



## NEWS AND NOTES

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

### The 11th Annual Regional Potpourri for Parents and Providers was held on February 27<sup>th</sup>

at the Sauk Rapids Rice High School. 380 participants attended a day filled with practical information designed to improve their ability to care for and include children and teens with special needs. Topics included handling the challenges of special needs including sleep disorders, behavior concerns, dyslexia, preventing teen suicide, autism spectrum disorders,

sensory processing, fetal alcohol syndrome disorder, ADHD, brain gym and topics related to infants and toddlers.



Judy Moening and Julie Johnson Announce Door Prize Winners

The selection of highly qualified and knowledgeable experts included Jon Freer of Behavior Wizards, Dr. Rebecca Schroeder of St. Cloud Hospital, Jodee Kulp for MOFAS (Minnesota Organization on Fetal Alcohol Syndrome), Mary Beth King, Barb Eckberg, C. Scott Wyatt, Dr. John Garcia and Jenny Wilhelmy of Gillette Children's Specialty Health Care, Joan Collins-Marotte of Catholic Charities, William Affeldt of the Central MN Mental Health Center, and Sarah Roberts of Behavioral Dimensions.

*"I Don't Fold Underwear Anymore"* was the keynote presentation by Deb DeWitz who is known for her humorous and down to earth style. Debra is a social worker and family therapist who spent over 15 years in direct service to families in Minnesota and North Dakota.

A variety of exhibitors shared resources and information including Child Childcare Choices Inc., Gillette Children's Specialty Health Care, Fraser Center, Friendship Ventures, STARS, Arc Midstate, Consumer Directions, Busy Buddies, Courage Center, Minnesota Organization on Fetal Alcohol Syndrome, The Special Needs Store, CentraCare Clinic, St. Cloud Hospital, UCP of Central Minnesota, Discovery Toys and more.

Sponsors of the event included the CentraCare Health Foundation, STARS for Children's Mental Health, Minnesota Adopt, St. Cloud Area IEIC and the United Way of Central Minnesota.

### March/April 2010

This year's planning team led by Arc Midstate included UCP of Central Minnesota, Child Care Choices, Inc./Midwest CCR&R, St. Cloud Area IEIC/Child Link, St. Cloud School District 742, St. Cloud Technical College, and Stearns County Human Services.

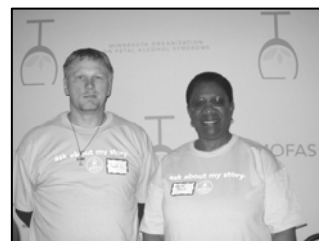
### Disability Days at the Capitol

The \$1.2 billion projected state budget deficit will mean services to persons with



**Disability Day February 11th** disabilities and their families will again be at risk. We need to raise our voices loudly right from the beginning of the state legislative session and let our elected officials know they must not harm disability supports. Thus far this legislative session Arc Midstate has been honored to lead groups to visit with their legislators on two days – February 11 – CCD Disability Day at the Capitol and March 9<sup>th</sup> – MOFAS Day on the Hill.

Special thanks to Teri, Bill, Rick, Larry, Matt, Angie, Wanda, Nadine, Rita and Todd for taking time to make the journey and share their personal stories with our



MOFAS Day on the Hill March 9<sup>th</sup>

legislators. You can make a difference too! Contact Rita at 320.251.7272 or [makingadifference@arcmidstate](mailto:makingadifference@arcmidstate) to sign up as a rapid responder and to receive action alerts.

### April is Autism Awareness Month

Created by the Autism Society and law enforcement & preparedness consultant Dennis Debbaudt, this



Emergency Decal can be placed on your door or automobile window. A companion piece called the "Personal Information Record" is also available. Contact Arc Midstate to order a packet. 320.251.7272



## Summer Planning – Start Now!

You have almost made it through the school year. Despite any obstacles, your child did pretty well. You even saw him meet some of his IEP goals. But now summer is looming, and you may have no clue what to do. Ordinary summer camp looks pretty unlikely - after all, how many camp programs offer “social skills” along with “horseback riding?” Here’s how to get the process underway.

Start early. These days, even parents of typical kids start early in their quest for the perfect summer camp at the perfect price. For parents of children with special needs, the start should begin even earlier.

If you live within a 30 mile radius of St. Cloud and your child is under 21yrs of age and in school contact ARISE if your child needs help to participant in community based recreational activities. Call Deb Johansen at 320.253.5857 ext 7.

Find out what kind of Extended School Year (ESY) program is offered through your school district. ESY is a federally funded option for kids whose skills are likely to regress during extended breaks. If your child does qualify, he may be eligible for a free summer program. Transportation is included.

Look into the YMCA. Many YMCA’s work hard to make inclusion work. All YMCA’s offer financial aid to families in need. Be sure to ask about financial aid if you need it.

Surf the Web. Take a look at **My Summer Camps**, and **Kids Camps** for listings of special needs options. While some of these camps can be pricey, others are about the same cost as a nice private day camp in your area.

Ask around. Your teacher, principal, or parents of kids in your child’s class may have great ideas.

Don’t let June roll around before you have a solid plan in place. Have plenty of photos of your summer available to create that all-important visual planner especially if your child has autism or a related condition.

Summer is an especially tough time for families with children with special needs. For most of our kids, unstructured time isn’t relaxing - it’s overwhelming. That’s why a summer program is so critical.

(Adapted from article by Lisa Rudy – Autism Guide)

## Workshops Designed for You!

### Sensory Processing Challenges – Practical

**Strategies for Everyday Life:** Many individuals with special needs have difficulty with self regulation and sensory processing that interfere with daily routines and can cause troubling behaviors. What does this look like and how can sensory processing challenges be identified and treated? The presenter is an occupational therapist and parent of an adult child on the autism spectrum, who will offer both a professional and parental perspective. Practical proactive strategies for the home, work and school environment will be explored. A certificate of attendance will be available. Co sponsored with Arc Midstate. April 20, 2010 6:30 – 8:30 PM – Apollo High School \$10 per person (\$15 per family) – register with St. Cloud Community Ed. [www.stcloudcommunityed.com](http://www.stcloudcommunityed.com)

### Parents of Young Children with Down Syndrome

Meets the first Thursday of most months at 6:00 PM  
Hope Covenant Church in St. Cloud

### *Morrison County Parent Group*

for parents/caregivers for children with any special need of any age meets on the  
Third Tuesday - of each month 6:00 – 7:30 PM  
Morrison County Learning Center  
Please let us know if you plan to attend 877.251.7272.

## Thank you for renewing your dues!

**Arc Midstate – annual dues Individual \$20  
Families \$30 – Organizations \$75  
Membership Dues will increase in 2010  
Renew now at the current rate**

New:

Alyssa Strong

Renewal:

Deb & Mark Johansen

Florence Orionzi

Bonnie Cassady

Estelle Meemken

Lisa Sanders

Sandy & Dan Wielenberg



**Arc Midstate’s**

10<sup>th</sup> Annual Rose Sale

[www.ArcMidstate.org](http://www.ArcMidstate.org)

See our website for ordering information



THE ARC OF MINNESOTA HOUSING  
ACCESS SERVICES PROGRAM:

## Kevin Hylla's Story

Kevin found Arc Midstate through a Benton County case worker who asked about helping him find a home of his own. Kevin currently receives services through a CADI waiver. He unexpectedly had to leave his apartment and ended up in a group home until another suitable living arrangement could be found.



Arc staff connected with Kevin and helped keep things moving forward by meeting with him and searching to locate an apartment. Upon finding a suitable and affordable living arrangement, Arc staff helped him with rental deposit funds. Kevin's service provider, Catholic Charities, assisted Kevin with some furnishings for his new home. Arc staff members helped him and his family locate a resource to obtain a queen size bed. After Kevin moved in, it was evident he still had very limited furnishings. Arc staff members were able to secure donations for bedding, linens and some additional household items from Shopko. *Kevin is enjoying his new place right now!*

Arc Midstate is offering this outstanding new service for adult Minnesotans of all ages who have been assessed and determined to be eligible for Minnesota Medicaid home care or waiver services and who want to move to homes of their own. If you or someone you know is ready to move, contact Deb at Arc Midstate 320.251.7272.

### Mark the Date

#### **ARISE Arc Midstate Golf Event**

June 11, 2010 – Blackberry Ridge Golf Course - Bring a friend and golf!  
Opportunities for sponsorship and prize donations.



**Visit MOFAS at  
First Steps Baby Expo  
April 17, 2010  
10 AM – 3 PM  
St. Cloud Civic Center**



### **From the Director**

Perhaps you have heard the saying “*If you think something small cannot make a difference, try going to sleep with a mosquito in the room.*” That is one way we look at our legislative advocacy efforts and we greatly appreciate those who make the extra special efforts to make our presence bigger and more noticeable. Our legislators and policy makers have difficult decisions ahead. It is the responsibility of parents, professionals and self advocates to carry the message forward that the supports and services used by individuals with special needs are not the extras in life – they help make it possible to meet basic needs such as food, clothing and shelter.

April is volunteer appreciation month. During 2009 Arc Midstate was blessed with over 200 volunteers contributing more than 1900 hours of volunteer services. Thank you for helping us to make a difference.

April is Autism Awareness Month too. Please help spread the word about the wide range of supports for families living with autism that are available thru Arc Midstate. For more details, please visit our website at [www.arcmidstate.org](http://www.arcmidstate.org)

### **Sibsdays – Spring has Sprung !!!**



**April 24, 2010 - Saturday**

**Location: Hope Covenant Church  
336 4th Ave South - St. Cloud**

**Time: 10:30 AM – 1:00 PM**

Sibs ages 7 – 12 yr come join us for a fun morning filled with spring themed activities, games and crafts. We will get to know each other in fun ways and share about our special siblings. Lunch provided. Hope to see you there!!  
Pre-registration is required – call for details.

### **Arc Midstate Leisure Resources Funds**

Members of Arc Midstate in good standing (according to the Leisure Resource Policy) are eligible to apply once a calendar year for financial assistance to help a person with a developmental or related disability enjoy a recreational leisure activity. Examples of how funds may be used include: assisting with the expense of camp, vacations, membership at fitness or health club, swim lessons, horseback riding, etc.

*Funding levels are determined each year. This year the amounts available for members may be up to \$150  
Application forms are available by calling Arc Midstate.*



Advocacy  
Resources  
Connections

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Non Profit  
Organization  
US POSTAGE  
PAID  
PERMIT 451  
St. Cloud MN 56301

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Fax 320.253.6844  
Info@ArcMidstate.org

Website  
[www.ArcMidstate.org](http://www.ArcMidstate.org)



Community Partner

Return Service Requested

**Calendar**

March 22nd – Monday 6:00PM  
Arc Midstate Board meeting

March 25<sup>th</sup> Thursday 6:00 – 7:00 PM  
ASD Parent Group - St. Cloud Area YMCA

April 1st – Thursday - 6:00 – 7:30 PM  
Down Syndrome Parent Group – Hope Covenant Church

April 16<sup>th</sup> – Friday – 6:00 PM  
ASD Teen Group – call for details

April 20<sup>th</sup> – Tuesday 6:00 PM  
Morrison County Parent Group

April 22<sup>nd</sup> - Thursday 6:00 – 7:30 PM  
ASD Parent Group – St. Cloud Area YMCA

April 24<sup>th</sup> - Saturday – 10:30 AM – 1:00 PM  
SIBSDAY – Hope Covenant Church

April 24<sup>th</sup> – Saturday 9:30AM – 1:30 PM  
Adaptive Bike and Recreation Fair – Whitney Rec. Center  
UCP of Central Minnesota

April 26<sup>th</sup> – Monday – 6:00 PM  
Arc Midstate Board Meeting and Annual Meeting