





Autism Resource Guide

MN Nonprofit 501(c)(3)

A free resource for

FAMILIES & INDIVIDUALS WITH AUTISM

in Southeast Minnesota.



www.AutismResource.Guide

We provide an accessible connection between families and resources within our community to serve the best interests of those on the spectrum, primarily through guidebooks and educational conferences.

Sponsor-funded to be 100% FREE for families.

Accessible Connections, Education, and Advocacy

Welcome! ^(2nd Annual) Autism Resource Conference

Friday & Saturday
September 29-30

(10:00-6:00 & 10:00-3:00)

Empire Event Center
1517 16th St SW, Rochester

What is this?

A resource for families and community members, as well as service providers. Attendants will be educated on important topics surrounding autism, be able to connect and network with others, and discover resources to draw support from.

Who are we?

A nonprofit providing accessible education, advocacy, and connections for families and resources within our community to serve the best interests of those on the spectrum.

100% FREE

Local and regional experts who specialize in autism are donating their time and knowledge to make this a possibility. 20+ speakers will be presenting on topics such as: mental health, advocacy, therapy modalities, medical, health, assessments, legal, financial, and first responder safety.

Want to participate?

No pre-registration required. Just show up for education and connection to local resources!

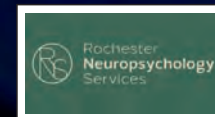
In-person and virtual!

For more information, visit our website:

www.AutismResource.Guide



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100% FREE due to your generosity. Every dollar donated helps us provide accessible connections, education, and advocacy for our community.

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THANK YOU for your support!

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FRIDAY, SEPTEMBER 29

Post-recordings available too!

	BREAKOUT A	BREAKOUT B
10:00am	Registration/Booth Visits	Registration/Booth Visits
10:30am	KEYNOTE What We Talk About (When We Talk About Autism) Brandon Hendrickson, Learning Architect & Founder of Science is Weird	KEYNOTE What We Talk About (When We Talk About Autism) Brandon Hendrickson, Learning Architect & Founder of Science is Weird
11:00am	Autism: Active Research Findings Amy Yang University of Minnesota - CAN Lab	Assessment of Autism Spectrum Disorder Holly Quimby Tremain, PsyD LP Rochester Neuropsychology Services
12:00pm	Lunch/Booth Visits	Lunch/Booth Visits
1:00pm	Special Education Overview Layla Abdi The Arc Minnesota	Window of Tolerance Christine Hollman, OTR/L Stepping Stones Occupational Therapy
2:00pm	Reinforcement and Family Applications Krystal Anderson & Brooke Dessellier Rochester Center for Children	Interception: The 8th Sense Emily Bruenig, MS OTR/L OWL Therapy Services
3:00pm	The ABCs of ABA: Navigating the Journey Michele Ensign Mom & Founder of Autism Resource Guide	Sensory Processing & Nature Caitlin Lamping, OTR/L Nurture in Nature Therapy Services
4:00pm	First Responder Safety Jason Fife Rochester Fire Department	Importance of Exercise & Rest for Regulation Sara Klein, PT Rise UP: Mind Body Strength
5:00pm	IEPs Demystified Colleen Cascuso & Jenny Clare PACER	Legal Guardianship Joseph P. Kukla, esq. Thiel, Anderson, Kukla & Gunderson, PLLP

SATURDAY, SEPTEMBER 30

	BREAKOUT A	BREAKOUT B
9:00am	Registration/Booth Visits	Registration/Booth Visits
10:00am	It's All Communication: Understanding Types of Language & How to Grow Lauren Glessing, MS CCC-SLP OWL Therapy Services	Caregiver Wellness: Caring for the Caretakers Molly Harrington, MSW LICSW Mayo Clinic
11:00am	Demystifying Future Planning Cortney Kressin, LSW The Arc Minnesota	What Now? Therapy options after an ASD diagnosis Flora Howie, MD Mayo Clinic
12:00pm	Lunch/Booth Visits	Lunch/Booth Visits
1:00pm	Special Education Advocacy: Your Student's Rights Jason Schellack, JD Autism Advocacy & Law Center	Supporting Needs Across the Spectrum with Music Therapy Christine Wood, MA MT-BC Healing Rhythms Music Therapy
2:00pm	Creating Financial Security for a Loved One with Special Needs Ivailo Grigorov, ChSNC, CLTC, MBA Northwestern Mutual	Developmental Neuroplasticity & Functional Movement: Correlation to Everyday Life Taylor Peterson, DC Adaptive Athletics

EMPIRE EVENT CENTER - 1517 16TH ST SW, ROCHESTER

Greater Rochester Advocates for Universities & Colleges

GRAUC advocates, promotes and connects higher education with K-12 educators and business and industry representatives to leverage innovative practices and resources that best serve students, employers and the broader Rochester, MN area community.



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PEACE TO YOUR PUZZLE



Brandon Hendrickson, Founder

Science is WEIRD

Brandon has a master's in educational leadership from the University of Washington. He also has a 13-year-old with ASD, and has had years of experience teaching science and philosophy to kids on the spectrum. He's the founder of Science is WEIRD (scienceisWEIRD.com), and runs the local tag/capture-the-flag group for kids who love intense play (rochestertag.com). He also runs Across the Divide (rochestertag.com/divide), a monthly event that cultivates good conversation among people who disagree about politics.



What We Talk About (When We Talk About Autism)

How can we possibly talk about autism? Perhaps more than any other diagnosis, the online conversation around autism can feel like a holy war:

- Is it a disorder or a strength?
- Is it caused by environmental factors or genes?
- Which labels should we use, and which should we avoid?

But – when we understand what's really going on in our conversations – we can have them beautifully.

We'll cover some fundamental facts everyone agrees on and point out some they don't. You'll learn what motivates both sides. All in all, you'll walk away knowing how to converse across wild differences of opinion with respect and compassion.

Friday 11:00 Breakout A

Amy Yang

University of Minnesota - CAN Lab

Amy is a first-generation Hmong college graduate from the University of Minnesota Rochester with a Bachelor of Science in Health Sciences. She is a Research Coordinator and currently supervises and manages the autism studies in the Converging Approaches to Neurodevelopment (CAN) Lab. Her interests outside of the lab include couponing, cooking, nurturing her plant babies, adoring her 2 year-old French Bulldog, and exploring new hiking trails nationally.

Autism: Active Research Findings

The prevalence of autism has increased significantly over the past two decades. While this may be largely attributed to broader diagnostic criteria and an increase in overall awareness of autism, it means there has been a greater need to gain a better understanding of autism. Considerable advances have occurred in autism research, but there is still much we don't know. SPARK is an autism research study and a growing community of autistic individuals, their families, and researchers on a mission to advance the understanding of autism. Learn more about how SPARK and its members of the community are advancing autism research through genetics research and SPARK Research Match.



Friday 11:00 Breakout B

Dr. Holly Quimby Tremain, PsyD, LP

Rochester Neuropsychology Services, PLLC

Dr. Holly Quimby Tremain is the owner and director of Rochester Neuropsychology Services, PLLC. She conducts comprehensive pediatric neuropsychological evaluations for clients in infancy to young adulthood. Dr. Quimby Tremain has worked in various settings including hospitals, pediatric specialty clinics, public schools, and private practice. She focuses on identifying barriers that stand in the way of an individual's success and offers practical solutions. Families leave her office with a comprehensive report that serves as a roadmap for their child's future.

Assessment of Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) can be assessed by a variety of clinicians, mental health professionals, and physicians. The focus of this presentation will be on the key components that are typically included in the assessment of ASD. We will discuss the benefits of pursuing an evaluation for ASD, different types of evaluations for ASD, standardized tools used by professionals during the assessment process, and key areas that should be assessed in an evaluation.



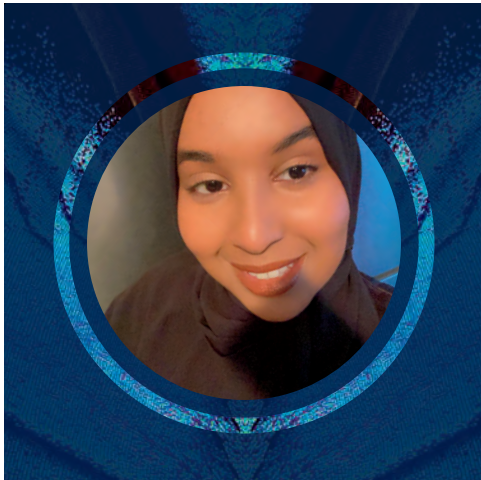
Friday 1:00 Breakout A

Layla Abdi
The Arc Minnesota

Layla Abdi has a Bachelor's Degree in Education and Master's in Organizational Leadership from Augsburg University. Layla is bilingual, speaking both English and Somali. She is currently the Southeast Regional Community Coordinator for The Arc Minnesota, primarily supporting communities of color in Rochester and surrounding areas. Layla also answers calls for The Arc's Help Desk, supporting people who have disabilities and their trusted supporters in navigating formal and informal disability supports.

Special Education Overview

Come explore education related supports with us! We will discuss Special Education Services, in particular Individualized Education Programs (IEPs). We will talk about how the IEP process works and highlight what families need to know when navigating this process.



Friday 1:00 Breakout B

Christine Hollman, OTR/L
Stepping Stones Occupational Therapy, LLC

Christine Hollman graduated with her degree in occupational therapy from UW-Madison in 1989. She is a dedicated and passionate pediatric occupational therapist with over 30 years of experience working with children with autism and mental health disorders. She has a strong commitment to improving the lives of children and their families. With over 30 years experience she has developed expertise in the field. Her journey in pediatric occupational therapy began with a desire to make a meaningful impact on the lives of children with autism and their families.

Window of Tolerance

Understanding and supporting the window of tolerance in children with autism is important for their emotional well-being and overall development. By implementing strategies that address sensory sensitivities, emotional challenges, and individual needs, we can create environments that foster emotional regulation and help children thrive. Let's continue to learn and adapt our approaches to support children with autism effectively.



Friday 2:00 Breakout A

Krystal Anderson Rochester Center for Children

Krystal Anderson is currently a senior therapist at Rochester Center for Children. I have been working in the field of Applied Behavior Analysis for 2+ years. I am currently enrolled in a masters program for Applied Behavior Analysis and I am set to graduate in December. I plan to sit for the board early next year with the goal of becoming a Board Certified Behavior Analyst.

Reinforcement and Family Applications

This presentation will look at the use of reinforcement in applied behavior analysis and how it can be applied in various settings. Specifically, it will touch on the 2 types of reinforcement, why reinforcement is used in applied behavior analysis, preference assessments, how to increase the value of reinforcement, and the different schedules of reinforcement.

Brooke Dessellier MA, RBT Rochester Center for Children

Brooke Dessellier received her B.A. from St. Olaf College with a major in Psychology and a concentration in Neuroscience and her M.A. from Marymount University in Forensic and Legal Psychology. She is currently enrolled at the University of Kansas in the ABAI-verified course sequence in Behavior Analysis. Brooke has experience working in ABA both in-home and in-clinic, as well as case management and in-patient psychiatric care.



Friday 2:00 Breakout B

Emily Breunig, MS, OTR/L OWL Therapy Services

Emily Breunig graduated from the University of Wisconsin- La Crosse with a Bachelor's degree in Psychology and a Master's of Science degree in Occupational Therapy in 2010. The focus of her work has been in pediatrics and has many years of experience working with children with sensory processing disorders. Emily has specialized training in Therapeutic Listening, the Astronaut Training Vestibular - Visual Protocol, and the Sequential Oral Sensory (SOS) Feeding Approach for picky eaters and problem feeders.

Interoception: the 8th Sense

Interoception is the sense that helps us feel and make sense of the internal clues our body is giving us. Interoception gives us clues for hunger, thirst, bowel, bladder, pain, and feeling ill. Feelings inside of us also gives us clues to make sense of our emotions. Adults often are puzzled when kids have coping or regulation strategies but don't use them when needed. FEELING when they are needed is where interoceptive awareness also comes into play.



Friday 3:00 Breakout A

Michele Ensign

Mom & Founder of Autism Resource Guide

Near completion of graduate degrees in SpEd, ABA, and ASD, Michele is the proud mom of a contagiously happy little boy- her primary motivation in helping others on their journey. She created Autism Resource Guide to share what she has learned to provide families with the support and resources they need, to save them from reinventing the wheel of autism adventures so many of us are doing while in survival mode on our own islands.

The ABC's of ABA: Navigating the Journey with Understanding

What is ABA? Is it the evidence-based and most effective therapy for autism that you must get as soon and intensive as possible, or is it abuse? Who is right and how are we to navigate figuring out the right answer for our loved one? Join us as we apply personal experience and formal training to have an educated discussion on the basic principles we all use in our daily lives that ABA has put terminology to, the potential harms and benefits of the application of its principles, and ultimately how we can choose to utilize the positive aspects to improve our own lives and the lives of our loved ones.



Friday 3:00 Breakout B

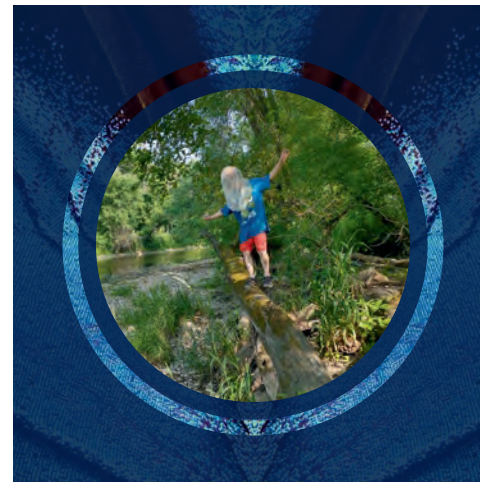
Caitlin Lamping, ORT/L, MOT

Nurture in Nature Therapy Services

Caitlin Lamping is a pediatric occupational therapist who has been working with neurodiverse families for over 15 years. She is also a mama of 4 wonderfully unique humans, and her experiences with work and family have helped her understand neurodiversity from the inside and out. She owns Nurture in Nature Therapy Services and runs outdoor therapy groups for kids and teens. In her free time, she loves to read and explore wild places!

Autism, Inside & Out: Senses, Self-Regulation, and the Great Outdoors

Meltdowns, misadventure, and mayhem... OH MY! As parents, we worry about failing our children, so we put our hearts into loving them deeply and supporting them widely. Why does it often feel like it's never enough? It turns out this world is not made for our neurodiverse kids! In this presentation, we'll dive deep into how individuals with sensory processing differences experience a variety of environments, and how we can set the scene for safety and authentic connection in nature. Our kids deserve to feel comfortable in their own skin and in tune with the world around them!



Friday 4:00 Breakout A

Jason Fife
Rochester Fire Department

First Responder Safety and Community Connect.

The Fire Department will share important first responder safety information with us during this session, specifically as it pertains to our special needs loved ones. This involves how you can best prepare, including Community Connect, a program that is part of the cad (911) system. This gives home and business owners the opportunity to add information about their home or building that will assist the fire department in the event of an emergency. Examples would be gate or garage door codes, how many pets. The information will be saved on a protected server and First Due will send out yearly emails to make sure the information is still correct. If you do not respond to the request then the information will go dormant.



Friday 4:00 Breakout B

Sara Klein, DPT
Rise UP: Mind, Body, Strength

Sara is a mom to three amazing kids; one of whom has autism - he braves many challenges each day. Sara is a wife, advocate, Doctor of Physical Therapy, researcher, author, and owns a small business called Rise UP: Mind, Body, Strength where she helps people live with more calm for less pain and improved health. Sara feels called to help people improve their lives by helping them calming their nervous systems. Sara's books are called The Magic of Massa and Unsliming Astrow.

Paths to Regulation Through Curiosity, Exercise, and Love

We start with a story about a kiddo who becomes dysregulated and how he got back on track. Sara dives into multiple paths to regulation for people with autism. When our loved one is suffering, dysregulated, demonstrating "behaviors," Sara urges caregivers to ask "WHY". Why is my child hitting or running? Once we start forming a picture of why a person is demonstrating the actions, we can start removing dysregulating factors. After we remove the dysregulating factors, we can restore regulation with many different approaches. We will explore some of the approaches to promote regulation in both our kids and ourselves.



Friday 5:00 Breakout A

Jennie Clare PACER Center

Jennie Clare is the mother of two children with disabilities and is an advocate and presenter at The PACER Center, Minnesota's Parent Training and Information Center. She holds a degree in education and recently completed a postgraduate fellowship in Neurodevelopmental Disability Leadership and Advocacy through the University of Minnesota (MNLEND). She is an ACEs trainer and a DHS Certified Parent Peer Support Professional.

Colleen Cascudo PACER Center

Colleen is a Parent Advocate and Trainer at PACER Center. For the past 15 years she worked in different roles in public schools such as a substitute, special education paraprofessional, a general education teacher, and an internal coach for teaching staff. Colleen is a mom to three children, 2 of whom have disabilities and have been on IEP's since they were 3 years old. She has participated in IEPS as a mom, a teacher, and as an advocate.

Effective Communication and Problem-Solving in the IEP Process

In this workshop, parents will learn communication strategies to support effective advocacy for their child at IEP meetings and will increase their awareness of dispute resolution options in the special education process.



Friday 5:00 Breakout B

Joseph P. Kukla, esq. Thiel, Anderson, Kukla & Gunderson, PLLP

Besides the emphasis on special needs planning, Joe is proficient as a general estate planner with services including Wills, Testamentary and Living Trusts, Long Term and Elder Care, and Probate and Trust Administration. Since joining the firm in 2013, Joe has expanded his practice to include extensive experience with Commercial and Residential Real Estate transactions and other property concerns including Commercial Leasing and Landlord/Tenant matters. Joe is a member of the Real Property, Probate & Trust and Elder Law sections of the Minnesota State Bar Association.

Guardianship for Vulnerable Adults

Joseph will discuss the reasons for considering guardianship, the alternative options to guardianship, the court procedure to have a guardian appointed, and the guardian's duties after being appointed.



Saturday 10:00 Breakout A

Lauren Glessing, M.S. CCC-SLP
OWL Therapy Services

Lauren is a 2006 graduate of the University of Minnesota - Duluth and a 2008 graduate of Syracuse University, where she earned a Master's Degree in Speech Language Pathology. Lauren began her dream of starting OWL Therapy Services in 2011. Growing up with a sister with special needs, Lauren understands being on both sides of the therapy table and is now one of her sister's legal guardians. Lauren understands the struggles, concerns and celebrations that go along with being a caregiver, and believes that your life should be easier when it comes to therapy services.

It's All Communication: Understanding Types of Language and How to Grow

Communication is a simple yet very overwhelming concept at the same time. It can leave families feeling lost on where to start and what to work on. The question often missing is WHY? During this presentation, Lauren Glessing, Speech Language Pathologist, breaks down language and communication attempts into manageable categories so you can understand the WHY of language, understand HOW to expand communication experiences with your child or loved one and WHO can help you along your journey.



Saturday 10:00 Breakout B

Molly Harrington, MSW, LICSW
Mayo Clinic - Section of Social Work

I am a clinical social worker and have worked in the field for over 20 years. I currently work as an outpatient pediatric social worker at Mayo Clinic in Rochester, MN. I help support the ICS Developmental Clinic as well as Integrated Behavioral Health where I provide PCIT and triage. I am certified in TF-CBT, PCIT and FFMF. Other roles I have had are: school Linked mental health therapist, outpatient clinical therapist and supervisor of CTSS workers, group facilitator, group home case manager and residential treatment worker.

Caregiver Wellness: Caring for the Caretakers.

This presentation is for the caretakers. Caring for children with special needs- whether it's Autism, mental health or medical issues- can be rewarding and exhausting. In this presentation, we will discuss burnout, strategies to build one's social network, review support resources, engage in relaxation and have a little fun.



Saturday 11:00 Breakout A

Cortney Kressin, LSW

The Arc Minnesota

Cortney Kressin is a graduate of the Minnesota State University Bachelors of Science in Social Work Program. She is currently the Director of Individual Advocacy and Evaluation for The Arc Minnesota. Cortney leads The Arc's Help Desk and Individual Advocacy work, supporting people who have disabilities and their trusted supporters in navigating formal and informal disability supports. Cortney has experience as a coach, group facilitator, and Person Centered Planner.

Demystifying Future Planning

Not sure what you should be doing to plan for the future of a loved one with a disability? Come explore your options with us! We will discuss ways to support your loved one in making decisions, how they can save money without affecting public benefits, and other things you may want to consider when future planning. We will give a plain language description of many complex systems, then provide resources to explore what interests you in more detail. Please note this presentation is not legal or financial advice.



Saturday 11:00 Breakout B

Flora R. Howie, M.D.

Mayo Clinic

Flora R. Howie, M.D., is Division Chair of Developmental and Behavioral Pediatrics, Department of Pediatric and Adolescent Medicine at Mayo Clinic in Rochester, Minnesota. Dr. Howie joined the staff of Mayo Clinic in 2017. Dr. Howie earned her B.S. at City University of New York, New York City, and her M.D. at Howard University College of Medicine in Washington, D.C. She completed her residency, serving as chief resident, at St. Luke's-Roosevelt Hospital Center in New York City. Dr. Howie furthered her training earning certificates of completion for the Autism Diagnostic Observation Schedule at University of Michigan in Ann Arbor, and New York-Presbyterian Hospital in White Plains. For over 30 years, Dr. Howie's primary clinical focus has been to deliver excellent care to children with special needs and their families. Dr. Howie is involved in the education of medical students; residents; and primary care providers. Her roles have also included program development; advocacy; research; and collaboration with community providers.

What Now? Therapy options after an ASD diagnosis

Discuss therapies and treatments that support progress and improved quality of life for children and youth with autism spectrum disorder.



Saturday 1:00 Breakout A

Jason Schellack

Autism Advocacy & Law Center

Jason Schellack is the Managing Attorney at the Autism Advocacy and Law Center, LLC, a law firm dedicated to serving individuals with disabilities and their families. Jason has worked with individuals with autism as a camp counselor, personal care attendant, public defender, and legal advocate. He practices primarily in the areas of guardianship, estate planning, family law, and special education law. Jason is licensed to practice law in the State of Minnesota, as well as federal district court.

Special Education Advocacy: Your Student's Rights

Children with autism and other disabilities have important rights under the Individuals With Disabilities Education Act, IDEA. Special education students have the right to be educated with their peers in the least restricted environment, the right to an IEP that allows them to make appropriate progress in school, and the right to appropriate accommodations to make sure they are learning. This presentation will address how to advocate for the best special education services for your child in the school setting!



Saturday 1:00 Breakout B

Christina Wood, MA, MT-BC

Healing Rhythms Music Therapy

Christina grew up on a farm in south-central MN. She completed her bachelor's degree of music education & music therapy at Wartburg College and received her Master's of Arts in Music Therapy from Saint Mary-of-the-Woods College. She has completed additional training in Neurologic Music Therapy, NICU Music Therapy, the Bonny Method of Guided Imagery and Music, and is a Remo HealthRHYTHMS Facilitator. Christina has experience working as a music therapist with children and adults with special needs, adult and pediatric hospice, bereavement, pediatrics and adult medical settings, rehabilitation, wellness, program development and consulting.

Supporting Needs Across the Spectrum with Music Therapy

Music is often referred to as the universal language. However, we recognize that each person is unique in their needs. Come ready to learn how a board-certified music therapist can support diverse needs from young children to older adults. Learn functional ways to incorporate music in your home, as well as obtain professional resources and brainstorm goals that could be addressed to support your autistic loved one.



Saturday 2:00 Breakout A

Ivailo Grigorov - ChSNC, CLTC, MBA Northwestern Mutual

Ivailo Grigorov is a Financial Advisor with Northwestern Mutual and a Chartered Special Needs Consultant through American College of Financial Services. He is special needs parent to Lucca, who is 8 years old and has a diagnosis of Prader-Willi Syndrome. After 15 years as a Store Director at Target, Lucca inspired Ivailo to change career paths and pursue special needs planning. Ivailo realized that families like his can benefit from a comprehensive plan that can guide them through the years and can ultimately maximize a child's overall quality of life.

Creating Financial Security for a Loved One With Special Needs

Many parents state they worry about how their child with disabilities will be cared for when they are no longer alive. Interested in learning about the planning process and how you can have peace of mind? This session will provide a general overview of special needs planning. Topics include an overview of SSI & SSDI, Medicaid and Waivers, ABLE accounts, special needs trusts, and other important considerations to help family members better understand how planning for a child with special needs is different both legally and financially.



Saturday 2:00 Breakout B

Taylor Peterson, D.C. Adaptive Athletics, founded by Taylor Peterson, D.C.

Adaptive Athletics is an individualized, 45 minute 1-on-1, functional mobility and movement class for individuals with a wide range of diverse physical and intellectual needs. Each class focuses on developing mobility and movement patterns through challenging, fun, and functional games and activities. These classes also promote building strength through a plethora of functional movements such as; walking, pushing, pulling, squatting, lifting, coordination and balance. Every program is specifically designed for each individual and their abilities.

Developmental neuroplasticity and the benefits of functional movement for all ages.

Throughout this interactive presentation, we will discuss the benefits of functional movements and how they correlate to every day activities for your child, teen, and young adult.



Booth Participants

- Adaptive Athletics
- Arc Minnesota, The
- Autism Advocacy & Law Center
- Autism Resource Guide
- BrainyAct
- Caravel Autism Health
- EA Therapeutic Health
- eXp Realty - Rochelle Markov
- GRAUC
- Healing Rhythms Music Therapy
- Mayo Clinic
- Minnesota Autism Center
- Minnesota Autism Resource Portal
- Minnesota Independence College and Community
- Northern Star Behavioral Health
- Northwestern Mutual - Ivailo Grigorov
- Nurture in Nature Therapy Services
- OWL Therapy Services
- Oxbow Park & Zollman Zoo
- PACER Center
- Peace To Your Puzzle
- Rise UP: Mind, Body, Strength
- Rochester Center for Children
- Rochester Fire Department
- Rochester Neuropsychology Services, PLLC
- Science is WEIRD
- SEMCIL
- Stepping Stones Occupational Therapy, LLC
- Thiel, Anderson, Kukla & Gunderson, PLLP
- University of Minnesota - CAN Lab
- Winona University - Rochester

Raffle Items



When you make a donation, you're automatically entered into the raffle.



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