

CHOICES

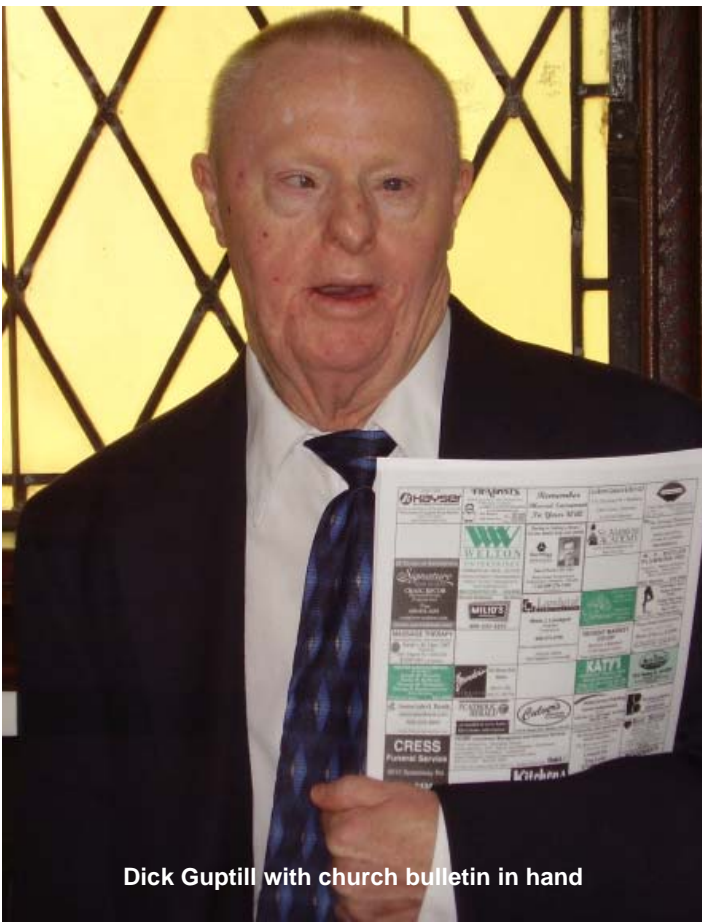
WEB VERSION - Spring 2007

A Semi Quarterly Newsletter about Self-Determination in Dane County

Finding Community

Dick Guptill Ushers at Blessed Sacrament Church

by Lisa Bishop, Rise-Up Inc.



Dick Guptill with church bulletin in hand

Dick Guptill returns to the pew with a grin and exclaims, “I did it!” He shakes my hand with pride, his blue eyes sparkle. Straightening his clip on tie, which matches his well worn navy suit, his Sunday’s finest, he lowers his voice to a whisper, “they want me back.”

Dick Guptill is sixty-five years old. He has faithfully been attending Blessed Sacrament Church, off of Regent Street in Madison, every Sunday, for as long as I can remember. His roommate, Bruce Mueller, introduced Dick to the church. Bruce lived across the street from the church prior to becoming Dick’s roommate. Though Bruce is not able to attend Mass regularly these days, Dick always remembers to pray for him. On the way to church, Dick recites the list of people he prays for, which, by the way, includes a great many Rise Up employees!

Dick is quite proud of his involvement with the church. He is a gift-bearer and he also hands out the church bulletin after mass. His ability to serve is made

(continued on p. 8)

Future People First of Dane County Meetings

April 17th, 5:30-7:00 p.m.

May 15th, 5:30-7:00 p.m.

June 19th, 5:30-7:00 p.m.

Meetings are held at Options in Community Living,
22 N 2nd St. (just off East Washington Avenue),
in Madison WI, 53704.

QUESTIONS? Call Jeff Bailey, President at 241-3116

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by Dan Rossiter, Manager
Developmental Disabilities
Services,
Dane County

Dan Sez...

At the time this newsletter goes to press Dan Rossiter is on one of his periodic, well deserved vacations. Arlo, our snoop dog tried to steer him towards the tropics, but the pull of the Northwoods was too great. This issue we turn the column over to Arlo.

Spring appears to have arrived in Dane County and the staff at 1202 Northport eagerly await the return of cranes grazing on the hill. It seems the cranes will return long before we can provide any substantive updates on Family Care. This issue provides a brief article on Family Care by Jeffrey Johnson (page 5). At the current time, Dane County is awaiting answers from the state before it proceeds with further planning towards implementing Family Care. Questions focus on the complexities of funding as well as how to best ensure that developmental disability services maintain their current level of quality. A recent article in the *ISTHMUS* Newspaper succinctly outlined various stakeholder concerns. You may read the article at <http://www.thedailyage.com/isthmus/article.php?article=5777>

In the coming year the county is putting significant effort into learning more about quality services here in Dane County and throughout the country. An article on page 8 describes our recent training and learning event with Mike Green and Pat Carver. Future issues of Choices will keep you informed about new initiatives to ensure smoother transitions for high school graduates as well as ways we hope to assist people and families on the waiting list to plan for their futures while becoming better connected with each other.

The last Dan Sez column reported that a generous, anonymous donor gave the county \$5000 to spend on behalf of people with developmental disabilities. We asked people to submit ideas for \$500 grants. We reviewed 18 requests and awarded 11 grants ranging from \$200-500. Grants that sought to enhance peoples' social and community connections received the highest preference. All grants will fund activities outside the scope of what the service system typically funds. Projects include everything from a diversity potluck, 3C's dance, community garden's maintenance crew, a women's basketball fan club, women's social group, young adults social group, scrap booking club, dinner theatre outing, a Kalahari weekend for 8, a "Friends to Be With" support group and a Spanish-speaking families support and social group.

We have asked all grant recipients to write a CHOICES article describing the fun they had and connections they made as a result of the money they received. Look for these articles throughout the coming year.

Agnes' Story

by Janice Griffin

Hi, my name is Janice Griffin. I am a counselor at The Rape Crisis Center and I'd like to share a story with you. I've changed the names to protect people's privacy.

Agnes' neighbor John came down to her apartment to watch the football game. They had only known each other a few weeks but they said 'hi' to each other when they passed in the hallway. John arrived promptly at 12:00 carrying a six pack of cola and a bag of chips. For the first part of the game they sat together on the couch cheering for the home team and enjoying one another's company. At halftime the situation changed. John stated that now that he and Agnes were such good friends, maybe she would let him kiss her. Agnes felt a little uncomfortable but agreed. Before long, John was touching Agnes in ways she did not like and when she asked him to leave, John refused. He continued this behavior until the game was over. When he finally got up to leave, he told Agnes that he had a great time and he'd come to her apartment more often. Once Agnes was finally alone she felt embarrassed and confused. She didn't like what John had done and yet she didn't know how to tell him to stop.

If something like what happened to Agnes has happened to you, we're here to listen. The Rape Crisis Center helps people talk about and sort out feelings associated with unwanted sexual contact. If someone made you do something sexually that makes you feel bad or confused, we want to help. Even if something happened to you a long time ago, you can talk to us. What you share with us is private.

We can also help you to connect to other people like Christine White, a legal advocate for people with developmental disabilities. She can help you make a police report or get medical attention if someone has hurt you. Our 24 hour phone number is 251-7273. You can also come in to talk with an understanding counselor. Just call our phone number during the day to set up an appointment. We are also happy to talk with family or others who are supporting you.

Besides individual counseling, we also offer an Empowerment Group for women with disabilities led by Christine White and myself. We talk about how to be strong women, sharing our histories and hopes for the future. The group meets for ten weeks.

All of our counseling services and support groups are free of charge. For more information, call the Rape Crisis Center at 251-7273 (24-hour number).

###



Arlo Spies

Azalea Heinz had her picture in the December issue of **BRAVA** magazine along with her support broker, **Nancy Murphy**, her residential case manager, **Marcia Caravello**,

and support worker, **Casey Borcovan** after being honored by Catholic Charities. A number of self advocates helped out with announcements and skits at the January 30th InfoShare at the Alliant Energy Center. A big thanks to: **Kristin Kilmark, Dan Woodson, David Hoesly, Olga Avichai, Christa Decker, Sharon McCarthy, Lenore Rosenberg, Jeffrey Johnson, Dan Remick, Cindy Bentley and Ricardo Vazques** for helping out with the conference!



CHOICES is sponsored by
Dane County Dept Human Services
Adult Community Services Division
1202 Northport Drive
Madison WI 53704

Aleta Marie's Coffee

by Nancy Molfenter, VOICES staff



Aleta Marie Collum wanted a job – she wanted to make some extra spending cash so that she could go out with her boyfriend, Matt, more often. She also wanted to work at something that she enjoyed and to have flexible hours so that she could continue with her recreational activities, such as bowling on Tuesdays.

After thinking about business ideas for a while, RES (Responsive Employment

Services) staff, Jackie L. helped Aleta make a decision to try her hand at selling coffee. Aleta decided to give this type of business a try because she knows a lot of people who love coffee. She chose purple as her signature color because it is her favorite.

Aleta Marie's offers a variety of whole bean organic/fair trade coffee beans and loose teas from Just Coffee roasted right here in Madison. Aleta

also offers made to order gift baskets with other local products such as candies and coffee mugs.

To place an order, call 608-223-9100 ext. 28 or e-mail at

aletamariesgifts@yahoo.com

Aleta hopes to have a website for placing orders soon!

Winter Ball 2007

by Dan Remick, VOICES staff

The ARC of Dane County sponsored a Winter Ball on January 15, 2007. We had a wonderful crowd of about 100 people. We have a Winter Ball every year at the lovely Concourse Hotel in Madison. We had a lot of tasty food and pop. There were potato chips and candy to snack on. There were also meatballs and a couple of other hot food appetizers.

In addition to the food, there was music by a disc jockey. The dj played rock and roll, country, polka music and a variety of other music. Everyone ate, danced and had a grand time.

Ken Hobbs Retires



Ken Hobbs, former Executive Director of the ARC of Dane County, announced his retirement in January 2007. Ken had contributed a great deal to the field of services and supports, as well as advocacy, for persons with disabilities in our community.

Ken will be dearly missed by everyone with whom he worked. Take Care, Ken!

Mrs. Bow Wowz' Dog Biscuits

by Nancy Molfenter, VOICES staff



Martha Lyans and her partner, Courtney Clack started their own business

Martha Lyans and her partner, Courtney Clack, wanted to start their own business. They got some good advice that people spend money on their animals. With the help of RES (Responsive Employment Services) staff, Jackie L., Martha and Courtney decided to begin baking dog biscuits.

They bought a convection oven, rented space from RES and got started. After putting together various combinations of all natural ingredients – and doing taste tests – Martha and Courtney had their product ready. They began packaging and selling their biscuits. I for one can honestly say that my dogs love them!

To contact Mrs. Bow Wowz and place an order, call: 608-223-9100 ext. 28, fax at 608-223-9112 or e-mail at mrsbowwowz@yahoo.com ***

Exciting New Vocational Options from WORC!

Are you a budding ARTIST? Do you want to start your OWN BUSINESS? The FOUNTAIN – from WORC might have just what you are looking for. Please read more details below!

I am sure most of you know that this is a time of many changes and transitions within the field of human services in Dane county. In light of these changes Work Opportunity in Rural Communities, Inc. (WORC) has decided that now is a good time to initiate several new and highly focused career development options for people with developmental disabilities. At this time WORC would like to announce the introduction of two new support services as well the creation of a dedicated resource center out of which the new services will be based, which we are calling The Fountain.

The first new vocational opportunity we will be offering will be the **ARTworking Studio** program. ARTworking Studio will provide specialized professional training and support in the area of visual arts for people with cognitive disabilities in an effort to enable them to become more competitive in local and non-local art markets. ARTworking Studio will provide its participating artists with studio space, professional art training and mentoring, and assistance in promoting and selling their artwork. The model for the ARTworking program is based in part, on elements borrowed from many successful art-based vocational programs in operation around the United States. ARTworking will however be unique as we as we strive to fuse participant direction, high quality professional art training and mentoring and contemporary approaches and philosophies about art making.

The second program opportunity will be the **Micro-Enterprise Incubator (MEI)**, which will parallel existing business incubators such as Common Wealth Development Corporation's Enterprise Center and the Genesis Enterprise Center. MEI will, as an entity, provide space, resources and specialized supports for individuals with developmental disabilities

wishing to pursue self-employment as a career option. At MEI participating business owners would have access to shared space for business operation and private secure storage for keeping business related materials and equipment. Additionally each business would have access to a range of other resources such as individual voice mail accounts, low volume copying or printing and computer workstations with an array of basic software resources. Vocational supports will be provided by specially trained staff and will be purchased using SDS funding. Space and associated material resources will be rented or purchased from MEI by individual businesses.

Both of these programs will be based in The Fountain resource center, which we estimate will be in operation by mid-summer 2007. While rates for these services have not yet been established we anticipate the cost for purchasing services to be less, on average, than community-based supports and competitive with the cost of most other services.

We will be scheduling several informational and discussion sessions to answer questions about these projects in greater detail and to get input and guidance from artists and business people that might consider using these services as well as the service community as a whole. Please contact **Lance Owens** at **WORC** for more information.

Lance Owens, Project Coordinator
148 Owen Rd. Monona, WI 53716
(608) 221-2102 xt 221
lancebug@hotmail.com
www.worcinc.com

SELF-Determination

by Jeffrey Johnson, VOICES staff

What does SELF-Determination mean to me?

Self-determination to me is making my own and choices and decisions with some help from my support team. I don't mind getting help from others, but give me a chance to say it first. If I need help I will ask for it. Self Determination is being able to live in your own home or apartment in the community.

Self-determination is being able to speak up for yourself when you are not happy about something. It also means you take responsibility and take part in the planning when it is about you.

It also means you should listen to what people have to say. You don't need to agree with them and at least listen to them. I can set my goals and am willing to learn new things like how to budget my check book. It also means the right to go places like shopping for food. You're willing to help others and work with them. Self determination means freedom for all of us.

We are ones in control of our own lives. We make the choices and decisions that are important to us. People with disabilities should not be treated any different than anyone else.

We depend on the services we get. All of my support workers are there to help me with things. They are my friends and also my caregivers. All of them are my allies. They give the support I need to live and work in the community. They are there to give me the support I need to live a happy life. They are there to keep me safe.

Anybody that works for you is supposed to be your ally. We have a right to dream about things we want, now and in the future. Self-determination is a tool we can use to set our goals that we want to achieve in the community. Self-determination is making plans you want to achieve in the years to come.

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Dora's Pet Corner



by Dora Norland
and
Nancy Molfenter

Kathy Lyans and Dylan



Kathy Lyans and Dylan relax at home

For this issue, we had the pleasure of meeting with Kathy Lyans and her spunky cat Dylan at Kathy's apartment off of Park St. near downtown Madison.

Kathy got Dylan through Angel's Wish, an agency that matches homeless cats and people who want them. Kathy learned about Angel's Wish when her former cat, Ming, of 14 years had to be put to sleep.

Because Kathy did not get Dylan as a kitten, she is not sure of his age, but the vet does know that Dylan isn't more than a few years old.

Dylan loves his cat nip and had been known to help himself to Kathy's fish sticks on occasion. He also likes to sit on her head when she is in bed and "comb" her hair with his paw.

Angel's Wish, Inc.

Contact Information:

161 Horizon Drive, Suite 106

Verona, WI 53593

Phone: 608/848-4174

Email: info@angelswish.org

Family Care Featured at People First Meeting

by Jeffrey Johnson, VOICES staff

We invited Jim Hoegemeier, Executive Director of the ARC of Wisconsin, to our People First meeting on Tuesday February 20th. Jim came to talk to us about Family Care in Wisconsin and in Dane County. At this point we have the CIP and COP services know as waivers, also known as SDS, but that could change in 3 to 5 years according to Jim.

The People First group invited Jim because they wanted more information on Family Care. Jim was talking about how Family Care might be coming to Madison and Dane County. He was

talking about how Family Care could change things. Some people that aren't getting services right now would be able to receive services. Also, Family Care might reduce the waiting lists by moving money from people with bigger budgets to people that have small or no budgets.

If Family Care comes, CIP and COP waivers will not be around anymore. Care Management Organization would be taking the place of the waiver system that is currently in place. These services would be set up in counties or regions around the state. Some counties already have Family Care.

Jim gave a very good speech on Family Care. Everyone at the meeting had questions to ask Jim about Family Care. At the end, he talked about how other counties how got started in Family Care. Jim also said that there will be money for everyone, and everyone will get a portion of the money depending on his or her disability.

In Dane County, they are at a point that they are not involved with Family Care yet. No one is really sure exactly what will happen, but Dane County Human Services continues to be committed to keeping services for people with disabilities as self-directed as possible.

###



Jim H and Randy W at People First on February 20

Don't Miss it!

Spring Fashion Show
Promoting Community Awareness for People with Disabilities

Thursday, May 17th, 6:30 pm
Concourse Hotel, 1 West Dayton Street, Madison

We are seeking:

Models

We are looking for men, women and children to work with retailers and model new summer fashions

Exhibitors

Do you make jewelry? Or accessories such as scarves or hats? Consider displaying or selling your creations at the Fashion Show!

Panel Members

We need several consumers who are able to discuss how retailers can offer quality service to people with disabilities. The panel will last 30 minutes, giving each of the consumers several minutes to speak and answer questions at the end

Please contact Rachel Weingarten at Community Training & Consultation:

(608) 890-0777

weingarten@waisman.wisc.edu

if you are interested in participating as a model, exhibitor or panel member!

The event will include:

- * Exhibitors showcasing their products and retail outlets
- * People selling jewelry and other accessories
- * A 30 minute panel of consumers who will discuss how retailers can offer quality service to people with disabilities
- * A 30 minute panel of retailers who will discuss how they provide accessible facilities and respectful service to people with disabilities and offer helpful suggestions to other businesses

and, of course, a show with the latest summer fashions for people of all ages!



Life on Lake Kegonsa with Idabelle Barber

by Yara Bell, Channels staff



Idabelle Barber has been living on Lake Kegonsa all of her life. She is probably one of the most well known women that live in the area. As most people in the area know her, everyone in the neighborhood

watches out for her. Her family has owned a restaurant/bar (Barber's Bay) for most of her life. Several years ago she wrote a book of short stories named "I will Build, not Cry." about her life on Lake Kegonsa. It is filled with stories about her family, her neighbors, the businesses her family had and pranks that were pulled. Her book was even submitted to the Madison's 150th time capsule. Unfortunately it didn't make the cut to be put into the time capsule but even still with all the talk on the news about the time capsule, Ida watched diligently about what was going on with the time capsule. She even saw her book on TV when they were talking about what was going into the capsule.

She has been selling her books to help have extra spending money to do some activities that she likes doing. If anyone is interested in buying one of her books, she sells them for \$18.00 each. There is some fascinating (and entertaining) history in it! For more information about purchasing a book, call or e-mail Yara at 217-5093 or e-mail to: YaraMeganBell@hotmail.com

InfoShare January 30th

by Jeffrey Johnson, VOICES staff

We were pleased to have David Hingsburger at our InfoShare conference in Madison on January 30th. He has been involved in providing education and counseling for people with disabilities for over 30 years. In that time he has become involved in the self advocacy movement and has provided self advocates with training on abuse prevention, advocacy and rights. Dave travels internationally and gives workshops to people with disabilities, their families and care providers.

InfoShare also featured Dennis Granzen, Dennis Harkins, Encore, and Ricardo Vasquez's music. In addition, various vendors were there to showcase and sell their products.

Mark Vroman, who makes Dream



Artist Mark Vroman displayed and sold his Dream Catchers at InfoShare

catchers and Steve McDermott, local potter, were among the artists who were there.

###

Finding Community, continued from p 1.

possible by his fellow parishioners. They have helped Dick overcome a few obstacles to enrich his church experience and afford him the opportunity to remain independent.

Of course, the challenges that Dick encounters will continue to change over time, requiring new problem-solving techniques. Through this experience, we learned that people want to help, no matter how seemingly frightening the obstacle—such as steep stairs.

"They want me back," Dick proudly repeats. As if on cue, Father Pat warmly waves, "See you next Sunday, Dick." Dick will be there. Proudly serving the community that means so much to him and to which he means a lot too.

##

Using Individualized Budgets to Strengthen Community Connections

by Monica Bear

On March 12th and 13th about 30 people interested in the potential for self-directed services as a tool for strengthening communities met at the Lussier Center at Lake Farm Park. Mike Green, Pat Carver and Dennis Harkins facilitated the learning, listening and discussion.

Mike Green is a community organizer affiliated with the Asset Based Community Development Institute in Chicago as well as the parent of a daughter with developmental disabilities. He challenges government and agencies to shift from providing only “services to clients” to both “services” and “community organizing for people”.

Pat Carver is affiliated with the Center for Self-determination and a pioneer in helping people develop individualized budgets. She encourages people with individualized budgets to look beyond the typical service delivery system for needed support.

Dennis Harkins, a leader around self-directed services both in Wisconsin and the country seeks to ensure that people have the strongest possible community presence as well as an individualized budget to purchase quality supports when needed.

The two days acknowledged that people are safest and happiest at home, work and recreation when surrounded by many people who know and love them. While the service system has an important role in supporting people with

developmental disabilities, people’s lives are better when they are closer to their families, friends and neighbors.

4 individuals and their teams agreed to spend two days imagining ways to increase their social connections and membership in their neighborhoods and communities. Sometimes this involved people using their individualized budget to purchase a specific item or service. Sometimes it meant connecting with other people then combining budgets to achieve a common goal. Other times it meant using social resources like family, friends, neighbors, faith communities, clubs and organizations to help achieve a goal. Some problems could be solved by individual teams with their individual budgets. Other problems required teams working together and sharing financial resources to meet a common goal. Throughout the year Dane County will join other organizations to host additional learning sessions around individualized budgeting and strengthening communities.

To learn more about Mike Green and his work check out his excellent website at www.mike-green.org or read his new book “When People Care Enough to Act: ABCD In Action” written in partnership with John O’Brien and Henry Moore.

###



Encore!

Studio for the Performing Arts

Presents:

Real Life

By: KelsyAnne Schoenhaar

Many people with autism are considered to live in a world all their own, but is it any less real than the culture we inhabit? Focusing on high-functioning autism and Asperger’s syndrome, *Real Life* follows the lives of four individuals with this disability. As the play progresses, the audience is drawn into the perceptions of these characters, what it takes to live, to succeed, to adapt, and, in essence, the reality of their everyday lives. This fascinating drama deftly illustrates the dichotomy of intellectual genius and social awkwardness and places the audience in a world most people never see. Don’t miss the special encore performance!

“...one of the most moving theatrical productions I’ve seen in some time.” “...fabulously original and effective.” – Kenneth Burns, *Isthmus*, Nov. 2004

“*Encore Studio for the Performing Arts* produced the year’s most beautiful show: *Real Life*, a musical about Asperger’s Syndrome.” – Arts Year in Review, *Isthmus*, Dec. 2004

“...a near perfect marriage of script and talent.” – Jan Nuedeck, *Madison Magazine*, April 2005

Performance Dates and Times

Friday, April 6, 2007 @ 8 pm
Saturday, April 7, 2007 @ 8 pm
Friday April 13, 2007 @ 8 pm
Saturday, April 14, 2007 @ 2 pm
Saturday, April 14, 2007 @ 8 pm
Friday, April 20, 2007 @ 8 pm
Saturday, April 21, 2007 @ 2 pm
Saturday, April 21, 2007 @ 8 pm
Thursday, April 26, 2007 @ 7:30 pm
Friday, April 27, 2007 @ 8 pm
Saturday, April 28, 2007 @ 8 pm

All Performances at: The Bartell Theater,
113 E. Mifflin St. Madison, WI 53703

For More Information visit

www.encorestudio.org

Or contact us at morey@encorestudio.org

ON THE STREET INTERVIEWS

by Nancy Molfenter

The question for this issue was:
“When will we (finally) see 60 degrees this year?”



Yara B.

“March 21st - the Solstice!”



Barb H.

“April 2nd - my birthday!”



Kris K.

“May 5th”



Christy S.

“May 23rd - I think it’s going to be a really long winter!”



the Oh, Yah's...

To place a Connections Ad

Submit Connections Ads to:
Nancy F. Molfenter
122 East Olin Ave, Suite 100
Madison, WI 53713
Phone: (608) 263-5557
e-Mail: molfenter@wisc.edu
We will run your ad for 3 issues
unless you tell us otherwise.

Announce a Transition

Tell us about a new job, an engagement, a marriage, a new place to live, or say goodbye to someone who has passed away.

Please Send Your Stories, Comments & Suggestions

Contributions, comments and suggestions are encouraged and may be directed to:

Nancy F. Molfenter
122 East Olin Ave, Suite 100
Madison, WI 53713
Phone: (608) 263-5557
e-Mail: molfenter@wisc.edu

CHOICES newsletters are available on-line at <http://cow.waisman.wisc.edu>
Web versions do not include Connections ads or Transitions information.

CHOICES Newsletter is published semi-quarterly to provide information to consumers, families, guardians, and service providers about Self-Determination Services in Dane County. Contributions, comments and suggestions regarding **CHOICES** are encouraged and may be directed to:

Nancy F. Molfenter, Editor
The Waisman Center
122 E Olin Ave, Ste 100, Madison WI 53713
Telephone: (608) 263-5557
Fax: (608) 263-4681
Email: molfenter@wisc.edu

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Contributors..... Lisa Bishop, Janice Griffin, Nancy Molfenter, Jeffrey Johnson, Dan Remick, Dora Norland, Rachel Weingarten, Yara Bell, Monica Bear, KelsyAnne Schoenhaar

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The University of Wisconsin-Madison
Waisman Center
Room 154
1500 Highland Ave
Madison WI 53705

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