

CHOICES
REPORTERS
MEETING
Our next meeting
is on Tuesday,
Sept 15 4:30-5:30
PM at 122 E. Olin
Ave. Suite 100,
Madison. Come
and check it out!

INFOSHARE
Friday, October 9
Alliant Center
Quality of
Life Day!

INSIDE

Dan Sez 2
Learning Together 2
Movin' Out 3
CHOICES Reporters 3
Pet Corner, and Bailey 4
MARC Banquet, Timebank 5
Book Review 6
Emily's Poem 6
Infoshare, October 9 6
Annual Halloween Party 7
"WIN-ing" New Program 7
Camp Wawbeek 8
Dale's Poem 8
Kim Turner 9
People First Dates 9
And the Oh, Yea's 10

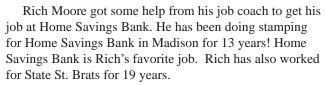
CHOICES

A Quarterly Newsletter about Self-Determination in Dane County

Vol. 10 No. 3 - WEB September 2009

Rich Wins Volunteer Award

by Jeffrey Johnson



Rich also has been volunteering at Meriter for the last 13 years. He distributes magazines at Meriter. He recently received an award for 500 hours of volunteer services at Meriter! He also volunteered at the Library doing stamping and delivering magazines. He only worked at the library on Thursdays. Rich did such a good job at the library that he worked himself out of a job after ten years!

Rich likes all the people he works with because they are very friendly. He takes the city bus to work. He likes

to watch movies like Star Trek. He is also a big Badger fan and a Packer fan.

Photo by Stefanie Primm

Dallas: Fashion Model and Key Chain Collector

by Jeffrey Johnson

I met with Dallas Teufel and his mom, Kathy, at Inn on the Park Hotel. We talked for a little bit while he was getting ready for the fashion show. He was excited for the show but also chatted a lot about his key chain collection.

When Dallas was a little boy he had to learn how to count. So every new place he went his mom would buy him a new key chain. This started his key chain collection and it is how he learned to count. Dallas is the first collector that has over 4,000 key chains without any duplicates at all. If he did have some duplicates Dallas could send them to a fellow collector in Kent, Washington who would send a new box of key chains and key rings back to Dallas. His friend in Washington has over 25,000 key chains but he also has a lot of duplicates.

Dallas's girlfriend Chantel Brown got him into the fashion show. This is Dallas's second year in a row being in the fashion show. Dallas likes being in



Dallas suited up by Men's Wearhouse Photo by KelsyAnne Schoenhaar

the fashion show because of the girls who yell and cheer him on as he walks down the cat walk. In his free time Dallas plays games and does email on his computer. He enjoys time with his friend Jennifer or by himself.

Page 2 CHOICES

DAN SEZ



Dan Rossiter is the Manager of Developmental Disabilities Services at Dane County Human Services



I see there is an article about Howard Mandeville and Movin' Out. It just so happens that as soon as I finish this article, I'm on my way to celebrate another Movin' Out project they recently finished. Movin' Out bought a side-by-side home and completely renovated it inside and out and from the foundation to the roof. They transformed the yard so it now includes a rain garden and enclosed dog run. They do great work.

Can you believe summer is almost over. That means fall is just around the corner and that's the beginning of the Budget talks for 2010. As you all know, these are difficult money times...nobody has enough of it. And the County isn't much different. So it looks like 2010 will be another

difficult year, with another round of cuts. Dang. We won't know what is being recommended till the end of the month, so there's not much more to say about it now.

And there isn't anything new from Dane County, on what the State calls Long-Term Care Reform. That is the change the State is making, where people with disabilities will have a chance to choose the type of support program they want in the future. One is called <u>Family Care</u> and the other is called <u>Include Respect</u>, I <u>Self-Direct</u>, or <u>IRIS</u> for short. As the County gets closer to making a decision, you'll hear a lot more about it.

In the mean time, whaddaya say we just enjoy the rest of the summer.

NEW! Learning Together Series

ARTS AND CRAFTS WORKSHOPS

Instructor: Mary Ellen Rieland

Location: Waisman Center Outreach: 122 E. Olin Ave., Ste. 100

Registration Fee: \$5 per person (includes materials)

To Register, call: (608) 265-9440 ext. 440 Email: comm.training@waisman.wisc.edu

Dates and Time: Tuesdays 1:00 - 3:00 PM on the following days:

September 22 | October 27 | November 17 | December 15

SEPTEMBER 22

GETTING READY FOR HALLOWEEN

We will be using paint, paint brushes, glue sticks, and maybe small craft scissors. All skill levels are encouraged to join us.

ABOUT MARY ELLEN:

I am so excited to be able to do some craft classes with you. I have worked with all kinds of arts and crafts. I do rubber stamping, sewing, knitting, crocheting, quilting, beads, and the list keeps going. If you something special you would like to make, let me know and I am sure we can do it!!

Descriptions for future monthly classes will be sent out at a later time.



Interview with Howard Mandeville

by Catherine E. Clodius

I had the pleasure and honor of sitting down and asking Howard Mandeville some questions about Movin' Out.

I asked Howard what his background was and how he came to Movin' Out and I was told that he has been at Movin' Out for 4 ½ years and previously worked for the DD Council. While Howard was at the DD Council he became very interested in the housing of individuals with disabilities and he joined the board of Directors for Movin' Out.

I next asked about his experience at Movin' Out and how

it has been going and he told me that he has been most impressed with the staff and that Movin' Out has achieved significant successes so far. Movin' Out has helped more than 1,000 people to purchase homes

I next asked what the criteria for the grant that was given to Movin' Out to purchase and fix up several units at Stonebridge Condominiums so that the ladies of CLC's Valley View program would have a nice new home. Howard said- that Movin' Out wanted safe, accessible, well integrated housing and that there would be a good plan for providing services to people with disabilities.

I mentioned to Howard that I knew that other organizations were up for the same grant that was given to Movin' Out. He said it was because we had a good collaboration plan with Dane County Human

Services and CLC for the project and it was very cost effective for Human Services and the tenants who will live in the new housing that Movin' Out received the high score.

My last question was do you see more rental homes being developed with Movin' Out help and was told Movin' Out will continue to purchase small properties of 1-2 units each in the Madison area. Movin' Out has lots of info at its web site, www.movin-out.org.

The ladies of Community Living Connections Valley View program are looking forward to moving to Stonebridge Condos on the east side of Madison in the fall.

June CHOICES Reporter Meeting

by Cindy Wegner

A June meeting was held for the reporters of Choices. We talked about writing articles for our neighborhood newsletters. For example, I live in the Tenney-Lapham neighborhood and



Cindy Wegner photo by Stefanie Primm

Dora could write something for the Northside News. We talked about the reporters writing articles about their own hobbies and interests.

There is a Choices reporter meeting for every issue of Choices. If you are a reporter, or are interested in becoming a reporter, please attend our next meeting on Tuesday, September 15, 4:30-5:30 at 122 E. Olin Ave. Suite 100, the Choices office.

My First Year as a Choices Reporter

by Catherine E. Clodius

I first of all want to say a very big and warm thank you to Stefanie Primm for having made this writing for the newsletter happen. I have really enjoyed meeting all of my "new best friends." I interviewed Eric Miller and Suzanne Hanson, along with Dan Rossiter of Dane Country Human Services and Paul White of the Waisman Center along with Nan Cline who puts this newsletter together.

My next big article will be about the major move that I will be making along with my friends from the CLC Valley View Apartments later this fall into new condos. I don't want to give away too much information just yet but be looking forward to my article later this year or early next year. So please keep your eyes about this exciting article.

I hope that you all have enjoyed reading these articles as much as I have enjoyed writing them.

Page 4 CHOICES

DORA'S PET CORNER

The July 2009 Dane County Fair

by Dora Norland and Diane Christoph

I have been going to the Dane County Fair since I was a little kid. The one time I remember going was July of 1992. I had a broken leg and spent my time in a wheelchair. It was my birthday. The fair is always held around my birthday so it's been a family tradition to go to the fair every year.

Some of my favorite things to do at the fair are playing the games, eating the good foods they have and listening to the music. They have many different varieties of food. One of my favorite times at the fair was seeing the Sea Lion Show. I have a picture of myself with the seals. I had one seal with its head on my head and one sitting to the right of me. After that I had a very wet head!!

I love going to the fair with my family and I like that tradition. That's why I wanted to talk about the fair for this article.

The first Dane County Fair was held in October of 1851. The fair was held on a Wednesday and the fair lasted 1 day. In 1871 the cost of admission was 15 cents for youngsters and 50 cents for adults!! The fair was not always held at the Alliant Energy Center where it is now held. It was



held in Madison along the Yahara River, also at Camp Randall, in Stoughton, and finally in 1951 it returned to the Alliant Energy Center.

This year at the fair there were 11 barns of animals. Our first stop were the cow barns where there were 2 different kinds of cows: dairy cows for milk and beef cow for meat products. Diane was totally amazed by the size of the beef cows.

Our second stop was the poultry and rabbit barn. I thought the rabbits were really cute and there were so many different breeds of rabbits. We were impressed by the various sizes of the rabbits. Our third stop was in the barn with the sheep and goats. The goats were

really friendly and the sheep were not. Diane liked the baby goats.

Our last stop was the horse barns. People treated their horses like a pet. Their barn stalls were well decorated. There were awards and ribbons on the door of the stall.

I like horse so I decided to do some research about horses in general. There are a lot of different breeds of horses. Too many to talk about in this article. So I will pick a few breeds to write about.

First, I will let you know about the paint horse. It must be white and one or more of the classic horse colors such as chestnut, bay [brown body with black points on the tail, mane and the hoof to around knee], brown or black.

Second, I'll tell you about the <u>Clydesdale</u> horse. This horse came from the clyde valley in Scotland. This horse weighs less than a ton! It is known for its sturdy, large feet. The Clydesdale in most often bay colored but sometimes roan. This means it has a reddish brown, brown, or black coat speckled with white or gray hairs.

Third, I'll talk about the <u>American</u> <u>Quarter Horse</u>. It is the top sprinter of the horse world. They can go 440 yards in 21 seconds or less. That would be really fast!! They often do ranch work or they work cattle.

At the fair there were so many different kinds of animals we didn't get to see them all!! There were pigs and llamas too but we didn't have time to see them.

My Dog Bailey

by Alison Martens



Lhasa Apso

I have a very cute dog. Her name is Bailey. She is a Lhasa Apso. She is white with a little bit of brown. She is a great companion for me. I can talk to her and tell her all of my secrets. If someone comes to the door, she barks at him or her. When we take her outside we say "Park" she piddles. Bailey has to eat special food so that her stomach does not get upset. She

likes to go for walks and bark at people as they walk by. Bailey likes to play with her toys. Her favorite toy is a stuffed dog. At night, Bailey sleeps in a little dog bed in my parent's room. During the day she stays in her kennel. I am glad that Bailey is my dog.

continued on p 8



Agnes Meier accepts the Franklin French Award while French looks on



Jamie Gulseth addresses the audience after receiving the Vivian T. Pope Award



Catherine Clodius at the MARC Banquet
Photos by Bill Authur



MARC Awards Banquet

by Catherine Clodius

On May 19, 2009 MARC held their yearly banquet at High Point Church and it was a really lovely evening. The evening started out by having social time and a silent auction preceded by remarks and memorial observations for those consumers who have passed away in the past year.

The dinner was absolutely wonderful and it was catered by Cranberry Creek Café and we had sliced turkey, with the best gravy, roasted red potatoes, salad and to top it off everyone's favorite different kinds of cookies along with water, soda and coffee.

The awards program started at approximately 7:00p.m. and first off MARC Employees were recognized for five, ten, twenty and 30 years of dedicated service to the consumers it serves. Next up were the Employer Appreciation award and the various centers nominate an employer who has been most helpful and kind to the consumers that work at the various job sites. Not to single anyone out but Judy Story received an award from the RAC for outstanding service and Jerry Fellenz also received an award for outstanding service. Last but not least Agnes Meier received the 2009 Franklin French award and Jamie Gulseth received The Vivian T. Pope Memorial Award. The evening ended with people paying for their silent auction items and taking them home.

This banquet was one of the most enjoyable ones I have attended and it's because we had room to move around to say hello to our friends

The International Timebank Conference Potluck

by Cindy Wegner

On Friday, June 25th I attended the Timebank potluck and open mic. It was held at the Campus Lutheran Center. People did a variety of performances including poetry and different kinds of music. That was my favorite thing. There was a lot of food. There were at least 200 people attending. A silent auction was held and someone bid \$30 for a box of M&M cookies and \$15 worth of coupons for ice cream from the Chocolate Shop on State St.

Anyone can join the Timebank by calling 663-0400 or through the Timebank website at www.danecountytimebank.org

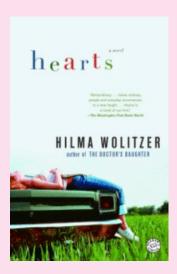
Page 6 CHOICES

Book Review by Christa Decker

Hearts

by Hilma Wolizter

This book is about a woman, Linda, and her teenage stepdaughter, Robin. Since Linda had married Robin's father only six weeks before he died unexpectedly, the two women barely know each other. They are driving to California to start over and Robin is going to stay with relatives she doesn't know; she is angry and resentful. Their journey gives them time to learn more about themselves, each other and what is inside their hearts.



What I liked about the book was the characters, not only Linda and Robin, but the other people they meet along the way.

What I didn't like about the book was that Robin smokes pot because she can't deal with her feelings and the secrets she won't share.

I would recommend this book to others who like to read about how people, who seem to have little in common, overcome their differences to build a relationship.



What is Poetry

by Emily Datta

Poetry is food for the soul poetry rocks and takes a role poetry is quiet as a mole it is found deep within your soul

Poetry is open and free, no wonder so are we. Poetry is hard as a sweet tart, we all know poetry really comes from the heart.

Infoshare: Quality of Life Day HEALTHY BODY = HAPPY YOU

Friday October 9, 2009
Alliant Energy Center Exhibition Hall
Registration Fee: \$10 per person
(Registration fee includes meals and materials)

Dr. Bill Schwab, UW-Madison, will talk about preparing for office visits and personal well-being. The morning workshops will include information on the following topics: Diabetes, seizures, a panel discussing how to prepare for ER visits and hospital stays, how to be a Great Personal Care Worker (and how to get the most out of YOUR support staff), and an introduction to the Wellness Inclusion Nursing (WIN) program at the Waisman Center. This session will include healthy eating and prevention diet demonstrations.

Janet Estervig will speak at lunch about nutrition, and there will be a new performance by Encore! Studio for the Performing Arts.

The afternoon will be filled with fun and active sessions: Yoga, Laughter Yoga, Dance Therapy, and Walking Your Way to Health. We will end the day with a game of Jeopardy! with prizes!

To register, call: James Mulder-Philyaw 608-265-9440 ext. 440 comm.training@waisman.wisc.edu









Announcement!...

The 10th Annual Halloween Costume Party

sponsored by The Arc-Dane County - will be held on

Sunday, November 1, 2009 from 2:00 – 5:00 pm at Pooley's, 5441 High Crossing Blvd, Madison

(located ¾ mile from Eastgate Cinema). This site is Wheelchair accessible with FREE parking available. Tickets must be <u>pre-purchased</u> from The Arc-Dane County for each person. (*Sorry, no free tickets for staff, attendants, or family members*). Be ready to enjoy Music, Dancing, Munchies, Parade of Costumes, & Door Prizes. The party is limited to 350 people on a first come – first serve basis.

COST: \$3.00 - Arc-Dane County member \$5.00 - Non-member

<u>Ticket requests</u> must be received by <u>Monday</u>, <u>Oct. 19</u>, <u>2009</u> for planning. Upon receipt of the ticket request and payment, the tickets will be mailed. Each family or agency is responsible for distributing the tickets purchased. If you have ordered too many tickets or need more tickets, please network with other DDC members. <u>When you receive your ticket</u>, <u>print your full name on the back of your ticket to be eligible for a door prize at the party!</u>)

NOTE: All clients must carry <u>emergency contact</u> <u>information</u> at the party.

All clients must provide <u>own transportation</u> to and from the party.

TICKET REQUEST FORM

Please list name and/or agency of person responsible for distributing tickets purchased.

Name:		
Agency:		
Address:		
City:		
Phone:		
TICKETS @ \$	3.00 (Arc-Dane Co. member)	\$
TICKETS @ \$	5.00 (Non-member)	\$
	TOTAL DUE:	\$

When you receive your ticket, print your full name on the back of your ticket to be eligible for a door prize drawing at the party.

Send form & payment (payable to The Arc Dane County) to: The Arc-Dane County, Paul A. Yochum, Exec. Dir. 6602 Grand Teton Plaza, Madison, WI 53719

Fax: 833-1307 * Phone: 833-1199 * email arcdane@chorus.net

New WIN Program a Winner at Waisman Outreach

by Jeffrey Johnson

The WIN Program (Wellness Inclusion Nursing) is designed to help consumers and their staff understand their health care needs. The WIN nurses will teach and train home staff how to identify problems and connect with community resources that are appropriate for the individual, such as Home Health nursing, Hospice Care, and medical specialists. WIN is currently only available to adults in Dane County receiving supported living services. WIN provides consultation and education but does not provide ongoing nursing care.

Bonnie Phelps is the director of the WIN Program and she does home visits as well as referrals for consumers that are in need of community resources. Bonnie started in January 2009 with the WIN program. Bonnie hired two more nurses this spring, Michael Shinners and Pam Keating. These nurses must have really good communication and nursing skills to work with people with developmental disabilities. Michael and Pam do home visits and train home staff. They check in with their clients and see how they are doing as well as support brokers and residential staff to manage their health care and navigate the health care system. Bonnie works closely with other agencies to provide support and education.

For more information or to make a referral to WIN, please contact Bonnie Phelps at bphelps@waisman.wisc.edu or 890-2842.

WIN Program Staff



Bonnie Phelps, WIN Program Director

Bonnie Phelps started her job at the Waisman Center as a nurse on January 5th, 2009. As the director of WIN (Wellness Inclusion Nursing Program), Bonnie does home visits, teaches clients, and takes them to their doctor appointments. Bonnie has three kids who

like sports and she takes them to their sporting events.

She likes reading and cooking and camping. Bonnie likes the people at the Waisman Center and says that we work well together as a team.

continued on p. 9

Page 8 CHOICES

Another rode a scooter. Ginger stood on a

huge beach ball and balanced on the ball

for a long time. For another trick Fred

caught the rings on his neck! When the

in a pool. They had a lot of fun

swimming.

show was over the bears went for a swim

The 2009 Dane County Fair, continued from p. 4

There were animals at the fair for entertainment too. We got to see the Welde's Big Bear Show and the Kiddie Farm.

The Welde's are a family where bears have been part of the family for 75 years. The bears the family trains are European brown bears.

This bear is related to the grizzly bear here in the United States. Bears are extremely intelligent; treats are used to help the bears learn their tricks. The treats are dog biscuits, fish, sardines and honey. Four bears were in the show we saw. Lucy and Tootsie are 2 years old, brother and sister and came out first. After them Fred and Ginger came out. They are 15 years old. One of them played basketball.



Welde's Big Bears, Fred and Ginger

At the Kiddies Farm, we saw baby chicks, rabbits and ducks. The baby chicks were so small they fit in the palm of my hand. My chick fell asleep in my hand when I was petting it. Diane's chick wouldn't sit still!! My chick was yellow and Diane's was brown. It was interesting to hold the baby chick in my hand.

We had fun at the fair. I hope you can go to the fair next year to hear the music, ride the rides, see the animals, and play the games.

You might learn something new too!!



The chick fell asleep in Dora's hand

Camp Wawbeek

Dan's 2009 Trip to Camp Wawbeek

Dan Remick

I was at Camp Wawbeek from June 14 to June 19 of 2009. We had very good weather up at camp. I had a very good time. We went in to Dells and walk round town, and also we went to Culver's for some ice cream in Dells.

I am going to be helping out Easter Seal of Wisconsin to raise lots of money for Camp Wawbeek, because Camp Wawbeek means a lot to me.

I love to come to camp every year; Camp Wawbeek is my home away from home. I have lots of special friends at camp.

No One Understands Me

By Dale Buttke

I talk as loud as I can,
I like to talk to women.
But it only just seems,
Like I can just only dream.

I talk to people I meet,
But my words seem to delete.
I like to go to the sea,
And also there,
they won't understand me.

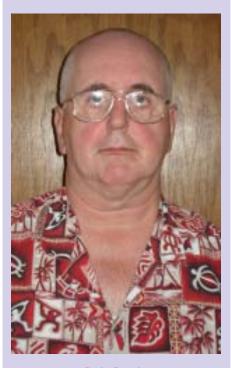
Will I meet a heavenly woman?

If only I knew when.

That will be a great sight,

Or will I be in a great fright.

And so I will stand here,
Will anybody hear me,
or go in tears?
But until then, I will be manly,
Will anybody understand me?



Dale Buttke photo by Stefanie Primm

SAVE THE DATES!

UPCOMING

People First

of Dane County

MEETINGS

All meetings are on Tuesday evenings from 6:00 to 7:15 p.m. at 122 E. Olin Avenue, Madison WI

- * September 15 * October 20
- * November 17
- * December 15 (Holiday potluck!)

SAVE THE DATES!

Kim Turner, Director of Options

by Dan Remick

Kim Turner is the director of Options in Community Living. Kim has worked at Options for 27 years. Options helped me to move in to the community of Madison, Wisconsin. Some people need more help then others. Kim likes working at Options because everyday is different, because she love to learn new things, and she has opportunities to help people get support and have good lives.

Kim said that she is just starting to plan for next year, but it may that Options may get less money and that will means less staff time, to work with clients in Madison. Kim said that Options is doing as well as they can and that the future will be good for all of our people and our staff. Options is planning to stay in the current location a couple more years, so Options is not going to moving any time soon.

Do you think that Options will support more people, in Dane County, or is Options going be limited? Kim said that is a real big question for Options, Kim said that Options does not know what the budget is going to be for Dane County. Do you have any favorite clients? Kim said that she won't answer that but tries hard to get to know everyone.

WIN Program Staff, continued from p. 7

Pam Keating used to be a nurse in Kenosha School District. She worked there for many years. She worked with kids who live at home with their family. Pam saw an ad in the Wisconsin State Journal for a position with WIN at the Waisman Outreach Center. She got the job on May 1st, 2009. She wants to learn more about the DD System so she can help people with disabilities.

Pam helps home staff understand what to do to help people with disabilities and their health problems. She likes all of her co-workers and her boss is Bonnie Phelps.

Michael Shinners started his job at Waisman Outreach Center as a nurse on March 5th, 2009. Michael likes to help clients manage their diabetes. He spends some time in the office and also does home visits. Michael works with people that have developmental disabilities.

He only works in Dane County. He likes the people he works with and helping his clients have better lives. Michael bikes to work almost every day and even bikes all over for home visits! He also bikes for fun on the weekends.



Pam Keating



Michael Shinners

Page 10 **CHOICES**

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 uness 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.

CHOICES by e-mail

Prefer to reduce paper coming in the mail? Choices newsletter 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:

Stefanie Primm, Editor The Waisman Center 122 E Olin Avenue Suite 100 Madison WI 53713 Telephone: (608) 263-5557

Fax: 263-4681

e-mail: primm@waisman.wisc.edu

Contributors: Jeffrey Johnson, KelsyAnne Schoenhaar, Dan Rossiter, Rachel Weingarten, Catherine E. Clodius, Howard Mandeville, Cindy Wegner, Dora Norland, Diane Christoph, Alison Martens, Crista Decker, Dale Buttke, Paul Yochum, Dan Remick, Emily Datta, Betty Wilczewski, Nan Cline

The next issue of CHOICES will be out in December. Contact the editor with ideas for articles before October 9. Articles due by November 6 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

Madison WI Permit #658 U.S. Postage PAID Non-Profit Org.

Madison WI 53705 1500 Highland Avenue 601 A mooЯ Waisman Center The University of Wisconsin-Madison

