



# CHOICES

A Quarterly  
Newsletter about  
Self-Determination  
in Dane County

Vol. 11 No. 2  
Web-June 2010

## Movin' Out and THE BIG MOVE

by Catherine Clodius

### Reporters Get-Together

Our next reporters  
get-together is  
Thursday, June 10  
from 4-5 pm  
at 122 E. Olin Ave.,  
Madison,  
in Suite 100

### Inside

Bear in Mind .....	2
Save the Dates .....	2
People First .....	3
Hawaii, Easter Seals.....	5
Call for Arts .....	6
Meet Waisman staff .....	7
Read, Dance!... ..	8
April Infoshare .....	9
And the Oh, Yea's .....	10

The ladies of Stonebridge were given the opportunity to move to Stonebridge Condominiums in 2008 depending on if Movin Out were given a grant to rehab 12 condos. That approval came through in January of 2009.

The reason for the ladies moving into Stonebridge was that the management of Valley Apartments wanted to totally rehab the apartments and move us into another building. Then they wanted us to move back to the building that we were living in. This would have been too cost prohibitive and the area wasn't the best place to be living in.

Jen Squire talked to Movin Out about what Valley

View Apartments wanted to do and they thought that they could help us and so they applied for a grant from the City of Madison and from HUD and so an application was submitted in July or August of 2008.

By September and October 2009 Stonebridge was a very busy place remodeling the units to make them ready for the CLC ladies and finishing up the remodeling just as we're about to move in.

In August of 2009 the ladies were given the opportunity to choose their cabinets in the kitchen and bathroom and most ladies chose Oak or Maple, but I chose Cherry. They also chose the accent

colors for the walls in the living and bedroom and most ladies chose Green or Blue, however, I chose a yellow/gold color.

The one thing that the ladies asked for was to have an in unit washer and dryer and that was done. Some of the washers and dryers are in the bathrooms and most are in the bedrooms depending upon the type of 1 or 2 bedroom condos.

We moved in late October with a lot of help from the CLC staff who helped us with last minute packing and cleaning. Right after we moved in Mary Myers of

Continued on p. 4

## DORA'S PET CORNER: K-9 Unit Dogs of Madison

by Dora Norland and Diane Christoph

I decided to write about police dogs for this newsletter. I was very interested in learning more about them.

The first police dogs were used in France in 1770. Police dogs were used later in Belgium and Germany around 1899. The first police dogs in the United States were used in New York City around 1907.

Dogs were used on a trial basis in Madison Police Department in the late 1980's. In 2004 the Madison department was able to form its own K-9 unit dedicated to serving the community. Both the Dane County Sheriff's department and the University

of Wisconsin-Madison have their own K-9 units too.

We were lucky to have the chance to meet with captain Vic Wahl of the Madison Police Department. He supervises the K-9 and the equine [horse] units in the Madison Police Department (MPD).

They have six K-9 teams in the MPD's K-9 unit. There are two new K-9 dogs named Josh and Slim. These dogs were the first to be named in memory of people. The other dogs were named after sponsors; for example, Martie was named after his sponsor, Animart!

Continued on p. 4



2 year old K9 Ivan, a German Shepherd born in Czechoslovakia, joined the MPD K9 unit in March of 2007.

## Bear in Mind...



**Monica Bear**

*Community Services Manager - DD*

Last Choices newsletter, Dan Rossiter had recently retired. While Dan's shoes remain hard to fill, in April I became the new DD Community Service Manager, necessitating a name change for this column. Bear in Mind now replaces Dan Sez.

I have lived and worked in Dane County since 1988, first as a social worker at Orchard Hill, then at Channels to Employment and the Waisman Center Community TIES program. Since 1992 I have worked for Dane County Human Services, initially as an adult case manager, then as

a case manager supervisor and program specialist for support broker services. I am committed to partnering with people with developmental disabilities, their families and support providers to ensure Dane County continues to encourage self-determination and full community participation.

At the April 30 Infoshare Dan Rossiter literally passed the torch to me (ok, it was only a grill lighter). Unfortunately he didn't bequeath me a money tree or printing press. Early predictions are that the 2011 budget will be tight although Dane County appears to be slowly recovering from the recession. Infoshare's theme "The Art of Living Creatively" sums up everything I love about living and working in Dane County. In spite of a lousy budget climate for the past five years, people continue to move forward, creating new opportunities and solving problems as they arise. At Infoshare (coordinated by Azalea, James and Rachel, the creative people featured on

page 7) nearly 175 people took time out of their busy, stressful lives to celebrate creativity. Li Chiao Ping's inclusive modern dance ensemble kicked off the day followed by Karen Crossley from the Dane County Cultural Arts Commission sharing numerous ways to incorporate creativity into ones life.

While my personal creativity is limited to helping my grade school aged children make craft projects from recycled objects and pieces of nature, I marvel at our community's abundant creativity. On page one you can read about how the women renting apartments at Valley View responded when they learned they had to move. They worked with Movin' Out, who in turn worked with HUD. Together they proposed a new way to use federal funding to assist with home ownership. Catherine Clodius tells us of the projects success, right down to the cupboard selection and paint preferences.

When artists and entrepreneurs decided they wanted to start their own

businesses, providers and funders stepped forward to help. My favorite discovery at the April Infoshare was the fabulous note cards and t-shirts made by Brianna Richardson. People continue to strive for more creative, effective ways to do job development. Jeffrey Johnson summarizes a Mike Callahan training he and others attended on systematic instruction. While not noted in this newsletter, Mike Callahan also led several trainings on customized employment this quarter. Even in this tough economy over 50 Dane young adults in Dane County are finishing their high school transition in June and entering the paid work force.

Tough times call for creative problem solving. While this can challenge and exhaust us it can also force us to try new things. Some of those new things work out pretty darn well. Just ask Catherine and the women at Stonebridge condominiums how they like their new homes.

## Save The DATES!

EVENTS by Waisman Center Community Training & Consultation



## Questions?

Contact  
Rachel Weingarten  
608-890-0777  
[weingarten@waisman.wisc.edu](mailto:weingarten@waisman.wisc.edu)

### **\*NEW Training\* Teaming: Addressing Conflict & Building Consensus**

**Presenters:** Sue Prodell and Josh Lapin\*\*  
**Date and Time:** Thursday, July 29: 9:00 AM – 3:00 PM  
**Location:** UW-Waisman Center Outreach: 122 E. Olin Ave., Ste. 100, Madison  
**Registration Fee:** \$15/session for Dane Co. DD Service Providers/\$30 any other

For support brokers interested in building stronger support teams, this training offers a variety of ways to address pre-conflict, conflict and post-conflict while working with teams. Topics include helping brokers prepare themselves and their team members for potential conflictual situations; defining consensus and providing a structure for building consensus; and offering ideas on how to stay strong and move forward after conflictual situations arise.

### **May Highlight\* Spring Fashion Show for All Abilities**

**On Thursday, May 27th, 2010: 6:30 – 8:00 PM** The 4th Annual Fashion Show for All Abilities was held at the **Monona Terrace** Community and Convention Center, Madison WI. The Fashion Show for All Abilities is a community awareness event, promoting accessibility and calling for respect and courtesy to all persons in a retail setting. The Fashion Show also encourages activities that promote the growth of self esteem in the models themselves. <http://cow.waisman.wisc.edu/fashionshow.html>

### **INFOSHARE: Date To Be Announced! Our next Infoshare topic is Nutrition**

You can view all our trainings online, as well as a printable catalog: <http://cow.waisman.wisc.edu/traincon.html> To register for any of our trainings: <https://www.surveymk.com/s/COWRegistration> <http://cow.waisman.wisc.edu/traincon.html>

# People First

## Learning about Systematic Instruction

by Jeffrey Johnson

### People First Meeting, February

by Cindy Wegner

We started the roll call at 6:00pm. Then we watched Mary Clare's YouTube video together. This was a lot of fun! We had pizza at 6:10pm. Ron Johnson discussed Arc of Dane County with us. He talked about all the fundraisers Arc does. He told us about using fruit sales to raise money. Ron talked about the Winter Ball (over three hundred people showed up!), the upcoming Spring Ball, the Halloween Dance, the golf tournament, and the awards banquet that will be held in April. He told us about the status of the Dane County Budget and about the upcoming photos in Choices.

### March Meeting

by Cindy Wegner

We had a 6:00 pm roll call. We planned for the next three meetings. We talked about advocacy issues and will be discussing the "R" word, the closing of institutions, and employment. Stephanie Rearick from the Dane County Time Bank and Monica Bear from Dane County Human Services will join us in the coming weeks. We will be attending JazzFest at the Union Terrace on June 5.

### Upcoming People First Dates

**June 5 from 3 to 5 PM: Fun, free event**-we will attend the Isthmus Jazzfest at the Memorial Union Terrace. We'll meet in front of the Union on Langdon at 3 pm and head around back to listen to Francesca Esme Johnson, a well-known Madison jazz singer. Bring money if you want snacks, a drink or ice cream!

**July: No meeting**

**August:** Guest speaker from the Dane County Timebank



Mike Callahan

I attended a two day conference called Systematic Instruction in Employment, by Mike Callahan. It was held at the Bishop O'Connor Building. The people that attended this conference were teachers, job coaches, and job developers.

The teacher, Marc Gold was who Mike Callahan learned from. In the early years, there were two coaches for every consumer. The support later changed to one on one support for consumers. Consumers can learn to follow coworkers, supervisors or job coach's instructions.

Consumers can get help from coworkers on a day to day basis. The support a person gets in a work place, whether they have a disability or not, is called natural support. Sometimes there is a need for outside support, an example of this is when a job coach works with a consumer.

The job coach will teach the next coach how to help the consumer without doing the job for them. The supervisor will explain the job duties to the consumer and to the job developer. They will take a tour of the work place. The job coach will see if the consumer has the ability to handle the job. The supervisor will explain the job to the consumer and the job coach and tell how they want the work done. Then the job developer and job coach will work with the supervisor to make a work plan for the consumer. The supervisor and the job developer will explain the amount of work to the consumer the expectations of how they want the job done. How

much information will be offered to a learner (consumer) at one time depends from person to person.

I learned from Mike that you don't have to tell the consumer good job all the time. It is a bad habit to get into because they will always expect you tell them "good job everyday. Over praising the consumer takes away from how they learn the job. If the job coach tells you are doing a good job each time you will always expect it. Then at a point they will not believe you anymore.

I assisted Mike Callahan on how to put a bike brake together. Mike was the trainer and I was the learner. I learned by watching him put together the first bike brake. Mike sat right next to me when we started to work together. When he was done he passed the responsibility over to me. I learned how to follow Mike's instructions. Then it was my turn to put together the other three brakes. When Mike and I were working together, most of the time he was very quiet. Mike only spoke to me when he was instructing me to do the next step. I learned how to do the job myself. It was a lot of fun working with Mike. He showed me how to make the job easier to accomplish within a business for the consumer.

If consumers with disabilities want to achieve success in their jobs they will want to find a job that they like and enjoy. This depends on their ability, what kind of work they can do and handle. The employers want the consumer to figure it out by themselves with as little assistance possible.

## DORA'S PET CORNER, continued from p. 1

The MPD uses either German shepherds or Belgian Malinois. They get their dogs from a seller in North Carolina. The dogs have to have four weeks of training with the officer or handler. The officer goes to North Carolina for that training.

The officer and his/her dog come back to Madison for several more weeks of training before they are ready to go on patrol. The dogs are always practicing their skills. The dogs must have at least 2 training sessions per month and must be recertified every year. The dogs can go on patrol when they are as young as 16 weeks old.

The dogs are trained in these areas:

- Searching for illegal drugs,
- Detecting narcotics,
- Searching for people,
- Searching for evidence,
- Tracking down criminals.

MPD dogs are trained as dual purpose dogs or multi-purpose dogs meaning they are trained in more than one area. If the K-9 dogs do a good job in training or on the job, they are rewarded with their favorite toy, like a tennis ball or chew toy.

Some other things we learned from Captain Wahl was that when a dog is sick or hurt, they go to the UW-Madison Vet School. The dogs also have their own ID badges like their handlers [officers]. Sometimes the dogs wear a bullet proof vest just like the officers. They don't wear

them all the time but wear them when they are working on serious, dangerous cases.

All the dogs expenses are covered by a group called "Capital K-9". Capital K-9 was formed by a group of volunteer community members just to help with funding the Madison police department's patrol K-9 unit. In addition Purina helps by donating all the dog food for the MPD dogs.

The officer and their dog are a team all the time. The dogs go to work with their handler and at night they go home with their handler too. The dog is considered part of the family and joins the family in whatever they are doing. When a dog retires he still stays with the officer and his or her family. The dogs have a home for life!

There is an event coming up called 'Dog Fest 2010'. It is on June 13th at Angell Park in Sun Prairie. For more information you can go to <http://www.capitalk9s.org>

We learned so much about the K-9 unit and what they do for this community, that we wanted to share it with you.



Officer Rose Douglas and her K9 partner, Martie, are the newest additions to the MPD K9 unit. Martie is a Belgian Malinois, born in 2007 and imported to the United States from Europe. Officer Douglas has been a Madison Police Officer since 2005; she and Martie have been part of the K9 unit since February of 2009.

If you want more information about the MPD K-9 unit go to: <http://www.cityofmadison.com/police/specialunits/k9/>

## THE BIG MOVE, continued from p. 1

Movin Out came around to introduce herself to the consumers and the staff to see what needed to be done and some things were like having grab bars installed in the bathroom and railings installed on the ramp leading up to the 2420 entrance on Independence Lane.

All of the ladies seem to be enjoying living at Stonebridge and we are meeting our neighbors and this summer we will be having lots of cookouts as we have grills in the courtyard.

Even though there are 15 ladies living

here at Stonebridge we have been given the opportunity to travel and in February we traveled down to visit the Jelly Belly Factory and have lunch with one of our former skills teachers.

The ladies would like to thank Jay and his wife for holding open the condos and to Movin Out and HUD for making Stonebridge a place we are proud to call home.

The ladies would like to thank the following individuals for making the move to Stonebridge Condominiums possible. They are: *Jay and Sally*

*Bruner*, Owners, Bruner Realty  
*Howard Mandeville*, Executive Director, Movin Out  
*Mary Myers*, Property Manager, Movin Out  
*Dave Porterfield*, Housing Development, Movin Out  
*The entire staff of Community Living Connections*

## Darwin & Randy's Big Trip

by Dan Remick

This article is about Darwin Ness and Randy Wilkens who went to Hawaii for one week. They went to Hawaii in January and had a very good time. It was a very special for Darwin and Randy. Darwin will be 80 years old this year. Darwin and Randy met lots of people at Waikiki Beach, which is 5 miles long so they spent lots of time walking on the beach. They took lots of very nice pictures. The weather was very warm in the 80's, not like Wisconsin at that time of year. They went to Honolulu Zoo where they saw lots of animals. They saw lots of sea animals like sea turtles and dolphins at the Sea Life Park.

Darwin and Randy had lots of good food to eat while they were in Hawaii. They also saw many interesting performances. They went to watch a luau at Paradise. There was a Samoan fire dance. They went whale watching on a boat

called Star of Honolulu. They saw 6 big whales and many dolphins. Darwin and Randy went to 2 free concerts while in Hawaii. All the Hawaiian music Grammy nominees performed at one of the concerts.

Darwin and Randy took a trip to Sunset Beach on the north shore. It was a 4 hour bus ride to the north shore which is a popular destination for surfers. Randy and Darwin visited a store on the north shore that claimed they invented shaved ice, so they had to try it!

There are lots of people from all over the world that spend vacation in Hawaii. Even though they speak many different languages every one learns a few Hawaiian words that they use to communicate.

The largest part of the Hawaiian economy is based on tourism. This may be the reason that Randy found Honolulu to be one of the most accessible big cities in the USA. Darwin and Randy said that they would like to go back to Hawaii again and stay forever. I am really glad that my roommate Darwin had the opportunity to visit Hawaii.



Waikiki Beach, Hawaii, where Darwin and Randy met lots of people

## Spring Ball

by Cindy Wegner

On Sunday, March 21, Arc held their Spring Ball at the Concourse Hotel. We had the same disc-jockey we had at the Winter Ball. He played all sorts of good music and some people really danced. There was free soda and free snack foods. Lots of pictures were taken and there were even corsages. Over 300 people attended.

## Easter Seals

by Dan Remick

I interviewed Mr. Ken Saville from Easter Seals of Wisconsin. Ken has worked for Easter Seals for 33 years, and he was the director of Camp Wawbeek for about 6 years. Ken assured me that the future for Camp Wawbeek will always be to help people with disabilities. He also said that the Easter Seals budget will stay about the same despite recent financial troubles around the state, and as they add programs their overall budget increases but funding must be found to cover these increases. "To do this we fundraise with local groups like Kiwanis. We are a very stable organization that meets the needs of people with disabilities. We think that the camp should continue many years," reported Ken.

Camp Wawbeek has plans to remodel the dining hall. Right now the camp has about half of the money it needs. The hope is that the dining hall remodeling will be done in about 2 years.

Camp Wawbeek will continue to run their normal schedule of programs including winter camp, which is more for the younger people because not many adults attend. The camp will continue the pioneering group which does more camping out. This outing was moved to July so will hopefully have better weather.

I asked Ken if there are plans for Easter Seals to get any bigger. He said that the camp is full right now. Despite the full schedule they are looking to add a weekend for veterans.

On a personal note I love going to camp every year. I like meeting lots of new campers and counselors. I will never stop going to Camp Wawbeek .

## Daytrippers

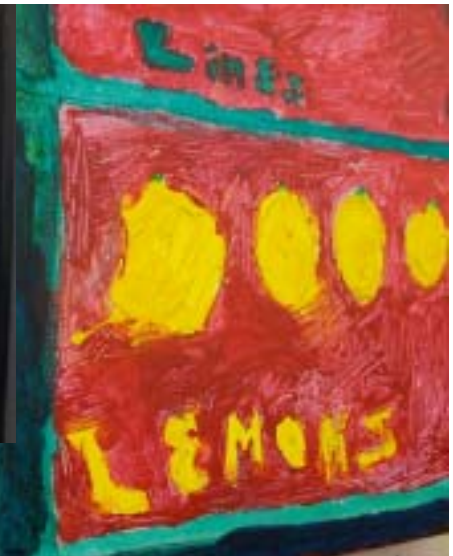
by Cindy Wegner

The Daytrippers went to Fort Atkinson's Fireside Theater to see Joseph and the Amazing Technicolor Dreamcoat. The play was very interesting. We had dinner and went shopping in the Fireside Shops.

## tHe aRtS



**The Call for Art Exhibition** by Cindy Wegner. VSA Arts of Wisconsin held an art show on March 20. The show was called "The Call for Art Exhibition." VSA showed paintings from a number of artists, including categories for adults, children, and youth. Awards were given out for artwork. There was a winner from each category. VSA explained its purpose and what they do to help artists. Paintings were for sale. A variety of appetizers were served. **Above right, Cindy and Alexis at the Exhibition.**



### VSA Arts of Wisconsin Art Collections Awards Ceremony

by Jeffrey Johnson

VSA Arts of Wisconsin Collections Awards Ceremony was on March 20, 2010 at the East Point Plaza in Madison. Crystal Chesnik is the project coordinator for the Call for Arts through VSA. I have three friends that had artwork in the show. Their names are Phil Porter, Gary Lynch and Cindy Wegner.

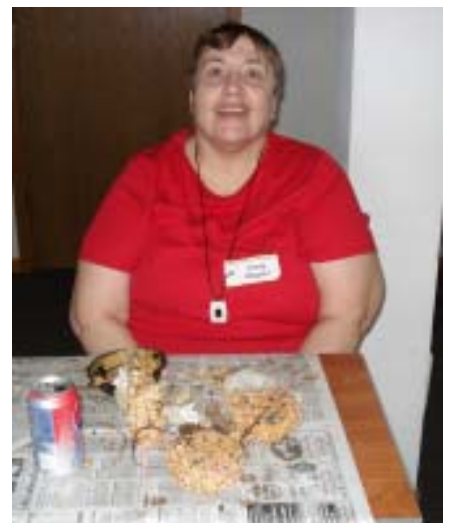
During the event all of the art pieces had a number on them. The guests at the open house walked around and looked at each category and voted on which one they liked best. The viewer's choice award winners are Shomari Miller, Jay Roth-Reynolds, and Melinda Flessert.

There was an awards ceremony. The jurors gave out many awards, some winners include: Phil Porter, Jon Pfeiffer, Dan Severson, Seth Albertson, Cara Swedeen, Jennifer Angle, Shelbi Watnem and Jacob Martin.

### Art Workshop with Mary Ellen

by Cindy Wegner

Waisman Outreach had an art workshop to make birdhouses. We made birdhouses out of bagels, ice cream cones and pinecones with peanut butter to help the birdseed stick. We made birdhouse magnets out of construction paper. In May, we are going to do some painting. Mary Ellen is a good instructor!



**"Cindy and Bird Feeders" at the Art Workshop With Mary Ellen**

## Waisman Center Community Outreach - Training & Consultation

by Jeffrey Johnson



### James Mulder

James Mulder is the Office Manager for UW Waisman Center's Community Outreach Program. James started his new job here on December 12, 2005, the day after his birthday. He does online registration work, office projects, front desk duties, computer projects, and gives all of his co-workers a hard time. James said this is his dream job and he likes his co-workers. He enjoys working with Waisman and always has a good time at work. He likes to sleep in late and go on walks in his neighborhood during his free time.

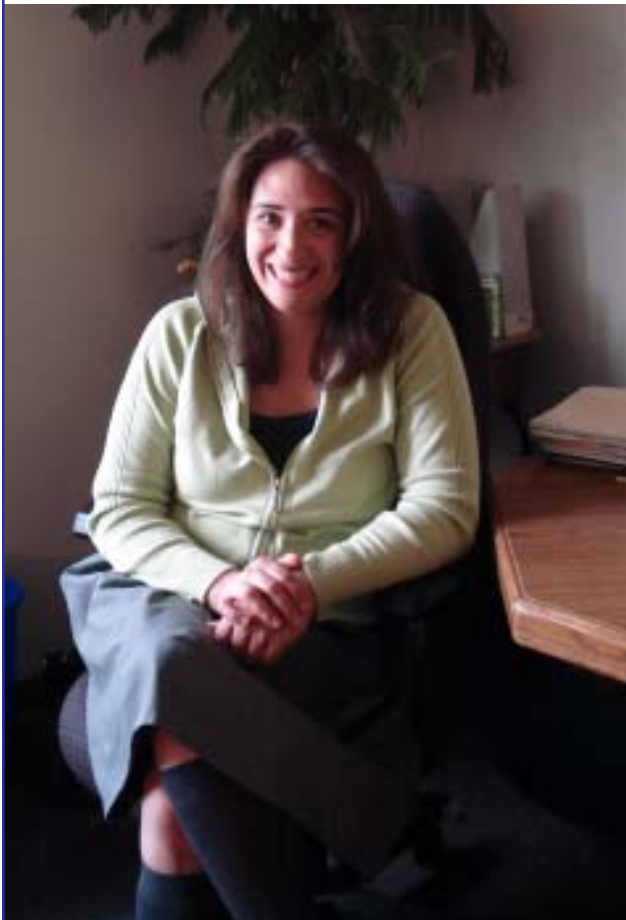
### Azalea Heinz

Azalea works at the Waisman Center Outreach Programs. She really enjoys bugging coworkers Amanda and James and gives both of them a hard time. She does all of the shredding for the office and does a very good job. She likes to have fun at lunch until her bus comes to pick her up. Azalea likes being in the Fashion Show. She has been in the Fashion Show three times. Azalea likes it because she really enjoys modeling and going down the runway in her wheelchair. Azalea likes getting her hair done and trying on new makeup. She likes to dress up and sample new outfits; it makes her feel very special. For the show itself, everyone walks down the runway individually in their new outfits, each to a different song. Azalea enjoys dressing up and walking down the runway so everyone can see how pretty she looks up on stage.

### Rachel Weingarten

Rachel Weingarten started as the Office Manager years ago at the Waisman Center Community Outreach Program. She ran the office and coordinated events at Olin Ave. After a year and a half doing that, Rachel applied for the Training and Consultation Coordinator position and got it. Rachel's first day on the job, also her best day, was at the Infoshare Conference held at the Alliant Energy Center. At the Waisman Center she is responsible for organizing trainings and other events. Rachel is also an administrator for the College of Direct Support, a supervisor for James, and updates Waisman Center's web site by posting events. She likes to play with her

two cats and enjoys cooking, but playing with her young son takes up most of her time. Rachel likes to go see bands play around town. She also likes to do some gardening on her free time.



**BOOK REVIEW**  
by Christa Decker



## The Narrows

by: Ann Petry

This story, which takes place in the 1950's is about a forbidden love affair between an unemployed Black man who falls in love with a rich, white, married woman. The community of Monmouth, CN is shaken by both the personal and community tragedies that take place.

I enjoyed the book because it is interesting and I think others will think so too! I didn't like the fact that the married woman had an affair and cheated on her husband. I am definitely recommending this book to others who enjoy a good story.

## US Census 2010 survey

by Jeffrey Johnson

The definition of Census is the way a government counts people. The U.S. government sends a Census form out to all US citizens every 10 years to count how many people live in the United States. The people from the Census Bureau will send everyone a package of information and a list questions they want you to answer. When you are finished answering the questions you mail it back to them. The first U.S. Census happened in 1790.

The reason for the Census is to see how many Representatives from each state get in the House of Representatives in Washington DC. Also it helps the government decide how to disperse funds to build roads, hospitals, schools, and senior centers. Other things the census help fund are bridges, tunnels and other public projects. If you want to know more about the Census you can call 1-800-923-8282 or visit their web site at [www.ask.census.gov](http://www.ask.census.gov).

## Mom

-- Dale Buttke

Mom is like center of the universe  
Mom is the center of our universe  
We all like to make life reverse  
But one day we will be gone  
In Heaven, we will meet God's son

I often wonder, will life not exist  
Or will life persist  
Only God will come and say  
Time's up for the judgment day

When Mom goes to Heaven  
We all will be grieving  
I will say that she was  
our center of the universe  
Will my brothers and sisters dispute  
Go their own way, I'm afraid  
They will not ever come to my aid

And Mom is like our lifeline  
But for now, everything is fine  
And when God comes and says  
It is time for the Judgment Day  
And Mom was the center of the  
Universe



## April 2010 Infoshare: The Art of Living Creatively



“Infoshare Dancers” An opening performance by Li Chiao-Ping

### Infoshare!

by Cindy Wegner

On Friday, April 30<sup>th</sup> Waisman Outreach had an Infoshare called “The Art of Living Creatively.” We had breakfast and entertainment and I introduced our keynote speaker Karen Crossley, who is the director of the Dane County Cultural Affairs Commission. There were workshops and I chose to go to “Flower Arrangement and Design” in the morning. After lunch, I went to a photography workshop. At the end there were door prizes.



“Drumming” Infoshare participants explore their creative side by trying West African Drumming

## CHOICES Newsletter



The University of Wisconsin-Madison  
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#### **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  
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Contributions, comments and suggestions regarding CHOICES  
are encouraged and may be directed to:

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The next issue of CHOICES will  
be out in September. Contact the  
editor with ideas for articles  
before July. Articles due by  
August 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](http://cow.waisman.wisc.edu/publications.html)