

# ARC NORTHLAND CONNECTIONS



Arc Northland's Newsletter

Summer/Autumn 2019 Issue

## Executive Notes

Greetings!

One thing we can count on in life is *Change*. There are times when *change* can be challenging and present a hardship, but usually, it is important and necessary. *Change* creates opportunities for us to learn and to grow. *Change* defies the status quo, stagnancy, being out of date, or worse, out of touch.

Arc Northland is in the midst of doing Strategic Planning, assessing circumstances that could require *change* on our part. Thanks to two financial grants from the Ordean Foundation and the Northland Foundation, we have hired a professional consultant, Mary Jo Wimmer to work with us. Mary Jo will be facilitating six focus groups around the Northland; as well as, leading two half-day planning retreats with our full team and Board of Directors, where the information learned in the groups will be reviewed.

The goals of the focus groups and planning meetings are to assess the services we are currently providing and evaluate our capacity to achieve successful outcomes in meeting the needs of individuals with disabilities and family members, both currently and in the future.

Through the focus groups we hope to hear from stakeholders; i.e.; service recipients, family members, fellow service providers and other professionals. The focus groups will be approximately two hours long and will include refreshments. Below are the dates and locations. If you are interested and can attend one, please call me at 218-726-4860 or email [lberner@arcnorthland.org](mailto:lberner@arcnorthland.org).

Strategic organizational planning is important. We look forward to hearing from many of you. The information we gain will help ensure quality and sustainable services; current and future.

Happy Autumn!!

Take care,

*Laurie B. Berner*



### Board of Directors

Ann Roscoe, Chair

Sandy Moore, Chair-Elect

Heidi Zegan, Secretary

Becky Jakubek, Treasurer

Amy Burke, Member

Blaze Zenner, Member

*We would like to extend our  
Sincere Thanks to  
Mike Karstens who retired  
from the Board in May 2019.*

*Interested in joining the  
Arc Board? Call Laurie Berner*

### Focus Group Schedule

October 8<sup>th</sup> 1:00 ~ Duluth: DRCC

October 8<sup>th</sup> 6:00 ~ Virginia: Silver Bay Veteran's Home

October 9<sup>th</sup> 1:00 ~ Iron Range: (Location to be determined)

October 9<sup>th</sup> 6:00 ~ Duluth: Target—Parents: CHOICE

October 16<sup>th</sup> 1:30 ~ Cloquet; Public Library

October 16<sup>th</sup> 5:00 ~ Duluth: Ordean Building

## ***The Loss of A Friend ~ In Memory of Maria Arseneau***

Maria Arseneau was a mother, wife, grandmother, friend, church member, and many other things, but to Arc Northland and People First (self-advocacy group) she was an incredible self-advocate. She held multiple positions within the group and went on numerous trips to advocate for people with disabilities, equality and human rights. The most recent was her joining a group of self-advocates to participate at Disability Day at the Capitol. Along with being active in People First, Maria enjoyed spending time with her husband Mark, family, (especially her grandbabies), volunteering with various groups, participating in her church, and going to various festivals/fairs.

Maria unfortunately died too young this past August after a battle of an illness. Arc Northland, as well as, anyone that knew Maria will miss her greatly, along with her amazing positive personality. Our thoughts remain with Mark and his family during this difficult time.



### **People First Election Results**

**President:** Don Curry

**Vice President:** Tara Wilson

**Sergeant-at Arms:**  
Michael Manning & Josh Smerdon

**Treasurer:** Dorothy Somppi

**Secretary:** Jenny Schilling

**SAM Reps:** Richard Fuentes &  
Laurie Seidelmann

**SAM Rep Alt:** Rosemary Hanson

## ~ Program Updates ~

### 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

Tracey Montgomery

#### Quality Council

Zoey Leege

Emily Mack

#### Finance

Rick Sailstad

#### Reception

Carol Bourdage

#### Executive Director

Laurie Berner

Arc Northland's **Housing Program** has some important new additions to our menu of services. In addition to Housing Access Coordination, Transition Services, and Housing Access Services, we now have added Relocation Services Coordination. We have been approached from the County to add a supplemental support service, as well as, looking at starting Moving Home MN services.

In **Adult and Family Services**, we recently hired Tracy Jenny as the new Adult and Family Services Coordinator. She is transitioning into taking the lead with the People First self-advocacy group; as well as, offering support with individual advocacy needs. She is a huge asset to the team and will be helping to expand People First.

Our **Healthy Sexuality** education is continuing to grow. In this past month, we have had numerous referrals and are connecting with new agencies. We're hoping this fall, along with holding a 6 to 8-week series in Carlton County, to offer one in St. Louis County.

The **IEP/504** advocacy is getting busy again as school starts up, making sure kiddos are getting the services they need to succeed. Sherie Lillie is working to connect with each school in our service area to make sure they know of our services and connect with us when they need support.

**Extreme Parenting** will have a busy Fall! September we will be making Chili for the United Way Chili Cookoff. Please come and vote for our awesome Apple Turkey Chili, Thursday September 19, 5-7 at the DECC!

Extreme Parenting is a Parent Support Group for families and caregiver of individuals living with mental health disabilities of all kinds. It is free and open to all. Call Arc Northland for more details.

October will focus on **Reactive Attachment Disorder**, with presentations Thursday, October 3 in Two Harbors and Tuesday, October 15 at the Ordean Building. Cost is \$10 including lite meal and childcare.

**Circles of Security** is an evidenced based parenting model that promotes secure attachment and improves relationships. It is presented in a group format and would require an 8 week commitment. If you or anyone you know is interested in joining a Circles of Security Group for people with disabilities, please let us know.

Arc Northland hosted local legislators, Representative Jennifer Schultz, Representative Liz Olson and Senator Simonson on Friday September 6<sup>th</sup> to discuss **PCA Choice**. It was a good opportunity to share what the new disproportionate reimbursement rate is going to do to providers and ultimately individuals served.

**Regional Quality Council** staff are making connections in the community, running focus groups, and building up Arc Northland/RQC's presence in rural areas. The RQC staff are working on putting together the annual report and prepping for our DHS site visit, which will be October 2<sup>nd</sup>. Our next RQC meeting: September 24<sup>th</sup> at RSI on Piedmont Avenue.

~~Call Arc Northland for further details~~



Arc Northland  
424 West Superior Street  
Suite 500  
Duluth, MN 55802

**United Way Chili Cookoff**

September 19th, 5:00 to 7:00 at the DECC

Come and vote for Arc Northland's infamous

**Apple Turkey Chili**

created by the *Extreme Parenting Group*

**Tickets: \$10:00; Children ages 5 to12 \$5.00**

**Contact Us:**

**Arc Northland**

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**General Email:**

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Visit us on the web at:  
[www.arcnorthland.org](http://www.arcnorthland.org)

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**If you would prefer to receive this newsletter electronically, please call:  
218-726-4725**