



NEWS AND NOTES

Essential information for people with developmental disabilities, their families and caregivers in Stearns, Benton, Morrison and Todd Counties.

July/August 2010

Members of The Arc Invited to Public Policy Kick-Off Day, August 25

The Arc of Minnesota will hold a Public Policy Kick-Off Day on Wednesday, August 25, from 4 – 8 p.m. at the Minnesota Department of Education building in Roseville. Members of The Arc are invited to celebrate our successes from the 2010 Legislative Session, hear from key legislators, and provide feedback on our proposed legislative agenda for 2011. More details to come; mark your calendar in the meantime.

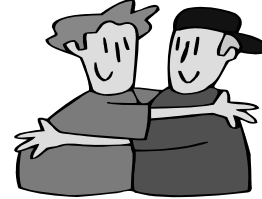


Primary Election: Tuesday, August 10 What is a primary, and why is it important?

The primary election determines who will be on the general ballot on Election Day.

By voting in the primary, you can be part of the crucial step in determining who will appear on the general election ballot. **How do I vote?** Pre-register to vote before Tuesday, July 20, or you can register on Election Day. Make sure to bring your ID to the polls!

2010 Buddy Walk and Roll and Annual Arc Midstate Picnic



Please join us at Sauk Rapids Municipal Park on Saturday August 14, 2010

Games, Fun, Music, Prizes!

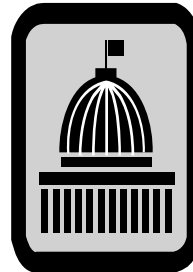
Check in for Buddy Walk and Roll begins at 10:00 AM walk begins at 10:30 AM

Pledge sheet inside and available on our website

www.ArcMidstate.org

Online Service Helps Estimate Parental Fee for Health Care Coverage

A new online service on the Department of Human Services website helps parents estimate their parental fee. Minnesota law says all parents with an adjusted gross income of more than 100 percent of the Federal Poverty Guidelines have to pay an annual fee if their child has been approved for Medical Assistance (MA) under TEFRA, Community Alternative Care (CAC), Community Alternatives for Disabled Individuals (CADI), Traumatic Brain Injury (TBI), Developmental Disabilities (DD) waivers, or an out-of-home placement. The fee is only an estimate; parents will still need to complete a form and provide tax information. The Parental Fee Estimator is available online on the Public Policy page of the Arc of Minnesota website. www.arcminnesota.org.



Self-advocates have worked for this apology for 16 years. Three cheers for this victory. It shows our power when we stand together. Statement from Senator John Marty, the author of the Minnesota apology bill, from news release dated May 26, 2010:

“I am very pleased that the state, on a bipartisan basis, was willing to make this apology. For over 100 years Minnesota had public policies that took people with mental illness and disabilities away from their families and communities and committed them to state institutions. In those institutions, some were forced to work without pay, some were subjected to medical experiments and procedures without their consent, some were subjected to punitive shock treatments, aversive treatments and isolation. The Senate Health Committee heard from adults who spent their childhood locked in an institution, away from their families, sometimes being cruelly punished for things beyond their control. They were denied the dignity that every person deserves. This is a shameful part of Minnesota’s history. By offering this public apology, the state acknowledges its past mistakes, and helps put closure on this era. This apology may not seem important to some, but for people who were wrongfully committed to these institutions earlier in their lives, this apology is of great importance. For the individuals and families affected, they are finally hearing the state say these meaningful words, ‘we’re sorry.’”

AUTISM RESOURCE FAIR

**Bigger and Better!
September 25, 2010
Apollo High School
Watch for Details!**



Meet the Edelbrocks

The Edelbrock family consists of Lisa, Shelby and Sasha. They became involved with Arc

Midstate shortly after Shelby was diagnosed with Autism at the age of 2 1/2. A lot has changed since then. After graduation from high school last year, Shelby has been going to InnStep for his education, working through school at Shopko and loves it. During his leisure time, he is involved in Special Olympic swimming, track and is now learning to golf. Shelby loves being out in the community and taking in life!! Sasha is in her third year at Northland College in Wisconsin working on her Art & Psychology degree and plans to be an Art Therapist. Lisa is busy keeping track of Shelby and all his activities. She enjoys coaching Special Olympics, taking photos, making cards, gardening and working on her second poetry book, hoping to complete that in 2010. Together the Edelbrock's enjoy camping and traveling.

Lisa stated, "Arc has been so beneficial to our family. In the early years Arc helped with education and support, Sasha took part in the Sibs day activities, we all came to the Arc Christmas parties. I have taken advantage of some of the wonderful speakers, and workshops sponsored by Arc. Cindy has helped us as a second pair of ears in many IEP meetings, and other issues that involved the schools over the years."

Some of the programs/activities that the Edelbrock's participate in are the Buddy Walk and organize a Rose Sale at Lisa's employer. Lisa also speaks at St Cloud State University for some of the classes for future teachers regarding autism and the parent perspective. Shelby & Lisa have shared their story with state legislators at Town Hall meeting and have been a voice at the State Capital. Lisa has written a book, The Messenger and donates the proceeds to The Shelby Eisenschenk Spirit scholarship. Lisa says, "Arc has given us so much, so whenever we can help we are eager to return the favor. I remember vividly the first years at the Arc Christmas party, sitting in back of the room, looking around, thinking I do not want my family to be part of this. Now as we return as Shelby is in his 20's I look around, and see familiar faces and friends, and I realize this is exactly where we belong; and it is the sense of belonging that has kept us coming back all of these years." Thank you to the Edelbrock's for ALL your support and dedication to Arc Midstate throughout the years!!

ASD Support Group

This group is for parents and caregivers of children with ASD or Autism Spectrum Disorder. ASD includes autism, Asperger's Syndrome, or Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS).

The ongoing group meets on the fourth Thursday of most months at the YMCA in St. Cloud, 1530 Northway Drive. 6:00-7:30 pm. Skilled on-site childcare is provided. Please contact us at 251-7272 to confirm a space and child care arrangements.

Parents of Young Children with Down Syndrome

will be meeting on the **second** Thursday of most months at 6:00 PM
Group Resumes September
Hope Covenant Church in St. Cloud
Please call for details.

Golf Event 2010

It was a beautiful day on June 11th for the 10th Annual Arise Arc Midstate Golf event. Thank you to all our wonderful golfers and volunteers! We raised approximately \$16,000 to be shared equally by ARISE and Arc Midstate. Special thanks to our many sponsors including: Tenvoorde Ford, Opportunity Services, Inc., St. Cloud Orthopedic Associates, Arise Home Health Care, Auto Value Parts Stores, Central MN Heart Center, Eich Motor Co., Gray Plant Mooty, Health Partners Central MN Clinics, Holland and Frank, Midsota Plastic Surgeons, Plaza Park Bank, Rice Building Systems, St. Cloud Chiropractic Clinic, St Cloud Hospital/CentraCare Health Systems, , Excel Energy, Murphy Granite Carving, Central MN Neurosciences, and Peter's Body shop.

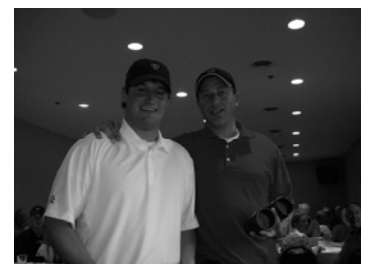


First Place Team

Mike Shea
Everett Kroll
John Leno
Randy Hussman

Second Place Team

Jeremy Gurney
Craig Zack
Courtney Zack
Mitch Warzecha



Thank you for renewing your dues!

Arc Midstate – annual dues Individual \$20

Families \$30 – Organizations \$75

New:

Pearl Lehen

Renewal:

Camphill Village Minnesota
WACOSA

J and J Holmes

Benton-Stearns Ed District

Lieser Care Services, Inc

Mary Bauer

Tim and Ann Chmielewski

Judy Clare

Philip and Mary Daubanton

Jason and Melissa Dols-Weber

Gale Erdmann

Terri Hess

Steve and Carol Howe-Veenstra

Kathy Kjolhaug

Steve Krick

Shirley Lieser

Karen Linnell

Donald and Kathleen Lommel

Joanie Meyer

Jacqueline Nietfeld

Jim and Maureen Otremba

Robert Pollreis

Kathy Raison

Lora Robinson

Irene Roelike

Time and Linda Schreiber

Donald and Geraldine Schwab

Mandy Sweetter

Ron and Kathy Watkins

Mark Welle

Brad and Deborah Wenz

Roger and Corrine Wicker

Picnic in Melrose

Tuesday

August 17th

5:00 PM



Join us at the Sauk River Park in Melrose. There will be a potluck meal with the beverage and utensils provided. George Servatius will play the accordion for our listening pleasure. All are welcome.

From the Director

We hope you are enjoying the lovely summer months. We invite you to join us August 14th for the Arc Midstate Annual Community Picnic and the 10th Annual Buddy Walk and Roll. Great food, fun and chance to connect with others.

We wish to introduce our two newest staff members:



Pam Chmielewski is the new FASD Program Coordinator for MOFAS/Arc Midstate. My husband Rob and I have two adopted children: Crystal age 15 and Jared age 11. We recently adopted two 3 year old cocker spaniels to add to

our already chaotic life style. After our daughter was diagnosed at age 5 with FASD, we were thrown into an unknown world. We attended a number of seminars dealing with FASD and eventually became active volunteers with MOFAS. I'm so thrilled to be working for MOFAS/Arc Midstate!! I'm passionate about our mission and what we do here and am excited to be given the opportunity to help teach, support and inspire families living with FASD!



Hi, I'm **Peggy Weber**, and have recently joined ARC Midstate as a Program Associate.

I will be doing administrative duties, as well as working with families and providers

through our Opening Doors program. I live in St Augusta with my handsome husband and west highland terrier. Prior to coming to Arc Midstate, I was a small business banker with TCF bank for 2 years, the manager of Casual Corner Group for 13 years, and have a BA degree in sociology from SCSU. I also currently volunteer at an amazing hospice house, Quiet Oaks Hospice in St. Augusta. I look forward to meeting you, and am excited to be a part of such a wonderful organization.



Each player must accept the cards life deals him or her: but once they are in hand, he or she alone must decide how to play the cards in order to win the game.

-- Voltaire



Advocacy
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Info@ArcMidstate.org

Website
www.ArcMidstate.org



Community Partner

Return Service Requested

Calendar

July 16th – Friday 7:15 PM
Project Challenge Dance
Waite Park Community Shelter

August 14th– Saturday
Buddy Walk and Roll – 10 AM check in
Arc Annual Picnic
Sauk Rapids Municipal Park

August 20th – Friday – 6:00 PM
ASD Teen Group
Call for details

August 26 –Thursday
ASD Parent Group 6:00 PM
St. Cloud YMCA

September 3rd – Thursday
Down Syndrome Parent Group 6:00 PM
Hope Covenant Church

September 25th – Saturday
Autism Resource Fair
Apollo High School – St. Cloud

Non Profit
Organization
US POSTAGE
PAID
PERMIT 451
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