

# |||THE ARC NORTHLAND NEWSLETTER|||

FALL 2013

**“Providing advocacy, education, training, and supportive services for adults, children, and families with disabilities.”**

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## Support our amazing organization & become a MEMBER!

By becoming a member, you are assisting us in our mission to create equal opportunity for quality living and to enhance dignity and respect for people with disabilities and their families. MAKE A DIFERENCE IN SOMEONE’S LIFE! Our initiatives foster awareness and influence community thinking in a positive way. We take pride and care very much for the people we serve.

FEATURE  
STORY

## The R-Word Campaign

**“The kindest word in all the world is the unkind word, unsaid.” ~Anonymous**

WHAT is the R-Word, you ask? It is hate speech that reinforces negative attitudes about people with intellectual disabilities. The actual word, retard, is used to describe someone or something you think is bad or stupid. The prejudice to people with intellectual disabilities is wrong! This word is extremely hurtful to people with disabilities and to people who love them. Using this language is a form of bullying. If you hear bullying, say something! Your words have power. People with intellectual disabilities and their families know that negative language leads to harmful actions.

The R-Word Campaign is a movement to stop the word “retard” from being used in everyday language and in the media. You can help out by asking others not to say it, promoting tolerance, and becoming part of a community to promote inclusion. Be the change! Be a part of the campaign! Inform others about this hurtful language and be a part of the movement to remove this word from everyday vocabulary for once and for all! To learn more, visit [www.njcdd.org](http://www.njcdd.org).

Self-Advocates of MN (SAM) is a network of self-advocates allies, friends, family and professionals – led by self-advocates. SAM promotes the human and civil rights of people with developmental disabilities. SAM helps and supports people with all disabilities to be active participants in the larger disability and human rights movements. SAM Northeast does R-Word trainings in the community, and if you would like to get involved contact Laura Birnbaum @ [lbirnbaum@arcnorthland.org](mailto:lbirnbaum@arcnorthland.org) or 218-726-4841.

### **Arc Northland**

424 W. Superior St, #201, Duluth, MN 55802

### **PHONE**

(218) 726-4725 (800) 317-6475

### **OFFICE HOURS**

8:30AM – 4:00PM, Monday – Friday  
Closed Fridays in summer



**MEET OUR NEW  
TEAM MEMBERS!**

**BOARD of DIRECTORS**

Mary Beth DeVaney  
Kevin Hoene  
Mark Johnson  
Michael Karstens  
John Schulte  
Michelle Hoey  
Glenn Tridgell  
Chris Brunette  
David Craig  
Don Curry  
Mari Wagner  
Leigh Ann Viche

**STAFF**

Mike Ryan  
Molly Watson  
Fred Akey  
Carol Bourdage  
Brenda Caya  
Laura Birnbaum  
Reenie Engstrom  
Tom Engstrom  
Jenny Kempfert  
Chelsae Kalm  
Bridget Riversmith

Welcome **BRIDGET RIVERSMITH!** She is our new part-time Advocacy Coordinator and she will be working with People First and is also on the Sprout Film Festival Committee.

**MIKE RYAN** was recently named the new Executive Director of Arc Northland. He graduated from Regis University in Colorado with a Master of Science in Non Profit Management, and a bachelor's degree in Business Administration from UW-Eau Claire. Mike's work experience includes 24 years as a CEO and 13 years as a finance director and auditor of nonprofit facilities. Activities Mike enjoys include golfing, swimming and biking. You can catch him watching college and professional baseball and football games with his family. Mike's family includes his wife, Kari, a Pharmacy Technician, and his two children, Kyle and Kelly. Kyle is an accounting manager in New York City for Con Edison, an electric and gas company, Kelly is the Social Communications and Tourism Manager for the Albuquerque New Mexico Convention and Visitors Bureau. WELCOME MIKE! We're excited to have you!

**FRED AKEY**, Director of Administration, started working at Arc Northland April of 2012. He grew up in Duluth area, and graduated from UMD majoring in Accounting. For 24 years, Fred has worked in diverse accounting and business operations software, experience with mostly manufacturing entities. We're grateful to have you Fred!

**MEGAN MULLEN** was our summer Marketing intern. She will be a senior this upcoming year at UMD, where she is a member of the Varsity Softball Team. We appreciate the time she dedicated to helping our organization.

**DANIELLA GOMEZ** was our summer Accounting intern. She will be a Junior at St. Scholastica. Daniela is actually a foreign exchange student from Columbia and we were happy to have her here at Arc Northland!

**MOLLY WATSON**, Director of Development, started working at Arc Northland June of 2012. She graduated from UMD with a degree in Therapeutic Recreation- Interdisciplinary Studies. Molly also has her Fund Development Certification from the University of Wisconsin Superior as of May 2013. She has been involved in many committees over the last 15 years, to support families and children with disabilities, such as Interagency Early Intervention committee, Parent Advisory Council of Special Education, and Site Planning Committee for Congdon Park Elementary. In 1998, her middle son, Patrick was diagnosed with Autism Spectrum Disorder. Arc Northland provided her family with family support groups, workshops on many areas of need for raising a child with special needs, info on how to read an IEP, and training on how to advocate for her son. Patrick's respite and PCA workers are from Arc. The PCA program offers Patrick independence in the community. These are just a few of the services that Arc has provided Patrick, and Molly and her family appreciate every second of it. We have welcomed Molly with open arms and are glad to have her in our wonderful organization.



**2<sup>nd</sup> ANNUAL  
SPROUT  
FILM FESTIVAL  
October 12, 2013**

The Sprout Touring Film Festival is a one-of-a-kind Film Festival that Arc Northland is bringing to Zeitgeist Arts on Saturday, October 12, 2013 from New York City, NY. Sprout includes independent films that either star or are created by individuals with developmental disabilities. People with developmental disabilities as subjects and performers remain marginalized in the media. The Sprout Film Festival aims to raise their profile and breakdown stereotypes by showcasing works of all genres featuring this population. *Variation of Vision* is a collaborative art show including local artists with disabilities affiliated with the Arrowhead Alliance of Artists with Disabilities, CHOICE, unlimited Arts Program and Udac's Art Junction.

**TEDDY BEAR TOSS  
December 13, 2013**

University of Minnesota Duluth  
Men's Hockey will face  
Western Michigan University.  
Contact Molly Watson for more  
information,  
mwatson@arcnorthland.org



**DEATH by CHOCOLATE  
SPRING 2014 - Date to be  
Announced**

Purchase a ticket for the event  
to sample delicious chocolate  
from restaurants and  
companies around the area!  
Check out our website or  
Facebook for more info.

**MONTHLY EVENTS**

**People First Meetings** - (1<sup>st</sup> Wednesday of every month 6:15-7:15, conference rooms B & C in Ordean Court Building - superior street level) Need accommodations for the meeting? No problem. Contact Laura ahead of time @ 218-726-4841

**Family Fun Night** - 1<sup>st</sup> Thursday of every month 5:30-7:30 @ Hermantown Family Resource Center (5028 Miller Trunk Highway). Contact Reenie 218-726-4725 if planning to attend.

**Women's Group** - Contact Reenie @ 218-726-4725 for exact date and location.

**FASD** - 4<sup>th</sup> Tuesday of every Month, 5-7pm @ Hermantown Family Resource Center. Contact Reenie (218-726-4725) if planning to attend.

**Extreme Parenting** - 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month. 5:15 - 6:45pm at First Lutheran Church (11<sup>th</sup> Ave E and London Rd - lower level). Register by 4pm on the Monday before each event. Call 218-726-4725 or Brenda @ 218-391-9561 if planning to attend.

**Men's Group** - Call Tom @ 218-461-2220 for more info!

## **EXTREME PARENTING: How Arc Northland Can Help YOU!**

Matt adopted two teen young boys with FASDs and other behavioral differences. He asked for help for several years, and was told to call the police. Thirty-six calls over two years were made to the police involving one of the boys, who would melt down – throwing things, punching at people and things and yelling and screaming at his father. Matt was taken off guard one night, put the young man in a hold while the other son called the police. The police misinterpreted the scene, Matt was brought to jail and the young men were left alone. It took months to undo the damage.

Mary is a single mother. Her three children all have Anxiety Disorders. One has ADHD (Attention Deficit Hyperactive Disorder) that was diagnosed and 2 years of age, and another has depression.

Karen's world fell apart when she received a call from her daughter's school. Her twelve year old daughter told the school the counselor that a family friend was sexually abusing her. The trauma is affecting all three children and mom, who also have Anxiety and Depression.

Working with all the systems and services necessary to address the needs of each family member, in addition to the day-to-day struggles, and the misunderstanding, shame and blame of those who don't understand, the burden becomes extremely heavy.

All of these parents and many more have found support and direction at Arc Northland's Extreme Parenting. This parent driven, family inclusive, support group provides information, support and networking for families experiencing behavioral health differences. "It is the glue that held us together", says one mom. "Knowing you are not alone, that others have made it through is very powerful when you are feeling lost and afraid." Another parent tells us, "I come and feel supported and understood. I learn about managing my child's behavior in a way that works."

Experts tells us behavior health disorders affect 20% of us, for every 10 people you know, 2 might have a disorder. Research is needed to find cures and improve treatments. We need financial support and services available to families. Service providers, administrators, legislators need to hear our stories, learn what families need, and support them.

While we can't cure behavioral health disorders, we can help people to manage the symptoms. Arc Northland's Extreme Parenting is open to families and caregivers of families experiencing behavioral differences. We meet the first and third Tuesday of each month. Sessions are confidential, a light meal and childcare are available. They are free to Arc Northland members.

### ***"Custom Cab Providing Accessible Tax Cab Service in the Twin Ports!"***

Dan O'Hearon, the owner of Custom Cab, was successful in changing the city ordinance allowing wheelchair accessible taxicabs for Duluth. Custom Cab now has a new improved van that will allow transportation for the riders in large, power wheelchairs. This is currently the only accessible taxi in the Duluth-Superior area, and it is an important service for many people in wheelchairs. Dan said he realized the need to have an accessible cab. "Dan and I have worked very hard to build a service for an accessible van in the Twin Ports," says Joe Thompson, Dan's business partner. "This van loads from the back, and is much better than the ones that load on the sides with a lift." She also states that this van even has enough room for a few friends as well.

Dan O'Hearon and Custom Cab have been a long-time supporter and friend of people with disabilities, donating time and money to programs that support the Americans With Disabilities Act, and other services that help support local residents with disabilities.

To utilize this new cab, call Custom Cab at (218)-341-9711. Visit their website

**<http://www.customcabcoduluth.com>** for more information.



Behavioral Health Disorders are often feared, misunderstood and mistreated. Sharing stories is one way we can start to change and improve the treatment and results for all family members. If you or someone you know has a story about struggles with behavioral health and services, Extreme Parenting group members are working on a research project to gather and share stories and struggles of families. **If you're willing to share your story**, please contact Arc Northland office at 218-726-4725 and ask for Brenda Caya.

## DID YOU HEAR?

Our **Arc Northland Family Picnic** was a HUGE success. It was a gorgeous day out at Bayfront Festival Park on August 15. We played games, danced, and enjoyed delicious chicken and other goodies. One hundred and fifty people attended including friends, family, and Arc Northland Staff and Board Members.



## Housing Access Service

This program provides start up assistance to people with disabilities that are eligible for MA home care services. The aim is to move people from housing that is over concentrated with people with disabilities into independent housing in the community. The housing access grant is program managed by the Arc of Minnesota with local chapters offering the program in their service areas. The grant began in July of 2009 and the program has moved over 800 people statewide. In Arc Northlands service area we have moved 163. The Housing Access Coordinator for Arc Northland is Tom Engstrom. He can be reached at (218) 461-2220.

**GIVE TO THE MAX DAY** is Thursday November 14. Together we have the power to raise thousands of dollars for Arc Northland in just 24 hours! This day is now the biggest online giving event in the world. So become a part of it! Visit [givemn.razoo.com](http://givemn.razoo.com), click "donate" at the top of the page (it's green). Search **Arc Northland**, and then click the small green donate button! **QUICK FACT** - if you donate between 2am-3am, 5am-6am, 6pm-7pm, and 11pm-Midnight (also called Power Hours) on November 14, Arc Northland has a better chance of winning \$1,000 prize grant.



## *Today's #1 movement*

*Self-advocacy is the primary social movement in the developmental/mental health disability community today.*

## **"Telling Your Story" iPad App**

"Telling Your Story" is a free tool that persons with disabilities, family members, and other advocates can use to compose and practice the personal story they will present to elected officials or other policy makers when seeking policy changes or increasing awareness about disability issues. The app guides users through all the steps of preparing a compelling personal story.

## We couldn't do it without our Sponsors!

We would like to thank the following:

### Teddy Bear Toss

Bill Watson from Northwestern Mutual

Bill Olson from Stewart Taylor Printing

### Death By Chocolate

Jamar	Essentia Health
Fox 21	SuperOne Liquor
Bagley's	185Chocolat, LCC
St. Luke's	Lake Superior Zoo
Carmody's	Up Town Salon
Yoga North	Upper Lakes Foods
Culvers	Art in the Alley
Valentini's	North Shore Bank
Tim Swanson	Marcus Theaters
Nordic Waste	The Other Place

A Touch of Plasch  
Anytime Fitness  
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Grandma's Marathon  
Chicago Blackhawks  
Cookie Temptations  
Grand Superior Lodge  
Sammy's Pizza Lakeside  
Kristy Marie Massage  
Duluth Children's Museum  
Laughing Stock/Happy Place  
Mount Royal Bottle Shoppe  
Peterson-Anderson Flowers  
Luke Chiropractic & Wellness  
Dennis Theilke and Ashley Jacka  
Holiday Inn & Suites Downtown Duluth  
Skyline - MN Twins Autographed Items

## Ways to Give...

Become a MEMBER! Sign up by cutting out and mailing in the Membership/Donation form on the next page! Easy as 1, 2, 3!

Use our Scrip Program. Purchase a gift card through Arc Northland and a portion of your purchase will benefit our organization.

Support ANY of our upcoming events!

### Buy a t-shirt!



Find an order form online at [www.arcnorthland.org](http://www.arcnorthland.org) or contact Carol Bourdage at (218)-726-4725.

**HUGE THANK YOU to Greysolon Plaza! You and your staff went above and beyond in helping us to put on *Death by Chocolate*.**

Find us on

**facebook**®

## Arc Northland Membership/Donation Form

Yes, I want to join Arc Northland!

\$40 Single membership     \$50 Family membership     \$175 Sponsor membership

I would like to make a donation—Amount \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email address \_\_\_\_\_

*Please make your check payable to "Arc Northland" and return to:  
Arc Northland, 201 Ordean Building, 424 W. Superior St., Duluth, MN 55802.*

*We value your support!*

### Support The 5% Campaign!

"The 5% Campaign" is a nonpartisan coalition working together to ask state legislators for a 5% rate increase for disability and elderly home and community-based services in 2014. Including repeated cuts, 2013 marks the fifth year in a row that services for people with disabilities and older adults have not received rate increases to keep up with rising costs.

People with disabilities, older adults, caregivers, providers, family members, and advocates throughout Minnesota are a part of this major statewide campaign. The lives that many people with disabilities and older adults build for themselves depend on state funding. These critical supports allow people to be more independent by providing staffing and transportation so that people can be active employees and volunteers in their communities, fostering skill development, ensuring health and safety, and more.

The 5% Campaign upholds and invests in the commitment that life in the community is the first and best option for people with disabilities and older Minnesotans, as well as their families, workers and our state as a whole.

We encourage everyone to join the cause by talking with their legislators at the State Fair and MN-CCD's upcoming Town Hall Forums, and by following ARRM's weekly series "All in a Day's Work: Caregiver Stories" through February.

Be a part of The 5% Campaign by liking the Facebook page where updates and additional ways to get involved will be posted. To add your organization's name in support of "The 5% Campaign," or for more information, please contact Steve Larson at 651-604-8077 or [stevel@arcmn.org](mailto:stevel@arcmn.org).

Read the News Release about The 5% Campaign News Conference in Duluth August 13th at <http://bit.ly/1cZXnVh>.

## Remembering With Dignity

On September 21<sup>st</sup>, a group of self-advocates and their allies gathered at the Moose Lake State Hospital Cemetery for a dedication ceremony. This cemetery was due to the work of Remembering With Dignity (RWD). RWD is a coalition of disability rights and advocacy groups organizing to replace numbered grave markers at state institutions with proper headstones and to remember people buried there with dignity and respect. Since 1994, RWD has been:

- Marking graves in institution cemeteries. Currently, Minnesota has over 13,000 graves marked only by a numbered cement block – or with no marker at all. These must be given a marker with the person's name, date of birth, and date of death.
- Gathering life stories of people with disabilities, particularly those who have lived in institutions.
- Changing society by organizing people with disabilities to ensure full integration in community life and to prevent a return to institutionalization.
- Raising public awareness about people with developmental disabilities.
- Demanding an apology from the State of Minnesota for its treatment of people with disabilities kept in institutions. The apology came in 2010, after 13 years!



*Return Service Requested*

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Duluth, MN

(218) 726-4725 (800) 317-6475  
[www.arcnorthland.org](http://www.arcnorthland.org)

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