



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. 3 Summer 2012

The next issue of CHOICES will be out in November, 2012. Contact the editor, Stefanie Primm, with ideas for articles before September 15.

Articles are due by October 5 or until the issue is full.

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The LOV-Dane Get Out The Vote Project

By Jeffrey Johnson

The goal of Living Our Vision's (LOV-Dane) "Get Out the Vote Project" is to help adults with disabilities in



Andy signing his voter registration form.

Dane County get what they need to get out and vote, and to share resources available to assist them. The LOV-Dane members and families have developed an informational handout on voting rights for individuals with disabilities who have guardians. It dispels the myth that people with disabilities can't get help to vote, and gives good tips for teaching someone about voting. The "Get Out the Vote Project" is about informing people that they have the right to vote. If a person with a disability has a guardian, they may not be able to vote. Those individuals can talk to their guardian about changing it so they can vote. A person with a disability can vote at the polling place or by absentee ballot. If you're not sure where to vote,

Need Help Planning a Party? Call Ann Marie!

By Jeffrey Johnson

I interviewed Ann Marie on July 10, 2012. Ann needed a job but could not find a job anywhere so she started her own microenterprise job two years ago on June 1, 2010. She calls her business Custom Parties by Ann. She runs her party business out of her home. Amy Anderson was hired to be the Vocational Assistant for Ann.

I talked with Amy and Ann Marie. They showed us some pictures of what they do for different kinds of parties. The two things for sale are a party bag with all of the fixings and a camera bag with a disposable camera and photo book. They are both \$15 each. They ask people if



Ann Marie working in her home office.

Bear in Mind...



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

July at the county marks the start of the 2013 budgeting process. Between now and the end of August, county staff will write and re-write our budgets. On September 12 and 19th at the Alliant Energy Center, Dane County will host public hearings on the 2013 budget. As many of you have read or heard, the county executive has asked departments to trim budgets by 2%. Many of you also know from experience, that your advocacy makes a difference. Since 2004, budget reductions have become the norm, but individuals with disabilities, their providers and families have fought successfully to ensure DD services remain a priority. Simply put, your voice matters.

Reading this issue's obituaries has provided me an opportunity to reflect on the social change a generation of pioneers helped shape. Alan moved to Madison from a

state center at a time when many doubted whether people with disabilities should or could live in the community. When Alan relocated, Options in Community Living was one of the country's only supported living providers. Together, through example and hard work, Alan and Options proved the prevailing wisdom wrong. Three decades later in Dane County, seventeen supported living agencies provide assistance to over 758 people, regardless of the severity of disability.

At the same time Alan was teaching us that community living was possible, Jim was integrating Madison's LaFollette High School and road-testing the radical notion that everyone could do paid work regardless of their disability. Jim graduated with a job at Fire Station Number One and another at Dane County. He held both jobs for over twenty-five years receiving the help he needed to thrive in his career from Community Work Services. At Jim's funeral dozens of fire fighters in dress uniforms joined his family in mourning Jim's death. Clearly, Jim contributed greatly to his community, touching many along the way. Today, fourteen supported employment agencies assist over 761 individuals in maintaining community-based, paid employment. It's important to note that Dane County's high rate of supported employment results from long-standing partnerships between many stakeholders including high

schools throughout Dane County and the Department of Vocational Rehabilitation (DVR). While recent public hearings revealed some frustration with DVR, the local Madison office has proved a steadfast partner in funding the adaptations and supports needed for youth to transition from high school into the paid work force. Additionally DVR has assisted Dane County in piloting and sustaining innovative career opportunities such as Project Search and supported self-employment.

Today's young adults graduate from high school having experienced inclusive education since kindergarten. Thankfully few can even imagine what it's like to live in an institution, separated from their family. This generation has high expectations of themselves and our community. While tight budgets impose real constraints, they present new opportunities for pioneering. In this issue we see young adults affiliated with LOV-Dane forging ahead with voter registration while Claire works to wipe out the "R" word. We also learn that Josh, figured out how to move into his own place without county-funded support. Every month I hear of people partnering with each other in new ways that strengthen their connections to each other and our community. We are living what will become the pioneering stories we tell the next generation.

Community Protection Training at Waisman Outreach

Presenter: Patricia Patterson

Date and Time: Wednesday, September 12, 2012: 9:00 AM - 3:00 PM (Time includes a one-hour lunch break, on your own.) 6 Continuing Education Hours for Social Workers

Description: Newly revamped to better meet the needs of direct care providers! Community Protection training is designed to help develop effective support for consumers who have complex needs related to their mental health concerns or legal involvement (or potential legal involvement) due to aggressive physical or sexual behaviors. This one time, 6 hour training focuses on understanding an individual's behavior as attempts to tell us who they are, how they see the world and what they do to get their needs met as assessing risk of violent behaviors; developing effective support; maintaining appropriate boundaries; and learning strategies to help the consumer learn to relate to others in more effective ways.

Go to cow.waisman.wisc.edu to register for this training!

Creative Corner

I am the beginning of time by Michael Ward

how you doing today Ms. paper,
well I'm doing quite fine Mr. pen.
What's the occasion of waking me up so early today?

"thoughts my luv," these crazy thoughts.

I was a king once, once upon a time,
before I became a servant to this dusty dirty dress of mine.
oh yes Mr. pen, there you go with your silly dreaming again.
we all heard the story over and over again.
how you went from 2 feet to standing 10 feet tall.

like I said Ms. paper I seen it all
from castle to shooting stars, wild catfish
I even drunk cactus juice with with captain hook
and his faithful mermaids at the bar
because Mr. pen I seen it all before.

I jog until I reach the end of the rainbow.
I even shared cookies
with the cow that jumped over the moon.
my brothers are stars,
my god is the sun.
my mother the earth,
so I am the beginning of time

The Universe By Dale Buttke

Is there life out there?
Can we travel with out fear?
If we can travel through space?
Will there be life to face?
Sometimes I wonder what it is like,
To live on another planet with life?
I also wonder if MAN,
Or even if we can.
Go through the never ending Uni-
verse,
Because life here cannot be re-
versed.
If there is not life to face,
Then it is a waste of space.
And I ask, is there life in THE UNI-
VERSE?

Like to draw or write?

Choices would love to have you join
the team! We are always on the lookout
for new contributors!

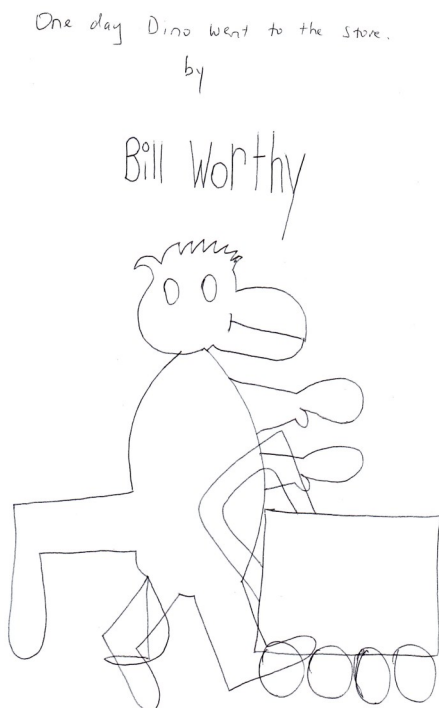
Contact Stefanie Primm:

primm@waisman.wisc.edu or 608-263-
5557.

One Day Dino Went to the Store
By: Bill Worthy

One day Dino went shopping for cake, chicken, pota-
toes and pop.

Dino ate all his dinner. YUM!



Around town...

Interview with a Support Broker

By Dan Remick

Ilsa likes being a broker for people with disabilities since she really enjoys working with people. She finds it fun to work with a variety of people. Everyone is different and everyday is different. She got into her job by going to college in order to become a broker. She was helping people in their homes with disabilities and wanted to know what it was like to work outside of their homes. She was a job coach at one time. Ilsa has an average of 26 clients, but can change at anytime. I asked what she did before she got a job as a broker. She told me she worked in residential services, as job coach and also a case manager for children. As a job coach and case manager she worked with people who have disabilities. I like my broker very much. She is very nice to work with.

DVR Hearing on Employment Issues

By Jeffrey Johnson

I attended the Division of Vocational Rehabilitation (DVR) hearing at the Dane County Job Center in Madison on May 30th, 2012. DVR had 11 different video conferencing locations around Wisconsin. I spoke about employment concerns. I felt that DVR must look at the consumer's interest, strengths, and safety concerns of the job when helping look for a job for a consumer. The next person who commented noticed that DVR services have not been doing a very good job with their supports and services. The next speaker was from Disability Rights Wisconsin. She felt that the main concern about employment was that some people were being told they were too disabled to work. She believes that long term job coaching must be provided so that everyone can work. She also believes DVR was not doing a very good job with all of its services.

A Week at Camp Wawbeek

By Dan Remick

I was at Camp Wawbeek from June 6 to June 15, 2012. We had really nice weather. I went on some trail rides and some cook outs. I went into the Dells to walk around the city. We did stop and eat at McDonald's. I am going back up to camp in October for a fundraiser for Camp Wawbeek. Camp Wawbeek will be celebrating their 75 year Anniversary.



The Builders Workshops series offered by The Dane County TimeBank

By Jeffrey Johnson

I attended the first of the Builder Workshops, held on Thursday, April 19, 2012, in Madison. All of the Builder Workshops will be held on Thursdays from 4:00pm to 6:00 pm. The workshops are hosted by the Dane County TimeBank.

Stephanie Rearick is the Director for the Dane County TimeBank. Stephanie explained what Time Banking was and how it works. She said, "People of all ages have something to offer and things they need." The idea of Time Banking is about giving and receiving. It is a way to help others get what they want and to receive help in return. People share skills and talents. The TimeBank helps people with disabilities contribute equally.

The Builder Workshops involve learning and leadership building. Stephanie asked one of the members what they needed help with. Someone said they needed help with their computer skills. Another man offered to help him out. Stephanie asked us to write down what can you offer someone, and what could you receive from someone? Those are good reasons to keep in contact with other members that have the same idea. To find out more information about the other workshops or, to find ways to connect with other members that have the same idea and that might make a good match, email the Timebank at:

info@danecountytimebank.org

Self Advocacy News

The 2012 DD Network Conference

By Jeffrey Johnson

I attended the DD Network Conference on June 12, 2012, at the Sheraton Hotel. The Conference was about celebrating 25 years of the DD Network. The keynote speaker was Martha Leary. She talked about supported employment in Minnesota and showed us a video on some advocates talking about old ideas. When Martha was done speaking, I saw Carol Blessing speak on Citizenship and Person Centered Work and John O' Brien spoke about Inclusion-how it works. I was there for the group presentations. I was sitting with members from People First Wisconsin board. Awards and group presentations were given at lunchtime. At 1:00, I saw my friend Claire Bible speak about a program at Edgewood College called the Cutting Edge. She talked about going to college. The last breakout session I went to was with Paul White and Josh Lapin about behavior. They had Encore Studio for the Performing Arts close the conference one of their skits. The skit was about what happens at a People First meeting. All of the actors in Encore have disabilities. In the skit, they talked about self-advocacy and how the group works. Then they had Peter Leidy perform a song.



The White House Trip

By Jeffrey Johnson

On February 10, 2012 The National Arc, located in Washington DC, arranged a Community Leaders Briefing with Senior White House Administration Officials. Jim Hoegemeier, Executive Director of Arc Wisconsin and David Boelter, Executive Director of Arc of Fond du Lac, went to Washington DC for the briefing. It was held at the White House. The senior officials talked about updates on important issues that can affect people with developmental disabilities. Many self-advocate groups were able to share their stories about self-determination and their supports. People with developmental disabilities were able to share their stories about the services they receive. In the past, people with disabilities did not have many options, but now things have changed.



The day of the event, Jim Hoegemeier, said he could not believe the amount of Security present. Mr. Hoegemeier said he had to show his driver's License at least six different times. There were many Arc Chapters from across the nation who advocated together. The Community Leaders Briefing addressed issues affecting those with disabilities, at the local, State, and National level. Major topics included Family Care, employment, medication, transportation, and housing. This gathering helped to network people with disabilities across the country. The event demonstrated how important it is to be involved with politics at all levels.

President Obama made an appearance at the briefing and spoke to the group of Arc chapters. Mr. Hoegemeier said that the most exciting parts of his trip were meeting President Barack Obama, and getting a tour of the White House. One of the President's staff said "your group must be very important because he does not speak to just anyone."

People First of Dane County Meeting

By Jeffrey Johnson

Monica Bear, the Dane County's Community Service Manager for People with Developmental Disabilities, joined us May 15, 2012 at our People First meeting. She filled us in on changes to the system and what to expect in the future. There are a lot more people getting older and they will need a lot more help. There are many people that do not have family support and there are a lot more young people who also need help. The system will need to change because of the budget cuts and because the number of people needing support is growing. The funds that have been cut are not coming back.

We are in for a lot of change. Monica said that the best changes would come from the people that use DD Services because the system belongs to everyone and we cannot simply blame any one person or leader. With the help of People First, the county was able to move people out of the state institutions. Now, we have to think how we can help

Continued on Page 7...

Self-Advocacy News continued...

End The R Word By Claire Aliza Bible

"Retard," an absolutely hateful word that has been around a little past too long. I first had this word slung at me when I was 7 or 8 years old at an afternoon recess when I was in the third grade. It was then it dawned on me that I was different from the other kids in my class. And what I am was somehow bad. I remember that it made me want to cry and I'm pretty sure I did. We're taught that actions speak louder than words and that is true but were not taught just how powerful words are and how hurtful they are.

Fast forward just a bit, a year and a half later, I am in the fifth grade sitting on the black top at a morning recess alone on a gray morning when a friend walks up to me and drops down across from me and says gently almost reverently to me, "you have Down Syndrome don't you?"

Down syndrome not retard. Someone looked me in the eye and called my disability by name. Not by a word that makes me want to cry whenever I am called or hear my friends with disabilities be defined by that word "retard." It was then in that moment in that quiet observation made by a friend that it dawned on me that I am beautiful unique just by having my disability. That there's beauty within disability. I have seen and have been taught and touched by the beauty that lies within my friends with disabilities. Their windows on the world are unique beautiful to behold and their perspectives and the way they live their lives blows me away. I look at life differently, I question myself and I learn through them and see their endless potential to be and do more with their lives which has made me protective. Over the years I've heard the word Retard slung not only at me but slung at my friends as well and frankly it makes, and made me angry. We all know the saying "sticks and stones may break my bones but words I will never hurt me." Words become sticks and stones. Name-calling is sticks and stones and it crushes tender spirits who love the world selflessly and only want to be loved

and appreciated in return.

Advocacy is a mix of anger compassion and passion and I have plenty of each. I want to stop the R word in its tracks and give it a one two punch.

"That little retarded girl that follows my daughter around like a puppy dog,"

No matter in what turn of phrase it's used in it's still painful even when we're not there to hear it. I do not like the taste of that word in my mouth. It tastes ashy and sour and makes me want to cough. I've had enough. I'm not short on memories of how me and my friends have been treated being dog piled on, laughed at, teased, getting beat up, knocked off our bikes and then there's that word that has been given too much power. It's easy to blame pop culture. It almost glorifies the word. Just watch the Hangover and count how many times the word retard is thrown around with ease without thought. It's sickening. It's practically forgotten that we have feelings too and that popular culture doesn't give a damn about us as a community and yet we're surrounded by it. It comes across as if it's all right but it's not all right. It never will be all right.

I've committed myself to not letting it slide anymore. It's not okay. I do not want other 7 or 8 year old children reduced to tears on the playground at recess realizing and knowing in a moment that what she is is something to be ashamed of. I'd rather the child be playing on the black top on a gray morning and having a friend drop down across from them and saying quietly gently reverently "you have Down syndrome don't you?"

As a community we need to pull ourselves out from under the thumb of the word retard and its definition and live by our own definitions knowing and trusting in our own innate inner beauty that lies within each and every form of intellectual and developmental disabilities.

Continued from page 6...

each other out again. Instead of short-term fixes, Monica said we should develop solutions that anticipate our long-term needs. We can develop new forms of collaboration with people and families, and there are other ways we could use the resources we have outside and inside our DD System.

Monica does not see Family Care starting within the next two years. She told us that we should use our time now to gather information, new ideas, and resources so we will be ready when the change does come.

Cindy's Commentary By Cindy Wegner Arc Awards Ball

On April 26 2012 I went to get my award at the Arc Award Banquet. News Three anchor Sarah Carlson was the emcee. They took pictures. They had a silent auction. I donated two pieces of pottery and one painting. I made a speech. The food was good.



SDS Spotlight

A new section of Choices focusing on self-determination and self-direction of supports to have a good life. We are looking for stories of individuals creatively using funding and finding a creative way to meet their needs.

Christine's Dream **By Jeffrey Johnson**

Until recently, Christine lived with her mother. When her mom needed some time to herself Christine would not give her any space. Her mom decided to try respite care on the weekends with Jan and Luke. When she was there Christine knew when she could and could not to go into other people's rooms when the door was closed. She seemed to really enjoy her time there in their home.

Christine is unable to live on her own and requires 24/7 care. Her broker and her mom, and Jan and Luke thought this was a great arrangement at their home for Christine. The team decided to use Christine's social security money and also her MAPC funding to pay for supports at Jan and Luke's AFH. At Jan and Luke's Christine became more independent. Christine moved in full time into their house. At her new home, Luke and Jan explained to Christine what the rules were. She accepted the rules and flourished.

At her new home there are many pets. She loves all of her pets. The cat's name is Stinky, dog's name is Lola, and the birds are Jonathan and Kitty. She has a job that she really enjoys. She works Monday and Friday at a salon, where she has many responsibilities. Christine is very good and her job and enjoys going.

Things have changed since the move. Christine has become more calm, healthier, and happier. Christine's mom is happy that everything is going so well. Christine has more privacy to relax and do things on her own. She has one housemate. They all get along well. They are really respectful and polite.



Christine with Jan and Luke

Josh moved out of his parents' house **By Jeffrey Johnson**

Josh Gaines moved out of his parent's house last October. He said when he lived at his mom's house he had to follow her rules. Josh met with his broker Tom Veek and Tom helped Josh find his apartment in downtown Stoughton.

Josh likes his apartment because it is close to his job, most of his friends, and it is a quiet neighborhood. On his first attempt to rent the apartment, Josh was denied. On his third attempt, Josh was finally able to move in his brand new apartment in Elven Sted.

Josh is glad he has more freedom but couldn't afford to live on his own. Josh was fortunate to find a roommate to help him split the rent and other bills. Josh and his roommate like sports. Their favorite football team is the Green Bay Packers. They both like the Milwaukee Bucks and their favorite baseball team is the Milwaukee Brewers. Josh has a job coach that helps him out at his job. Josh's roommate also has a disability, but with help from their parents they have been able to live pretty independently.

Josh believes living on his own is working out well. I asked, "Josh do you have any pets?" He replied, "They do not allow pets in the complex, but I do have a dog that lives on my dad family farm." Josh goes home to visit his folks every weekend. He is very happy to see them.

Elven Sted
IN STOUGHTON

Other useful news

Dora's Pet Corner: Hangin' With Chickens By Dora Norland

For this issue I had a chance to see some chickens that were in a petting zoo at the Bruce Company in Middleton. There are different kinds of comb styles buttercup comb, cushion comb, pea comb, rose comb, rose comb (spicked),



Photo by Dora Norland

single comb, strawberry comb, v comb, and walnut comb.

There are different kinds of chickens: Ancona, Leghorn, Minorca Australorp, Cornish, Orpington, New Hampshire, Plymouth rock Rhode Island red, Chanteclear, Dominique, Cochin, Seabright, and Silikie.

The best laying hen will yield about twenty-four dozen eggs per year.

Roasters weigh four to six pounds. All American breeds lay brown-shelled eggs. A chicken may live ten to fifteen years.



Photo by Dora Norland

Housemate Wanted:

Young adult male looking for a housemate to share a 2 bedroom apartment at Elven Sted in Stoughton. Reduced rent in exchange for providing overnight supports and structure for housemate. Person is quite independent and would benefit from having a responsible, trustworthy adult living with him as he plans to move out of his family home. Very supportive family will be present during mornings and evenings to help with his activities of daily living in getting ready for work and some meal preparations. For details call Tom Veek at 608-220-3862 or 608-669-6346.

Ann Marie continued from page 1...

they are any food restrictions so Ann knows what kind to order for their party. She buys her cakes from HyVee Grocery Store. In addition, they have side dishes as well for parties. They sell cookies, dips, and crackers too.

Ann Marie says that the business helps her to keep active and it helps her pay her bills. Ann likes to help people. She would love to do this for the rest of her life. She is a creative person and has come up with good ideas. Ann would love to expand and wants to get the word out.

There are a couple of ways to contact Ann Marie. One is you could call Options at 608-249-1585 or email Amy at aanders@tds.net or call Ann Marie at 244-0781.

This is a very unique job that Ann has and she enjoys a lot.

Voting Project continued from Page 1...

there is a website available called Voter Public Access (vpa.wi.gov), where you can put your address and zip code and see your polling place and ballot. You can also call your City Clerk's office for more information.

The members of the Get Out the Vote Project went to a Special Registration Deputy training at Covenant Presbyterian Church. The Project has had information and registration tables at several places around Dane County including Infoshare, Goodwill Employment office, a Special Olympics Tournament and the LOV-Dane annual picnic. The project members are available to attend future events. For more information about the project, or to have them come to your next event, please contact them through Stefanie (Stefanie@lovdane.org).

CHOICES Newsletter



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Madison WI 53705

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...And the “Oh, Yeah’s...”

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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.

**The Next Issue
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Articles due by October 5
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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