



NEWS AND NOTES

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

How Reform of Federal Healthcare and Long-term Services Will Impact the Disability Community

You are invited to join other members of the disability community for this presentation on

Tuesday, Nov. 30th
9:00 am – 12:00 noon
St. Cloud Public Library
1300 W. St. Germain St.
St. Cloud, MN 56301

Following the passage of major national legislation earlier this year, many in the disability community are left wondering how this 2,000 page healthcare reform law will impact us, those we care for or work with and what role our state government has in implementing the law. You'll get answers to your questions in this presentation by Allan Bergman, a nationally recognized expert and thought leader in influencing the development of federal and state policy for "best practice" services and supports for persons with disabilities.

Bergman has a unique and comprehensive understanding of the relationship between federal healthcare reform and the disability community. An accomplished nonprofit community agency and association executive, Bergman is a dynamic and inspirational speaker with a gift of making complex policy and financial information understandable and useful to everyone.

Allen Bergman's career includes significant leadership positions within local, state and national nonprofit agencies and associations. Most recently, he served as President and CEO of one of Chicago's largest community agencies, Anixter Center, supporting more than 5,000 individuals living with disabilities. His earlier positions in Washington, DC, included President and CEO of the Brain Injury Association of America, and leadership roles with United Cerebral Palsy Association. He has testified before many state legislative and federal congressional committees and his fingerprints are on many bills that are now law.

To register, please email Anni Simons at asimons@arcmn.org or 651 523 0823, ext 112. Space is limited, and registration will be granted on a first come, first served basis. Please contact Anni with any special accommodation requests.

November/December 2010

Arc Midstate Annual Community Christmas Parties



**Monday—December 6th
6:30 PM
Moose Lodge
1300 3rd Street North
Waite Park**

**Visits with Santa
Refreshments – Door Prizes
Concert by Project Challenge Singers**

**Sauk Centre
Sunday – December 5th
1:30 PM**



**Sauk Centre Legion
Potluck –utensils and beverages provided
DJ Pete will provide entertainment**

Annual Arc Holiday Fudge Sale

Fresh, Delicious Fudge is on sale NOW! Walnut Grove Mercantile in Marshall MN offers ½ and 1 lb. sizes in a variety of flavors including: Chocolate, Chocolate Walnut, Chocolate Peanut Butter and Chewy Praline. All profits from this sale will stay in the local community, supporting programs and services provided by Arc Midstate. We are looking for individuals to sell fudge to family, friends, colleagues and local businesses. The cost for ½ pound is \$5.00 and the cost for 1 lb is \$10.00. Orders forms and payment are due to Arc Midstate no later than November 29th and the fudge will be available for pick up at the **Arc office** on December 15th Please make checks payable to Arc Midstate. This date is just in time to buy gifts for teachers, paras, bus drivers/helpers, newspaper carriers, colleagues and all those special people you acknowledge during the holiday season. If you are interested in ordering or selling fudge contact Peggy at 320.252.7272 or admin@arcmidstate.org





Meet the Trettel Family

David and Janet Trettel have two daughters and a son: Nicole 21, Matthew 19, and Maria 16. David likes to jog, wood work, garden and watch sporting

events. Janet likes biking, walking and reading. Nicole attends St. Cloud State University and likes social activities with her family and friends. Matthew's passion is about movies, especially animated films. He keeps up-to-date on film and DVD release dates. He also writes a column for his school newspaper with movie reviews. His mission is to keep everyone informed about Disney, Dreamworks, etc. Maria enjoys playing games and reading books. She is a member of her school's swimming and softball teams. The Trettel family enjoys playing games, taking trips and watching movies together. The family pets include: Sammy; a golden retriever, and 3 cats: Snuggles, Squeaks and Sassy.

Matthew was diagnosed with Autism at the age of three. The Trettel's became involved with Arc Midstate five years ago when Arc took over the sponsorship of Teen Night for higher functioning teens with autism. They heard about Teen Night through another parent whose son has Aspergers Syndrome. Janet said, "Matthew was excited to attend right away. It gives him his own group of friends and activity to attend, like his sisters have their own friends and events. Teen Night gives Matthew an environment in which he feels comfortable and is understood." The Trettel family has made Teen Night a priority to attend. David & Janet have found other parents very welcoming and supportive.

Teen night is every third Friday of the month at 6 pm. Each Teen Night has a different activity planned. Sometimes it is game night, bowling, archery, a pizza party, playing at Summerland, pottery, wall climbing at St. John's University, River Bats baseball games, and other activities that teens enjoy doing.

David & Janet stated, "Teen Night is a great experience for Matthew. We are grateful to Arc Midstate for sponsoring this event."

Recently David & Janet have become Pilot Parents. Thank you to the Trettel family for your involvement and support of Arc Midstate.

Before You Celebrate Thanksgiving with Your Loved One with Autism - By Lisa Jo Rudy, About.com Guide

Know Your Loved One With Autism You know your child, spouse, grandchild or friend with autism better than anyone else. Think about them as you would any other loved one. What do they love to eat? What do they care about? If you're not sure (if, for instance, you're a grandparent living at a distance), just ask.

Think About Your Loved One's Needs Many people with autism find large gatherings difficult. They may also have aversions or intolerances to certain foods. Some people with autism will act oddly during the Thanksgiving meal, or need time and space to get away. Consider these needs when making plans; if you're not sure, just ask.

Prepare Your Home (Or Help Your Host Prepare)

If a person with autism needs a getaway, prepare one before the big day. Some ideas: set up a quiet bedroom with familiar toys, videos, books or other soothing items. Add familiar or fun sensory items: a therapy ball, a mini-trampoline, or even a squeeze toy can be a terrific calming tool.

Prepare Your Guests If you're inviting guests who don't know your loved one with autism, it might be in everyone's best interest to prepare them. Explain any differences or quirks that might be off-putting or confusing. Suggest ideas for how best to promote positive interactions.

Pick Some Thanksgiving Treats Just like everyone else; people with autism have favorite foods, songs, toys and activities. Plan a few for everyone - INCLUDING your loved one with autism. Does she love peanuts? Is he a huge fan of vanilla ice cream? Choosing special treats can help make everyone feel loved and cared for.

Take Pictures to Help Prepare Most people with autism dislike surprises and new settings. If you're traveling to a new or rarely visited place with your autistic loved one, photos can help prepare. What will the dining room look like? Where will he sit? If there's a special quiet space, what will that look like?

Talk About Your Plans Before you go (or welcome guests), use photos and other communication tools to help you discuss what's coming, what's expected, and how to manage tricky moments. If you have a young child with autism, how long must they stay at the table? Where should they go if they feel overwhelmed? Must they share toys? What if they aren't having fun?

Have an "Escape Plan" Ready Even with the world's best planning, Thanksgiving can be ... just too much. Discuss with others what "too much" might look like, and how you'll handle it. That way, if your loved one with autism simply melts down, you'll be able to handle the situation with calm and grace (or at least without undue freaking out!).

Thank you for renewing your dues!

Arc Midstate – annual dues

Individual membership \$20 - Family membership \$30

Organization \$75

New

Phyxius Inc.
Amy and Mark Kotcho
Alyssa Strong
Elisabeth Rogers
Patty Waletzko
Teri Estrem
Rose Jacobs
John and Rhonda Atchley
Deb Armstrong

Renewals

Bruce and Peggy Bayer
Gregory and Joyce Simones
Karin Motschke
Gary and Tracy Terhaar
Randy and Kathy Benham
David and Janet Trettel
Michelle Nadeau
Monica Holleran
Alicia Jepsen
Rebecca Schroeder
Tom Janson
Lisa Edelbrock
Margaret Wikle
Kenneth and Cheryl Klaverkamp
Virginia Hovda
Carol Bares

From the Director

It's hard to believe another year is quickly coming to an end. We want to thank the many great volunteers who have helped in so many ways including our dedicated board members, parent group facilitators, childcare providers for our groups, rapid responders, parent mentors, special events helpers and more.

Also, thank you to our team who helped plan and coordinate our third annual Autism Resource Fair held on September 25th, Bonnie Cassady, Teri Estrem, Rebecca Schroeder, Holli Boelz, Kathy Kjolhaug and Stephanie Wruck. Special thanks to District 742 for supporting our outreach at this event to Somalian Families.

Thank you for your consideration of a gift to help us meet the explosive growth in the need for our services. As you may know we are not funded by state, federal or county government or schools. Approximately 30% of our funding comes from the United Way of Central Minnesota. Thank you for supporting this campaign. The remainder of our funding comes thru occasional grants, membership dues, fees, special events and donations from people like you. The Give to the Max Day on November 16th is a great opportunity to show your support for Arc Midstate.



<http://givemn.razoo.com/story/Arc-Midstate>

**Central MN Child and Youth Mental Health
Conference: November 20th – Mark Your Calendar**

Together We Can

Please join STARS for Children's Mental Health, Minnesota Association for Children's Mental Health, local and state partners for our community's first annual Central Minnesota Child & Youth Mental Health Conference at the St. Cloud Civic Center. This conference is distinctively designed for parents, by parents of children with mental, emotional and behavioral challenges. A special track and breakout sessions for youth ages 13-18 are currently being developed. For more information visit the Stars Website at <http://www.starsnetwork.org>

Join us on Facebook !!

A fast and easy way to stay informed about Arc Midstate happenings.



www.facebook.com/arcmidstate



MARK YOUR CALENDAR

Potpourri Conference XI

for those who provide care and support for children & teens with special needs.

A regional conference for paraprofessionals, child care, respite care, foster care, parents, school-age care providers, instructional assistants, PCA's, teachers, and college students. This conference is dedicated to providing educational information and resources for all those who care for children and teens with special needs.

Saturday – February 26, 2011

8:00 AM – 3:30 PM

Sauk Rapids-Rice High School

Keynote speaker: Bob Bardwell “wheelchair athlete and founder of camp in southeast Minnesota – It's Not what Happens to you It's What you do About it”.

Plenary Session Jonathan Friesen

Breakout sessions include topics such as: Autism Related Topics, Behavior Related Topics, Toddler Mental Health Communication, Assistive Technology and more.

Registrations will be taken by Arc Midstate. Registration fee \$49 – 6.0 hours of training and continental breakfast and lunch. Registration flyers will be ready mid- December 2010. Space is limited – register early!



Advocacy
Resources
Connections

Arc
Midstate

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Community Partner

Return Service Requested

Calendar

Nov. 11th – Thursday 6:00 PM
Down Syndrome Parent Group

November 16th – Give to the Max Day

November 18th – Thursday 6:00 PM
ASD Parent Group – St. Cloud YMCA

November 19th – Friday 6:00 PM
ASD Teen Group – CentraCare

November 19th – Friday 7:15 PM
Project Challenge Dance – Purple Pride – South Junior High

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

November 22nd – Monday – 6:00 PM
Arc Midstate Board Meeting

November 30th – Tuesday 9:00 AM
Healthcare Presentation
St. Cloud Public Library

December 5th – Sunday
Community Christmas Party
Sauk Centre – American Legion Club

December 6th – Monday
6:30 PM - Moose Club – Waite Park