

2011 Buddy Walk and Roll Success!

On August 10th at the Sauk Rapids Municipal Park we held our annual community picnic and Buddy Walk and Roll. It was a beautiful evening and everyone enjoyed delicious grilled burgers and hot dogs prepared by the Auto Value Parts Headquarters grilling team led by Tim and Shelly Fedema. Additional wonderful volunteers included Dorothy Royer, Rebecca Schlough, Lisa Edelbrock, Kathy Stromberg, Marie Kigin, Deb Wenz, Kate Honer, Nancy Kruse, John & Linda Schrieber, and Kirby and Corey Daubanton.

The purpose of the walk is to raise awareness and acceptance of individuals with a variety of developmental disabilities and to raise funds for Arc Midstate. Thanks to our generous sponsors and pledge gatherers, over \$14,000 was raised for Arc Midstate. All of the funds raised remain in Arc Midstate's region – helping us to make a difference in the lives of individuals and families.

Special appreciation also to Sauk Rapids Chief of Police Perry Beise for making arrangements for a Sauk Rapids Police Car and Fire Engine.



First Place
Jake Greenwaldt



Second Place
Chloe Schlough



Third Place
Allison Wielenberg

September/October 2011

The Nelson Family

Imagine having a child born with Down syndrome, a condition that you know nothing about. Brett and Andrea Nelson didn't have to imagine this situation; it became a reality for them seven years ago when their son, Nick, was born. They didn't know where to turn, until they heard about a parent support group at Arc Midstate, where they were given advice from other parents. Arc Midstate is a local non-profit partner program of United Way, which offers advocacy, resources and connections to people with developmental disabilities, and their family members. It is Arc's goal to provide information and services to help those with disabilities grow, develop and realize their goals.



Brett loved the parent support groups and said "sharing experiences and advice with other parents going through similar experiences is invaluable." The Nelson's also have two daughters, Tory 10, and Abby 8, who regularly participate in "Sibsdays" events through Arc. "Sibsdays" events are held six times per year and provide siblings, ages 7-12, the opportunity to participate in fun activities and share experiences, feelings and frustrations about having a sibling with special needs. "My daughters always look forward to attending Sibsdays. It's a special day just for them and no parents or siblings with special needs attend," Brett explained.

After being involved in Arc for two years, the organization asked Brett and Andrea to become Pilot Parents, trained volunteers that provide one-on-one support to parents going through diagnosis of their child or other difficult transitions. Brett has been involved with Arc Midstate for more than seven years, and serves as president of Arc's board of directors. According to Brett, "the best thing about Arc is the access to so many local resources." Brett describes Arc's partnership with United Way as priceless and essential to maintain current operations. An important aspect of United Way is providing a hand up and not just a hand out, which is exactly what Arc Midstate, does for its members. Brett shared, "Without Arc Midstate, I don't know where we would have found the resources that we know and use today."

The mission of Arc Midstate is to support and advocate for people with intellectual and other developmental disabilities and their families as they choose how they live, learn, work and play.

Arc Midstate is a 501c3 non-profit agency serving Stearns, Benton, Morrison and Todd Counties.

Buddy Walk and Roll!



TOWN HALL MEETING

Sponsored By: MN-CCD, Arc Midstate, Brain Injury Association, MOFAS & Wacosa

Date: Monday, October 17, 2011

Time: 4:30-6:30 pm

St. John's Episcopal Church

1111 Cooper Ave South St. Cloud

"It is essential that individuals with disabilities and their families voice their concerns with state legislators regarding cuts to services and programs"

Legislators from Districts 14 & 15 have been invited to hear our stories and address these important issues with us.

- Senator Michelle Fischbach – District 14
- Representative Tim O'Driscoll – District 14A
- Representative Larry Hosch – District 14B
- Senator John Pederson – District 15
- Representative Steve Gottwalt – District 15A
- Representative King Banaian District 15B

You don't have to be a legislative expert to participate in this town hall meeting. Your presence is vitally important, please come and bring a friend. Let legislators hear about what is important to you.

Please contact Rita at Arc Midstate with any questions at 320.251.7272 or

makingadifference@ArcMidstate.org

Pre-registration would be helpful.

Free and Open to Public

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Don't Give up Hope

When you get a diagnosis of autism you often here all sorts of doom & gloom messaging about all the things your child probably "won't" ever do. Don't ever give up on your child! It will be hard work, people will not understand but you are the most important influence in your child's life so you need to love them and have hope for them and work to help them reach their goals and their greatness. You can do this or you would not have been chosen to parent this special gift of a child.

—Guest Julie – About Autism

The Together We Can 2 Conference

was held on September 17, 2011 at Calvary Community Church in St. Cloud. Nearly 200 participants enjoyed a full day of gathering information on a variety of children and youth mental health related topics by high qualified presenters. The afternoon included a featured MACMH presentation – More Fidgety Fairy Tales which help to raise awareness and promote understanding of children's mental health by re-imagining familiar fairy tales so that the main character has a mental health disorder. The Autism Resource Fair included 25 vendors showcasing a wide variety of products and services and a panel presentation. Special thank you to our planning committee: Cecil Huston, Rhonda Karles, Cindy Owen, Liz Kellner, Michelle Hilden, Trisha Graves-Petron, Sandie Murray, and Kris Halonen. The youth track was facilitated by Beka Swisher with special presentations by Joan Collins-Marotte and Jonathan Friesen. Thank you to all those who supported this outstanding event.

Arc Halloween Pizza Party

Sauk Centre –
Camp Hill Village
1:30 PM – Sunday October 23rd
Pizza and Beverages provided
Halloween Costume Contest
DJ Pete will entertain- Music and Fun!
Questions? Call Marlene at 320.352.3321



Chart Your Path at Our State Conference in Breezy Point

“Charting Your Path: Preparing For transitions To Community & Employment At All Ages” is the theme of our 2011 Annual State Conference on November 4-5 at beautiful Breezy Point Resort. There are a number of transitions you and your child with disabilities make before and after he/she moves from school to life after graduation. We want to help “chart your path” so you can make all these transitions successfully.

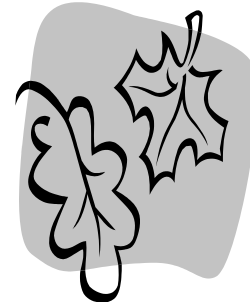
When you get to Breezy Point, here are just a few of the presentations we’ll have for you: new resources and information for persons with autism; tips for parents of children under age 16 on preparing him/her to transition from school to community; our Master Trust and Housing Access Services programs; innovative post-secondary options for students with disabilities; and getting and keeping a job in the community, while maintaining essential benefits.

Registration information is available at:

www.arcminnesota.org

From the Director

Another summer quickly ends and a beautiful fall has arrived. We hope you were able to take advantage of one of the many opportunities to connect with friends from the Arc community.



Thank you to everyone who has shared ideas and resources for fall and winter training opportunities and family support activities. There is still time to add to our list for winter and spring. We welcome your ideas and input. Please call me to share your thoughts at 320.251.7272 or 877.251.7272 or email info@arcmidstate.org.

We invite you to join us on our Facebook page at www.facebook.com/arcmidstate. This is a great way to keep informed and to communicate with us. It's fast, easy and fun.

Family Support Grant (FSG) Program

The Family Support Grant program provides state cash grants to families of children with certified disabilities. The goal of the program is to prevent or delay the out-of-home placement of children with disabilities and promote family health and social well-being by facilitating access to family-centered services and supports.

Who is eligible for the Family Support Grant?

- Children currently residing in a licensed residential facility who would return to their family home if a grant was awarded are also eligible
- Families of children with a certified disability, under age 21 years, living in their biological or adoptive home

As of Jan. 1, 2011, families with an annual adjusted gross income of \$92,100 or less are eligible for the FSG Program except in cases where extreme hardship is demonstrated. Considerations may include size of the family, presence of a disability in other family members and substantial debt due to the child's disability.

Children who are on a Brain Injury, Community Alternative Care or Community Alternatives for Disabled Individuals waiver can receive a Family Support Grant if they meet the eligibility criteria for the grant.

Currently, families receiving home and community-based waiver services for persons with developmental disabilities (DD Waiver) are NOT eligible for the Family Support Grant. A family receiving services under the DD Waiver may apply for a Family Support Grant. However, if a grant becomes available to the family and they choose to participate in the program, they must discontinue receiving services under the DD Waiver.

Circumstances do not make a man, they reveal him." Dr. Wayne W. Dyer



Advocacy•Resources•Connections

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Community Partner

Return Service Requested

Calendar

Sept. 22nd – Thursday 6:00 PM
ASD Parent Group – St. Cloud YMCA

Sept. 26th – Monday – 6:00 PM
Arc Midstate Board Meeting

October 4th Tuesday
Disability Awareness Task Force
Dinner and a Movie

October 6th – Monday 6:30 PM
Financial Planning Workshop

October 13th -Thursday 6:00 PM
DS Parent Group
Hope Covenant Church – St. Cloud

October 15th – Saturday 11:00 AM
MOFAS Family Fun Event – Picnic

October 22nd – Thursday 6:00 PM
ASD Parent Group – St. Cloud YMCA

October 26th – Monday – 6:00 PM
Arc Midstate Board Meeting

October 29th – Saturday 10:30 AM
Sibsdays Events –Hope Covenant Church – St. Cloud

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Organization
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