

*Have a great summer!*

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# Class of 2017

Congratulations to La Crescent graduate Brady Bosteter

ABLE would like to congratulate **Brady Bosteter**, a member of the Class of 2017 at La Crescent High School.

Brady lives in Lancer Apartments, where he has resided since March 2014.

Brady's interests include music, swimming, going

for walks, looking at picture books, watching movies, coloring, blowing bubbles, taking baths and enjoying remote controlled cars.

Brady also loves to sing and spend time with his family.

Congratulations on your graduation, Brady!



*Brady Bosteter*

## Trike donation has ABLE rollin'



*Jay Taylor and Tiffany Entringer head out for a ride on ABLE's new tricycle.*

There's a new set of wheels in town, and it just might be the coolest tricycle in all of La Crescent.

The tricycle was a generous donation to ABLE from Matt and Pat Grodevant in the summer of 2016.

The vehicle didn't see much action last summer, as some repairs were needed to put it back into tip-top condition. The neces-

sary replacement parts were paid for from an anonymous donation, which was specified for ABLE's La Crescent Community Programs.

ABLE's maintenance guru, Jan Welscher, completed the restoration this past spring.

A huge THANK YOU goes out to Matt, Pat and the anonymous donor for thinking of ABLE! We surely love our trike!

**ABLE News** newsletter is published twice a year – in the summer and winter. You can find the newsletter online at [www.able-inc.org](http://www.able-inc.org).

**ABLE, Inc., 1700 Lancer Blvd., La Crescent, MN 55947 and 1004 Loeffler Ave., Caledonia MN 55921**

## Mission

To enhance the lives of people we support by promoting their uniqueness and building their self esteem and independence in a safe and comfortable environment

## Vision

Happy, smiling people we support who are leading meaningful and enjoyable lives

## Core Values

- Integrity: Treating all stakeholders with respect, honesty, and fairness to gain their trust
- Safety: Balancing safety while promoting independence
- Individuality: Being responsive to an individual's needs and wants and valuing those differences
- Dreams: Developing people we support to their full potential by helping them build relationships, gain independence, and integrate into their communities
- Teamwork and Collaboration: Working together with people we support, coworkers, parents and guardians
- Change: Responding positively to change and the future by supporting and educating all stakeholders
- Stewardship: Being fiscally responsible with all resources

## What We Do

ABLE, Inc., is a 501 (c) 3 non-profit corporation established in 1979 as residential care provider for people with developmental disabilities and related brain injuries in Houston County, Minnesota.



## From the desk of Gail Meyer

What a glorious time of year the summer is.

I can't help but feel re-energized when I see the sun shine, the grass grow and the flowers bloom. After the long, cold, icy days of winter, spring's warming temperatures are followed by summer's sunshine and heat, and all is right with the world.

Here at ABLE, the first half of 2017 has had its share of warm and bright spots. People supported and staff were shining like stars in ABLE Idol in March, growing in skills through activities like Project Funway and Fishing Has No Boundaries, and blooming as young adults ready to take on the world as members of the Class of 2017 at local high schools and universities. I hope you will read more about these activities in this issue of our newsletter.

I also would like to share with you something that helped to warm the hearts of ABLE during winter's cold days.

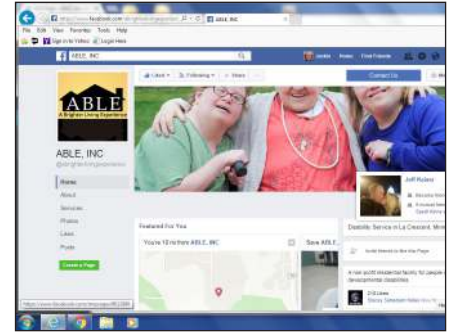
Late in December, one of ABLE's staff members, Rebekkah Rohweder, accompanied a person supported to a local clinic for an appointment.

As they waited for their turn to be called, they were approached by a family, who gave them an envelope. Inside the envelope was a note relating how they had lost a loved one, and how they wanted to honor her memory by giving those receiving an envelope \$100.

In their note, they shared that their lost loved one knew the importance of "paying it forward," and that during her battle with cancer, this mother, wife, teacher and friend inspired others to reflect on the important aspects in their lives.

"She would encourage you to think about how you can impact others for the better, whether that be with time, a talent you have, a lending ear, a service you can provide," the note read.

It went on to say they hoped the \$100 gift "would make a small difference for



## ABLE now on Facebook

Have you checked out ABLE's new Facebook page? We are using the page, along with ABLE's website, [www.able-inc.org](http://www.able-inc.org), to share the latest news, happenings and job openings. So best sure to "like" ABLE the next time you are on Facebook.

you today."

And they asked those receiving the gift to "make this world a better place for tomorrow" and "know you received this gift because you already are making a difference."

ABLE wasn't the only one to receive an envelope that day; the family shared their loss, their message and their \$100 gifts with others in the clinic.

But we were so honored to be a part of this glorious act of kindness and generosity.

So as you enjoy these warm, sunny days of summer, please take to heart the important message shared by this family, and know that here at ABLE, we will do the same:

"Make this world a better place for tomorrow with whatever talents you have."

Gail Meyer  
Executive Director



## Project Funway is a fashion show for everyone



*Joe Kamperschroer dons some stylish summer clothes to participate in the annual Project Funway fashion show.*

A total of 10 people supported by ABLE participated in the annual Project Funway fashion show April 8 at Valley View Mall.

The show is hosted each year by the University of Wisconsin-La Crosse Student Occupational Therapy Association and strives to break down the barriers between people with and without disabilities.

Participating from ABLE were Brenda Whitmore, Kathy Roberts, Sara Semande, David Adams, Joe Gorman, Christina Ives, Kyle Turner, Kate Breen, Joe Kamperschroer and Kim Wiese.

The following Valley View Mall retailers participated in the fashion show: The Children's Place, Dressbarn, Maurices, Francesca's, Pro Image Sports, Hollister, Buckle, Herberger's, Payless Shoes and Sears.



*Photos by UW-L Student Occupational Therapy Association  
Brenda Whitmore takes to the runway.*

## Special training held for supervisors



*Dr. Bob Ireland addresses supervisors during a two-day workshop held in April.*

ABLE's managers had the chance to learn new skills and techniques during a two-day workshop held April 6-7 at Camp Winnebago, near Caledonia.

The workshop, for direct support supervisors, designated coordinators, nurses, directors, schedulers and human resources staff, included a presentation by Dr. Bob Ireland from Staff Training Associates, who provided education about supervision in residential services.

Also, employees had the chance to brush up on their skills and learn more about ABLE activities during the spring all-agency meeting, held June 1 in Caledonia.

# ABLE Idol shines spotlight on talented performers



*Sara Semande takes her turn in the spotlight, performing "Angels on the Moon," as the audience watches during the annual ABLE Idol talent show, held March 25 at Caledonia High School.*

The 2017 edition of ABLE Idol once again provided just how many talented people we have at ABLE.

The annual talent show, held from 11:30 a.m. to 2 p.m. Saturday, March 25, at Caledonia High School, featured 20 performances by people supported by ABLE.

In addition, Tim Brunson had pot holders on display and Bryan Flick shared his display of deer figurines in the lobby.

Master of ceremonies was Tiffany Entringer, while judges were Joe Schulte, Larry Myhre, John Buege and Mary Pieper.

Joe Kamperschroer served as DJ, with video by Aaron VanRavenhorst and photography by Desi Smith-Moss. Helping behind the scenes were Cico Hempel and Tonya Tewes.

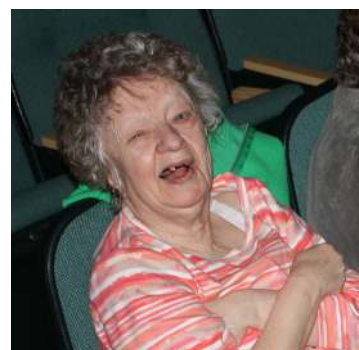
Congratulations to everyone for a great show!



*Above: People from Lancer/Houston perform "A Pirate's Life for Me" during ABLE Idol.*



*Above: Wayne Clauss performs "Cracklin' Rosie."*



*Left: Janice Nelson enjoys the show.*



## More ABLE Idol



*ABLE Idol winners were, from the left, Travis Gordon, first; Joe Kamperschroer, second, and Sydney Fitzpatrick, third.*

### ABLE IDOL RESULTS

**FIRST PLACE:** Travis Gordon performing "From a Jack to a King" by Ricky Van Shelton

**SECOND PLACE:** Joe Kamperschroer performing "The Baby" by Blake Shelton

**THIRD PLACE:** Sydney Fitzpatrick performing "The Climb" by Miley Cyrus

#### OTHER PERFORMERS:

- La Crescent Community Programs, "I'm A Believer" by the Monkeys
- Christina Ives, "I Do (Cherish You)" by Mark Wills
- Michelle Diersen, "Surfing USA" by the Beach Boys
- Kyle Turner, "Drinking a Beer" by Luke Bryan
- Sara Semande, "Angels on the Moon" by Thriving Ivy
- Dennis Fetketter, "Tough" by Justin McBride
- Mitch Kaiser, "Springsteen" by Eric Church
- Grove Street Ladies, "Brown Eyed Girl" by Van Morrison
- Jesse Alexander, "Greased Lightnin'" by John Travolta
- Lancer/Houston, "A Pirate's Life for Me" by Buckethead
- Eddie Gittens, "Rainbow Connection" or "It's Not Easy Being Green" by The Muppets
- Wayne Clauss, "Cracklin' Rosie" by Neil Diamond
- Robbie Casterton, "Hello, It's Me" by Todd Rundgren
- Jared Denstad, "Under the Bridge" by Red Hot Chili Peppers
- Kim Wiese, "H.O.L.Y." by Florida Georgia Line
- Anna V & the Sunnyside Boys, "C'Mon Everybody" by Elvis Presley

## In Memoriam



*Alice Miller*

The ABLE family lost a dear friend with the passing of Alice Marie (Esch) Miller, 84, who died on Saturday, April 15, 2017 in Caledonia.

She was born Oct. 31, 1932, to Valentine and Cyrilla (Klug) Esch at the Houston County Poor Farm, Caledonia, where her parents were administrators at that time.

Alice attended schools in Caledonia, then took correspondence courses to further her education. She grew up and assisted with the care of the elderly and disabled at the Houston County Poor Farm, which later became the Evergreen Rest Home. She was employed for 25 years at the Houston County Group Homes, now known as ABLE.

She married Dennis Joseph Miller on Aug. 13, 1955, in Caledonia. He preceded her in death on Nov. 29, 2012. Alice and Dennis initiated interest in organizing the Houston County ARC in 1961, to help build awareness of the disabled and mentally handicapped.

Survivors include six children and nine grandchildren.

A Mass of Christian Burial was held Thursday, April 20, at St. Mary's Catholic Church, Caledonia. Burial was in Calvary Cemetery, Caledonia.

McCormick Funeral Home, Caledonia, assisted the family.



*Connie Leary*

Connie Leary, 46, of La Crescent, died Saturday, Nov. 27, 2016, at Gundersen Heath System in La Crosse.

She was born June 29, 1970, in Caledonia, to Richard and Judy (Braatz) Leary.

Connie was a longtime resident of the ABLE home at Town Hall Road in La Crescent. She recently received an award for working 25 years at ABC in La Crescent. She enjoyed sitting outside, music, and a good cup of coffee.

Survivors include her father, Richard (Mary) Leary; and brother, Donny Leary, both of Caledonia; sisters, Lynn (Michael) Hamerlind of Woodbury, Minn., and Sue Leary of Tomah; nephew and nieces, Devin, Brianna, Alyssa and Kylie.

She was preceded in death by her mother, Judy Leary.

A Mass of Christian Burial was held Dec. 1 at St. Mary's Catholic Church and burial was in Calvary Cemetery, Caledonia. McCormick Funeral Home, Caledonia, assisted the family.

## Spring at ABLE includes fishing, baseball trips



*Eric Lacher shows off his catch.*

Groups from ABLE got the jump on summer fun recently with trips to Minnesota Twins baseball games in the Twin Cities and the annual Fishing Has No Boundaries trip to Hayward, Wisconsin.

The weather was cold, but the fishing and fun were hot during the 29th annual fishing trip, which was held May 18 through 21.

Meanwhile, a group from Lancer attended a Twins baseball game at Target Field over the Memorial Day weekend. It was the second group from Lancer to make a trip to a Twins' game so far this season.



*A group from Lancer takes in a Twins game during the Memorial Day weekend.*

## ABLE team takes the 'plunge' for Special Olympics

ABLE's team "ABLE & Ready" took part in the Special Olympics' annual Polar Plunge fundraiser, held this year on March 4 at Pettibone Beach in La Crosse. The water temperature was a bracing 34 degrees for the "plungers," who included people supported and staff from both Caledonia and La Crescent. At the right, Team "ABLE & Ready" poses for a photo with a mascot at the Polar Plunge.



### *ABLE Board of Directors welcomes new member*

The ABLE Board of Directors welcomed a new member at its January organizational meeting.

**Steve Ingvalson** joined the board as a director, replacing **Lori Ellenz**,

whose term was complete. Many thanks to Lori for her service.

Other members of the ABLE board: President: **Myron Falken**; vice president: **Jerry Berns**; secretary: **Angel**

**Klankowski**, treasurer; **Kim Schwab**; and directors: **Mike Beckman** and **Sarah Goff**.

The board meets the fourth Monday of each month.



## Foundation News

### **ABLE Foundation Board of Directors**

**President:**

Judy Storlie

**Vice President:**

Heather Gray

**Secretary/**

**Treasurer:**

Sue Webb

**Directors:**

Ralph Burg,

Paul Gray,

Lynn Reynolds,

Nancy Arenz,

Annette Van

Gundy, Mike

Rommes,

Denise Lorenz

and Desiree

Smith-Moss.

### **Support the ABLE Foundation**

The ABLE Foundation, a 501 (c) 3 non-profit corporation, was established in 1993 to further the mission of ABLE and to provide financial stability in uncertain times. To make a tax-deductible donation, send your check to ABLE Foundation, 1700 Lancer Blvd., La Crescent MN 55947, or visit [www.able-inc.org](http://www.able-inc.org).



*Gift baskets wait to be raffled off during the ABLE Foundation's annual Fun Night, held March 11 at the La Crescent Snowmobile Club.*

### **Fun Night names winners**

Thanks to all the businesses and individuals who supported the 22nd annual ABLE Foundation Fun Night, held March 11 at the La Crescent Snowmobile Club. It was a night of food, fun and games, with all proceeds going to support the ABLE Foundation.

Top winners in the drawing were Mark and Sue Miller of La Crescent, who won \$1,000. Myron and Anne Falken won \$500, and Mike Gabrych won \$300. Other winners were Mandi Niebeling, Sue Miller, Donna Gabrych, Tom and Nancy Hurm, Jon and Janet Bush, Steve Holman, Mary Reisbig, Deanna Dorsch and Kathy Betz, Paul Siegersma, Kathy and Craig Ladsten, Nate Skemp, Terry and Lisa Beron, Charlene and Mark Winchell, Tom Ingvalson (twice), Sam Jandt and Gabe Wieser.

A special thank-you goes to sponsors and donors to the event:

**Gold Sponsors:** Al's Concrete Products

**Silver Sponsors:** Crest Precast Concrete, Pat's Insurance, Joe and Arlene Ready, Bruce and Julie Wieser, TJ's Auto Glass, and Ameriprise-Hanson & Associates

**Bronze Sponsors:** Kaddy's Kafé

**Door Prize & In-Kind Donors:** Al's Concrete, Altra Federal Credit Union, American Land and Log, Apple Valley Gifts, Apple Village Liquor, Aramark, Nancy Arenz, Boyer's Budget Furniture, Breyer's Sales

and Service, Buehler Landscaping, Buffalo Wild Wings, Chiropractic First of La Crescent, Connie's Cake Pops, Corky's Pizza, Dale Williams and Mike Morello of Kul Brewing, Edward Jones Investments, Famous Dave's, Fazoli's, Heth's Hardware Hank, Home Federal, Kasten Enterprises, Inc., La Crescent Animal Care, La Crescent Wine & Spirit, La Crosse Loggers, Merchants Bank-La Crescent, Joan and Cal Mitchell, Panera, Pat's Insurance, Pettibone Campground, Piggy's, Quillin's, Reinhart Foodservice, Russ Davis Wholesale, Schmitt's Time Out Tavern, Sports Hub, Sue Webb, The Sweet Shop, Thorson Graphics, Tri-State Bait & Tackle, Viking Electric, Werner Electric, Wieser Brothers General Contractors, Wildcat Landing & Campground, and Winter Tree Studio.

In addition, thank you to the La Crescent Snowmobile Club, Mike Poellinger for use of a sound system, and to our super volunteers: Amy Shimshak, Ralph Mullally, Judy Storlie, Lynn Reynolds, Christina Ives, Joe Gorman, Joan Mitchell, Ben and Carter Wieser, Matt Mach, Joanne Wieser, Deanna Dorsch, Sue Webb, Sue Haggerty, Nancy Arenz, Annette Van Gundy, Denise and Rob Lorenz, Bruce Wieser, Joe Thesing, Bruce and Jackie Kaiser

Again, thanks to all who supported the event through donations, and thanks to the volunteers who helped make the evening a success.



### **Golf tournament marks 25 years**

The ABLE Foundation's 25<sup>th</sup> annual Golf Tournament and Steak Dinner will be held Saturday, July 22, at Ma Cal Grove in Caledonia.

The 4-person scramble begins with a 10 a.m. shotgun start, with registration beginning at 9 a.m.

The \$300 team sponsorship includes 18 holes of golf for four, two carts, lunch and steak dinner for four, four team mulligans, one gimme string and four goodie bags.

A business sponsorship, at \$400, includes everything in the team sponsorship plus recognition for a business on the course as a hole sponsor.

Those interested are asked to sign up their teams by July 1; make checks payable to ABLE Foundation, 1700 Lancer Blvd., La Crescent MN 55947. For information, call Mike Rommes at (507) 458-8030 or Kim Rommes at (507) 450-5505.



**Caledonia Central Office**  
1004 Loeffler Ave.  
Caledonia MN 55921  
(507) 725-3108

**La Crescent Central Office**  
1700 Lancer Blvd.  
La Crescent MN 55947  
(507) 895-8111

[www.able-inc.org](http://www.able-inc.org)

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## MARK YOUR CALENDARS



### Chickencue to support Relay for Life

ABLE will host a Rooster Andy's chickencue from 11 a.m. to 2 p.m. Sunday, July 9, at ABLE, 1004 Loeffler Ave., Caledonia.

Cost is \$9, with proceeds supporting the American Cancer Society's Relay for Life. Tickets are available in advance at both the Caledonia and La Crescent offices.

<< **July 9:** Chickencue to support Relay for Life, 11 a.m. to 2 p.m., ABLE in Caledonia.

<< **July 22:** ABLE Foundation's 25th annual Golf Tournament and Steak Dinner, at Ma Cal Grove in Caledonia; 18-hole four-person scramble; \$300 per team; steak dinner-only tickets available for \$25. Contact the ABLE offices in Caledonia or La Crescent for tickets.

<< **August 1:** Lucky Day Calendar sales begin; be sure to purchase a 2018 Lucky Day Calendar to guarantee you have a chance to win great cash prizes while helping support a wonderful cause. Calendars are \$10 each; for information on how to purchase a calendar, call the La Crescent office at (507) 895-8111 or the Caledonia office at (507) 725-3108.

<< **August 4:** Look for the ABLE team in the Relay for Life of Houston County, beginning at 6 p.m. at the Hokah Fire Department.

<< **August 16-20:** Visit ABLE's booth at the Houston County Fair, held at the fairgrounds in Caledonia.

**For all the latest ABLE news, employment opportunities and monthly Lucky Day calendar winners, visit [www.able-inc.org](http://www.able-inc.org) or check us out on Facebook**