



Changing attitudes.
Changing policies.
Changing lives.

ArcVoice

E-Learning Debuts with GetSet! for Transition

People looking for information they need to make good choices in the lives of individuals with intellectual and developmental disabilities have an exciting new option: E-Learning. E-Learning is an online alternative for an increasingly electronic world.

“Today, we go to our computers and smart phones because they tell us what we want to know, when we want to know it,” said CEO Kim Keprios. “It makes sense for Arc Greater Twin Cities to give people that option for information about disability issues.”

Arc’s first E-Learning class is GetSet! for Transition. It is for families of children with disabilities ages 14-21 who are making the change from school to the adult world. A second class on Guardianship will be available this summer.

E-Learning is very interactive to fit individual learning needs and styles. You can:

- Get information exactly when you need it.
- Decide when and where to learn. All you need is a computer with internet access.
- Cover the material at your own speed – stop and start as you wish, spend more time on topics of particular interest, etc.

To learn more or sign up for E-Learning, visit www.arcgreatertwincities.org. The cost (payable online) is \$39 for the course alone and \$49 for the course with continuing education units (CEUs).

“Some people want the face-to-face interaction of a workshop; others want the convenience of online learning,” said Kim. “What matters to Arc is giving people the information they need so they can achieve their own vision of a good life.”

Abuse Prevention Initiative Strives For Fewer Victims and More Justice

Safety from harm is a basic element of a good life, but safety is not a given for people with intellectual and developmental disabilities. Persons with disabilities are much more likely to be victims of abuse than people without disabilities, and they are much less likely to be afforded fundamental rights because of barriers within the criminal justice system.

Arc Greater Twin Cities is tackling these issues with an abuse prevention initiative that operates on several fronts.

Self-Advocate Training. Arc Greater Twin Cities is teaming up with other disability organizations to teach self-advocates to protect themselves against abuse. Organizations that have hosted the training include Fraser, Glenwood Middle School, Merrick, Inc., Northwest Technical Center, Opportunity Partners and ProAct.

ABUSE PREVENTION INITIATIVE cont. page 6



Arc’s new E-Learning class on transition helps families like Michele McAlister and her son Justin prepare for his adult life.

E-Learning Gets Rave Review From Parent Michele McAlister

Michele McAlister began the transition planning process for her son Justin a year ago, so she was the perfect person to test Arc’s GetSet! for Transition E-Learning class. She was enthusiastic about what she saw.

“E-Learning is a great tool,” Michele said. “It covers the information that parents want to know, and it was very clear in explaining how the system works. It was also very easy to use, and I loved the resources.”

“The benefit of an online program is that there’s no need for a babysitter, no need to leave the house. That’s hard for parents of children with disabilities,” she continued. “This would be great for anyone with computer access.”

Michele recently requested a transition evaluation for Justin. “I would love to have E-Learning with me when I get the evaluation results,” she said. “In today’s world of smart phones and portable technology, you could bring this information with you to meetings.”

E-Learning gives Michele and other parents a new option for achieving what they care about most – a bright future for their child.

“I have dreams for my son,” she said. “For example, he’s very interested in weather. He may never be a TV meteorologist, but could he be an assistant or even ride in the car with the storm chasers? Why not? I’m looking outside the box, and we’ll see what happens.”

Arc Gala Sparkles with Jazzy Music, Snazzy Style

THE Arc GALA

The 2011 Arc Gala lit up the night with style, glamour and lots of heart, all to create more possibilities for people with intellectual and developmental disabilities and their families.

More than 500 guests attended the March 5 fundraiser at the Minneapolis Hyatt Regency. Highlights included the music of jazz vocalists Dennis Spears and T. Mychael Rambo and *Wear It Well*, a fashion segment celebrating personal style and flair. Presented by Illusion Theater and styled by Alice Sydow of I've Got Your Style, *Wear It Well* featured amazing apparel from Arc's Value Village Thrift Stores, showcased by models of many abilities.

Arc Greater Twin Cities thanks the sponsors, donors, volunteers and guests who made it a magical night!



Gala Co-Chairs Jim and Cindie Smart enjoyed the evening with their daughter Casey.



The fashion show featured the vocal stylings of T. Mychael Rambo (left) and Dennis Spears.



A miniature Mercedes drew a lot of attention at the silent auction.



Long-time WCCO-TV anchor Don Shelby and Minneapolis Mayor R.T. Rybak were among the celebrities on the red carpet.



Willie Bridges and Delta Giordano of Illusion Theater took their turn on the catwalk.

Photos courtesy of Paula Keller and Jim Nihart

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Voices and Faces of Arc



Chad Schaschl with Ann Richards of Broder's Cucina, where Chad has worked for 13 years.

For the last 13 years, Chad Schaschl has barely missed a day of work at Broder's Cucina, and his volunteer record is equally good at Arc's Value Village Thrift Store & Donation Center in Richfield. Chad sets a great example of the contributions that people with intellectual and developmental disabilities can make in the workplace, and he talks here about his work experience. He also starred recently in a video about GetSet! for Work, a new program from Arc Greater Twin Cities that helps young adults with intellectual and developmental disabilities build employment skills.

I started working not long after I got out of high school. Some of the jobs I've liked best were at restaurants. I worked for a while at Burger King in northeast Minneapolis, and then I got a job busing dishes at the Spaghetti Factory downtown.

Now I work at Broder's. I work three mornings a week, cleaning and getting the restaurant ready to open. Sometimes I stock the coolers with sauces and cheeses so they're ready for the cooks to use and for customers to buy. In the summer, I take care of the

patio and water the plants. I really like the atmosphere there, and the people are wonderful.

I don't do any cooking at the restaurant, but I like to cook for my roommates at my group home. I make things like burgers and chicken and pork chops. I have three roommates, and we take turns cooking.

I started volunteering at Value Village at about the same time I got my job at Broder's. It's close to home, so I can walk there. My favorite job is testing appliances to make sure they work before we sell them. If they don't, we recycle them.

All of the employees and volunteers at Value Village are nice, and the volunteer banquet in the spring is fun. I like meeting people from the other stores. And it makes me feel good to know that I'm helping people when I volunteer.

I don't know if I'll work at Broder's and Value Village forever. But I think this is what I'll be doing for a while.

Sam Courey Inspires Others to Share His Capital Campaign Commitment

If you've ever wondered whether one person can really make a difference, consider Sam Courey. Sam and his wife Barbara have not only made a personal pledge to *The Campaign for Arc*, but Sam has also influenced pledges from two businesses he leads. Together, these pledges are bringing Arc's capital campaign \$20,000 closer to its goal.

Years from now, people who turn to Arc may not know Sam, but their lives will be better because of his leadership and generosity. *The Campaign for Arc* is ensuring the future of Arc Greater Twin Cities by supporting the expansion of Arc's Value Village Thrift Stores & Donation Centers.

Sam has seen Arc's impact in his own family. His two adopted grandsons have intellectual and developmental disabilities. Their mother – Sam's daughter – is Rebecca Rooker, a long-time Arc volunteer and passionate disability advocate. "Of the disability organizations I know, Arc is in the top tier," Sam said.

Sam has shared his support of Arc Greater Twin Cities by inspiring gifts from Courey, Kosanda & Zimmer, the law firm he founded, and Cedar Creek Oil & Gas Company, where he has served as Chairman of the Board.



Sam Courey personally supports The Campaign for Arc and has inspired others to give.

"If you believe in something, it's easier to advocate for it, and I believe in Arc," he said. "The board members at Cedar Creek have been very willing to give back to the community, and I'm lucky to have two partners at Courey, Kosanda & Zimmer who are very charitably inclined."

"Those of us who have been blessed with good health and some success should support organizations like Arc," Sam continued. "It makes you a better person when you open your heart and your purse strings. I encourage everyone to do it."

For more information on The Campaign for Arc: A Partnership for the Future, contact Chief Development Officer Ellen Hatfield at (952)920-0855.

Remember Someone You Love With a Tribute Gift to Arc

Mother's Day, Father's Day and Memorial Day are times when we remember the people who have made a difference in our lives. This year, why not celebrate these special holidays with a gift that honors your loved ones while it touches the lives of others?

It's easy to make a tribute gift to Arc Greater Twin Cities. Use the remittance envelope in this issue or simply send a check noting the name of the person you wish to honor and the type of tribute (in honor or in memory).

Arc will notify your honoree or their family member without disclosing the gift amount. Please include the address where you would like the tribute card sent.

For more information about tribute gifts, contact Arc Greater Twin Cities at (952) 920-0855 or donorservices@arcgreatertwincities.org.

Help Others Achieve A Good Life with Your Annual Campaign Gift

Arc Greater Twin Cities' 2011 Annual Campaign will come to an end on June 30, and we're short of our target. If you haven't made your gift yet, now is the time!

An appeal letter will arrive in your mailbox soon. You can also use the remittance envelope in this issue of *Arc Voice* or give online at www.arcgreatertwincities.org.

Every gift to Arc Greater Twin Cities means a better life for someone in our community. Thank you!

Why I Support Arc Greater Twin Cities



"Our 15-year-old son Max has autism, and we were concerned about his school program when we moved here from New York City. Max can't sit in a chair and do school work – he's constantly on the move. I called Arc Greater Twin Cities, and it made a huge difference. Suddenly, we had options. When our advocate is in the room, people listen to her and give her courtesy and respect. I try to handle things on my own as much as possible, but there are times when you need someone like Arc to help you."

- Whitney Lutz

Why Cuts to Local Government Aid Matter

Local Government Aid (LGA) was established by the legislature in the 1970s in order to keep local property tax rates lower and help rural counties with a low property tax base. In exchange, counties were not allowed to enact most types of sales taxes.

Since 2003, counties have seen their share of LGA decline by 21% according to a study by the *Minnesota 2020 Foundation*. Less LGA means that counties have to raise property tax dollars to maintain the present level of services. Because property taxes have been raised significantly over the last decade, counties have also cut spending in reaction to LGA cuts. County commissioners are reluctant to raise property taxes in proportion to the state aid being lost, so additional property tax revenue will be limited for purposes of funding disability services.

Persons with disabilities benefit greatly from LGA. Counties fund work-related services for individuals who do not have one of the disability waivers, and many community partners provide in-home supports and other supports through contracts with county governments. Other discretionary programs threatened by continued cuts to LGA include independent living supports, job coaches, respite for caregivers, and social and recreational activities. When the LGA cuts come on top of state aid reductions for human services through the Children and Community Services Act (CCSA), it is critical that policymakers know the negative consequences of further cuts to local governments.

Cities also use LGA to help pay for police and fire services, services for seniors and other basic services that smaller communities would have trouble funding.

In February, the legislature passed a bill, H.F. 130, which would have cut LGA an additional \$487 million. Reductions in state spending from the other cuts in the bill totaled \$900 million. However, Gov. Mark Dayton used his first veto and refused to sign the bill. The governor wants a global solution to the \$6.2 billion deficit, including some revenue increases. When Gov. Dayton released his budget on February 15 he did not propose any cuts to LGA but maintained present levels of funding.

It is important for Arc members and friends to advocate for LGA at all meetings with elected officials, including legislators and county commissioners. For more information, contact Gene Martinez at (952) 920-0855 or genemartinez@arcgreatertwincities.org.

Healthy Legacy Coalition Promotes Policies for Safer Products, Healthier Minnesotans

Bisphenol A. Decabromodiphenyl ether. Cadmium. No, you aren't reading a scientific journal. These chemicals, found in everyday children's products like formula cans, mattresses and toys have been linked to problems with children's development.

Safe products help prevent developmental disabilities in young children. They also benefit persons with developmental disabilities who have health issues such as asthma, sensory integration and compromised immune systems, which are compounded by exposure to toxic chemicals.

Arc Greater Twin Cities believes that parents shouldn't need a Ph.D. in

chemistry to pick out a safe shampoo or toy for their child. That's why Arc advocates for state and federal policies that not only require manufacturers to disclose what's in their products but to also phase out the use of some chemicals.

Arc is a member of Healthy Legacy, a Minnesota coalition dedicated to policies that would remove harmful chemicals from children's products. In 2009, Healthy Legacy led the charge to remove Bisphenol A from baby bottles and sippy cups in Minnesota. It also passed the first phase of the Toxic-Free Kids Act, which requires the Minnesota Department of Health to publish a list of priority chemicals found in children's products and other common household products.

At the federal level, Healthy Legacy is working to reform the Toxic Substances Control Act (TSCA), a framework that examines the safety of chemicals. The TSCA was put in place in the 1970s and has not been addressed since then.

Healthy Legacy is now working to educate the public and elected officials about policies that protect our children. If you're interested in more information or engaging in Healthy Legacy, visit www.healthylegacy.org or contact Meredith Salmi at meredithsalmi@arcgreatertwincities.org.

Families Get Medical Care, Peace of Mind With Healthcare Application Assistance

For Minnesotans with disabilities, the key to health care is coverage under one of Minnesota's healthcare plans. Many people are opening doors to these plans – and the medical care they need – with Minnesota Healthcare Programs Application Assistance from Arc Greater Twin Cities.

Arc guides individual and families through the process of applying for Minnesota health plans and tracks their applications through the approval process, which means faster results for many applicants. Assistance is tailored to each participant, whether they have already begun the application process or are still deciding whether Minnesota's plans are right for them.

The program has been very successful since it began in late 2009:

- Through January 2011, Arc assisted **105** people with first-time applications and/or renewal forms. **71** of these individuals have an intellectual or developmental disability.
- Of the 105 individuals assisted, **37** individuals have been enrolled and/or maintained their healthcare coverage. **58** applications are still pending.

Numbers don't tell the whole story, however. The real impact is on the lives of people like Amy and Armando Marquez of Eagan, whose two-year-old son, Owen, has Angelman syndrome. Arc helped the family apply for coverage through TEFRA so that Owen would have access to Medical Assistance.

"I found the application confusing until Arc walked me through it," Amy said. "Having a very young child newly diagnosed with a disability is overwhelming, and having the peace of mind knowing Arc is able to take on this piece of it was a great help to me."

Arc Greater Twin Cities partners with Portico Healthnet, a nonprofit organization that helps uninsured Minnesotans obtain affordable health coverage and care.

If you need help with healthcare coverage:

- Click Ask an Advocate at arcgreatertwincities.org;
- E-mail info@arcgreatertwincities.org OR
- Call (952) 920-0855



Amy Marquez turned to Arc Greater Twin Cities for help with healthcare coverage for her son, Owen, who has Angelman syndrome.

Arc Mourns Loss Of Bob Jensen

Arc members and friends were saddened by the loss of Robert Jensen, 90, on Feb. 7. Bob served as president of the board of Arc Hennepin County from 1970-1972 and went on to serve as president of The Arc of the United States for two years. He is remembered for his passionate advocacy for the rights of people with developmental disabilities, and he left a wonderful legacy of hope and possibility for people with disabilities.

Grants

Arc Greater Twin Cities thanks the following organizations for their recent grants. This generous support creates more opportunities for people with intellectual and developmental disabilities and their families.

- Andersen Corporate Foundation
- Fred C. and Katherine B. Andersen Foundation
- F.R. Bigelow Foundation
- The CCP Foundation
- Curtis L. Carlson Family Foundation
- G&K Services Foundation
- Greater Twin Cities United Way
- The Medtronic Foundation
- New York Life Foundation Volunteers for Life Program
- Padilla Speer Beardsley
- The Pentair Foundation
- Rahr Foundation
- The Saint Paul Foundation
- The UPS Foundation
- Women's Foundation of Minnesota

ABUSE PREVENTION INITIATIVE from page 1

Professional Training. Arc's *Stop the Abuse* training gives victim services professionals a deeper understanding of the unique needs of people with disabilities. The Sexual Violence Center has included *Stop the Abuse* in its 40-hour training for victim services professionals.

"Arc's presentation helps professionals learn how to establish a connection with a person living with a disability," said Leo Espinoza, the center's volunteer program manager. "The feedback from our students has been outstanding."

Voices of Women. Women are targets of abuse far more often than men, and women with disabilities are especially vulnerable. Arc Greater Twin Cities' *Voices of Women* project focuses on helping women with disabilities learn to be safe and empowering them to be part of systems change. *Voices of Women* is funded by the Women's Foundation of Minnesota, GIVING WoMN and the WCA Foundation.

Overall direction for the initiative comes from The Violence and Abuse Prevention Steering Committee. Arc is pleased to announce that Nancy Fitzsimons, Ph.D., author of *Combating Violence and Abuse of People with Disabilities: A Call to Action*, is helping to set the direction of the committee.

Individuals and organizations interested in volunteer opportunities, collaborations or trainings should contact Arc's Paris Gatlin at (952) 920-0855 or parisgatlin@arcgreatertwincities.org.

Studies show that . . .

- **83%** of women with disabilities have experienced sexual abuse.
- Children with intellectual disabilities were **four times** as likely as children without disabilities to be sexually abused.
- The perpetrator was known to the victim in over **95%** of sexual assaults on persons with disabilities. However, only **22%** of the perpetrators were charged and only **8%** were convicted of sexual assault.

Arc Encourages Value Village Donation Drop-Offs

After more than 20 years of serving the metro area, the blue trucks of Arc's Used Goods Pickup Service (UGPS) have made their last residential pickups. Arc Greater Twin Cities discontinued the UGPS on March 5, 2011, and encourages donors to drop off their used goods at the four Arc's Value Village Thrift Stores & Donation Centers, where they are greatly needed.

Donation Center Info

- Open Monday–Friday 9 a.m. – 9 p.m., Saturday & Sunday 9 a.m. – 7 p.m.
- Blue donation bins on site for after-hours donations.
- More info: www.arcsvaluevillage.org

Increasing costs and competition for residential donation pickups in recent years made the UGPS less viable. At the same time, donation drop-offs at Arc's Value Village are growing as donors appreciate the convenience of donating on their own schedules seven days a week, including evenings and weekends. Donation drop-offs at Value Village were more than double the number of UGPS pickups in 2010.

Dropping off used goods at Arc's Value Village stores is fast and friendly. Donors get a tax receipt on the spot and can feel great knowing their donations are put to good use. Clothing and home goods donations provide nearly half of Arc's annual revenue, enabling Arc to better meet local community needs.

Arc's blue trucks will continue to pick up donations from businesses and donation drives. If your business or organization would like to host a donation drive or contribute merchandise, call Dolo Eggert or Laurel Hansen at (952) 920-0855.

Now at Arc's Value Village: NEW King Koil Mattresses

Sleep better for less with a new King Koil mattress from Arc's Value Village Thrift Stores & Donation Centers! Stores in Richfield, St. Paul and Brooklyn Center are now offering these quality, brand new mattresses and box springs at very affordable prices.

Another reason you'll also sleep better on your new mattress: your purchase supports Arc's work in the community. You'll get sweet dreams along with your sweet deal!

Volunteer Opportunities: Can You Lend a Hand?

Spring/Summer Clothing Sort-a-thon & Donation Drive

Spring into volunteering during National Volunteer Week! We need helping hands at Value Village St. Paul on Saturday, April 16, from 9 a.m. - 12 p.m. Unpack, sort and sift through donated clothing to find spring and summer items for the sales floor. Help even more by spring cleaning your closets and bringing in your clothing donations. (Donations are welcome even if you don't stay to volunteer!) To sign up or get more info, contact Molly Lindblad at (952) 920-0855 or volunteernow@arcgreatertwincities.org.



Tapemark Charity Pro-Am Golf Tournament

Golf lovers, this one's for you! The 40th annual **Tapemark Charity Pro-Am Golf Tournament** is June 10-12 at Southview Country Club in West St. Paul. Arc Greater Twin Cities benefits from this event, and we're looking for volunteers to help with many tournament activities. Shifts are available throughout the day all three days of the tournament. To learn more or sign up, contact Michelle Theisen at (952) 920-0855 or michelletheisen@arcgreatertwincities.org.

Over the years, Arc Greater Twin Cities has received nearly \$4.2 million from the Tapemark Pro-Am Tournament. In 2011, Tapemark is launching 400 for 40, a new initiative seeking 400 gifts of \$40. 400 for 40 will enable the tournament to provide even more support to benefitting agencies like Arc in this milestone year. For more information, visit tapemarkgolf.org.

Arc's Thrift Businesses

SHOP * DONATE * VOLUNTEER



VALUE VILLAGE

THRIFT STORE & DONATION CENTER
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New Hope - 2751 Winnetka Ave N
763-544-0006
Richfield - 6528 Penn Ave S
612-861-9550
Saint Paul - 1650 White Bear Ave N
651-788-8300



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ARC'S MISSION

To secure for all people with intellectual and developmental disabilities and their families the opportunity to realize their goals of where and how they live, learn, work and play.

PARTNERS & AFFILIATES

Arc Greater Twin Cities is a partner with Greater Twin Cities United Way and United Way Washington Co. – East, and an affiliate of The Arc Minnesota and The Arc.

Arc Greater Twin Cities is committed to ensuring equal access to its programs, services and employment opportunities regardless of race, color, creed, religion, national origin, gender, marital status, status with regard to public assistance, positive testing for the HIV virus, disability, sexual orientation, age or legally protected status.

Printing of *Arc Voice* is donated.



Community Partner

Arc Spotlights 'Achieving a Good Life' at Annual Meeting & Volunteer Celebration

Arc Greater Twin Cities invites members, volunteers and friends to celebrate accomplishments and volunteer involvement at the Annual Meeting & Volunteer Celebration on Saturday, May 14, 10:30 a.m., Minneapolis Radisson Plaza, 1330 Industrial Boulevard NE, Minneapolis.

The program will spotlight many ways in which people with disabilities are "Achieving a Good Life." Guests will also enjoy a delicious brunch and other program features:

- A gallery of self-portraits by artists with disabilities through a program with Partnership Resources Inc.

- A video about Arc's new GetSet!™ for Work program and a salute to self-advocates who volunteer at Arc's Value Village Thrift Stores & Donation Centers
- Achievement awards for outstanding volunteers
- Election of board members

The event is free, but RSVPs are a must. Invitations are coming soon. You can register online at www.arcgreatertwincities.org or call (952) 920-0855. Don't miss the celebration!

Al Etmanski and Vicki Cammack Return for June Retreat/Training

Al Etmanski and Vicki Cammack, who sparked hearts and minds at an Arc Greater Twin Cities forum on "Thinking Like a Movement" last June, are returning on Monday, June 6, for a day-long retreat/training open to the public.

In large and small group settings, participants will explore the concepts of social innovation; creating belonging/personal networks; and using our stories to impact change. Watch for more details coming soon and join us for a day that just might change your future!

Save the Date! Visit www.arcgreatertwincities.org for details about these events and more!

SAGES Forum: Dual Diagnosis (DD/MI) Across a Life Span
Friday, April 15, 1 – 3 p.m.
Christ the King Church, Bloomington

Preparing for Guardianship
Monday, May 2, 6:30 – 8 p.m.
Arc Greater Twin Cities
Guardianship for Self-Advocates
Monday, May 2, 6:30 – 8 p.m.
Arc Greater Twin Cities

The Legal Process of Guardianship
Monday, May 9, 6:30 – 8 p.m.
Arc Greater Twin Cities
The Arc Member Picnic
Monday, June 27, 5:30 – 8 p.m.
Como Park