



CHOICES

A Quarterly
Newsletter about
Self-Determination
in Dane County

Vol. 11 No. 3
Web-September 2010

Teamwork Associates Picnic

by Cindy Wegner

Teamwork Associates had their annual picnic in June at the Tenney Park Shelter. We had sandwiches, chips, pop, coleslaw, and potato salad. We had ice cream for dessert. A husband of one of the ladies played banjo for entertainment. They took a lot of pictures.



photos by Lynnea Nielsen

Cindy W. and Kate enjoy their picnic supper.

Wendy Hecht (right), Teamwork director, stands with her Board of Directors at their annual picnic

(More picnic photos on p. 10)

Reporters Get-Together

Our next reporters
get-together is
**Thursday, September
16 from 4-5 pm**
at 122 E. Olin Ave.,
Madison,
in Suite 100

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Apply For A
CHOICES Mini Grant
By October 15
See p. 2 for
details!

ARC of Dane County Golf Tournament

by Jeffrey Johnson

The Arc of Dane County golf tournament is held at Meadows of Six Mile Creek Golf Course in Waunakee,

Wisconsin every year. This is the biggest fundraiser for the Arc of Dane County. All of the board members

after they are done golfing at 2:00 pm, but this year we held the auction after lunch because it was still raining out and the golfers could not tee off yet.

participated and helped Arc with this annual event.

For the first drawing we used playing cards, and for the last drawing we used raffle tickets. For the final drawing we used paddles. My dad bought a ten of diamonds for the first drawing. He traded his card for the four of hearts since it is my lucky number and my birthday. The number four of hearts card turned out to be lucky because I won a black leather bag, two shirts, four Budweiser glasses, a hat, a bottle of wine, a \$25 gift card from Outback Steakhouse, and a \$50 gift card to play golf at the Meadows.

I arrived at 10 am Friday morning and met up with my dad who golfs annually for this event. He asked me to help volunteer by selling cards and raffle tickets with my friend Kitty, an Arc board member. He also asked my friend Dan to help Bob sell tickets for the 50/50 drawing. Usually they have the auction



Photos by Rich Roberts

Golfers left to right, Mike Hurtgen, Paul Yochum and Mark Lederer

(continued, p. 5)

Bear in mind...



Monica Bear
Community Services Manager
Developmental Disabilities

Apply for a Choices Mini-Grant

With summer winding down my mind turns to vacation and Back to School sales. At the county budget season is underway. As many of you have read in the newspapers, 2011 will be a challenging year. The economy remains wobbly and the state deficit looms large. The County Executive has announced a 5% reduction in the county's overall 2011 budget. County Board Supervisor Scott McDonell has expressed the hope that this represents the worst case scenario. Optimists reading the

tea leaves may see a glimmer of hope in his statement. The County Executive will release the final 2011 budget sometime after Labor Day. Whether an optimist or pessimist, people should expect the DD system to receive significant funding reduction.

Many difficult conversations will occur in coming months. In times of growing economies self-determination allows us to dream big. Shrinking budgets require us to ask, "what do I value most and need to hold onto no matter what?" When

we know that, we know what to fight for.

In the last CHOICES newsletter an obituary for Linda Kapral appeared. She was a woman of many interests and passions. To her, fashion, family and the outdoors mattered most. The county was the beneficiary on a life insurance policy that she owned. Help us honor Linda's life by reading the letter below and applying for a CHOICES mini-grant.

Hello all,

On March 4 2010 Linda Kapral died at age 66 (see p. 10). Linda had a great sense of humor and fashion, a love of music, drama and family. She enjoyed dressing-up for her job at a law firm, modeling in the Fashion Show for All Abilities and staying connected to her church. She had a passion for fishing, camping and spending time outdoors. Linda was a keen observer of social interactions, finding amusement in people's daily conversations, especially when the unexpected was revealed.

Linda received support services from REM, Marc-East and Catholic Charities. Upon her death, Dane County was named recipient of a life insurance policy that Linda owned. In order to honor her life and the wishes of her family, Dane County is offering ten CHOICES mini-grants of \$500. The aim is to support efforts that encourage on-going community integration and participation for people with developmental disabilities living in Dane County.

The grant proposals should:

1. *Promote community integration and social inclusion for adults with developmental disabilities living in Dane County*
2. *Provide the foundation for activities or social relationships that will continue after the Choices grant is spent*
3. *Encourage social interaction between people with and without developmental disabilities*
4. *Not exceed \$500*

Additional consideration will be given to grant proposals that encourage or promote inclusion in the area of Linda's interests and passions.

People with disabilities, their families or their support organizations may apply, although the checks must be written to a support organization to use on behalf of their proposals.

HOW TO APPLY For A CHOICES Mini-Grant

If you wish to apply please compose a letter or e-mail that includes the following:

1. Name
2. Organization's Name Address Phone E-mail address
3. Amount requested
4. Summary of proposal, noting who will benefit, how the money will be spent and how you hope it will promote community integration and social inclusion
5. Submit electronically to Sue Werner with "2010 Choices Mini-Grant" on the subject line, or mail it to her at the county on or before October 15, 2010.

Sue's contact information:
werner@co.dane.wi.us

Sue Werner/Choices Grants
Dane County Human Services
1202 Northport Dr
Madison WI 53704

**Deadline is
October 15, 2010**

Help Honor Linda's Life by Applying for a Mini-Grant.



People First

People First April Meeting

by Cindy Wegner

People First of Dane County had a meeting on April 20. We talked about the speaker for May and watched a YouTube video of one of the board members of People First Wisconsin. We also had pizza!

UPCOMING DATES PEOPLE FIRST

September 21 Meeting

From 6 pm to 7:15 pm
Guest speaker:
To Be Announced

October 19 Meeting

From 6 pm to 7:15 pm
Election information

November 16 Meeting

From 6 pm to 8 pm
at Old Country Buffet
by East Towne

December 21 Meeting and Potluck

From 6 pm to 7:15 pm
Planning for 2011



All meetings are at 122 E. Olin Ave. Suite 100 unless otherwise specified

What's going on at Disability Rights WI?

by Dan Remick

I interviewed Mr. Lynn Breedlove of Disability Rights Wisconsin (DRW). Mr. Breedlove likes his job very much. Lynn said, "My job continues to be challenging because we continue to grow and add more staff." DRW now has 3 offices, one in Madison, one in Milwaukee, and one in Rice Lake. DRW is about to open an office in Green Bay which will be their fourth office.

Before working at DRW Lynn worked at ARC of Minneapolis, and spent time working with Professor Wolfensberger who is the author of *Normalization*. Through his experience at these organizations Lynn has found working with people who have a disability to be one of the most interesting and rewarding parts of his job. Lynn has formed close friendships with people he has met through his work. This interaction has caused Lynn to realize that we need to do a better job of supporting what people who have a disability are saying.

Lynn told me that a big part of supporting people is to make sure that the laws we have support people who have a disability. The law that Lynn would like to change right now is the inhumane use of restraint and seclusion.

Lynn is the director at DRW which means he is in charge of overseeing the management team and the yearly budget. "I am in charge of our budget to make sure we have enough money for each year," said Lynn. The work DRW does to help people who have a disability includes: working on the state budget, working with state legislature, working with the secretary of the health department of human services. These are the most direct ways the DRW and Lynn work to support disability rights in Wisconsin.

Lynn also serves as the co-chair of the Survival Coalition.

Lynn said, "Agencies like DRW need to do a better job of working with people with a disability on a local level. We need to meet with people in smaller towns so we know how to best help them and their families." I hope these organizations continue to work with people with disabilities throughout the state and like Lynn is doing continue to strive for better communication. Right now the northern part of Wisconsin is lacking in statewide disabilities training programs and agencies. Lynn said that no one asks how things are going in the northern part of the state and that needs to change. The government needs to help the northern counties but people in Madison are not paying attention.

I asked Lynn what he thought about the upcoming Governor's election. Lynn said, "Governors have huge power over disability services." Right now none of the three candidates running for the office have said anything about their views on disability services. Lynn commented that we have three months to find out what these candidates views are on disabilities funding.

Lynn thanked me for the role I played in helping to start People First of Wisconsin and the continuing work I do with this organization. He also said that my involvement with Survival Coalition and DRW is important. I hope that I can continue to serve the state of Wisconsin and people with disabilities in this way for a long time.

We are very fortunate to have people like Lynn Breedlove working with people like me who have a disability and the ongoing work he does to make sure disability rights improve. Thank you Lynn.

Trip to Camp Albrecht Acres

by Jeffrey Johnson

When the big day arrived my mom and dad picked me up at my apartment. Then they drove me up to Camp Albrecht Acres in Sherrill, Iowa. We arrived at Camp Albrecht Acres at 1:15 pm.

The first thing I did when I got there was to drop my meds off at the nurse's office. Then we walked down to the Khel Center to check in. Then after that we had to go sit down and wait for my camp counselor, her name was Shelb (pronounced Shelby). The rooms are named after Native American Tribes including Mohican, Cheyenne, Kickapoo, and Sioux. She took me to my room and showed me where I would be staying for the first week of camp. My room was called Cheyenne.

The first activity on Sunday afternoon I went on a hayride with my first camp counselor Shelb. The first activity for all the campers started at 10:00 am on Monday. I loved making things in art and crafts. I was willing to try anything. I loved being outdoors and participating in all the activities that they had planned. We had fun and

games in the gym were I was playing baseball when I was in my wheelchair.

I met some people from England that were volunteer counselors; their names were Katie, Heather, Sally, and Kay. Natalie, my second counselor is from Australia. Natalie took me to see the animals. We fed the goat, and played with rabbits. I took pictures of the rabbits and visited other animals.

Tuesday night was the funniest of them all. I was in a fashion show and dressed up like a girl. That was a lot of fun. Then I went to the dance on Wednesday night. I danced with people from England, Australia, and Iowa.

At the end of week one of my counselors, Shelb give me the most enthusiastic award at the camp fire. When I was at camp we celebrated Christmas in June and July and I enjoyed the fireworks. My last camp counselor was Heather; she said I was awesome, wonderful, and handsome. Heather gave me an award for being the most handsome guy at camp.



Jeffrey participates in a Camp Albrecht Acres Fashion Show

CINDY BENTLEY:

Spirit of a Champion

On August 6, 2010, Cindy Bentley will join the ranks of Frank Lloyd Wright, Bob and Belle La Follette, Gaylord Nelson, Curly Lambeau, and other noteworthy people from Wisconsin. Her biography, *Cindy Bentley: Spirit of a Champion* will be published as part of the Wisconsin State Historical Society's Badger Biography series for young readers.

Cindy Bentley: Spirit of a Champion celebrates the life of one of Wisconsin's most inspirational leaders and activists. Born with an intellectual disability Cindy Bentley spent much of her childhood at the Southern Wisconsin Center for the Developmentally Disabled (SWC). The book tells the story of her leaving SWC to live independently and eventually becoming a Global Messenger for Special Olympics and a staff person for People First Wisconsin.

You can find out more information about the book and/or purchase it at: http://www.wisconsinhistory.org/whspress/books/book.asp?book_id=367

The book will also be available at the Wisconsin Historical Museum, 30 N. Carroll St, Madison and other booksellers including Barnes and Noble and Amazon.

Join Cindy Bentley and authors Bob Kann and Caroline Hoffman to celebrate the publication at a book signing event in Madison on **Thursday**
September 16, 2010
at 7:00 PM

at Barnes & Noble
West Towne Mall
7433 Mineral Point Road

The Death of Life

by Dale Buttke

They say that 2012 life will end,
In space will they send
People to live again

By then, God will send His son
And He will say your days
are done.

It will be the death of life,
And man will no longer strife.

But will life still be the same
And we'll be living again
But will Jesus come to say,
Today is life's last day.

Until that time comes,
Will that sun still shine some?
Nobody is very certain
When we face that final curtain
Of the death of life.

What's new at VSA?

by Cindy Wegner

In June, Diana Henry from WKOW came to do a "Someone You Should Know" interview at VSA Wisconsin. She interviewed Lou Ann Petersen. There were cameras there. They talked about Open Door Studio. This was also featured in June's edition of Brava Magazine.

Check out the WKOW story here:
<http://www.wkowntv.com/Global/story.asp?S=12777148> VSA Wisconsin had 32 people who put their artwork on sale at the Art Fair on the Square. Some people made sales.

In June, Open Door Studio had their reception at a coffee shop. There were thirteen people who each put two pieces on display. The artwork was for sale. Refreshments and dinner were served. The artwork stayed on display for a month.

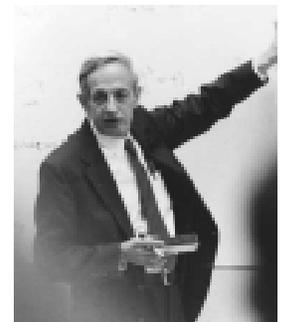
A BOOK REPORT by Christa Decker

A Beautiful Mind

by Sylvia Vasar

A Beautiful Mind is a book about John Nash, a brilliant mathematician who developed Schizophrenia, a mental disorder that can separate a person's mind from reality. For example, they may see or hear things that are not real. John's illness caused a long interruption in his mathematical career as well as problems in his personal life.

What I like about this book is that John's wife, Alicia, stuck by him and helped him to manage his illness. He went on to win the Nobel Peace prize in Mathematics. John Nash is a man who shows us that, with help, even serious problems can be overcome. There is nothing I didn't like about the book and I definitely recommend it to others.



John F. Nash, Jr.
at Princeton

ARC-Dane County Golf Tournament, from p. 1

When I volunteered there in the past Dan and I would ride on one of the golf carts and bring water out to all the golfers. This year because of the rain we were not able to deliver water or ride on the carts.

I had a really fun time helping the Arc of Dane County out with their fundraiser this year. I also had fun working with my friend Kitty. When I worked there in the past everyone could participate in the putting contest for \$5 to help out, this year they could not because of the rain.



Golfers listen for their name at the prize drawing

Darwin Ness' Birthday Party

by Cindy Wegner

Darwin had his 83rd birthday party at a Brewer's game. The mascot came and shook his hand. His name was on the scoreboard. The Brewers played the Cubs and won 5-4 with extra innings. We stopped in Delafield for dinner on the way back.

Long-Term Care in Dane County

by Jeffrey Johnson

The Long-Term Care Meeting was held at the Urban League in Madison on May 27. I learned about Family Care tonight and we should expect lots of changes. The ARC Dane County and some people with disabilities are nervous about changing support services to Family Care. It will give us very little choice. The reason Dane County will switch to Family Care is that it is the largest health and human service provider in Wisconsin and it believes a new system will provide better support. Some people with disabilities don't think they have had enough information on Family Care. These people want to push Family Care back about two years, saying we cannot afford it right now.

The first speaker of night was Susan Crowley. She said Wisconsin now has Family Care in 53 counties. There were 5 pilot programs for Family Care in 2000. Some may think Family Care would be best for them. The State is also offering a program called IRIS. This program would give family members and advocates more choice on how they want to live their life by giving the option to keep their current agency and staff. Opponents of Family Care say it takes away the consumer's choice by assigning agencies to support individuals.

The next speaker was Betsy Abrahamson. She was talking about the waiting list through Family Care. The State is trying to eliminate the waiting list to give people support sooner.

The next speaker was Kim Turner from Options in Community Living. She talked about the waiting list and how it applies to different agencies. Kim says she wants choice for everyone with a developmental disability and she is very worried about whether services in Dane County would really be better off after Family Care takes effect. We don't want to lose what was gained in 43 years.

Roy Bedward Enterprises

by Jeffrey Johnson



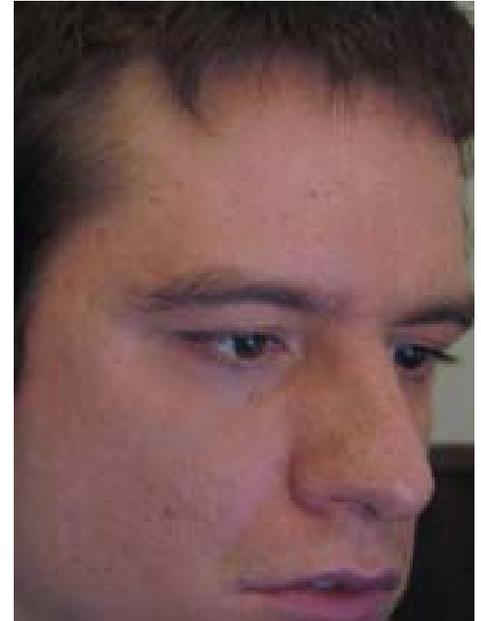
I interviewed Roy Bedward on May 20th. He informed me about his work as an artist, poet, and essayist. Roy has autism and is trying to become a well-known advocate for this community. He has written extensively about his life and put that information along with his artwork into a presentation. Roy would like to share his experiences with people in the community, families, friends, and staff.

Roy was also very excited to explain to me that he has started an autism group. I wanted to know the reason why he started this group. Roy answered, "This group helps

people with autism support each other." The group gets together once a month at WORC on Monday afternoon at 1:30pm.

I asked Roy, what is autism? Roy stated, "Autism is a curse that can cloud your way of living, I don't enjoy having autism and autism kills my love for life." The one thing that helps Roy relate to other people is his facilitated communication (FC) board. When I visited Roy at work I saw first hand how easy and effective it was for Roy to use his FC binder. With help from one of his staff he was able to communicate by spelling his ideas letter by letter. Roy FC'd that the most important need for a person with autism is love.

To get more information about Roy's group, speaking engagements, or artwork, visit his web site www.roybedwardenterprises.com or call him at 608-442-5294 ext 403. Roy is very excited to give his 45-90 minute presentation and he is eager to share with anyone wanting to learn more about autism.



Dan Remick's Trip To Camp Wawbeek

I was at Camp Wawbeek from June 13 to June 18, 2010. The weather was very good. What did I do at camp? I did lots of walking around ground at camp, and also in the Dells too. I did eat lots of very good food at camp. I have been going to Camp Wawbeek every year for many years and I hope to continue for many more years. I am hoping to go up to Camp Wawbeek in October to help raise lots of money for Easter Seals of Wisconsin and Camp Wawbeek.

Meet WIN Nurse: Michael Shinnars, RN

by Dan Remick

Michael Shinnars went to nursing school at University of Wisconsin-Madison. He was an English teacher for 2 years. Michael also worked for 6 months at Care Wisconsin and before that he worked at Community Living Alliance for 8 years.

Michael loves working with people with disabilities and he gets to meet lots of great people like Darwin and Dan Remick. Michael makes home visits, works on hospital discharge plans and provides training in the area of nutrition. Michael likes working with people and has a great boss, Bonnie Phelps.

Editor's Note: Not sure what the WIN program is? The Wellness Inclusion Nursing Program offers a wide range of services to support individuals with developmental disabilities participating in the Dane County Supported Living Program. WIN nurses serve as consultants to residential and vocational team members, families and health care providers, focusing on restoring, maintaining and promoting maximum health and independence for adults with developmental disabilities so they can achieve the best life possible.

For more information, contact Bonnie Phelps at 890-2842.

Life With a Roommate

by Jeffrey Johnson

I interviewed Emily about having a roommate. Emily lives in a co-housing community in Madison. She said having a roommate would make it cheaper for both of them. Emily said that she does not want to live alone. She thinks it gets kind of boring when she lives by herself.

It is important for you and your roommate to be honest with each other. A roommate can be a good person to talk to and do things with. You can develop companionship by having a roommate.

To find a good roommate you need to set up some meetings with that person. Ask them what they would like in a roommate. They should ask you the same questions. When you meet up with them find out what they like. If you only meet once it may not turnout to be a good

match for you.

Live-in staff also helps with making choices, such as where to go, what time to eat, and what kind of food to buy. Some of the challenges of having roommate are how to work out arguments, how to buy groceries together, where to go together and making choices. It is best to find out what you and your roommate have in common.

Communication is the key. The roommate and you might have some challenges to work out if you do not agree with each other. You have to try to be respectful of each other and talk about your problems. If you and your roommate have a problem with each other sit down and talk about it with your broker.



Emily (left) participates in a cooking class. Photo by Amanda Bell

Book Report: Sharing Community

by Jeffrey Johnson

I read the book called Sharing Community by Gary Messenger and Lisa Mills. The book was about how people with disabilities connect with other people in the community. The people with disabilities found opportunities by talking to other people from their support team. People with disabilities get involved in the community though their support team. People will take different roads depending on what type of support they receive. This book explains how people with disabilities work in the community using community builders.

My favorite part of the book was about Phil Porter. He found help from his support team on how to become an artist. He received help finding a studio, agent, and help putting up art exhibits. If you need any help with your art Phil would be a good person to help you out. Phil got support from his support team and his friends.

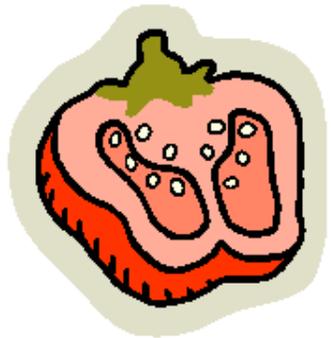
Some chapters of this book did not interest me. I felt like they went over the same thing more than once. I felt it was like a repeat of what I just read in the previous chapter.

I would not recommend this book to everyone. I think advocates and support staff should read it. This book has some very good stories that might interest them. I think people with disabilities can then recommend this book to their friends.



Save the Date!

InfoShare: Believe It or Not, Nutritious Can Be Delicious!



**Friday, October 8: 9:00 AM – 2:30 PM
Alliant Energy Center Exhibition Hall**

TO REGISTER ONLINE: <https://www.surveymk.com/s/COWRegistration>

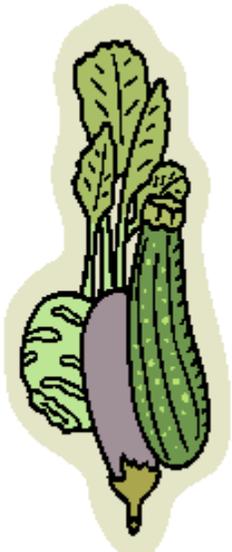
Call 608-265-9440 ext. 440 or
email comm.trainng@waisman.wisc.edu
<mailto:comm.trainng@waisman.wisc.edu>

INTERESTED IN A VENDOR TABLE?

Call Rachel at 608-890-0777 or
email weingarten@waisman.wisc.edu
<mailto:weingarten@waisman.wisc.edu>



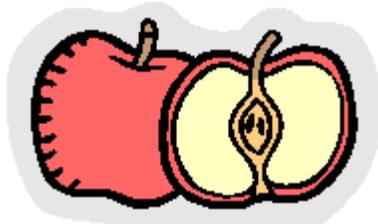
You *can* eat delicious, nutritious meals on a budget!



Join us for a day of interactive and fun sessions all about nutrition, cooking and making good choices, both at home and eating out.

All participants will also receive a resource booklet with useful information on eating healthy food on a budget.

All cooking skill levels are encouraged to attend!



Rachel Weingarten
UW-Madison Waisman Center
Community Training & Consultation Program
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weingarten@waisman.wisc.edu
<http://cow.waisman.wisc.edu/traincon.html>

CHOICES Newsletter



The University of Wisconsin-Madison
Waisman Center
Room A 109
1500 Highland Avenue
Madison WI 53705

Teamwork Associates June Picnic at the Tenney Park Shelter, (continued from p. 1)



Teamwork Picnic: location, location. Photo by Lynnea Nielsen



Teamwork Picnic, grub line. Photo by Lynnea Nielsen

And the Oh, Yeah's...

To place a Connections ad:

Submit Connections Ads to:
Stefanie Primm, Editor 122 E
Olin Avenue Suite 100 Madison
WI 53713 263-5557, or
primm@waisman.wisc.edu We
will run your ad for 3 issues
unless you tell us otherwise.

Announce a Transition:

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Engagement, a marriage, a
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goodbye to someone who has
passed away.

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is now available electronically
via e-mail. If you would
prefer to receive a pdf or link,
please e-mail Stefanie Primm:
primm@waisman.wisc.edu

Please send your stories, comments and suggestions.

Contributions, comments and
suggestions are encouraged
and may be directed to
Stefanie Primm, Editor (see
contact information in the box
to the right).

CHOICES is available on-line:

<http://cow.waismanwisc.edu>
Web versions do not include
Connections ads or Transitions
information.

CHOICES Newsletter is published 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:

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The next issue of CHOICES will
be out in December. Contact the
editor with ideas for articles
before October. Articles due by
November 5 or until the issue is
full.



Choices is on the COW Website?!

Did you know that Choices
newsletter has a fun color version
that you can view online??
[http://cow.waisman.wisc.edu/
publications.html](http://cow.waisman.wisc.edu/publications.html)