

Volume 6 Issue 2
Summer 2011

Laughter Yoga

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Laughter remains a phenomenon because science has not figured out why it affects us so positively! Laughter Yoga is a simple yet powerful aerobic exercise with enormous multi-dimensional health benefits. It's not about comedy or jokes, but laughing for its own sake. Over 50 community members attended the two sessions offered by The Arc of Bismarck in May, presented by Tahna Stetson (pictured left), a Support Coordinator at

Support Systems, Inc. and a certified Laughter Yoga Leader.

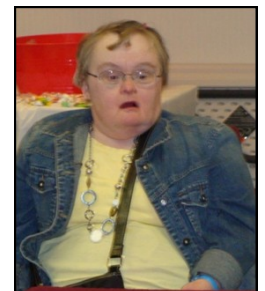
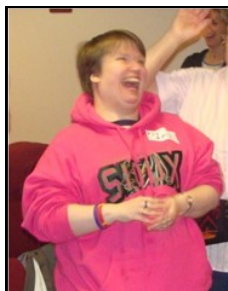
Throughout the two lively, interactive sessions, Tahna discussed the benefits of intentional laughter and how the physical action and sounds of laughter integrates mind, body and spirit. Laughter makes it easier to cope with life's challenges. When practiced consistently, the health benefits are obvious. When you laugh, good-feeling chemicals surge throughout your whole body. You become relaxed, more alert, have increased vigor and your mood improves. Laughter cleanses the lungs, boosts the immune system, helps improve digestion, promotes sound sleep and creates a sense of well being. Tahna skillfully taught the groups several easy-to-use techniques and led activities which promote the healthful practice of intentional laughter. While massaging the funny bone, laughter nurtures and cultivates the creative right brain. Laughter is highly recommended for increasing your joy factor! Everyone left the sessions with glowing faces!

Mission Statement

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

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The Arc of Bismarck's 62nd Legislative Assembly Outcomes

The Arc of Bismarck played an active role in shaping the outcomes of North Dakota's disability related legislation during the 2011 session. Representing both Bismarck and Fargo chapters, The Arc of Bismarck provided testimony on several disability-related bills. Systems advocacy is one of the many services provided by The Arc. For further information on The Arc's legislative advocacy please refer to our website at www.thearcofbismarck.org/legislative or for full text of any bill visit www.legis.nd.gov.

Support HB 1073 ~

This bill eliminates archaic language, makes the composition of IEP teams more flexible and allows parents to allocate appropriately for health care costs. ~ PASSED

Oppose HB 1158 ~

The engrossed version of this bill provides business incentives in the form of state/local government funds for building and remodel projects for accessibility improvements. The Arc supported the bill's concept, but suggested the accessibility waivers be removed. If amendments were adopted to address the aforementioned concerns, the bill would have been fully supported by The Arc. ~ FAILED

Support HB 1377 ~

This bill increases the net income eligibility limit for the Children's Health Insurance Program (CHIP) from 160% to 250% of poverty level. ~ FAILED

Support SB 2012 ~

The enrolled version of this bill contains the Department of Human Services' budget. The budget passed by the legislature is \$15,298,677 less than proposed by the governor. ~ PASSED

Support SB 2014 ~

The enrolled version of this bill contains the Protection and Advocacy Project's budget. The budget passed by the legislature is \$35,000 less than proposed by the governor. ~ PASSED

Support SB 2041 ~

The enrolled version of this bill allows examinations for involuntary commitment to be done through the use of telemedicine technology. ~ PASSED

Support SB 2043 ~

The enrolled version of this bill directs DHS to create a prospective DD service providers payment system through a pilot project. ~ PASSED

Support SB 2067 ~

The enrolled version of this bill deals with newborn disease screening & research regarding metabolic/genetic diseases. Additionally, it requires that written information be provided to parents on the nature of testing. ~ PASSED

Support SB 2079 ~

The enrolled version of this bill would make it illegal for

individuals to provide adult foster care services if they have had a license denied or revoked. Additionally, the bill directs Legislative Management to study the exploitation of vulnerable populations. ~ PASSED

Neutral SB 2084 ~

The enrolled version of this bill deals with treatment of individuals with contagious tuberculosis. ~ PASSED

Support SB 2093 ~

The engrossed version of this bill directs Legislative Management to study the feasibility and desirability of providing Workers' Compensation for mental injuries. ~ FAILED

Support SB 2097 ~

The enrolled version of this bill deals with criminal history record checks of counselors. ~ PASSED

Support SB 2121 ~

The enrolled version of this bill repeals Century Code that contains the Developmental Disabilities Loan Fund and transfers outstanding balances to the Bank of ND. ~ PASSED

Support SB 2137 ~

This bill provides an exemption of sales and use tax for thrift stores owned by nonprofit organizations. ~ FAILED

Support SB 2142 ~

The enrolled version of this bill removes the words "mental retardation" and "mentally retarded" from state statute. ~ PASSED

Support SB 2153 ~

This bill deals with the State Department of Health's food program for individuals with metabolic diseases. ~ FAILED

Support SB 2163 ~

The enrolled version of this bill provides an appropriation of \$110,000 for case management services to people with Traumatic Brain Injury in the eastern portion of the state during the 2011-2013 biennium. ~ PASSED

Support SB 2210 ~

The enrolled version of this bill establishes a housing incentive fund at the Bank of ND that utilizes tax credits. ~ PASSED

Support SB 2240 ~

The engrossed version of this bill provides for a study and the development of a plan by DHS for restructuring the human services delivery system in the state. ~ FAILED

The Arc of Bismarck's Legislative Outcomes...Continued

Neutral SB 2261 ~

This bill creates a moratorium on granting licenses to new intermediate care facilities for individuals with intellectual disabilities. ~ FAILED

Support SB 2264 ~

The engrossed version of this bill increases the net income eligibility limit for the Children's Health Insurance Program (CHIP) from 160% to 200% of poverty level and provides an effective date. ~ FAILED

Oppose SB 2265 ~

The enrolled version of this bill allows the state to make direct purchases (non-competitive) from work activity centers and provides a purpose statement. The engrossed version is improved, but there should be a statement in the bill in regards to competitive wages and integrated work settings, without an amendment The Arc of Bismarck opposes this bill. ~ PASSED

Neutral SB 2268 ~

The enrolled version of this bill allows DHS to use up to \$200,000 from its appropriation to establish a regional autism spectrum disorder centers of achievement pilot program during the 2011-2013 biennium. ~ PASSED

Support SB 2298 ~

The enrolled version of this bill allows DHS to establish an early childhood services inclusion support services grant program. An appropriation of \$50,000 is allocated for the 2011-2013 biennium. ~ PASSED

Oppose SB 2309 ~

The enrolled version of this bill states that federal

health care reform legislation is likely unconstitutional, that the legislative assembly can enact any measure to prevent enforcement of health care reform and that no provision of health care reform can interfere with choice of medical or insurance providers. ~ PASSED

Support SB 2331 ~

The engrossed version of this bill provides an income tax credit for business that increase the net number of new individuals with disabilities employed. The tax credit can be obtained over 3 years with decreasing amounts provided. ~ FAILED

Support SB 2357 ~

This bill provides an appropriation to the Department of Human Services for implementing programs associated with the family impact initiative. ~ FAILED

Support HCR 3010 ~

The enrolled version of this concurrent resolution directs Legislative Management to study passenger rail service within the state, including options for the implementation of a service route in the southern part of the state. ~ ADOPTED

Support SCR 4006 ~

This resolution repeals an article of the constitution that imposes a poll tax and makes derogatory references to people with intellectual disabilities. ~ ADOPTED

Support SCR 4010 ~

The enrolled version of this resolution provides for a study of the adequacy of governmental services, including the delivery of guardianship. ~ ADOPTED

Senate Bill 2142

The Arc of Bismarck was heavily involved in the development, introduction and passage of Senate Bill 2142, which removes the term "mental retardation" from state statute and largely utilizes People First Language. Removing archaic and hurtful language in state law will empower self-advocates to live their lives without labels and will foster acceptance in our community. This bill models the federal legislation known as Rosa's Law and legislation being implemented in other state like Missouri, Massachusetts and many others. This is a big victory for self-advocates and The Arc of Bismarck thanks all of those who supported this legislation including: the ND Protection and Advocacy Project, the Department of Human Services, legislators and Self-Advocacy Solutions, ND.



The signing of Senate Bill 2142. Front row from left to right: John Glaser—The Arc of Bismarck, Helen Bechold—SAS; Governor Jack Dalrymple, Beverly Kohler—SAS, Tracy Livinggood—SAS. Back row from left to right John Birkeland—SAS, Carol Olson—Dept. of Human Services, Carla Tice—SAS, Veronica Zietz—The Arc of Bismarck, Corinne Hofmann—P&A, David Boeck—P&A.

Program Update: Partners in Policymaking

The Partners in Policymaking Program held its 8th and final session for this year's class in mid-April. Twenty-two parents and adults with disabilities from around the state completed the training and have project plans to impact their communities using skills and information they learned in the sessions over the past few months. Success statements from the graduates will be posted at The Arc's website in the coming weeks.



Partners in Policymaking Class of 2011

The Partners in Policymaking Program is a leadership training program designed for adults with disabilities and for parents of children with disabilities.

The program teaches leadership skills, and the process of developing positive partnerships with elected officials and other individuals who make the policy decisions about services which individuals with disabilities and their families use. The program is based on the belief that the most effective and enduring public policy decisions are made by the people who need and use services in partnership with elected officials and other policymakers. It is about becoming confident in oneself, competent in the knowledge and information received, and comfortable in sharing the life experiences and expertise one brings to the program.

The next class is scheduled to begin in October 2011. The training dates and applications can be found at www.thearcobismarck.org/partners.

Remembering Christy Ann Zentz

The Arc of Bismarck has lost a long-time chapter and past board member, Christy Ann Zentz, who passed away on April 8, 2011. Born in Fergus Falls, Christy grew up on a small farm in Minnesota. She graduated with an LPN in nursing. Christy married Gary and together they raised sixteen children, adopted and biological, in Bismarck. She was active in scouting, District 32 Republicans and the Mormon Temple. She liked crafts and was never seen with idle hands, using meeting time to make blankets which she gifted or donated. Having children with special needs made her a strong advocate for people with disabilities. She was also an active supporter of American People Self-Advocacy Association, donating countless homemade (and delicious) baked goods over the years to help the group raise funds. Christy was nominated by The Arc of Bismarck and named North Dakota Mother of the Year in 2002. She regarded reading as an important value for all of her children, regardless of ability. A memorial was made by The Arc and Ms. Teresa Larsen in Christy's honor to The Bismarck Library for disability-related books. Christy's efforts will always be remembered and she will be greatly missed.



Disability Awareness Day

The North Dakota Disability Advocacy Consortium sponsored Disability Awareness Day at North Dakota's State Capitol Building on March 30, 2011. The goal of the event was to provide legislators and the public an opportunity to interact and learn how public policy issues affect individuals with disabilities and their families. Along with other member organizations, The Arc of Bismarck had a display booth with information about our programs and services. There were opportunities for advocates to share their personal stories directly with lawmakers and explain how public policy decisions impact their lives. Gary Cullen (below left) of Mandan enjoyed the excitement of the day. He had previously practiced giving legislative testimony to a panel of legislators during a mock hearing at the Partners in Policymaking session about legislative process. He liked seeing the legislators at work on the floor firsthand. Roxana Kian (below middle) had the opportunity to meet with the Senate majority and minority leaders and tell them about the services that are important for people with disabilities in her community. The program also included entertainment by the very talented pianist Matthew Houska (below right).



Thanks Margaret Hofmann!

The Arc of Bismarck would like to extend a big "Thank You" to Margaret Hofmann, who so generously contributed recipes and funds to make the cookbook project possible. Thanks to Margaret, The Arc will publish a cookbook featuring almost 600 recipes donated by members, families and friends. We are very excited to announce that cookbooks will be available for purchase starting this fall. All proceeds from cookbook sales will benefit The Arc's self-advocacy group, American People! If you are interested in buying a cookbook call 222-1854 or email veronica.zietz@thearcofbismarck.org.



Thank You New & Renewing Members!

- ◆ Cherie Merrick ◆ Mike Schwab & Family ◆ Janice Wolfer ◆ Leroy Wolfer ◆ Josh D. Woelber ◆ Tricia M. Woelber ◆
- ◆ Leonard & Ernestine Voegele ◆ Support Systems, Inc. ◆ Cheryl Mueller ◆ Arlet L. Leno ◆ Cynthia Kile ◆ Tim Keidel ◆
- ◆ Penny Jahner ◆ Paula Gores ◆ Beth Dvorak ◆ Dale & Diana Zietz ◆ Rod & Joyce Smith ◆ Vernon & Bernie Roller ◆
- ◆ Sylvia Pitzer ◆ Peggy Lutovsky ◆ Bonnita Kubler ◆ Senger & Associates, P.C. ◆ Janice Schenfisch ◆ Shantell Meidinger ◆
- ◆ Roberta Kotsick ◆ Deb Klesalek ◆ Mavis Jundt ◆ Corinne Hofmann ◆ Sandy Friesz ◆ Karen & Steve Boelter ◆
- ◆ Jennifer Bitz ◆ Jason Yeager ◆ Stephanie & Mike Tornatore ◆ Sheila Hinkel ◆ April Lindley ◆

The Arc of Bismarck Seeks Award Nominations

The Arc annually honors outstanding members of our community who contribute to activities that support our mission of providing education, advocacy and supports to adults and children with disabilities to foster empowerment and full inclusion in the community. Do you know someone special who excels in the disability world and works towards building an inclusive community? Consider nominating that person in one of our award categories. Additional award information and nomination forms may be accessed at www.thearcofbismarck.org. The nomination deadline is September 30; nominations received after that date may not be considered. Award winners will be honored at The Arc of Bismarck's Annual Celebration on November 15, 2011 at the Kelly Inn. Honorees will receive complimentary banquet tickets, an award and recognition in The Arc's newsletter. For more information please call 222-1854.

Bill Sackter Citizenship Award

Purpose: To recognize an outstanding individual with disabilities who is an achieving, integrated member of his or her community.

Eligibility: The nominated person should meet the following criteria: must live in the community (independently, semi-independently or in a small group home); must be involved in the community in some activity (volunteer work, recreation or a specific project, etc.); must have shown growth in self-advocacy skills, work skills and independent living skills; must show success in competitive or supported employment.

Volunteer of the Year Award

Purpose: To recognize a volunteer who has given generously of time and talents to accomplish the mission of The Arc.

Eligibility: Any individual who has contributed toward accomplishing the mission of The Arc at the state or local level will be considered for the award. The individual cannot have received remuneration for these services. Individuals may be re-nominated.

Bill Oban Award

Purpose: In 1998 The Arc of Bismarck established the Bill Oban Award posthumously in recognition of Bill's faithful advocacy, which greatly benefited the lives of people with disabilities and their families. The first award was given to Bill's family in his memory. The award is not necessarily given annually.

Eligibility: The award is given to an individual who truly demonstrates they are continuing Bill's legacy in advocating for people with disabilities and their families.

Professional of the Year Award

Purpose: To recognize an individual employed in community services or supports for people with disabilities. Recognized individuals must have demonstrated sensitivity and the ability to provide outstanding support which has resulted in increased independence for people with disabilities.

Eligibility: Any person employed in services to people with disabilities, aside from teachers, who is having a positive impact on the social, vocational, psychological, medical, therapeutic or other aspects of community living. Eligible occupations include, but are not limited to, social worker, individual service coordinator, direct care worker, psychologist, vocational counselor, therapist and program administrator.

Teacher of the Year Award

Purpose: To recognize a teacher who has demonstrated excellence in teaching students with disabilities.

Eligibility: A nominee must have been actively engaged in the teaching profession during the year the award is made. Eligibility is not limited to special education teachers.

Employer of the Year Award

Purpose: To recognize an employer who has exceptional records of providing inclusive competitive employment opportunities for people with disabilities.

Eligibility: Any employer, who has employed (on a full-time basis) adults with disabilities for a minimum of one year, is eligible. Sheltered workshops are not eligible.

Award Nomination Form

Please check one:

- | | |
|---|---|
| <input type="checkbox"/> Bill Sackter Citizenship Award | <input type="checkbox"/> Professional of the Year Award |
| <input type="checkbox"/> Employer of the Year Award | <input type="checkbox"/> Teacher of the Year Award |
| <input type="checkbox"/> Volunteer of the Year Award | <input type="checkbox"/> Bill Oban Award |

Nominee's Name: _____

Address: _____ City: _____ Zip Code: _____

Phone: _____ Email: _____

Please address all of the criteria listed in the eligibility and basis for selection sections; please include specific examples of outstanding service (attach additional sheets as necessary).

Name of Person Submitting the Nomination: _____

Address: _____ City: _____ Zip Code: _____

Phone: _____ Email: _____

Signature: _____ Date: _____



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ED/Editor: Veronica Zietz



This newsletter is available in alternative formats upon request!

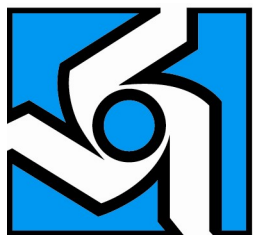
Calendar of Events

- American People Membership Meeting, Topic: Voting Rights—8/1
- The Arc Thrift Store Grand Opening—8/5
- The Arc Thrift Store Customer Appreciation Day—8/6
- The Arc of Bismarck @ The U of M Community Fair—8/25
- American People Business Meeting—9/19
- The Arc of Bismarck @ The DD Crossroads Conference—9/20
- The Arc of Bismarck Awards Deadline—9/30
- American People General Membership Meeting—10/17
- Partners in Policymaking Session #1—10/21&22

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



Thank you Basin Electric! Your donation will aid in education and awareness efforts in our community!



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