



Our Voice

Volume 1, Issue 14

December 2006

United Cerebral Palsy of Central Minnesota



Saturday, January 27, 2007

9:00 a.m. - 7:00 p.m.

Crossroads Center Mall

North entrance between Target & Macy's

****New this year - Choice of Morning or Afternoon Races****

- ◆ Register as a team captain for you and nine friends! Each team member pedals for 20 minutes at any pace.
- ◆ Each participant is required to raise a minimum of \$100 in contributions, or team minimum of \$1000. Pledges are due the day of the race to be eligible for prizes.
- ◆ Personalized on-line pledge websites will be available this year! Contact Alison at 253-0765 or alison@ucpcentralmn.org for more information and to get started building your site. **It is EASY!**
- ◆ Participants receive a long sleeve T-shirt.
- ◆ Lots of great prizes.
- ◆ Rally a team in honor of your family member, co-worker, or friend who has a disability, or challenge another business or group.
- ◆ Teams of ten participants will complete against each other for most pledges collected and most miles pedaled to raise dollars for UCP to continue our services to persons with disabilities in Central Minnesota.
- ◆ For every \$100 raised, your name will be placed in a drawing to win a bike from Scheels.

Register your own team of ten, or ask to be placed on a team.

Contact UCP at 320-253-0765, or e-mail: alison@ucpcentralmn.org, for further information.

Sponsored by: Crossroads Center, Gold's Gym, Scheels All Sports, Northern PCS Services, ATN Mid MN, Music In Motion, Asics, Concrete Plus, McDowall Company, Great Steps Orthotic & Prosthetic Solutions, Bernick's Pepsi, Finken Companies, Sleep Number Store by Select Comfort.

Coin Canister Locations

Special thanks to the following businesses that hosted UCP-CM coin canisters raising a total of \$2738.73 this past year:

Arby's, Ace Hardware - South Side, Brigitte's Café, Casey's General Store, Cenex, Cold Spring Bakery, Central Lakes Conoco, Dong Khanh Express, Holiday Station St. Joseph - Sartell & St. Cloud West, JM Speedstop, Little Dukes Sunrise St. Cloud & Waite Park, Marnanteli's Pizza-Cold Spring, McMillan's Restaurant, Mexican Village, O'Hara Bros., PX Liquor, Red River Inn, SA - Cold Spring and U Pik Kwik.

Special thanks to Bill Goede and other volunteers who service these for UCP.

If your business would host a canister, please let us know. All dollars stay local to help people with disabilities.



Notes from the Executive Director . . . Judy Moening

The Mission Statement of United Cerebral Palsy of Central Minnesota is to enrich the quality of life for persons with cerebral palsy and other disabilities.

It's never easy to ask for money and, it seems, that is exactly what we are always doing to keep our programs up and running. We work hard at special events and continue to seek new avenues of support. UCP has made a commitment to enrich the quality of life for persons with cerebral palsy and other disabilities and here is what we have done during our last fiscal year:

- UCP assisted with the purchase of equipment for 13 people with CP for a total of \$4,128 thereby helping them to achieve a greater level of independence
- One \$700 college scholarship was awarded to a student with cerebral palsy helping to achieve her dream to become self-sufficient
- UCP made it possible for 40 individuals with disabilities to own their own computer and receive personalized training and support
- UCP responded to 208 information and referral requests either by phone or Internet
- Five Assistive technology training sessions were held in the Touching Lives Through Technology Center
- ...and much, much more

Please consider a year-end donation to UCP. You can be assured that your contribution will be spent wisely. Your support will help us achieve our mission and will enrich the quality of life for many. A contribution envelope is enclosed with this newsletter. UCP is one of the first non profits in this area to complete the Accountability Wizard, a process to insure donors that we meet the high standards of the Minnesota Charities Review Council.

Thank you for your support! We appreciate all of our donors and our volunteers who help to make things possible.

P.S.: On November 14th our office was vandalized and a laptop computer was stolen. Our insurance deductible is \$500. Any donation towards its replacement would be greatly appreciated.

“Help people with disabilities own their own computer”

Computers Go Round Computer Sponsorship Program

Sponsorship Levels

Terabyte Sponsor: \$2,000

- Sponsorship of four computers
- Sponsorship Plaque
- Name in vinyl lettering on CGR window (located at 510 25th Ave. N.)

Gigabyte Sponsor: \$1500

- Sponsorship of three computers
- Sponsorship Plaque

Megabyte Sponsor: \$1,000

- Sponsorship of two computers

Byte Sponsor: \$500

- Sponsorship of one computer

All Sponsorship levels include:

- Acknowledgement in the UCP newsletter (2,000 distribution)
- Acknowledgement on the UCP website Invitation and acknowledgement at UCP-CM annual meeting.
- Your generosity will provide scholarships to people with disabilities in central Minnesota who are unable to afford the packaging fee for the computer.

Please call Kris at 320-253-0765 if you are interested in becoming a sponsor, or sign up on our website.

Volunteers Needed

UCP is looking for people to help us with

- Mailings
- Computers Go Round program
- Public Education Committee (need people with marketing experience)
- Stationary Bike Race, January 27th
- Heat Wave, March 29th (set up & take down, decorations, auction)
- Bowling For Kids - Saturdays in February, 11 a.m. Vilo Lanes.

Call 253-0765 to volunteer.

Accessible Van Rentals

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www.wheelchair-getaways.com

Email: jtrueman@cloudnet.com



Sponsorships Available:

HABENERO ~ \$5,000



Name on banner at event
 Name & logo on all printed materials
 Name & logo on website
 Sponsor promotion in UCP newsletter
 Promotion in radio & newspaper ads
 30 Tickets

JALAPENO ~ \$1,000



Name on program
 Sponsor promotion on website
 Sponsor promotion in UCP newsletter
 20 Tickets

CHIPOTLE ~ \$2,500



Name on all printed materials
 Sponsor promotion on website
 Sponsor promotion in UCP newsletter
 25 Tickets

PABLANO ~ \$500



Name on program
 Sponsor promotion on website
 Sponsor promotion in UCP newsletter
 10 Tickets

Congratulations to UCP's Advisory Board Member, Linda Baune...

who received the Judd Jacobson Memorial Award for 2006. The Jacobson award is presented by Courage Center and recognizes the pursuit or achievement by a person with a physical disability or sensory impairment in a business entrepreneurial endeavor.

Linda was born with cerebral palsy that affects her legs and balance. She has a Bachelor of Science degree in Communication Disorders and a Master of Science degree, both from St. Cloud State University.

Linda is part owner of SPOT Rehabilitation in St. Cloud where she serves as vice president on the Board of Directors, and is a director of the Speech Therapy Department. She is also president of the Board of Directors for Project ASTRIDE, and a member of the American Speech and Hearing Association.

Memorials/Tributes

UCP Memorials/Tributes allow you to express your support, respect, gratitude or love through a gift that enriches the lives of many people and furthers the mission of UCP. Gifts can be made in celebration of a special event such as an anniversary or birthday, in honor of an achievement, or in memory of a loved one.

When your gift is received, a card will be sent in your name to the individual you are honoring or the family of the person remembered. Your gift will be recognized in the next issue of Our Voice.

In Memory of

Analee & Sky Krueger Wasilowski
Pediatric Rehabilitation Friends

Hank Uberecken
Dan & Elaine Cotton

LaVerne Schyma
Ann Bursch

Peter & Agnes Kosel
Alfred & Gertrude Seifert
Al & Kathy Seifert

Al Morgel
Mary Jo & Scott Oehrlein
Jean & David Olson

In Honor of

Ally Hill
Dr. Isabelle Banville

Kaya Inkster
Robert & Christine Inkster



Calendar

January

10 - UCP-CM Board Meeting, 12:00 noon, O'Hara's
27 - Stuck In Motion - Stationary Bike Race, 9:00 a.m. - 7:00p.m.,
Crossroad's Center

February

3, 10, 17, 24 - Bowling For Kids, 11:00 a.m., Vilo Lanes
14 - UCP-CM Board Meeting, 12:00 noon, O'Hara's

March

14 - UCP-CM Board Meeting, 12:00 noon, O'Hara's
29 - Heat Wave, 5:30-9:00 p.m., Mulligan's Event Center, Sartell

April

11 - UCP-CM Board Meeting, 12:00 noon, O'Hara's
17 - Computer Drop Off, 9:00 a.m. - 5:30 p.m., Fulfillment
Distribution Parking Lot.
- Adaptive Bike & Recreation Fair: Date and location to be
determined.

UCP Programs

Information & Referral
Public Education
Financial Assistance for Specialized Equipment
Scholarships for Post-secondary Education
Computers Go Round
Touching Lives Through Technology Center

Halloween Party

Over 200 persons attended our annual Halloween Party for children with disabilities and their families. They played games, had refreshments and enjoyed entertainment by Comic Juggler, Sean Emery.



52 Years of Creating Opportunities...

At UCP's annual meeting, October 17, the following officers were named: President, Bruce Campbell; Vice-President, Jon Knopik; Secretary, Sue Schlosser; and Treasurer, Peggy Heying.

New members to the board are: Ryan Gerads, Bill Goede, Peggy Heying, Aaron Rieland and Kristin Rogers.

Thanks to Shelley Gaetz for serving as treasurer over the past 15 years, to Tom Melloy who completed 15 yrs. and is a former board president and to outgoing advisory board member, Elaine Cotton for her volunteer service.

Other awards presented were "Volunteer of the Year" to Jon Knopik; UCPA Victory 100 honorees; Carla Haas, James Kantor, Tom Reed, Travis Prodzinski & Shelley Gaetz. Tom Reed was honored with the "Spirit Award" for his community service and volunteer activities in the community and on a national level. The Spirit Award, sponsored by Currey's Photography, honors an individual with cerebral palsy from Benton, Stearns, or Sherburne county who has demonstrated community volunteerism, leadership and the ability to meet and rise above the challenges of living with cerebral palsy with spirit and determination. Tom serves on the board of directors for UCP-CM, chairs the Financial Assistance Committee, is a leading fundraiser for the annual Stuck In Motion Stationary Bike Race, volunteers on a community committee for SPOT Rehab to share concerns about health related issues as a consumer, and serves nationally on the board for the Alternative Augmentative Communication Users Group.

Past recipients of the Spirit Award are 2004 – Kathy Wingen and 2005 – Linda Baune.



Board members pictured left to right front row: Tom Reed, Shelley Gaetz, Peggy Heying, Bill Goede, Steve Feddema, Linda Baune; back row: Christy Wells, Sue Schlosser, Glenn Pence, Aaron Rieland, Bruce Campbell & Tom Melloy.



Spirit Award Winner, Tom Reed sitting, receiving his award from Peter Matter.



John Johnson (left) receiving the Computers Go Round Volunteer of the Year award from Technology Coordinator, Kris Crandall.

Recycle for UCP of Central MN

Drop off your empty inkjet cartridges, laptops, cell phones & PDA's at the following locations which have collection boxes to help UCP raise dollars for our programs and services in Central MN: Minco Technology Center, Dijital Majik & Debug in St. Cloud; Keith's Kettle, Marathon Gas Station in Clearwater and the UCP office. To date, you have helped us raise \$353.17.

Adult Size Power Wheelchair Available

Permobil Brand (C2K)
Contact Kathy or Debbie at SPOT Rehab.
& Home Care if interested.



SPOT Rehabilitation *Speech Physical Occupational Therapy* & Home Health Care

"Dynamic community and home based rehabilitation services & nursing for all ages"

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(320)259-4151 or (888)404-7768
www.spot-rehab.com

TechTips by Kris Crandall, UCP Technology Coordinator



Happy Holidays!

Recently I got a chance to meet a woman named Joan who has a vision impairment. She told me about the class she had taken at Whitney Center, and that she really wanted a computer. She filled out her application, and we set her up with a nice quality computer. Next we ran the accessibility wizard to make the screen easier for her to see with her vision impairment. She was so excited not to have to purchase special devices to be able to see and use her new computer.

Joan's computer abilities continue to improve each time she comes in for "tech night" to learn a little bit more about her computer. Tech night is available to clients who have received a computer from our Computers Go Round program. She tells me that tech night is fun for her because we take the time to explain things in a way that she can easily understand. She has been coming to tech night since she got her computer.

Training is important with computers and we offer tech night for any questions or issues you would like to work on with a computer tech. Please call 320-253-0765 to sign up for a Tuesday evening session. I will have computer techs lined up to assist you with your computer needs.

Charitable Donations

Before making your end-of-the-year charitable contributions, you might wish to check them out on the web before making your giving decisions. United Cerebral Palsy of Central Minnesota has just completed the Accountability Wizard, a new standard of charitable accountability for non-profits in Minnesota. Non profits who have completed this process through the Minnesota Charities Review Council have taken the "extra step" to insure givers that they are meeting the high accountability standards of the Council. You can go to www.smartgivers.org or to www.mnc.org to review any non profit organization in Minnesota.

If you are thinking ahead to those dreaded tax returns, please remember a few charitable giving IRS rules:

- Donors may deduct charitable contributions as an itemized deduction on schedule A of tax form 1040
- A charitable contribution is a contribution or gift to, or for the use of, a 501(c)3 tax exempt organization.
- A nonprofit generally must give donors a written statement if it receives a payment that is more than \$75 and is partly a contribution and partly for goods or services. To claim this donation, the donor must have a receipt, letter, or other written communication showing the name of the organization, the date of the contribution and the amount.
- For contributions of more than \$250, a nonprofit must supply a written acknowledgement of the contribution which includes:
 - The amount of cash contributed
 - Whether the nonprofit gave any goods or services as a result of the contribution (other than certain token items and membership benefits).
 - A description and good faith estimate of the value of any goods or services received.
 - The acknowledgment must be received on or before the earlier of: the date the donor files his return or for the year in which the contribution was made, or the date, including extensions, for filing the return.

Bowling League For Kids With Disabilities



UCP is organizing a bowling league for kids with disabilities, ages 18 and under. The league will meet every Saturday in February 2007 at 11:00 a.m. at Vilo Lanes in Waite Park. The league is limited to the first twenty children who sign up. Cost is \$10 per child which includes bowling all four Saturdays, T-shirt, prizes and a pizza party.

Please call UCP at 320-253-0765 or 1-888-616-3726 to sign up. Please let us know of any special accommodations your child might need. The bowling alley is accessible; bumpers, ramps, and lighter bowling balls and balls with handles will be available.

Volunteers are also needed to assist with bowling, please call our office to offer your help.

Thanks to our generous donors/volunteers

Halloween Party

Committee Members: Kathy Seifert, Elaine Cotton.

Volunteers: Janice Kenning, Mary Ann Mays, Stephanie Heinen, Lynn Beckenbach, Jenny Hill, Morgan Boe, Gabe Diedrich, Rita Bergeron, Bryan Scharber, Jessica Mueller, Pam Terwey, Kristie Tollefson, Dorothy Rayer, SCSU Z-Club, Tech Tigerettes. American Legion Auxiliary 328, American Legion Auxiliary 428, Tom & Mary Backes, Brad & Jane Bechtold, Bernick's Pepsi Cola, Burger King, Cinema Entertainment Corp., Coborn's Inc., Dan & Elaine Cotton, Cub Foods, Drs. Styles & Cotton, First State Bank of St. Joseph, Great River Rotary, House of Pizza, Invincible Costume & Tuxedo Co., Lawson Family Dental, Little Debbie Snacks, Randy Magwire, Northway Dental Assocs., Pan-O-Gold Baking Co., Jayne & Keith Ritter, Rupp's

Precision Print, St. Cloud Floral, St. Joseph Lions Club, St. Joseph Y2K Lions Club, The RSVP Woodblock & Toy Project, Trobec's Bus Service Inc., Tom Donahue, Howie's Corner Bar, St. Cloud Optimist Club.

Others

Then Installation Inc., Richard Visser, Jim & Linda Conway, Russell Sand, Dave Kosel & Shannon Shaughnessy, Albert & Janice Hammond, Shirley Feddema, Gloria Laughlin, Leon & Janet Skroch, Dick Burt, Leonard & Sharon Richter, Meadowlark Country Club, Jerry Kluempke, Tamra Lynn Frank, Dick & Mimi Bitzan, Pete & DiAnne Rolfzen, Dan & Belinda Tysver, Paul Middlestaedt, Dr. Linda Kennedy, John Brinkman, George Kluempke, Sue Peck, The Antioch Company/Creative Memories, Beverly Hennen, Care Transportation Inc., Spaniol & Good LTD, Sean Cotton, Bob &

Shelley Gaetz, Elk River Lions, Club Inc., St. Cloud Westside Sertoma, Steve Feddema, Elizabeth Super & John Austin, John Wertz RSVP Volunteers, Bellows Fellows, St. Cloud United Way, Mr. Sweet's Vending, John Johnson, Carla Haas, Travis Prozinski, Kevin Dukowitz, Chris Feldeward, Joe Rausch, Merideth Lindrud, Fulfillment Distribution Center, Mid American Financial Group, Professional Direct Marketing & Mailing Lists Inc., Jerry Carlson, Thomas W. Drake, Bruce E. Meyer, UCPA Recycling, Currey's Photography, Franklin & Michelene Wells, Nancy Jansen, Chris Wagner.

This listing reflects donations received from September 1 to December 8, 2006. We deeply regret if we have neglected to include the names of any donors.

Thanks! To our 2005-2006 Major Contributors

\$50,000 Plus: United Way of Central Minnesota

\$2,500 Plus: STAR Grant, Stearns County Environmental Services Grant

\$1,000 Plus: Altimate Medical, Signe & Lynn Caswell, Gillette Children's Specialty, Gray Plant Mooty, Initiative Foundation, Johnson & Johnson Companies, Robert & Debra Miller, John & Marilyn Possin, Stearns County Grant

\$1,000 Plus In Kind: Beth Ketchum, CPA, Fulfillment Distribution Center, Slumberland, Speedy Print

\$500 Plus: AIS Planning, Bellows Fellows Fund, Dick & Mimi Bitzan, Concrete Plus, Church of St. Patrick of Cedar Creed, Great Steps Orthotic & Prosthetic Solutions, Peter & Doris Matter, McDowall Company, Lee & Judy Moening, Sam's Club Foundation, The Optimist Club of St. Cloud, Arne Tilleson, Assistive Technology Network of Mid MN.

\$500 Plus In Kind: Asics, Borderview Lodge, Creative Catering, Dr. Michael Contardo, Hatlingflint, Lights On First, Miller Auto Marine Sports Plaza, Radisson Suite Hotel

\$250 Plus: American Legion 76, Tracy & Matt Arduser, Fisher's Club of Avon, Shelley Gaetz, Gilleland Chevrolet, Great River Rotary, Greg E. Theis Construction, Robert & Kathleen Kulus, Lutgen's Siding Co., Richard Smith, St. Cloud Hospital, The Bernick Companies

\$250 Plus In Kind: Chefs Phil Paulson & Doug Anderson, Crossroads Center, Currey's Photography, D.J. Bitzan Jewelers, Gold's Gym, Music in Motion, O'Hara's, Tom Reed, Scheels Sports Shop, Schlenner Wenner & Co.

Computer Recycling Events Keep Hazardous Waste Out of Our Landfills

Our computer recycling events continue to offer an opportunity for businesses and individuals to dispose of products containing hazardous materials in a safe way while helping UCP raise dollars to fund our programs. To date over 182 tons has been recycled between the St. Cloud and Elk River Drop Offs. Our next event will be held Tuesday, April 17, 2007, 9:00 a.m. - 5:30 p.m. in St. Cloud at Fulfillment Distribution Parking Lot, and another on Tuesday, September 11th. There will also be an event in Elk River on Tuesday, September 25th from 9:00 a.m. - 5:30 p.m. All items are weighed and there is a 55¢ per pound disposal fee. Cell phones & laptops are free.

Selected
as 2001
Non-Profit
of the year, by the
Initiative Foundation.

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If you no longer wish to receive *Our Voice*, please contact us.

If you would like to receive this communication by email in the future,
please email info@ucpcentralmn.org and we will add you to our list.



Telephone/TDD: 320.253.0765
Toll Free: 888.616.3726
Fax: 320.253.6753

info@ucpcentralmn.org
www.ucpcentralmn.org

OUR MISSION is to enrich
the quality of life for persons
with cerebral palsy and
other disabilities.

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