

CHOICES

Vol. 9 No. 2 - Spring 08 - WEB VERSION

A Quarterly Newsletter about Self-Determination in Dane County

What is the Dane County Timebank?

By Gary Messinger

The Dane County Timebank is working to link people to neighbors, organizations, and communities in ways that broaden the resources available to everyone — building community ties and community self-sufficiency.

Neighbors helping neighbors is as old as our species yet in the hustle and bustle of modern life we are losing touch with the pleasures of being in community. So the Timebank is using that tried and true model to reintroduce neighbors to each other and the joys of doing things for each other in reciprocal relationships.

Timebanking is based on a philosophy that our communities work better when all of our contributions are valued. It rejects the notion that we belong in separate classes of 'givers' and 'receivers' and establishes a way to value and reward all types of work — caring for our children, elders, and others who need it, building community, helping out our neighbors.



Here's how it works. For every hour you spend doing something for someone in your community, you earn one Time Dollar. Then you have a Time Dollar to spend on having someone do something for you. It's that simple.

When you need something like minor home repair, child care, companionship, an exercise buddy, or anything else, you can contact a member directly, or call the Timebank coordinator and ask for help. The

coordinator will set you up with a neighbor who can help you, and who has had an interview and basic background check like every other Timebank member. After the neighbor helps you they or the coordinator deduct one Time Dollar per hour of service from your account and adds the same number of TimeDollars to your neighbor's account. You can earn back the credit by helping anyone else in the network. You can also accumulate a few debits before you need to pay them back. It's easy to ask for help when you need it, and it's easy to have your unique gifts and talents

(See Time Banks, p. 2)

To Reach Gary:

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gary@danecountytimebank.org

Want to Join the CHOICES Team?

By Stefanie Gilomen

Do you love reading CHOICES? Do you like looking at the pictures to see how many people you know? Do you enjoy hearing the stories of other people working and living in Dane County?

If so, then CHOICES needs **you** to be on our team. We need people who want to write, take pictures or interview others about their experiences.

As the new editor of CHOICES I have decided, together with the Choices team, that more of the articles

in CHOICES ought to be written or thought of by individuals with disabilities in Dane County. As our tagline says, Choices is "a quarterly newsletter about self-determination in Dane County."

If you're interested in becoming a CHOICES reporter, we have an open meeting scheduled for **April 14, 2008 at 3pm at 122 E. Olin Ave. in Suite 100**. If you're thinking about attending this meeting, or interested but can't make the meeting, please call me at 263-5557.

If you are a service provider or anyone else with a story idea, rather than writing the article yourself and

(See Choices Team, p. 2)

Inside This Issue

Dan Sez, Choices Changes	2
News from Roving Reporters	3-4
ARC-Dane Datesaver	4
2008 Fashion Show Datesaver!	5
People First, Stoughton?, Friends First ..	6
News to Know, LOV-Dane	7
Web Friends, Ausome, Hospice	8
On the Street	9
the Oh, Yah's	back



by Dan Rossiter
 Manager
 Developmental
 Disabilities Services
 Dane County

Dan Sez...

Ah, ha. I do believe I see ground out there. It isn't quite grass, but at least it isn't snow! Now, I should probably be careful about what I say or we'll get another 10 inches of that "partly cloudy" the weather people are always talking about. And we usually get snow for the high-school tournaments, but spring is definitely around the corner.

Spring is the time of renewal, and by gum, looks like we have a bunch of new stuff growing up, in spite of the weather. While the Dane County Timebank has been around for a while, Gary Messinger (who used to work at Options in Community Living) is new to them and is going to dedicate his time help folks who get this newsletter get connected to our community. And Living Our Visions-Dane, an outgrowth of another community effort, called Assets. Amanda Bell, along with Stefanie Gilomen is helping to develop a county-wide family network to work on various aspects of connecting folks with disabilities to their communities. Check out their article on page 8.

It should be a lot easier to get around without all the snow, and if you are like me, I get "cabin fever" after being cooped up for the last few months. So, check out People First meetings, either Madison or Stoughton; check out the Connections ads; how about Special Olympics; or the Friends First group invitation by Jeffrey Johnson; and while it's a bit off in the future, plan on the Fashion Show; or you can always kick back and join Facebook.

For those who are wondering, the County still hasn't decided what direction to go on the Family Care question. If you aren't up to speed on Family Care, once the County decides, there will be a bunch of information available on what it's all about. And we will do our best to put up to date information in this newsletter. So, stay tuned a little bit longer.

Changes to CHOICES mailing

Change is in the air. CHOICES has a new editor and now we would like to change the number of Choices newsletters that we mail out. We're going to change from sending every individual their own newsletter to sending out one newsletter per household. We're hoping that you all don't mind cooperating and sharing your CHOICES newsletter with your roommates if you have them. This will help us save paper, trees and eventually the planet! If you have questions about this, please contact Stefanie at 263-5557. Thanks everyone!!

(Time Banks, continued from p. 1)

appreciated by others in the community!

It's a simple system, yet it also has profound effects. Time Banks change neighborhoods and whole communities. Time Banking is a social change movement in 26 countries and six continents. If you'd like to learn more, or join the Dane County Timebank (it's free!), please check out www.danecountytimebank.org. Also, please feel free to contact me for more information, or to set up an interview to join!

(Choices Team, from p 1)

submitting it to me, now you will contact me with the idea and we can discuss if it would make sense to send out a reporter to get the story.

Instead of having a deadline to submit articles there will now be a deadline for submitting ideas and it will always be printed on the back of the newsletter with the "Oh, Yah's." Any ideas that I receive more than one month before the next Choices is due out will be explored and put into the next Choices. If it is less than one month before Choices is due out, it will be included in the following Choices. I can try to make exceptions for time sensitive articles and announcements. So, if you have ideas that you would like to see written up for July's Choices newsletter, please contact me before **May 23, 2008**.

Dates To Remember:

Join the Choices Team	Monday, April 14 at 3 pm 122 E Olin Ave Suite 100 Stefanie, 263-5557
Ideas for Choices Stories	To Stefanie before May 23 263-5557, or smgilomen@wisc.edu
ARC-Dane Awards Banquet	Wednesday, April 23, 6 pm Pre-register (833-1199)
2nd Annual Fashion Show	Thursday July 24, evening Rachel at 890-0777 or weingarten@waisman.wisc.edu
People First Stoughton	Thursday, May 1, 4 pm Stoughton Senior Center Your broker, or Tom Veek, 669-6346
People First Dane	April 15, May 20, June 17 All at 5:30 pm, 122 E Olin Suite 100



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

The Benefits of Special Olympics

By Jake Casper
Oregon Special Olympics

Have you ever wondered about Special Olympics? Well, I can tell you all about Special Olympics. Eunice Kennedy Shriver started Special Olympics for people with cognitive disabilities, so they could have a chance to participate in sports.

Anyone 8-years-old and older can compete in the sports that are offered year round. If you are interested in what sports Special Olympics has to offer, you can go to their website: www.specialolympicswisconsin.org. Not only do you have the chance to play sports in Wisconsin, but you may be selected to participate in National Games or World Games.

Special Olympics are not just about sports. I have met people who have become my friends and mentors. They also have a program for people to get out and tell others about Special Olympics, called the Global Messenger program. Other ways to get involved are to volunteer at events, be a fan and cheer everyone on, or coach a sport.

Some of the sports I participate in are bowling doubles with my partner Steven Clerico, team basketball, track and field, and golf.

Special Olympics are very unique. You can tell this by the oath they say at every event. The oath is: "Let me win. But if I can not win let me be BRAVE in the attempt."

Look for more information about Special Olympics in the next issue of Choices!

Kaske Kronicles: What is Epilepsy?

By: Tom Kaske

Epilepsy is the damaging of the central nervous system in one's brain. Seizures can come and go at anytime. So a person who has epilepsy never knows when he or she is going to have a seizure.

Neurologists always give out a lot of different medications to the person, but there are so many types of epilepsy that some people need to take a lot of medications and others don't. Epilepsy is not a bad thing it's just something we have to live with.

Health Disparities Conference February 2008

by Dan Remick

I attended a conference on how to improve Health care for people with disabilities in Wisconsin on February 7, 2008. The conference was very good for all of us who have a disability in Dane County and Wisconsin. All of us have the right to have very good health care. There were quite a few people at this conference. I enjoyed meeting and talking to people. Our next conference will be in September of 2008. Small work groups will be meeting regularly between now and then.

DORA's PET CORNER



Fine Feathered Friends Bird Sanctuary

by Dora Norland and Stefanie Gilomen

Stefanie and I went to a bird sanctuary and they had all kinds of parrots, it was called Fine Feathered Friends Sanctuary. We saw an umbrella parrot named Milly and we get to pet her and hold her. She's called an umbrella parrot because she shapes her feathers like an umbrella. Unlike cats, parrots like to be under water and should have a shower everyday. Parrots like to eat nuts and dried fruit and vegetables better than pellet food. A parrot can live 70-80 years or more!!! Parrots need to sleep 10-12 hours per day and need consistency in their routine. While we were at the sanctuary the parrots followed our every move and climbed around in their cages to follow us around. For more information about Fine Feathered Friends, check out their website www.feathered-friends.com or call 608-541-0090.



Milly

Are you interested in helping the animals at the Humane Society??

I am planning a pet food drive to collect food and toys for the Dane County Humane Society. If you're interested in helping out with planning or making a donation, contact Stefanie at 263-5557 or Dora at 241-5431.

The ARC Dane County Winter Ball

By Jeffrey Johnson and Dan Remick

The Arc Dane County had their Winter Ball at the Madison Concourse Hotel on January 4th 2008. The ball was in the Madison Ball Room at the Concourse. The Epilepsy Foundation was one of the sponsors for the Winter Ball. Many members of the ARC board attended as well. There was a DJ there playing music throughout the evening. A lot of people enjoyed dancing throughout the evening.

Tickets to the ball were \$2.00 each and you needed to buy them beforehand. Dan Remick was helping out Paul Yochum collecting and selling tickets on the way into the Ball. Everyone that was coming to the Ball needed to make sure they had a ticket to be able to enjoy the evening.

They had hors d'oeuvres during the ball which included meatballs, egg rolls, chips and soda. The ticket includes the Ball and light snacks. The Epilepsy Foundation sponsored some hot and cold snacks at the beginning of the evening. It seemed to be a very fun night for everyone. There was a good turn out.



What's It Like Working For Encore?

By Jeffrey Johnson

Joe Wahlers is an actor who I interviewed about his time at Encore. I asked him several questions about being involved with it. Joe told me that he joined because he wanted to find out about acting and to see if he liked it. Joe has worked at Encore for five years. He likes working for Encore and thinks it is a positive influence.

Joe says he really likes acting. He says that acting feels good to him and he's always wanted to do it. While he's at Encore practicing, they do exercises and warming up games – like Improv.

Joe gets paid for his performances and most of their productions are at the Bartell Theater and sometimes at the Overture Center. He likes to pretend/act like other people or characters. Joe was in "Tidings for the Seasonally Effected" where he played a character that was upset and threw food at Thanksgiving.

Joe works for Wendy Prosis the Program director and Kelsy Schoenhaar the Executive Artistic Director. Kelsy also writes some of the plays that Encore puts on. In May, Encore will be debuting *Lost Track* at Bartell Theater. *Lost Track* explores bi-polar disorder in this sometimes serious, often comical play with music. Tickets are \$15/person and can be reserved by calling 608-661-9696 extension 6.

Save the Date!

ARC-Dane Awards Banquet

Wednesday April 23, 6 pm

Pre-Register by April 14!



The Arc-Dane County to Present Awards

The 58th Annual Awards Banquet will be held on Wednesday, April 23, 2008, at 6:00 p.m. in the Madison Concourse Hotel. Jeffrey Johnson and Dan Remick, members of The Arc-Dane County board of directors, will be helping to present awards at the banquet. Cost for the event is \$20.00 per person.

This year's awardees are:

Self-Advocate Peggy Fleming
Special Recognition Award Lasisi Ibrahim & Ron Braem
Community Support Jenessa Wareham
Corporate Support Advertisers Press Inc.
Volunteer John Leemkuil
Educator-Teacher Amy Wederath
Employer Econoprint (Verona) and Vita Plus Corporation
Adult Family Home Bethesda Family Home
Direct Care Giver Margie Anderson and Joanne O'Meara
Elected Official Tammy Baldwin
President's Award Ron Johnson
Lifetime Achievement Award .. Joan & Bill Burns

If you want to attend this exciting event and help honor these dedicated folks, call Paul Yochum at The Arc-Dane County office at 833-1199 to request details on how to register and order meal tickets.

You Must Register In Advance!

The registration deadline is April 14

We hope to see you there!

Don't miss the Fashion Show this year!

INFOSHARE PRESENTS: 2ND ANNUAL FASHION SHOW *FASHION IS FOR EVERYONE*

Thursday Evening, July 24th 2008 * Madison Concourse Hotel

Fashion is for everyone. That means taking care of and feeling good about your self every day. We'll talk about what this means and how you can do it in your life.



Surprise MAKEOVER!

We will choose two people from the audience for a surprise makeover.

Watch out, it could be you!

Do you want to be a part of the show?

Contact Rachel Weingarten to sign up to be a model, an exhibitor or a volunteer.

Email: weingarten@waisman.wisc.edu

Call: 608-890-0777

THANK YOU to Last Year's Retail Participants:

Pendleton Woolen Mills * Maurices * Cache *

Wild Child * Atelier-Art to Wear * SGK

Famous Brands Menswear * Suzen Sez * Jan

Byce Design * Katy's American Indian Arts *

Fat Cat Beads * Indigo Moon * Target

And, special thanks to panel members from

Pendleton and maurices, and hair stylist

Bee Khuu, Ananda Salon & Spa

Watch for more information coming soon!

**PEOPLE
FIRST**
of
**DANE
COUNTY**



People First meetings are held on the 3rd Tuesday of every month from 5:30 to 7 p.m.

Upcoming People First Meetings:

April 15 5:30 - 7
May 20 5:30 - 7
June 17 5:30 - 7

All at 122 E. Olin Avenue Suite 100

PEOPLE FIRST STOUGHTON?
Attention Stoughton Folks!

- ✓ *Are you interested in making your voice heard?*
- ✓ *Do you want to make a difference in your community?*
- ✓ *Would you like to increase community awareness about folks with disabilities?*

Then come to a meeting next month to help start a People First chapter in the Stoughton area. People First is a national organization with local chapters across the country. Members are individuals with disabilities, known as self-advocates, who want to speak up for themselves. There will be people from the Madison chapter at the meeting to talk about what they have been doing and discuss some things the group might want to do. We need you because it will be the people involved that will actually decide what you want to do as a group.

If this sounds like something you would be interested in
please come to the meeting on

MAY 1st at the Stoughton Senior Center
starting at 4 in the afternoon.

Talk to your Support Broker if you are at all interested in checking this out and they will make sure you can get there.

If you have any questions, call Tom Veek,
Support Broker, at 669-6346.

Friends First
UPDATE

by Jeffrey Johnson

The Friends First group is to get people with and without disabilities out in the community to have some fun together. The Friends First group is free, anyone can join if they have a disability or not. I would like help with planning so we can decide together as a group what the next event will be but to do that I will need some new ideas from you guys. We can talk about what you think is fun that people will go to and enjoy themselves. This group can be made up for all ages. It is a fun group to be part of. My goal is for people with disabilities to go out and meet new people and make news friends. I am trying to make this group more fun and enjoyable for people. The main thing about my group is to go out and do different things once a month. It is a great way to have some fun. If you're interested in helping me plan events, or attending the events we plan, please call me at 263-5556.

Introducing LOV-Dane: Living Our Visions

By Deb Hall and Amanda Bell

How can family find the “good life” for our adults with disabilities? They want to be valued members of our community who have opportunities for employment, recreation and meaningful relationships. As family members, we have been feeling isolated in pursuit of this vision. So began the new family group named LOV-Dane (Living our Visions). Seven months ago a group of families from across Dane County began meeting to share our common issues and think about what we could do collectively. Mike Green, an expert in Asset-Based

LOV-Dane is committed to supporting adults with disabilities to have fulfilling, community based lives full of family, friends and choices.

Community Development, has supported us to develop a strong sense of community through focused relationship building.

It sounds so simple, building relationships—yet learning to intentionally have conversations that share deeper meaning has opened new doors for us. Deliberate relationship building has been a powerful tool to determine what we want,

what we are motivated to work on and what we are willing to share with others.

LOV-Dane is committed to supporting adults with disabilities to have fulfilling, community based lives full of family, friends and choices. To reach our goal, we are developing a county wide family network to work on common priorities such as moving out and building community connections. This larger circle gathers monthly to share fellowship, hope, wisdom and action.

One such action is to partner with local cooperative experts to explore how cooperative structures might benefit individuals with disabilities and their families. This group has secured funding through a state wide grant to develop three learning events to support people across the state to explore how cooperative models could be beneficial. LOV-Dane is working with this cooperative group to host a forum for learning and discussion here in Dane County.

In addition to the larger circle, local circles are developing to explore possibilities and concerns in various areas of our county. LOV recently hosted a circle for families in the Oregon area. Seven families joined together in a local church to share experiences and think collectively. Ideas for collective action around local issues such as swapping respite and transportation were generated. In addition, families showed strong interest in joining with the greater LOV circle around high priority issues like creating

2008 BROKER FAIR

By Eric Miller



SDS Coordinator Eric Miller, center, chats with families at a previous Broker Fair

Planning for the 2008 Broker Fair is underway. An exact date and location are still to be determined, but likely will be held during the end of May at the Bishop O'Connor Center on Madison's far west side.

The Broker Fair is mostly for recent high school graduates who are transitioning into Dane County's Self Directed Services program. If you are graduating this year you will soon be getting an information packet with all the necessary information.

At the Broker Fair, Support Brokers that are available for hire meet with recent graduates, their families, guardians, and friends to begin the interviewing process.

If you currently have a Support Broker and are thinking of hiring a different Support Broker and would be interested in attending the Fair, please contact Eric Miller (SDS Coordinator for Dane County) at 242-6447 or miller.eric@co.dane.wi.us for more information.

LOV-Dane, continued

supports for young adults to move out and have strong community connections. After sharing this group experience, several families on the East side voiced interest in trying a similar approach to further grow the LOV family and also take action on local issues.

If you are interested in learning more about LOV-Dane, contact Amanda Bell at 890-0776 or Stefanie Gilomen at 263-5557. Look for more information about the Co-op Forum in the next Choices newsletter.

Make new friends on the web! The Compass - Facebook Group

By Stefanie Gilomen



Ever heard of the Facebook? Facebook is a social networking website. It is a fun way to connect to friends and family no matter where they live. A few

people thought it might be a good way to connect young adults with developmental disabilities to each other. We started a group on Facebook called The Compass and it is open to anyone who wants to join. You can use the group to make new friends, connect with old friends and let them all know about events you're planning or attending.

If you're already on Facebook, search for the Compass, and when you find us click on "Join this group!" If you can't find us, make sure you're part of the "Madison, WI" network, because that is where the group is located.

If you're not already on Facebook, joining is easy and free. Go to www.facebook.com and click on Sign Up. Fill in the information and create a profile. You can set privacy settings so that only your friends can see the information you include on your profile. Make sure you join the "Madison, WI" network and then search for the Compass and join the group. If you need help finding us, I am happy to provide technical support. Call me at 263-5557 or email at smgilomen@wisc.edu with any questions.

So far group members have used the group to organize bowling to make new friends and to get news about upcoming events they might be interested in. Members are also making new friends as more people join the group.



Choices is on the COW?!

Did you know that Choices newsletter has a fun color version that you can view online?? Check it out at:

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

AUsome Social Group UPCOMING EVENTS!

April 12 "Are you smarter than a 5th grader?" Quiz Show with James Williams, **from 1-3** at Midvale Community Lutheran Church, Saturday

May 10 Miniature Horse Demonstration, Saturday

For more information about either of these events, contact Nancy Alar at ausome@hughes.net

HOSPICE CARE: An Option at the End of Life

By Jennifer Cotter

Hospice Care services are designed to relieve or decrease pain and other symptoms for those who are nearing the end of life. Hospice services are available to individuals who have a diagnosis of a life-limiting condition. Many people receiving services have cancer, but services are available to anyone with a terminal illness such as advanced heart disease, lung and kidney diseases, dementia and other life-limiting conditions.

Hospice services include physician visits, nursing care, home health aides, grief counseling and social work services. These services can be provided in the individual's home and work with the existing support team to provide end of life support and symptom management. The goal of Hospice is to offer as high a quality of life as possible during the end stages of life.

Hospice also offers community outreach trainings, support groups, grief counseling and volunteer opportunities. Hospice is funded by Medicare, Medicaid and most private insurers. Services can be used in conjunction with an individual's Medicaid and waiver services.

To find out if you or your consumer is medically appropriate for Hospice Care call (608) 276-4660 or visit www.hospicecareinc.com for referral guidelines and other qualifying indicators.

ON THE STREET

Interviews
with Stefanie Gilomen

The question was:
**What is your
favorite movie?**

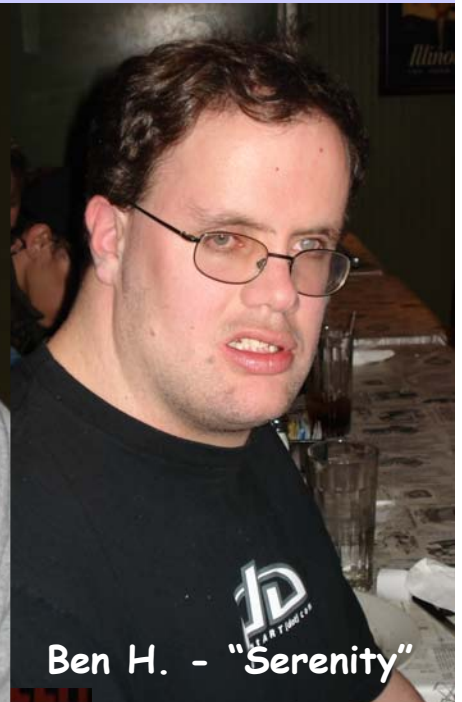
This group of young adults enjoyed seeing the movie College Road Trip and eating dinner at Pizzeria Uno's together on March 15th. To hear more about the group and to find out how to get involved contact Stefanie Gilomen at smgilomen@wisc.edu



Jeremy G. - "Lion King"



Sarah K. - "Juno"



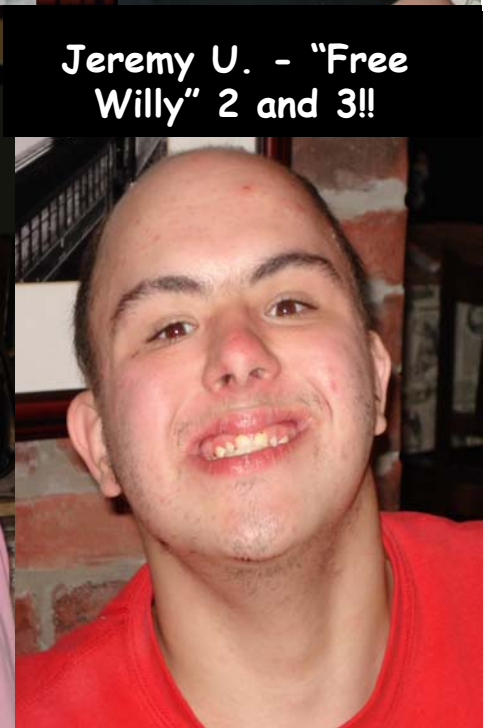
Ben H. - "Serenity"



Steve S. - "Semi Pro"



Jessica - "Free Willy"



Jeremy U. - "Free Willy" 2 and 3!!



the Oh, Yah's...

To place a Connections Ad

Submit Connections Ads to:
Stefanie Gilomen, Editor
122 E Olin Ave STE 100
Madison WI 53713
263-5557 smgilomen@wisc.edu
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.

CHOICES by e-mail

Prefer to reduce paper coming in the
mail? CHOICES newsletter is now
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you would prefer to receive a pdf or
link, please e-mail Stefanie Gilomen:
smgilomen@wisc.edu

Please Send Your Stories, Comments & Suggestions

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

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CHOICES newsletters are
available on-line at
<http://cow.waisman.wisc.edu>
Web versions do not include
Connections
ads or
Transitions
information.

**The next issue of CHOICES will be
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with your ideas for articles before
May 23, 2008. (Please see cover,
story "Want to Join Choices
Team?" for more details).**

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
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