work on that very broad level of achievement. When you stop to think about the "climate" in our communities now versus 50 years ago, you see that our accomplishments have happened over decades of commitment and persistence.

The disabilities arena is filled with many organizations that do wonderful things for our families. We have to all work together. These "sister" agencies all improve the lives of people with developmental disabilities and their families. Arc is the agency that looks at the entire gamut of services and advocates for the missing pieces. That is what changes the "climate" for people.

I was encouraged that two Arc members talked to me in the past week about including Arc in their estate plans. My wife Kay and I have done this personally, and we feel it is the single best thing we can do to ensure a good "climate" for our son, Andy, after we are gone. Maybe you have already put Arc in your will. If so, please let me know so we can grow our Betty Hubbard Society and encourage others to follow your lead.

If you need some advice on this process, please give me a call. I can connect you with good people who will be happy to help you with this process.

Arne Fockler
Charitable Gift Advisor
afockler@arcse-mn.org

Welcome new members of Arc Southeastern Minnesota

Again we have a number of new members who are joining or rejoining Arc Southeastern Minnesota. Welcome! We are pleased that you have chosen to support our organization. Call us if we can assist you in any way. Visit our web site at www.arcse-mn.org

Sponsor Memberships (\$100)

AFL Labor Temple Association - Rochester
Michelle Baringer - Red Wing

Contributor Memberships (\$50)

People First of Houston County
Jim and Sue Huff - Andover
Jennifer and Rob Miller - Winona
Gene and Elaine Skjeveland - Rochester
Gerald and Janice Tjepkes - Racine

General Memberships (\$25)

Tony and Rene Arendt - Mazeppa
Jennifer Bagne-Walsh - Olmsted County
Sara Croymans - Morris
Dalyn Bruemmer - Red Wing
Joe Fockler - Brookings, SD
Irma Fredrickson - Stewartville
Jon Fryer - Rochester
Dana Hansen - Woodbury
Cindy and David Martens - Kasson
Joyce and Deven Oldenburg - Rochester
Mary Vickmark - Spring Valley
Mark and Ety Westergaard - Shoreview
Dana Wiersma - Preston
Mary and Steve Woslager - Rochester

Membership Renewals

Thank you to all members who have renewed their membership. We appreciate your support!

Gold Memberships (\$500-\$1,000)

Marilyn and Mahlon Burbank - Rochester
Donna Garratt - Rochester

Silver Memberships (\$250-\$500)

Gail and Allen Bishop - Rochester
Carl and Connie Deobald - Rochester
Cardinal of MN- Rochester
Jack Priggen and Elisabeth Hennessey - Zumbro Falls
Mickey and Larry Prince - Rochester
Phyllis Rusley – Rochester

Contributor Memberships (\$100-\$250)

Alan and Judith Hoffman - Rochester
Uni-Patch / Tyco Healthcare - Wabasha
Ann and Arnold Archer - Pine Island
Margie and Tom Bellinger - Rochester
Julie and Tom Bittinger - Owatonna
Charles and Meellee Fish - Rochester
Cathie Hiley – Rochester
Thad and Suzanne Johnson - Ramsey
Kathy Mann – Rochester
Tom and Pat Peyla - Wabasha
Jim and Ginny Ranweiler - Rochester
Griffith and Lois Rees - Rochester
Dianne and Fred Schjolberg - Wabasha
Harlan and Marcia Steenhard - Rochester
Neil and Peggy Stolp – Oronoco

Sponsor Memberships (\$50-\$100)

Les and Elaine Beyer - Rochester
LeAnn and Curtis Bieber - Byron
Barbara Drury - Rochester
Dave and Sonja Dunn - Rochester
Rick and Carol Fishbune - Rochester
Carol Fitzgerald - Rochester
Kevin and Faline Gossman - Rochester
Stephen and Carla Harner - Rochester
Mark and Beth Honecker - Rochester
Stewart and Barbara Lewis - Rochester
Kevin and Michelle Monosmith - Pine Island
Tom and Angela Murphy - Caledonia
Debbie and Dan Noll - Nelson, WI
Richardson Law, Mary Alice Richardson - Rochester
Dick and Adele Spavin - Rochester
Rita and Mike Wiersma - Spring Valley

General Memberships (\$25-\$50)

Sharon Aaby - Rochester
Elda Augustine - Goodhue
Glenn and Jo Augustine - Rochester
Jim Behrends - Olmsted County
Kathy Brinker - Rochester
Barb Chromy - Austin
Karen and John Corfits - Rochester
Ron and Bev Dotzenrod - Rochester
Betty, Harold and Amy Eggebraaten - Rochester
Gordon and Denise Fitschen - Red Wing
Eldon and Dorothy Fockler – Olmito, TX
Robert Helin - Rochester
John and Paula Hoellbacher - Elgin
George and Elaine Ingalls - Rochester
Arnold and Sylvia Jacob - Lewiston
Mr. and Mrs. Dale Jenkinson - Winona
Ruth Klocke - Hayfield
Linda and Alan Kuetemeyer - Rochester
Dalton and Delores Langanki - Wabasha
Cindy Larrison and Beverly Larrison - Rochester
Cheryl and Aaron Larson – Rochester
Doris Laska - Winona
Mary and Al Lehmkuhl - Winona
Marjorie Lifto - Reads Landing
Clarence and Marlys Mickelson - Goodhue
Ann Mickow - St Charles
Gene Mickow - Rochester
Mike and Bonnie Miesen - Plainview
Terry and Nancy Miller - Rochester
Linda and Dan Monahan - Plainview
Helen and John Newell – Winona
Steve and Deb Niedfeldt – Rochester
Chuck and Eve Pavesich - Byron
Kenneth and Deb Rostad - Winona
Tonia and Mark Ruport - Mantorville
Augie Schleicher - Plainview
Lorna Schunke - Rochester
David and Jessica Schwier - Fountain
Scott and Karleen Shellum - Red Wing
Pam and Joel Skinner - Rochester
Karen and Bob Smith - West Concord
Don and Wendy Stroebel - Kasson
Annabelle Suilmann - Wabasha
Bob Toman - Rochester
Olive Westphal - Spring Valley
Beth Wiegand - Rochester
Charles and Joanne Wieser - LaCrescent
Deb Wilk - Hayfield
Kathe and Bob Yoss - Rochester

Thank Yous

Gifts That Remember

Arc's Gift that Remembers is a nice way of honoring someone. A gift that remembers makes a wonderful memorial to a loved one who has passed away. It also provides a means to honor someone who has made a difference in your life or the lives of other people. Call Lindsay at the Arc office if you need a bit more detail on **how to give a Gift That Remembers**. The following gifts were received in the past few months to honor or remember someone:

In Memory of **Sharon Achter**
Joyce Dayton

In Memory of **Lois Bielen**
Larry & Trudy Adamson
Diane & Dean Barclay
Dan Bielen
Jean Burke
Kimberly & Matthew Gauthier
J.C. & A.L Marvin
Patrick & Theresa McLafferty
Kip & Gretchen Meredith
Mary Ann Sullivan

In Honor of **Arne Fockler**
Mark & Beth Honecker

In Honor of **Beth Honecker**
Margaret & Alan Ness

In Honor of **Eva Murray**
Amy Stenson
Larry & Cynthia Unger

Charitable Gifts

Thank you to the following people and organizations for their charitable contributions to Arc.

American Legion Auxillary Unit #588
Down Syndrome Association
Gary and Lynda Fockler
Bob Funk
Pint's Pub
Daryll Stenberg
Sulla's Printing & Lithography

Arc Gift Memberships

Gift memberships are a way of including family members and friends that will become long term supporters of Arc. Call Lindsay at the Arc office if you need help understanding how to do this.

We had one gift membership this period.
Thank you to Beth Honecker.

Rose Garden of Support

Congratulations and Thank You to the following members for their commitment to Arc and for their sustained contributions.

Red Rose Garden: \$1000 - \$5000

Marilyn and Mahlon Burbank
Phyllis Rusley

Rose Bud: \$500 - \$999

AFL Labor Temple Association
Ann and Arnold Archer
Daniel and Betty Bielen
Dave and Sonja Dunn
Alan and Judith Hoffman

Arc is grateful to the following *volunteers* for helping during **Arc's Annual Rose Sale!!**



Kitty Barry
Kay Fockler
Donna Garratt
Kathy Graupner
Janet Johnson
Ann McGuire





Arc Membership Form

Southeastern
Minnesota

Name _____ Phone _____ E-mail Address _____
Address _____ City _____ State _____ Zip Code _____

Membership (choose one)

- General \$25
- Sponsor \$50
- Contributor \$100
- Silver \$250
- Gold \$500
- Platinum \$1000
- Other _____

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

Membership contributions are tax deductible.

Thank you for joining Arc Southeastern Minnesota!

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 _____

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 _____



903 West Center Street
Rochester, MN 55902

(507) 287-2032 or (888)732-8520 toll free

Visit us at: www.arcse-mn.org

Arc Southeastern Minnesota provides advocacy and support for people with developmental disabilities and their families. We have been in the region for nearly 50 years. Arc is a nonprofit agency supported by membership, contributions, planned gifts, fundraising, and the United Way. Arc Southeastern Minnesota works to ensure that people with developmental disabilities have the full range of human and civil rights.

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