



CHOICES

A Newsletter about Self-Determination in Dane County written by individuals with developmental disabilities, for individuals with developmental disabilities, their families, and supporters.

Vol. 17 No. 2 | Summer 2015

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ADA 25th Anniversary

Jeffrey Johnson

The Americans with Disabilities Act (ADA) is a national civil rights network that was put into law by George Bush in 1990. This year ADA is celebrating twenty-five years of this civil rights movement. Tom Olin, a photojournalist, drove the Road to Freedom Bus to 48 states in 2007 to raise awareness for the ADA. The ADA Bus Tour of 2015 brought a good and exciting message to spread awareness around Wisconsin.



Ending discrimination against people with disabilities in public places like at schools, jobs, and restaurants is the goal of the ADA. The ADA helps people with disabilities have the same opportunities as everyone else. For example, every person should have access to employment opportunities. Therefore, a company has to give the same opportunities to people with disabilities as someone without a disability. Accommodations are what the person with a disability needs in a job. The ADA makes sure that it will not be too much of a hardship on the company. The state and local governments, companies, and programs have to make all their services and activities accessible to all people with disabilities. Public accommodations are required in all places that provide services to the public. Additionally, telephone and internet businesses are required to create a nationwide program for telecommunication relay services that help people with hearing and speech disorders talk on the phone.

Under the Individuals with Disabilities Education Act (IDEA), schools have to provide a person with a disability accommodations and not charge them for appropriate public education. This ensures that schools make communication with a person with a disability as clear as someone without a disability.

On Thursday, June 25th they had the ADA Legacy Bus Tour at the Overture Center for the Arts in Madison. An exhibit open to the public had photos taken by Tom Olin. Jamie Guiscadre a guitarist, played classical, Latin, Jazz and world music. A photographer was taking photos in front of a photo booth. People could put on different hats, wigs and glasses. Corbet O' Toole's handmade ADA quilts were on display during the bus tour showing everywhere they have stopped around the United States. People got a chance to look at them and sign the quilts that were on tour.

Call for Writers and Artists!

Are you interested
in contributing an
article or comic to
Choices?

Please contact Angie
Klemm, Editor:
klemm.angela@
countyofdane.com

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Bear in Mind...



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

One of July's greatest joys is seeing photos of and hearing stories about Dane County's many young adults who leave school and enter the paid work force. In this newsletter you will find a shout out to all the employers of 2015 grads. If you want to read even more cool stories, check out the latest addition of the Family Support and Resource Center's newsletter by clicking on this link:

http://www.fsrecdane.net/library/docs/Newsletter_June_2015.pdf

Continuity of employment through high school transition is one of Dane County's proud accomplishments. Our young adults take many paths into the paid work force. Some work for large employers, small businesses, government offices or start their own micro-enterprises. Others complete training programs such as Project Search or pursue post-secondary education as a result of the groundwork laid by "Think College".

Multiple paths into the workforce exist because our community's spirit of innovation has compelled people to form unlikely partnerships. Local school districts, DVR and the county collaborate, to fund vocational training and on-going support. Families share business contacts and employment leads that result in paid jobs. Businesses provide training sites and jobs. Colleges and Universities increasingly create expanded learning opportunities for their traditional student base as well as people with disabilities. Innovations is not limited to education and employment as you can read in the article about the First and Main housing development in Waukegan.

Innovation keeps our community strong, vibrant and adaptable to an ever changing long-term care landscape. On September 30 the DD Network is hosting "A Celebration of Innovation" to highlight what we hold dear in Dane County. Through art, film, storytelling, music and networking we hope to strengthen and expand our unlikely partnerships. Whether you come for an hour or stay for the day, bring a friend and meet me at the Central Library.

ADA 25th Anniversary, continued from front page. Photos by Polly Naughton.



Opening remarks were made by Sandy Popp from Options for Independent Living. Gloria Reyes, mayoral aide, spoke about disability perspective from City of Madison. Joe Parisi, the Dane County Executive Director, spoke about community inclusion and access for everyone. The next speaker was John Haugh from Wisconsin Division of Vocational Rehabilitation (DVR). John spoke about the importance of employment for disabled people. Abby Tessmann, advocate and speaker for people with disabilities, spoke about living with a disability and her hopes for the future. Anna Gouker from Employment Resources Inc (ERI) and Blogger (annaworks.tumblr.com) spoke about what is next for the ADA.



Rap and Hip-Hop artist Lewis Elder also performed some songs. His raps were about his challenges living with a disability. While Lewis was performing, people took photos in front of the Road to Freedom bus. The group photos in front of the bus are a way to show support for people with disabilities and support the ADA. There were two last musicians that played. They were Johnny Crescendo, founder of Direct Action Network and Steve Mireau, artist and acoustic guitarist.

COMICS

Bill Worthy



Columnists

Mom is like the center of our universe.

By Dale Buttke

I often wonder if life will not exists,

Or will our lives persist

When mom passes away,

Will my brother and sister

Go on their own way

Or will they come to my aide

This I am very afraid

But life will never be reversed

And I will then say

Our mom was like the,

Center of our universe.

Columnists

SPORTS

TJ Schloss

May 11th, 2015 I went to see one of my favorite baseball teams. It was the Chicago White Sox. I was with my dear mom and dear sister, Talina. We went to Miller Park. We were sitting behind home plate. The miracle came, moma and I saw the broadcaster of the White Sox, Ken Harrelson. His well known nick name is "Hawk." It was fun seeing him. I saluted him and he waved back to me. I saw the White Sox play hard. I was so happy to see the White Sox first baseman, Jose Abreu. He's a fun player to watch. Seeing my favorite players is special because I feel like I'm cured from Epilepsy. My dear mom and dear sister kept me calm when I'd get pumped up. I wasn't in trouble, but we left before the top of the 9th inning because it was late. My dear sister, Talina, and I each have a baseball sticker book. It's fun getting stickers with Talina because we help each other by giving each other stickers we don't have. Miller Park is an awesome stadium. Moma and I saw Bob Uecker. I hope Bob Uecker and Ken Harrelson write memoirs or even autobiographies about their careers. My broker, Mary, said to me, "TJ, just go for it, just keep writing." I think men should log on to www.leanIn.org. It's to support women leadership. Sheryl Sandberg is the best-selling author of the book "Lean In." My moma and sister show leadership. It's time to show leadership for special women. Thank you.

Recovering From Many Kinds of Addictions

Michael Hwang

A long time ago, during my adolescent years, I spent too much time on the Internet. I was facing social isolation from peers. I wasn't connected to social groups. But later as adult, I taught myself how to overcome temptations by Internet addictions by being a part of church group like playing sports with them and socializing with them more every Sunday after the Sunday service. They helped me to control myself, because they cared about me. With their help, I'm able to feel the difference now.

Do you overly depend on the Internet? When you're not surfing the web, do you develop healthy relationships with others in reality? There are many ways to prevent many kinds of addictions. Learn

Columnists

how to recover from Internet addictions. These things can help you to get rehabilitated.

To prevent and/or recover from your Internet addiction, strengthen your social connections. The more you develop healthy relationships with others in reality, the less you'll surf the web for socialization. Manage your agenda with close people you know. If you're lonely, try finding social groups, like a church or volunteer group.

Next, identify the ways to discourage your Internet addiction. If you're feeling depressed, stressed, or anxious, soothe your unstable mood by yourself. Identify if you need some medications in these difficult circumstances or find sober friends who'll help you recover from the Internet addiction. In addition, limit your Internet usage. In particular, you could adjust a timer, make a timetable for how many days you use, or turn off your laptop or cell phone at the same time before you go to bed. Maybe you could reward yourself with a little online usage once you're done mowing the lawn or plowing snow.

In conclusion, you can prevent many kinds of addictions, but if the addiction becomes too much, you'll need to find ways to deal with it. Develop healthy ways of handling stress. Surround yourself with positive people. Do you want to quit all at once or taper off (slowly decreasing)? If you are the one who's having trouble, don't give up on yourself or others and keep getting emotional support. There are going to be setbacks. When you or someone else is addicted, learn how to manage behavior during these setbacks. Overall, get informed. Take advantage of all the new information and all that we know. The thing to remember is to acknowledge that you have an addiction. If you're having a hard time breaking the habit, get advice from someone to deal with it.

(This article is Part 1 of a Series)

SAVE THE DATE

BRINGING INNOVATION TO LIGHT: WHAT WE HOLD DEAR IN DANE COUNTY



September 30, 2015

10:00-4:00 Stories of Innovation

4:00-6:30 Innovation Celebration

(live music, complimentary food and soda, cash bar.)

3rd Floor Atrium and Community Room
Madison Public Library (Central)
201 W. Mifflin Street, Madison WI

Presented by the:



For more details, please visit: www.ddnetworkinc.org

Opportunity for Family Caregivers: Support for Caregivers

Do you ever wonder if there is an easier way to provide care to your family member?

Do you sometimes think you are the only one who has doubts about providing care?

Join us for **Conversations about Caregiving** specifically for **family caregivers**:

- Learn some techniques to provide care in a more efficient manner (moving, lifting and transferring are just some of the topics we will discuss)
- Lead by Jean Mueller, RN Family Caregiver Trainer at Catholic Charities- Jean has been a registered nurse for over 30 years and understands the unique challenges that family caregivers face based on her experience with both professional and personal family caregiving

Location:

Community Outreach Wisconsin
122 E. Olin Ave., Ste. 100
Madison WI 53713

Choose From Two Dates:

August 12, 2015
1:30-3:00

August 26, 2015
5:30-7:00

Please **RSVP** to Angie Klemm, SDS Coordinator: klemm.angela@countyofdane.com / 608-242-6473

EVENTS

Long-Term Care Advocacy Day

Jeffrey Johnson



Everyone met at the Madison Senior Center on Tuesday June 9th at 9:30 am to talk about the IRIS (Include, Respect, I Self-Direct) program that will end if the 2015 -2017 state budget passes. Many people with disabilities and their advocates came from all over Wisconsin to speak about the IRIS program and how it will affect them if the program ends. The IRIS program helps people with disabilities live more independently and self-direct their own care.

After the discussion and a short press conference, we all marched up to the capitol to talk to our senators or their staff about IRIS. The group I was with had our first appointment with Fred Risser's staff, Terry Tuschen. We talked with him about long term care and how the IRIS program gives people with disabilities more control over their services to help them live more independently. Terry and Fred do not support ending the IRIS program and said they would do whatever possible to help remove this from the budget.

If the 2015-2017 state budget passes at least four of eight Wisconsin Managed Care Organizations (MCOs) will be going of business. If the person with a disability wants to keep receiving long term care services, they will have to sign up for a new long term program through Family Care. It is possible that Wisconsin long-term care programs could run by big insurance companies instead of local organizations. This change will affect the 11,000+ people currently enrolled in the IRIS program who will be forced to be in Family Care by January 1, 2017. People with the IRIS program will lose the choice to hire their own support staff and self-direct their services.

When the Legislature votes on the state budget they can choose to approve, modify or remove changes to the state budget. Governor Scott Walker has the final approval on these issues. If he approves the changes to the budget will go into effect starting in 2017. If you don't know who your Senator or Legislator is go to maps.legis.wisconsin.gov or call the Legislative Hotline at 1-800-362-9472 for concerns about IRIS and Family Care.



EVENTS



The Spring Fashion Show by Gregory Cain

Friday May 29, 2015 was one of the most exciting days of my life. I was in a fashion show for the first time, and to say it was fun wouldn't be giving it, or myself the credit it deserves. In my opinion it was something I would like to experience over and over again. Part of the fun, for me, was meeting all the people. And it brought back all the anticipation of being in DRUM & BUGLE, waiting to go up in front of a lot of nice people you have never seen before, and praying you put on a great show and give it 100 percent. I know it is something to help bring people with abilities together, but it was more. I can only speak for myself, but it was more fun than I anticipated. To say there weren't any butterflies would not be fair to me or the other participants.

Because everyone had never been in front of a lot of people like I have, I knew more of what to expect. I still was nervous. You feel that way whether it's the 300, or 30,000 time, like when use I to march in Drum & Bugle. I always did like dressing up and making others feel good, not just myself, that's how I am. The best part, for me, is the fact that I always liked everyone telling me how good I look. I have always been a showman. The thing that really impressed me was the way everything

was so organized from all the volunteers and the audience participation. So, in my opinion, that's why everything went so well. And, I have to repeat it in my opinion, that is what made people feel so at ease. I have to say again, it was fun in my eyes seeing everyone so happy. I haven't felt that good since DRUM AND BUGLE CORP. I'm not too ashamed and big headed to say I did look great in my suit all the way down to my black and white shoes. I LOVED IT.

When you take everything into consideration, it was a fantastic night. The people who weren't there missed [excuse my frankness] one hell of a show. It's hard to put in the right words how well everyone looked and how it made you feel inside. In the deepest recesses of my heart, the last time I had a feeling of such happiness was when my kids were born. I also think what made the show so good was the fact that no one thought they were any better than anyone else.

(This article was condensed due to space constraints.)

Madison Farmers Markets, Reasons to Go

Polly Naughton

Have you thought of going to the farmers market? They have fresh fruits and vegetables, bakery, plants, flowers and other things you wouldn't think of. There are many farmers markets in Madison. I've been to Hill Farms and Hilldale markets. They are at University Avenue and Sheboygan Avenue on the west side. There is a website you could go to find a market in your area

<http://thealvaradogroup.com/2010/06/08/looking-for-a-farmers-market-in-the-madison-wi-area/>. You

could go every day but Fridays.

At the Farmers Market you can get the freshest fruits and vegetables harvested at their peak. I also think going to the Farmers Market is a good way to get out in the community and to support the nice people who are working there. Another reason to go is to help the planet. By going to the farmers market you are preventing the global warming by getting local stuff.



COMMUNITY PARTNERS/OPPORTUNITIES

Movin' Out

Jeffrey Johnson

Movin' Out is an organization that helps low income people with disabilities buy or rent their own homes. Movin' Out has helped 1,152 households in 67 Wisconsin counties. The Movin' Out organization was started back in 1992 when a group of parents wanted their children to have their own homes instead of being placed in group homes or other institutions.

Movin' Out provides housing counselors that assist with finding affordable housing for people with disabilities. They will make it easier and more affordable for the person with a disability to pay for the house. Movin' Out will make sure that the house is set up that way the person with a disability needs it to be. Movin' Out has been a good resource to help people with disabilities buy or rent their own home. Movin' Out also helps with loans to low income home owners with disabilities. The loans can be used for repairs or to make the house more accessible and safe.

Movin' Out has affordable homes and apartments for rent. Movin' Out has established itself as one of the Wisconsin's leading real estate developers. To learn more about Movin' Out, go to <http://movin-out.org/>.



A Movin' Out Story

A recent partnered Movin' Out project is the Wauwaukee apartment project. It is a 7.7 million dollar apartment complex with seventy eight apartments. The apartment complex has ten apartments set aside for low income people with disabilities. David Porterfield of Movin' Out will manage and co-own the property. The local investors of this project were willing to limit their profits to help provide affordable housing for the people with disabilities. The village of Waunakee also effectively subsidized the project. Beyond the local investor portion, Movin' Out also assembled a variety of different loans.

Will Spraetz moved into one of the apartments and wrote this about his new place:

I moved in on January 4, 2015 after a delay in the new apartment being ready. I have a 1 bedroom, with an open kitchen/living area, a good size balcony and a bathroom with laundry. Having underground parking is great! My view is of the street side, where the action is.

My parents, aunt and uncle helped me move with their trucks. We cleaned and unpacked the kitchen stuff a few days before the furniture. I got a new black couch and love seat and already had a bedroom set. I first heard about the apartment from Movin' Out back in June 2014. The best thing about living on my own is the freedom to do as you please! Cooking is kind of difficult, lots of pizza. Many neighbors have dogs and my 2 dogs, Scout (Chocolate Lab) and Gravel (Golden Retriever), can visit from home! I miss them. I hope to go to the park this summer and Culver's for one of my favorite things, ice cream. :)



Will Spraetz on move-in day.

COMMUNITY PARTNERS/OPPORTUNITIES

Dane County's commitment to vocational support for young adults is based on the belief that paid work is the most cost effective way for people with disabilities to gain respect, share ordinary places, achieve a sense of belonging and make meaningful contributions to our community. The paycheck isn't bad either!

Thanks to the following businesses who hired 50 young adults who completed school this year.

They include: Affordable Shredding, American Family Insurance- Vicki Wagener, American Family Children's Hospital, American Girl, Association of Wisconsin School Administrators, Barriques Coffee, Bonefish Grill, Buck & Honey's Restaurant, Burman Coffee Traders, Cento, Cherokee Kennels, Collectivo Coffee, CPU Solutions, Cummins, Dental Health Associates, Department of Revenue, Domino's, East Gate Cinema, Eddie's, Egg & I, Encore, Fairfield Inn, Falbo's Pizza, Fastenal Fountains, Freshii's, Future Foam, Gib's Cocktail Bar, Gordon Flesch, Greenway Cleaners, Hausmann Insurance, Kalscheur's Dealership, Kraft, Kwik Trip, Leopold Elementary, Liliana's, Little Caesars, Marquis Ballroom, McDonald's, McGovern & Sons, Metcalf's, Monona Terrace, Madison School & Community Recreation, Next Door Brewery, Options in Community Living, Park Printing, Pedro's, Pick N Save, Promega, Radisson Hotel, Rejuvenation Spa, Rosie's Café, RP's Pasta, Sacred Hearts School, Second Harvest, Shop Bop, Subway, Target, The Rifkin Group, UW Natatorium, UW Provisions, Viking Cue, Wal-Mart, Whole Foods, WI Dept. of Agriculture, Trade, and Consumer Protection, WI Dept. of Safety and Professional Services, Willie Ty's Eatery, Yahara River Coop



Tom Veek Retiring from the DD System

Jeffrey Johnson

Tom Veek, a support broker from Teamwork Associates, is retiring. Tom worked in several places in the DD System. He worked at Rock County Health Care Center for six months doing occupational therapy. He worked at Options in Community Living for ten years as a community support worker; that got him involved in the developmental disability system. Tom also worked as a support broker for ARC Wisconsin for eight years and Teamwork Associates the past two and a half years. As a broker, he brings support teams together and works on a

good support system. He gets to know people and their interests. Tom also does all the paperwork that is required behind the scenes.

Before Tom was a broker he worked for 20 years as an accountant at a family owned auto parts store. In Tom's free time he works and lives on a small farm. Tom cans and freezes food that he grows in his garden. He also raises chickens and likes to cook for and entertain friends.

Tom said the hardest part of being a broker was trying to balance all the deadlines and prioritizing what needed to be done first. Another hard part was writing plans about the people he supports and being the historian of the consumers. The hardest part was retiring and saying his goodbyes. Tom says the most rewarding part of his job is seeing people's lives enriched and seeing goals being met. He likes getting to know people and networking with everyone.

Tom thinks there is a lot of hope in the future because there are a lot of strong advocates in Wisconsin that will help mold the future in a positive way. On the other hand, there is staff turnover due to budget cuts. Tom would like to see more money going into the developmental disability system and more people making a career of it. Tom looks at retirement as slowing down. He is tired of winter driving and orange barrels. When Tom retires he will keep working with five people in Stoughton and also will be the advisor for People First, Stoughton. He will spend time on his farm and visiting and vacationing to small towns and antique malls.

Tom has known most of the people he worked with for twenty four years. They have become friends and have built a great relationship. Thank you Tom for all of your commitment and hard work!

FOCUS ON TRANSITION AND GRADUATION

College Bound

Jeffrey Johnson

More and more people with disabilities are thinking about attending college. Many people with disabilities do not know they have the option to attend college. There are universities and technical colleges they can attend. It is important to make a plan for attending college. People with disabilities can talk to family members, teachers and support staff to help them make college plans. There are many different resources and programs people with disabilities can use to go to college.

The Cutting Edge program at Edgewood College and Concordia University's Bethesda College allows students with disabilities to be able to go to college. The Cutting Edge program wants to give the students with disabilities the same opportunities other college students have. Being accepted into the Cutting Edge program is not based on your disability. It's based on your reason and encouragement to work in the community and be part of the program.

Most colleges have accommodations from Disability Resource Centers. A student can check with the admissions office about classes and find out about accommodations for people with disabilities. There are different ways to help people access the information of a course. Some options of accommodations include: help with note taking, course materials in large print, books on audio tape or CD, the professor may also make their notes available to the student if available.

Financial aid, grants and scholarships are different ways to pay for college. A student can apply for financial aid by filling out a FAFSA (Free Application for Federal Student Aid) to see if they qualify for financial aid. People with disabilities have to graduate from high school or have a GED to qualify for the financial aid. You must enroll in a degree or certificate program at a college to receive financial aid.



Jeffrey Johnson

I interviewed Molly Cooney about Think College program. Molly's co-worker Beth Sweden got a small grant to help start the initiative. Beth moved on to a new job so Molly took over. The Think College initiative started at the end of 2010 in Wisconsin. Many states have their own initiative and there is a national initiative based in Boston. There are lots of people with different disabilities that want to have options after high school and right now there are not a lot. There are not many options for people with disabilities to go to college.

DVR can support people going to college if someone wants to go to college as long as their courses are linked to their individual employment plan (IEP). If college credit is needed to reach their employment goal then DVR may pay for their class.

Molly thinks the hardest part in creating this program is making a "culture shift" happen. The Think College initiative is about changing people's minds. College is typically thought of for people who do well in high school and not for people who don't meet the college standards of courses. There are people at colleges that understand this and have wanted to make college happen for everyone. This change may take a long time. The biggest change seen is that the state budget will make it more difficult to pay for college. Molly hopes that there will more grants in the future from the Wisconsin Government. They are going to apply and hope they will receive money so that college will have more money to grow.

Molly thinks one of the big obstacles is how to get support in college. In high school people are already there to help. But in college, asking for help is what has to happen. Another big challenge is getting into college. After getting into college, try to start meeting professors of the classes that would be taken and how to get the best support from them. Some students do internships to build up their skills in the field they are interested in. Some students work while going to college.

Announcements

Kathleen Kiefer and Michael Alder celebrated their love in a commitment ceremony on Saturday, May 16, 2015 at St. Dennis Catholic Church in Madison. A reception with family and friends followed at Bowl- a-Vard. Guests were treated pizza, salad and cake. Kathy and Mike had been dating for 5 years. Mike proposed on St. Patrick's Day in 2013.



CHOICES Newsletter



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

...And the “Oh, Yeah’s...”

CHOICES Newsletter

is published quarterly to provide information to consumers, families, guardians, and service providers about Self-Determination Services in Dane County.

The Next Issue of CHOICES

will be out in October 2015. Contact the editor with ideas for articles before August 15. Articles due by September 15, 2015 or until the issue is full.

To Place a Connections Ad:

Submit Connections Ads to: Angela Klemm, Editor, 1202 Northport Drive Madison, WI 53704 or klemm.angela@countyofdane.com. 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?!

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

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 Angela Klemm:
Klemm.angela@countyofdane.com

Web versions do not include Connections ads or Transitions information.

Contributors to this issue:

Dale Buttke, TJ Schloss, Bill Worthy, Michael Hwang, Polly Naughton, Will Spraez, Gregory Cain, Jeffrey Johnson, Monica Bear and Rachel Weingarten.



Please send your stories, comments and suggestions

Contributions, comments and suggestions are encouraged and may be directed to Angela Klemm, Editor

Angela Klemm, Editor

The Waisman Center
1202 Northport Drive
Madison WI 53704
Telephone: (608) 242-6473
Fax: (608) 242-6531
klemm.angela@countyofdane.com