

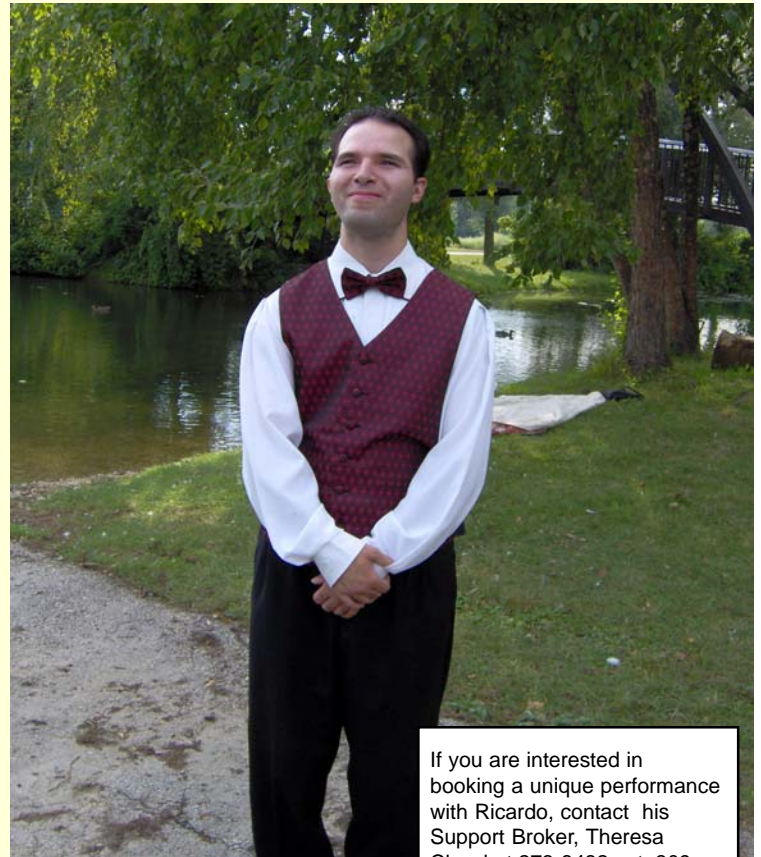
CHOICES

Vol 7 No. 3 - WEB VERSION Sept 2006

A Semi Quarterly Newsletter about Self-Determination in Dane County

Ricardo: a Talented, Versatile Musician

Like many individuals with autism, Ricardo Vasquez has the ability to focus exclusively on a special interest and produce exceptional results. Music is that special interest for Ricardo. He is a talented and versatile musician who plays the marimba, keyboard, drums and bells. Ricardo is friendly and outgoing and is eager to share his musical abilities with others. He comes from a large family whose members are dedicated to fostering and developing his talents. Ricardo has performed at various community functions such as the 2006 ARC Banquet, St. Joseph's Ice Cream Social, and the Teamwork 2006 summer picnic. As a member of the Zor Shrine Band he performs in various surrounding community parades. In addition, he volunteers his talents at several nursing homes. When not performing, Ricardo works at Forbes Meagher Music Store cleaning and tuning pianos. Ricardo and his team are currently working with Shannon Munn at Progressive Community Services, Inc., to develop his own business. He would like to become self supporting through his music performances. Ricardo was featured this spring on Channel 3 News and in a feature article in the Capitol Times.



If you are interested in booking a unique performance with Ricardo, contact his Support Broker, Theresa Chard at 273-8482 ext. 309.

CHOICES on the WEB!

CHOICES newsletters can now be found on the web starting with the June/July 2006 issue. Web versions will *not* include Connections ads or Transitions information. If your photo is in the newsletter, you will be signing a release saying it is ok for your photo to be used in the web version too. Call Nancy Molfenter at 263-5557 if you have questions. (See related story, page 11) <http://cow.waisman.wisc.edu>

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Dan Sez

by Dan Rossiter, Manager
Developmental Disabilities
Services, Dane County

Last month I mentioned that our system of supports is looking at providing supports with a little less of what is called General Purpose Revenue. So what our system is looking at is what is called system efficiencies. This system efficiency can be accomplished by getting more funds into the programs from sources other than the County or by providing our supports in a less expensive manner. And we going to do both. We'll get some outside funds in and have to figure out ways of decreasing the costs of the supports people are getting. Another way of saying that is, if we are spending \$100 this year for something, we'll need to figure out how to get the same thing for \$96.75.

You'll be working with your Support Broker and your Providers to see if your team can come up with ideas to get the support you need in a more efficient way.

Other than the stuff I've written above, this is a really fun newsletter with lots of different folks sending stuff in and lots of different things to do, like:

- Arts4All has three different events coming up
- The very first "Housemate Fair" ...looking for someone to share your home?
- Figuring out if you'd like to own your own home
- Fall trainings for Self-Advocates
- Farmers Markets, October stuff!
- Checking out the Web for COWS, rather than looking in a field
- Setting up your own Pampered Chef Party
- Hanging with People First or Friends First
- Hooking up with someone to hang out with (maybe go to a People/Friends First meeting)

And there's a number of stories that will let you know what's happening with your friends and neighbors (and their pets).

Well, dang...for a good time look into the CHOICES Newsletter!

It's the First-Ever

Housemate FAIR!

Tired of hearing about budget cuts?

Looking for a Housemate?

Do you have a sense of adventure?

Want to get out of the house for a few hours?

Like submarine sandwiches?

Mark your calendar for Tuesday September 26 from 3:45-6:30 pm and get yourself over to the Bishop O'Conner Center in Madison.

Catholic Charities Support Broker Program, in conjunction with the Broker Coalition, Dane County and the Waisman Center's Community Outreach Program, is sponsoring the first ever Housemate Fair.

Based loosely on the concept of "speed-dating," 22 participants will have the opportunity to meet 21 other people in search of a housemate. The ever popular Paul White and Duncan McNelly will emcee the event, ensuring all participants have a deep, meaningful four-minute conversation. Afterwards people can mingle over sandwiches and snacks. If two participants have a mutual interest in getting together, they will have an opportunity to exchange contact information.

The aim is to have fun, share a meal and a laugh while hopefully meeting a compatible future housemate.

To learn more about or register for this fun-filled social event call James Mulder-Philyaw at 265-9440 ext. 440 or send him an e-mail at mulder@wisc.edu



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

Have a Party – Become a More Pampered Chef!



It's fun, it's delicious - and, it can help make life in the kitchen a little easier.

That's what Pampered Chef is all about. Jon Glenberg enjoyed hosting a Pampered Chef Party on Sunday, July 16 at his home on the West side of Madison. John had over ten people come to snack

on the items he prepared with Pampered Chef consultant, Deb Sharrer, who help John organize his party. Together, John and Deb used Pampered Chef products to prepare foods that were both yummy and easy to make. Pampered Chef is a company that sells high quality kitchen tools and cookware. A Pampered Chef Party lets people see the tools being used and makes them easily available for purchase. People who could make it to the party had a chance to look through the catalogue and order items that they wanted.

All together, Jon sold \$760 worth of products! In return, he chose \$140 worth of free tools and other kitchen items. Jon enjoyed the experience and recommends that other people have an event like a Pampered Chef party. He had fun hosting the party at his home, and now he likes cooking with his new, free kitchen items. If you are interested in having a Pampered Chef party, you can e-mail Deb Sharrer at pamperedchef@nwlmail.com.

Dora's Pet Corner Meet Sandy and Her Guinea Pigs

by Dora Norland

Happy September everyone! Since the last issue of CHOICES, I had a chance to visit with Sandy Nelson and her guinea pigs Jimmy and Bobby. Sandy is a big fan of astronauts, so she named her guinea pigs after Jim Kennedy, John F. Kennedy Space Center Director, Jim Wetherbee and Jim Halsell, astronauts and Bobby Savannah, another astronaut. Sandy had two guinea pigs before Jimmy and Bobby. Their names were Kevin and Jeremy.

Sandy lives in a two bedroom apartment with her guinea pigs. She has a large cage for them and she takes them out almost everyday. Jimmy and Bobby can be held for short periods of time and they can also be out on the table for a little while (they won't jump off the table).

Sandy loves having guinea pigs and she has help each week to clean out their cage and make sure that they have everything they need. Guinea pigs need shredded paper as bedding. They cannot use shredded wood because it is too hard on their delicate paws. Sandy also needs to purchase food and chew toys

for Jimmy and Bobby. They eat guinea pig food, kale, carrots and spinach.

Guinea pigs make nice pets if you like small animals, have the space for a large cage and can supply them with all the things that they need. It was fun to meet Sandy, Jimmy and Bobby!



Sandy Nelson and Bobby



Kurt Svensson carries lumber, Julie Gessler and Charity DeVoe-Brekken hammer, and Alexa Butzbaugh mows the grass!

PCS Staff Makes a Difference

Broker Group Volunteers with Habitat for Humanity

by Chad Cartwright

Progressive Community Services (PCS) Support Brokers are in the business of helping people. Each day we try to make a difference in our community. To achieve this we set agency goals each year. Early this spring the PCS staff sat down and talked about how we could give back to the community. After some serious brainstorming and a little research, the staff decided that we would like to spend a day working on a Habitat for Humanity (HFH) house. Marcy, the volunteer coordinator at HFH set a date for us to volunteer.

June 30th came and we all arrived in a windy little neighborhood just north of McFarland. We met the HFH staff and got the orientation spiel. The HFH staff were great. How they can be that enthusiastic at 8AM is a wonder! They told us that HFH and other non-profits own over 100 lots in the neighborhood. They have built almost 50 homes in the neighborhood in the past 2 years. Afterward we broke up into groups. We had a stud wall crew, lawn mowing crew and clean up crew.

The stud wall crew worked on a little blue house (blue because of the vapor barrier). It was a quaint little home, with a one car garage. Nothing fancy, mostly functional. When they say “stud wall crew” they don’t mean you hammer together stud walls; we did site clean up. We hauled 2 x 4s and organized lumber. We picked up trash, rocks and wood and hauled them away. The lawn mowing crew mowed lawns for the neighborhood while the clean up crew followed up with brooms and scrapers.

As the afternoon wore on and it began to get hot, the streets began to sparkle. We all had to make sure we took the time to hydrate and not over do it. When quitting time arrived, we cleaned up our mess and loaded the tools into the vehicles. We filtered back to the break tent. The group talked about how in 20 years we can drive by the “little blue house” and say “we helped build that house”. We were all sore, tired, and hot but it felt good to make a difference.



Author Chad displays handy toolbelt

The Other Corner - *More Cool PetInfo*

from Dora Norland

Dogtoberfest: Saturday, Sept 30th Noon – 5pm at the Capital Brewery, 7734 Terrace Ave. in Middleton. The fund-raising event for the Dane County Humane Society is for all dog lovers – bring your own or come meet dogs looking for homes. There will be a Pet Psychic there too!!

Does your cat need a nail trimming? Angel’s Wish offers trimming every Wed. 5:30-7:30pm at their Pet Adoption and Resource Center at 161 Horizon Drive in Verona. It costs \$5 and the cat must come in a carrier and with proof of current rabies vaccinations. No appointment is necessary.

See how much you know... Cats step forward with both left legs then both right legs when they walk or run. Check it out the next time you see a cat walk! Learn more at websites like www.catsinternational.org. This website also has free behavior counseling available for the cat who keeps getting into trouble!

Section 8 Voucher Holders Can Be Homeowners!

by Howard Mandeville, Movin' Out



port) have a Section 8 rental voucher? Out can help you use the Section 8 to own home? Movin' Out has down payment assistance for eligible households that have a Section 8 voucher.

How does this work? First of all, Movin' Out will help Section 8 voucher holders look at their housing and financial circumstances and determine if home ownership would be a good plan. Movin' Out will help the Section 8 voucher holder convert their current voucher so that Section 8 will pay a portion of monthly housing costs for a home the person buys.

Movin' Out will also help the home buyer secure down payment assistance (deferred loans that allow the home buyer to work out a smaller monthly mortgage payment). One source of down payment assistance is specifically targeted to Section 8 rental voucher holders. This is a Movin' Out down payment loan funded by the City of Madison. This loan is available to qualified home buyers who have a Section 8 certificate from the City CDA or the County Housing Authority and now rent a home in Madison.

Movin' Out may also be able to leverage additional down payment assistance funds to make the purchase affordable.

And Movin' Out will provide the information and assistance home buyers need as they prepare to purchase their first home and home owners need to sustain their home ownership over the long haul.

Let's run the numbers. Every situation is unique. Home prices vary. The amount of down payment the person saves or receives from family varies. Here's how it worked for one person who purchased a condo home last year. This home buyer saved for down payment and worked with Movin' Out to get additional down payment assistance. All the down payment money meant that the mortgage loan was less

and had smaller monthly mortgage payments. But the payments were still more than the home buyer could afford. By converting her Section 8 rental voucher to be used for home ownership, she achieved a monthly housing cost affordable on her SSI income. Her housing costs account for about one third of her monthly income.

Here's how the numbers work

Condo Home Purchase

o	Purchase Price:	\$86,000
o	Closing Costs:	\$1,445
	Total:	\$87,845

Financing

o	Buyer's Down Payment:	\$6,695
o	Movin' Out AHP Loan:	\$7,500
o	Movin' Out City Loan:	\$28,400
o	City Home-Buy Loan:	\$6,200
o	First Mortgage:	\$39,050
	Total:	\$87,845

Monthly Costs

o	Mortgage payment:	\$212.62
o	Taxes:	\$163.00
o	Insurance:	\$10.00
o	Condo Fee:	\$155.00
o	Total Monthly Cost:	\$540.62
o	Section 8 Voucher:	<u>-\$319.00</u>
	Monthly Payment:	\$221.62

Money Smart Week (October 2 - 7) Includes Housing Workshop

Mark your calendars: Money Smart Week Wisconsin is October 2 – 7. Money Smart Week Wisconsin is a public awareness initiative aimed at building your financial knowledge so you can deal with your own money more quickly, confidently and shrewdly. It's a creation of the Governor's Council on Financial Literacy and has the purpose of improving financial literacy in Wisconsin.

The important thing is this: The workshops, seminars, programs, events and other activities will help you and your family, students, homeowners, businesspersons, employees and other community members expand your opportunities through improved financial literacy. Find out about all the free events at www.moneysmartwi.org.

Movin' Out is hosting one of hundreds of events held statewide as part of Money Smart Week. The housing organization for people with disabilities will host an informal workshop, *Affordable housing for people with disabilities*, on Friday, October 6, from 3:30 to 4:30 pm at the Movin' Out office at Gateway Mall, 600 Williamson, in Madison. The event is free and open to the public. RSVP is required. Call Movin' Out at 251-4446.

The session will cover these important questions about housing and people with disabilities:

- o Can low income people with disabilities secure affordable, stable housing through home-ownership?
- o Is home ownership right for me?
- o How owning your home creates stability, safety, affordability, and equity
- o Steps in developing a housing plan
- o How do I make sure buying a home won't endanger my Medicaid and SSI?
- o Down payment assistance funds can help secure an affordable mortgage
- o Finding a welcome in a new neighborhood
- o Sustaining home ownership over the long haul.

We Have
New
Digs!



People First of Dane County has a new meeting location as of September, 2006.

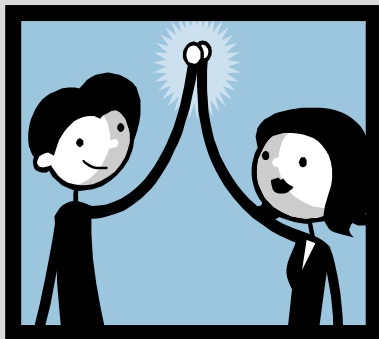
We will continue to meet on the third Tuesday of each month from 6:30 - 8 pm, but from now on we will be at Options, 22 North 2nd Street on the east side of Madison.

We will still have pizza available for \$1.00 per slice and we will provide soda. For more information call Nancy Molfenter at 263-5557
molfenter@wisc.edu

Our upcoming meetings will be:
September 19th
October 17th
November 21st

Friends First

... is a social group for people with disabilities and without disabilities



We go out and do fun activities, and new members are always welcome.

If you are interested in finding out what we have planned, call or e-mail Jeffrey Johnson at 608-263-5556 or jjohnson1@wisc.edu

Fall Classes for Self-Advocates

Public Speaking

Monday Sept. 18th
and Monday Sept. 25th from 1-2:30
122 East Olin Ave Suite 100

This two session class is designed for Self-Advocates who want to improve their public speaking skills: Get tips on preparing for public speaking engagements and giving presentations,

Prepare a brief presentation for the group,

Present to the group and get helpful feedback on your presentation

Let's Plan a Party!

Friday Sept. 29th
and Friday October 6th from 6-8
122 East Olin Ave Suite 100

This two session class will help you learn the steps to planning a successful party:

During the first class, we will list out the steps to party planning and assign a task to each group member

The second class will be the party that we have planned!

What would you do?

A Life Skills training
for Self-Advocates

Monday Nov. 6th 1-3
122 East Olin Ave Suite 100

Self-Advocates will have the chance to answer questions on how they would handle a variety of situations and then discuss good ways to handle things that have happened or may happen to them.

Empowerment Course

VOICES staff can schedule a three-part Empowerment Course with groups of 4-8

Self-Advocates. Please call or e-mail if your agency or group would like to schedule a class. Nancy Molfenter – 263-5557 or molfenter@wisc.edu

Don't Miss
Arts4All

This Fall Arts4All will be hosting these shows featuring 15 of our talented artists from Madison

Friday September 15

7 - 9 pm, Gallery Show Opening
at Escape Java Joint and Gallery
916 Williamson Street, Madison

Show ends Thursday, September 21

Sunday September 17

11 am - 7 pm

at the Willy Street Fair

Check out the Arts4All info booth on Willy Street and the art show and sale at Escape Java Joint and Gallery
916 Williamson Street, Madison

Friday October 6

5 pm - 9 pm, MMOCA

Madison Museum of Contemporary Art's Fall Gallery Night. Arts4All will be at the Atwood Community Center
2425 Atwood Avenue, Madison



What is The Arc-Dane planning for you this Halloween?



it's the annual
HALLOWEEN PARTY!

October 29th
at Pooley's
1:00 to 4:00 pm

Yes, it is that time again!

A Halloween Party for people with developmental disabilities will be held on Sunday, October 29th at Pooley's Sports Bar from 1-4pm.

Advanced ticket purchase required. Tickets are \$2.00 each.

Check out www.arcdanecounty.org or call 608-257-9738 to reserve your tickets.

Farmers Markets *around* Dane County

Dane County

6 am-2 pm Saturdays, Capitol Square; and

8:30 am-2 pm Wednesdays, 200 block of Martin Luther King Jr. Blvd. 455-1999

Eastside Madison

4-7 pm Tuesdays, 201 E. Ingersoll (along the bike path). 251-0884

Fitchburg

3-6 pm Thursdays, Agora Pavilion. Music 4 pm. 277-2606

Hilldale

7 am-2 pm Saturdays & Wednesdays, N. Segoe Road parking lot. 238-6353 ext. 8

McFarland

2-6 pm Thursdays, McFarland Centre. 873-9443

Middleton

8 am-1:30 pm Thursdays, Greenway Station. 872-2152

Monona

9 am-1 pm, Sundays, Ahuska Park, E. Broadway. 221-1760

Mount Horeb

3-7 pm Thursdays, Old School House (under the water tower), Mount Horeb. 437-2787

Northside Madison

8 am-12:30 pm Sundays, across from Warner Park on N. Sherman Ave. 242-8572

Oregon

2-6 pm Tuesdays, Waterman Triangle Park. 835-3697

South Madison

9 am-2 pm Saturdays and 2-6 pm, Tuesdays, Madison Labor Temple; and

2-6 pm Thursdays, Villager Mall. 358-5834

Stoughton

7 am-1 pm Fridays, Plaza Shopping Center. 920-623-3425

Sun Prairie

7 am-noon Saturdays, 300 E. Main St. (behind City Hall). 920-623-3425

Waunakee

8 am-1 pm Saturdays, Waunakee Depot. 849-5977

Westside Madison

7 am-2 pm Saturdays, Hill Farms Transportation Building parking lot (Segoe Road); and

7 am-2 pm Wednesdays, Westgate Mall's Segoe Rd. parking lot. 873-4096



Free or Cheap Stuff to Do in October

October 1-7

Monday: Dairyland Cowboys and Cowgirls, free beginning lessons in line dancing, 7:30 pm (Mondays) at Club 5 (asking \$3 donation)

Tuesday: Brewhaus blues jam, 8:00 pm, JT Whitney's Brew Pub, 674 S. Whitney Way

Wednesday: Square Dance Class, 1 – 2:30 pm, Madison Senior Center, \$2. RSVP: 266-6581

Thursday: Open mic, 7:00 pm, no cover charge, Zuzu Café, 1336 Drake St. Madison

Friday: Gardens in the Grove, 2-6 pm Fridays in Cottage Grove, next to Piggly Wiggly, 421 W Cottage Grove Rd), 358-9835

Saturday: UW Arboretum Night walk, "Preparing for Winter", 6:30 – 8 pm, UW Arboretum Visitor Center, 1207 Seminole Hwy 263-7888

October 8-14

Sunday: Racing, Wisconsin Challenge Series & fireworks, Gates 4:30 pm, Qualifying 5:45 pm, Racing 7:30 pm, Madison International Speedway, Oregon

Monday: DJ soul, 8 pm, no cost, Mercury Restaurant Lounge, 117 E Mifflin St, Madison

Tuesday: UW Hoofers Outing Club, UW Memorial Union, 7:00 pm, call 262-1630

Wednesday: Madison West Coast Swing Club, Intermediate lessons 7:00 pm, beginners at 7:30 pm and open dancing, 8 – 10 pm, Badger Bowl, \$3

Thursday: Cliff Fredriksen Trio, featuring Clyde Stubblefield, 5:30 pm, Kelly's Grill, 2685 Research Park Dr., Fitchburg.

Friday: Piano Fondue, dueling pianos 8 pm, Stadium Sports Bar & Eatery, 1419 Monroe St, 256-2544

Saturday: UW Football, Badgers vs Minnesota, 11 am, Camp Randall Stadium, Homecoming. 262-1440

October 15-21

Sunday: UW Concert Band, 2:00 pm Mills Hall, UW Humanities Building, 455 N Park St

Monday: UW Football, Badgers vs San Diego State, 2:30 pm, Camp Randall Stadium (watch ESPN/WPT) 262-1440

Tuesday: East Madison Chess Club, 6:30 pm, free, all ages and abilities welcome, Call 659-3385

Wednesday: Oregon Recital, free concert by Bruce Benglson, noon, Luther Memorial Church, 1021 University Ave

Thursday: Lucas Cates Band, 5:00 pm, free, Overture Center, 201 State Street

Friday: This year, Infoshare has joined the ARC-WI 2006 State Conference at Madison Marriott West, 8:30 – 4:30

Contact Rachel at Weingarten@waisman.wisc.edu

Saturday: Lou & Peter Berryman, Cost: \$10, 8:00 pm, Cuda Café, Deerfield, 12 S Industrial Park Rd (764-2736)

October 22-28

Sunday: McKee Farms Flyers, Kite flying, noon – 4 pm, McKee Farms Park, free

Monday: Wisconsin Wolves, local women's professional football team vs. Empire State (NY), 7:05 pm Lussier Stadium, LaFollette High School, \$10

Wednesday: UW Master Singers, 7:30 pm, Mills Hall, UW Humanities Building, Free, 455 N Park St

Thursday: Achilles Track Club, Fleet Feet Sports, 8440 Old Sauk Rd, Run/walk for people of all disabilities, 5:45 pm, free

Friday: Gardens in the Grove, 2-6 pm, Cottage Grove, next to Piggly Wiggly (421 W Cottage Grove Rd) 358-9835.

Saturday: Atlas Improv Co, 546 W Washington Ave, 8 & 10 pm, Saturdays, Electric Earth Café, \$6 259-9999



October 29-31

Sunday: Sunday Night Dance, Halloween Party with lesson, 6:30 pm and Mr. Lucky Swing band, 7:15 pm, VFW Cottage Grove Rd, \$7, 274-5483

Monday: Crochet and Knitting Group, Mother Fools Coffeehouse, 5:30 pm, 269-1301

Tuesday: Argentine Tango, Beginner lessons, 6:30 – 7:30 pm Tuesdays, Art of Dance. 212 N Henry St. \$5. 236-0198

Arlo Spies...



Kathy Lyons invited her woman's circle and other friends for a delightful September evening on Lakes Mendota and Monona aboard a pontoon boat. A lovely time and delicious pizza were enjoyed by all!

Thank you to VOICES staff for Calendar information, and to Nan Cline for any typing mistakes!

**COW?
Did someone
say COW?**

MOOVING into the 21st Century

by Eric Miller

Have you heard? The Waisman Center Community Outreach programs now has a website: <http://cow.waisman.wisc.edu>

The COW part of our web address stands for Community Outreach Wisconsin. We choose that name because our outreach and program activities are expanding outside of Madison and Dane County and into other areas of the State. And, as Wisconsinites proud of our farming and dairy industries, what's easier to remember than COW!

If you haven't checked out the website yet, please do so as content is continually being added. You'll find schedules and information on upcoming trainings, an online registration form for trainings listed in our seasonal Training Catalog, links to other websites we find useful and interesting, information about each of our programs, and soon you'll be able to download issues of CHOICES, too.

So, the next time you're surfing the web, stop to check us out and learn more about Self Determination, Community TIES, and Sound Response. Just remember COW and our address:

<http://cow.waisman.wisc.edu>



By Dora Norland and Nancy Molfenter

If you have been out and about over the summer, you have surely seen some of the cool cows that are scattered all about the Capital Square and downtown. There are over 100 all together, including some in Fitchburg and Sun Prairie.

The cows were each decorated by a different artist and many are draped in heart of Wisconsin history. Some of the artists used the Capital building, farm scenes, Memorial Union, Monona Terrace, Frank Lloyd Wright and Georgia O'Keefe as the basis for their cows. One on the Capital Square even has a farmer's market theme.

Along with fabulous art, you can find out who the artist was that designed each cow and get a little bit of trivia about the cows of Wisconsin. Did you know that Wisconsin is home to over 1.2 million dairy cows? That means there are as many cows in Wisconsin as there are school children! Those productive cows make over 33,000 glasses of milk every year. That's a lot of milk! If you haven't been out to explore the colorful cows

More MOOs Around Town

Celebrating Wisconsin History with Colorful Cows



yet, you have until October 12th to see them. After that they will be auctioned off.

The Hour of Power Conference

By Dan Remick

Waisman Community Training and Consultation paired up with People First of Wisconsin for an InfoShare style conference at the Hyatt Hotel in downtown Milwaukee on Monday July 10, 2006. The theme of the conference was "Our Hour of Power," and the day focused on increasing self-advocacy for people with disabilities. 200 people attended.

The keynote speaker and main presenter for the day was Mr. David Hingsburger from Canada. He speaks all over the world and has written books about self-advocacy and issues related to sexuality for people with disabilities. Mr. Hingsburger himself uses a wheelchair. David Hingsburger will be

coming to Madison in January of 2007 to present at Dane County InfoShare.

Encore was at the conference to perform and Peter Leidy provided lunchtime entertainment. Christine White and Mark Sweet also presented. There was a game session for self-advocates designed to help people think about ways to handle different situations in their lives.

Best of all, people with disabilities got to develop their own **Bill of Rights** – and write down all of the things that they want in their lives. The things people listed included: jobs, homes, love, marriage and children among a few. The **Bill of Rights** is included

at the end of this article.

I spoke with Rachel Weingarten, from Waisman Community Training and Consultation, and asked her if she felt the conference went well. She said, "Absolutely, it went very well." I also asked Rachel if there would be another conference in the near future. She said, "Yes, we are working on a similar conference for next year that will be in Eau Claire or the Fox Valley Area.

It was a great day for everyone who attended! Thanks to Mr. Hingsburger and for everyone who helped put the day together!



Encore Stars Performed at the Conference



Self advocates arrive in Milwaukee

Bill of Rights

Written by participants of the Hour of Power Conference, July 10, 2006, Milwaukee Wisconsin

1. The Right to manage your own money.
2. The Right to health care.
3. The Right to relationships and marriage: Family, Fiance and spouse, Work People, Friends
4. The Right to be free of name calling: retard, spas, dummy.
5. The Right to be treated with respect, in spite of disability.
6. The Right to education, throughout your life, without being teased or harassed.
7. The Right to speak our mind without getting in trouble and without prejudice.
8. The Right to vote.
9. The Right to drive a car.
10. The Right to be yourself.
11. The Right to get a job and have assistance to get a job.
12. The Right to make decisions and choices.
13. The Right to religion.
14. The Right to have children or adopt.
15. The Right to be in Special Olympics or mainstream sports.
16. The Right to choose where we live: group homes, apartments, share with a friend.
17. The Right to set our own goals and take as long as it takes to get there.
18. The Right to not be judged by our appearance.
19. The Right to choose whose on our support team and our staff.
20. The Right to speak until we're heard.
21. The Right to community living for all.
22. The Right to Privacy.

Living Your Dreams

Planning Pays Off for Irene



by Wendy Hecht, Irene's Support Broker

It has been one year since Irene, her guardian (Debi Webb) and her supporters from REM, MARC-South and Teamwork Associates attended a training sponsored by IncomeLinks. Irene and her team attended to take a longer term view of how to best help Irene get the things she has always said she wants. Being in her 50's, planning for her future and retirement was on her mind. Irene identified these things as important for a happy future:

To have a forever home where she can live as long as she is able to.

To live in a family setting, either with her brother or with a family she chooses. Irene wanted to find someone who would make at least a five year commitment to her.

To be the only household member

with a significant disability.

With the pressures of funding cuts, Irene and her team knew that some of these things may not be possible, but we were intent on thinking through all possibilities. Her guardian also felt it was imperative that at least \$5,000 be reduced from her rate and given to people who were waiting for services. Most wonderfully, all team members participated in these honest discussions despite the potential that Irene may not continue using their services. The entire support team was committed to helping Irene have the life that she wanted for her later years. That was the key to being able to take advantage of some opportunities that soon came along.

Irene's guardian, Debi, first approached Irene's brother who is Irene's only close living relative and who still lives in the family home where he and Irene grew

up. It was not possible for Irene to move back into her family home so we turned our sights to finding a companion family that would live with Irene in her home of ten years. As luck would have it, Debi works with a woman named Josie Ramirez who was very interested in this opportunity. Irene had also known Josie for over 10 years and was excited about exploring this idea further. After spending time together and negotiating what everyone would need to make this work, Josie and her family moved in to Irene's home. Josie's two daughters, Alice and Margie are also paid to assist with Irene's physical needs and the three work out a schedule that works best for Irene and them each week. Mostly, this has gone well, although Irene is not always happy that there are two small children as a part of the mix. She realizes, though, that compromise is just a part of life as a family member. They all work through the bumps in the road as any family would and the Ramirez family has made a promise to be part of Irene's family for at least 5 years.

Irene's other goals are on the road to being fulfilled—she is seeing her brother, Mike, more often as he comes to dinner and a bible study at her home each week and attends family holiday celebrations. Irene is delighted with being able to see Mike, spend more leisurely time with him and appreciates his renewed interest in her life and supports.

Irene's dream of having a home of her own will also come true later this year when the WISH Foundation will purchase her home from the current landlord and make some home modifications that will improve the home's accessibility. This will enable Irene and her new family, the Ramirez, to live affordably for years to come.

Irene's Dream (continued)

While Irene had excellent support services with her previous residential provider, she yearned for a future that was more family-based with a smaller care network. It took planning and plenty of hard work on Irene's part and each team members' part but Irene's smile tells us she loves the results!

Irene and her team put in the hard work, did the planning – and now Irene is living the dream that she had for her future.

Spillin' the Beans

Coffee House Reviews

by Garry Herald



Hi, my name is Garry. I moved to Madison about ten years ago from San Francisco and I am a coffee connoisseur. I just love coffee. I also love visiting coffee shops around Madison and comparing the different coffees and atmospheres. I am very glad that a whole crop of coffee shops have sprung up around Madison over the past few years.

For this issue, I want to tell you all a little bit about one of my favorite coffee houses in Madison. It is Mother Fool's on Willy St. This place has great coffee (I like mine with

a little cream and sugar) and it also has an assortment of artwork to look at. Mother Fool's displays the artwork around the shop and rotates the art so that there is always something new to look at. Mother Fool's is wheelchair accessible and provides a relaxing spot to sip the java. If you go there a lot, some of the people working there get to know your order and have it ready when you get to the counter – now that's what I call service!

Look for my next Coffee House Review in the December issue of CHOICES.

“What is your favorite thing about Fall?”

ON THE STREET Interviews

by Nancy Molfenter



Mike M. - The low humidity and the stink of rotten leaves.



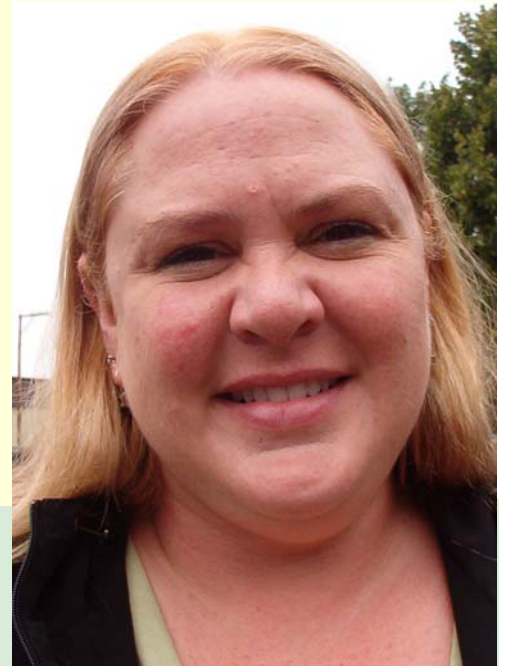
MaryAnn M. - The colors of the leaves are beautiful!



Nancy M. - Back to school! Apples! Pumpkins!and did someone say Halloween Party?!



Andrew H. - Raking leaves!



Mary H. - The scent of crisp, cool morning air.

the Oh, Yah's...

To place a Connections Ad

Connections is a column to help people with disabilities meet a new friend, find someone to date, or sell some stuff. 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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