



# CHOICES

A Quarterly Newsletter about Self-Determination in Dane County  
Vol. 13 No. 2 Summer 2011

The next issue of CHOICES will be out in October, 2011. Contact the editor, Stefanie Primm, with ideas for articles before August 15.

Articles are due by September 2 or until the issue is full.

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## Rallies at the State Capitol 2011

### By: Jeffrey Johnson

April 6<sup>th</sup> was Disability Advocacy Day at the state Capitol in Madison. This was put on by BPDD and the Survival Coalition. People with disabilities, their supporters, and self-advocates met at the Tommy Thompson Building two blocks from the Capitol. I went to the joint finance committee hearing. They gave information about Medicaid changes in the 2012 budget. I learned that fewer elderly people with and without disabilities have been enrolled in Medical Assistance programs, but that enrollment has increased this year compared to the past few years. I also found out that although enrollment has increased, the budget has decreased and this worries the disabled and the elderly in the community. There were people who spoke about health

services enrollment in MA for people that have developmental disabilities. Disabled people's enrollment has increased and is going up every year, but enrollment in Badger Care Plus Core Plan is decreasing every year. The Foster Child program and the Well Woman MA program are going up every year as well.

The program called Former Family Planning Waiver is estimated to increase the number of enrollees, as well as the program called Limited Benefit Medicaid Eligible.

We are in a big bind because the Republicans got their way. Scott Walker thinks that cutting our benefits will fix the problem in the budget right now. He will not listen to or work with people with disabilities. If he cuts the Medicaid Program it will hurt a lot of people with disabilities and the elderly.

### By: Jeffrey Johnson

My job coach and I went to the rally on the Square on Wednesday, February 16 2011. It was really packed around the square when we started walking up State Street. It was clear to my job coach, Blaze, and I that most of the people on the street were leaving the rally or walking up with us. When we arrived at the inner square on Mifflin Street and State Street, we saw that most of the protesters were high school and college students; there were many middle school teachers as well. At the Lake Street side of the Capitol we saw a large group of fire fighters and their families. When we were walking down the street we saw the fire-



Firefighters Protesting on Madison's Capitol Square

Photo by: Jeffrey Johnson

men's union, whose rights are not under attack, and their families walking down the street advocating for others people's rights. We saw many people holding up signs, and fighting for their rights.

## Bear in Mind...



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

Sadly this CHOICES issue contains obituaries for two of my great teachers, Kelly Manthe and Carol Moen. I met Kelly in 1988 within weeks of my move to Madison. Carol and I first crossed paths in 1992 when I began working for Dane County.

Long before I had ever heard the term "self-directed services" Kelly and Carol had well-formed visions for their lives. Demanding help with everything from an end to cold bologna sandwiches for lunch to termination of legal guardianship these women led me on a learning journey that expanded my definition of what was possible and reminded me of what was universal. After all I too wanted a better job, better jewelry, better boyfriend, home of my own and the political candidates I voted for to win. In addition, I hated bologna sandwiches.

This CHOICES newsletter reminds us that we are surrounded by opportunities to expand the possible and celebrate the ordinary. As the CHOICES reporters document, the first quarter of 2011 provided daily opportunities to participate in the political process. March Infoshare rolled out the red carpet to honor the creativity and entrepreneurship of people with developmental disabilities and the hard work of the family and staff who support them. May brings the Fashion Show for All Abilities while summer holds trainings on home ownership

and community connecting. Krista and Darwin celebrate 20 years as a couple, more years together than Paul Soglin has been mayor.

While not in the newsletter, I would like to honor a partnership that has lasted longer and perhaps weathered more storms than Krista and Darwin's relationship. Persistent advocacy from parents and young adults has helped preserve the long-standing partnership between Dane County, local school districts, DVR, our provider network and responsive community employers to ensure young adults with developmental disabilities leave school as workers and tax payers. This June, 34 young adults will finish their post-grad years at high schools throughout Dane County; nearly all are entering the paid work force. Preserving this rite of passage as an "ordinary" event seems a fitting way to honor Carol, Kelly and all our great teachers.

## Waisman Community Training and Consultation New Upcoming Trainings!

### Home Ownership Basics

Presented by: Movin' Out, Inc.

Date and Time: Thursday July 21: 3:00 PM - 5:00 PM

Registration Fee: Free to all participants

This two-hour seminar will provide information on how to plan for owning your own home. This session will be helpful for first time prospective home buyers, including adults with disabilities, adults in transition, families, brokers, and anyone interested in learning more on how to plan to own your own home.

### In Community

Presenter: Cindy Kernan

Date and Time: Tuesday, June 21: 9:00 AM – 4:00 PM

Registration Fee: Free to all participants

Welcome to a day of exploration and learning. Relax and have some fun while thinking thru the meaning and importance of connection. Learn practical skills, tools and strategies needed to effectively support community connection. This day is an orientation to a series of community connecting modules intended to be used ongoing with supporters of people with disabilities. The material offers short modules that can be used in staff meetings. This day is useful for anyone who would like to develop and share practical skills for community building. In particular the training emphasizes supporting provider staff in building skills.

To register for trainings go to: <http://cow.waisman.wisc.edu/traincon.html>

## Former Elected Officials

### Meeting Senator Feingold in the Dells By: Dan Remick



I was at a conference in the Wisconsin Dells on November 8, 2010. Our conference was about people with disabilities in our state. I met Senator Russ Feingold.

He told all of us that if he got back in office for another term that he would continue working with all of us who have disabilities in Wisconsin. All of us are very mad that Senator Feingold did not get back in office as our Senator. All of us are very worried about what Republicans want to do with our money in this country and Wisconsin. I am a Democrat and I am a Catholic. I have a job working for the Choices newsletter and I like to talk to people about my disability. I love it very much in Dane County and also in our state.

Photo from:

[www.progressivesunited.org](http://www.progressivesunited.org)

### Interview with Kathleen Falk By Dan Remick



On February 10, 2010 I interviewed Kathleen Falk on the phone about her retirement. She has been our County Executive for 14 years. She said, "I have worked 24/7, and I have not had much time to think about retirement. I am going to be turning 60." Kathleen Falk would like to have another meaningful experience and she is open for suggestions. After she retires, she would like to stay in Dane County. She would like to enjoy hobbies she couldn't do while she was Dane County Executive. Kathleen Falk said that she has no endorsement plans for her replacement yet.

She plans to do more endorsements after the Primary elections. She does not want to go backwards, especially on things affecting people with disabilities.

Kathleen Falk is very worried about Governor Walker. He is a big supporter of Family Care.

Family Care would affect the quality of life for people with disabilities.

Kathleen Falk supports self-directed services, where people with disabilities can make more decisions about their lives. People with disabilities should visit and educate Governor Walker.

Kathleen Falk has learned from her job to respect leadership roles and help others' roles outside of her community. She

hopes to engage with the disabled community all year long and to have a pleasant and successful year together.

Photo from: [www.countyofdane.com](http://www.countyofdane.com)

## Madison's New Old Mayor: Paul Soglin

Paul Soglin has been the mayor of the city of Madison for 14 of the last 30 years. He was elected Mayor on April 5 2011. He took office on April 19. Mayor Soglin has many plans to solve the problems Madison residents now face. He wants to create Neighborhood Resource Teams, mostly comprised police, building inspectors, and public health experts and others in Madison to address growing poverty.

In the past Mayor Soglin developed the Neighborhood Resource Teams which were a big help in fighting gang activity and providing neighborhood based strategies that succeed in strengthening Madison communities. The significant drop in violent

crime and corresponding economic and educational benefits were some of his proudest achievements.

The city of Madison has been trying to deal with the geese population in Warner Park for over 10 years. Russ Hefty, the Madison Parks Division's conservation resource supervisor, said city staff has altered mowing patterns at Warner Park and last fall planted a 10-foot-wide strip of native plants from other areas of the park to create a buffer along the water's shoreline. They are also putting corn oil on goose eggs to keep oxygen from getting inside. This prevents them from hatching, if this works it will cut down on the geese population in Warner Park. This will not work on

adult geese. Last April the Park Commission approved a proposal from the Dane County Regional Airport to kill adult geese at Warner Park because of the threat to planes. The decision was put on hold in May after residents complained.

Soglin said he intends to meet with alders over the next two weeks and promised the new council would be informed and involved. He plans to create a good relationship with the city's leaders. He said, "There is a lot of work to be done." Mayor Dave Cieslewicz credited Paul Soglin with a very neat and well-planned campaign.



## Conferences...

### **InfoShare, a Great Success!** **By: Jeffrey Johnson**

The Waisman Center Outreach Programs held their InfoShare Conference on March 22 at the Alliant Energy Center in Madison. There were helpers in front at the registration table. James was handing out nametags and Azalea was handing out folders for InfoShare Conference. There were also vendors at the Alliant Energy Center selling their wares, like art and notebooks. They had someone from Dakin Mobile Massage he was giving free massages to anyone that wanted one. They also had someone there from the Dane County Time Bank. I was videotaping all of the speakers on the panel as well.

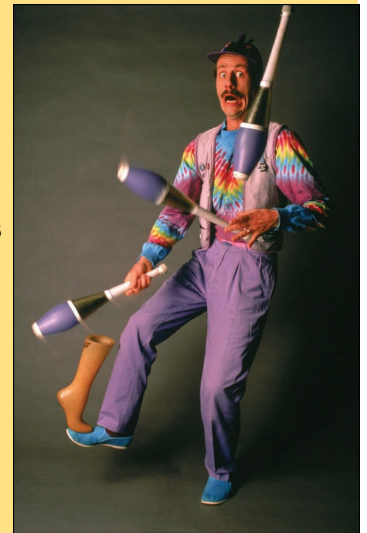
They had a panel of four self-advocates. Peter and Dan were asking them questions about something good they did in their lives. Ricardo Vasquez talked about how much he enjoys playing the Marimba. He also talked about being his own boss and starting a business with his two brothers. Then Dan Woodson talked about how much he enjoys his kickboxing classes. He said he has been working at Dream Weavers for 15 years.

Randy Wilkins, Darwin's home staff, talked on behalf of Darwin. Randy said he has gone skiing up in Canada and he also went to Yellowstone National Park in Wyoming. The sad part about Darwin is that he was locked up in the Northern Center Institution for 47 years. He is living with his roommates Tom and Dan in the Madison Community. Randy has been working with them for about 15 years.

InfoShare is put on every year because people with and without disabilities really enjoy the conference. It helps people with developmental disabilities to get out into the community and have fun and meet new people. It is a good way to get people with disabilities to interact with people without disabilities. We had 340 people there with disabilities that came to the InfoShare conference at the Alliant Energy Center.

### **InfoShare, a Great Success!** **By: Cindy Wegner**

There was a panel at InfoShare with Darwin Ness, Ricardo Vasquez, Kristin Kilmarck, and Dan Woodson. InfoShare was held at the Alliant Energy Center. We watched an Encore video, "Successful Stories". Then the audience and vendors had a round robin. Afterwards, awards were handed out and we heard the keynote speaker. I attended a talk about how to write a success story and I attended a presentation by Hollie Hollister. We had lunch and there was music. After that we watched a video on the Community Access Grant, which got a Choicey award for courage and perseverance. One award was the Very Special Arts voucher for a class. There were also awards for best dressed and worst dressed. A juggler also performed.



### **APSE Conference**

#### **By: Jeffrey Johnson**

On November 3<sup>rd</sup>, Yara and I arrived at The Wisconsin APSE. It was held at the Osthoff Resort in Elkhart Lake, Wisconsin. We met up with my old boss Nancy Molfenter and talked to her for a little while. We did not go to any workshops, but Nancy did ask me to help by handing out the nametags. We had lunch there and then they had an award ceremony. One award went to Beth because she has been on the APSE board for a long time. They even give Nancy an award for being on the APSE board. I took some pictures. After lunch I was on a panel with Fred and we talked about transition from high school to a job. Fred is a transition coordinator at West High School in Madison. He talked about how people with disabilities move out of high school and into the community and get a job. Then it was my turn to talk about the high school jobs I have

had in the past. My first job was working in the school café and I only got paid \$3.35 an hour. My second job was working at Oakwood Village West as a janitor and that paid me \$3.35 an hour for three months. My third job was working at Mermaid Car Wash and there I got paid \$3.80 an hour. After high school, my last job was working the night shift at Forest Project Labor Toy from 11:00 am until 12:00 am. I worked there for about a year or two. When I got out of the institution, I came back to the Madison community. I worked in a shelter workshop at Madison Packaging and Assembly in 1998 for 6 to 8 months. Then I got a job at Access to Independence. I worked at Access from 2000 to January 4, 2004. I started working UW Waisman Center Outreach January, 5 2004. I have been working at the UW Waisman Center for six years now I get paid \$9.56 per hour.

## Choices Mini-Grants...

### Linda Kapral Mini-Grants

By: Jeffrey Johnson

I attended a meeting for mini grants that was held at the United Way Building on January 12 on Atwood Avenue in Madison. The mini grants promote community integration and social inclusion for adults with developmental disabilities living in Dane County.

Mike Alioto is a broker who spoke on behalf of Linda Kapral, who passed away. She left \$5000 dollars for mini grants from her life insurance for projects for adults with developmental disabilities. He knew her for about 8 years. Mike Alioto said, "Linda loved to listen to music, go fishing, garden, and she loved to laugh."

Monica Bear spoke about the mini grants. She introduced some of the mini grants with help from Donna Winnick, who also works for Dane County Human Services. Twelve deserving groups received grants that night at United Way Building.



Mike Alioto (Photo by: Stefanie Primm)

## FASHION SHOW GRANT

**By: Jeffrey Johnson**

Rachel Weingarten says the fashion show reaches out to businesses and media as a community awareness event. The Spring Fashion Show will be held at the Monona Terrace Community Center in Madison on May 25 from 6:30 to 8:30 PM. The fashion show gives people with disabilities respect.

Anyone can be in the fashion show. The fashion show participants will get together five weeks in a row to talk about the fashion show and what is going on in their lives. Social groups are important to the people with disabilities for safety and social relationships help people be happier in their community.

Rachel sees many talents and diverse people. She enjoys seeing these people interact with equality. She looks forward to watching people with disabilities working with distributors of the fashion show. Rachel said, "we need to be helpful to the new and old models. We want to encourage people with disabilities to be a part of their community and events in the community. We want to show everyone that we can interact with people without disabilities, we are no different, and we are all equals."



Rachel wants people with and without disabilities to keep in touch with each other after the fashion show is over. She likes meeting a lot of different people and having them come together and try new things. Rachel enjoys the fun they are having. This event helps people in the community to interact with other people. The Fashion Show gives them a chance to be successful at an activity they never have done before.



## Choices Mini-Grants...

### Epilepsy Support Group Grant

By: Jeffrey Johnson

I interviewed Jane Meyer, Program Director of the Epilepsy Foundation of Southern Wisconsin in Madison. The Foundation holds meetings every Thursday. It is held in the afternoon and is accessible to people with and without disabilities. They have a diverse group of people that participate from many backgrounds. The Epilepsy Foundation will also go out for a Friday Night Fish Fry, sporting event and boating for people with epilepsy. People with such disorders tend to keep to themselves and

might not mingle due to circumstances surrounding their disorder. The official name of this group is the "Thursday Group" where they normally meet at the Memorial Union. They also provide resources for those in need, having job search assistance and education. People can share their experiences and have first hand knowledge about their own disabilities. This allows the foundation and draw from their members as a resource. Their primary goal is to decrease isolation.



Memorial Union Photo from: [www.wisc.edu](http://www.wisc.edu)

### Options Grant

By: Jeffrey Johnson

Emma Czarapata and Laura Lefluer from Options to Community Living received a Linda Kapral grant for \$350 dollars for their cooking project. The goal of the project is to help to cook healthy foods and share that with people in the community. Emma and Laura are working with people with disabilities on their project over at Options to Community Living. These cooking classes bring people with disabilities as well people without disabilities to make strong connections who will learn healthy cooking skills. It will also help people develop social skills

and gain confidence. For many people food has been a source of connection. It benefits everyone and makes the community stronger by building relationships. These gatherings offered are called Cooking Class and Community Potlucks. The first class was held at Willy St Co-op on the eastside. The next one will be held at The Crossing downtown and is called Slow Food UW.



Cooking class Photo by: Emma Czarapata



Cooking Class Photo by: Emma C.

### Arc-Dane Spring Dance Grant

By: Jeffrey Johnson

Paul Yochum is the Executive Director of the Arc-Dane County. The Arc-Dane County received a Linda Kapral mini grant of \$300 for the spring ball to help offset the cost. It went to help pay for people with and without disabilities to attend. It is a good way to have fun in the community. The Arc-Dane County has three dances during year The Spring Ball, The Winter Ball, and The Halloween Dance.

The purpose for the dances is to make lifelong friends, to enjoy the food, and to develop social relationships. The

Spring Ball and The Winter Ball are held at the Concourse Hotel and the Halloween Dance is held at Pooley's Sports Bar. These dances are all a great way to get people together and to meet new people. Paul thinks that "being social is the key to life". If you do not have social relationships you are alone. The goal of these social events is to make connections with others.



Partiers at the Arc-Dane Spring Dance Photo by: Paul Yochum

### Dora's Pet Corner: A Day at the A-Z Farm

For this edition of Dora's Pet Corner, Diane and I went to the A-Z Sheep Farm just outside Oregon, Wisconsin. That's south of Madison.

In the barn, the lambs were divided by age group into three different pens. The youngest were kept separate from their mothers; each had their own pen. When the lambs get older they move to the middle of the barn.. In the middle pen there were 2-3 moms and their young in each



pen. After that, they were moved to one big pen where all the lambs ran and played together. The lambs loved to climb on hay bales. This gave mom a break!

The moms and baby lambs were marked with the same numbers so the owners know which lamb belongs to which ewe. The female lambs have yellow tags and the male lambs have green tags. The ear tags are similar to earrings. They are either plastic or metal and have numbers on them to identify each individual. This allows them to keep records. The farm has three to four different breeds of lambs.

The ewes, or female sheep, may have one, two or three lambs, occasionally 4 lambs. There are a lot of triplets [3] and one year an ewe had 5 lambs and raised them with a little help.

The gestation period, or pregnancy, is approximately 145 days. Ewes commonly give birth to their first lambs at 1 year of age. They can get to be 10 or 12 years old and still have lambs.

When we were there they had 65 ewes. 61 ewes had given birth to lambs. They were



waiting for the last 4 to have their lambs. This year the 61 ewes had:

- 10 single lambs
- 39 sets of twins
- 15 sets of triplets [3] no quadruplets [4]

We emailed the farm to find out the total count; it was 135 lambs.

In the barn the sheep eat corn, hay, water and trace mineral salt. When outside in the pasture, the sheep eat grass and trace mineral salt. During cold weather they are fed hay, salt and water.

When we were touring the farm we also had a chance to see calves, rabbits, baby chicks, pigs, and turkeys. They also sold yarn made from sheep's wool, pacifier clips, and glow-in-the-dark knitting needles! You might want to go see the farm and the lambs in March 2012. The A-Z Farm website is <http://www.a-zfarm.com/> and their phone number is 608-835-5553.

### Dale Went Bowling

By: Dale Buttke

This is an article about my Monday night bowling. I like to bowl in the league I am in and the people there are nice to bowl with. There are 3 of us on a team and there are other people as well. Everyone has a great time. My average is about 110, and other people are doing very well too. My team is in 2<sup>nd</sup> place right now.



## Entertainment...

### The Arc-Dane Spring Ball

By Cindy Wegner

I went to the spring ball. We had; meatballs, chicken wings and egg rolls for hors d'oeuvres. We also had pop and snacks. They played music and I took pictures.

### Jeffrey's Baptism

By Jeffrey Johnson

My baptism was at Community of Christ church on November 28<sup>th</sup> 2010, in Madison. Everyone arrived at the church on Sunday at 10:30am. My mom, dad, my sister Deborah, and my live-in, Ben, were there. Ngozi, my residential supervisor, was there with her kids as well.

Scotty Sheets is our High Priest and he performed the baptism. We had a few elders who attended. My friend Rosie, one of the church schoolteachers, was also there. Gary, a member of my church, said he was very pleased to speak at my baptism. Then I said, "I, Jeffrey Johnson, want to be baptized in to the Community of Christ church because I believe in God and in Jesus Christ." Then after I was done speaking, Scotty helped me walk into the pool and I was baptized by water and the Holy Spirit. Then, I stood in the middle of the pool and held onto the both sides of the pool. That is when Scotty baptized me with water and the Holy Spirit with his hands. Scotty got out first and then he helped me get out. The Baptism was complete.

Then Scotty and I went down stairs to change in the men's bathroom. Next I went back upstairs and sat in a chair in the middle of the room. That is when Scotty's wife, Susan, and Larry put their hands on my head and said a prayer over me. Then before I left, Larry handed me a book called "Walking with Jesus as a Members Guide in the Community of Christ." When I was done I went and sat by Rosie and she read me *The Parable of the Good Shepherd* in her own words.

Then we had a potluck afterwards to celebrate my baptism. My sister Deborah could not stay for the potluck, but mom and dad stayed for a little while. Before I left I said thank you to Scotty. He said he was very happy for me that I was member of their church and their Congregation. The church members are excited that I am a member their church called the Community of Christ. After I was baptized I joined a prayer group at Community of Christ that meets every Monday from 6:30 to 7:30pm.



### Very Special Arts of Wisconsin Collage Class

By Cindy Wegner

Very Special Arts of Wisconsin had a mixed media collage class. We used fabric, silk flowers, tissue paper, pom-poms, magazine pictures, ribbon and beads to make our collages. I took pictures.

Cindy Wegner

### Book Review

#### Stones From the River By: Ursula Hegi

This book tells the story of Trudi, a dwarf who lived in Germany during WWII. No one liked her because she was different; that made her life as a teenager very difficult.

Throughout the book, Trudi learns that everyone is different in some way, including her mother who has a mental illness and the Jewish people who have religious differences.

I enjoyed reading this book because it was different from other books I've read. The author chose a combination of circumstances for her main character and that is why I liked the book.

I recommend this book to everyone. It is especially interesting because Trudi has a disability.

By: Christa Decker



# Darwin and Christa: A Happy Couple

By: Christa Decker

The day I met Darwin was not a good day at all. It was raining, snowing, and cold. But, we made it into a good evening.

We met at an agency dinner and he became my boyfriend right away and has been for 20 yrs. It took awhile to really get to know each other; for him to see what I was like and for me to see what he was like. He talks with a talking board, but we understand each other perfectly.

It was easy for us to arrange our dates; we enjoy bowling, going out to eat, seeing movies, and attending church together.

Sometimes we share holiday dinners together.

And, I always go to his birthday party in May.

We also go to Camp Waubeek together every year and spend a lot of time with each other.

We see many of our friends there; we are one

big happy family.

Darwin gave me a commitment ring but we can't get married because it would cut our benefits rights in half. I wish it were the other way around. I love to wear my ring because it means we are committed to each other. I love him with all my heart; we love one another and are a very happy couple. He is my only true love and we are the best of friends. We argue sometimes, but, that is because we are human. We don't argue a lot. We just have fun together. We kid around with each other.

So, that cold, rainy day, led to a long and happy relationship!

## Arc-Dane County Annual Awards Banquet

Selected to receive this year's **Lifetime Achievement Award** were Sally & Ed Gleason, two long time Arc-Dane members and advocates for those with developmental disabilities and their families.

Other awards presented were:

**Media Award:** Shawn Doherty, Vital Signs-The Capital Times

**Educator-Teacher Award:** Kirsten King & Mary Classen

**Self-Advocate:** Dennis Felton

**Community Support:** Wendy Hecht

**Corporate Support:** CUNA Mutual Group

**Volunteer:** Nancy & Bob Ross

**Employer:** HospiceCare Inc

**Direct Care Giver:** Alieu Bah: Janet Rust

**Direct Care Giver-Vocational:** Robert Frame

**Landlord Award:** Movin' Out

**President's Award:** Bill Arthur

**Parent Advocate:** Betty & Ed Garvey

**Special Recognition Award:** Knights of Columbus #4527

Congratulations to these awardees and to The Arc-Dane County for 61 Years of Advocacy!

Elected to serve on The Arc-Dane County's board of directors for a 2-year term were: Dawn Cieszynski, Mark Lederer and Cindy Wegner. Congratulations to Dawn, Mark and Cindy!

Timebank Event  
By Cindy Wegner

Timebank had a fundraiser. We stuffed envelopes, wrote names on letters and addressed envelopes. We had a lot of volunteers stuffing envelopes. We stuffed 300 envelopes in two hours. We got the job done in one day. We earned time dollars for our time.