



# Arc Northland News

Winter 2010

## 12th Annual Death By Chocolate

Tuesday, February 9th

11AM— 1PM

Tickets are \$12 advance/\$15 at the door  
Radisson Hotel, Downtown Duluth

Call 726-4725 now to order tickets and/or boxed chocolates!

Can't come for the event?

Order Handcrafted Gourmet Boxed Chocolates  
\$12/box Quantities are limited, so order early!

### The Arc Northland Mission:

To create equal opportunity for quality living and to enhance dignity and respect for people with disabilities and their families.

### Arc Northland

#### Board of Directors:

Jacob Hoesley  
Wendi Eliason  
Greg Bohlman  
Ron Envall  
Lars Kuehnow  
Linda Markle  
Lorraine Mitchell  
Nancy Rectenwald  
Jennifer Poirier

#### Staff:

Lynne R. Frigaard  
Chris Brunette  
Brenda Caya  
Carol Dinius  
Reenie Engstrom  
Chelsae Kalm  
Jenny Kempfert  
John McKone  
Crystal Taylor

Partially funded by:



### Arc Office

#### Hours:

Monday –Friday  
8:00 am to 4:00 pm

Sponsored by:



Sample delectable chocolate confec-  
tured by *the chef's* *prepare* IRRESISTIBLE INK!  
A Hallmark Company  
chefs in the Northland!



slhduluth.com



## "Hot Shirts for a Cool Cause!"

Positive Wear for Arc Northland

Help support our Adult Self-Advocacy/ Client Program

### Adults:

(Blue on Blue or Orange on Brown)  
-(\$20): Short-Sleeved Sizes S-XXL  
-(\$21): Short Sleeved Size XXXL  
-(\$22): Short Sleeved Size XXXXL  
-(\$24): LONG SLEEVED  
(Silver on Navy) sizes S-XXL

### Kids:

(Green on Tan)  
-(\$15) - Sizes XS-XL  
Call Chelsae Kalm at 726-4841 to order.



Arc Northland, 201 Ordean Building, 424 W. Superior St., Duluth, MN 55802  
(218) 726-4725 (800) 317-6475 www.arcnorthland.org

*Words cannot express our gratitude towards each and everyone of these individuals and families who have supported us in recent months!*

- ◆ Jennifer and Dan Bergh
  - ◆ Dr. Agata Bednarz
  - ◆ Chris and Georgia Brunette
  - ◆ John McKone
  - ◆ Lynne & Jerry Frigaard
  - ◆ Tom and Julie Seidelmann
  - ◆ John Heino
  - ◆ Nancy Rectenwald
  - ◆ Sandra Nelson
  - ◆ Deb Good
  - ◆ Addie Jesswein
  - ◆ Missy Booth
  - ◆ Chelsae Kalm
  - ◆ Jenny Kempfert
  - ◆ Lars Kuehnow
  - ◆ Kathy, Paul Manning
  - ◆ Rhoda Robinson
  - ◆ Sterling Harris
  - ◆ Candice Harshner
  - ◆ Kristie Buchman
  - ◆ Mary Campbell
  - ◆ Sue Butkiewicz
  - ◆ Brenda Caya
  - ◆ Martha Erikson
  - ◆ Mickey Ferguson
  - ◆ Val & Marilyn Gow
  - ◆ Lisa Heyesen
  - ◆ Beth Hillman
  - ◆ Mary Hoffman
  - ◆ Nancy Kasetelic
  - ◆ Tina Korte
  - ◆ Kathy Kreager
  - ◆ Roberta Lenz
  - ◆ Carleen Nelson
  - ◆ Jennifer Ryan
  - ◆ Cheryl Sweeney
  - ◆ Sandra Roggenkamp
  - ◆ Valentini's Vincino Lago
  - ◆ How Sweet it is Cakes
  - ◆ Starbucks
  - ◆ Northland Foods
  - ◆ Pizza Luce
  - ◆ Midwest Coin Concepts
  - ◆ St. Luke's
  - ◆ WDIO
  - ◆ GAPWEST Broadcast
- ◆ Joyce Hultberg
  - ◆ Terrence Churchill
  - ◆ Bob's Cabin's
  - ◆ Jackie Sathers
  - ◆ Michael and Donna Sunnafrank
  - ◆ Susan Wilke
  - ◆ Michael & Vicky Stanich
  - ◆ North Star Foundation
  - ◆ Wendy Eliason
  - ◆ Kim and Jeffry Hanson
  - ◆ Gayle Taylor
  - ◆ John Thomas
  - ◆ Glen Tridgell
  - ◆ Lara and Nathaniel Wilkinson
  - ◆ Anita King
  - ◆ Bryan Jensen
  - ◆ Lisa Stotts
  - ◆ Lesa Turnbull
  - ◆ Kelly Bolgrien
  - ◆ Tom and Reenie Engstrom
  - ◆ Roberta Senta (Anna Senta Fund)
  - ◆ Linda Simonsen
  - ◆ Crystal Taylor
  - ◆ Suzanne Kunze
  - ◆ Aces on First
  - ◆ Jitters
  - ◆ Massage Therapist
  - ◆ Stewart Taylor Printing
  - ◆ Irresistible Ink
  - ◆ Dr. Gordon Levine
  - ◆ Joe Everett
  - ◆ Environmental Troubleshooters, Inc — Craig Wilson
  - ◆ Peter Fifield
  - ◆ Alakef



*A special thank you to  
all who participated in  
Arc Northland's  
2009  
Believe in Abilities  
Brunch*

*The holidays are over,  
but let's face it...we still  
love to shop!*

-Come in or call to order your Scrip cards today. We have a wide variety to fit anyone's shopping desires. Clothing, restaurants, and gas cards available.

-Scrip cards are a perfect gift for a Birthday, Promotion, New Baby, or just to say thanks!

Call Crystal at  
Arc Northland  
726-4893 to  
order!



## “Housing Access Services Program!”

Arc Northland received funding from the Minnesota Department of Human Services through The Arc of Minnesota. This funding can assist in providing Housing Access Services to people with disabilities who are eligible for long term care or state plan home care services and wish to move to homes of their own. We launched the program in September 2009 and are continuing to provide the following services to eligible people with disabilities:

- *Seeking and locating suitable, affordable, accessible housing*
- *Accompanying individuals as they look for housing*
- *Completing rental application and lease agreements*
- *Meeting with landlords and property staff*
- *Knowledge of and applications for publicly financed housing*
- *Household budget development*
- *Furnishing a home and any related housing matters.*

For more information contact Chris Brunette or Brenda Caya, Housing Advocates at Arc Northland 218-726-4725 - or [cbrnette@arcnorthland.org](mailto:cbrnette@arcnorthland.org)



### Arc Minnesota—MASTER TRUSTS

**Why is Arc Master Trust a wise decision for your child's security and your piece of mind?**

1. Arc is a well known and trusted disability organization.
2. Arc has a 50 year history and no end in sight.
3. Arc is an advocacy organization and views our trust clients as more than sub-account.
4. Arc provides many eyes on the beneficiary's sub-accounts.
5. Arc is insured.
6. Arc intends to fund exhausted sub-accounts for those enrolled in the Life Time Account program.
7. Arc's Trusts are less expensive than alternative trusts.
8. Arc provides choices and options whenever possible.
9. Arc has a knowledgeable team of professional to insure the sub-account is set up right and functions to enhance the quality of life of the beneficiary while acting within the laws & rules to avoid the loss of governmental benefits. Our team includes: Advocates, Attorneys, Family & Legal Advisory Committees, Accountants, IT Technicians, Bankers, the Arc of Indiana and others.
10. Arc takes the work of managing the trust so family members are not burdened by the trust and free to spend their limited time with loved ones in memorable enjoyable ways.



## "What can you do if your PCA services are reduced or terminated?"

With all the legislative changes to the PCA program that began last summer, many families are facing a significant reduction in PCA services as they get reassessed over the next few months. If you receive a Notice of PCA Termination or Hours Reduction, be aware that you do have the right to appeal. Appeals should be based on a belief that the assessor did not fairly consider your or your family member's need for physical help, cuing and constant supervision, or behavioral issues which meet the Level I criteria (harm to self, others, or property damage). If you decide to appeal, it is very important that you ask for the appeal in writing within 30 days of receiving the notice. If you need the services to continue at the same level while you appeal, request that PCA services continue pending appeal in that same letter.

### Your appeal request can be sent to:

Appeals Office - Minnesota Department of Human Services  
 PO Box 64941  
 St. Paul, MN 55164-0941  
 Phone: (651) 431-3600  
 Fax: (651) 431-7523

If you request that the PCA services continue at the current level and you lose the appeal, it is important to understand that the commissioner of DHS may bring a claim against you for the PCA payments made pending appeal. However, the MN Disability Law Center is not aware of any case involving medical assistance where this has been done by DHS since the law was passed in 1991. Continuing services during an appeal is often necessary to assure safety, keep people in their homes, and keep their trained caregivers.

### Valuable Upcoming Trainings

#### 1) Guardianship/ Master Pooled Trust

February 16 from 6-8PM

#### 2) PCA and Family Relationships Highlights and Pitfalls

February 25 from 6-8PM



**Contact Reenie at  
726-4725 for more  
information.**

### Upcoming Board Meetings

-January 25

-February 22

-March 22

-April 26

-May 24

-June 21

-July 26

**Family Fun Nights @ Hermantown Family Resource Center**

Arc Northland sponsors a monthly get-together for parents of children with disabilities. Meetings start with a light supper, followed by a speaker and/or networking time. Skilled childcare is provided by Respite Resources.

Meetings are the first Thursday of every month from 5:30 - 7:30 p.m. Call Reenie at 726-4725 for more information or to register.

**February 4th:** *Making It Work—Strategies & Ideas for Kids in School & Out*

**March 4th:** *Associate Professor Mr. Schneiderhan, Pharmacologist*



**April 15:** *TBD*

**Extreme Parenting Groups**

Extreme Parenting groups are offered to help parents in difficult situations continue to provide stable, quality care for their children.

It is open to all caregivers of children with emotional/behavioral differences.

This is a program for the entire family and is free, safe, and confidential.

Call Brenda at Arc Northland at (218) 391-9561 for more information.

**Fetal Alcohol Diagnostic Resource**

The Duluth Children's Clinic, a program of SMDC, is now offering diagnostic services for those who may have Fetal Alcohol Spectrum Disorders. Call Danielle at 786-3198 for a referral or contact Lynne Frigaard at Arc Northland (218-726-4725) for more information.

**Fetal Alcohol Spectrum Disorder Support Groups**

On the 4th Tuesday of Each Month from 5:30-7:30 p.m. Call 218-726-4725 to register.

■ **January 26**

■ **February 16**

■ **March 23**

■ **April 27**

**Arc Northland Adult Groups**

**New! Young Men's Group:** *Attention young men with disabilities from age 18 and older* : Beginning this February, we will be starting a new group called *Young Men's Group*. *The goal of this group is to provide support, advocacy and comfort as these young men gather together to discuss topics of interest, learn more about their community while doing fun activities together.*



**People First:** This is a monthly self advocacy group that meets the first Wednesday of each month for adults with disabilities who are interested in learning more about their rights and responsibilities, how to speak up for themselves, and about getting more involved in the community.

**Young Women's Group:** This group is for women with disabilities ages 18-30 and meets every other month on a Thursday (opposite of Young Men's group) The goal of the group is to empower women with disabilities by providing opportunities for learning, volunteering, and participating in the community. We engage in discussions about things like personal safety, relationships, housing and more.

Arc Northland Membership/Donation Form

\_\_\_ Yes, I want to join Arc Northland! I would like to make a commitment to support individuals with disabilities in Southern St. Louis, Cook, Carlton & Lake Counties.

- \$30 Single membership
- \$40 Family membership
- \$150 Sponsor membership

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime phone \_\_\_\_\_ Evening phone \_\_\_\_\_

*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!*

Advocacy, Education,  
 Support & Disability  
 Prevention since 1951.

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