



# achieve

*Empowering People*

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## Mark Your Calendar!

The Arc, Upper Valley Annual Dinner Celebration

November 3, 2016

Muddy Rivers Ballroom

Tickets

**\$25**

*Watch the mail for your invitation!*

## Kim Rygg - Defining Personal Style

Kim Rygg is a busy woman. Her life is filled with work, volunteering, swimming, bowling and performance art, just to name a few.

Born with Down syndrome, Kim is soft-spoken and polite, but does not hesitate to stand up for herself.

In junior high school, when another student called her the 'R' word, she immediately reported it to the school principal.

"It was just awful," said Kim.

Fortunately, that's the only incident of bullying Kim can recall from her time in school.

A few years ago, her doctor told her that she should cut down on the amount of soda she was drinking and exercise more. She showed tremendous willpower by giving up soda completely and exercising two hours a day on the treadmill and stationary bike. The result was a loss of 50 pounds over three years, sparking her interest in fashion.

Kim puts her unique sense of style to work by volunteering weekly at True Colors, an upscale women's resale and consignment store. She enjoys putting together outfits and dressing the mannequins for display.

She also models clothing at Christopher & Banks in the Columbia Mall, where she gets to choose the outfits she wears at the in-store fashion shows.

But fashion is just one small part of Kim's life. She participates in swimming and cheerleading through Special Olympics and works at Holy Family - St. Mary's School, a private K-5 elementary school in Grand Forks, where she assists teachers with projects and helps out in the kitchen.



*Kim at True Colors*

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## Rachel Hafner Executive Director

Dear Partners,

It is common to hear people say, “Where has the time gone?” We are puzzled at the quick passage of time, whether it is just a passing season, or years seemingly flying by.

Lately we have thought this very thing at The Arc. “Where has the time gone?” We feel as though we have accomplished so much over the past six months, causing time to speed by, and so we want to share our accomplishments with you.

In the past half a year, we have begun to see more self-advocates and families through our Advocacy Program. Through our Advocacy Program we are able to establish, maintain and improve quality of life for self-advocates and families by helping them to resolve issues, obtain needed services and by promoting change in practices, policies and behaviors of third parties. Staff are available to address a variety of issues including, but not limited to, early intervention, education, guardianship, wills and trusts, employment, retirement, benefits, housing, support services, transportation, civic engagement, recreation or other issues that impact a person’s life and personal rights.

Our Family Support Night has further enhanced support available to family members. Family Support Night is a group facilitated by family members for family members. It is a place to find support, share ideas and problem-solve with other family members of people with disabilities. The Family Support Night group started meeting in March and continues to meet every 2nd Tuesday of the month at The Arc, 6:30-8:00 PM.

Increasing our services at The Arc made it important to create a more inviting space for self-advocates and families. So over the summer we converted an office into a welcoming family room. This room is available for support groups or family meetings. We encourage you to stop by our office and take a look at this lovely new room.



### achieve

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#### Officers:

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Peggy Johnson

#### Mission Statement:

The Arc, Upper Valley promotes and protects the human rights of people with intellectual and developmental disabilities and supports their full inclusion and participation in the community throughout their lifetimes.

**The Arc, Upper Valley      701.772.6191**

[thearcuppervalley.org](http://thearcuppervalley.org)

The work did not stop with the family room. Over the summer we installed a new electrical panel and air conditioner in the office. We fixed one of the office bathrooms that was in disrepair. We cleared all the shrubbery that was growing behind the building, making its way into our foundation and air conditioner units, and we put rock in a parking lot island to improve the appearance outside of our thrift store. Speaking of the thrift store, staff have been busy building furniture this summer and cleaning out our very full shed. And security cameras were installed at our consignment shop, True Colors.

So as we ask ourselves, "Where has the time gone?" at The Arc. We have to stop and think, yes the time has gone by quickly but look at everything we have accomplished. And so we take a minute to stop and appreciate all of the hard work that we have done. And we move forward with a sense of accomplishment and pride. Ultimately knowing that all of our hard work is making it possible for another person with a disability to live life fully in the community.

Warmly,

*Rachel Hafner*

## Family Support Night

### Upcoming Meetings

September 13, 2016

October 11, 2016

November 8, 2016

December 13, 2016



For more information, call 701.772.6191.

## In Memory



It is with great sadness that we say goodbye to Doris Larson, a generous, caring soul who volunteered her time and talents for The Arc, Upper Valley for 33 years.

Doris, who passed away on June 25th, was a welcoming presence in the thrift store to both customers and employees. Always upbeat and happy, she shared stories and photos of her family and imparted her wisdom to us, always peppered with humor and unique perspective.

Doris Lillian Mickelson was born on December 26, 1928 in Mountview Township, ND. She grew up in Rolla, ND, where she graduated from high school. She attended nursing school in Bottineau, ND.

She married Glynn Larson and they lived and farmed near Bisbee, ND. Glynn passed away in 1979 and Doris moved to Grand Forks, where she became a house mother for Pi Beta Phi sorority at UND.

Doris was devoted to her family and her volunteer work with Altru Health System and The Arc, Upper Valley. She will be missed.

She is survived by her four children, eight grandchildren and five great grandchildren.

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Kim's mother, Lois Rygg, says that she never gets bored. "Kim can always find something to do, even if it's just pulling weeds in the yard."

She and her mother used to spend most of the summer at the family lake cabin, but that has been reduced to just weekends, due to Kim's busy schedule.

"Kim isn't willing to give up any of her activities, so that pretty much dictates when we can be at the lake," laughed Lois.

Kim has done some international traveling, as well. Along with her mother, she has been to England, France, Italy and Germany. Her favorite memory is of being serenaded during a gondola ride in Venice.

One of Kim's greatest pleasures is acting and singing in L.I.S.T.E.N. Performing Arts productions. She's appeared as Sandy in Grease, Dorothy in the Wizard of Oz and most recently, played the role of Sophie in Mamma Mia.

Stage fright is not in her vocabulary. "She never gets nervous," says Lois.

Kim is at True Colors on Wednesday afternoons, so stop in to say hello. She will be glad to help you find the perfect handbag or accessory for your own personal style.



Kim in the spotlight as "Sandy" in Grease.

## Members Save More!

*Members of The Arc, Upper Valley receive a 10% discount on purchases at The Arc Thrift Store and True Colors.*

### Join us and save!

Call us at 772-6191 and join today!

## Welcome New Members!

Thank you to our new and renewing members for your support of The Arc, Upper Valley's programs for children and adults with intellectual disabilities. We appreciate your support!

### New Members

Brady, Martz & Associates, PC	Carolyn Kryzsko
Bev Collings	James & Donna Olson
Jim Hance	Laurel Payne
Shari Hanson	Jenelle Stadstad
Mark & Jane Humble	Ellen Voelker
Jay & Miranda Kleven	Scott & Andrea Volk
	Aida & Richard Wakefield

### Renewing Members

Bremer Bank	Ruth Jenny
Development Homes	Peggy Johnson
Kathy Anderson	Robert Johnson
Kathy Ashe	Joan Karpenko
David & Melissa Bakke	Patrick King
Tim & Meredith Baumann	Michelle LaBrecque
Erin Baumann	Cathy Martsolf
Kim Drewes	James & Stacie Metelmann
Virginia Esslinger	Dianne Sheppard
Mary Jo Esslinger	Pamela Solga
Rachel & Tim Hafner	Fayme Stringer Henry
Jody Haug	Beverly Stromsodt
Dan & Barb Hinnenkamp	Doug & Kathy Twite
Michael Hurley	Elizabeth Tyree
Marlyn Hurley	Jonathon & Nichole Vonesh

# Interning for Inclusion

I am Paige Holman, and this summer I have been interning with The Arc, Upper Valley. I go to the University of North Dakota, and am studying Rehabilitation and Human Services and also plan to pursue my Master's in Counseling. I look forward to becoming a Child Life Specialist in the near future.

I come from a family of a mom, dad, older sister and younger brother. My older sister, Kalli, has been one of the largest influences on me because she was gracefully born with Cerebral Palsy.

I believe this has made me a strong, more understanding, empathetic person and I am grateful for that. This why I want to become a Child Life Specialist.

My sister and I are Minnesota Twins fans. Kalli has season tickets and I attend games with her whenever I'm back home in the Twin Cities.

We also share an interest in movies. Kalli works at a movie theatre, so she always knows which movies are coming out next and we try to go to a movie together whenever I'm home.

Growing up, Kalli had multiple surgeries. Although I was too young to remember everything that happened at the hospitals, I remember her always wanting "this lady" in the room.



*Paige and her sister, Kalli.*

I did not know who she was or why she was there at the time but over the years I have been researching jobs and became aware of child life specialists. It finally made sense who "this lady" was that Kalli always wanted to see at the hospital, she was a Child Life Specialist.

I want to be that person that makes every child's day better. I love to make people feel better and happy. That is why becoming a Child Life Specialist is my dream job.

Interning at The Arc, Upper Valley has opened my eyes to so many opportunities and agencies that assist individuals with disabilities. I am more informed about what all the agencies in Grand Forks have to offer.

With that being said, I look forward to what the future has in store for me.

# Volunteer Spotlight



Hannah Watson volunteered for The Arc Thrift Store, in Spring 2016 as part of her vocational training through The Adult Transition Program, Grand Forks Public Schools. When Hannah completes this program, she hopes to find employment doing clerical work.

She was recently honored for her hard work and dedication by MODE Grand Forks through their #MODEItForward program, for which she received a free pair of designer jeans (pictured below).

Thank you Hannah for being an inspiration to all!



# Teen Night Out

Teens with disabilities sometimes have a difficult time making friends or feel awkward in social situations.

Teen Night Out provides students with disabilities in middle school through high school (ages 13-21) with a safe environment to experience recreational activities and attend sessions designed to enhance social skills and strengthen peer relationships.

This program is a collaborative effort of several agencies and is funded by Anne Carlsen Center, Easter Seals Goodwill of ND, Development Homes, Family Voices of ND, Support Systems, and The Arc, Upper Valley.

Additional collaboration and in-kind support is provided by Grand Forks Public Schools Special Education, GFAFB Airman & Family Readiness Center, NE Human Service Center and Pathfinder Parent Center.

There is no cost to participate in Teen Night Out, with the exception of a few community events that require an admission fee.

Local businesses have been good about offering special discounted rates for the group, but if the cost of admission would prevent a teen from attending, they can contact a committee member to make arrangements to have the cost covered.



So far in 2016, the teens have participated in a movie night, bowling, fishing at Ryan Lake, a picnic at Turtle River State Park, and learned about recycling from the City of Grand Forks sustainability coordinator, Debra Pflughoeft-Hassett.



Plans for the rest of the year include a swim outing at the newly renovated East Grand Forks Pool, painting bowls for The Empty Bowl Project fund-raiser, a visit to Nelson's Pumpkin Patch & Corn Maze, swimming at the water park at Canad Inn and a holiday party.

For more information about Teen Night Out, contact Joan Karpenko at 701-740-8641.

## Inter-Agency Picnic



Pam Heyd and the staff at Development Homes took over the planning of the Inter-Agency in 2016 and it was a big success!

Everyone came out for a delightful picnic meal, music, games, balloon art, activities and door prizes.

Picnic sponsors included Development Homes, Inc., Anne Carlsen Center, Easter Seals Goodwill ND, Support Systems, L.I.S.T.E.N. Center, Special Olympics North Dakota, and The Arc, Upper Valley.



## The Scoop on the ABLE Act

Before passage of the federal Achieving a Better Life Experience (ABLE) Act, people with disabilities could only save a maximum of \$2,000, or risk a reduction or loss of benefits such as SSI and Medicaid.



The ABLE Act allows people with disabilities and their families to set up a special savings account for disability-related expenses. Earnings on an ABLE account would not be taxed, and account funds would generally not be considered for the Supplemental Security Income (SSI) program, Medicaid, and other federal means-tested benefits.

Eligible expenses include those made for the benefit of a disabled individual for education; housing; transportation; employment training and support; assistive technology and personal support services; health, prevention, and wellness; financial management and administrative services; legal fees; expenses for oversight and monitoring; funeral and burial expenses; and any other expenses approved under regulations.

### *How does this affect North Dakotans with disabilities?*

On April 1, 2015, the North Dakota governor signed into law HB 1373. HB 1373 gave the Bank of North Dakota the ability to implement an ABLE program and to issue rules.

The Bank of North Dakota (BND) assessed the administrative fees that would need to be covered by a relatively small population and determined that the residents would have lower expenses if they accessed other states' plans.

The following states have enacted ABLE Programs that are open to residents nationwide: Ohio, Nebraska, and Tennessee.

#### **Nebraska**

Enable Savings Plan  
[www.enablesavings.com](http://www.enablesavings.com)

#### **Ohio**

STABLE Account  
[www.stableaccount.com](http://www.stableaccount.com)

#### **Tennessee**

ABLE TN  
[www.abletn.gov](http://www.abletn.gov)

The Arc of the United States is tracking progress on the ABLE Act in all 50 states.

For information on which states have active ABLE Programs, signed or pending bills, visit <http://www.thearc.org/what-we-do/public-policy/issues/able-program-implementation>.



2500 DeMers Ave Grand Forks ND 58201

## Nominations Sought for Annual Awards

Now is your chance to nominate those who deserve a pat on the back for all their dedication and accomplishments over the years or even the past year.

**RECOGNIZE**  
**MENTOR** **INFLUENCE** **INCLUDE**  
**RESPECT**  
**COMMUNITY**

**Award Categories:** Teacher of the Year, Professional of the Year, Employer of the Year, Volunteer of the Year and Excellence in Self-Advocacy.

**Nomination Procedure:** Anyone can make a nomination! Download the fill-in nomination form from our website, which includes all the criteria for the awards. You may also obtain a nomination form by calling 772-6191.

Submit completed nomination forms along with any relevant supporting material (letters of support, newspaper clippings, other awards or recognition).

**Deadline:** Nomination forms must be received at The Arc, Upper Valley office by Wednesday, September 30, 2016.

Awards will be presented at The Arc, Upper Valley's Annual Dinner on November 3, 2016.

Download forms at  
[www.thearcuppervalley.org](http://www.thearcuppervalley.org)