When Dr. Roberta Mann says, “I want to leave this world a better place than I found it,” it’s not just talk. She makes things happen.

Dr. Mann is a life coach, therapist, educator, wife, parent of adult children, and philanthropist. While she positively affects lives in all her roles, the last makes her name familiar to thousands of Minnesota parents and teachers of children and adults with mental health and learning disabilities.

Mann created and sponsors the National Ted and Dr. Roberta Mann Foundation Symposium About Children’s Mental Health and Learning Disabilities, now in its fifth year. PACER Center has been cosponsor since the symposium’s inception, and American Dairy Queen joined as a 2010 cosponsor.

Mann has long had an interest in “hidden” disabilities. Her instinct that parents and teachers want and need information about “hidden” disabilities is right on. Registration for the annual symposium, which is free, fills quickly. In 2010, as in other years, the 1,100 seats were filled within hours and there was a waiting list of 400.

With carefully selected topics and top-notch speakers, the symposium earns high marks. For example, last year’s outcome data indicates that:

- 96 percent of participants attending said they have implemented strategies in their classrooms to assist classmates and peers to better understand children with mental health and learning disabilities.

- 96 percent of the participants surveyed shared information they learned at the symposium with other parents, teachers, and professionals.

Volunteer Spotlight continued on page 3
Educators and parents filled the Sheraton Hotel’s ballroom on Aug. 17 to be part of a unique gift to the community: The National Ted and Dr. Roberta Mann Foundation Symposium About Children’s Mental Health and Learning Disabilities.

It’s the only event of this kind in the country that is offered free of charge, thanks to its generous sponsors. The Ted and Dr. Roberta Mann Foundation, which has sponsored the event for the past five years, and American Dairy Queen, a first-time sponsor in 2010, made it possible for 1,100 attendees to learn from national keynote speakers and a wide selection of workshops.

Keynote speakers were: Kevin Jennings, assistant deputy secretary of the Office of Safe and Drug Free Schools at the U.S. Department of Education; Dr. Verna Price, author and motivational speaker; and Dr. Read Sulik, assistant commissioner of the Chemical and Mental Health Services Administration for the Minnesota Department of Human Services.

Above (left to right): Mary Schrock, PACER’s chief operating and development officer; John Gainor, International Dairy Queen’s CEO; Blythe Brenden, Dr. Roberta Mann’s daughter; Paula Goldberg, PACER Executive Director; and Don Benson, Dr. Roberta Mann’s husband.

Below: Keynote presenter Kevin Jennings, assistant deputy secretary of the Office of Safe and Drug Free Schools, and Julie Hertzog, director of PACER’s National Center for Bullying Prevention.

Above: Keynote presenter Dr. Read Sulik; Juvenile Justice workshop presenters: Lili Garfinkel, PACER staff; youth who shared his perspective; and Otis Zanders, warden, Minnesota Correctional Facility-Red Wing.
The idea for the symposium came to her over dinner with friends, Mari Carlson and Barry Garfinkel, M.D., Mann said. Garfinkel is a Twin Cities psychiatrist who is nationally recognized for his work with children and youth with mental health and learning disabilities. The three talked about how children and adults with learning disabilities desperately need understanding and insight from the educational system. Mann said the discussion brought to mind her own experiences in educational settings as both a student and a parent.

“I decided it was time to both educate myself and direct my energy toward this problem,” Mann said. “The PACER symposium was the solution we ultimately hit on.”

Education and energy are not new to Mann. Within recent years, Mann honed in on her interest and returned to school for two graduate degrees: a master’s degree in psychotherapy from the Adler Graduate School and a doctorate in education from St. Mary’s University.

“My education gave me the direction I needed and the push I needed to overcome obstacles and to craft a program that would really affect the lives of others,” she said.

“I went back to school to be informed, to learn the latest in the field of education so I wouldn’t be wasting my time chasing the wrong solutions,” Mann explained. “My doctoral degree in educational leadership gave me the tools I needed to come up with a good solution to the problem. Besides, the older you get the more important it becomes to NOT slow down!”

Slow down, she doesn’t. In addition to her involvement with PACER, she supports myriad organizations from the arts to health and human services organizations. Still, she has called her support for adults and children with mental health and learning disabilities “my purpose and my passion.”

Mann talks about expanding her dream to help others even further. She is working with other experts to help move the current mental health model from an “illness focus” to promote resiliency by integrating mind, body, and spirit into healing efforts.

“Helping others gives me a strong sense of purpose in my life;” she said.

And leaving the world a better place? “That’s what inspires me.”

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Friends of PACER’s First Annual
Run Walk Against Bullying Roll

Sat. Oct. 16 | 9:00 a.m. | Normandale Lake

Events:
9:00 am – Registration/ Race packet pick up
10:00 am - 4 mile Run
10:00 am – 1.5 mile Fun Walk/Roll

Entry Fee: $20.00 per person (*payable to Friends of PACER)

All participants will receive a cool T-shirt!
Snacks and fun will be provided at the Normandale Lake Bandshell.

Register online at:
www.PACER.org/bullying/RunWalkRoll/index.asp

The End of Bullying Begins With Me | www.PACER.org/bullying
With a love of video games, a penchant for spending his time with his friends, and a successful school year behind him, Max* appears to be a typical 12-year-old boy. But arriving at that point wasn’t easy for a boy diagnosed with autism spectrum disorder (ASD) at the age of four. “It’s taken a lot to get there,” says his mom Brenda.

Max’s elementary years were not an easy time for mother or son. Max would get sick almost every day before going to school. “We thought he had acid reflux,” says Brenda, “but it was just anxiety—he was that anxious.”

Knowing that her son was having trouble in school, Brenda felt that anxiety herself during Max’s Individualized Education Program (IEP) meetings. “I used to literally go into IEP meetings not sleeping the night before,” she recalls. Even though Max had an IEP in place, Brenda felt as though there was more that both she and the school could do for him. Hoping to find some assistance in advocating for her son, Brenda contacted PACER and was put in touch with advocate Bonnie Jean Smith.

Bonnie Jean’s knowledge and experience working with schools was evident to Brenda during the first IEP meeting that they attended together two years ago. With the school, they were able to make a list of accommodations that could be put in place to help Max. Bonnie Jean helped Brenda realize how specific the accommodations for Max could be in his IEP. Now, every teacher knows that Max needs to sit in the front row to help him stay on task. Max also has a pass he can use when he needs to leave the classroom. Raising his hand and asking the teacher for permission causes Max too much stress, but with Bonnie Jean’s help, Brenda was able to ask for a specific accommodation so raising his hand wasn’t necessary.

According to Brenda, Bonnie Jean’s guidance helped smooth Max’s transition into middle school last year. “He is the kindest little kid in the world, but I thought he would be eaten up in middle school,” says Brenda. “Bonnie helped me get things situated.”

With new accommodations in place, sixth grade clicked for Max. He went from missing thirty days in a school year to not missing a single one. “He ended up being 100 percent in regular education classes last year,” Brenda says proudly. Taking a study hall instead of world history, Max excelled in middle school, earning all As and Bs, with the exception of one C grade.

Max’s speech and fine motor skills have also improved considerably. He no longer needs speech therapy and can now write legibly. Before his writing was at a kindergarten level, says Brenda.

Just like her son, Brenda has also gained some new skills. Working with Bonnie Jean helped her develop the tools she needs to advocate for her child. Before Max’s most recent IEP meeting, Brenda felt confident advocating by herself.

Watching her son’s newfound success, Brenda is enjoying her role of proud parent, and Max is now looking forward to the school year ahead. “I am so grateful for PACER,” says Brenda.

*last names not used to protect privacy
PACER Center's 28th Annual Benefit, featuring Lyle Lovett, drew more than 2,400 attendees on May 8, 2010. Lovett's personal touch and his recognition of PACER's work quickly won over the crowd. The audience also had a “wow” moment when executives from Presenting Sponsors SUPERVALU and Procter & Gamble announced their generous support of more than $100,000 for PACER.

The Benefit's Silent Auction added new features this year, including “Strike a Pose for PACER”, created by Anthony Whelihan and Mannequins in Motion. Benefit-goers could pose creatively with the mannequins within a specially constructed person-sized picture frame.

Throughout the silent auction, volunteers sold “The Extravaganza” mystery bags, sponsored by Judith Ripka Jewelry of New York, and raffle tickets for a lease on Mercedes-Benz GLK350 4MATIC, donated by Sears Imported Autos.

Auctioneer Karen Sorbo motivated lively bidding during the Live Auction. A Polaris 2010 Blue Ranger electric side-by-side ATV was purchased. Also, a Demi Lovato concert package, with transportation via a private Marquis Jet to New York for the event, was purchased through bidding. The buyer then donated it back to PACER and a second bidder bought it, doubling the revenue.

“But the real stars for the evening were the young people involved,” said Mary Schrock, PACER's chief operating officer.

Sam Broyles, son of Jessica and RJ Broyles, was the amazing “Super Hero” featured in the PACER video; Mara MacMillan encouraged everyone to bid during the Live Auction, and Kirsten Huston shared school experiences.

Proceeds from the Benefit support PACER's programs for all children, including those with any disability.

“This extraordinary evening could not happen without the Benefit and Corporate Sponsor Committees, silent and live auction donors, corporate sponsors, and volunteers at the event working together with PACER's staff,” Schrock said. “Thank you to everyone who contributed time, energy and resources and to all those who supported PACER by attending the event!”

Above: Benefit Silent Auction Co-chair Teri Moore and Michael Moore, an executive at Procter & Gamble, one of the Presenting Sponsors.
Left: Paula Goldberg with Mara MacMillan and PACER Advisory Board Member Muffy MacMillan.
PACER THANKS THE MAJOR SPONSORS THAT HELPED MAKE THE BENEFIT A BIG SUCCESS!

**Presenting Sponsors**  
SUPERVALU and Procter & Gamble

**Live Auction Sponsor**  
Allen and Kathy Lenzmeier

**Patron Party Sponsor**  
Whitebox Advisors, LLC

**Ticket Sponsor**  
Best Buy Company, Inc.

**Dinner Sponsor**  
Carlson Family Foundation

**Major Sponsor**  
Steven C. and Mary Sue Simon Family Foundation

**Raffle Sponsor**  
Sears Imported Autos, Inc.

**Extravaganza Sponsor**  
Judith Ripka

Above: Tony Whelihan and auctioneer Karen Sorbo “Strike a Pose for PACER.” Right: Don Davidson with the winners of the Mercedes GLK 4MATIC.

Left: Mary Holmes holding the puppy she donated, pictured with Benefit Committee Member Michelle O’Leary.
Minneapolis architect Charles Stinson shared his vision with a group of 40 PACER supporters this summer as he lead a tour of a home that he designed, now the home of Peter and Mona Vrijsen. Participants purchased their spot on the tour at PACER’s 28th Annual Benefit on May 8.

During the tour, Stinson described in detail the process of designing the home with a group of creative people, and working with engineers, builders, and landscape designers to “put together the pieces of the puzzle.” The result of that process is a beautiful and functional home.

Nate Lane, of Thyme to Entertain, donated hors d’oeuvres and wine for the event.

Twenty lucky people were treated to some baseball lore on August 20 at a special luncheon with Minnesota Twins Manager, Ron Gardenhire. “Gardy” was kind enough to respond positively to a call from Advisory Board Member Jim Oricchio, allowing PACER to offer the lunch package at the annual Silent Auction.

A loyal PACER supporter offered the venue, a loft condominium in downtown Minneapolis that made Gardenhire’s participation more convenient. Nate Lane of Thyme to Entertain donated his services and the delicious and beautifully presented food. The result was a sold-out auction package.

“Gardy” was warm and welcoming as he shared stories about games and players that kept everyone laughing. As he signed autographs and posed for photos, he took time to speak individually with all twenty attendees, creating memories of a one-of-kind lunch hour.

Above: Guests listen as Architect Charles Stinson describes the home.
Left: Architect Charles Stinson and his wife Carol Eastlund, PACER Chief Operating and Development Officer Mary Schrock, and homeowners Mona and Peter Vrijsen.

Top: Ron Gardenhire, Benefit Co-chair Jessica Broyles, Rowan Broyles, and PACER Executive Director Paula Goldberg.
Left: Gardenhire and Sam Graves.
Right: Chef Nate Lane of Thyme to Entertain and Gardenhire.
Mark and Julia Thomas gave a once-in-a-lifetime gift to 4-year-old Rogelio and his mother, Irma, when they presented a check from the Emily Thomas Foundation to PACER Center. The funds will purchase equipment for Rogelio, who is blind, has developmental delays, and uses a wheelchair. With physical therapy services at school, his motor development has improved, but his family has no equipment at home to continue his physical therapy when there are no school services during the summer.

Enter the Emily Thomas Foundation, established by the Thomases following the death of their daughter. Emily died at the age of 13, after a series of complex surgeries to repair a congenital heart condition. Emily had lived a “normal” life, full of love and accomplishments, and those who knew her “met an angel,” say her parents. But, Emily also had unique educational needs and required medical treatment that didn’t fit the hospital models. From their experience with Emily’s education and medical treatment, the Thomases decided to establish a foundation to support the educational development and medical needs of children. Through the foundation, they are advocating for families who are experiencing the same difficulties, and sharing their story and knowledge so other families can be find resources to make their lives a little easier.

By forming the foundation and working in collaboration with organizations like PACER, the Thomases are not only sharing the story of their daughter, Emily, but helping many others in need.

Federal and Military Employees Can Donate to PACER During Workplace Charity Drive

If you are a federal civilian, military, or postal employee, you are eligible to contribute to PACER Center through the Combined Federal Campaign (CFC) charity drive at your workplace. Look for PACER in your local campaign booklet under the Children’s Charities of America (CCA) heading or alphabetically. You also can watch a video about one of PACER’s programs by visiting cfcvideospeakersbureau.org and entering PACER as the keyword.

To designate your gift to PACER, use code 12272. This code is unique to PACER and should be used under any heading where you see PACER’s name listed. The charity drive will run from September through mid-December. Please contribute at your workplace this fall to keep PACER’s important programs available at no charge.
When you receive your United Way pledge card from your workplace giving campaign, please consider writing in “PACER Center” under the “Other” or “Donor Choice” category. Doing so provides funding that helps PACER continue to respond to the 45,000 requests for assistance received each year.

PACER is not a United Way agency and therefore does not receive support from its general funds. PACER does, however, benefit from the donor choice program of the Greater Twin Cities United Way, Tri-State United Way, and others.

“Identifying PACER as your choice organization provides important funds to PACER while still contributing to your overall workplace campaign,” says Mary Schrock, PACER’s chief operating and development officer. “Your donation helps PACER open doors for children with any disability. Thank you for being a Champion for Children with Disabilities.”

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“After reading how much it hurts other people, I’ve decided that I will never bully anyone again!” wrote one teenager on PACER’s TeensAgainstBullying.org website. This is only one example of how PACER’s National Center for Bullying Prevention is making a difference, but PACER needs others to join the cause, especially during National Bullying Prevention Month in October.

PACER established National Bullying Prevention Month, now in its fifth year, to change viewpoints about bullying, bring public awareness to this serious issue, and make a difference in children’s lives.

“We need to change the paradigm surrounding bullying from, ‘It’s just part of growing up, get used to it;’ to ‘Bullying is unhealthy and a form of abuse. It is unacceptable behavior that must be stopped,’” said Julie Hertzog, director of PACER’s National Center for Bullying Prevention. PACER’s long-term goal is passing national legislation that would make bullying behavior unacceptable at every school in each state.

Data shows that PACER’s leadership is needed: each day 160,000 children and teens across the nation stay home from school out of fear of being bullied. In addition, there are increased numbers of suicides attributed to bullying, such as the well-known case of Phoebe Prince in Massachusetts. That’s why PACER’s National Center for Bullying Prevention launched PACERKidsAgainstBullying.org in 2006, and TeensAgainstBullying.org last year.

Yet PACER needs others to help change ideas about bullying and become active participants in bullying prevention, especially during October. Teachers can find curricula and classroom activities on both websites; teens can find suggestions and activities for motivating their classmates to take a stand; and parents can find information about how they can help stop bullying, including cyber bullying. All the information is free and can be downloaded at PACER.org/bullying.

One concrete way for students to demonstrate their commitment is to sign the petition, “The end of bullying begins with me.” Students can sign the petition online or download it from the website and sign a paper copy to be faxed or mailed to PACER. Students may also wish to create an event at their school with a sign-up table in the hallway or lunchroom to make signing the petition easy. Students across the nation can make a difference by signing the petition, showing the nation’s lawmakers that millions of students want the problem to end.

“Bullying will stop only if individuals are empowered to take a stand and transform from being a bystander to a person who intervenes,” said Hertzog. “We also want students who bully others to come to the same realization as the young woman at the beginning of the article and make a commitment to stop.”

Visit PACER.org/bullying to join PACER in making a difference.
Thank You!
We can never extend enough appreciation for the support we receive from volunteers; board, advisory board and marketing advisory board members; corporate sponsors and foundation donors; silent auction and other in-kind donors. Your contributions of time, energy, ideas, and financial support allow PACER to help all children, including those with any disability, and their families at no charge. Thank you for your part in PACER’s success and for being a Champion for Children!

October is National Bullying Prevention Month
Visit PACER.org/bullying to find out how your school or organization can participate in National Bullying Prevention Month with activities and events to raise awareness about this issue that affects so many children. Tell your child’s teachers that curricula and lesson plans are available on the websites as well as free downloadable activities. If students sign the pledge, “The end of bullying begins with me,” and the adults in their lives support them, we can put a stop to this abusive behavior.

FALL 2010

First Annual Run/Walk/Roll Against Bullying
Saturday, Oct. 16th will mark the beginning of an annual Run/Walk/Roll Against Bullying. Registration will begin at 9 a.m. at Normandale Lake Park in Bloomington, located at 84th Street and Normandale Boulevard. Timed to coincide with National Bullying Prevention Month, this is a concrete way that children, teens and adults can take an active step to help stop bullying. Funds raised from the event will support PACER’s National Center for Bullying Prevention.

Registration is available online at PACER.org. The registration fee is $20. Come join us on a beautiful fall morning to do your part in putting a stop to bullying!

Friends of PACER’s First Annual Run Walk Against Bullying Roll
Sat. Oct. 16 | 9:00 a.m. | Normandale Lake

SPRING 2011

Save the Date for PACER’s 29th Annual Benefit, May 7, 2011
The performer is still a surprise, but do mark your calendar for Saturday, May 7, 2011. The Benefit Committee is already beginning to plan another entertaining, energy-packed event at the Minneapolis Convention Center. You won’t want to miss it!
Delight your colleagues, customers, and others with PACER’s amazing holiday cards, customized with your own special greeting.

When you send PACER’s holiday cards, you warm hearts twice—once when the recipients open them, and again as your purchase supports PACER programs for children with disabilities. You also make a statement to the world that you care about your community.

Measuring 4 ¾” x 6 ¼”, these full-color cards are printed on glossy card stock and come with white envelopes. PACER cards are created during the annual Creative Kids Contest sponsored by artist Tony Whelihan, a time when children with disabilities express their artistic side. Each year, a child’s artwork is chosen to be featured on the cards. This year’s winner is Spencer Sieber, 10.

Ordering is Quick and Easy

Whether you order online, by phone, or by email, simply provide us with:

- the number of cards you want (100 minimum)
- your customized greeting
- your company name or logo
- the date your cards are needed (after Oct. 26)

Order now!

- Online: PACER.org/help/creativecustom2010.asp
- Phone: Kelly Lorenz, 952-838-9000
- E-mail: kelly.lorenz@PACER.org

Please Note: Orders must be received by Sept. 30, 2010. Payment is due at the time of your order.

We hope you will order cards and take this opportunity to be a Champion for Children with Disabilities!