



## Director's Corner

### The Arc of Cass County Call to Action-SNAP Funding Crisis

The current budget impasse in Washington DC, jeopardizes SNAP (Supplemental Nutrition Assistance Program) benefits and without funding there will be severe consequences for low-income families across North Dakota and our nation. Urgent action is needed now to move Congress toward passing an interim budget to safeguard SNAP benefits. The Arc of Cass County, along with our fellow chapters across the nation, are requesting support from our friends and partners to contact our Congressional Representatives and encourage them to find a solution on this issue.

SNAP is not another wasteful government program; its impact is direct and essential. Nationally, 12% of our total population, 41.7 million people, receive SNAP benefits, as they simply cannot afford to put enough food on the table to feed themselves or their family. Food insecurity leads to several physical and mental health issues and presents a public health risk when we face flu or other outbreaks. It also exacerbates existing inequalities in marginalized communities, leading to further disparities related to income, and access to resources.

In North Dakota, 6% or 1 in 16 people utilized the SNAP program in 2024. Of these 48,700 people 66% were families with children, 32% are folks with disabilities or are seniors. 43% of North Dakota SNAP participants are in working families. **Read on**

#### 2026 SOCIAL SECURITY CHANGES

##### Cost-of-Living Adjustment (COLA):

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2024 through the third quarter of 2025, Social Security beneficiaries and Supplemental Security Income (SSI) recipients will receive a 2.8 percent COLA for 2026. Other important 2026 Social Security information is as follows:

TAX RATE	2025	2026
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

**NOTE:** The 7.65 percent tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.2 percent on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45 percent on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

	2025	2026
<b>Maximum Taxable Earnings</b>		
Social Security (OASDI only)	\$176,100	\$184,500
Medicare (HI only)	No Limit	
<b>Quarter of Coverage</b>		
	\$1,810	\$1,890
<b>Retirement Earnings Test Exempt Amounts</b>		
Under full retirement age	\$23,400/yr. (\$1,950/mo.)	\$24,480/yr. (\$2,040/mo.)
<b>NOTE:</b> One dollar in benefit will be withheld for every \$2 in earnings above the limit. The year an individual reaches full retirement age		
	\$62,160/yr. (\$5,180/mo.)	\$65,160/yr. (\$5,430/mo.)

	2025	2026
<b>NOTE:</b> Applies only to earnings for months prior to attaining full retirement age. One dollar in benefit will be withheld for every \$3 in earnings above the limit.		
Beginning the month an individual attains full retirement age	None	
	2025	2026
<b>Social Security Disability Thresholds</b>		
Substantial Gainful Activity (SGA)		
Non-Blind	\$1,620/mo.	\$1,690/mo.
Blind	\$2,700/mo.	\$2,830/mo.
Trial Work Period (TWP)	\$1,160/mo.	\$1,210/mo.
<b>Maximum Social Security Benefit: Worker Retiring at Full Retirement Age</b>		
	\$4,018/mo.	\$4,152/mo.
<b>SSI Federal Payment Standard</b>		
Individual	\$967/mo.	\$994/mo.
Couple	\$1,450/mo.	\$1,491/mo.
<b>SSI Resource Limits</b>		
Individual	\$2,000	\$2,000
Couple	\$3,000	\$3,000
<b>SSI Student Exclusion</b>		
Monthly limit	\$2,350	\$2,410
Annual limit	\$9,460	\$9,730
<b>Estimated Average Monthly Social Security Benefits Payable in January 2026</b>		
	Before 2.8% COLA	After 2.8% COLA
All Retired Workers	\$2,015	\$2,071
Aged Couple, Both Receiving Benefits	\$3,120	\$3,208
Widowed Mother and Two Children	\$3,792	\$3,898
Aged Widow(er) Alone	\$1,867	\$1,919
Disabled Worker, Spouse and One or More Children	\$2,857	\$2,937
All Disabled Workers	\$1,586	\$1,630

[View chart as a PDF](#)

**The Kris Langlie Classroom Grants**  
supported teachers and students in more  
than 40 classrooms so far this year!



# Did you know about?



## inVEST Fargo Public School Program

"In Vocational Education and Social Transition"

Arielle Mickelberg

This month I spent some time with the students and staff at Fargo Public School's inVEST program. I asked a student to summarize the program in one sentence. He responded perfectly with, "It is an opportunity to be able to learn the skills to go on your own when you have to." The individuals in the program have all completed their high school credits, but would benefit from hands-on independent living, financial, and job training before fully transitioning out of the school system.

Currently, there are 8 students, 1 instructor and 1 paraprofessional in the group. Every year the number of individuals varies and so do their skills, goals, and past experiences. The instructors take the group's experiences and needs into consideration to shape the curriculum and activities they do.

One of the most important things about being in the program is getting and keeping a job. The students get help with interview practice, grooming standards, transportation training, etc. to ensure they are prepared for employment in the community. At inVEST, they make sure the job comes first. Things like cooking, laundry, chores, outings, and budgeting are important but are the secondary priority.

**"Since I started at inVEST, I now cook more at home. I've made homemade stuffed crust pizza, macaroni and cheese, and chicken alfredo. I also have a job now, so I help by paying rent to my parents. One day I want to own a business building railroad locomotives." -inVEST student**



The facility has a full laundry, kitchen, living, and meeting room area. This allows students to get the full experience of making a meal, doing the dishes, freezing leftovers, washing towels, etc. Deb, the inVEST Instructor for over 10 years, makes sure there is purpose in everything they do. While cooking does teach them an independence skill, the fully home cooked meals are also given to families in the Fargo Public School system who need them. "This program is preparing them for real life. We also want students realizing the importance of their abilities to give back to the community and not just seeing services for people with disabilities as one-sided."

## Opportunities at The Arc



Monday, November 10th



**YES! I AM CREATIVE!®**

Engaging, Encouraging & Celebrating Your Creative Side

With Kay Hilde

**FULL**

10:00 am, 1:00 p.m. or 2:00 p.m.

at The Arc of Cass County

We will be making owls in trees with Kay Hilde!

Please RSVP by Thursday, November 6th by emailing [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org) or call (701)293-8191.



215 N University Drive, Fargo, ND 58102  
701-293-8191 • [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org)

# FALL

## into your new bed



QUEEN MATTRESS  
STARTING AT \$239.99!  
+ FREE PILLOWS!

**LIMITED  
OFFER**

  
Mattress Shop  
3201 43rd Street S, Fargo

**Saturday, November 15, 2025**

While hunters are out chasing game, you can chase the real goods — deals, prizes, and purpose — at the Join the Hunt Thrift Crawl supporting 4 local nonprofits.

Here's how to join the hunt:

Buy the Tote — \$5  
Get 20% OFF\* your purchase at each participating store when you show your tote!

JOIN THE HUNT THRIFT CRAWL



**11 THRIFT STORES IN ONE DAY**

Collect Your Stamps

Visit all 11 stores and get your card stamped at each stop. Turn in your completed card for a chance to win prizes!\*\*

 The Arc Attic Treasures

 DAKOTA  
BOYS AND  
GIRLS  
RANCH  
THRIFT STORES

 New Life Center

Dakota Boys and Girls Ranch Thrift Stores

- 215 N University Dr, Fargo, ND
- 3201 43rd St S, Fargo, ND
- 1525 32nd Ave S, Fargo, ND
- 4325 13th Ave S, Fargo, ND
- 221 19th St N, Fargo, ND
- 5556 51st Ave S, Fargo, ND

\*Hours and participation varies by location

\*\*No purchase necessary

## Opportunities in our Community



## virtual TETONS

### Part 1: Healthy Relationships with Safe Outcomes

Join us for a **free virtual class** for **individuals with disabilities** to learn about relationships, consent, making choices, and staying safe. Our program is a safe and welcoming place for all!

Participants should be comfortable using a computer alone and have access to a quiet and private space for this virtual class.

This class is brought to you by The Utah Parent Center in partnership with The North Dakota Developmental Disabilities Council.

**7 Weeks of classes**  
**November 7-January 9**  
(holidays will be observed)  
**Fridays 9am-11am**

ages 13+

All participants please register:  
[bit.ly/DDCouncilxTETONS](http://bit.ly/DDCouncilxTETONS)



Questions? Contact us at:  
[jhornveit@nd.gov](mailto:jhornveit@nd.gov)  
For more information:  
[utahparentcenter.org/TETONS](http://utahparentcenter.org/TETONS)



## WINTER CLOTHING GIVEAWAY

TO REGISTER FOR A VOUCHER PLEASE  
VISIT OUR WEBSITE  
[WWW.COMMUNITYOPTIONSND.COM](http://WWW.COMMUNITYOPTIONSND.COM) AND  
FILL OUT THE WINTER CLOTHING  
GIVEAWAY FORM.

If you need assistance please call  
Ciera at 701-818-7282 or our main  
line at 701-223-2417.

10/20 - Devils Lake 11/6 - Williston  
10/22 - Grand Forks 11/12 - Dickinson  
10/28 - Jamestown 11/13 - Bismarck  
11/5 - Minot 11/20 - Fargo

\*While vouchers last  
LIHEAP is federally funded and administered by the  
North Dakota Department of Health and Human  
Services.

Must be eligible  
for LIHEAP to  
qualify.



## Good Reads

### North Dakota News

- HHS celebrates behavioral health and child welfare professionals with inaugural awards
- KXNET North Dakota's Progress in Disability Home Care Services

### US Disability News

- Today! Virtual Town Hall to Protect Children with Disabilities & IDEA 4:00 pm
- It's Greek to Me: Why Patient Portals Must Speak Plainly

If you're enjoying this content, we'd love it if you would forward the link to anyone you think would benefit from it, or [visit our website](#) to learn more.



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