



## NEWS AND NOTES

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

Sept/Oct. 2008



### People with Developmental Disabilities Have the Right to Vote!

Everyone wants to be able vote, including voters with developmental disabilities. If you are a voter with a developmental disability, or know someone with developmental disabilities, you should know about one's voting rights. Knowing these rights will help ensure that you or your loved one with disabilities can vote. Take this paper with you when you vote, or when you take a person with developmental disabilities to vote.

You can also show this to others if you run into any problems. This paper tells lawyers and poll workers where to find the laws that protect your right to vote!

#### ***You do have the right to vote!***

If you are a person with a developmental disability and understand what it means to vote, federal law guarantees your right to vote.

#### ***You can vote if you are under guardianship!***

If you are under guardianship, you are still eligible to vote UNLESS a court order revokes that right.

#### ***You have the right to get help from a person YOU choose.***

If you can't read or need help voting because of your disability, you can have someone help you vote. You can bring a friend, family member or someone else you trust. You can also ask the election judge to help you if you didn't bring anyone with you.

#### ***If you have a problem, you can get help by calling 1-866-OUR-VOTE.***

There are lawyers available to give voters with disabilities and other voters advice and help with voting problems.

#### ***You have the right to vote even if you have been challenged!***

If you are truly eligible, you MUST be allowed to vote. You may be asked questions about your eligibility, but as long as you answer truthfully and give answers that indicate you are eligible, the election judge has to give you an oath to swear that you are eligible. If you swear to tell the truth, answer the questions and sign the roster, the election judge must allow you to vote.

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### Meet the Haupert Family

Matt, Lori, Rece and Brooke

Matt is a marketing manager at Wolters Kluwer Financial Services. He enjoys spending time with family and friends, fishing and golfing. Lori is a stay-at-home mom who also works part-time at Macy's. She enjoys running, spending time with family, shopping and traveling. Rece is four years old and has Down Syndrome. He enjoys going to school, playing with friends, and fishing with grandpa. Brooke is 20 months old. She enjoys playing with her brother, learning her ABC's, and spending time outside in the sandbox.

The Hauperts first became acquainted with Arc Midstate after the birth of Rece. Lori stated, "Arc was able to connect us with many families with children who have Down Syndrome. We have built many friendships with families in situations similar to ours."

Since becoming members, Matt and Lori have become volunteer Pilot Parents. This is a program through Arc that matches families with support. Matt also helps out with the ARISE/Arc Golf Outing and Lori has volunteered with an educational conference put on by Arc during Down Syndrome awareness month.

Matt stated, "As parents who have experienced some ups and downs, we feel lucky to know we have Arc here to help us with questions/problems that arise!"

***Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost.***  
*John Quincy Adams*

**Halloween Pizza Party!**  
Sunday, October 26 - 1:30PM  
Pizza & Beverages Provided  
DJ Pete will entertain and there will be a costume contest  
Camphill Village  
15136 Celtic Dr., Sauk Centre



## Down Syndrome Parent Group Meetings Fall Schedule

**September 11th** – guest presenter Paula Muggli will share regarding PCAs, Waivers and more

**October 2<sup>nd</sup>** – topic special education – **Get Set** with Cindy and guest special ed. teacher

**November 6<sup>th</sup>** – financial planning – with guest presenter

*Meetings held at Hope Covenant Church in St. Cloud  
6:00 – 7:30 PM Childcare available with advance  
registration – questions call 320.251.7272*



### Make A Difference!

Recently, a family of five who has two children with special needs moved into the St. Cloud area, and is in need of furniture for their home. Some of the items needed are: table & chairs, sofas and living room

furniture, bed, linens, kitchen utensils & more. If you would like to donate something either new or gently used, please call Arc Midstate and ask for Rita.

## MOFAS Update

Please see enclosed flyer on an outstanding opportunity for families and professionals living with FASD – **Family Seminar Series I and Family Seminar Series II** offering great topics, excellent presenters, and opportunities to connect with others.



Also if you have a child with FASD and are interested in learning about a way to connect with a SCSU special education student through our Training of Teachers program, please contact Karrie Halbur -MOFAS Central MN Regional Resource Coordinator St. Cloud, MN 320-492-9391 or email [Karrie@mofas.org](mailto:Karrie@mofas.org)

### *Morrison County Parent Group*

for parents/caregivers of children with any special need of any age meets on the third Tuesday of most months 6:00 – 7:30 PM  
Morrison County Learning Center  
Please let us know if you plan to attend 877.251.7272.

## Mark your Calendar for the following opportunities

**September 30th** – Tuesday – Dinner and A Movie featuring “The Music Within” at the Paramount Theatre in downtown St. Cloud at 7:00 PM. Tickets are available in advance thru Arc Midstate and include discounts at a variety of downtown restaurants in order to enjoy dinner before the movie.

**October 11 -12** – Arc Minnesota State Conference **Champions of Innovation** Alltel Center – Mankato, MN. Keynote speakers are Diana Braun and Kathy Conour. For details visit [www.arcmn.org](http://www.arcmn.org).

**October 20th** – Monday – Celebration of Abilities at 5:00 – 7:00 PM at the Whitney Center, St. Cloud. Featuring entertainment and food.

**October 24-25** – Reason for Hope Retreat at the Americanna Inn in St. Cloud. This is an annual weekend retreat for parents and caregivers who have a child or adult with any type of disability or healthcare need. For more information visit [www.ReasonForHopeRetreat.org](http://www.ReasonForHopeRetreat.org).

**October 27th** – Monday – Annual Halloween Party for children with disabilities and their families 6:00 -7:30 PM at St. Paul’s Church, St. Cloud – reservations required. Call 320.253.0765 or email [Allison@ucpcentralmn.org](mailto:Allison@ucpcentralmn.org).

## VOTER EDUCATION WORKSHOPS



Rita Trettel of Arc Midstate, Scott Schifsky and Steve Larson of the Arc of Minnesota held two well attended voter education workshops for self-advocates at WACOSA. If you are interested in scheduling a session for your group, please contact Rita at 320.251.7272

### Teens with Asperger’s Group

This monthly social and networking group is for teens with Asperger’s –High Functioning Autism: 7<sup>th</sup> thru High School. We are meeting on the third Friday of each month – different activities are planned at different locations. Please call the Arc Midstate office for more information

# Tips of the Day

## Safety When Out

- Attach a dog tag with your child's name, your name, your phone number (preferably cell phone) and the word "autism" to the inner laces of your child's shoe.
- Write out your child's name and phone number and have him practice reciting it.
- Carry a recent photo of your child in your wallet in the event he wanders away from you.

## Shopping

- To help your child get used to malls, go early before the stores open. Walk around to familiarize your child with the building, buy him a snack when the stores open, and leave. Extend the amount of time at the mall each time you go.
- When out shopping, praise and give your child a small reward, such as a piece of candy, for staying with you.
- To teach your child not to touch things when shopping, visit a clothing store or another store with unbreakable objects; tell him not to touch if he tries to grab something.
- To minimize wait time, buy shoes at stores that let you pick out your own shoes instead of having to wait for a salesperson.
- When shopping, bring a helper to assist in keeping track of your child until you are confident that she will stay with you.

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

This support group is for parents and caregivers of children 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 6:30-8:00 PM. Please contact Arc Midstate at 320.251.7272 to register for the meeting and to make child care reservations in advance of the meeting date.

## Executive Director

The planning and preparation over the past few months will result in a wide range of opportunities for training and connecting this fall. Most of these are in response to comments, suggestions and feedback we have received from you! We hope that you will be able to take advantage of the ones that you may find of interest.

In August we sadly said goodbye to our Administrative Assistant Cassie Marks who is moving with her husband who will attend the University of Chicago. Sara Poginy has been hired as our new administrative assistant – we hope you will join us in welcoming her.

A reminder to get out in VOTE! If you need help to register to vote please call our office.

## Membership Update

**Arc Midstate – annual dues Individual \$20  
Families \$30 – Organizations \$75**

## Welcome to New Members!

Beverly Hommerding  
Sarah Rittmann  
Mandy Sweeter

## Thank you for Renewing Your Membership!

Sean & Angie Arnold  
Deb Overboe  
Cheryl Houston  
Cherie Eickhoff  
Joe & Jeanette Kleinschmidt  
Gary & Carol Spoden  
Kim & Cheryl Pennington  
J and J Holmes, Inc.  
Diane Barthel  
Wayne & Doreen Honer  
Richard & Joan Kortan  
Ervin & Carol Marquette

Bill & Kathy Kunkel  
Marion Fandel  
Mary Pollreis  
Mary Anne Kieser  
Kathy Leuthner  
Alan & Harmony Knowles  
David & Delphine Hilsigen  
Lee & Kristine Pfllepsen  
Carol Bares  
Jeanne Erickson  
Karell Sartell  
Roger & Corrine Wicker

## Support Arc Midstate -Enjoy Delicious Pizza

Arc Midstate joined the Pizza Pals program with Old Chicago Pizza.



We are selling certificates for \$11 each that may be redeemed for one large pizza with a maximum value of \$22. What a deal!

Certificates are valid at any Old Chicago – to order or if you have any questions, please call Arc Midstate at 320.251.7272 or email us at [info@arcmidstate.org](mailto:info@arcmidstate.org)

**To Contact Us:**

320.251.7272  
Toll Free 877.251.7272  
Fax 320.253.6844  
Info@ArcMidstate.org

Website  
[www.ArcMidstate.org](http://www.ArcMidstate.org)



**Community Partner**

**Calendar**

September 19 – Friday 6:00 – 8:00 PM  
ASD Teen Group – register with Arc Midstate  
WACOSA

September 22 – Monday 6:00 PM  
Arc Midstate Board Meeting

September 23 – Tuesday 6:00 – 8:30 PM  
Morrison County Get Set Training  
Midstate Education Dist. Building

September 29 – Monday 6:30 – 9:30 PM  
Get Set Training  
Discovery School/Waite Park

October 6 – Monday 2:30 – 3:30 PM or 6:00 – 7:30 PM  
Voter Education – Self Advocates Training  
Opportunity Manor Office

October 9 – Thursday 6:30 – 9:30 PM  
Get Set Training  
CentraCare Health Plaza

October 14, 21, 28 – Tuesdays 5:30 -9:00 PM  
MOFAS Family Seminar Series I Sessions 1, 2, 3  
CentraCare Health Plaza

October 17 – Friday 6:00 – 8:00 PM  
ASD Teen Group  
WACOSA

October 23 – Thursday 6:00 – 8:00 PM  
ASD Parent Group  
St. Cloud Area YMCA

October 27 – Monday 6:00 – 8:00 PM  
Arc Midstate Board Meeting