



CHOICES

Making Self-Determination Real in Dane County

Spring 2017



By Jeffrey Johnson

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Movin' Out's mission statement is the following: "Movin' Out, in partnership with people with disabilities and their allies, creates and sustains community-integrated, safe, affordable housing solutions." Movin' Out has been around for twenty years. It was started by a group of parents with adults with disabilities who wanted their children be able to live on their own. People with physical, developmental, and mental health disabilities are all served by Movin' Out.

I interviewed Movin' Out housing counselor, Paula Tiffany, and Tim Radelet, executive director. Movin' Out is a non-profit organization. People with disabilities can use Movin' Out for help buying homes, renting, home repairs, and accessibility needs. People can learn about Movin' Out by word of mouth, their website, lenders, realtors, and human service organizations. You can also schedule appointments to meet with a housing counselor. Movin' Out will help people with disabilities that have low income by providing housing counseling and housing plans for several home buyers.

Movin' Out can help with a down payment. Sometimes they can help by giving a grant or a long term loan depending on how much funding they get for the year. People can get involved by calling the intake unit line and talking to a housing counselor.

<http://www.movin-out.org/>

Bear in Mind...



Monica Bear is Dane County's
Community Services Manager for
Developmental Disabilities

Life is what happens to you while you are busy making other plans."

Or to slightly modify John Lennon's lyrics, life is also what happens while you are waiting. As I endure a post-funeral, six hour layover in the Denver airport I have ample time to write a CHOICES column while pondering how waiting can

get in the way of moving on and how a good roommate match can forever enrich one's life.

People often ask, "How long is the Dane County waiting list? Will it be shorter in 2018 after Family Care/IRIS arrives in Dane County?" Most often what they are wondering is "When can I move out?" In Wisconsin, Dane County has the highest percentage of adults with developmental disabilities who live outside their parental home, receiving support from an agency they choose or staff they hire. Individuals typically reside in an apartment, duplex, or home in which they rent or own, sharing space and expenses with one or two others. Whether tomorrow, in eighteen months, or ten years, most people aspire to move out of their family home. How quickly that will happen in Family Care/IRIS depends on a range of factors such as a person's desired outcomes, their "assessed need", and the availability of resources. Family Care and IRIS ensure that every eligible person will receive some level of support. Together teams will figure out what constitutes a desired outcome and assessed need. In the future, individuals will need to prioritize limited resources, just as they do now. The speed with which individuals move out of their family home will remain an individualized process.

Leaving one's family home is a huge step but the housing counselors at Movin' Out can help individuals determine if home ownership or rental is the best option for them. Moving out can take several years but movin' on is a process that can begin now. Regardless of the level of support one requires, paid work is the first step. Work provides the funds to cover rent, purchase furnishings, buy groceries and build a small nest egg for emergencies. Dane County abounds with ex-

amples of working adults who are beginning to move on. They are learning to ride the bus to their job, grocery shop and cook simple meals. They are using technology such as smart phones, applications such as Skype and overnight monitoring through Night Owl Support Services to enhance independence and reduce their reliance on family caregivers and paid staff. They are using pre-loaded credit and debit cards to make money management and cash handling less risky. They are developing daily and weekly rhythms that include exercising, taking classes, practicing mindfulness, creating social stories, having lunch or drinking coffee in familiar places to develop social connections that can endure once they leave home. People's vision and creativity continually inspires me.

Movin' on is a lifelong process of joy, accomplishment, struggle, and sadness. While my main purpose for visiting Colorado was to attend a family funeral, I had the pleasure of reconnecting with a former roommate. Lisa hailed from St. Louis, I from Cleveland. We met through a mutual friend in Alaska and found ourselves in Madison going to college at the same time. We shared housing, meals, and late night conversations at a time when we both need to move on but neither could afford a place of our own. The friendship we formed has endured over twenty-five years and many life phases. Prior to sharing an apartment with Lisa, I had less successful roommate matches. Like many folks who receive support services in Dane County, finding a compatible housemate proved tricky. Sometimes things click; other times not so much. The young adults living at Overlook apartments are figuring out how to transition from being high school friends and acquaintances to adult housemates and neighbors. As Jeffery Johnson's story illustrates, if at first you don't succeed, try, try again. Persistence and resilience often yields eventual success.

While helping stretch people's paychecks, the rewards of compatible housemates far exceed their share of rent and utilities. I had the privilege of meeting Linda Dalzell and Kara Harper, remembered in this issue's "Transitions" section about the same time I met my roommate Lisa. Among those who grieved the women's passing and celebrated their lives were the long term housemates, friends and neighbors that they first met when movin' on.

ESSAY

MY THREE BROTHERS

By Gregory Cain

I have written about my brothers previously, but not exclusively, so that's what I am focusing on! So let's get on with it. I will start with my oldest brother Dean, and he had a twin she's one of my angels also, but we are talking about our relationship.

I cannot say that we don't get upset with each other, but we were never ones to talk about it just get over it, and move on with our love. We are brother we will always love each other no matter what, I got to tell you there were times when I was angry at him, but never, I mean never did I stop loving my brother.

When we were growing - up, I always looked up to my big brother! I wanted to be just like him. I would say to myself, he's so smooth, and such a good rapper to the girls, and he had many.

So what I would do is sit back, and try to act the same way it worked, but I had to be who I was because I realized that girls liked you better if you didn't try to be someone you are not, and beside there is only one Dean. I will always love him until the day I leave this world, he would always take me just about everywhere he with, we will always share these memories.

Now it's to time talk to you about my second oldest brother, {Chubby} whose real name is really Ronald, who also had a twin, but his twin passed away before I was born, but I can feel

him around me all the time like my special angel. My relationship has always been different, not better, and not worse just that we did different things like most brothers, with Chubby the concentration was on sports. That's ok. Because I was into it also even if I could never be better it was fun to watch him he was so darn good, which would get me more girls!

But I always have to find out if they like me for who I was, and not because my brother was a star at all sports. We would all go to my brothers games as a family, we always did support each other in whatever we did it was really nice seeing my brother play, and hear all them people cheer for my brother, and we would cheer just as loud saying that's my brother, and hearing my mom saying that's my son.

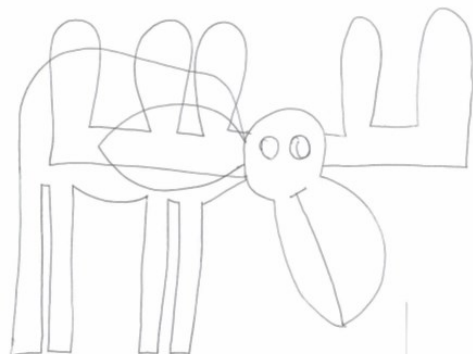
I would be lying to myself if I didn't say it would make me feel jealous at times, but proud at the same time, and it wasn't his fault she was just showing her feelings. I have to say I did like hearing Cain over the loudspeakers, it wasn't like he had a big head, or rub it in. It's not that I don't love Chubby! because I do, and always will, I am just saying how I felt at times. Now let's talk about my third oldest brother Jeffery things with me and him have always been different when he wouldn't talk to no one he would talk to me. Jeffery and I always

shared the same bunkbeds with him on the top bed, or the same room, Jeffery and I were closer brothers then you would think, maybe because I knew when wanted to, and he didn't want to talk, or shared Drum & Bugle- the experience we had in common together. My mom was so proud of us, she would come to all are show that where not too far away. She would be so happy, and she loved the way we looked in our uniforms. All my brothers were treated the same, I think I just had a hard time seeing that; now back to. He is another one of my brothers, I will love forever! Thanks to all my brothers for taking care of me.

COMICS

Bill Worthy

Moose



How to meet new people and make new friends

By Jeffrey Johnson

There are several ways someone can meet people with or without a disability and make new friends. A person with or without a disability can make new friends by going back to school. You can make new friends with people by going to social events, joining a support group, going out for coffee, and talking to people at the library. People with and without a disability can join People First Dane County or People First Wisconsin. There are several ways you can be a part of Wisconsin Special Olympics. You can meet people at the farmers market, the YMCA, and restaurants. I met my new friends at this class I took the class was through Madison College that was held at Middleton High School.

If you want to keep the friendship going try to meet up with them every so often.

I like meeting new people and becoming their friend. I joined a class called Dance and Move with my roommate and my girlfriend. A person does not have to have a disability to join this class.

You can meet up with friends at different events like the Winter and Spring Ball that are held at the Concourse Hotel in Madison. The ARC Annual Halloween Party is held at Pooley's Sports Bar, where you can see a lot of old friends that you have not seen in a while.

There are many other events like on the Art Fair on the square and concerts on the square where you can meet people. The other place you can see friends at the Taste of Madison. They can meet people that belong to different groups. Volunteering at the Brat Fest, Dane County Humane Society, Second Harvest and Maxwell Street Days are some other options. People with and without disabilities can join the Best Buddies Organization. Best Buddies will match the person up with a disability with a college student and have a friendship one on one. A person can volunteer for the Best Buddies Organization to help out. The other place you could see old friends and make new

friends as well at Self-Advocacy Day at the Capital in Madison. Also, at the fashion show for all abilities. The best way to introduce yourself you tell them who you are and tell them what your hobbies are. That way you can see what you both have in common. If you both like most of the same things this might be a good relationship for you.

Best Buddies UW-Madison Chapter

By Jeffrey Johnson

The Best Buddies International Organization started back in 1989. Best Buddies UW Madison Chapter started back in the spring 1988. This is a way to interact for people that have developmental disabilities to create a friendship with a college student. It's a good way to start a one on one relationship with someone.

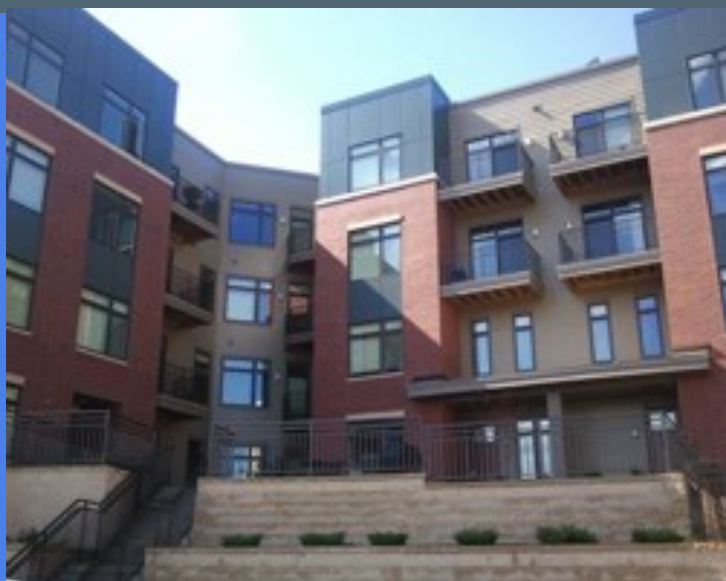
I think it would be a lot of fun for the UW Student and the person with a disability to learn about each other. I think this would be a great opportunity to make a new friend for both of you. I hope you and your new best buddy can stay connected with each other as your friendship grows. The more people with developmental disabilities the college students meets the more opportunity and friendships they will provide a person that has a disability and someone to spend time and do things with the student. This is a good way to meet new people and become their friend. This organization helps people with or without disabilities to work together.

Best Buddies Organization is involved in many different events every month. If you want more information visit the website <https://win.wisc.edu/organization/bestbuddies>, Contact Rachel Konetzke at 414.271.1470.

IN FOCUS: MOVING ON

LOV Overlook Group

By Stefanie Primm



In 2014, families in LOV-Dane began working together to create a tool kit to help move their sons and daughters out. This became the LOV Moving On Workshop Series, which a group of 7 families piloted in early 2015. Based on the input from families, the tool kit was filled with concrete and practical questions that helped them clarify their support needs and showed them how much funding they needed to make a move happen. It also encouraged families and individuals to dream up their ideal living situation. Families learned about how to find affordable apartments and scoped out neighborhoods they were interested in.

Four of these families had a shared dream that their loved ones would live near one another and could share a social life and supports. After the workshops they continued meeting with each other to think about and plan for this. By early 2016, one of the families had secured an apartment in a building they all liked on the near west side. During the Moving On workshops, they all identified this area as having their ideal neighborhood conditions. They loved that it was on many bus routes, had easy

parking and had grocery stores and Target nearby!

As the first young adult started moving in, the families got more serious in their planning. They identified possible times to share support, and filled out the necessary paperwork to move into the building. By September of 2016, all four young adults had moved in and began exploring the neighborhood. With support from the LOV Bridge Builder project, the young adults got to know each other and their new surroundings. They have other staff in the evenings and on the weekends, helping with meals, errands and recreation.

Prior to moving in, the families worked together to develop a detailed budget and plan. Dane County provided a modest capacity building grant of less than \$3,000 per person to assist the families in launching their plan. Brokers and families worked together to rearrange and share existing SDS funds to purchase needed supports. The group used technology to minimize paid support and stretch their dollars further. Families and young adults pooled their social and financial resources to

IN FOCUS: MOVING ON

fill remaining gaps. While parents remain highly involved they were surprised and thrilled to discover that their young adults didn't need nearly as much support as they thought they would.

Once the young adults made the initial adjustments to their new setting, they became much more independent in their day to day lives. One young man who has one-on-one support most of the time, shocked his supporters by getting himself ready and off to work independently when his helper was late. Another young man was used to his parents waking him up every day at home, and now he doesn't need any support in the mornings to get to work on time. All of the young adults agree that they feel more comfortable living independently because they know they have friends nearby.

Finding the Right Roommate

By Jeffrey Johnson

I lived in a white duplex by myself for about two or three years, from 1998 to 2000 and then my broker Linda found me an apartment that was wheelchair accessible on the Far East Side, near East Towne Mall. When I lived at Morningside of the Green, I had my very first roommate. We got along all right. From there I moved to Richmond Hill. There I lived with a difficult roommate. We did not do much together. He stayed in his room most of the time. After that I moved back to Morningside of the Green again, and then I moved to the Yahara River View Apartments, where I lived by myself for about five years.

Then I moved into my current apartment on West Main Street, where I lived by myself for about six years, but I was given a roommate who turned out to be very difficult to live with. I then lived by myself again until August of 2016, when they found someone for me that would make a great roommate. Joe and I have been friends for a while. I invited Joe to join me for dinner a few times at my apartment. He decided to move in with me on August 29 this past summer. He is so funny and easy to get along with! I think this is the very best roommate match they have had for me in a long time.

Joe and I like most of the same kind of food. We both contribute money for the groceries. My roommate and I are both very happy and I enjoy living with each other. Joe and I make sure to talk to each other often. My roommate likes to be alone at times. It's good to respect your roommate's preferences.



The Force for Positive Change – The Journey Up till Now and into the Future

By Jeffrey Johnson

The InfoShare Conference was held at the Alliant Energy Center on March 8th in Madison. Its theme was “The Force for Positive Change: The Journey up Till Now and Into the Future.” Monica Bear did the introduction and welcomed everyone to the InfoShare Conference.

Encore Studio for the Performing Arts did two skits about change. Two actors were given the scene to be on the beach in Hawaii. Kelsey and Christy also played the piano together. Later Kelsey asked Dan and myself a question about change. Dan said his change was good news. I said my change was bad. Kelsey asked me what the good change is. My new roommate Joe is very easy to get along with most of the time. He also is very nice and helpful most of the times. Joe can be funny and make me happy. I think Joe might be the best roommate I have had in a long time.

The first breakout I attended was *A Side-by-Side Comparison of Family Care and IRIS* with Dennis Harkins and I did a role play. I was the IRIS Consultant and that was kind of fun. Dennis talked about Family Care and IRIS: what was the same and what was different between the two. Dennis said when family care starts in 2018, people won't have brokers. They will have an IRIS Consultant or a Family Care

partnership. They will do the same kind of work the broker does now.

The other Breakout Sessions included “Conversations Navigating Family Care and IRIS. Perspectives from Individuals, Families, and Providers; and Ways to Incorporate Self-Determination into Family Care.” Heidi Van Nurden, a broker for an IRIS participant from Waukesha, and other speakers such as Ann and Paul Karch, speaking on Family Care, Lisa Karau, Abby and Marcy Tessman, Dawn Cieszynski, Mike Hipple-*Disability Ambassador*, talked about their experiences.

I went around with some my job coaches before the event and asked different business to donate to InfoShare. Several door prizes were handed out throughout the conference from local businesses. At lunch and breaks we were able to visit vendors and exhibitors. Marimba Music was played by Ricardo Vasquez.

If you could not attend the breakout sessions in the morning the same break out sessions were offered again in the afternoon. They thanked everyone for coming to the InfoShare they were handing awards and showed a movie clip of an Encore Member. I enjoyed the Encore performance by people with disabilities. I am looking to attend InfoShare next year.

The **Choiceey Awards** recognize the many good things that happen in people's lives here in Dane County. We believe it is important to acknowledge successes and achievements, both personal and organizational, in our lives and the lives of others.

**The InfoShare Committee is delighted to present the
2017 Choiceey Awards in the following categories:**

Exceptional Dedication in Community Building: **Kastan Molstad & Rachael Kramer**, LOV-Dane

Exceptional Vision and Innovation: **Alex Haunty**, Alex Haunty's Theater and Arts Fund, Inc.

Exceptional Partnership and Determination: **Zach McQuade**

Exceptional Employee: **Ben Xiong**

Exceptional Employer: **Keva Sports Center & Wild Birds Unlimited**

Exceptional Originality and Imagination: **Romano Johnson**

Congratulations to all this year's Choicely Award recipients!



Kastan Molstad with
Stefanie Primm



Rachael Kramer with
Nancy Alar



Alex Haunty with
Mike Alioto



Zach McQuade with
Amy Litzer



Ben Xiong with Jenn
Streator



Andy Justice, Keva
Sports Center, with
Wayne Englebrecht



Bob Ross of Wild Birds Unlimited
with Mary Jacobs et al



Romano Johnson, wearing
one of his creations

TRANSITIONS

In Memoriam

Linda Dalzell passed away on March 2, 2017 and she was a consumer in the CLC Independent and Stone-bridge Program. What the ladies will remember most was Linda's smile, her joy of life and being stubborn. But we all loved Linda and May she Rest in Eternal Peace.

Submitted by Catherine E. Clodius

~

Ed Garvey had an accomplished legal career fighting for worker rights, disability rights, and many other progressive ideals. Many in our area also know Ed to have championed the Fighting Bob Festival each year to promote civic engagement around progressive issues. Ed was a man of ideals and devoted countless hours and effort putting ideals to action. But I believe that Ed's greatest gifts were his warmth, his wit and his devotion to his family. Ed adored his wife Betty and their girls Pam, Kathleen and Liz. He was a dedicated grandpa as well as a friend to many. Memories that will live on forever include the weekly times he spent with Liz making pancakes and cookies and the countless rides around the golf course with her in the cart. Ed Garvey is missed by many, most especially his beloved family.

Submitted by Wendy Hecht

~

I have had the great good fortune to know **Ed Garvey** for over 30 years. Most people know and respect Ed for his strong social conscience. Ed has been an enduring presence in Wisconsin government, always promoting laws that benefit the citizens of our state and not big business.

I have also had the good fortune to know another side of Ed Garvey and that is as family man. I have witnessed and respected Ed as a husband a father and grandfather. Betty Garvey is ever a support of programs at the Waisman Center. Ed has three daughters all being a "chip off the old block". That is a saying meaning his daughters are warm, caring and fun people just like their Dad.

We all at Olin Ave have been lucky to benefit from the work of one of his daughters. How many have had great food at a meeting like InfoShare? It is likely that Rachel arranged for the food to be catered by Ed's daughter Liz! Her business is called Liz's Food for Thought.

The Garveys have always made sure that Liz was a part of the family activities. Ed loved to golf. I have heard many stories of Liz happily riding the golf cart around the course perhaps waiting for her father to find his ball in the woods – ha!

So to all of us, the best way to be sure that the spirit of Ed Garvey lives on is to take good care of one another.

Submitted by Paul White

~

Ed was a friend of my mom's and he was my good friend too. He helped me stay out of trouble when I was young. He cared about family and friends. All these years he has been helping many people. He was a special guy and I miss him dearly.

Submitted by Dan Woodson

CHOICES Newsletter



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Waisman Center
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...And the “Oh, Yeah’s...”

CHOICES is published quarterly to provide information about Self-Determination in Dane County.

The Next Issue

will be out July 2017. Contact the editor with ideas for articles before May 15. Articles due by June 15 or until the issue is full.

To Place a Connections Ad:

Submit Connections Ads to: Rachel Weingarten, Editor, 122 E. Olin Ave., Ste. 100 or weingarten@waisman.wisc.edu. We will run your ad for at least 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.

Choices is on the COW Website

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

CHOICES by e-mail

Prefer to reduce paper coming in the mail? If you would prefer to receive a link via e-mail, please e-mail Rachel Weingarten:

weingarten@waisman.wisc.edu

Web versions do not include Connections ads or Transitions information

Contributors to this issue:

Jeffrey Johnson, Bill Worthy, Gregory Cain, Stefanie Primm, Catherine Clodius, Wendy Hecht, Paul White, Dan Woodson, Monica Bear, and Rachel Weingarten

Please send your stories, comments, and suggestions

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

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Future CHOICES publications:

We are asking for articles related to the following topics:

July 2017:

CAREERS AND COLLEGE

Articles due by June 15, 2017

October 2017:

MAKING DECISIONS ON MY OWN: SUPPORTED DECISION MAKING

Articles due by September 15, 2017

People with disabilities, brokers, family members, support staff, or citizens at large are encouraged to submit articles.