

Executive Notes

Dear Friends of Arc Northland, Happy Spring!

I know we are all looking forward to warmer temperatures. Spring is my favorite season, which is why I chose 4.22.22 for my retirement date. As I prepare to leave my nearly 45-year professional life, (34 of which has been in Duluth), I would be remiss not to focus on memories associated with Arc Northland, the impact Arc NL has had on me and more importantly the people living in the Arrowhead Region.

I moved to Duluth in 1988 and connected with Arc Northland. Ann Niedringhaus was the Executive Director at that time; a wonderful, dedicated leader who brought her experiences as a mom of two daughters with disabilities to her work. I am grateful for meeting Ann as it set the tone for my future collaborations with Arc NL.

In the 1990's / early 2000's, I was the executive director of the local Epilepsy Foundation and had the opportunity to work closely with Lynne Frigaard; the executive director of Arc Northland for over 20 years. Lynne was an impressive leader who was responsible for developing many amazing programs and services, such as, Pilot Parents, Fetal Alcohol Spectrum Disorder (FASD) services, People First self-advocacy group + more. Lynne and her co-worker, Addie Jesswein, were key faces of Arc Northland for many years, doing amazing work.

I remember when Jenny Kempfert joined the Arc team shortly after she finished her Social Work degree. She has been with the organization for 25+ years and is an amazing and dedicated Social Worker. In addition to orchestrating a successful PCA Choice program, she is a trusted teammate, Arc historian, a mentor to Social Work interns, plus more. Jenny has supported many endeavors with Arc NL. It has been such an honor to work directly with Jenny during my Arc NL tenure.

Brenda Caya worked for Arc Northland for 20 years. She was instrumental with outreach and creating services for families with children with behavioral disabilities. She created the Extreme Parenting support program, which provided whole family support. Brenda worked with many individuals and families experiencing the effects of FASD.

I sincerely thank you all for your commitment to Arc Northland's mission over these past 70 + years and our many successes. It has been such an honor and privilege to be the executive director of this amazing organization and work with an awesome team and Board of Directors. Thank you for the opportunity!

Take care of yourselves and each other!

Sincerely, Laurie B. Berner, Executive Director



Arc Northland

*70 Years and
Counting!*

Here for you!

Board of Directors

Sandy Moore, Chair

Gina Gensing, Secretary

Blaze Zenner, Treasurer

Don Curry

Becky Jakubek

Heather Stillwell

Thomas Witt

Heidi Zegan

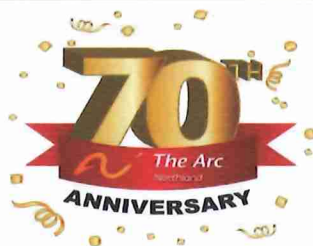
Happenings at Arc Northland ~ Progress in Motion

Welcome Arc Northland's New Executive Director

~ Amanda Crosby ~

Arc Northland would like to introduce Amanda Crosby, who will join the team on April 20th, as our new Executive Director. We are excited for all that Amanda will bring to the organization. She has worked in the disability services field for many years, most recently at Access North, Center for Independent Living. In our next newsletter, Amanda will share more about her background.

Feel free to reach out and welcome Amanda. Her email is acrosby@arcnorthland.org.



Due to the uncertainty of the Covid-19 pandemic, Arc Northland made the hard decision to cancel the 70th Anniversary celebration event planned for this spring.

Our hope is to resume our annual summer picnic where we can and will celebrate the many decades of Arc Northland's service to the Arrowhead Region. Please watch for our future updates and be sure to sign up for our electronic newsletter at: arcnorthland.org/newsletter that will highlight many of our positive achievements and important impacts we have made on behalf of people with disabilities, family members and the general community as well.

We look forward to providing our community another 70 years of service!

Employee Updates

Arc Northland is saying goodbye to Meredith Kujala, who is moving on April 13th to take a position with Save Haven Shelter and Resource Center. Meredith has been with Arc NL since 2015 and has contributed to many aspects of the Adult, Children and Family Services department. We want to thank Meredith and wish her the very best!

Kayla Hoffman, UMD Social Work Intern has been with us since last fall. She will be graduating in May. We want to thank Kayla for all her hard work and wish her the very best in her future.

Laurie Berner will be retiring from her long-standing career in human services on April 22nd. She has been with Arc Northland since 2018 and has helped with a variety of organizational initiatives including a three-year strategic plan, several successful grants, including ARQC, Consultation Services, team member and office expansion.

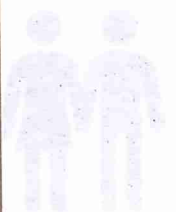


F. FRIDAY, MAY 23, 1969



A HEARTFELT TRIBUTE — When Mrs. Hubert H. Humphrey visited the Day Activity Center, 2331 W. 5th St., where open house was held following the Women's Duluth Day luncheon, she was given a floral centerpiece

arranged in driftwood as a gift from the center students. Presenting her with the centerpiece are Kathy Norman (left) and Jo Ann Magnuson. (Other photos, stories on Pages 1 and 147)—(Staff photo.)



Legislative Timeline ~ Arc Northland



1970s

Independent Living Movement begins; Ed Roberts, Leader

1980s

Self Advocacy Movement begins

1951

Arc Northland is incorporated

1974

Intermediate Care Facilities (ICFs/DD) open

Home Based Program

1940

1950

1960

1970

1980

1947

Parent Movement begins

1973

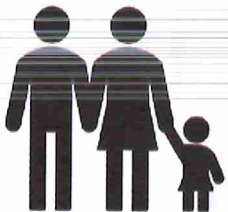
Section 504 of the Rehabilitation Act

1975

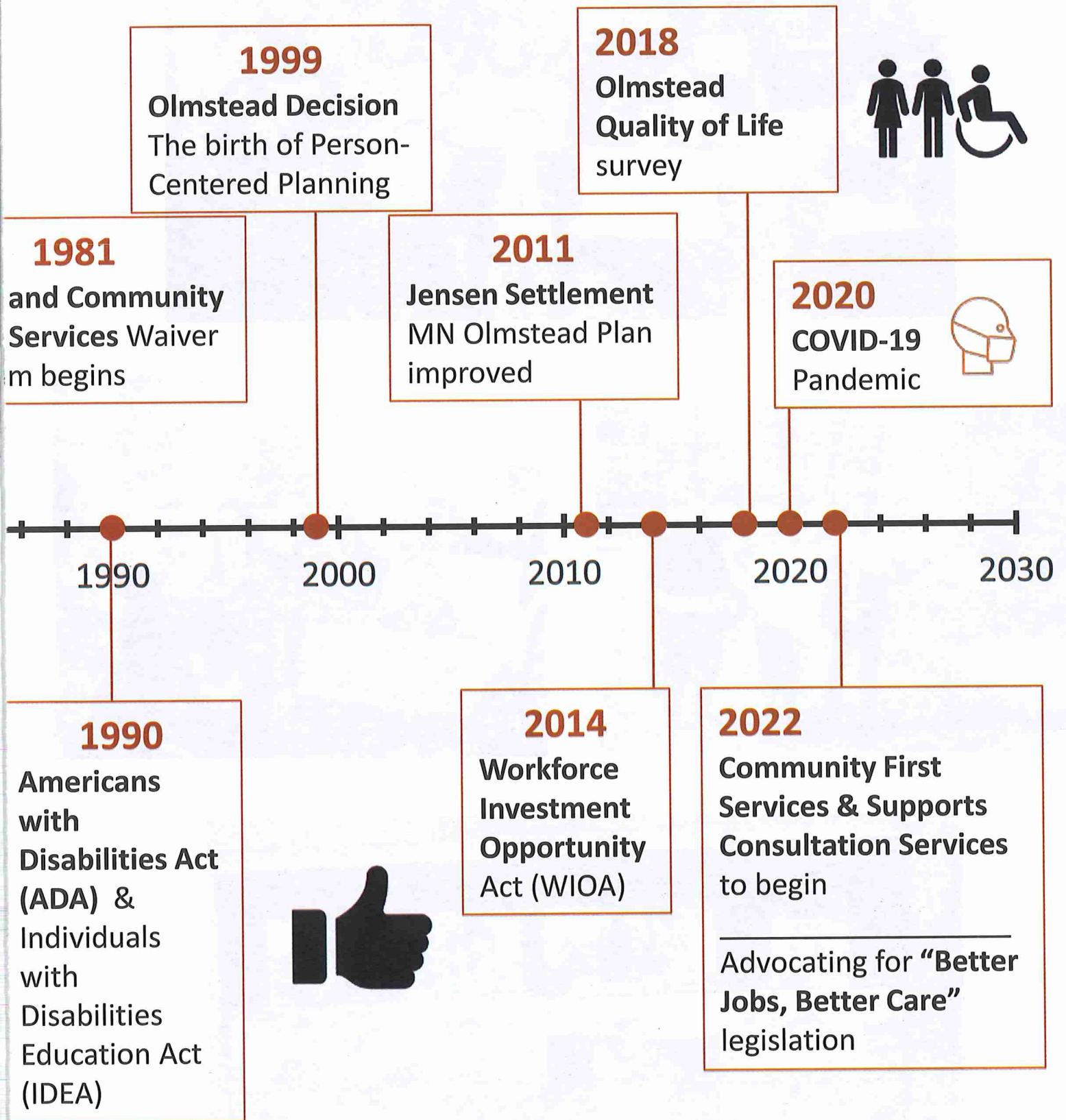
PL94-142: Free Appropriate Public Education

1953

The Arc of the US is incorporated



Northland's 70 + Years of Response



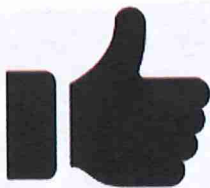
1981

and Community Services Waiver m begins

1990

1990

Americans with Disabilities Act (ADA) & Individuals with Disabilities Education Act (IDEA)



1999

Olmstead Decision
The birth of Person-Centered Planning

2000

2011

Jensen Settlement
MN Olmstead Plan improved

2010

2014

Workforce Investment Opportunity Act (WIOA)

2018

Olmstead Quality of Life survey



2020

2020
COVID-19 Pandemic



2022

Community First Services & Supports Consultation Services to begin

Advocating for "Better Jobs, Better Care" legislation

2030



Program Updates and 2021 Outcomes



Adult, Children and Family Services (ACF)

ACF is seeking interested participants for the next DETS 101 (Disability Equality Training Series) which will be starting late May. Additionally, there will be an Olmstead Plan education project in the very near future. Voting and voting rights will be coming up later in the summer in preparation for the upcoming mid-terms elections. Please contact Summer Thomas, at 218-726-4703 for more information and to sign up.

School advocacy will be wrapping up for the school year. Self-Advocacy skills training, People First and Pre-ETS are available all year.

With Meredith moving on, we are not able to offer Healthy Sexuality/Relationships education. The hiring of a new Program Director has been put on hold for now.

Housing Services

Housing Stabilization Services:

122 people served, 39 of those people moved into independent housing

Relocation Service Coordination:

2 people served, 1 person moved into less restrictive housing

Housing Access Services:

67 people served, 58 of those people moved into independent housing

461 people were served through outreach/I&R

We also distributed \$13,623 of Housing Access Services grant funds which were used to assist people with application fees, deposits, basic furniture and moving services. Waiting list has been reduced to 13 individuals.

PCA Choice

225 individuals currently have active service agreements.

31 of those individuals with active service agreements have not used any PCA care so far in 2022, for a variety of reasons (e.g. never started the service, can't find PCAs, waiting for a PCA to clear a background study, currently out of state, incarcerated). We do stay in touch with them as much as possible in case their circumstances change and they want to start using the service.

Three new individuals have recently contacted us and are actively working to get services started.

Arrowhead Regional Quality Council (ARQC)

In 2022, the ARQC started a new and exciting two-year work plan that could extend into 2026. Expanding membership of the ARQC within the Arrowhead, statewide collaboration, expanding outreach and education on person-centered principles and practices (PCPP) are a part of the new initiatives. We will also be developing hybrid, accessible PCPP trainings designed for service recipients, family members, transportation workers, housing managers, and DSPs from small providers. Inequalities, especially in housing and transportation, for people with disabilities is something we learned through the work of the RQC's so, the next two years will see two new initiatives focused on these topics, bringing stakeholders to the table to make progress towards equitable, safe, and accessible solutions.

Arc Northland Team:

PCA Choice

Jenny Kempfert

Jenny Feehan

Naomi Gordon

Adult, Children, Families

Summer Thomas

Alison Stucke

Mikayla Hoffman, Intern

Housing Services

Karel Hedstrom

Seth Borovsky

Michaela Mullin

Arrowhead Regional Quality Council

Becky Lambert

Beth Johnson

Finance

Rick Sailstad

Executive Director

Laurie Berner until 4.22.22

Amanda Crosby, 4.25.22

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

NONPROFIT ORG
U.S. POSTAGE
PAID
55806
PERMIT NO. 1003

Early days of Arc Northland



Mission:

To promote and protect the rights of people with disabilities and their families while supporting inclusion and participation in the community throughout their lifetime.

Contact Us:

Arc Northland

424 W Superior Street
Suite 500
Duluth, MN 55802

Phone: (218) 726-4725

Contact us at:

info@arcnorthland.org

www.arcnorthland.org

Like us on **Facebook**.

Newsletters are available on our website. If you no longer want to receive this newsletter via the mail, contact us at info@arcnorthland.org or call: 218-726-4725.