



NEWS AND NOTES

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

November/December 2008

Newest Staff Member for Arc Midstate



My name is Sara Poginy and I have recently joined Arc Midstate as the new Administrative Assistant. I live in St. Cloud with my three-year-old daughter, Maia and our new puppy, Josephine.

I grew up in Richmond, but have only recently moved back to Minnesota after living out of state for the last twelve years. I am excited about being back in the state, although I think I had managed to block out the cold winters! I enjoy writing, reading, photography and playing “princess dress-up” with my daughter.

I have worked previously writing grants and doing support work for non-profit organizations. In addition to working with Arc Midstate, I currently work as a Massage Therapist and as a PCA.

I look forward to working with Arc and its members!

TOWN HALL MEETING – DECEMBER 9TH SEE ENCLOSED CARD FOR DETAILS

If you're waiting to receive services, we want to hear your story. **We are recruiting self advocates and parents who are willing to share their stories at the upcoming Town Hall Meeting on December 9th in St. Cloud to testify to the need to reduce the DD waiver waiting list.** Personal stories are **crucial** to making a case at the Legislature for the supports you need. In fact, we would not have had successes at the State Capitol in past years without stories from Minnesotans across the state. We also want to hear from you if you are receiving PCA services, whether they are working for you or not. We will help you prepare and support your effort.

For more information contact Rita Trettel at:
makingadifference@arcmidstate.org.

Parent Groups will take a break during the month of December. Everyone is invited to our annual Community Christmas Party on December 1st.

The Giving Season During the next few weeks you will receive many appeals seeking a year-end donation from many worthy charities. We hope that you will consider a year-end gift to Arc Midstate. We appreciate your past support and are honored to be the lead agency in our region making a difference for people with developmental disabilities and their families. During 2008 so far Arc Midstate provided services or information to over 2,800 people through various programs, events, support groups, advocacy efforts and training opportunities. Some examples of persons served:

- 500+ participants in various family support activities including parent groups, Sibsdays events, Pilot Parent matches and the Opening Doors program that matches appropriate child care or respite care with children with special needs.
- 900+ participants in various training opportunities through Arc Midstate including Fetal Alcohol Syndrome prevention, Get Set: Training for Special Education Success, Project Exceptional training sessions, and the regional Potpourri Conference.
- 100+ people benefited from advocacy services and civic engagement opportunities.

The need in our community continues to GROW. As we near the end of 2008, we anticipate impacting a record number of individuals and families. Your support will help us meet the increasing demand for our services. Please use the enclosed response envelope or contact us about how to respond electronically.

Our goal is to raise \$5,000 before the end of 2008. All funds raised thru this year-end appeal will remain in our region!

Your donation will make it possible for Arc Midstate to leverage additional funding.

Thank you again for your generous support in the past.

Together we are making a difference.



Meet the Waline (Rittman) Family

Sarah writes, “We are a family of four including my new husband Bob (recently married this summer), myself, Sandis (age 8), and Gracie (age 5).

Bob is a musician and drum instructor. He works at the Kracker Jack Drum Shop giving

drum lessons to youth and adults. Bob is also starting a new business creating custom drum sets.

I am employed as a technical writer at The Coleman Company, Inc. (formerly Stearns, Inc.) My passion is disability advocacy (equal opportunity and access!) and advocating for universal single payer health insurance. I am a recent graduate of Partners in Policymaking, serve on District 742’s Special Education Advisory Council, and I am a parent leader in the Minnesota Parent Leadership Network.

Sandis is a character, but I call him my pumpkin! He loves Star Wars, Harry Potter, drawing, and computer time but he spends his time in the fall and winter playing hockey. Sandis began second grade in the fall. Gracie is my peanut. She is persistent and independent, and these traits color all aspects of her personality. She began Chinese Immersion Kindergarten this fall.

I first became familiarized with Arc after Sandis’s autism diagnosis. Sandis was diagnosed with PDD-NOS, ADHD-NOS, and ODD soon after turning six years old. I was overwhelmed at that time with the amount of things I needed to do to acquire services for Sandis. Arc set me up with a pilot parent through the Pilot Parent Program. The family they arranged introductions with had children with autism as well. This family taught me much about services available for Sandis and the experience of talking with them was valuable.

I currently co-facilitate the Parents of Children with Autism support group held monthly at the YMCA in Saint Cloud and sponsored in part by Arc. The staff at Arc has helped ensure that the facilitation of this group runs smoothly. This group is an excellent opportunity to share resources as well as my own experiences. However, I mostly love this group because I know it provides families an opportunity to network and have fellowship with other families in similar situations. The fact that the group offers skilled child care really makes this group family friendly, which is especially important!

These past few years I’ve learned that all of the services my family receives is because of the hard work of parents before me. Arc has enabled parents to continue this work because of the programs they have. All parents want their children to be successful and fully included in their community. Arc is helping to ensure that all children are. Thanks Arc!”

ARC MIDSTATE ANNUAL COMMUNITY CHRISTMAS PARTIES

For individuals with developmental disabilities and their families and caregivers.



St Cloud Area

Monday, December 1 - 7:00 pm

Moose Lodge, 1300 3rd St North, Waite Park

Bring the entire family! Concert performance by Project Challenge Singers, refreshments, photos with Santa Claus and door prizes!

This event is free. Please let us know if you plan to attend! Our special thanks to the Moose Lodge.

Melrose – Sauk Centre Area

Sunday, December 7 - 1:30 PM

**Melrose American Legion,
101 265 Co Rd 173, Melrose**



DJ Pete will entertain — Potluck with dinner suggestions being: hot dishes,

salads, breads or desserts.

Utensils and beverage provided.

Arc Midstate will offer newsletters electronically during 2009!

If you are interested in receiving an email version or link to our newsletter in place of a paper copy we will need your email address. Please send your email address to Sara at admin@arcmidstate.org.

Imagination Library

The goal of Imagination Library is to provide books in the hands of every young child to read and keep for their very own. This also means parents, older brothers or sisters, grandparents, babysitters and others reading, talking and enjoying books together with the children in their lives.

Children enrolled receive a new, age-appropriate, hard cover book sent to them at their home each month. The program is offered to families at no cost.

Who is eligible?

Children from birth up to their 5th birthday. Their parent or guardian must live or work in the United Way of Central Minnesota or Morrison County United Way service area. For more information call 320.252.0227 or email info@unitedwayhelps.org or Morrison County United Way at 320.632.5102 or unitedway@clearwire.net

Thank you for renewing your dues!

New Members:

Jason Dols & Melissa Weber
Arlen & Claudine Christianson

Renewal Members:

Rosemary Bliss
Tim & Ann Chmielewski
Sandra & Daniel Wielenberg
Heather Dow
Richard Czech
Dale Dickison
Carol Buermann
Greg Bloch
Gina Heger
Barbara McPortland
Tim & Linda Schreiber
Shirley Lieser
Mary E. Bauer
Robert Pollreis

Arc Midstate – Annual Dues

Individual \$20

Family \$30

Organization \$75



**Presentation of the check for a donation to
Arc Midstate – Autism Connections Program
for \$2,352.**

The **St. Cloud Center of Tae Kwon Do** recently held a fundraising event on October 30th that benefited the Arc Midstate Autism Connections Program.

We greatly appreciate the many efforts put forth by Rob and Dawn Opheim and the students and their families.

The event was highly successful and also great fun.

Thank You!

Executive Director

We have many reasons to be thankful and many people to thank. We appreciate the dedicated leadership and passion of all of our current board members, Gale Erdmann, Brett Nelson, Marie Kigin, Marlene Jennissen, Amy Sidmore, Rebecca Pohlig, Joanie Meyer and Mary Heinen, who each donate many hours of volunteer service and provide guidance to our organization.

We are thankful for the community partnerships we enjoy, including the United Way of Central Minnesota, St. Cloud State University, area schools and many additional organizations.

As members you should know that our staff Rita Trettel, Karrie Halbur and Sara Poginy are highly motivated and perform their duties with great care and enthusiasm. They are a tremendous blessing to our efforts.

We appreciate each of you and your continued interest and support of our efforts. Together we are making a difference.

An additional note – a dear friend of Arc Midstate Kathy Benham was recently involved in a serious car accident and is recovering from her injuries. We send our best wishes to Kathy and her family for a speedy recovery.

MOFAS – Update

Training – MOFAS offers a variety of trainings for both families and professionals in the Stearns, Benton, Sherburne, Morrison and Todd Counties. We offer prevention education to health classes and teen groups at no charge. Call Karrie at 320.492.9391.



Family Retreat June 26-28, 2009 at Camp Confidence Brainerd, MN - An opportunity for families who have children with an FASD diagnosis to attend a fun event with their children. This event encourages both the adults and the children to build friendships with others who are living with the effects of FASD. This is a great way for families to network.

Family Fun Nights – coming January 2009 – watch for details! Events will include opportunities for family activities, networking and informational sessions.

Pregnant Pause Coming Spring 2009!

To Contact Us:

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Fax 320.253.6844
Info@ArcMidstate.org

Website
www.ArcMidstate.org



Community Partner

Calendar

Thursday, November 20th – 6:30 – 8:00PM
ASD Parent Group
St. Cloud YMCA, St. Cloud

Thursday, November 20th – 6:30 – 8:30PM
Get Set Training
Apollo High School, St. Cloud

Friday, November 21st – 6:00PM
ASD Teen Group
Monticello Community Pool, Monticello

Monday – November 24th - 6:00 PM
Arc Midstate Board Meeting

Monday, December 1st – 7:00PM
Community Christmas Party
Moose Lodge, Waite Park

Thursday, December 4th – 9AM - 12PM, 6:30 - 9:00PM
Get Set Training
Market Place Office Building, Waite Park

Sunday, December 7th - 1:30 PM
Community Christmas Party
Melrose American Legion

Monday, December 8th – 6:30 – 9:00PM
Get Set Training
Albany Elementary School, Albany

Tuesday, December 9th – 4:30 – 6:30PM
Town Hall Meeting
St. John's Episcopal Church, St. Cloud

Thursday, December 11th – 11:00AM – 1:30PM
Get Set Training
Market Place Office Building, Waite Park