



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. 15 No. 2, Summer 2013

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Oops Art! Expressions of Rachel

By Jeffrey Johnson

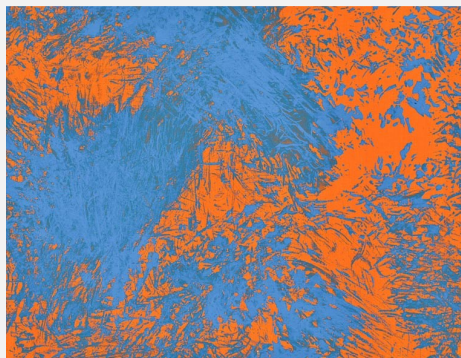
I interviewed Rachel Geisinger and her support team at ArtWorking. ArtWorking is in the WORC Building. Lance Owens is the Program Director. Rachel has a small group of people helping her paint. They do their best not insert themselves too much in her paintings. She wants to keep her paintings original.

When Rachel was in high school, she wanted to find a job. She played around with paints to find out what skills she had. She started her career in art by putting paint on her hands. She got into the habit of putting paint on her staff. She has adaptive tools and uses her hands to help her paint. Her staff would lay out a wide range of colors and then she would pick the color combinations that she liked the best for her paint-



ings. It was great fun for everyone to come and see what she accomplished in the last couple of years. Rachel started her job before senior year was over in 2010.

Starting to paint has given Rachel the opportunity to do something after high school. She is a very social person and she enjoys people. Painting is a great way to get out of the house and the creative process of painting is something she enjoys. Her business has encouraged the opportunity to make many choices. She had an art show at Manna Café and has artwork displayed at Epic Software. Oops Art! has a website to showcase and sell Rachel's artwork. Check it out at: www.oopsart.org.



Bear in Mind...



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

Waking up to snow and rain each morning is making me feel as if I am stuck on the Groundhog Day movie set. As we live through winter reruns, the DD system's seasonal rhythms persist. People are dusting off their dancing shoes for the Arc Spring Ball or selecting stylish outfits for

the Fashion Show for All Abilities. 2013 high school graduates are settling into their new jobs or feverishly seeking employment before the school year ends. County staffers are waiting for our 2014 budget targets, hoping that an improving economy neutralizes the negative impact of the Federal Budget Sequester.

The past decade has seen a tightening of public funds for adults with developmental disabilities. While Dane County maintains a strong commitment to supporting adults to maintain paid employment, it has become more difficult for adults with developmental disabilities to obtain the public funds needed to move out of their family home. This is a national trend that is unlikely to improve in the near future.

However, last year's successful parent and provider advocacy resulted in the County Executive putting a \$237,000 Capacity Building Initiative in the 2013 DD budget. The initiative seeks to alleviate the stress and isolation caused when families provide increasing amounts of un-chosen, direct support. \$237,000 purchases comprehensive residential support for about four and a half people for one year. The County Executive has stated a desire to assist 15 individuals who are eligible for, but receiving no DD services as well as 45 individuals who have a broker and vocational or day support but no publically-funded supported living services. The capacity building initiative will provide approximately \$3,000/year of on-going funding for each participant. We will need to use our collective creativity to multiply the benefits of this relatively small amount of per person

funding.

To offer relief to 60 individuals and their families, we will need to work together, building on our strong history of innovation. In the past the County has partnered with individuals, their families, and a rich provider network to help people move home from institutions, obtain integrated employment, start their own businesses, purchase homes, create individualized budgets to better self-direct their support and use technology to enhance independence. Today we need to find new and better ways to organize support that:

- Engages and sustains as much family involvement as possible
- Decreases family isolation by increasing connections that lead to action for the person with a developmental disability and their family
- Encourages partnerships, especially outside of the developmental disability community
- Seeks collaboration and opportunities for resource sharing between people living in their parental home and people who currently receive publicly-funded, supported living.

I don't claim to know the best way to achieve these goals. I do know we can accomplish more by working together than alone. While \$3,000 does not purchase much assistance, five people working together can buy more with \$15,000. This is why the county is inviting people with disabilities, their families, brokers, providers and allies to combine forces to create demonstration pilot projects. The County anticipates that each demonstration pilot will benefit between four and ten people with developmental disabilities and their families in locations throughout Dane County.

To learn more about the Capacity Building Initiative and the Demonstration Pilots, please visit: <http://cow.waisman.wisc.edu>. If you would like a printed copy of the material contact Angie Klemm at Klemm.Angela@countyofdane.com or 242-6473. I look forward to a year of learning as we move into the future.

New Waisman Center Staff

By Jeffrey Johnson

Shawn Bass



I interviewed Shawn Bass on January 16, 2013. Shawn is new to the Waisman Outreach Center in Madison. Shawn has worked with people with developmental disabilities for fourteen years. He was a teacher at Deforest Middle School and Deforest High School, for three years at each

school. Shawn also worked at United Cerebral Palsy (UCP) for one year with the Youth Program before he started working at the Waisman Outreach Center.

Shawn works as a Community TIES Behavior Consultant at the Waisman Outreach Center. Shawn started his job on November 1, 2012. He enjoys problem solving and helping people with disabilities that have challenging behaviors. Shawn and the Community TIES team try to figure out how a person communicates with their actions. The goal is to keep everyone safe in the community. The people that he works with are Paul White, Axel Junker, Susan Mathies and Josh Lapin.

Shawn became interested in working in this field because he wanted to make a difference in people's lives. He used to work at Kmart and did not feel like he was helping people. Shawn wanted a job where he could help people.

Angie Klemm



The Waisman Outreach Center would like to welcome Angie Klemm as the new Self-Directed Services Coordinator. Angie used to work for the Wisconsin Iris Program, which is a self-directed program for all of the counties that have Family Care. She worked there for four years. She

also worked for the Family Support Resource Center in Dane County with the Respite Program. Angie likes working with teenagers, families and people with disabilities.

Angie started working at the Waisman Outreach Center on January 2nd, 2013. Angie's job is to help match people in the system or entering the DD system with brokers. She sends out broker resumes and information on all of the brokers so people with disabilities can choose their own broker.

Lynn Gilpin



I interviewed Lynn Gilpin on Tuesday, January 22, 2013. Lynn is a new employee at the Waisman Outreach Center. Lynn first started working with people with disabilities when she worked at Madison Memorial High School, she worked as a special education assistant there. Lynn also worked for Catholic Charities for seven years in two different positions. She was a program manager for the DD adult system the first five

years and was promoted to program director for the kids system the last two years. She provided support to level five foster cares for the kids, which is like supported living for kids.

Lynn now works with TIES at Waisman Outreach. She is a Behavior Consultant here at Waisman. She works with kids that have a diagnosis of Severe Emotional Disturbance (SED)—she helps train foster families to help maintain permanence in foster homes. She works with families and foster parents, social workers, school personnel, staff that work with agencies that supports the kids, and their interdisciplinary teams. Lynn started working here on January 1, 2013.

Lynn became interested in working with people with disabilities because her friend and neighbor growing up had Down's syndrome. She participated in many activities with her friend. Her friend was a great inspiration. When Lynn was seventeen years old, her friend passed away. She also realized that this was the work that she wanted to do. At TIES, Lynn likes her work because it stays fresh and new and she gets to meet new people all the time. She likes to help people make positive changes in their lives.

Columnists

Cindy's Commentary

By Cindy Wegner

Arc Fruit Fundraiser

Arc of Dane county had a fruit sale fundraiser. They will sort grapefruit and oranges on February 28th. They sold 519 boxes of fruit. They will drop off the fruit and you can pick it up at different sites.

Arc Winter Ball

Arc of Dane County had a Winter Ball. They had different hors d'oeuvres like jerk meat on a stick, meatballs, egg rolls, cake and cookies. They played music and there was dancing. There was also pop and snacks. They took pictures. Lots of people came to the Winter Ball. Photo credit: Dorith Steinberg



Arc Spring Ball

The Arc will hold a spring ball at the Concourse Hotel on Sunday, March 10th from 2:00pm to 5:00pm. They will have hors d'oeuvres, pop and chips. You get one ticket good for one soda and one snack food. There will be music and dancing. They will take pictures.

Cooking Class

Deb from United Cerebral Palsy teaches a class about nutrition and how to make different kinds of recipes.

There are nine classes. We learned how to make soups and different kinds of vegetables. We made chicken three different ways. We also play nutrition games. We learned how to use My Plate.

Activities

Madison College Occupational Therapy students are doing activity groups as a part of their student internships. Each week we do different activities. There are three or four teachers and each week they rotate. They are hosted on Thursday afternoons through United Cerebral Palsy.

Darwin and Christa's Anniversary

Darwin and Christa had their one year anniversary on March 2. They had their party at the Brink Lounge. They played Polka music. The musician, Brian Erickson, played the accordion. They had soda and cupcakes; the sodas were free.

Thoughts About Getting Vaccinations

By Catherine E. Clodius

Last fall I underwent some vaccinations. The first was with the flu shot and scientists each year try to determine what the strains will be for the coming year. Even if you do get the flu shot you can still get the flu but it won't be quite as bad as if you did not have the shot.

The next shot I got was the Tdap or Tetanus, Diphtheria and Pertussis, which is Whooping Cough. Wisconsin has the highest number of Whooping Cough cases in the nation. If you do get Whooping Cough as an adult it may last for two or three months and it's even possible to break some ribs. You only need to get the shot once.

The last shot I had was for the Shingles, which is the Chicken Pox virus. The Chicken Pox virus stays in your body for many years. The Shingles is extremely painful as it affects the nerve endings in your body and you can get the shot at age 60. However, if you get the shot you can still get the Shingles although it won't be nearly so bad. You only need one shot for the Shingles.

I would like to thank Marcia Stickel the WIN nurse for reviewing this article.

Columnists

LogistiCare Leaving Wisconsin By Jeffrey Johnson

A company called LogistiCare has been providing rides for Medicaid patients in Wisconsin. LogistiCare has received many complaints since they first began their contract in 2011. LogistiCare and other companies told the state that they planned to bid on a new contract. However, LogistiCare decided last minute not to make a bid. Two other bidders backed out as well. American United Taxi Cab decided not to bid and Wisconsin Coordinated Transportation Co-op did not get their paperwork in before the deadline. The two bidders left are Access2Care and MTM, Inc.

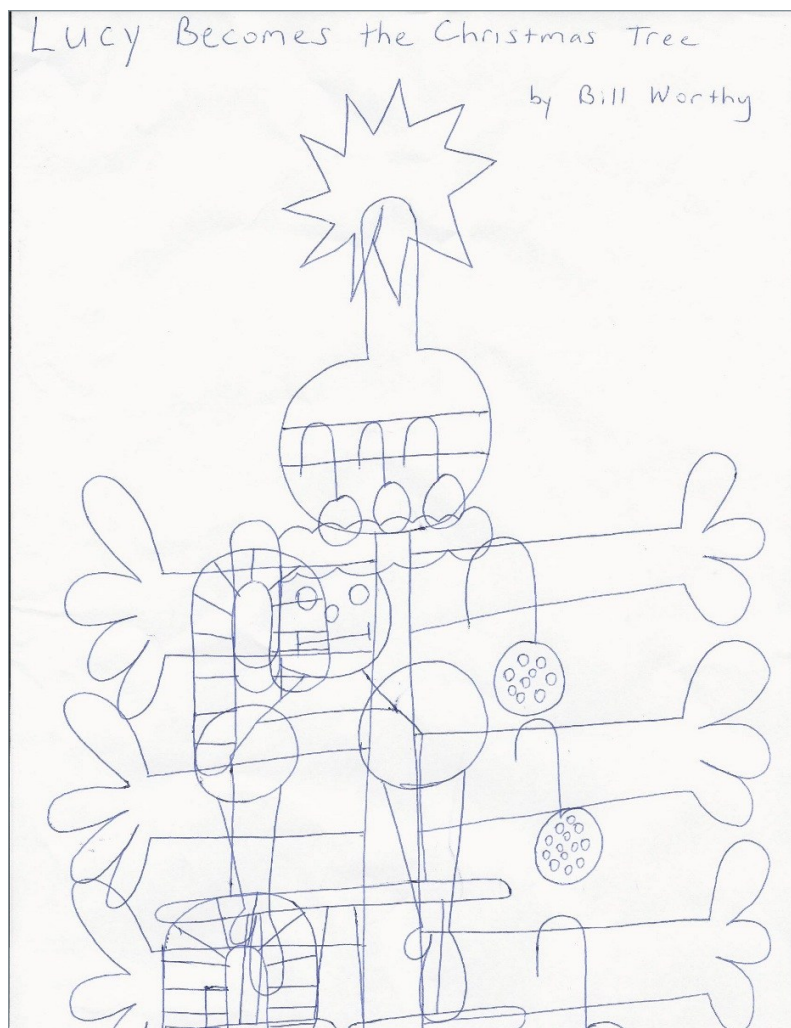
LogistiCare underestimated the number of rides they needed to provide. The company received more than 7,000 complaints over a four-month period. Transportation providers complained that LogistiCare gave inaccurate data and did not cooperate with them to solve problems. To compensate for the low bid, transportation providers said that LogistiCare pressured them into lowering their prices so much that trips were unsuccessful. LogistiCare will continue to schedule rides for patients until they find a new contractor. It may take as long as one to three months until the state awards a new contract.

Exercise By Dan Remick

I go to exercise four times a week. On Monday and Wednesday I am at Warner Park Community Recreation Center. On Tuesday and Thursday I go to exercise at the Natatorium on campus. I do walking and stretching. I do exercise at my home. I like exercises so I can keep on walking. I am 65 years old and love doing exercises. This is all for now.

My Superhuman Hearing By Dale Buttke

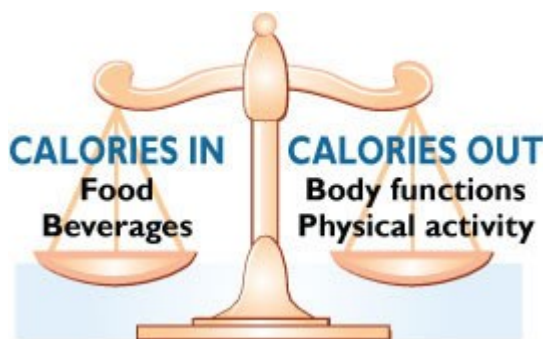
Sometimes I think I am going crazy,
Sometimes my hearing gets hazy.
But it seems like GOD gave me great hearing,
Every day I have a great fearing.
When loud sirens go by my ears are piercing
I have to cover my ears,
When people go on by
They are wondering why I cover my ears
I like to tell them that I have great hearing
And to say that it
seems like GOD
Gave to me with great nod
That he blessed me with SUPERHUMAN HEARING!



Resources and Services

People First of Dane County Gets Tips from a Dietitian

By Jeffrey Johnson



People First of Dane County invited dietitian Andrew Mader to talk to its members at their monthly meeting in February. People First members asked questions and learned about nutrition. Andrew told us that the best way to lose weight is by increasing movement and exercise, and decreasing food consumed and calories. Calories eaten should be less than calories used otherwise a person is likely to gain weight.

Andrew discussed good and bad oils. Good oils come from plants; these include olive oil, canola oil, walnut oil, coconut oil, peanut oil, corn oil, vegetable oil, margarine and Smart Balance.

Bad oils come from animals; these include trans fat, hydrogenated oils, lard and butter.

Andrew also discussed ways to make healthier purchases on a budget. He said you can buy food in bulk because it is cheaper that way. If a person has a partner or a roommate, they can make bulk purchases together. Other good ways to save money is to shop at local stores or farmer's markets or even at your co-ops. Another way is to plan a menu and make a list for the week before shopping. You could also look into starting your own garden. This is a very good way to start eating healthier. When reading a food label, try to find foods that have no more than five ingredients in them; make sure you can recognize and can say them.

The NEW Aging and Disability Resource Center

By Jeffrey Johnson



The Aging and Disability Resource Center (ADRC) started in a group of pilot counties in Wisconsin fifteen years ago. As of March 2013, the entire state is now covered by an ADRC. Wisconsin is a pioneer for rest of the country for aging and disability help. The ADRC was required to be connected to Family Care at first, but that stipulation was lifted so Dane County opened a branch. ADRC opened in Dane County on November 28, 2012. The Dane County

ADRC has 18 Information and Assistance (I & A) staffers who are all trained to answer the phone and guide callers to resources.

Having a resource center provides many benefits—it is a “one stop shop.” It makes it easier to get unbiased information and the ADRC works to help people to live as independently as possible. There isn't a qualification test or income level limit for individuals calling to find resources, though there are screenings for receiving long-term support. These resources are here for families, people with developmental disabilities, caregivers, and elderly. You can connect with ADRC by stopping by or calling. ADRC has the knowledge to talk to people about how apply for SSI, housing issues, Medicare, food share, transportation, and home delivered food.

When a person calls, they will get a person not an answering machine. You can call and set up a home visit, they can do an interview at the ADRC office, or set up an interview with them in a public place. If the I & A Specialist doesn't know the answer to a question, they will research and get back to the caller. The ADRC has many people on the phones to answer questions.

The ADRC is a good resource for the community. You can contact ARDC by email at adrc@countyofdane.com, or visit their website at www.daneadrc.org or call them at 608-240-7400. The phones are answered Monday-Friday from 7:45am-4:30pm.

Autism Advantage

By Jeffrey Johnson

When Lars was seven years old, his family took a trip to a couple different European countries. Lars was in the back seat of the car reading the road atlas. Lars later drew a copy of those countries by memory with no mistakes. Lars' dad, Thorkil Sonne, compared Lars copy to the one in the road atlas and it looked the same. Thorkil realized that even though his son Lars had autism, he was also a highly skilled individual.

Thorkil Sonne was the director of the largest communication company in Denmark. Thorkil, seeing his son's abilities, was sparked to start a business called Specialisterne. Thorkil figured that given the right environment, an adult with autism could hold down a job and be the best person for it. He has helped workers with autism, including Lars, become consultants for different companies. The goal is to change how everyone sees people with autism by proving their value in the market place. People with autistic minds can identify details that others cannot. However, people with autism also tend to have social weaknesses and do better in a more predictable environment. Even if they are very smart and know a lot they may not be able to hold down a job as a consultant.

The idea of the Lego project is to see what is needed to learn how to follow directions. This was one way Specialisterne showed people with autism that they had the skills to do the job. The consultants get paid between 22 and 39 dollars an hour. Specialisterne supports about 35 people with autism in Denmark currently.

Specialisterne is located in Denmark but plans to expand to the United States. They are working on setting up headquarters in Delaware. This brings more hope to people with autism with the right skills to find jobs as consultants.



Best Birthday Ever

By Jeffrey Johnson

The night of my 48th birthday was my first time seeing my two nieces Nicole and Emily perform in a dance show. It was held at the Middleton Performing Arts Center in Middleton, Wisconsin. We arrived at the Middleton Performing Arts Center at 6:30 pm, and met up with my sister Deborah and my brother-in-law Mitch.

The first dance was called The Thriller, which featured all of the dancers in this age group including my nieces. The girls were dancing and singing in the second dance, called Talking to the Moon. My niece Emily was the tallest ballet dancer.

Since it was a four-hour show there was an intermission halfway through. During intermission they introduced some of the dancers that were hurt and could not perform. They also took time to recognize all of the family members, teachers, and volunteers. There were several dances that my nieces were not in but I still enjoyed the different dance acts. Spotlight Dance Academy thanked everyone for coming tonight at the end of the show.

After the show both my nieces Emily and Nicole got their picture taken with me. I told both of them this was the best birthday I have ever had. I also told them I was very proud of them, I thanked them for the invite, and gave them their flowers for doing a fantastic job. Both of them said thank you then they gave me a very big hug and said happy birthday uncle Jeffrey.

Around Town



John Is a Community Organizer

By Jeffrey Johnson

I interviewed John Wroten. John started working as a Housing and Community Organizer for Commonwealth Development in August 2012. John works as a Community Organizer who builds a connection between diverse groups of people in southwest Madison. Orchard Ridge United Church of Christ funds his program. The program will be there for 2 years. He works with people with disabilities and groups from southwest Madison. His goal is to bridge ethnic and socioeconomic differences. There is a lack of understanding between people in the upper and middle class and poorer neighborhoods.

John likes meeting people and helping them find their passion and motivation, and then tries to build a group who can work on those interests together. John spends most of his day working with homeowners, renters, institutions, etc. John asks people about how they see the neighborhood and wants to find out what people are motivated to do about the neighborhood.

John works with local churches and social workers. He works with stakeholders and residents from southwest Madison. John also works with Mike Bruce from Joining Forces for Families, Wendy Cooper Dane County United, Amanda Bell from LOV-Dane and many others. John's work experiences have given him knowledge of community. He knows how it works. People know him, like him, and trust him. This makes him a good community organizer.

Catching Up With The Breakfast Club

By Jeffrey Johnson



Matt Novinska started a social group called the Breakfast Club. Anyone can be a part of the Breakfast Club—it is open to everyone. It tends to be an older group, folks that are retired or in day groups.

Breakfast Club members had been meeting in different places in Madison every other month, but recently made The Egg & I their permanent meeting place. The food is fantastic in Matt's opinion. The other restaurants did not always have the best accessibility.

The Breakfast Club is a way to meet people and make new friends. It's a great way to keep in touch with everyone and to socialize. The Breakfast Club usually meets the last Wednesday of every other month. About 10 members attend. This has been going on for about seven years. People with disabilities and brokers are involved with the Breakfast Club. The consumers really enjoy being part of the Breakfast Club.

The next gathering for the Breakfast Club is on May 29, at 9am at the Egg and I. You can email Matt Novinska at mattn@pcsdane.org if you plan to attend. The address for the Egg and I is 2501 W Beltline Hwy #111, Madison, WI 53713.

Advocacy News

Disability Advocacy Day

By Jeffrey Johnson

People First Wisconsin members, disability advocates, Board for People with Developmental Disabilities, and Survival Coalition members gathered at the Madison Concourse Hotel on March 20, 2013. Everyone in attendance began planning a list of issues to discuss with their State Legislators. People were matched with their Senator and Assembly member based on their district. People were excited and energized heading to the Capitol. They gathered in the Rotunda, and then met with their Senator or Assembly member in their office to propose important things to include in the budget.

Many key issues and solutions were talked about with Legislators. The issues included Special Education funding, direct care worker wages, long-term care funding, transportation, children's long-term support, Medicaid funding and eligibility, accessible housing and integrated employment for people with disabilities.



Photo by: Joshua Ryf

Mental Health Funding

By Jeffrey Johnson

Due to the shooting tragedies in Wisconsin and the rest of the country, Governor Scott Walker announced a 29 million dollar increase in funding for mental health services as part of his 2013-2015 budget. Shel Gross, the director of the Wisconsin Council on Mental Health, said "We're ecstatic... These are things we've been working on for years." Gross said the extra money will help fix big errors in services that exist from county to county and take away the burden on counties that are having a hard time providing adequate care. Walker said the discussion centered on the shooting tragedies but it's really much more than that and also much broader than that.

People First Wisconsin Updates

By Jeffrey Johnson

The March People First Wisconsin Board Meeting was held at Inn on the Park in Madison. President Barry Kress announced that he is leaving the board because of health reasons. Mary Clare Carlson also announced that she is resigning as executive director. Mary Clare was a great director for People First Wisconsin and board members are sad to see her leave. After April, Mary Clare will no longer be the director. Cindy Bentley will be filling in as acting director.

People First members also discussed important issues for people with disabilities in their community and what to ask the Governor to include in the budget. Key focuses were integrated employment, transportation, and Family Care and Iris. People First members gathered at the Capitol on March 20, 2013 for Disability Advocacy Day to make their voices heard.

Trainings and Events



7th Annual Fashion Show for All Abilities

Friday, May 17, 2013

Monona Terrace Community and Convention Center

1 John Nolen Drive, Madison WI

Tickets: \$5 per person, available at the door (Doors open at 5:45 PM)

Hosted by: Jonathan Suttin, Triple M Radio and Rachel Friedman

Model Coaching by KjLyn, www.KjLyn.com

Join us for an evening of fun and feeling great watching 75 models of all ages strut their stuff as they highlight the latest fashions from 38 participating retailers.

...And the “Oh, Yeah’s...”

CHOICES Newsletter

is published quarterly to provide information to consumers, families, guardians, and service providers about Self-Determination Services in Dane County.

CHOICES by e-mail

Prefer to reduce paper coming in the mail? Choices newsletter is now available electronically via e-mail. If you would prefer to receive a PDF or link, please e-mail Stefanie Primm:

primm@waisman.wisc.edu

The Next Issue of CHOICES

will be out in August 2013. Contact the editor with ideas for articles before June 15. Articles due by July 5 or until the issue is full.

To Place a Connections Ad:

Submit Connections Ads to:
Stefanie Primm, Editor 122 E
Olin Avenue Suite 100
Madison WI 53713

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

We will run your ad for at least 3 issues unless you tell us otherwise.

Announce a Transition:

Tell us about a new job, an Engagement, a marriage, a new place to live, or say goodbye to someone who has passed away.

Choices 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>

Web versions do not include Connections ads or Transitions information.



Contributors to this issue:

Cindy Wegner, Dan Remick, Bill Worthy, Monica Bear, Catherine Clodius, Jeffrey Johnson and Rachel Weingarten

Please send your stories, comments and suggestions

Contributions, comments and suggestions are encouraged and may be directed to Stefanie Primm, Editor

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