



achieve *Empowering People*

Wings for All® Program Takes Off in Grand Forks!

For people with disabilities and their family members, flying can prove unpredictable and stressful.

To alleviate some of the fear and uncertainty, The Arc, Upper Valley held the first-ever Wings for All event in the state of North Dakota on September 15th at the Grand Forks International Airport.



Wings for All is one of The Arc's newest national initiatives - an airport "rehearsal" specially designed for individuals with intellectual and physical disabilities, their families and aviation professionals.

The event was achieved through a partnership with Allegiant Air, Grand Forks Regional Airport Authority, TSA, and AvFlight.

This airport field trip was scheduled during the turnaround of an Allegiant Air flight, and allowed participants the opportunity to practice entering the airport, obtaining boarding passes, going through security, and boarding the plane.

Families were able to interact with TSA and airline personnel and explore the aircraft, which stayed on the ground during the event.

Wings for All also gave airport, airline, TSA professionals and other personnel the opportunity to observe, interact and deliver services in a structured learning environment.

Families came from as far away as Devils Lake, Fargo and Thief Rivers Falls to participate.

For Oliver, a young boy with Down syndrome, and his family; Wings for All couldn't have come at a better time.

They were scheduled to go on a Make A Wish Trip in October and Oliver had never been on this type of aircraft before.

"He has been on many life flight trips to hospitals, but never a plane like this. He thinks flying means being sick and pokes," said his mother, Beth. Wings for All made it possible for Oliver's family to help him feel confident with air travel.



Thanks to an award from NDAD's Faye Gibbens Memorial Grant Program, this event was offered free of charge to the public.

Additional support was provided by Thrivent Financial and Sam's Club.

More photos on pages 4-5



Rachel Hafner
Executive Director

and fair treatment of all people. When we all speak out together, our voices are louder and stronger and can be heard from further away. Together, we have the power to change the world and make a difference for future generations.

At The Arc, we advocate for people with disabilities, so they can live, work and play in the community without limitations. Just as individuals need us to advocate for their specific needs, we need self-advocates to reciprocate and help us fight the good fight.

Greetings fellow advocates, champions of compassion, purveyors of justice, educators of truth, creators of change!

We all share a common passion. We all believe that every person, regardless of ability, should be able to actively participate as full citizens of the community.

The Arc has made many strides over the years in advancing the rights of people with disabilities. But we must continue to raise our collective voices to fight for the equity

It takes a multitude of voices working together to advocate for the rights of individuals who have disabilities. Because we want to strengthen our voice across North Dakota, The Arc chapters across the state are working together to encourage people to be part of the change. And that is why we are inviting everyone to #countmeforchange.

Every single story that you share, or that we can share on your behalf, puts a face to the problems that we are trying to solve. Personal stories create imagery that is powerful and that can compel community leaders and decision makers to do the right thing for these individuals.

That is why we need individuals and families to join us in telling the stories of North Dakotans, especially as we enter the 2019 legislative session.

We need individuals and families to tell our legislators why people should live in the community and not at the Life Skills and Transition Center. We need individuals and families to come together to tell legislators what is and is not working in providing care for individuals with the new payment system. We need families, like the ones who are working so hard in Fargo, to talk about the importance of students being educated in schools with their peers and not in a different setting.

We need families to tell how their children have been victims of seclusion and restraint in schools. We need individuals and families to speak about the importance of competitive wages and benefits for people working in the disability field because these staff are taking care of our most precious citizens; and therefore, we need

achieve

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Officers:

President Erik Anthony	Treasurer Fayme Stringer Henry
Vice President Kathy Anderson	Secretary Alissa Fugazzi
Immediate Past President Joan Karpenko	Executive Director Rachel Hafner

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

to adequately compensate those staff. We are counting on each of you to help us create change.

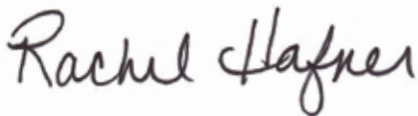
As President Barack Obama once said, “change will not come if we wait for some other person, or if we wait for some other time. We are the ones we have been waiting for.”

I hope that by reading this newsletter and hearing about the work of our organization, that you are compelled to join us.

If you are feeling inspired to be a part of the change, I encourage you to become a member of The Arc, Upper Valley.

It is time to raise your voice so that all people can live together as citizens of our world without limits. It is time to raise your voice to create a better future for everyone around us and for future generations. It is time to raise your voice and be part of a great movement in North Dakota, #countmeforchange.

For compassion, justice, truth and change,



Rachel A. Hafner
Executive Director

Follow us on Social Media!

The Arc, Upper Valley, The Arc Thrift Store and True Colors can all be found on Facebook and Instagram.



Follow us to stay up-to-date on all the happenings!

Parent Education Night Transition After High School



Thursday, December 13, 2018
6:30 - 7:30 PM
Mark Sanford Education Center
2400 47th Ave S, Grand Forks ND

Free and open to the public. For more information, call Rachel Hafner at 772-6191.

Hosted by Better Understanding Down Syndrome of Greater Grand Forks, Grand Forks Public Schools, Family Voices of North Dakota and The Arc, Upper Valley.

Next Chapter Book Club

Adolescents and adults with intellectual and developmental disabilities meet weekly for one hour to read and discuss a book of their choosing.

Anyone age 16 or older can participate, no matter their reading or ability level.

It's a great opportunity to make friends, enjoy books and have fun on a regular basis.

Vincent's Friends Playgroup

The goal of Vincent's Friends is the help children with disabilities ages 0 - 5 gain confidence, social skills, and to grow developmentally so they will be prepared to enter the school system and learn/interact appropriately with the peer.

We are currently seeking volunteer facilitators for this program.

For more information about the Next Chapter Book Club or Vincent's Friends Playgroup, contact Rachel Hafner at 772-6191.

Wings for All®



Executive Director Rachel Hafner and Pam Solga, Creative Director, accept a check for \$5,000 from Leslie Stastny, NDAD's Chief Program Officer.



Glendon Henry and Fayme Stringer Henry with their children.



Meet our terrific volunteers!
L to R: Joan Karpenko, Charlotta Mattson, and Ali Karpenko.

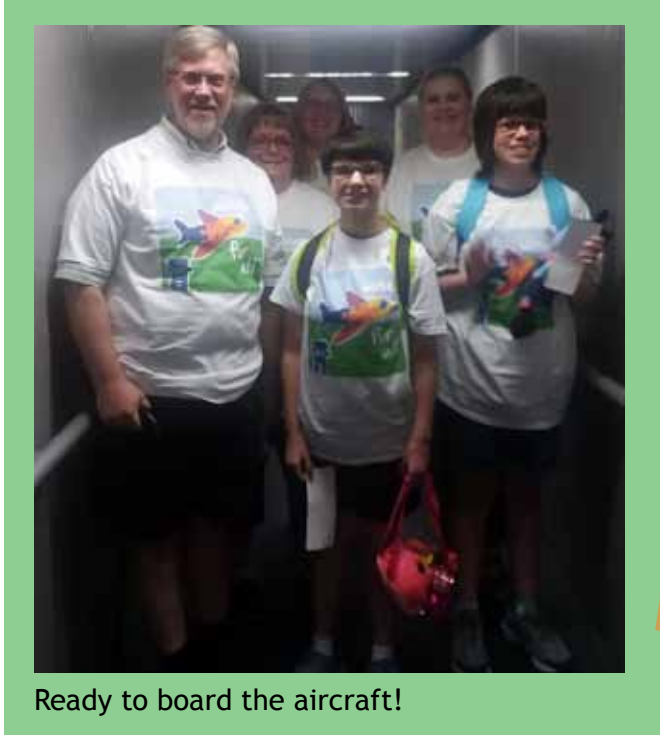


NDAD
helping others to help themselves

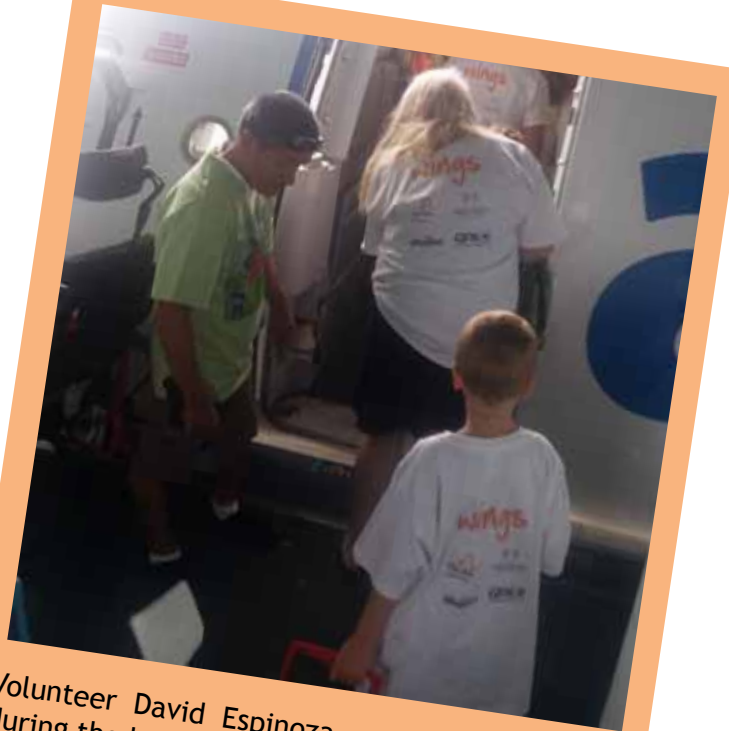


Registration and line-up at ticket counter.

Snapshots



Ready to board the aircraft!



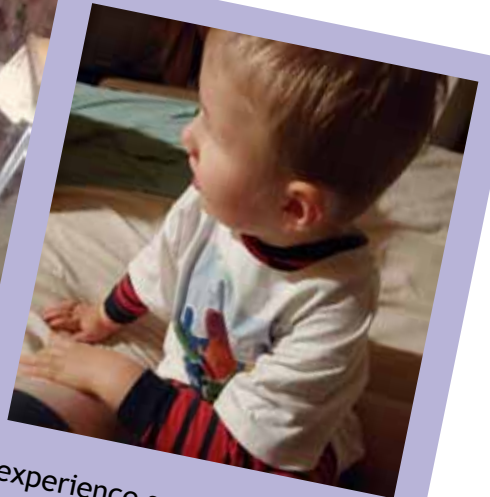
Volunteer David Espinoza assisted passengers during the boarding process.



Enjoying an aisle seat!



The Arc
Upper Valley



Eli enjoyed his Wings for All experience so much that he insisted on wearing his "airplane" shirt to bed that night. Thank you, Eli's Mom, for the photo!



Annual Award Winners

The Arc, Upper Valley's 63rd Annual Dinner Celebration was held on November 8th at the Townhouse in Grand Forks.

Employees and volunteers were honored for their years of service and one retiring board member was recognized.

From among 14 nominations, four winners were chosen to receive The Arc's annual awards to honor and thank them for exemplifying the best in contributions to people with intellectual and developmental disabilities.



L to R: Allison Jaynes of Development Homes, Professional of the Year; Torrie Smith Johnson, Excellence in Self-Advocacy; Sarah Sand and Genevieve Spicer, Volunteers of the Year; Cathy Martsolf, retiring board member; and Rick Dierker and Jeff Westrem representing Hugo's Family Marketplace, Employer of the Year.

Employee Service Awards

The Arc Thrift Store

Scott Demianew, 10 Years
Deb Erickson, 10 Years

The Arc, Upper Valley

Kate Lewandowski, 10 Years

Charitable Gaming

Tom Anundson, 10 Years

Volunteer Service Awards

The Arc Thrift Store

Mary Jo Valley, 10 Years

You can be an Arc Angel

The holiday season is a magical time filled with celebrations of hope, joy, and giving.

So, what happens when adults with intellectual and developmental disabilities, many of which live in institutional settings, have no family ties in the community? They oftentimes do not receive gifts for the holidays.

The Arc, Upper Valley works with community partners, like you, to enrich the lives of these individuals during the holiday season and throughout the year, through The Gus Kvalevog Memorial Arc Angel Project.

Named for Gus J. Kvalevog, a man who spent 75 years in an institution without any contact from his family, the program provides holiday gifts and friendship to adults with intellectual disabilities.

You can support this program by making a monetary donation or you can adopt an individual to shop for.

Another option is to engage your employer by requesting a list of suggested gifts and allowing your co-workers to choose a gift to purchase.

For more information, visit our website at www.thearcuppervalley.org or call Pam at 772-3148.

Trunk or Treat

The Arc participated in the Family Voices of North Dakota Trunk or Treat event on October 28th in Lincoln Park.

The event allowed children with disabilities, their siblings and friends to trick-or-treat in a safe, barrier-free setting.

Cars with decorated trucks lined up like a car show so the children could participate without the stress of steps or doorbells.

The Arc's theme was "Haunted Sesame Street," and the Cookie Monster pirate handed out 270 bags of cookies!



The Arc's Trunk - Haunted Sesame Street

The Arc of North Dakota Prepares Agenda for 2019 Legislative Session



The Arc of North Dakota, comprised of chapters of The Arc from across the state, will focus on the following issues during the 2019 Legislative Session.

- Downsizing the population of the Life Skills and Transition Center, especially the youth population
 - Supported decision making;
 - Opposing a work requirement for Medicaid
 - New Developmental Disabilities Payment System
 - Support to increase easier access to mental health services throughout North Dakota;
 - Seclusion & Restraint
 - Increase wages for all staff working in community DD programs
 - Employer tax incentive for Vocational Rehabilitation clients who have had closure for inability to benefit
 - Keeping Medicaid expansion
- Interim issues to be followed include Managed Care, The Study on Olmstead, and Early Intervention Study.

Updates on the status of bills and other information will posted regularly on our website at www.thearcuppperlvalley.org



The Arc.

Upper Valley

2500 DeMers Ave Grand Forks ND 58201



Enjoy
25% Off
Storewide
(excluding items priced over \$100)

*Join the downtown
businesses for
Holiday Ladies Night
Partnering businesses include Kittsona, Voxy & Avant*

December 6th
4:00 - 8:00 PM

*Come check out the
updates we're making
at True Colors!*

TRUE | COLORS
a funky, chic resale boutique