

Fraser In Focus

A Newsletter for Friends of Fraser

Fall 2017



Fraser is Expanding in Anoka County



Fraser Coon Rapids is located at 9120 Springbrook Drive NW 55433

Programs previously offered at Fraser Anoka will now be moved just 10 miles away to Fraser Coon Rapids. The new building is 23,000 square feet and conveniently located near Coon Rapids Blvd. and Springbrook Drive N.W. Demand for critical Fraser services has grown since Fraser Anoka opened nine years ago. Moving to a larger space gives another 500 individuals access to treatment.

“We outgrew Fraser Anoka and needed to find a larger space to keep serving families in the north metro,” said Diane Cross, Fraser President and CEO. “This move to Fraser Coon Rapids allows us to offer a newly renovated space to meet the growing needs of our clients.”

With this expansion Fraser Coon Rapids will accommodate a full array of service offerings including: evaluations, mental health, autism, ABA, social skills groups, case management and speech, physical and occupational therapy. Gretchen Weber, Fraser Clinical Site Manager, is adding 50 new positions across clinical services.

In addition to expanding on services Anoka already provides, like day treatment and pediatric therapy, Weber looks forward

to offering new services like Applied Behavioral Analysis (ABA) and full-time mental health staff that will treat children and adults. More space means that Coon Rapids can host a pilot day treatment program for school-aged children with autism, filling in a gap in current Fraser services for this population.

“It’s going to be all newly renovated space that is almost four times what we have now,” said Weber. “Each time we build a new clinic or upgrade a current one, there’s a lot of collaboration across programs and that combined experience goes into the project.”

Fraser Coon Rapids will begin serving families on October 16, 2017. The transition for existing clients should be smooth since the clinic will only be closed for services on one day – Friday, October 13. Many families look forward to the new, larger space and increased access to treatment.

“There’s a lot of excitement in the community to see all our work come to fruition,” said Weber. “We will be able to get families the help they need faster and truly serve this community’s needs.”

The Fraser mission is to make a meaningful and lasting difference in the lives of children, adults and families with special needs. We accomplish this by providing education, healthcare and housing services.

Unexpected generosity!



Diane Cross

I am constantly impressed by the generosity of Minnesotans. Recently Fraser has been on the receiving end of some truly remarkable giving.

You will see what I mean as you read through this issue of Fraser in Focus. From the groundbreaking ceremony for our new clinic in Wood-

bury to the fundraising events like Music for Music Therapy and Pulling Together, we are blown away by the ways in which our community rallies behind Fraser families.

Sometimes it is the generosity that comes unexpectedly that leaves the deepest impression. An eleven-year-old boy was so impacted by his time at Fraser that he wanted to give back. And he gave back in a delightful way, by donating his birthday presents to Fraser School. All Fraser School children will enjoy and benefit from these toys and from his generosity.

At Fraser, we see a need and work hard to fill it. That is why we are expanding our Anoka clinic by moving it to a larger space in Coon Rapids. More space means more treatment and families served. But we are acutely aware that no matter how hard we work to fill needs in our community, we couldn't do it without all of you. It is your support that makes this all possible.

Our innovative spirit, the Fraser culture of care and our life-changing services reach more families every day. It is the remarkable giving of our community that allows us to deliver on the promise of real change for families.

We are excited to celebrate this spirit and success at the 2017 Fraser Annual Benefit on November 18 with you. Change comes and progress continues to be made as we work together to serve families with special needs.

Warm regards,

Diane S. Cross, President and CEO

At the Car Wash

Staff from Fraser Supervised Living spent a sunny September day washing cars. It was their way of showing appreciation for Fraser Direct Support Professionals. Kelli Danger, Fraser Director of Supervised Living, planned this event during Direct Support Professionals Appreciation Week.

"We just wanted to recognize them for all that they do," said Danger. "It is an easy and fun way to give back to staff."

The day was a team effort, relying on other members of the Supervised Living management team – program coordinators, assistant directors and training and resource specialists. Al Kolstad from Fraser Facilities gathered supplies like buckets, sponges and soap and made sure the hoses were ready to go. The car wash started at 10:00 am and went until 6:00 pm with many of the staff washing cars all day.



"A lot of people work two jobs and/or go to school, so we wanted to have a big window in which they could stop by," said Danger.

Supervised Living is a 24-hour/7-day service, and clients rely on Direct Support Professionals. They are a big part of Fraser Housing and directly impact the lives of our clients.

While giving back to Fraser staff, the car wash served as a team building exercise. Normally when Supervised Living management comes together like this, it's for a meeting. Washing cars and helping out fellow Fraser staff allowed this team to get to know each other in a whole different way.



MEET OUR STAFF

Jane Marie Sulzle,
APRN, CNS, DNP, Fraser
Medication Management



Jane Marie Sulzle, APRN, CNS, DNP, has been drawn to children with chronic health issues throughout her career.

She has worked in the field of child and adolescent psychiatry for 11 years with a career in pediatric nursing. She moved from her position as the coordinator of Hospice at Children's Hospital to be at home when the two youngest of her four children arrived through adoption.

While taking that break to be a full-time parent, she realized she wanted a new challenge. It was then that she pursued the education needed to work with children with mental health disorders. Given her focus on children with chronic health concerns, like children and adolescents with autism and ADHD, this seemed a logical step in continuing to work with children with chronic health issues.

"My whole focus is to try to ease suffering," said Sulzle. "I can't cure what is wrong - the underlying cause - but I

can try and make things easier for them, and consequently, for their families."

Joining Fraser in June, 2017 and starting a new service, Medication Management, was a natural progression for her. Sulzle has been partnering with Fraser for many years. Bringing her expertise to Fraser has been very helpful for families and staff.

"Families appreciate having all their providers in one organization," said Sulzle. "We can coordinate amongst ourselves, and they only have to tell their story once. It's often a significant benefit to families to have prescriptions come from someone who knows their family."

Sulzle has appreciated being part of the Fraser team. "Families have a huge trust in Fraser," said Sulzle, "and the providers they have here, so they move that trust to me and the care I provide."

Sulzle sees the positive impact of building a sense of community in both work and in her personal life, which is why she volunteers at her faith community and the school they operate. Along with work and volunteering, she enjoys spending time with her husband and four children, attending community events and going to movies.

Saving through ABLE

In January, Minnesotans with disabilities began saving money through a program called Minnesota Achieving a Better Life Experience (ABLE). Before the Minnesota legislature passed the law in 2015, individuals with disabilities had to keep their total assets below \$2,000 or risk losing benefits like Medicaid and Supplemental Security Income (SSI). Now, with the Minnesota ABLE Plan, they can save for qualified disability expenses without losing eligibility for assistance programs.

"An ABLE account is one of the easiest methods of ensuring individuals with disabilities can access vital resources while providing a tax beneficial account that has, until now, been limited to individuals without disabilities," said

Ben Gustafson, Fraser Compliance and Regulatory Analyst.

The plan comes with special tax advantages too, much like a 529 savings account for education expenses or an IRA. The earnings on investments are federally tax-deferred and tax-free, if used for disability expenses. Not everyone with a disability qualifies for these accounts, but the Minnesota Department of Human Services estimates 30,000 to 50,000 Minnesotans with disabilities may be eligible to establish a Minnesota ABLE account. To open an ABLE account you must have a disability that began before age 26 and meets the Social Security Administration's standards for adults.

"The most important thing is that families know that these accounts are

available to them as another tool to plan for the future," said Gustafson.

Being able to save for expenses related to the individual's disability such as, housing or education, is new for individuals with disabilities and should help alleviate the cycle of poverty many live under today. Balances of \$100,00 or less are excluded from the SSI resource limit, while individuals will be eligible for Medicaid regardless of the account balance.

Setting up an ABLE account can be done online and individuals can select different investment options. There are fees associated with the accounts.

Details are available online – savewithable.com/mn.



Local musicians donate talents at Music for Music Therapy.

Music for Music Therapy

It was a rockin' time at the third annual Music for Music Therapy on August 12th! Thanks to all who volunteered their time and talents and the huge crowd for supporting Fraser Music Therapy. **A special thanks to the event organizer, Amanda Walbridge, who raised \$10,247 for Fraser through this event.** It was a lively night with music, raffles, drinks and community building. Much needed funds and awareness was raised for the amazing work our music therapists do for children.

Home Runs for Fraser

Walser Automotive Group donated \$500 to Fraser every time the St. Paul Saints baseball teams scored five runs at a home game. We were thrilled to accept **a check for \$13,000 at the August 30th game - big thank you to Walser and the St. Paul Saints!**



Twin Cities Triathlon

For 10 years Jean Weiss has run, biked and swam for Fraser families. This year was another glorious triathlon for her and for Fraser. She came in second in her division. You are a rock star, Jean! **She and her family, Andy and Dick, raised \$6,100 for Fraser competing in the Twin Cities Triathlon.** Their devoted family turns out every year in support of the racers and Fraser. This is Jean's last year competing in triathlons but not the last time we sing her praises.



Jean Weiss with her family, Andy and Dick, at the Twin Cities Triathlon.

Annual Autism Bike and Bus Run

Our friends at the Eagles Aerie #3208 held their eighth annual Autism Bike and Bus Run to raise money for Fraser Autism services. The run is so much fun and so successful that we look forward to it every year. **Thank you to all the volunteers and riders who raise \$10,000 for Fraser families.**

fraser 2017 ANNUAL FRASER BENEFIT

Join us for a rip-roaring time at the Fraser Annual Benefit presented by U.S. Bank.

Support the services that families need while having fun. Join other flappers and gents sipping signature cocktails and take home a slice of happiness from the silent auction. Sit down to a Great Gatsby inspired dinner while enjoying jazz music inspired by the musical revolution of the 1920s. Debbie Duncan and the Paul Peterson Orchestra will delight, and our very own DJ Tyler Thoresen will finish up the evening with dancing to tunes spun by GenerationNOW.

Celebrate the freedom that the innovation of Fraser brings to families.

Saturday, November 18
5:00 pm at Hilton Minneapolis

Tickets and Tables

Individual tickets: \$200
Table Sponsor: \$2,500 and up (10 tickets, parking included)
RSVP at fraser.org/benefit

Change swept the world, led by the youthful abandon embodied in the 1920's. **That spirit of change continues in Fraser, where we transform the lives of families with special needs through innovation, dedication and joy.**

Fraser is Minnesota's largest and most experienced provider of autism services. Fraser also provides services for mental health and other developmental disabilities for children and adults with special needs through healthcare, education and housing.

Thanks to our Sponsors



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James with the birthday presents he donated to Fraser School

Our son, James, just had his eleventh birthday party. Instead of presents, he wanted to do something for someone else as he felt like he 'has enough.' So instead of gifts for himself, he asked his friends to bring something for Fraser.

James knows that we, along with Meristem, have a strong relationship with Fraser and support their work in many ways. But James has a special place for Fraser in his heart. He spent many months with a therapist at Fraser a few years ago, as he wrestled with some issues. He had such a great experience there and made tremendous strides during that time. While this time at Fraser sort of feels like a distant memory to us, he wanted to do something to give back."

"James has a special place for Fraser in his heart."

Thanks to the generosity of the friends who came to James's birthday party, Fraser School checked off many of the items they need for their class and therapy rooms: Moon Sand, art supplies, puzzles, games and more. All of these toys are used to inspire inclusive play

and enhance the therapeutic nature of every child's time at Fraser School.

Generosity like James's fuels the Fraser mission. It is through this sense of giving back that relationships are continued long after a child leaves Fraser. Thank you James for giving so much joy to so many children who play and learn together at Fraser School.

My daughter, Raven, is 21 years old and has Spina Bifida, Hydrocephalus, attention-deficit/hyperactivity disorder and an intellectual disability. She uses a manual wheel chair independently and takes care of any personal needs herself. But finding independence in the work place has been a struggle.

Raven was referred to Fraser Career Planning and Employment for a Job Evaluation as a clerical aide. During this time she was given administrative duties like making copies, laminating visual tools, utilizing Outlook calendar and email, using an electronic timecard system, typing and data entry. It was her first chance at a 'real job' that actually paid her. Fraser worked with her and made modifications and adaptations to support her independence on the job. These strategies improved her productivity, and her team's recommendations for the skills needed for competitive employment have set Raven onto a career path.

With the help of Fraser, Raven found strategies to keep her focused on getting tasks done. Once she discovered the adaptation of listening to music with headphones, her productivity more than doubled.

Raven has done similar assessments in the past, but she did not have the support she needed to be



Raven, age 21, is working toward career independence

"Of all her experiences, Fraser was the most comprehensive, caring, respectful and knowledgeable.."

successful. Fraser was the first place to truly understand her struggles with executive functioning skills and make the right accommodations. Of all her experiences, Fraser was the most comprehensive, caring, respectful and knowledgeable.

Raven was also able to get a referral for occupational services to continue working on building strength, independence skills and keyboarding. This also includes recommendations for updating and accessing the equipment that supports her independence on the job.

The assessment at Fraser is something that can be used to help professionals understand Raven's capabilities and needs, as well as help me know what direction is best for Raven in the future.

-Judy Moe, Raven's mom



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FRASER WOODBURY
GROUNDBREAKING CEREMONY • JULY 27, 2017

