



**FAMILY
ACHIEVEMENT
FOUNDATION**

We can do this together

Family Achievement Foundation

December 2022

First Annual Gala

BY DOUG KILLIAN

Family Achievement Foundation's first annual gala on Oct. 13 was an inspiring evening.

Over 100 guests gathered at the Lake Elmo Event Center to support parents on a challenging journey. Following a reception with live music, guests enjoyed a delicious dinner and heard from foundation founders Sarah Mason and Tom Hoel on how they faced many barriers finding help as their children faced physical and mental health challenges. Tom's son Anthony was diagnosed at a young age with Duchenne Muscular Dystrophy.



In This Issue:

First Annual Gala Review
PAGE 01-02

Move to Your Own Groove
PAGE 03

Transitioning into Adulthood
PAGE 04

Upcoming Events
PAGE 05

Journey Award
PAGE 06



FIRST ANNUAL GALA CONTINUED FROM PG 1

He inspired Tom to establish Family Achievement Center in 2001 which now has clinics in Woodbury, Bloomington and Stillwater. Sarah faced similar challenges finding support when her teenage son was suicidal and diagnosed with bipolar depression.

MC Joan Steffend - an author, speaker and TV host - introduced previous Journey Award winners, including Meghan and Jesse Edberg whose five-year-old son William has Angelman Syndrome, a rare neurogenetic disorder. "We were honored to receive the award," Meghan said, "and grateful to help other parents who are on similar difficult journeys."

The evening was capped by an exciting performance by UpDown Funk Dance Troupe, a talented group of dancers with special needs and unique abilities. Guests clapped with the music and gave performers a standing ovation at the end. A silent auction featuring attractive travel experiences, entertainment venues and other amenities also helped raise funds for foundation activities, including parent support groups, educational programs and recognition.



Journey Award winner, Rochelle Quandt, with her nominators & Family Achievement Foundation founders



UpDown Funk Dance Troupe



Move to Your Own Groove

BY CASSIE FRIEDLI

Family Achievement Center's 4th annual Move to Your Own Groove all abilities race took place on Sunday, September 11th. This year's race had over 150 guests in attendance.

Eleven local companies gave at sponsorship levels meaningful to them and raised over \$9,500 for Family Achievement Foundation. Participants had a wide variety of abilities, anything from strollers, gait trainers and wheelchairs to elite runners and walkers complete various distance race. Move to Your Own Groove happens annually on the Sunday after Labor Day at Colby Lake Park in Woodbury, MN.

Family Achievement Foundation provides love, support and resources to parents on a challenging journey.





Transitioning into Adulthood

BY STEPHANIE BORSCHIED

Whether it is a seasonal change, a new teacher, a new home, or change in a caregiver, transitions are tough. They are made more challenging when parenting a child with disability. One of the many transitions a family encounters is the transition from the supports of childhood and education system to the supports of adulthood. This transition begins around the age of 18 when young adults with disabilities reach the legal age of adulthood and their family begins to assess whether a guardian is needed to help their adult child manage their lives.



Over the next four years, they complete transitional services within their local school system then begin to access adult services.

Supporting a young adult with a disability in accessing services is overwhelming for a family and often challenging to navigate. [Into Adulthood: Your Guide to Disability Access](#), is a comprehensive guide written by Minnesota Disability Law Center to help young adults and their families understand the available programs and services. Through early exploration of available resources such as health insurance, vocational opportunities, financial support, housing options, day supports, transportation, and education opportunities during planning sessions during IEP meetings and meetings with county workers, a family can support their young adult in being as independent as they can or choose to be.

Visit our website

WWW.FAMILYACHIEVEMENTFOUNDATION.ORG



[Visit: Into Adulthood: Your Guide to Disability Access for more information about transitioning into adulthood](#)



Holiday Hoopla Family Jam Night

Tuesday, December 13th

6:30 PM

Family Achievement Center-
Bloomington

All Family
Achievement
Foundation
events are free
& open to all!

EMAIL
INFO@FAMILYACHIEVE.ORG
TO RSVP

New Parent Support Group

Do you feel alone, discouraged, or stressed due to your teen or adult child with mental health issues? You are not alone with these feelings!

Join our parent support group to share your struggles, gain new insights, and find community. This group will be a standing, four-month long group held the third Thursday of each month February - May 2023 from 6:00 p.m. to 7:30 p.m on Zoom.

February 16, March 16, April 20, and May 18.

There will be no more than 12 participants so register today by emailing info@familyachieve.org.

An optional \$10 per group donation to Family Achievement Foundation is encouraged.





Journey Award Recipient

MEGHAN & JESSE EDBERG

Meghan & Jesse Edberg found out in January 2020 that their son, William, has Angelman Syndrome. They have found ways to get him physical, occupational and speech therapy. They find every way possible to give William as typical of a life as possible. Their second son (Henry) is neurotypical and they do a great job of having both boys feel special. They both work full time but are doing a marvelous job of seeing that their boys enjoy all the world has to offer. Jesse and Meghan put in day to day effort to make sure these boys have a full and typical life without letting Angelman Syndrome define their path. They are involved in the Angelman community helping other families, raising money for FAST and finding ways to help aid in the finding of a cure for this syndrome.



Journey Award History

The Journey Award was created by one of our founding board members, Nancy McCue. Nancy's own challenges as a mother brought her to Family Achievement Foundation, with an immediate connection to parenting children with mental and physical health challenges.

Nancy lost her youngest son Jack in 2017 when at the age of 15 he died by suicide. Jack's journey inspires Nancy to give back and help other families. His legacy is caring so much more for others than he did for himself, encouraging us to honor those who may not know how special they are. Thank you to Nancy and Jack for motivating us to touch the lives of other special people like you!

To nominate a deserving parent or caregiver for the
Journey Award visit:

<https://familyachievementfoundation.org/journey-award/>