

CHOICES

WEB VERSION Vol 7 No. 4 - Dec 2006

A Semi Quarterly Newsletter about Self-Determination in Dane County

Jeanne's UNIQUE Jewelry

By Nancy Molfenter, VOICES staff

If you like unique jewelry, you have to check out the fabulous work of Jeanne Grosse. Jeanne carefully selects a variety of clay colors, rolls beads of different shapes and sizes and creates colorful, one of a kind earrings, necklaces and bracelets.

Jeanne has been in the jewelry making business for about a year. After many years of working an office job doing lots of paper shredding, Jeanne was ready for a change. She decided that jewelry making was the thing for her. A support person, Brigid, knew a bit about jewelry making and helped Jeanne to figure out what materials she wanted to use in her jewelry. As soon as Jeanne tried the clay rolling, she knew that was right for her.

Once Jeanne selects a combination of colors, she blends and molds them into a swirl of delightful colors and patterns – which in turn become fantastic jewelry. The beads are baked in a toaster oven at her home, which is also where Jeanne works. She loves being a jewelry maker and being able to work out of her home.

Jeanne has sold her pieces at conferences as well as Arts4All gallery nights. She hopes to increase sales in the near future by hosting parties at her home and possibly through consignment options. Way to go, Jeanne! #



**YOU could win one of ten \$500.00 grants!
Read "Dan Sez" on page 2 to find out how.**

Inside This Issue

Dan Sez--\$500.00 grants!; Winter Ball details	2
Coffeehouse Review - EVP	3
Brian Lothe's new business; Self Advocates	4
People First; Voices Trainings	5
Dora's Pet Corner	6
Parties and Party Planning	6, 7
VSA Wis; Infoshare Date; Marimba CD	8
Expanding Choice, Housemate Fair	9
Sooth Winter Blues; UK Visitors	10
On the Street Interviews	11
and the Oh, Yah's	12



by Dan Rossiter, Manager
Developmental Disabilities Services,
Dane County

Dan Sez...

**YOU could win a
\$500 grant!**

Well, here's a twist on my usual meanderings. Dane County received a gift from an anonymous source. Some wonderful benefactor donated \$5,000 to be used on behalf of adults with developmental disabilities. So, what we'd like to do is spread the wealth and make ten \$500 grants.

What we'd like from you (and by you, I mean anyone who reads this or hears about it) is a one page (no more) description on how you might use \$500 to fund some activity that would involve a number of people doing stuff that wouldn't be possible without some seed money. And that's it. Just answer the usual "who, what, when, where, why and how much" questions and we'll put together a panel to rate the proposals.

The money is available now but doesn't necessarily have to be spent in any time frame. It could be something next month, or 9 months from now.

Please submit your ideas to me by January 31st and we will let folks know by mid-February which ideas will be funded. If you have questions, please email them to me at Rossiter@co.dane.wi.us and I'll make up some answers.

In the meantime, enjoy your holidays.

The Winter Ball 2007



The Arc-Dane County, The Epilepsy Foundation, and The Madison Concourse Hotel are sponsoring the Winter Ball 2007. Here are the exciting details:

WHERE: The Madison Concourse Hotel
1 West Dayton St., Madison

DATE: Sunday, January 14, 2007

TIME: 6:30pm - 9:30pm
(snacks served from 6:30 to about 7:30)

HOW MUCH DOES IT COST? \$2 per ticket

The ticket includes the Ball and hot and cold light snacks, sponsored by The Epilepsy Foundation. Staff or family accompanying you also need to purchase tickets.

WHERE CAN WE PARK? Limited free parking is available at the Concourse. If the lot fills there is a parking ramp across the street (charges by the hour or a flat rate for the night)

HOW CAN WE GET TICKETS?

- **Reservation Deadline is Monday, January 8, 2007**
- **The requested number of tickets are to be paid for up front. Make checks payable to "The Arc-Dane County"**
- **To receive tickets, please send the following:**
 1. **Total number of tickets needed for both people with disabilities and their guests, staff, and family members.**
 2. **A check for \$2.00 times the number of tickets requested.**
 3. **Information about the person receiving the tickets, including emergency contact phone numbers.**
- **Send the above to Ken Hobbs
(608-257-9738), arc Dane@chorus.net
The Arc-Dane County
1320 Mendota Street Suite 111A
Madison WI 53714 (FAX: 608-663-0294)**

Tickets will be distributed on a first come - first served basis. Once you receive your tickets, you are responsible to distribute all the tickets you have received.

If you find you have purchased more tickets than you need or need more tickets, please call Ken Hobbs after January 8th at 257-9738.

Spillin' the Beans

Garry Reviews E.V.P. Coffeehouse on East Washington Avenue

by Garry Herald and Ginger Ganser

It's a gloomy winter day outside but a warm, balmy 84 degrees over at EVP on East Washington and Baldwin Street today. Colorful purple walls are decorated with artwork and a comfy couch awaits a

customer to claim its space. EVP serves freshly brewed coffee here and we are told that the beans are always ground within five days.



For a \$1.50, you can drink coffee with a friend and not feel rushed or crowded. Never heard of EVP? It is owned by two women who went to the UW here in Madison. The name comes from a French phrase “Etes-Vous Prets” that the UW rowing club yells at the beginning of their races. In English it means “are you ready?!”

If you like getting out to new coffee places, you should try EVP. The parking lot is small so you may have to park along the street but there are two other locations, one EVP coffee bar in the VA Hospital and one at 3809 Mineral Point. The East Washington location is accessible for someone in a wheelchair.

Are you ready for a coffee joke? A customer says to a waiter “Is this supposed to be coffee or tea?” The waiter asks, “What does it taste like?” and the customer replies, “It tastes like gasoline!” The waiter replies, “Well, sir, that would be the coffee. The tea tastes like turpentine.”

Brian Lothe Can Make Your Yard ENJOYABLE Again!



Being an entrepreneur is almost a rite of passage in the Lothe family. So it comes as no wonder that Brian Lothe would carry on the family tradition by starting up his own business. Thus, **POOP PATROL** is born!

POOP PATROL is a pet waste elimination service, just getting on its feet this fall. **POOP PATROL** relieves pet owners of the headache and misery of collecting their pet waste. Customers have the choice of weekly, bi-monthly or monthly collection. All waste is then disposed of in an environmentally safe manner.

A business in the pet industry was only natural as Brian is an animal lover. A pet owner himself, he knows the importance of maintaining a waste free area for the safety and happiness of animals and their owners. Brian also has quite a bit of experience in the commercial pet service industry, gathered from working in a local dog grooming business.

If you'd like our help cleaning up
after your pet, call

POOP PATROL
236-4434



Calling All Self-Advocates... We Need YOU!



Do you have a special interest in one of these areas?

- 1) **Quality Assurance for Support Services** – The Quality Assurance Board meets on the last Tuesday of each month from 5 to 6:30 at 122 East Olin Avenue
- 2) **Transportation Services** – The Transportation Advisory Committee meets every 3-4 months during the day.
- 3) **Crimes Prevention for People with Disabilities** – This committee meets on the second Wednesday of every month in the afternoon

**We are looking for people to participate on committees
about each of these subjects.**

**Please call Nancy at 263-5557 if you are
interested in helping out.**

Self Advocates: SPEAKING **UP** In Washington, D.C.

by Dan Remick

I recently had an opportunity to go to Washington D.C. with A.D.A.P.T. to meet with our politicians. We had a chance to talk to a Senator and a Congressman from Wisconsin and we even got to meet John Kerry. We told them that we were not happy with the fact that many people with disabilities are still forced to live in nursing homes even though they want to live out in the general community. This is true in places like Colorado and Tennessee – and even some here in our own state.

Some people with disabilities in Wisconsin still live at other types of institutions too. I lived in an institution

from 1955 – 1973 and I can say from very personal experience that it was not fun! It was like being in prison. We think it is time for that to end.

Everyone should be able to live in the community! We had to tell that to the politicians in Washington. We hope they heard us loud and clear and that our visit helped them to have a better understanding of what people with disabilities can do and what we want for our lives...just the same things that everyone else has!

PEOPLE FIRST Gets Out the VOTE!

People First of Dane County members had the opportunity to hear from Melissa Mulliken from the Disability Vote Coalition and test out a new kind of voting machine at their last meeting. Melissa provided the group with information about voting by absentee ballot (anyone can do this!) and also about how to register and where to vote. People were very excited to have the chance to try out a new type of voting machine that is designed to be easier for people to use.

People First and the Disability Vote Coalition combine efforts to stress the importance of getting out and voting. Information about candidates of all parties running in the November elections was provided to everyone who attended the People First of Dane County meeting and people were offered assistance as needed to get out and vote.

This is a basic right of all Americans – including people with disabilities.



People First member, Jeff B. wears his "I Voted!" button with pride

VOICES

Public Speaking Group*

This group meets to discuss tips on public speaking, how to look for opportunities to do public speaking and ways to prepare for public speaking engagements. We also help each other practice.



Upcoming meeting dates are:
Monday February 26th from 10 – 12
Monday April 23rd from 10-12
and Monday June 18th from 10 – 12

These meetings will take place at 122 East Olin Ave Suite 100.

Party Planning 101*

We had a very successful party planning course in the Fall, and now we want to help more self-advocates learn about party planning and have fun at the same time. This time, we will plan a St. Patty's Day party (corned beef and all!). Please join us for this two-part course. Week 1 is the planning and week 2 is the party.



Friday March 9th from 6-8 pm and
Friday March 16th from 6-8 pm

Both of these sessions will be held at 122 East Olin. Ave. Suite 100.

PEOPLE FIRST of DANE COUNTY INFORMATION

People First of Dane County meets on the 3rd Tuesday of each month

AT: Options in Community Living, 22 North 2nd St.
FROM: 5:30 – 7 (Please note the time change!)



Pizza is available for \$1.00 per slice

Upcoming Meetings:

January 16th 5:30 - 7 (new officer introductions)

February 20th 5:30 - 7

March 20th 5:30 - 7

All Self-Advocates are welcome to attend these meetings!
Call Nancy at 263-5557 for more information.

*** CALL**
265-9440 x 440
TO REGISTER

Dora's Pet Corner



By Dora Norland and Nancy Molfenter



Trooper and Karla

For this issue, we had a chance to meet a great service dog named Trooper and get an education about what service animals can do. Trooper is a 3 year old black lab owned by Karla Smith.

Karla has had Trooper for almost three years. Karla and Trooper hit it off right away when they met and the organization called the Wisconsin Academy for Service Dogs (WAGS) matched them right away.

Trooper and Karla have a very special bond. Karla was once hit by a car and Trooper stayed with her until help arrived. While Karla was in the hospital, Trooper was anxious and worried about her and enjoyed going to visit. Luckily for him, service dogs are allowed anywhere in the United States – it is a federal law.

Like other service dogs, Trooper wears a vest when he is “on duty.” Being on duty means that he cannot do anything – including go visit with people other than Karla – unless he is given permission. Trooper only eats and goes to the bathroom on command too – very impressive!

Service dogs can also be seen wearing a blue vest, which means that they are in training, or a green vest, which means they are a companion dog rather than a fully trained service dog. Dogs who act as Seeing Eye dogs, also wear harness. (so remember, if a service dog does not have a harness, the person he works with is not visually impaired).

Karla is not visually impaired, so Trooper does not wear a harness. Trooper assists Karla, who uses a wheelchair, by picking items up off of the floor, getting items off of shelves, taking off her jacket, slippers, socks and even nylons, turning lights on and off, opening and closing doors, and pulling Karla up in her wheelchair when she slides down. Trooper also hands Karla’s payments to cashiers at stores. He is a very versatile dog!

Trooper and Karla have visited some school classrooms and try to do community education about service animals and about living with a physical disability. WAGS is also another source of information. They can be reached at 608-250-WAGS (9247).



Rebecca, as Green Bay Packer quarterback Favre, and Jesse, as a Pirate, dance the night away

A Big Thank You to The Arc-Dane for throwing another great Halloween party at Pooley's in Madison

Party Planning 101 Class Holds Fall Celebration

Courtney and Sharon at Planning Party 101



Dancing at the Class Party



Five self-advocates gathered in September and October to learn how to plan a party. The training covered things like setting a date and time, planning a menu, thinking about the music and games, choosing decorations and getting out the invitations. The group of five self-advocates

planned the party and had about twenty-five people come to a “Fall Celebration” at Olin Ave. The menu consisted of chili, cole slaw, apple dishes and a few other tasty treats. Everyone had a great time visiting with friends, playing bingo, listening to music and dancing. Hopefully everyone learned a little more about

planning their own party through the experience.

Look for another Party Planning 101 class in the Spring Training catalogue if you are interested in learning about party planning and helping to host a party.

By Katy Wefel and Jodi Hansen

Jailbirds, clowns, and warewolves gathered for

the Catholic Charities Support Broker Program Halloween Party. It was an evening full of good food and dancing.

The special guest emcee, Eric Miller, really kept the groove going with a mix of Halloween music and top hits. About 130 consumers, support staff and family dressed up for the celebration. We think everyone there would agree it was a great opportunity to get together with friends and meet new people.

Thanks to a grant from the Alliant Energy Foundation and Eric Miller for being the emcee, our Halloween Party was a huge success.

Catholic Charities Support Broker Program

HALLOWEEN PARTY



VSA Arts of Wisconsin

is pleased to introduce ...

Open Doors Studio *and* Our New Name

An opportunity for up-and-coming artists with disabilities who are looking for a chance to create art in a supportive environment. Artists will have the chance to work on independent projects and collaborative works with the support and guidance of a professional artist/arts instructor.

Program Goals:

- ✓ **Create a sense of community** among artists with disabilities living and working in Dane County
- ✓ **Increase professional development** opportunities for artists with disabilities by:
 - 1) providing access to new artistic techniques and processes;
 - 2) developing collaborative practices;
 - 3) garnering local recognition and visibility for shows and exhibitions; and
 - 4) providing a peer artist network.
- ✓ **Heighten the awareness** of the artistic accomplishments of artists with disabilities living in Dane County.

We want to increase everyone's awareness about what VSA stands for to make the final step away from "Very Special Arts".

Vision Strength Access Arts of Wisconsin

- V ... Vision** of an inclusive community
- S ... Strength** of shared resources
- A ... Access** to artistic excellence

More information and registration forms for the Spring can be found at www.vsawis.org and questions can be directed to Alexis London at (608) 241-2131 or alexis@vsawis.org.

SAVE THE DATE!

**Tuesday,
January 30th**

**For Another Exciting
INFOSHARE!**

WITH: David Hingsburger

Self-Advocates will have a chance to create their own Bill of Rights and Support Staff will have the opportunity to learn about Person-Centered Planning

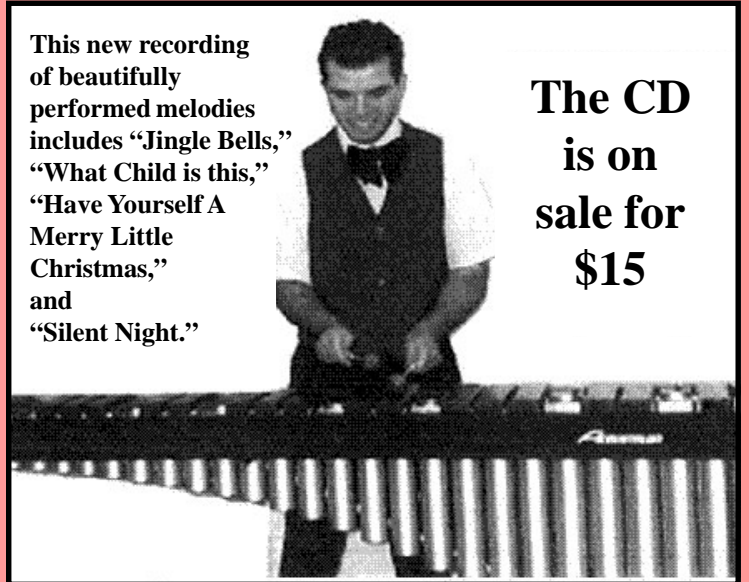
**Call 265-9440 x 440
to register**

Warm up to the sounds of the holiday season

with Ricardo Vasquez's new CD,
"A Marimba Christmas"

This new recording of beautifully performed melodies includes "Jingle Bells," "What Child is this," "Have Yourself A Merry Little Christmas," and "Silent Night."

**The CD
is on
sale for
\$15**



To purchase your copy of the CD, contact:

Mary K. Vasquez 271-2042

Theresa Chard (UCP Broker) 273-8482 ext 309

Or Shannon Munn (Self Employment Coord.) 318-0700

Housemate Fair Proves Valuable and Fun

By Duncan McNelly

On a gorgeous fall afternoon, September 26th to be exact, the first ever housemate fair was held at the Bishop O'Connor Center. Seventeen brave pioneers participated in this experiment that was loosely based on the concept of speed-dating...a way to meet as many people as possible in a short period of time. The goal was to identify some matches in which two people decide they would like to get to know each other better. In this variation,

the object was to meet people who might be potential housemate matches. Of course, meeting people who might be interested in pursuing a friendship if not as house mates was actively encouraged.

By following a system of mathematical genius and beautiful symmetry, all participants had an opportunity to spend several minutes with everyone, sometimes following a set of questions, but more often making it all up as they went along. Lively chatting filled the room as people went from table to table. At the end of each encounter, participants checked a box on a form next to the person's name indicating whether or not they were interested in following up with the person they just met as a potential housemate.



Whenever both people affirmed that indeed they were interested, a match was made and brokers were given the names to arrange follow-up meetings. Hopefully, we can report in future CHOICES issues on housemate matches that grew from the fair.

After the mingling, there was, of course, food and the opportunity to follow-up on earlier meetings with more leisurely conversation. There was unanimous agreement that this was a fun and valuable event that needs to be repeated.



EXPANDING CHOICE: ARC-Wi and INFOSHARE Hold Joint Conference

By Jeffrey Johnson

The ARC Wisconsin Disability Association, Inc. 2006 Annual State Conference was held on Friday October 20th in collaboration with a Training and Consultation Infoshare Conference. The title of the conference was Expanding Choice. It was hosted by the ARC of Dane County, the Waisman Center, and Dane County Human Services. It was held on October 20th and 21st at the Madison Marriott West. The Keynote Speaker was Peter Leidy. Peter was followed by a

production called "Acting Up" by Encore. After that there was breakout sessions on a variety of topics related to the provision of choice for people with disabilities. There were a lot of self-advocates involved in the day. Some helped with break-out sessions, some made announcements, some were in the Encore production and one woman, named Peggy Fleming, did a demonstration of the hip-hop class that she teaches as part of the Learning Together training series. I

went to a Consumer Choice panel comprised of Self Advocates. Creative Explorations in Art and Encore held other breakout sessions. The afternoon breakout sessions included the 5 Relationship Languages. There was also a Family Feud, Self-Advocates style, hosted by Jeffrey Johnson, Nancy Molfenter, Peter Leidy and Cindy Bentley. The afternoon Breakouts included Guardianship with Roy Froeming, WisPact with Kurt Siegel, and Transition in Dane County by Donna Winnick and Brandon Smith. Jim Hoegemeier gave a presentation on Family Care. The ARC- Wi held their Annual Meeting and Packer raffle drawing for the Packers/Lions game on December 18 in Green Bay. We had around 200 people there. There was also a silent auction and crafts sales. It was a great day!



Sue Says...

Sooth Your Anxiety and Winter Blues with Exercise

by Susan Helgesen

Hello, I'm Sue and I want to tell you what I found to help me not be depressed is exercise. I have an exercise room close to where I live. When I first started, I noticed how much it helps my mood and anxiety. In the winter it really helps calm my winter depression.

I have seasonal lights too but the exercise is the real thing that does it. My staff has noticed me calmer and less anxious. I just love how much better I feel. I exercise for an hour each day.

Now, more of you who have the winter blues and everyone else, I encourage you to start exercise. It is



your eating and take off weight. I recommend people exercise. It sure helps my mood.

About two years ago I told you about how my dream about owning a condominium came true. One thing I like about it is having an exercise room close by with treadmills and bikes and other equipment. I also do stretches. Those are very important. I am so glad to have an exercise room where I live.

good for your mental health, physical health, helps stay in shape, control

UK Visitors Explore Support Brokering

A movement is growing across the ocean in the United Kingdom to introduce something like support brokering into their system of service delivery for people with disabilities. In late October, two visitors from the UK (Mark and Nichola) were in Madison to find out more about how support brokering works here. Four self-advocates from Dane County met with Mark and Nichola to share their thoughts on the subject. Dan R., Jeffrey J.,

Lenore R. and Kristen K. all expressed their belief that support brokers have helped them to get the services they want and need – and that it is important to have someone to help who is not

working for an agency that provides the direct supports. Jeffrey, Dan and Lenore may even get to be part of an informational film being produced on the subject. Pretty exciting stuff!





Barry K. - I want to spend Hanukka with my family - my nieces and nephews.



David K. - Some kind of game.



Lisa M. - Some time off!



Cindy B. - I would like for all children to have a gift and for all children with special needs to be adopted. Plus, I would like better transportation and the game, "Apples to Apples".



Jennifer K. - A wheeled backpack for school.

What is on your holiday wish list this year?

ON THE STREET INTERVIEWS

by Nancy Molfenter

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:

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CHOICES Newsletter

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