



## NEWS AND NOTES

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

January/February 2009

### Workshops Designed for You!

Arc Midstate and District 742 Community Education Program for Adults with Developmental Disabilities are offering the following workshops:



#### **SSI – BASICS**

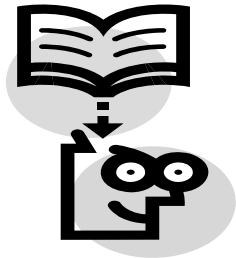
Understanding the ins and outs of Social Security Income is often overwhelming and confusing. Join us for this informative session covering the basics of SSI. Topics will include eligibility, how and when to apply, the difference between

SSI, RSDI, PASS program basics, representative payee information and wage and reporting tips. Certificate of attendance will be available. Presenter will be Marlene Haider from the St. Cloud Social Security Office.

Tuesday, February 10th 6:30 – 8:30 PM

Apollo High School, St. Cloud, MN

Fee: \$6 per family



#### **Planning for Persons with Disabilities**

People with disabilities and their families face planning challenges in order to guarantee a comfortable lifestyle when family members are no longer available to provide assistance. Topics of

this useful session include preparing appropriate wills, guardianship/conservatorship issues, avoiding family conflict and reducing professional expenses. Certificate of attendance will be available.

Presenters are Bradley Hanson and John Wenker, Attorneys with Quinlivan and Hughes PA

Tuesday, March 3rd 6:30 – 8:30 PM

Apollo High School, St Cloud, MN

Fee: \$6 per family

**Register with St. Cloud Community Education**

**[www.stcloudcommunityed.com](http://www.stcloudcommunityed.com)**

**Phone: 320.529.6500**



#### **Disability Day at the Capitol February 4, 2009**

As the new legislation session begins, our state faces a \$4.8 billion dollar budget deficit. Our elected officials will decide how the state will deal with this crisis and which programs and

services will once again be cut. It is crucial that our representatives and senators hear from their constituents – letting them know that they need to protect funding for people with disabilities which allows them to live meaningful and independent lives. See Flyer inside for more details.

#### **Autism Supports available thru Arc Midstate**

##### **Autism and Behaviors Support and Information Group**

This support group is for parents and caregivers of children newly identified with Autism Spectrum Disorder or who may be in the process of being assessed. Parents have the opportunity to connect with other parents and gather information while children play together under the close supervision of specialized child care providers. This ongoing group meets on the fourth Thursday of each month at the YMCA in St. Cloud 1530 Northway Drive. The sessions run from 6:00 – 7:30 PM. **Please contact Arc Midstate to register for the meeting.** The ASD Support Group is supported by Arc Midstate, The St. Cloud Area IEC (Interagency Early Intervention Committee) and the Benton Stearns Education District. Email [info@arcmidstate.org](mailto:info@arcmidstate.org) to be added to the group email list.

##### **Teen Support Group**

Support for teens with high functioning Autism and Asperger's, 7<sup>th</sup> grade through high school. Socialize with peers and familiar adults – activity expenses, transportation and liabilities are the responsibility of each family. Teens attending need to be accompanied by an adult. The group is led by Beverly Hommerding and meets on the third Friday night of most months. Join the fun! Call for details or to be added to the mailing list.

*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.*



## Way To Go BRETT !

The Albany football team captains presented Brett Persson with this plaque at their football banquet in November 2008 Brett served as the Water Boy/Student Manager for the Albany

Football Team this season. In addition to helping out at all the home games, Brett traveled on the bus with the team to all the away games. Brett is shown in the photo with one of the Captains, Taylor Holthaus. All the students are so accepting of Brett and his disability, Down Syndrome. Last year the girls on the Albany basketball team presented Brett with the "Super Fan Award" during half-time. They gave Brett a basketball that was signed by all the girls on the team. Brett is the son of Kurt and Lori Persson of Avon. Congratulations Brett!



## Regional Training Conference Potpourri for Providers and Parents Saturday, February 21, 2009 8:00 AM – 3:30 PM Sauk Rapids-Rice High School

### Keynote speaker: Guy Doud "Molder of Dreams"

Guy tells the story of his journey through adversity to become the 1986 National Teacher of the Year. Labeled borderline developmentally disabled and suffering from debilitating arthritis and epilepsy, Guy found encouragement from others to never to give up. This is a story of courage and is filled with tears and laughter, and it is a story that has changed the lives of many. Discover how you can be a "molder of dreams".

Breakout sessions planned include: Handling the Challenges of Children with Special Needs, FASD, Cognitive Differences and Intervention Strategies in Autism Spectrum Disorder, The Many Faces of Anxiety, Laying Foundations for Independence for Individuals with Autism Spectrum Disorders, Social Stories and Social Scripts: Teaching Tools for Children with Autism Spectrum Disorders, and more!

*Registration \$45 includes continental breakfast and lunch  
6.0 hours of training*

*Thanks to support from the CentraCare Health Foundation  
and STARS, a limited number of scholarships are  
available for parents.*

*Registration flyer available at [www.arcmidstate.org](http://www.arcmidstate.org)*

## 2009 WINTER TRAINING SCHEDULE

The below training sessions provide caregivers, parents and educators with practical assistance in modifying their environment to fit the needs of all children. Trainers are Holli Boelz, Cindy Owen and Karrie Halbur.

**Understanding Autism Spectrum Disorders: Monday, February 9, 2009 - 6:30 -8:30 PM - Living Waters Church, 1911 4th Ave N, Sauk Rapids - Cost \$18** Learn the signs of Autism Spectrum Disorders and increase your understanding about common characteristics of children with Autism. Learn practical strategies and ideas for supporting children with Autism Spectrum Disorders in the home or child care setting. Instructor is Holli Boelz, Autism Resource Specialist.

**What's Up with Down Syndrome?: Thursday, March 19, 2009 - 6:30 – 8:30 PM – Girl Scouts Office, 117 4th St. S., Waite Park – Cost \$18**

A thorough overview of Down Syndrome, a genetic birth defect occurring in 1 out of 733 live births. Sort fact from fiction, debunk myths about Down Syndrome, learn about health concerns, how to handle "stubborn is as stubborn does," and know when to worry about self talk. Instructor is Cindy Owen, Arc Midstate

**Fetal Alcohol Spectrum Disorders: Tuesday, April 21, 2009 – 6:30-9:00 PM – St. Cloud Federal Credit Union, 3030 1st St. S., St. Cloud - Cost \$22.50** FASD is more prevalent than Autism and Down Syndrome combined, yet most people are unaware of the impact of FASD on society. Most people with FASD look "normal" and most have average IQs, but they have damage to their brains that affects learning and behavior. This workshop will explore the "invisible disability" of FASD and give strategies that promote success in the home, classroom and community for the affected child. Instructor is Karrie Halbur, MOFAS.

To register for any of the above classes, please contact Arc Midstate at 320.251.7272 or email [info@arcmidstate.org](mailto:info@arcmidstate.org)



## SIBSDAY, January 31st SNOW WONDERFUL

**10:30 AM - 1:00 PM**

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

Sibs ages 7 – 12 yr come join Beka

Swisher for a fun morning filled with winter 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!! Please call for details!

## 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**

Tom & Elizabeth Archer  
John & Yvonne Goenner  
Donald & Geraldine Schwab  
Ken & Trisha Schwartz  
Gale Erdmann  
Dan & Cheryl Triplett  
Angela Arceneau  
Dennis & Laura Majeski  
Dennis Leabch  
Mary Heinen  
Lora Robinson  
Virginia Hovda  
Carol and Steve Howe-Veenstra  
Donald & Kathleen Lommel  
Matt & Lori Hauptert

Philip & Mary Daubanton  
Lori Alvord  
Charlotte Sherrard  
John & Anna Mae Tiemann  
Brad & Deborah Wenz  
Fred & Mary Paepke  
Virginia Hovda  
Lora Robinson  
Pine Street Home, LLC  
Ron & Kathy Watkins  
Laura Majeski  
Dennis Leabch  
Judy Clare  
Bonnie Cassady



## Opening Doors and Hearts

If you have a caring heart and  
interest in providing child care or  
respite care for children with  
special needs, please contact  
Karrie Halbur about joining our

Opening Doors Providers listing. Karrie may be  
reached at 320.202.1941 or 877.251.7272. Provider  
benefits include additional training opportunities,  
resources, support and recognition. Opening  
Doors providers make a BIG difference in the lives  
of families.

**Buddy Walk and Roll 2009**

**Mark your Calendar for  
August 8th**

**Sauk Rapids Municipal Park**



Arc Midstate will sponsor a  
**Valentine's Bingo Party** at the  
Sauk Centre American Legion on  
Sunday, February 8th at 1:30  
pm. Lunch and beverage will be  
provided. Questions? Please call  
Marlene at 320.352.3321

## St. Patrick's Dance

**Saturday March 14, 2008  
12:30 p.m. to 3:30 p.m.**

Sauk Centre Elementary School  
Multipurpose Room

Cost: \$6.00 per person

(staff & chaperones – no charge)

Entertainment by: "DJ Pete"

Sponsored by:

Sauk Centre Community Education



## From the Director

The New Year has begun and most of us are back to our  
busy routines. We look forward to another year of  
connecting families, helping you find resources and  
partnering with you on your journey.

The annual Arc Midstate community Christmas party was  
again extremely well attended. We are thankful for the  
generosity of the members of the Moose Lodge in Waite  
Park for all their support. Thank you to the many wonderful  
volunteers who share in the fun both at the event and  
behind the scenes.

Thank you to Michelle Nadeau and the Salad Bowl for  
organizing and planning the Second Annual Diamonds in  
the Rough event to benefit Autism Awareness. Arc  
Midstate was chosen to receive a donation from this event  
this year. Thank you to those who volunteered on behalf of  
Arc Midstate including Gale Erdmann, Marie Kigin, Beverly  
Hommerding, Sarah Waline, Rebecca Pohlig, Heather  
Haws and Jay Ramos.



Thank you to Representatives  
Larry Hosch, Larry Haws and  
Steve Gottwalt for participating in  
our Town Hall Meeting on  
December 9th. Thank you also  
to Amy Sidmore and her son  
Johnny and to Lisa Edelbrock  
and her son Shelby Eisenschenk

for sharing their stories with our legislators. We hope you  
will plan to become informed and involved this legislative  
session. Rita Trettel our civic engagement coordinator is  
ready to assist you- just call or email.



Advocacy  
Resources  
Connections

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St. Cloud, MN 56302

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**

**Calendar**

January 22nd - Thursday 6:00 – 7:30 PM  
ASD Parent Group  
St. Cloud Area YMCA

January 31st - Saturday 10:30- 1:00 pm  
Sibsdays – Snow Wonderful  
Hope Covenant Church, St. Cloud

February 4th – Wednesday  
Disability Day at the State Capital

February 5th - Thursday 6:00 – 7:30 PM  
Down Syndrome Parent Group  
Hope Covenant Church, St. Cloud

February 8th - Sunday - 1:30 PM  
Arc Valentine Party  
Sauk Centre Legion, Sauk Centre

February 9th - Monday 6:30 – 8:30 PM  
Understanding Autism Workshop  
Living Waters Church, Sauk Rapids

February 10th - Tuesday 6:30 PM  
SSI Basics Class  
Apollo High School, St. Cloud

February 16th –Monday  
MOFAS Family Fun Night – Call for details

February 17th – Tuesday 6:00 PM  
Morrison County Parent Group  
Little Falls, MN

February 20th – Friday 6:00PM  
ASD Teen Group – call for details

February 21st – Saturday –  
Potpourri Conference  
Sauk Rapids Rice High School

February 23rd – Monday 6:00PM  
Arc Midstate Board meeting

February 26th – Thursday 6:00 -7:30 PM  
ASD Parent Group - St. Cloud Area YMCA