



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. 14 No. 4 Winter 2012

The next issue of
CHOICES will be out
in February, 2013.
Contact the editor,
Stefanie Primm, with
ideas for articles
before **December 15**.

Articles are due by
January 4 or until the
issue is full.

Phone 263-5557
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Inside this issue:

Bear in Mind	2
Upcoming Training	2
Volunteering Can Be Fun!	3
Columnists	3
Continued from front page	4
Comic strip	4
And the Oh, Yeas'	5

Gardening for Good at Troy Gardens

By Jeffrey Johnson

I learned that Gardening for Good got started by a grant that Rebecca Starke received. This helped her and others start and create a community garden. This is at Troy Gardens in Madison. This garden is where people with and without disabilities volunteer their time. The participants without disabilities help by working with a person with disabilities at the garden. Everyone does planting, weeding, watering and putting mulch around the garden. They harvest lettuce, basil, Hmong long beans, tomatoes, flowers, hot peppers and more.

The group meets at Troy Gardens on Thursday evenings. The events are different every Thursday. One Thursday Axel Junker juggled vegetables and fruit. They also do sing-alongs. One evening they celebrated with a garden parade around Troy Gardens. The famous Peter Leidy sang a song. Julie had fun singing a polka song and dancing with Angie. This gardening event is enjoyable for everyone. I really like how it includes everyone with



Julie and Angie tending their crop at Troy Gardens.

Gardening continued on page 4

LOV-Dane Employment Project

By Jeffrey Johnson



Emily presents her portfolio. Photo by: Amanda Bell

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LOV-Dane started a Family-Led Employment Initiative this fall with the help of Shannon Huff. A group of 8 families wanted their sons and daughters with disabilities to find jobs. They decided to work together and help each other because they were connected through LOV-Dane. This project started in August and will go through November.

Families, individuals with disabilities and their teams put a lot of work into creating portfolios. The portfolios focus on strengths and skills and include many pictures. The families who are part of the project will share their networks to help with job seeking. The teams will approach employers and businesses to see what their needs are and if it would be a good match for the individual. Instead of going through the traditional job application process, the

Employment continued on page 4

Bear in Mind...



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

Glimpsing a migrating bald eagle as I drove into the work parking lot, reminded me what a great place The Northport Human Services building is to observe season changes. As fall fades to winter fewer Sandhill cranes feed on the front lawn, the Gardening for Good participants celebrate their final harvest and people dust off their costumes for the annual Arc Halloween party, County managers update provider contracts and the County Board prepares to vote on the 2013 budget.

As I write this, it will be a few weeks before the County Board approves a final budget. The County executive has recom-

mended an initiative to begin addressing Dane County's waiting list. If passed, up to 65 adults and families might feel some small element of relief. The recent trend to reduce funding for existing services will continue with an anticipated 2% cut to existing service providers. Support brokers, supported living and vocational providers have begun conversations with people to explain what this will mean for them. With over 90% of 2012's graduates settling into their new jobs, I am excited to see young adults, their families and the County working together on a family led job development initiative. While Dane County employment statistics for adults with developmental disabilities are the best in WI and better than much of the country, we have room for improvement. Too many people continue to be unemployed or underemployed. Hopefully the pioneering work of Emily, Kayla, their teams and others to create strong resumes and employment portfolios will lay a solid foundation for job development and the sharing job leads. I look forward to a future CHOICES issue that reports on this group's successful employment outcomes.

Sawdust is flying as the County prepares to open its Aging and Disability Resource Center (ADRC) in the Northside TownCenter on Sherman Avenue near the Lakeview Branch Library. The ADRC's

mission is "to support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual." The ADRC will eventually become the place that new residents or young adults with developmental disabilities, leaving high school learn about the long term benefits and services available to them. Several of the newly hired ADRC staff have extensive experience working in the DD system either at the County or in provider agencies. We are very excited that many ADRC staff begin with such a strong knowledge of DD services and benefits. The County Executive will officiate a ribbon cutting ceremony at the ADRC on November 19, 2012. The ADRC will host a community open house in early 2013. Look for announcements on the County website and in local papers.

With an important election on the horizon, I hope everyone who is eligible, takes the opportunity to exercise their right and responsibility to vote. Everyone's participation makes our community stronger.

Taste of Dane County

A Practical Orientation to Services for Adults with Developmental Disabilities in Dane County

Participants will receive a Certificate of Completion for 6 hours at the end of the workshop

Date and Time: Friday, November 16, 2012: 9:00 AM - 4:00 PM (one hour lunch, on your own)

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

Registration Fee: \$15 per person

The [Taste of Dane County](#) explains the framework of the Dane County Adult Developmental Disability System and is especially relevant for new agency staff and brokers. Information on the history and philosophy of services, communication, health, abuse and neglect, and a general overview of developmental disabilities is presented to promote sensitivity and insight into the lives of persons with developmental disabilities. Participants will learn from presentations, small group activities, and informal discussions with individuals who have disabilities and their families.

Agenda

- *A History of Services*, Paul White
- *An Overview of Developmental Disabilities*, Paul White
- *Philosophy and Description of Services in Dane County*, Monica Bear
- *Overview of Health Considerations and Healthy Living*, Waisman WIN
- *Dane County Abuse/Neglect Policies*, Maya Fairchild
- *Communication: The Key to Self-Direction & Full Community Membership*, Julie Gamradt
- *Panel: Consumers of Services*

To register, go to cow.waisman.wisc.edu

Columnists

Volunteering can be fun!

By Jeffrey Johnson

Dan Seeley has been a member at Good Shepherd Lutheran Church for 20 years. He volunteered at church for five years. He helped out with the nursery and with younger children when needed. He also helped out with the Church's maintenance when needed, inside and outside of the church. He got the children involved in games and music.

The Good Shepherd Lutheran Church is located on the west side of Madison. Dan enjoys being involved with the kids. He enjoys helping out others and fixing up the church. He sometimes volunteers on Mondays at 1:00 pm. Every so often he would volunteer his time on Fridays when they need help at the church.

Dan says he really enjoys volunteering. He likes to be around other people. He is a really helpful guy and this makes him more independent.

EYE SIGHT

By Dale Buttke

On one day, I was walking,
People go on by talking.
After it had snowed, things got bright,
I could not see, in my line of sight.
And I wondered, did I get blind!
So I had to (very desperately) find,
A very dark pair of sunglasses.
When people think as they go pass,
They wonder if can see?
But I just go on and let it be.
Sometimes I wonder did GOD bless with
good sight!
I can even see in dim light,
AND I THANK GOD FOR GREAT EYE
SIGHT!

Golf Tournament By Cindy Wegner

Arc of Dane County had a golf fundraiser. Sponsors and golfers play golf and pay fees to play golf. They had good food like brats, Italian sausages, hamburgers, different kinds of salads, chips and fruit. I had my picture taken with the news anchor from Channel 3 10pm news.



Autumn By Dan Remick

This is first week of September and that means autumn is coming very soon. We may get some cooler weather now. The weather will be in seventies. I don't like winter. We do get lots of snow and I don't like that. Now I do like summer. Lots of people like summer. This summer was very hot. This summer is over. Lots of children are back in school now. I hope we don't have a bad winter.

Exercise By Dan Remick

I am in an exercise program at Warner Park once a week. I go to exercise on Monday and Wednesday mornings from 8:30 am to 10:00 am. In September I go to exercise on Tuesday and Thursday morning from 11:00 am to noon. I also exercise at my home. I exercise everyday and every night. I do not want to go in a wheelchair. I am 64 years old, and I am going to keep on walking.

Dora's Pet Corner: Anaconda! By: Dora Norland

For this issue I had a chance to see an anaconda at the Henry Vilas Zoo. This anaconda is twenty seven years old. The snake measured nine inches long, forty four around, and twenty in length. A few have been reported over thirty inches long. The anaconda has the record for weighing six pounds, making them the heaviest snakes in the world. There are four kinds of anacondas. The largest is the green anaconda. Green anacondas can weigh more than 400 pounds. They can grow up to thirty feet long. Anacondas use muscles in their mouths to push prey down their throats. It can take several hours to eat a large animal. Anacondas rest for a long time after a big meal. The anacondas do not need to eat again for months. Anacondas open their mouths wide to swallow prey whole. They can swallow prey larger than their own mouths. A large anaconda can give birth to over fifty babies, each about three feet long. Anacondas do not make good pets.



Continued from page one...



Gardeners enjoying their garden and the sunny

Gardening from page 1

and without disabilities. It is good for the community. This is a good way to make new friends. This program really brings people together to take care of something they really love and enjoy. For more photos and stories, check out our blog at Gardeningforgoodmadison.com!



Gardeners tending their crops.



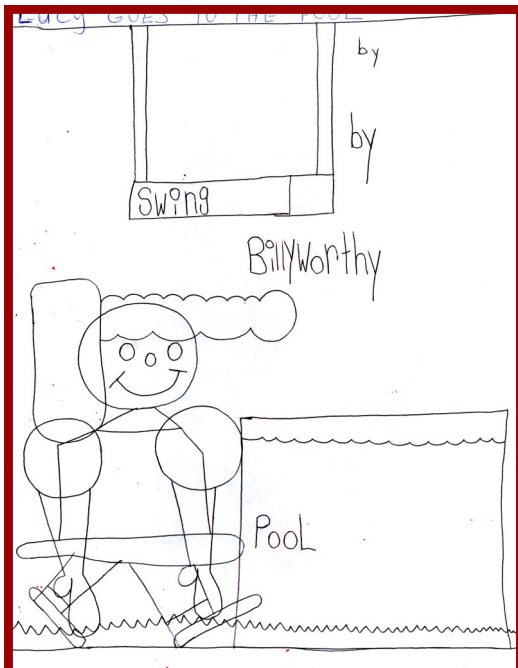
**Kayla presents her portfolio to the group.
Photo by: Amanda Bell**

Employment from page 1

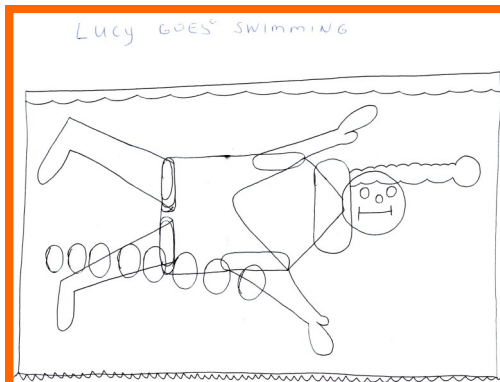
teams will bring the skills and strengths of the consumer to the business.

LOV-Dane plans to repeat the Family-Led Employment Initiative with a new group of families next year. If you are interested in getting involved with the project, or learning more about LOV-Dane, please check out our website (lovdane.org) or contact Amanda Bell (amanda@lovdane.org).

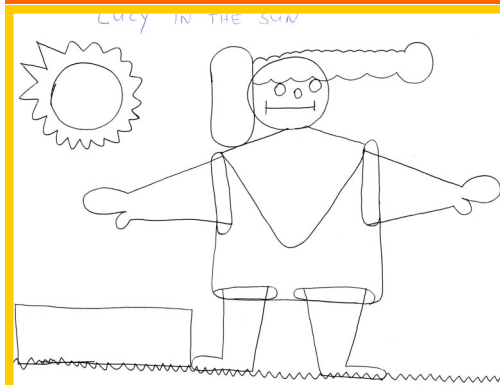
Lucy goes to the pool



Lucy goes swimming



Lucy in the sun



CHOICES Newsletter



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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.

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2013. Contact the editor
with ideas for articles
before December 15.
Articles due by January 4
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)



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
regarding CHOICES are
encouraged and may be
directed to:

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