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
Day at the Capitol
2020

With CHOICE unlimited

40+ People Made the Trip to St. Paul

Thank You Representatives

Schultz and Olson!
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

~ 2019 ~ Year in Review ~

**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 Re-views 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
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.