

Catch Me, If You Can

Like most seventeen-year-old young men, Cole Davis is healthy, happy, funny, handsome, and energetic—and quick to notice pretty girls. In addition to all these similarities he has one difference—Autism. Cole was diagnosed with Autism at the age of two.

Cole has received support from the Options program at CCRI since he was seven. This program allows him to receive services within the setting of his family home. Cole's disability prevents him from doing many things independently as his Autism causes many obstacles—sensory overload, audio sensitivity and a lack of social understanding/awareness and safety, which is critical as it increases his vulnerability. CCRI Professional Caregivers help Cole work on programming geared towards increased life skills as well as working through everyday challenges. Community outings to the grocery store, restaurant, and library help him gain life skills while working towards more independence. Best stated by Cole's mom, Angie, "kids like Cole see things in a different way and just need extra care and support to help them move forward. CCRI helps Cole gain real-life skills—the learning is a never-ending process."



Cole with his brothers, Wyatt (L) and Mason.

Autism is prevalent in 1 out of 110 children in America according to the Center for Disease Control (CDC). This number is even higher for boys where nearly 1 out of 70 has autistic disorder. Statistical evidence on autism provided by the CDC and other organizations show those numbers are rising.

One thing you immediately notice about Cole is his boundless energy and zest for fun. His mother, Angie, encouraged him to put those traits to positive use and urged him to participate in the Fargo Marathon. She initially thought they would run the race together; however, when she asked if he wanted to run with her or his professional caregiver, Seth, he chose Seth. Angie stated, "his choice told me a lot about how much Cole admires Seth! The two mesh so well together!"

Seth helped Cole prepare both mentally and physically. Using a YMCA Fitness Pass, purchased by CCRI donations, Cole worked out on the treadmill, bike and weights weekly. Every time Cole came home from the gym, he was excited to share with his little brothers how many calories he burned and how big his muscles were getting. He would lift his sleeve up over

his shoulder, bend his arm upright at a 90 degree angle and flex his biceps to show them how his muscles were progressing. Mentally, Seth spent time helping Cole prepare for the crowds and congestion he would experience as these are serious challenges for Cole with his disability—he's very sensitive to touch. Angie was very impressed with how Seth helped him prepare for every stumbling block he might encounter.



CCRI caregivers and twins Seth (L) and Noah Dahle with Cole after the run.

On the night of the 5K everyone felt confident that Cole would finish but found themselves unprepared for the end result. Cole finished 118th out of 5643 runners! Cole's mother was "only hoping for Cole to cross the finish line and, to my surprise, he crossed the line with an amazing time of 7.17 minutes/mile! I was flabbergasted and so very proud of my son! For that moment,

Facts on Autism

- Autism is diagnosed more frequently than Down syndrome, cystic fibrosis and all forms of childhood cancer combined.
- Autism is currently the fastest growing developmental disability in the United States, with an annual growth rate of 10–17 percent.
- In the United States, a new case of autism is identified almost every 20 minutes.
- Care of autistic individuals costs approximately \$90 billion per year. This amount is expected to more than double, or even quadruple, over the next five years.
- Early diagnosis of autism can reduce costs for lifelong care by about two-thirds.
- Autism is usually diagnosed before a child turns three years old, but symptoms have been noted as early as four months.
- Autism is a lifelong disability and life expectancy of autistic individuals is normal.
- In the past 10–15 years, cases of autism have risen 172 percent. In this same amount of time, the U.S. population grew 13 percent, and cases of disabilities rose 16 percent.
- About half of autistic people score less than 50 on IQ tests; 20 percent score between 50 and 70, and 30 percent get a score over 70. Only a very small percentage of people with autism are savants, showing genius-level abilities in a particular area.
- Autism became a special education exceptionality in 1991, and it is the sixth most commonly found disability acknowledged in public schools today.

Autism statistics are always changing as research and observation is completed and shared. The growing numbers have led to some societal concern, and hopefully this will lead to new treatments and eventually a cure.

I saw Cole as Cole and not the Cole who struggles with Autism. Just to see the smile on his face as he crossed the finish line was priceless. Never have I seen such confidence and self worth as I did in that moment. It brings tears of joy to my eyes every time I talk about it. I'm definitely a proud mother!"

When Angie finally caught up with Cole after the race, the first thing he said to her was, "Mom, can I run more?"—meaning he wasn't done running and wanted to keep going. "That's my Cole" Angie said with a smile. According to Angie, Cole loved the camaraderie of the event and the cheering of the crowd as he ran. He had never experienced that before. He also asked his mom if she thought there were any cute girls watching him!

This experience has brought Cole a new-found passion for running. Once everyone realized what a talent he had, he was encouraged and supported to seek out a spot on the Cross Country Team at Moorhead High School. He started practicing this summer and is doing well. Cole continues to need supervision and few of his caregivers can keep up to his pace, so they ride bike alongside him while he practices with the team. Cole will be a Junior this year so his family has a few years to enjoy going to meets to watch him compete. This will be a new adventure for them, but one they are looking forward to. We look forward to see where this new talent takes him.

According to Cole's mom, his participation in the marathon has caused a "new-found freedom and independence he didn't have before." This supports Angie's hope that the "sky is the limit" for Cole's future. Angie would like to encourage everyone to participate in future marathons no matter what their disability.

After serving Cole for a decade, his mother says CCRI has become family to Cole in every sense of the word. She says, "he loves the people that work there and we appreciate their kindness towards our son." She also wanted to share a special thanks to all the people who work directly with Cole—especially his Caregivers as "they do an amazing job with him. We feel fortunate to have them on his team."



CCRI was represented by 82 runners/walkers in the 2011 Fargo Marathon. Participants in the Go Far Charity Team program raised \$1,275 for the CCRI Service Enhancement Fund.

\$89 Per Month?

The realities of a limited budget.

A large percentage of the people served by CCRI receive Supplemental Security Income (SSI) and/or Retirement Survivor and Disability Insurance (RSDI) due to their disability. SSI/RSDI pays for shelter, groceries (approximately \$200), limited transportation, utilities and household supplies. Clients also receive \$89 a month as a personal needs allowance through those programs.



or



A coffee for you, or a birthday card for your mom?

On paper this sounds really good, in actuality, living within the means of an \$89 personal needs allowance is hard to do—this is less than \$3 per day. Often there is not enough money to do anything but exist. All clothing and entertainment costs must come out of this fund, as well as medical co-pays which may range from \$6 to \$40 a month.

Many of our clients have to accept items of daily living as “luxuries”...things that other people would consider a necessity. Take “Jill” for example, she is a 25-year-old woman who works at a supported-employment job site with a job coach (due to her disability, “Jill” makes less than \$2 per hour). Like most women her age, she has grown up with technology so the internet and a cell phone are high priorities on her list. She also enjoys working out at the gym. Her monthly budget looks something like this when compared to “Jane”, a 24-year-old, single CCRI employee:

“Jill’s” Monthly Budget

Reduced YMCA membership	\$19
Cell Phone (unlimited voice/text)	\$48
Medical co-pays	\$10
Internet	\$18
Pet Supplies	\$20
	<hr/>
	\$115

“Jane’s” Monthly Budget

Gym Membership	\$30
Cell Phone (unlimited voice/text/data)	\$100
Medical Expenses	\$25
Internet/cable	\$35
Entertainment	\$80
Dining Out	\$80
Snacks at Work	\$20
	<hr/>
	\$360

What Would You Choose

Below is a list of items/activities and their approximate cost/month—**you have \$89, what would you choose?**

Morning coffee	
(two times per week)	\$24
Movie (no pop, popcorn or 3-D)	\$9
Cable TV (split with roommate)	\$28
Internet (split with roommate)	\$13
Pants	\$30
Cell phone (1,000 minutes,	
1,000 texts, 30 Mb data)	\$35
Health Club	\$30
Dinner out (once per week)	\$60
RedHawks/Force game	\$10
Shoes	\$30
Concert	\$50
Sports league	
participation	\$50
Golf (once per month)	\$15
Cigarettes (one pack per week)	\$20
Make-up	\$10
Pet expenses	\$20
Socks or underwear	\$10
Greeting card	\$2
Video game	\$30
Lunch out (once per week)	\$20
Medical expense	\$20
Happy hour (once per week)	\$30
DVD rental (one per week)	\$4
Netflix (split with roommate)	\$6
Shirt	\$10
Haircut	\$20
Sunglasses	\$10
Board game	\$10

If you choose internet, cable TV, golf, etc., remember, you also had to purchase the computer, television, clubs, etc. to do the activity with. How did you pay for that?

As you can see, she is over her monthly income by almost \$25. She has not purchased any clothes, gone out to eat, picked up a coffee or even gone to a movie—quite a different life than most 25-year-old women.



or



A new pair of shoes or a night at the movies?

Many of us take for granted things like going on vacations, eating out, or attending a favorite sporting event or activity. Most people don't think twice about picking up a cup of coffee on the way to work or swinging by Target to pick up a few odds and ends on their way home. Our clients don't have those opportunities. They must plan ahead. They need to save months in advance to buy a new winter coat. We have clients that must budget for family birthday cards, not to mention Christmas or birthday presents.

True to our mission of enhancing and enriching the lives and learning of people with disabilities, CCRI saw the need to start a Service Enhancement Fund—a fund that supports the extras that make life more enjoyable. We want to change lives in many different ways by showing people all the different possibilities that life has to offer. We want people to live life to the fullest—to fulfill their dreams. We want them to be able to access the full potential of what the community has to offer, which is impossible to do with a budget of \$89.

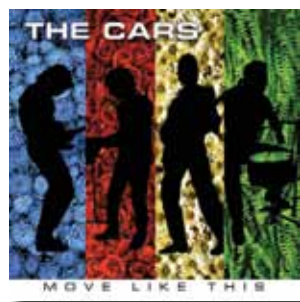
100% of donations made to our Service Enhancement Fund go directly to our clients to serve a variety of their needs:

- Provided winter coats and boots to people who had none, uniforms to others who needed them for work, and exercise clothes and shoes for those wanting to change their lifestyles

\$89 continued on page 6



or



A new pair of gloves or the new CD from your favorite music group.



Our annual Walk for Disability Awareness is our largest fundraising event—over 200 people participated in 2010. We had games, music, lunch and a great silent auction. The event raised close to \$18,000 which was put into our Service Enhancement Fund. This event is so important and the proceeds have an amazing impact on the lives of those we serve.

As funding becomes tighter, and government-funded programs like ours come under higher scrutiny, it's critical for this community to have an active part in helping out—we can weather the storm together and make sure the lives of people with disabilities remain full.

Please join us Sept. 17 for the 2011 Walk & Roll-a-thon. Registration begins at 9:30, the walk starts at 10:30 and, if you don't want to walk, the picnic gets going at 11:45.

Your support will provide our clients with the opportunity to pursue their dreams and experience life to its fullest.

\$89 continued

- Allowed those who couldn't afford it on their own to attend Camp HERO or play in CCRI's adaptive softball league
- Purchased gym memberships or exercise equipment for those pursuing a healthier lifestyle
- Funds also paid for therapies and supplies like horse therapy, art therapy, music therapy and adaptive fitness classes. We were also able to get relaxation and stress reduction tools for people.
- Promoted community involvement by purchasing bus passes and senior ride



CCRI, Inc. has been awarded \$1839 from the Fargo–Moorhead Area Foundation, through its annual Community Grant Round. The award supports the purchase of new equipment for the Red River Adaptive Softball League.

The F–M Area Foundation is a community foundation established in 1960 to serve Cass County, ND and Clay County MN. It currently manages more than 200 funds, with total assets in excess of \$50 million.

services so people could travel the community independently

- Donations also made it possible to make the needed accessibility modifications necessary to our clients' homes.

Many times the requests are unique to each individual. For example we have purchased instruments, specialized clothing, pots and pans, etc.

The list goes on and on—in 2010 we were able to provide almost \$40,000 worth of enhancements to our clients for things that would enhance their lives. All dollars came from donations from our generous donors.

Thank You

On behalf of the more than 80 participants in CCRI's Red River Adaptive Softball League, we would like to thank the following sponsors.



Help Us Keep the Campfires Burning— Support Camp H.E.R.O.

Camp and summer go together; like peanut butter and jelly or marshmallows and campfires. We all have our treasured camp memories; a favorite craft activity or song, the thrill and terror of being away from home, fun games, campfires, s'mores, letters from home and of course new friendships. For many of us, summer camp was an activity that the entire family anticipated year after year. There were all kinds of different camps available, Horsemanship camp, Church camp, YMCA camp, etc. The list was endless—unless you had a disability.

In 1994, after numerous requests from parents, CCRI put on its first session of Camp H.E.R.O. (Helping Everyone Remove Obstacles). It is a camp designed specifically for people with disabilities—a place that parents/guardians can feel confident that all the needs of their son/daughter are addressed.



Enjoying some time on the water at Camp H.E.R.O.

Camp H.E.R.O. is unique. We bring our own team members and medical staff to ensure a safe and pleasurable camping experience. Caregivers have worked with the campers in their home setting which is reassuring to the individual and their family. This familiarity eases the campers' fears about camp and

allows them to relax and to enjoy their vacation.

Camp H.E.R.O. has a supportive environment which fosters social and personal growth as everyone gets to meet a lot of new friends. Camp helps develop a person's self esteem which carries over into all aspect of their lives.



Marshmallows and campfires at CCRI's 2010 Camp H.E.R.O.

Camp is held at beautiful Courage North located on Lake George. There are many groomed nature trails, gardens, and a beautiful waterfront. Most importantly, the grounds, cabins and watercraft are completely accessible, which allows people to enjoy nature independently!

The cost of providing personalized staffing in an accessible environment is expensive. The limited budgets of our clients require us to keep the fee for camp low. We rely on the generosity of our donors to make this possible.

Our goal is to raise \$21,000 and is based on the staffing ratios we need to provide a safe camping experience. We have over 60 people anticipating Camp H.E.R.O. 2011.

Thank you for helping us to keep the campfires burning,

CCRI Donors to the Rescue When State Shut Down Cancels Services

On June 29th we received notice that Semi-Independent Living Services (SILS) services were going to be classified as non essential and State reimbursement would stop July 1—giving our clients a one-day notice that their supports would be discontinued.



CCRI didn't feel this was a good option. The individuals who receive SILS

services live independently in the community, successfully, because of the level of support they receive through programming. CCRI was not comfortable with putting our clients at risk.

Many people in SILS need assistance

with medications, personal cares, money management and assistance with making good decisions—all items of importance when living independently in the community.

Canceling services for our clients would have been devastating, especially for one client in particular who's CCRI Professional Caregiver and her Residential Coordinator are currently the only people on her interdisciplinary team who really know her. In the last year her corporate guardian, county case manager and vocational case workers have all resigned. Allison Smith, CCRI Residential Coordinator, says canceling services with no notice would have had a very negative impact on her stability. "We are currently the only people in her lives she has long-term relationships with".

Thanks to the generosity of our donors, cancelling services was never an option. We were able to use money from our service enhancement fund to pay for their services while the state was shutdown. Luckily the generosity of our donors provided the flexibility to help keep people's lives stable when the government could not.

On behalf of our SILS clients, thank you very much for you past and future generosity.

For us the shutdown was the easy part of the budget deficit. Now comes the difficult part, figuring out how to respond to the many cuts that resulted from the shut down. We are still trying to decipher how CCRI and those we serve will be impacted. Once that is determined we will provide further information..

Sharon Miller joins CCRI Board



Miller currently is a Principal with Dynamic Business Cultures LLC. Prior to that role she was with the NDSU Research & Technology Park as the Talent Specialist. Miller also served as the Director of Recruiting Services for The Partner Channel in Fargo, N.D. Her expertise includes more than 12 years of recruiting and HR experience with companies such as Great Plains Software and Microsoft Business Solutions, Fargo, N.D.; the Valley City Economic Development Corporation, Valley City, N.D.; and RDO Equipment Company, Fargo, N.D.

Memorials & Honorariums

Memorials

Anonymous

for Arlene Correll

Robert & Kay Aldrich

for Tyler Freed

Joan Altenbernd

for Arlene Correll

Avis & Budget Rent-a-Car

for Danny Offerdahl

Amon & Camille Baer

for Tyler Freed

Jeff Bangsberg

& Anita Boucher

for Matt Mathison

Jennifer & Phil Behrens

for Ray Reinke

Curtis & Ardelle Berg

for Tyler Freed

Kevin & Chris Berg

for Tyler Freed

Tom & Pat Boyer

for Matt Mathison

Tyler Freed

Charles & Vickie Carlson

for Tyler Freed

Gerald & Marie Christen

for Danny Offerdahl

David & Carolyn Christensen

for Tyler Freed

Terry Correll

for Arlene Correll

Connie Erickson

for Tyler Freed

Brad & Karen Feir

for Raymer Stock

Patricia Fevig

for Tyler Freed

Janet Fox

for Merle Correll

Wayne & Darlene Garrett

for Danny Offerdahl

James Gilmour

for Danny Offerdahl

Mrs. Harvey Gunderson

for Harvey Gunderson

Jeff & Shelly Hakanson

for Danny Offerdahl

Renee & Glen Hanson

for Tyler Freed

Chester Jensen

James Henderson

for Matt Mathison

Duane & Dee Hickel

for Matt Mathison

Leslie & Merna Hilde

for Tyler Freed

Percy & Ruth Idso

for Matt Mathison

William & Mary Johnson

for Tyler Freed

Rhonda & Jeff King

for Art Arett

Del Rae Gunderson

Ralph Kluth

Matt Mathison

Danny Offerdahl

Roger & Patricia Larson

for Matt Mathison

Dave & Ann Leshovsky

for Tyler Freed

Edward & Susan Lloyd

for Danny Offerdahl

A. Louise Lund

for Matt Mathison

Norma Maristuen

for Danny Offerdahl

Zona Mathison

for Matt Mathison

Joel & Jane Mattson

for Tyler Freed

Rodney McGruder

for Danny Offerdahl

Steve & Penny McLister

for Tyler Freed

Jeanette C. Nelson

for Matt Mathison

Marti & Eugene Odea

for Matt Mathison

Kathy Offerdahl

for Danny Offerdahl

Carol Olson

for Tyler Freed

Kathy & Richard Opdahl

for Matt Mathison

Rapat

for Tyler Freed

V. M. Rood

for Matt Mathison

Mary & Donald Severson

for Ron Reski

Charles & Mary Shuckhart

for Tyler Freed

Tim & Cindy Siegel

for Danny Offerdahl

Clarabelle Sipe

for Tony Sipe

Carole Smerud

for Danny Offerdahl

Betty Spence

for Matt Mathison

Arlene Stock

for Harvey Gunderson

Mina Johnson

Robert & Sandra Swanson

for Matt Mathison

Sandra Tangen

for Chris Milburn

Mary Tepley

for Matt Mathison

Dr. J. E. Thoreson

for Matt Mathison

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Honorariums

Jack & Kelly Borgen

for Robert Ellie Johnson

Cindy Antonson

Jan Ruther

While every effort is made to ensure the accuracy of donor records, errors occasionally occur. If your name has been omitted or misspelled, please accept our apologies and contact Jody at 218-331-2024.



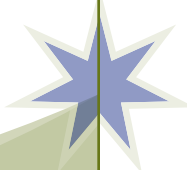
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The mission of CCRI is to enhance and enrich the lives and learning of people with disabilities.

The vision of CCRI is to provide an environment where people of all abilities may experience life's possibilities.



Bock on Board

We are thrilled to announce that Shannon Bock has been elected to the Association of Residential Resources in Minnesota (ARRM) Board of Directors

ARRM is the trade association that lobbies for disability providers at the Minnesota legislature. We feel in this time of funding cuts and revamping of services it is critical to our clients' long-term service stability that we take a leadership role at the state level. Thus, earning a seat on the 25-member board couldn't have come at a better time. Our goal is to try to be part of the solution as legislators try to solve our state and national fiscal crisis. We know there has to be change, but we want it to be logical change that does the least amount of damage possible and still preserves people's quality of life.



Connect with us on Facebook

Help us keep you up-to-date with what's going on at CCRI. Photos from events, upcoming activities and more can be

found at www.facebook.com/CreativeCare.

Save the Date!

Walk-& Roll-a-Thon for Disability Awareness



September 17
Oak Grove Park

10:30 Walk
11:45 Picnic