

# Arc SEntiments

*A newsletter for persons with developmental disabilities and their families in the counties of Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha and Winona*

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903 West Center Street Rochester MN 55902  
507-287-2032 toll free 1-888-732-8520

November-December 2003  
E-mail: [office@arcse-mn.org](mailto:office@arcse-mn.org)

Website address: [www.arcse-mn.org](http://www.arcse-mn.org)

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## *From the Executive Director's Office*

We held our annual Appreciation Dinner in Caledonia (Houston County) on November 13<sup>th</sup>. We honored many of our **pioneers** and many of our **benefactors**. Stopping to recognize dedicated members that make Arc Southeastern Minnesota a strong organization is invigorating for me. I appreciate the many different ways in which Arc members show their commitment to the cause. The pioneers have left us a legacy we should be proud of. The benefactors have helped to fund our growth. Betty Hubbard Society members are thinking about Arcs' longevity over the next 20-30 years and beyond! We appreciate each of you. Arc faces many challenges; funding is a serious challenge for us. We need your support.

This Appreciation Dinner marked a shift in our thinking as to how we fund this organization. **Our base funding is becoming more dependent on the annual gift of members and friends.** We need to consider our annual membership as a time to reflect on the level of our commitment to Arc. Longer term, we need to build our endowment fund to the level that it can provide a source for annual operational funds.

Getting new members for Arc Southeastern Minnesota is a high priority for us. We need to grow our membership base of support. Many of our friends and relatives think highly of Arc. They have heard about us through you, our current members. They see that the lives of people with disabilities are better and that Arc has been the primary impetus for that. As a member of Arc they will have better opportunities to "stay tuned" and become a benefactor.

My sincere thanks to all of you. We have made a difference in the lives of people with developmental disabilities and their families. We will continue to do so.

*Buff*

## ***Arc Pioneers and Benefactors are honored!***

Arc has a **distinguished history** of progress. As members of Arc, we take pride in what this organization has done to improve the lives of people with developmental disabilities. We have changed our communities in profound ways. Understanding and support for people with developmental disabilities and their families has grown significantly. This progress has happened largely through the pioneering spirit and the generosity of people who have a commitment to Arc.

At the annual Appreciation Dinner, Arc Southeastern Minnesota took time to honor that **pioneering spirit**. A **Pioneers Circle** was introduced. The members of this Circle were chosen from the charter members of the seven local chapters that became Arc Southeastern Minnesota. The obstacles these pioneers faced in getting services for people with developmental disabilities were profound. One of these pioneers told us that the early Arc members personally paid the first special education instructors! They were determined to see change! Courage and perseverance were necessary attributes of these strong people. Today, people with developmental disabilities have better lives because of these Pioneers, their insights and their tenacity.

Additionally, a **Rose Garden of Supporters** was introduced. This Garden is a means of recognizing the members and friends who have provided needed financial support for Arc Southeastern Minnesota. The Rose Garden includes donors who have contributed at least \$500 to Arc Southeastern Minnesota since it was formed in July of 1999.

We also recognized people who are members of the **Betty Hubbard Society**. Betty Hubbard was a pioneer for people with disabilities. Her commitment to Arc was extraordinary. The Betty Hubbard Society was introduced by The Arc of Minnesota to honor people who have made similar commitments. Originally, you became a member of the Betty Hubbard Society by making a planned gift or an accumulated gift to Arc. Today, you become a member of the Betty Hubbard Society by designating a chapter of Arc as a beneficiary in your will.

Many people support Arc in many different ways. We appreciate each of you for your support. We need your dedication, your energy, your perseverance and your financial support. Thank you.

Listed on the next two pages are people who were honored at the Appreciation Dinner on November 13<sup>th</sup>. Please join us in congratulating them. If we have inadvertently omitted anyone, please call Arne Fockler at the Arc office.

**Rose Garden and Betty Hubbard Society members at the Appreciation Dinner.**

Pictures not available.

## 2003 Pioneer's Circle Inductees

### Dodge County February 12, 1965

Victor and Betty Branch

Carl and Ruth Bringgold

Lucille Daggett

John and Jean Dube

Marlo and Mary Ann Flo

Rod and Dolores Hanson

Richard and Marie Johnson

Mr and Mrs LeRoy Paulson

Mrs Gordon Peterson

Larry and Marcella Sowieja

Carroll and Sharon Toquam

Norbert and Jewel von Ruden

### Goodhue County 1950's

Dr Steffens

Mr and Mrs Volstad

Mr and Mrs West

### Olmsted County September 23, 1955

Eunice Haney

Kathryn and Joseph Healy

Ted and Phyllis Lutter

James and Esther Ostern

Melvin and Jean Peterson

Lauren and Lorna Schunke

Louise and Alton Shefelbine

Walter and Eldora Volberding

### Fillmore County June 12, 1962

Arnold and Nellie Erickson

Emma Every

Arlo and Betty Grabau

Mr and Mrs Himlie

Mr and Mrs Frank Lammers

Al Morken

### Wabasha County January 5, 1961

Robert and Mary Passe

August and Naomi Schleicher

Gus and Bernadine Timm

### Houston County September 17, 1963

Dolores Augedahl

Jerome and Julie Housker

Dennis and Alice Miller

Gertrude Qualy

Martin and Margaret Ranzenberger

Alma Solberg

Mr and Mrs William Thicke

George and Doris Williams

### Winona County February 19, 1959

Rose Dorn

Mr and Mrs M.W. Findlay

Patricia Forstrom

Lawrence and Olive Koskovich

Margaret Przytarski

## Arc Southeastern Minnesota Rose Garden of Supporters

(listed alphabetically by category)

### ***White Rose Garden (\$10,000- \$24,999)***

Knights of Columbus #1013 Rochester

### ***Yellow Rose Garden (\$5,000 to \$9,999)***

Arne and Kay Fockler  
David and Della Jenkins

Knights of Columbus #639 -  
Winona

Knights of Columbus #11460 -  
Rochester  
Rochester Civitan Club

### ***Red Rose Garden (\$1,000 - \$4,999)***

Tony and Rene Arndt  
Heide and Helmut Buettner  
Herb and Edna Freitag  
Donna Garratt  
Elisabeth Hennessey and  
Jack Priggen  
Gail Jambois  
Larry and Janet Johnson

Don and Val Koster  
Jim and Judy Sloan  
Cardinal of Minnesota  
Goodhue School (FFA)  
Knights of Columbus #1223 -  
Red Wing  
Knights of Columbus #1781-  
Plainview

Knights of Columbus #6896 -  
Fillmore  
Knitcraft-St. Croix Foundation  
Premier Bank Rochester  
Recreation Lanes Rochester  
Wal-Mart North Rochester

### ***Rose Bud (\$500 -\$999)***

Marilyn and Mahlon Burbank  
Jane Campion  
Peter and Carol Carryer  
Teresa and Roy Cerling  
Bill and Marcia Cochran  
Carl and Connie Deobald  
Dr Titus and Carol Evans  
Don W. (Bill) Harreld Jr  
Roger and Irene Herzog  
Cathy Hiley  
Bernetta Kahabka

Brenda and Steve Kann  
Senator Bob Kierlin  
Dan and Linda Kinzer  
Steve and Joan Larson  
Bill and JoAnn Lawler  
Mary Jo and Larry Legier  
Don and Arlysse MacGillivray  
Kathy Mann  
Kathy and Larry Peterson  
Tom and Pat Peyla  
Mickey and Larry Prince

Carolyn and Steve Ramaker  
Jim and Ginny Ranweiler  
Phyllis Rusley  
Bill Sigglekow and Connie Hosey  
Lyn and Steve Smith  
Neil and Peggy Stolp  
Bill and Janet Volkmar  
Joel and Julie Young  
Knights of Columbus #2751 -  
Red Wing  
Winona Fraternal Order of Eagles -  
#1243

### ***Betty Hubbard Society***

Marta Bollesen  
Arne and Kay Fockler  
Donna Garratt  
Larry and Janet Johnson  
Ed and Ann Lufkin  
Mickey and Larry Prince

Dave and Sonja Dunn  
Terrance and Patricia Forrest  
Buff Hennessey  
Vicky and Peter Keller  
Kathy Mann  
Don and Lavona Meiners  
Kay and Stewart Shaw

Dick and Ann Ferguson  
Herb and Edna Freitag  
David and Della Jenkins  
Don and Val Koster  
Tom and Pat Peyla  
Denny and Lorna Theede



## Fall Festival Replaces Annual Bazaar

We had a new format for our Arc Annual Bazaar and changed the name as well. We are now calling it the "Arc Fall Festival" and it was a success! We made nearly \$2500 and are hoping for matching funds from Thrivent Financial for Lutherans (formerly AAL and Lutheran Brotherhood) which could bring our total to over \$5000! We focused this year more on a bake sale and barbecue supper and it was held for one day only. It was held on Monday, October 27, at Gloria Dei Lutheran Church. It was open from 4:00 pm – 8:00 pm and was attended by over 200 people. We had a lot of wonderful baked goods donated to us: apple pies, applesauce, decorated cupcakes, cookies, homemade caramels, homemade lefse, hazelnut torte, horseradish, etc. We also had a wonderful barbecue meal. Thank you to everyone who donated!

We would also like to thank all of the following people for their assistance this year:

Char Heyn	Amy Humphrey	Kaye Eppard	Connie Deobald
Phyllis Rusley	Scott Skjeveland	Sandy Egan	Marcia Steenhard
Kitty Barry	Eva Tieman	JoAnn Lawler	Arne Fockler
Jean Brandt	Marilyn Burbank	Mary Clark	Don MacGillivray
Gene & Elaine Skjeveland	Guy & Laurie Griesmann	Mickey & Larry Prince	

Thank you to all of the businesses that donated to our Fall Festival this year: Olmsted County Pork Producers, Old Dutch, Barlow's HyVee, Otto's Bakery, Pannekoeken, Sekapp Orchards, Gloria Dei Lutheran Church, Cub Foods, Jimmy's Salad Dressing.

*Last but certainly not least:*

We need to extend a special thank you to Kay Fockler and Arlysse MacGillivray. With some help from volunteers they made this entire event possible. These two did all of the coordinating and business donation contacts and the Fall Festival simply would not have happened without all of their hard work!!



## **Goodhue Jailathon raises nearly \$5000!!**

The Goodhue Jailathon in Pine Island and Red Wing was held on August 26. Although we didn't have as many jailbirds as usual we still raised about \$4800. We had very little in the way of expenses (thanks to the folks who made prize donations) and that helped as well. We want to thank the following sponsors:

Location Sponsors:

**Rob Magnuson** and his staff at **Red Wing County Market** are always so accommodating and a great group of people ready & willing to do anything to help. **AJ & LaVonda Chance** at the **Whispering Pines Restaurant in Pine Island** are first year owners who had a fire in their restaurant 2 days before and still welcomed us to hold our Jailathon there!

Prize Sponsors:

**George Raasch** and the **Goodhue County Pork Producers**. This group has been donating prizes to us for many years and we appreciate their support. **Bill Sanborn** and **Security State Bank in Pine Island** have also been a sponsor for many years and we appreciate their support, too.

**Jim Grantman** at **Coca-Cola Bottling Co. of Red Wing**. Not only does Jim donate liter bottles of Coca Cola products to us every year, he always does it with a smile and makes us laugh.

**Carol Jackson** from the **Coffee Mill in Zumbrota** was a first time prize donation sponsor for us this year (she also made and donated pies for our Ice Cream Social) and we thank her for her contribution.

Thank you so much to our Jailbirds who took the time to come out and help us. In particular we would like to thank our First Place Prize Winner: **Darelynn Lehto**, from the Prairie Island Indian Community in Red Wing, who raised \$2470!! She raised half of our entire total by herself! Please go to the next page to see the list of other prize winners, all of our jailbirds and some pictures.

## Pictures not available

Jailbird Name                      Place of Employment                      City

<b>1<sup>st</sup>:</b> Darelynn Lehto	Prairie Island Indian Community	Welch
<b>2<sup>nd</sup>:</b> Jeff Newman	Farm Country Co-op	Pine Island
<b>3<sup>rd</sup>:</b> Cindy Lewis	Riverview Manor Nursing Home	Wanamingo
<b>4<sup>th</sup>:</b> Mark Vahlsing	City of Pine Island	Pine Island
<b>5<sup>th</sup>:</b> Eileen Bjorngaard		Zumbrota
<b>6<sup>th</sup>:</b> Ted Siefert	Hiawatha Home Care	Red Wing
Sharon Duden	Josten's	Red Wing
Ken Markham	Zumbrota Ag Services	Zumbrota
Donna Garratt	Bear Creek Services	Rochester
Tracy Schueppel-Nelson	REM River Bluffs	Red Wing
Ann Husbyn	Zumbrota-Mazeppa School District	Zumbrota



### Poinsettia Sales Begin

Arc is once again partnering with Whittings Flowers & Greenhouse for our Poinsettia Sale in November & December. The Rochester Poinsettia Sale began on November 11 and will run through December 22. Poinsettias are \$16 each. We also have discounts for groups ordering 10 or more plants. We have order forms available at the office if you did not receive one. You may have tickets mailed to you, you can stop in & pick up tickets and go get the poinsettias yourself or you can have poinsettias delivered for \$4.00 per address. Please call Marta at the Arc office for more information, 507-287-2032, or you can e-mail her at [mbollesen@arcse-mn.org](mailto:mbollesen@arcse-mn.org)

The Winona Sale will be held on Friday, December 5<sup>th</sup> from 3:30 pm until 6:00 pm and Saturday, December 6<sup>th</sup> from 10:00 am until 1:00 pm. Plants need to be ordered by 11:00 am on Monday, December 1<sup>st</sup>. Plants can be picked up at the Red Cross at 1660 Kraemer Drive in Winona or you can have them delivered for \$4.00 per address. In the past only orders of 10 or more plants could be delivered. This year we have a volunteer who is willing to deliver individual plants to homes. Please call Marta toll-free at the Arc office for more information, 1-888-732-8520.



**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 newsletter *Arc SEntiments*.
- ❖ Putting together mailings (both scheduled mailings and those arranged on short notice).
- ❖ Working at fund raisers or special events.

Please contact Lindsay at the Arc office for more information.

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**Down Syndrome Network Group will meet:**

Monday, December 8<sup>th</sup>, 6:30pm-8:00pm United Way Gym  
Monday, January 12<sup>th</sup>, 6:30pm-8:00pm United Way Gym

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@arcse-mn.org](mailto:dmonahan@arcse-mn.org)

***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.***

Funding for this group provided by the Down Syndrome Association of MN and the members of Arc Southeastern Minnesota.

## Town Meeting on Parental Fees

Arc Southeastern Minnesota and The Arc of Minnesota hosted a Town Meeting in Rochester at Assisi Heights on October 28<sup>th</sup>. Over 50 people attended. Donna Garratt, Arc Southeastern Minnesota Board President, facilitated the meeting. We invited all of the legislators in the seven counties that we serve (Dodge, Fillmore, Goodhue, Houston, Olmsted, Wabasha, and Winona). Present were: Representative Fran Bradley (29B); Senator Dave Senjem (29); Representative Carla Nelson (30A); Representative Bill Kuisle (30B); and Senator Sheila Kiscaden (30).

Steve Larson, Executive Director of The Arc of Minnesota, spoke on the importance of protecting assistance of individuals with disabilities. He stated that Minnesota has historically done an outstanding job providing services for people with disabilities. Parental costs for services should be reasonable. Steve Larson also brought a draft of proposed new legislation to make the parental fee more reasonable and user friendly.

Three families shared their stories on how the new parental fee has affected their families. Presenting were: Rita Zeman and her daughter Ramona from Olmsted County; Kathy Wilmes with support from her husband Michael from Dodge County, and Janell Oelkers with support from her daughter Desiree from Wabasha County.

Many parents from the audience also shared their thoughts and concerns about their current parental fee. We had a very constructive discussion with the legislators present. We received coverage from the media, both television and newspaper.

The Legislators were given time to speak to the issue. Representative Fran Bradley from District 29B and chairman of the House Health and Human Services committee said that he would look at The Arc of Minnesota's proposed legislation.

The Arc of Minnesota is conducting 14 town meetings throughout the state on the parental fee issue. If you want more information or want to be part of Arc Southeastern Minnesota's action alert team (calling, writing or e-mailing your legislators) call JoAnn at Arc Southeastern Minnesota at 507-287-2032, toll free at 888-732-8520 or email at [jlawler@arcse-mn.org](mailto:jlawler@arcse-mn.org).



## Year End Volunteer Thank You !!!

It is around this time of the year when we start thinking of all we are thankful for. I am thankful for the wonderful group of people we have for volunteers and I want to thank each and every one of them for all they do throughout the year. Maybe you put on the Spring Fling or the Fall Festival. Maybe you worked at one of those events or one of the many others we have throughout the year. Maybe you sold candy, roses or poinsettias or worked at the Centurion Bike Ride. Maybe you came in to the office and worked on one of our bulk mailing projects or in our library. Whatever it is that you do for Arc: Thank you very much – we appreciate all that you do... **Have a great holiday season!!**

**Marta Bollesen**

**PLAN of Southeastern Minnesota**

**What is a *Personal Support Plan*?**

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

When a parent or caregiver dies, becomes disabled or otherwise is unable to provide the support that they have in the past, **PLAN of Southeastern Minnesota** steps in to help according to the *Personal Support Plan*. That help can take the form of regular visits, monitoring quality of life activities, identifying individual needs and accessing resources, facilitating connections with existing service providers, remembering holidays and birthdays and advocating for quality, appropriate services.

Services provided through a *Personal Support Plan* do not take the place of services provided by other agencies or support provided by surviving family members. **PLAN of Southeastern Minnesota** makes sure that services that are provided to your loved one are useful and appropriate. We also communicate regularly with the rest of the family to make sure that they have enough information to make good decisions. If changes need to be made, PLAN advocates on behalf of your loved one.

Although PLAN will not likely provide direct services such as crisis intervention, an individual’s *Personal Support Plan* may include strategies to address crisis needs. Individuals along with their families work **together** with the PLAN staff to design and implement a coordinated and individualized *Personal Support Plan*.

For more information regarding PLAN of Southeastern Minnesota, please contact Vicky Keller, Project Director, at (507) 287-2032 or toll-free 1-888-732-8520.

**New Board Members and Officers Elected at Annual Meeting**

**Board Officers**

<b>President</b>	<b>Kathy Graupner</b>	<b>Wabasha</b>	<b>Wabasha County</b>
<b>Vice President</b>	<b>Teresa Cerling</b>	<b>Wykoff</b>	<b>Fillmore County</b>
<b>Secretary</b>	<b>Judy Tollefsrud</b>	<b>Spring Grove</b>	<b>Houston County</b>
<b>Treasurer</b>	<b>Carl Deobald</b>	<b>Rochester</b>	<b>Olmsted County</b>

**Board Members Re-elected to a Three Year Term**

<b>Les Bauer</b>	<b>Zumbrota</b>	<b>Goodhue County Representative</b>
<b>Sandy Gardner</b>	<b>Trempealeau WI</b>	<b>Winona County Representative</b>
<b>Donna Garratt</b>	<b>Rochester</b>	<b>At-large position</b>
<b>Ann McGuire</b>	<b>Rochester</b>	<b>At-large position</b>

**First Election to a Three Year term**

<b>Larry Goetzinger</b>	<b>Caledonia</b>	<b>At-large position</b>
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## Autism in the Visually Impaired Child

Co-Sponsored by Region 10 CSPD & Minnesota Department of Education

December 4 & 5, 2003

8:30 a.m. – 9:00/Registration - 9:00 a.m. - 3:30 pm/Workshop

Best Western Apache, 1517 16<sup>th</sup> ST SW, Rochester, MN 55902

### **About the Workshop:**

This two-day workshop will review autism spectrum disorders as they present in children with visual impairments. Topics will include brief discussion of the historical impact on recognition and diagnosis; issues in diagnosis; subgroups of autism spectrum disorders as they present in children with visual impairment; developing interventions that fit your students' presentation; etc. You may email the speaker ([teresepawl@yahoo.com](mailto:teresepawl@yahoo.com)) with the "three things you most hope to get from this workshop" no later than November 24, 2003.

**About the Presenter:** *Dr. Terese Pawletko* has worked with children since 1976, first as a teacher of the visually impaired, then as a school and pediatric psychologist. Starting in 1989, after completing a postdoctoral fellowship in Pediatric Psychology at UNC-Chapel Hill, she worked at UNC School of Medicine with chronically ill children, and with students with autism, their parents, and related service providers. In 1997 she joined the staff of the Maryland School for the Blind where she worked with multiply handicapped children with a variety of disabilities including visual impairment, autism spectrum disorders, cerebral palsy, mental retardation, and learning disabilities, as well as training staff to work with these students. While at MSB, Dr. Pawletko and her colleagues developed the first program in the country for children with visual impairment and autism. She is considered a national expert in this area and has presented at regional, national, and international conferences, conducted evaluations of children suspected of dual diagnosis, and provided consultation to and training of parents and service providers.

**Target Audience:** Special and General Education Staff, Special and General Education Administration, Parents, and Community Agency staff.

### **Registration:**

**The registration fee will be \$75.00** (payable to ISD 535), and includes lunch and refreshments both days. **Registration deadline is November 28, 2003.** \*\*\*\*For those interested, a block of rooms will be available at the Best Western Apache for the night of December 4th at a rate of \$73.00. Reservations and payment for rooms will be the responsibility of each participant. Reservations must be made by November 24th. When calling for a reservation (289-8866) please let them know that you are with the Region 10 group. \*\*\*\*

Please mail workshop registrations to: **Kim Cook - Edison Building, 615 7<sup>th</sup> Street SW, Rochester MN 55902.** Registrations can also be made by email ([kicook@rochester.k12.mn.us](mailto:kicook@rochester.k12.mn.us)) or by fax (507-280-4762). Other workshop opportunities can also be found on the Region 10 Web Site. To access our site, go to ([www.rochester.k12.mn.us](http://www.rochester.k12.mn.us)), choose Academics, then Region 10, and then Region 10 Special Education Projects. Call 507-285-8738 for more information.

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Autism in the Visually Impaired Child (12/4 & 5, 2003) - Registration Form

Name: \_\_\_\_\_  
 District/Ed. District: \_\_\_\_\_  
 District Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone:(w) \_\_\_\_\_ (h) \_\_\_\_\_  
 Email: \_\_\_\_\_ Position: \_\_\_\_\_  
 Please indicate any special accommodations if needed: \_\_\_\_\_  
 \_\_\_\_\_

It's Holiday gift giving time. Have you considered giving an Arc Sweatshirt for a gift?  
Sweatshirts are available at the Arc office!!!

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Individuals living in Wabasha County are celebrating the season with a Christmas Potluck on Sunday, November 30<sup>th</sup>, at 12:30 PM at the Kellogg American Legion, 213 Belvidere Ave in Kellogg, MN. Participants are asked to bring a dish to pass and utensils as well as their singing voices. We will celebrate the season with Karaoke and carols. Please call Sandy at 651-345-9967 if you have questions.

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## **Arc Southeastern Minnesota Membership Matters!!**

### **New Membership**

Jean Huebner	Altura	Barbara Sarr	Rochester
Julie Erickson	Winona		

### **General Membership**

David & Cheryl Lammers	Adams	Robert Helin	Rochester
Mary Ellen Oney	Byron	Doug & Mary Lambert	Rochester
Paul & Karen VanDuyne	Colton, SD	Bob & Kim Marek	Rochester
Beth Iseminger	Eagan	Dennis & Deborah Piens	Rochester
Karen Morris	Harmony	Stacy Stiever	Rochester
Arnold & Sylvia Jacob	Lewiston	Kim Sutton	Rochester
Jim & Tara Cassmann	Mankato	Eva Tieman	Rochester
Lisa Brenna	Rochester	Art & Judy Gust	Stewartville
Allan & Rose Busta	Rochester	Michael & Sheryl Weinandt	Wabasha
Glenn & Marian Citurs	Rochester	Dale & Annie Stensland	Wanamingo
Phillip & Linda Ferguson	Rochester	Charles & Sherrie Knopp	Winona
Beth Fischer	Rochester	Dr. Lyelle Palmer	Winona
Dennis & Angela Grimm	Rochester	Richard & Norma Johnson	Wykoff

### **Sponsors**

Wade Welper-A.B.L.E.	Caledonia	Ron & Grace Deno	Rochester
Erin Lawler	Minneapolis	Alton & Louise Shefelbine	Rochester
Wesley & Mary Clark	Rochester	Great River Homes, Inc.	Wabasha

### **Contributors**

Roger & Irene Herzog	Rochester
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Gift That Remembers

In Memory of Edna Aleeson  
 Marta Bollesen  
 JoAnn & Bill Lawler  
 Vicky & Peter Keller  
 Bill Siggekow & Connie Hosey  
 Buff Hennessey & Jack Priggen  
 Mark & Beth Honecker

In Memory of Odell Lund  
 Don & Val Koster

In Memory of Melvin Peterson  
 Joanne Heathman

In Memory of Melvin (Pete) Peterson  
 Janice Owens

In Memory of Marty Quandt  
 JoAnn & Bill Lawler

In Memory of Elmer Hanson  
 Dean, Diane, Lindsay & Lisa  
 Barclay

In Honor of Carl Deobald  
 "Lil Carl"

In Honor of Mr & Mrs Odell Lund  
 Joanne Heathman

In Honor of Yaron Freedman  
 Rabbi David & Cynthia Freedman

Contributions

Plainview Knights of Columbus Council #1781  
 Fillmore County Knights of Columbus Council #6896  
 Billy Van Epps, Ralph & Cindy Van Epps

**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 accepts 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

### State Convention in Morton MN

We had quite a group attend the Arc State Convention in Morton this year. Staff who attended were Buff Hennessey, Marta Bollesen and Susan O'Connell. Susan presented at the conference this year. Her workshop was entitled: Abuse Prevention Awareness. Cindy Ostrowski from the Region 10 Quality Assurance Commission was there as an exhibitor.

We also had great representation by Arc Southeastern Minnesota members: Joel Young, Mickey & Larry Prince, Donna Garratt, Craig Hanson, Les Bauer, Don and Lavona Meiners, Lisa Meiners, Denny Theede (The Arc of Minnesota Board President) and Steve Larson (The Arc of Minnesota Executive Director).

There were a lot of great workshops to attend, meetings and wonderful networking opportunities.

### Tentative Special Events & Misc. Calendar 2004-2005

<b><u>January</u></b>	<b><u>July</u></b>
7 – Centurion Meeting	10 – Centurion Bike Ride
	22 – Goodhue Jailathon
<b><u>March</u></b>	<b><u>September</u></b>
4 – Olmsted Jailathon, Rochester	17 – Appreciation Dinner
25 – Rose Sale Begins	
<b><u>April</u></b>	<b><u>October</u></b>
23-24 – Hike Bike, Winona	8-10 – State Convention, Walker
23-24 – Tootsie Roll Sale	
<b><u>May</u></b>	<b><u>November</u></b>
2 – Ice Cream Social, Goodhue	1 – Fall Festival, Rochester
	15 – Poinsettia Sale, Rochester
	18 – Winona Jailathon, Winona
	<b><u>December</u></b>
	3 – Winona Poinsettia Pick-up & Delivery, Winona

## Together We Can Make A Difference!

Is membership important? That is a huge understatement! At the Arc State Convention some of us attended a membership workshop led by our own Les Bauer. That meeting fired us up and made real for us the fact that our membership IS our organization.

Some of you may be wondering, “What is the benefit to me of joining Arc?” There are many benefits, including:

- Participation in the affairs of the local, state and national chapters of Arc. If you become a member of a local chapter Arc, like Arc Southeastern Minnesota, you automatically become a member of The Arc of Minnesota and The Arc National.
- Representation in local, state and national policy forums.
- Reduced cost at conventions, conferences and special trainings.
- Our local chapter newsletters, the Arc SEntiments and the FLiP Side, the state newsletter and the national newsletter.
- Access to information through our library and library computer (internet access).
- Education and workshops.
- Networking with others who share similar concerns or circumstances.

We are committed to improving the lives of those with developmental disabilities but we need your help. Now more than ever we must rise to the challenge – we have a tough road ahead of us and there is a lot of truth to the saying: “There is strength in numbers”.

If you are interested in joining Arc, there is a membership card on page 13.

We recently started a Membership Committee at Arc Southeastern Minnesota. Mickey Prince has agreed to be our first Committee member. If you would be willing to be part of this committee, or have questions about what that might entail, please call Marta at the Arc office at 507-287-2032, toll-free at 1-888-732-8520, or e-mail her at [mbollesen@arcse-mn.org](mailto:mbollesen@arcse-mn.org).