

# CHOICES

A Newsletter about Self-Determination in Dane County written by Individuals with developmental disabilities, for individuals with developmental disabilities, their families and supporters.  
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The next issue of CHOICES will be out in May, 2012. Contact the editor, Stefanie Primm, with ideas for articles before March 15.

Articles are due by April 6 or until the issue is full.

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## Inside this issue:

Bear in Mind	2
Spring Infoshare	2
Connections	3
News	4
Advocacy News	5
Recent Events	6
Choices Columnists	7
More News	8
Poetry Corner	8
Other Useful News	9
Saying Goodbye	10
And the Oh, Yeas'	12

## Adam Can Recycling By Jeffrey Johnson

I interviewed Adam Notstad on Thursday December 8<sup>th</sup>, 2011 at Stoughton High School. He has started a microenterprise business called Adam Can Recycling. His transitioning coordinators Beth and Amy, along with his mom, helped Adam develop a can crushing business during his IEP planning meeting.

Adam worked with a robotics team for one year and they created the "Little Squeeze." It is a machine that can crush forty-two cans at once that he can operate by himself with a switch. For safety purposes Adam will need volunteers to help him with other parts of the machine. He started his job in June 2012.

Adam's goal is to work five hours a day five days a week. Adam's coordinators Beth and Amy are talking to the Stoughton Youth Center, and several other places in Stoughton, to see if Adam could keep on developing his business there. The big advantage for Adam is that the machine is easy to transport to many worksites. He gets a better rate for crushed cans versus uncrushed cans. Adam loves his can crushing business he loves the loud noise, and he enjoys working with volunteers. You can get hold of Adam though email ([adamcanrecycling@gmail.com](mailto:adamcanrecycling@gmail.com)), Facebook, or the web page [canscount.org](http://canscount.org) by searching for Adam Notstad.



Adam Notstad Photo by: Deb Notstad

## Interview with Marcia Stickel: WIN Nurse By Catherine Clodius

I had the pleasure just recently of sitting down and asking Marcia some questions about what she does as a Wellness Inclusion Nursing (WIN) Nurse. Marcia started with the Waisman Outreach Center in November of 2009 and she gets referrals from Support Brokers and from residential staff.

Marcia has about 100 consumers that she is the nurse for and she may see anywhere from 30-40 consumers a month. Marcia will help the medical staff understand the consumer better and helps make what the doctors says clear and understandable to the consumer and staff and family members. Marcia will also follow up with consumers if they need to be hospitalized and she will coordinate discharge planning. Marcia also does trainings **Continued on page 7...**



Marcia Stickel  
Photo by: Stefanie Primm

## Bear in Mind...



Monica Bear is Dane County's  
Community Services Manager for  
Developmental Disabilities

The start of 2012 provides opportunity to reflect on the good fortune I have living and working in Dane County. Our community values the individualization of support, largely directed by people with developmental disabilities and their families. In addition, we have come to expect choice as well as flexibility to adapt. While we always have room for improvement, Dane County has spent the past 30 years striving to provide permanency for every child and bring people home from institutions. Dane County has exhibited leadership in self-directed supports, transition from high school to integrated employment, supported living, home ownership, aging in place, technology support, local access to crisis prevention and intervention, health care coordination and investment in family organiz-

ing and self-advocacy.

In spite of significant, on-going local investment, annual funding reductions have occurred yearly since 2004, forcing everyone to do more with less. National consultant John O'Brien noted last month on a visit to Dane County, "A generation of innovation has created an enviable system of supports that must adapt to a changed environment. Real losses are possible." I, like many, have resisted admitting out loud that we've lived through the best of times as far as funding goes. The money is not coming back, yet the number of people needing assistance continues to grow. Currently 523 people wish they had more support than they currently receive, many between 21 and 29 years old, wishing to move out of their parental home.

From pioneering parent leaders, self-advocates, and early community based providers we must honor the shoulders on which we stand. To remain leaders we must accept new invitations to innovation, finding new forms of collaboration with people and families. To further quote John O'Brien, "There is no way to conserve and build on what has been accomplished without significant change...Our DD system belongs to everyone. There is no "them" to whom to delegate rescue."

In the spirit of partnership and innovation I ask how can we work together to:

- Mobilize community organizations and employers
- Create better jobs and more contributing community roles
- Redesign support to families and adults living at home
- Increase mutual support between people with disabilities and their families
- Promote the use of wills and trusts as a form of insurance to address people's changing needs
- Better support people as they experience increased support needs due to aging

While 2012's challenges can seem daunting, PC Stevie B. Love continues to write books, Adam Notstad moves forward with his recycling business, and the ARC continues to find a reason to dance. This newsletter only scratches the surface of the good work occurring in Dane County. On January 19, People First Stoughton hosts President Obama's Commissioner of Developmental Disabilities, Sharon Lewis. January 20, Project Search, an employment partnership between the VA and UW Hospitals, MMSD, DWD and Dane County celebrates its third year of training and hiring high school students. With Barb Ronzani's, "Road of Life" poem to keep things in perspective I remain optimistic as I find "strength and courage to take the next step and reach for the highest star."

## Save the Date! Infoshare: Communication Works!

**Friday, March 9, 2012**

at the Sheraton Madison Hotel, 706 John Nolen Dr., Madison, WI

### **Communication Works (for those who work at it!)**

Join us to learn how better communication can enhance community membership and inclusion, independence, and self-advocacy for people with developmental disabilities. Support providers and self-advocates: come and learn how to better communicate within your teams, with those in the medical community, policy-makers and more! Watch your mailboxes for more info in the coming weeks.

Contact: Rachel Weingarten 608-890-0777, [weingarten@waisman.wisc.edu](mailto:weingarten@waisman.wisc.edu)

## Arcand Achievement Award Banquet September 2011

By Dan Remick

I was at the Arcand Achievement in September. There were lots of people there. There were about 75 people there. The Banquet was at Warner Park Community Center. The award banquet was from 5:30 to 7:30 pm. Everyone had a very good time. The award banquet was sponsored by the agency Movin' Out.

There were 3 people that got awards. Their names are Kathleen Falk, Arlyn Sandow and Susan Helgesen. Kathleen Falk was given the Arcand Achievement Award. This award is given to leaders who are able to listen to people with disabilities, examine the facts, articulate the needs and exercise leadership grounded in policies and priorities that emphasize inclusiveness and opportunity.

Arlyn Sandow received the "Unstoppable Spirit" award. Arlyn lives his life in a way that is perfectly consistent with his belief that every person has value and every person has something to offer. Susan Helgesen received the Arcand Housing Advocacy Award for her success as a homeowner and her enthusiasm for sharing the goal of home ownership with others.

Howard Mandeville, Movin' Out's Executive Director, added this footnote, "the awards event was a success that raised awareness of Movin' Out and honored three people who have made a significant contribution to Movin' Out's mission of community-integrated housing. Their allegiance to Movin' Out helps the housing agency continue its work of assuring safe and stable housing for people with disabilities."



Arlyn Sandow, Kathleen Falk and Susan Helgeson

Photo by: Howard Mandeville

## What's new at the Wisconsin Board for People with Developmental Disabilities?

By Jeffrey Johnson

I interviewed Beth Sweden, the Executive Director of Wisconsin Board of People for Developmental Disabilities (WPBDD). The WPBDD board members advocate for people with developmental disabilities. The board advocates for their civil rights and full participation in the community. The WPBDD board has 25 people statewide who represent people with disabilities and their families. Sixty percent of the board must be a person with disability or a family member of a person with a disability. The board members come from all parts of the state. The WPBDD board was started in 1972. They will be having their 40<sup>th</sup> anniversary in 2012.

WPBDD's sister organizations are Disability Rights Wisconsin and the Waisman Center. Their three big goals are self-directed supports, employment, and self-advocacy for people with developmental disabilities. The board advocates at grass-

roots and policy levels. The projects that the WPBDD board is now working on are Disability Awareness Month in October and "Take Your Legislator To Work Day." October is also Disability Employer Awareness Month.

WPBDD is starting a "Partners in Policymaking" training for self-advocates and families to learn how the policy affects them. WPBDD wants all people including those with developmental disabilities to work and have the full opportunity to contribute to their community. WPBDD wants people with disabilities to help make their own decisions about their life.

WPBDD wants to raise community awareness on issues of opportunity for people with disabilities to be leaders that will improve their lives.



Beth Sweden (Photo from: [waisman.wisc.edu](http://waisman.wisc.edu))

## People First Special Guest: County Executive Parisi By Dan Remick

We welcomed our Dane County Executive Joe Parisi to the October People First of Dane County meeting. Mr. Parisi told all of us about the budget. He said he looked for savings in a variety of places, however, there are not enough resources. He warns that next year won't be any easier, and that the goal is to stabilize the budget. Statewide politics will have an impact on our budget. Dane County currently spends more money on support for adults with developmental disabilities than any other county in Wisconsin.

Mr. Parisi would like to work together with all of us in our County. Our County Executive fixed the budget by working with unions to save money in our County. Mr. Parisi would like to save our County more money. Mr. Parisi is

worried about the future of Dane County's budget.

We were able to ask Mr. Parisi some questions:

**Question:** What is the hardest part of your job?

**Answer:** Balancing the needs of the diverse County.

**Question:** What is the most rewarding part of your job?

**Answer:** Getting everyone's needs met.



Joe Parisi Photo from:  
[www.countyofdane.com](http://www.countyofdane.com)

## People First Stoughton By Jeffrey Johnson

People First of Stoughton invited Peter Leidy to attend their meeting at the fire department in Stoughton. At this People First meeting Peter talked about "Silly Rules." Peter told us a story about a guy named Andy. When Peter met Andy, he had a new support plan. The new rule his support team came up with was that Andy could not go outside whenever he wanted to. This rule Andy did not agree with. He was not involved when the rules were made. He tried to tell them he wanted to be outside more. He wanted more freedom. Andy thought this was a silly rule.

Then Peter started to sing about some silly rules. He then asked

everyone that was there if they had any silly rules. Then I spoke up and said I have some rules, but they aren't silly rules. I told him I work with my support team to help make up the rules in my support plan. I may not agree with the new rules they come up with but I am willing to work with them. So we all agree on the rules that were made.

After the meeting was over Peter was selling his CDs for half price. The CDs that he sells are "My Songs for People Like You and Me." The other ones he sells are "Greeting from Human Service Land," also "The Great Escape, Love and Money." He also sells two DVD's "7 Ways to Prevent a Crisis," and the other one is called "Doing Our Best Work."

## People First Wisconsin Board Meeting

### By Jeffrey Johnson

People First Wisconsin had a meeting at the Kalahari Resort in Wisconsin Dells on November 7, 2011. Melissa Mulliken came to the People First Wisconsin meeting. The things members agreed on were that the People First Wisconsin is a statewide self-advocacy grassroots organization in Wisconsin. This organization is made up of people with disabilities. The board members decided that they want to work on developing a more straightforward way of electing board members. They could also think about getting a volunteer to help out board members.

People First also decided they need to have more accurate information and communication to fully reach their mission. The board will consult with all members. People First members feel that they need to strengthen their leadership skills and how they communicate with People First local groups. There are many ways they could communicate better such as using Skype, conference calls, newsletters, and social media.

## Recent Events

### LOV-Dane: Thinking Creatively About Employment

By Jeffrey Johnson

I went to a Creative Employment Opportunities meeting at the Waisman Outreach Center on September 27 hosted by an organization called LOV-Dane. LOV-Dane stands for Living Our Visions. The main goal of LOV-Dane is to create “The Good Life” for people with disabilities in Dane County. They use an Asset Based Community Development tool that allows them to do things together that they couldn’t do alone. With the Asset Based Community Development tool LOV-Dane is able to address three aspects to meet their goals which are: relationships, action, and care.

Doug Hunt was another speaker from the Dane County Human Services Department. He talked about how he believes he can find the right place for a person with a disability to work. Doug talked about a program called Partners with Business, which focuses on finding the right place for each consumer to work, helping them be as independent as possible, and to helping them look to co-workers for encouragement and assistance.

The next speaker Lise Ecclestone talked about P.A.C.E., which stands for Penticton and Area Cooperative Enterprises. P.A.C.E. is designed to assist people with mental illness through a community based recovery system in supported employment, supported education, and consumer-operated services. P.A.C.E. also assists in employment transitions, skill set training, paid work opportunities, and an opportunity to develop a consumer based business. P.A.C.E. is a multi-stakeholder cooperative that has 70% client members working as a not for profit organization.

### Arc Halloween Party!

By Jeffrey Johnson

I went to the Arc of Dane County Annual Halloween Party held at Pooley’s Sports Bar. This year the Arc had over the maximum (350 people!) that attended the Halloween party this year. My mom and dad were volunteering and helping out on behalf of the Arc Dane County at Pooley’s Sports Bar. I saw some great costumes. Ken Hobbs was dressed up like a monk. I went as Noah from the bible. God told Noah to build the Arc. My friend Christina Wren was a security guard. My girlfriend Sara Lawson went as a rat. Paul was dressed up like a construction worker. There were snacks at the Halloween Party. There was pizza, but only one slice per person, as well as cookies, chips, pretzels, and soda. Each ticket included a free soda and a raffle ticket for door prizes. There were also prizes for different categories of costumes including the scariest, funniest, and most creative costumes. The scariest was Darth Vader from Star Wars. The funniest costume was a clown. The most creative costume was someone dressed as an Indian chief. I saw some of my friends there like Kitty King, Dan Woodson, and Whitney from East High School.



Party goers take a break to pose for a photo



The Ultimate Fighting Champion

# Choices Columnists

## CINDY'S COMMENTARY...

Cindy Wegner fills us in on events in the last few months

Time Bank had their 6<sup>th</sup> birthday party. They had a potluck, soda, and a birthday cake. Time Bank also has a new website. You have to update your things on their website in January. We watched a video of people using Timebank.

Arc of Dane County had a Halloween party at Pooley's. All of the tickets sold out. Lots of people dressed in costumes. There were best costume prizes and door prizes. They had pumpkins filled with candy. We had pizza, chips, cookies, and soda. Thanks to the people who gave money for pizza.

Darwin, Tom, and Dan had a Halloween party. People wore costumes. They had pizza, snacks, cake, and soda. Darwin and Christa are getting married on March 3, 2012? They are going to Alaska for the honeymoon.

Arc had a health fair. They had foods on plates and water. Dentists handed out toothbrushes and dental floss. Encore had an exercise thing that they do before acting. They played music.

Arc Day Trippers had their picnic at Vilas Park. They had all healthy food to eat. Willy Street Co-op donated the snack food. They played bingo and listened to music.

### Dora's Pet Corner

#### A Unique Story About a Cat Named Sweetpea By Dora Norland

For this article I had a chance to meet Sweetpea. Sweetpea's owner is Ann Marie. Ann Marie has had Sweetpea since 2006, which means Sweetpea is 5 years old. Sweetpea is a tortoiseshell and white cat and has 6 toes on one paw. Sweetpea comes to visit Ann Marie when she is in bed. Sweetpea has a diamond shaped on her forehead. Sweetpea's first name was Pocahontas then Ann Marie changed it to Sweetpea. Sweetpea is very cute and affectionate and likes to be petted and has a lot of cat toys.



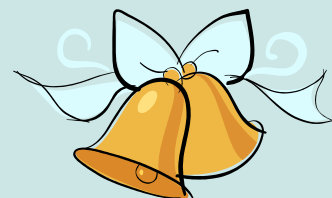
Sweetpea on her perch Photo by: Dora Norland

#### Continued from page 1

if needed for such things as taking vital signs, Oxygen administration, diabetes care and also for universal precautions.

In closing on a more personal note Marcia is my WIN Nurse and has done an outstanding job in helping me to understand my health problems and giving me some really good ideas. Marcia does a really outstanding job as an advocate for the consumers that she is a nurse for. There are two other fantastic WIN Nurses, Bonnie Phelps and Michael Shinnners.

Congratulations to  
Darwin and Christa!!!  
Finally tying the knot after  
20 years together!



## More News

### **Dane County Moves Forward with Plans to Open and Aging and Disabilities Resource Center By Monica Bear**

Aging and Disability Resource Centers (ADRCs) offer the general public a single source of information and assistance on issues affecting older people and people with disabilities, regardless of their income, health condition or long-term needs. The state of Wisconsin has budgeted \$4.1 million dollars to enable Dane County to open an ADRC in 2012. This funding will be prorated based on what month the ADRC would open.

On November 1, 2011 Lynn Green, Dane County's Director of Human Services wrote a letter to the state stating the county plans to submit an application to open an ADRC in Dane County. The county is currently writing its application and hopes to submit it to the state. Assuming the state approves the application, Dane County hopes to open an ADRC sometime between October-December 2012.

Some goals of the ADRC include:

- Welcome the whole community to an attractive, accessible, non-threatening facility.
- Provide outreach and services to young people (age 17½ years) with disabilities as they transition from the school system to adult services.
- Provide reliable and objective information about a broad range of community resources of interest to elderly people and people with disabilities.
- Enable people to make informed, cost-effective decisions about long term care.
- Delay or prevent the need for long term care services and/or public funding for them.
- Provide information and assistance to promote health and independence.
- Serve as the single entry point for publicly funded long term care.
- Identify people at risk and with needs and connect them to needed services.
- Help adults access needed services through advocacy and assistance.

More information on next page...



## Poetry Corner

### **The Road of Life**

By: Barbara Ronzani

Life you shall find  
as you travel the road that has many twists and  
turns.  
But as you take each step  
you shall find how much you will grow and learn.  
For, it is the hard times  
that make us the people we truly are.  
And gives us the strength and courage  
to take the next step.  
And reach for the highest star.

### **SEEING BLINDLY II**

By Dale Buttke

Sometimes I sit in low light  
Because GOD gave me good sight  
On one day, freshly falling snow  
Could barely see where to go  
And then I knew, I have snow blindness  
So I started to not open my blinds  
In low light, I see things very bright  
I can see things every night  
When I go out, I wear sunglasses  
And they are very dark sunglasses  
I have to wear them every day  
But people go by me and say  
Can that guy not see anything?  
Even on very cloudy days  
I wear my sunglasses anyway  
Because I am seeing blindly, it seems.

## Other useful news

### Aging and Disability Resource Center Information Continued...

Dane County will be posting information on its website to keep people updated on the ADRC as it develops. One way to provide input is to click on the link below and respond to the questions and comments section of the webpage. [http://www.danecountyhumanservices.org/LongTermCare/AgingAndDisabilityResourceCenter/questions\\_and\\_comments.aspx](http://www.danecountyhumanservices.org/LongTermCare/AgingAndDisabilityResourceCenter/questions_and_comments.aspx)

### Does opening an ADRC in Dane County mean that Dane County will also go into Family Care?

While Governor Walker recently lifted the caps on family care enrollment we do not yet know what this means. At the current time Dane County is not actively planning to enter Family Care. Here is an excerpt of a letter County Executive, Joe Parisi sent to legislators that represent Dane County on December 29, 2011:

"Questions remain unanswered as to how the Governor will implement his proposal and whether participation will be mandatory or voluntary. Depending on those important details, I'm concerned that Dane County could be put in the position of reducing the high-level of services we provide for our most vulnerable citizens . . . I'm respectfully requesting you oppose any reduction in the core services our citizens receive that would result from proposals to mandate Dane County's participation in Family Care."

### WI Book Festival By Jeffrey Johnson

I interviewed author PC Steve B Love on Tuesday November 15, 2011 at Northside Family Restaurant in Madison. I talked to PC about the Wisconsin Book Festival. He said it was held at the Overture Center on October 23 in downtown Madison and it lasted about an hour. The books PC wrote are called Cold Blooded and Dam Right Dirty, Parts I, II, and III. He sold all of his books at the book fair and made ninety-three dollars. His fourth book will be called Dialogue. PC and Karla, his wife, said it was a lot of fun and looked at other vendors' books and talked to oth-

er authors. There were about two hundred people at the Wisconsin Book Fair.

PC enjoys writing very much but has his own way of doing it. He speaks onto cassette tape to get his ideas out and a volunteer types his ideas into his book. PC has sold over 1000 books in his career. He has help from a volunteer every Thursday from 1:30 to 3:30. The reason PC writes these books is to inform people without disabilities that he dislikes people being labeled and discriminated against. If you or anyone would like to buy his book they can contact Options in Community Living. The phone number is 608-249-1885 and their website is [www.optionsmadison.com](http://www.optionsmadison.com)

### Reporter to Reporter: Jeffrey Interviews Channel 3's Sarah Carlson By Jeffrey Johnson



Sarah Carlson (Photo from Channel 3)

I attended the Arc Golf Tournament this summer at Meadows of Six Mile Creek Golf Course in Waukegan, Wisconsin. At the event I interviewed Sarah Carlson, a local TV anchor for Channel 3 News. She has been a reporter for Channel 3 News for 8 months. Sometimes she has seizures during her interviews. She used to cover them up because she did not know the cause. Then about three years ago she was diagnosed with epilepsy.

Sarah thinks reporting is fun because she encounters many inspiring people. She enjoys reporting a lot and loves meeting people and hearing their stories.

She loves the excitement of not knowing what will happen next. She loves living in Madison with her two kids - a boy that is four, and a girl that is six.

At this year's golf tournament Sarah got her picture taken and went out on a golf cart delivering water to the golfers (my job coach and I helped). When the golf tournament was over they had the annual silent action and Sarah helped out by calling up the winners. Everyone used a paddle to bid just like a real auction. I won some beer and three bottles of vodka. They also had a raffle drawing, and in the second round I won a Betty Lou Cruise ticket.

I had a lot of fun at the golf tournament and I learned a lot about Sarah Carlson and her experiences with epilepsy. It was fun interviewing another reporter that has epilepsy. The Arc-Dane County Golf Tournament is their biggest annual fundraiser. The money raised is used to help people with disabilities to live independently in the community.