



Informant

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2010 Slate of Nominations

The Arc of Bismarck will be holding its Annual Celebration on Tuesday, October 19, 2010. The evening will begin with a raffle and social at 6:00 pm; presentations, elections and awards will begin at 6:30 pm. In lieu of a ticketed dinner, hors d'oeuvres and refreshments will be complimentary for all guests. The event will be held at the Kelly Inn, 1800 North 12th Street, Bismarck.

The 2010 slate of nominations will be voted on by the general membership to serve on The Arc of Bismarck's Board of Directors for a two-year term. The positions to be filled include: Vice President, Secretary/Treasurer, Director, and Nominating Committee Members (2). This year The Arc will also be having a special election for the office of President, a one year term. Nominees were chosen by a committee made up of one appointed member of the board, Teresa Larsen and two elected positions filled from the general membership, Pat Weinberg and Joanne Severson. Nominations will be permitted from the floor for all elective positions. A person who is interested in being nominated from the floor is encouraged to provide to the secretary of the Association at least ten (10) days before the annual meeting a written notice of intention to run, proof the intended nominee meets all the eligibility requirements, and the nominee's willingness to serve if elected. If the person nominated from the floor is not present at the annual meeting, he or she must have indicated in writing that the nominee is willing to serve if elected. To learn more about The Arc of Bismarck's nominees for the board of directors check out the biographies on the next page.

Mission Statement

Providing education, advocacy and supports to children and adults with disabilities to foster empowerment and full inclusion in the community.

Board of Directors

Corinne Hofmann.....President
 Becky Nygaard.....Vice President
 Shantell Meidinger.....Sec/Treas.
 John Glaser.....Director
 Teresa Larsen.....Director
 Jason Yeager.....Director
 Cindy Vollmer.....Past President

The Arc of Bismarck's 2010 Slate of Nominations

President - John Glaser
 Vice President - Mike Schwab
 Secretary/Treasurer - Julie Wald
 Director - Becky Nygaard
 Nominating Committee - Paul Griffin & Roxane Romanick

And The 2010 Nominees Are...

For President

John Glaser lives in Bismarck with his wife, Angela. His life was changed significantly five years ago shortly after the birth of his daughter Abigail when they realized her unique needs and the importance of giving those with disabilities a voice. He is very interested in systemic advocacy and inclusive education in relation to the disability world. John has held the position of Director on The Arc board for over a year and also acts as the chairperson of the Fiscal Management Committee, which has recently become very active working on new strategic plan goals. He brings a progressive perspective to The Arc board.

For Vice President

Mike Schwab is a North Dakota native. He is currently the Executive Vice President of the North Dakota Pharmacists Association and the North Dakota Pharmacy Service Corporation. He has been an active lobbyist since 2001 and enjoys working with public policy issues. Mike is currently a board member of the ND Rural Health Association, and the ND Pharmacy Advancement Corporation. Mike has been actively involved in the disability field having worked for a local Center for Independent Living and The Arc of Bismarck. Mike has a son, Tyler who attends middle school and happens to have a disability. Mike believes in striving to be a good advocate for his son and others in the disability community as well.

For Secretary/Treasurer

Julie Wald lives in Bismarck with her husband, Don; together they have 5 children and 3 grandchildren. She has worked in the field of Developmental Disabilities since 1983. In 1997, she was involved in founding a new provider of services in the state - Support Systems, Inc. Julie continues to work there, fulfilling her personal belief that everyone deserves the best possible supports to have a successful life. She is also a member of the Citizen's Advisory Committee at the ND State Developmental Center, Bis-Man Transit Board, Region 7 Transition Task Force, BECEP Touch Board and various committees with her church.

For Director

Becky Nygaard currently serves on The Arc of Bismarck's Board as Vice President; she was appointed to this position for a one year term. Previously, Becky held the position of Director for four years. She works independently at the Oasis Restaurant. In her spare time she loves to garden and travel; her most recent trip was to New Jersey. Becky loves to volunteer at the Abused Adult Resource Center and is a director on the American People Self-Advocacy Association's board. She enjoys providing insights to The Arc on disability issues that are important to her.

We've Moved

*The address is different, the office is new,
but the doors are always open for dear friends like you!*

Please come to

The Arc of Bismarck's Open House!

Place: 411 North 4th Street, Suite #3, Bismarck

Date: Tuesday, November 9, 2010

Time: 3:00 – 5:00pm



20 Years of the ADA - Rally Recap

Monday, July 26, 2010, marked the 20th Anniversary of the signing of the Americans with Disabilities Act (ADA). The ADA provides specific civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age and religion. The ADA has altered the lives of millions of people with disabilities in the US. Through significant court rulings and legislation, as well as advancements in education, housing, employment, technology and health care, people with disabilities are assured equal opportunities to participate and live independently in their communities.



The Arc of Bismarck celebrated by hosting a rally at the Capitol. LISTEN Performing Arts Center & Self Advocacy Solutions, North Dakota warmed up the crowd with a smashing performance of musical numbers from Grease. This group never disappoints and they even made the front page of the local newspaper the following day!



A North Dakota self-advocate, Juna Wentz, shared her personal story about how the ADA has affected her life. Juna talked about her experiences with accessibility during her time at the University of North Dakota, while pursuing her degree in Information Technology Systems and Chinese Studies. She also shared her experiences of requesting and receiving simple job accommodations.

Emma Lewis-Sullivan, a disability rights advocate and motivational speaker from Indianapolis provided the keynote address which included personal insights of the ADA. Emma highlighted the timeline of significant events over the past twenty years and rallied the crowd to rededicate ourselves to creating a world that includes everyone.



Though Senators Dorgan and Conrad and Congressman Pomeroy were unable to attend, they provided a letter of recognition to The Arc of Bismarck for its consistent efforts to build an inclusive community which was shared by their staffers (left).

A Community Education Workshop facilitated by Emma Lewis-Sullivan followed the rally. Attendees discussed the various titles of the law, the amendments of 2008 and ended the afternoon with a rousing game of ADA Jeopardy!

The Arc of US Introduces New Strategic Framework

The Arc of the United States will soon be celebrating 60 years of progress. As part of that celebration the national organization is in the process of implementing strategic framework, which will provide direction to guide the organization through the next decade. The strategic framework for the future of The Arc is intended to clearly put forth a complete and unified vision for the full inclusion of people with intellectual and developmental disabilities in all aspects of society. This strategic framework was developed over two years and involved thousands of volunteers, staff leaders and constituents from across the country; this framework seeks to build on short-term priorities and resources in order to achieve change.

Mission

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusions and participation in the community throughout their lifetimes.

Core Values

People First

The Arc believes that all people with intellectual and developmental disabilities have strengths, abilities and inherent value; are equal before the law; and must be treated with dignity and respect.

Democracy

A democratic process involving members, through affiliated chapters, is utilized to take positions on important issues, policies and programs.

Visionary Leadership

The Arc leads by promoting the mission, core values and position statements. We lead with integrity, accountability and by open, honest and timely communication. We work with individuals, organizations and coalitions in a collaborative fashion.

Community Participation

The Arc works toward and believes in the community imperative: that all people have the fundamental moral, civil and constitutional rights to live, learn, work, play, and worship in safe and healthy communities of their choosing. The Arc has a responsibility to ensure the safety and well being of individuals.

Diversity

The Arc values and insists upon diversity in its leadership and membership. The Arc actively pursues and welcomes diverse groups.

Integrity and Excellence

The Arc conducts its business with integrity. The Arc reflects quality and excellence in all its work.

Vision

All people with disabilities are included and participate as full members of the community. Infants, children and youth with disabilities experience the security of family, while living and learning with their peers. Adults with disabilities lead lives of their own choosing, fully integrated in the community; have the opportunity to engage in productive work for fair wages; participate in civic and community affairs; have good health; and enjoy meaningful relationships.

People with disabilities have access to the full range of home and community-based services necessary to control their own lives' their families have access to needed family supports. Families enjoy the freedom and peace of mind that comes from knowing that their loved ones have the supports they need to live a full and satisfying life.

Valued and accepted, people with disabilities enjoy the respect, dignity, equality, safety and security accorded to other members of society. As self-advocates, they have a powerful and united voice on the issues that affect their lives and well-being, and they enjoy the broad support of family members, friends, colleagues, and community members. People with disabilities and their families fully embrace The Arc as their preferred partner for advocacy, services and supports.

A Decade of Goals for The Arc of the US

Goal I.

Infants, children and youth with disabilities have access to the supports and services they need to live in their family homes, to succeed in school and to partake in all of the experiences of childhood.



Goal II.

Adults with disabilities have the opportunity to lead lives of their own choosing, to be free from poverty, to be employed, to reside in the community, and to live independently with ready access to whatever services and supports they need.

Goal III.

People with disabilities have the opportunity to participate in civic activities, volunteerism and community service, religion, art, culture, and recreation alongside their peers without disabilities.

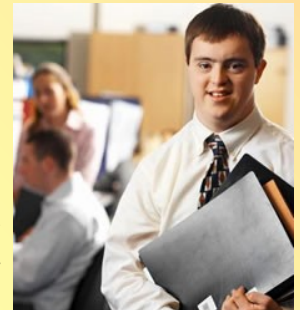


Goal IV.

Individual members of the public value, respect and accept people with disabilities as equal members of society.

Goal V.

Quality health education, health promotion and health care are widely available and accessible, enabling individuals to avoid known environmental causes of disabilities and to prevent secondary health problems for people with disabilities.



Goal VI.

The Arc is a powerful advocate for people with disabilities, leading a vibrant, engaged and growing movement of people with disabilities; their family members, friends, colleagues; and the nonprofit organizations that serve them, committed to the full inclusion of people with disabilities in society.

Goal VII.

The Arc is a catalyst advancing best practices among all community-based service providers and the preeminent provider of inclusive services and supports for people with disabilities and their families.



Goal VIII.

The Arc is a household name, well known and respected as an effective, responsive, well-managed, responsibly governed, and sustainable nonprofit federation.

Each of these goals have supporting objectives which create an all encompassing approach to progressive achievements, which support The Arc of the US' new mission and vision for people with disabilities and their families. Do you have thoughts about the national organization's new strategic framework? Please send comments, reactions and suggestions to info@thearc.org or call 202-534-3700 / 800-433-5255.

Stipends for Education & Development

Over the past year The Arc of Bismarck has had the privilege of providing stipends to people with disabilities and parents of children with disabilities in order to attend educational events. Attending workshops and conferences has given individuals and families an opportunity to learn more about the disabilities that affect their lives by providing them with the most pertinent information available. The Arc of Bismarck owes great thanks to the Otto Bremer Foundation who has aided us in providing this valuable service to North Dakotans. As part of this service stipend recipients are asked to write reflection letters detailing their experiences.

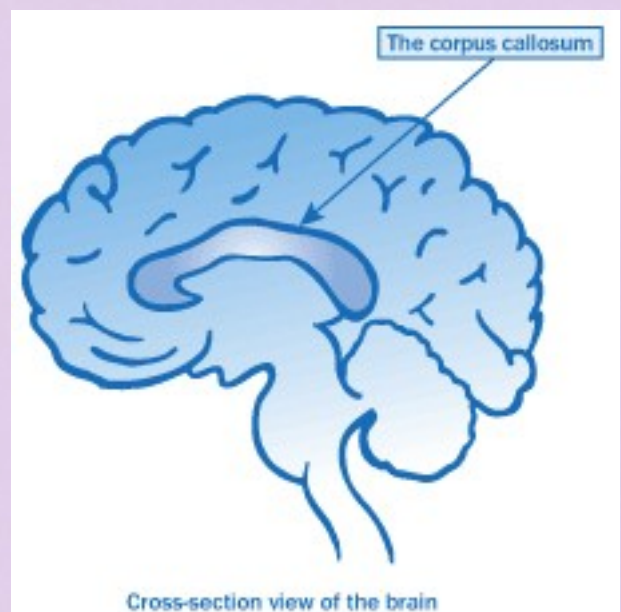
Family Enjoys NODCC Conference

What is a DCC? A disorder of the corpus callosum. The corpus callosum, a critical structure in the middle of the brain, consists of millions of nerve fibers that transfer information between the brain's two hemispheres. A disorder of the corpus callosum (DCC) is a birth defect in which the corpus callosum does not form properly. Individuals diagnosed with a DCC can experience developmental delays, language and speech impairments, social and behavior disorders, learning disabilities, epilepsy, and other neurological or psychological problems. A DCC can be accompanied by other brain, genetic or medical complications. There is no cure for a DCC, just early intervention and therapy.

Cole Hanson, and his parents, Tyler & Tess Hanson, of Bismarck, ND recently attended the National Organization for Disorders of the Corpus Callosum conference in Santa Clara, CA. Cole is 4 yrs. old and was diagnosed with C-ACC (complete agenesis of the corpus callosum) at the age of 8 months and autism at the age of 3 yrs. C-ACC means that Cole was born without the corpus callosum. Estimates of the frequency of ACC vary greatly. Some suggest that as many as 7 in 1000 children have ACC, although others believe it may be as rare as 5 in a million. One study suggests that 2 out of 100 of those with a developmental disability may have this condition.

At the conference, Cole's parents had the chance to meet with 350 families from the United States and a few from Canada. All of these families had a child with a DCC or they themselves had a DCC. They also had a chance to participate in a research study on individuals with a DCC. Currently, there is little research being done on those with a DCC, because the condition is rare. The Hanson's were able to meet with a lead researcher from University of California and discuss Cole's medical history and what can be done to help him in his future.

The Hanson's would like to thank the ND Pathfinders Parent Center, the ND Autism Connection and The Arc of Bismarck for their help in attending the conference. What a wonderful experience. More information on DCCs and the NDOCC can be found on their website www.NDOCC.org



Reflections Continued

Lessons from the Clinical Forum on Mental Health

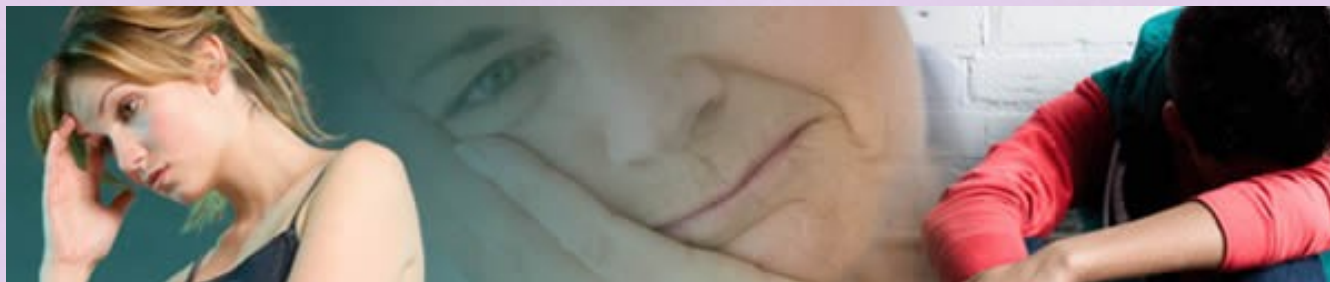
Elaine Grasl, a loyal member of The Arc, was recently fortunate enough to attend the Clinical Forum on Mental Health, where she found a wealth of thought provoking information to share... (In Elaine's words) At the forum I concluded, one is enriched by seekers of the positive sort—you know the kind of people who have those smile creases beside their eyes. Even though they may deal with tough situations from day to day, I was renewed by participants, especially family members, who look for answers and solutions for those charged with their care.

Well versed speakers offered a host of seemingly individual themes, whether it was uplifting topics like spirituality, friendship, peer support and even heroism or negative subjects like cruel acts, suicide, lawsuits and substance abuse. For me, overall I saw themes of seeing people as whole beings with human frailties and strengths and other commonalities. Some may develop problems which can be within their control through efforts like counseling, meds and peer supports and others who have problems which are no longer within their control like Alzheimer's, but all of whom may be helped often more effectively, if the issue is dealt with early on. Better yet in my view, individuals should be allowed guidance before preventable problems occur.

We all have a human need for connectedness, communication and community in ways that are relevant to us as individuals and as members of a larger world. We want to feel and be deemed worthy of having love, care and respect. We want two-way communication where both parties are really listening and skillfully speaking and where individuals who find it difficult to communicate are given the tools to do so. We can communicate first as human beings, that have many commonalities and also then we can lend a more informed ear, which is due to what we have learned as professionals, educators, family caregivers or knowledge as self-advocates. We can communicate also with good humor and goodwill.

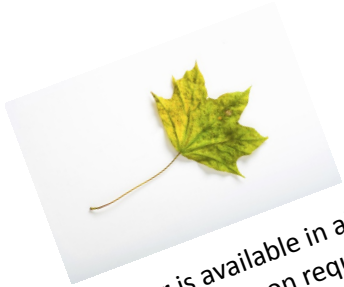
Within this forum, I also saw ironies. One was an example of a group's great idea for a checklist wherein every individual had a positive contact by someone each day, but only moments later, we heard the often spoken comment that, in order to preserve one's own personal wellbeing, one may avoid negative people, which of course makes sense in several regards, such as negative peer pressure causing depression. However, I thought maybe those so-called "toxic" individuals are the people most in need of that positive checklist and that ways should be sought by those who are able to render some positivity for the person—for the ultimate benefit (and sometimes safety) of us all.

In my idealized world, the closer our imperfect selves come to creating community where people feel welcome, where everyone young and old, those with disability and anywhere in between is allowed to share interpersonal power, choice, and a voice; where people feel a part of the community in ways that feel right for them— a community where we listen, where we communicate, where we give recognition and support, where we notice the needs of others and they notice ours, maybe we will have created a real community and mental wellness in the best sense.





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Newsletter is available in alternative formats upon request!

Calendar of Events

Title I, Special Education Conference—October 6, 7 & 8
American People Business Meeting—October 11 @ 7:00 pm
ND Development Disabilities Network, Employment First Conference—October 15 @ 9:00 am
American People Membership Meeting —October 18 @ 7:00 am
The Arc of Bismarck’s Annual Celebration—October 19 @ 6:00 pm
Partners in Policymaking—October 15 & 16
The Arc of Bismarck’s Open House—November 9 @ 3:00 - 5:00 pm

For more information on events visit our website at www.thearcofbismarck.org.

Membership Information

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____

- Self-Advocate \$1
- Individual \$15
- Family \$25
- Patron \$50
- Business \$100
- Builder \$500
- Other (donation) \$____
- Renewal \$____

Members of The Arc are entitled to a 10% discount at The Arc Thrift Store!