



# Annual Report 2007



**Arc Midstate is a nonprofit membership organization offering advocacy, resources and connections to individuals with developmental disabilities including Autism, Down Syndrome, Fragile X, Fetal Alcohol Syndrome and their families in mid-Minnesota including Stearns, Benton, Morrison and Todd Counties.**

***Mission statement:***

*Arc Midstate works to ensure that the rights of people with developmental disabilities are protected, and they are supported to live, learn, work, and play as they choose.*

**Advocacy • Resources • Connections**

# Arc Midstate Annual Report 2007

Arc Midstate exists because people with developmental disabilities and related conditions need help to ensure that their rights as citizens are protected and that they are supported to live, learn, work and play as they choose.

*One out of ten American families is directly affected by developmental disabilities, which cuts across the lines of racial, ethnic, educational, social and economic backgrounds.*

*Our vision is a world where people with developmental disabilities have equal opportunities to choose their own path and make their own decisions.*

**Arc Midstate serves Stearns, Benton, Morrison and Todd Counties including areas such as Albany, Clear Lake, Clearwater, Cold Spring, Fair Haven, Kimball, Little Falls, Sartell, St. Joseph, Sauk Rapids and Waite Park**

## **A few program highlights from 2007**

During 2007 Arc Midstate provided services or information to over 2700 people through various programs, events, support groups, advocacy efforts and training opportunities.

658 people participated in various family support activities including parent groups, Sibsdays events, Pilot Parent matches and the Opening Doors program for help with child care or respite care.

941 people participated in various training opportunities through Arc Midstate including Fetal Alcohol Syndrome prevention, Get Set – training for special education success, regional Potpourri Conference & Project Exceptional training sessions

133 people benefited from advocacy services and civic engagement opportunities

## **Board of Directors 2007**

**Mary Heinen – president**  
*Catholic Charities*  
*(sibling/guardian)*

**Gale Erdmann – vice president**  
*Dist. 742 Com.Ed*

**John Westphal - Secretary**  
*Psychologist – Business Owner*

**Deb Wenz – Treasurer**  
*Wells Fargo Bank*  
*(parent)*

**Marie Kigin**  
*St. Cloud School District*  
*(parent)*

**Marlene Jennissen**  
*Sauk Centre*  
*(parent)*

**Amy Sidemore**  
*Independent Lifestyles*  
*(parent)*

**Brett Nelson**  
*Juniper (parent)*

**Joanie Meyer**  
*School District 742 – St. Cloud*

**Cindy Owen**  
*Executive Director*

**Programs and services of Arc Midstate:**  
*Advocacy – individual and systems*  
*Sibsdays Events*

*Midstate Pilot Parents*  
*Fetal Alcohol Syndrome education and prevention*  
*Leisure Resource Funds*  
*Lending Resource Library*  
*Social events such as picnics, dances etc.*  
*Family Support Activities*  
*Opening Doors program addressing child care and respite care needs for families with children with a variety of special needs*  
*Locally produced newsletter*  
*Workshops and conferences*  
*Get Set – special education training*  
*Information and Referral*

# Revenues and Expenses 2007

2007 EXPENSES	Fam/Care Support	Advocacy Civic Engagement	Training & Education	Outreach Community Events	Fundraising	Administration	Totals
Arc Midstate							
Salaries/wages	16,223	18,553	19,994	16,973	5,164	2,784	79,691
Prof Fees	147		200	250		2,787	3,384
Insurance Prop.Liab	673	557	673	673		129	2,705
Travel	821	501	821	821	219	99	3,282
Conferences/training			1,252			441	1,693
PIECC			14,037				14,037
Equip repairs	113		117				230
Supplies	396	86	396	283		112	1,273
Printing	750	500	750	750		250	2,247
Phone/fax Web	715	500	715	715	100	107	2,852
Postage	233	139	233	238		127	970
Rent/utilities	2,100	1,400	2,100	2,100		700	8,400
Payments to national/state affiliates	313	424	313	313			1,363
Assistance to individuals	2,244						2,244
Fundraising expense					10,664		10,664
Public Relations					228	229	457
Membership Dues	687	926	687	687			2,987
Family Support Outreach	2,698	676		2,407			5,781
Community Events				2,870			2,870
Bank fees/misc						510	510
<b>total expenses</b>	<b>29,431</b>	<b>24,851</b>	<b>43,606</b>	<b>29,822</b>	<b>16,375</b>	<b>8,693</b>	<b>147,640</b>

## Revenues and Funds

United Ways	55,425
Contributions	10,150
Special Events	33,423
Members Dues	4,145
Interest	342
Grants/Foundations	23,557
Investment Income	500
Misc. income	376
Fees	16,271
Carryover funds used	3,451
<b>Total</b>	<b>147,640</b>

## Statement of Financial Position Year end 2007

Assets –checking/cash	\$44,528
Receivables	\$ 1,237
Bette Pollreis Memorial Fund	\$ 9,569
Net Property	\$ 5,520
<b>Total Assets</b>	<b>\$60,854</b>
<b>Total Liabilities</b>	<b>\$ 2,738</b>
<b>Total Net Assets</b>	<b>\$58,116</b>

## ADVOCACY • RESOURCES • CONNECTIONS

**Arc Midstate** – street address: 110 2nd Street South – Suite 305 – Waite Park, MN 56387

Mailing address: P. O. Box 251, St. Cloud, MN 56302

Phone – 320.251.7272 Toll Free 877.251.7272

Fax - 320.253.6844 Website – [www.ArcMidstate.org](http://www.ArcMidstate.org) Email: info@ArcMidstate.org



**Arc Midstate Staff -2007**  
**Cindy Owen – Executive Director**  
**Cassie Marks – Administrative Assistant**  
**Rita Trettel – Volunteer Coordinator and Civic Engagement**  
**Karrie Halbur – Family Liaison**  
**Andrea Nelson – Regional Development Associate**

**Total volunteers in 2007 110 serving in a wide variety of roles.**



**Comments from those receiving services thru Arc Midstate:**

**“I don’t even remember the first “real” introduction to Arc Midstate, they’ve just always been there for us. Our family has been involved with a Down syndrome Support Group, Pilot Parents, the Buddy Walk, Rose Sale and so many different community resources that have shared information with Arc Midstate . . . .”**

**“We attended our first meeting and have attended nearly every additional meeting since. We continuously find great comfort in having others around us whom we can confide in and most importantly learn from and listen to at these meetings. This monthly group has been without a doubt, extremely powerful for our family. We love the different speakers that are brought in each month and feel that our questions and input are understood. Because of these meetings, we feel so connected and informed about our decisions as parents in meeting all of our child’s needs educationally, physically, and emotionally! “**



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