

Executive Notes

Dear Friends of Arc Northland,

I hope this newsletter finds you safe and healthy!

There is no doubt we are in challenging times. Some may be old enough to remember the Great Depression and many of us remember 9/11, which was another challenging time for our country. The Covid-19 pandemic is different; we are not in this one alone, the whole world is involved.

During times of extreme stress, it is a true test of humanity. To help us with our own mental health, it is important that we pay attention to the positives going on around us, and whenever we can, give outside ourselves. I have seen some beautiful acts of kindness. I know with the critical "stay at home" order, it is more challenging, but I do believe there are ways. There are famous musicians singing on Facebook; children's singing is being recorded and played for people in isolated environments, plus many more. It is ironic how technology has been blamed for people detaching but is now bringing us together through meaningful ways.

Most of us at Arc Northland are working from home, yet we are continuing to support people seeking services and support. Education, Advocacy, PCA Choice, Housing Services and our Arrowhead Regional Quality (of Life) Council are all functioning. Although some programs need to operate in a more creative way, we are here and honored to be serving individuals and families.

Arc Northland's Mission is to support people with disabilities and their family members. This does not stop, even in this kind of a crisis. We are doing our best to be there for you; it might be through technology, but we are here. I couldn't be prouder of our team or more thankful for our supporting Board of Directors.

We will see you again in the near future.

Take care, stay safe and healthy,

Laurie B. Berner, Executive Director



Board of Directors

Ann Roscoe, Chair

Sandy Moore, Chair-Elect

Heidi Zegan, Secretary

Becky Jakubek, Treasurer

Blaze Zenner, Member

Tracy Averill, Member

Robert Kanuit, Member



Day at the Capitol 2020

With CHOICE
unlimited

40+ People Made
the Trip to St. Paul

Thank You
Representatives

Schultz and Olson!



~ 2019 ~ Year in Review ~

Arc Northland Team:

PCA Choice:

Jenny Kempfert

Jenny Feehan

Naomi Gordon

Adult and Family

Services:

Meredith Kujala

Brenda Caya

Tracy Jenny

Sherie Lillie

Housing:

Stacey Nordby

Karel Hedstrom

ARQC:

Lori Moench

Emily Mack

Finance:

Rick Sailstad

Reception:

Carol Bourdage

Executive Director:

Laurie Berner

Adult and Family Services

People First had a busy 2019: up to 20 people attended monthly. Mayor Larson was one of our guests.

Annual **SAM (Self Advocates of MN) Conference:** 40+ people attended; Ted Schick, spoke on leadership. **Thank you DD Council** for financial support.

Two representatives Attended the Leadership Council

Day at the Capitol: met with Senator Simonsen, & Representative's Schultz and Olson

Volunteered for the Salvation Army; Sold poinsettia's; Annual Christmas Party

Mentor Program; six group meetings with six individuals at each meeting

Healthy Sexuality/Relationships
Group Trainings: 4 meetings; 10 participants; One-to-One meetings: 120 individuals; 15 education presentations

IEP support: 80 families

30 **General advocacy** Support

Extreme Parenting:
33 families; 42 children

PCA Choice

360 PCAs provided care to a total of **241** individuals; per county details:

~ St. Louis—174 individuals

~ Lake—5 Individuals

~ Carlton—55 Individuals

~ Itasca—4 Individuals

~ Pine—3 Individuals

Housing Services

400 + phone calls for services , plus walk-ins.

Assisted 109 people in moving into a home of their own;

Housing Access Coordination: 36

Housing Access Services: 73

Relocation Services Coordination (RSC): New service as of 6/1/2019.

5 individuals referred for independent living, assisted 3 successfully thus far.

Arrowhead Regional Quality Council

Completed **122 Quality of Life Reviews** with individuals receiving Home and Community Based Services (HCBS)

Conducted **3 Listening Sessions** groups

Funded **Person-Centered Thinking training**

Community Conversations Collaborative bridging new friendships, and supported **advocacy training** in a supportive housing facility

Coordinated **Motivational Interviewing Training** for Arc NL staff, Quality Council members and other provider staff; **will take place later in 2020**

Facilitated, along with Legal Aid, a **community housing education meeting** in Grand Marais

Assisted "**Accessible Ely**" an ADA compliance group, addressing accessibility

Collaborated with **Local Solutions to End Poverty** on a Political Forum.

Arc Northland is changing to a monthly e-newsletter in January 2021.

Please let us know your email address by emailing us at: info@arcnorthland.org

Arc Northland
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***Due to COVID-19, Arc Northland will be postponing the
2020 Chocolate After Dark Event
originally scheduled for April 30th.***

More information to follow as soon as we know more.

**Please send us your email to info@arcnorthland.org to
receive this newsletter electronically, or call: 218-726-4725**

Contact Us:

Arc Northland

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Visit us on the **web** at:
www.arcnorthland.org

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