



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. 16 No. 2 | Summer 2014

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MSCR Wants to Include People with Disabilities

By Jeffrey Johnson

I recently spent the morning interviewing Chad Thom and Anne

Grondelle who design and schedule MSCR'S courses and support people with disabilities to join. Some examples of classes offered are cooking, dance, and yoga. The classes are important to everyone in the community. The programs are open to people from Pre-K to seniors. The programs can lead to a lifelong learning of arts, fitness, etc. MSCR encourages everyone to stay active and offers socialization, which helps create community connections.

MSCR is very valuable for individuals with disabilities. MSCR is very excited to have people with disabilities sign up for regular classes. They will work to determine the best way to support each individual with their specific needs. Some options can be talking with a class instructor about the ways to modify what is taught or add on a material or tool. The individual can also request a volunteer or paid support staff to help them. They would not need to bring their own support staff to join the classes! There is also an option for a fee waiver if needed and you live in Madison. People with disabilities can visit a class they are interested in to order to observe and see if they would like to sign up.

Fall registration beings in classes in early August. You can find the program guide at MSCR Main Office at 3802 Regent Street inside Hoyt School. You can also find the program guide online at www.mschr.org. For more information, contact Kate Dvorak at kdvorak@madison.k12.wi.us or Cheryl Dietrich at cstanley@madison.k12.wi.us.



Bear in Mind...



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

Transitions. In the last month I wrapped a care package for a nephew celebrating his first birthday; stared at my oldest wondering how he could possibly be taller than his dad and entering high school; overheard an eighty year old family friend commiserate with my forty-nine year old brother as they both adjusted to their new roles as widowers.

With fifty Dane County young adults entering the work force this summer, we celebrate the transition from student to worker. Large employers such as American Family and Alliant Energy, small businesses such as the Malt House, Shamrock Bar and Great Dane as well as government agencies such as the Department of Revenue, all hired recent grads [for a full list of employers, see page 9]. This transition is exciting, anxiety provoking and chaotic as school staff hustle to find students jobs, young adults and their families say good-bye to teachers and friends, get paired with vocational agencies, hire support brokers, and begin new routines. Behind the scenes, administrative staff process pounds of paperwork to ensure the necessary funding flows on time.

Given the large numbers who simultaneously experience this annual rite of passage, it is easy forget that this is just one in a series of many transitions that lie ahead. Some individuals will lose jobs, start businesses, take vacations, go to college, move out, find a partner or spouse, buy a home, enter middle age, experience health setbacks, retire. Family members will age and lose their care taking capacity.

Sixteen percent of Dane County adults receiving supports because of their intellectual disability are over sixty. This percentage increases every year and nearly matches the eighteen percent of our general population who are over sixty. John Grandy, highlighted in this issue talks of his transition from working man to retired guy. Others prefer to work into their seventies. Whether twenty-one or sixty-one, individualized planning and budgeting helps people prepare for the future that's right for them.

I recently had the privilege of attending the twenty-fifth anniversary celebration of people who share a four flat on Midvale Blvd. Over champagne, pizza, cake and laughter, I heard stories of friendship, teamwork and resilience. Back in 1989 a group of eight high school pals and their families purchased an apartment building, turning over the title to a non-profit. Over the years, some friendships strained, others remained in tact. Family relocations, increased accessibility and end-of life care needs necessitated moves. New friendships formed, different roommates moved in. Aging parents who supported their children and provided relief to paid residential staff, passed the baton to other adult children and family members. The original non-profit's bankruptcy necessitated an additional financial investment from families and eventually led to a new partnership with Movin'Out. In between birthday parties and holiday gatherings have been periods of tension with service providers, hard conversations about financial sustainability and the need for on-going creativity. As the group looks forward they know the transitions aren't over but they celebrate the last quarter century's journey together.



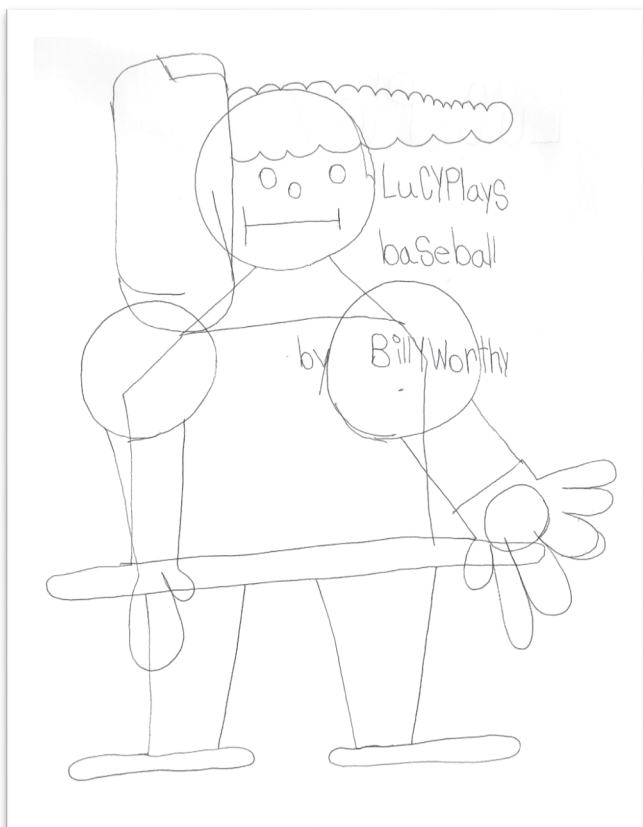
CONNECTIONS

- ♦ *Need to find or get rid of stuff?*
- ♦ *Make a friend?*
- ♦ *Find someone to date?*



Connections ads are available in the print version only.

Columnists



Cindy's Commentary

By Cindy Wegner

Water Damage

On February 4th I went to switch my clothes from my washer to my dryer and water came gushing out. I had water damage in my bathroom and laundry room. To fix the water damage my floor had to be torn up. My neighbor had water damage too. Service Pro came at 1 PM. I was without a shower for 3 weeks. I had to get new floors for my bathroom and they had to paint my walls. It was a big mess but everything is fixed. Finally!

February 18th People First Meeting

We called the meeting to order. Everyone introduced themselves to the group. Stefanie brought up Advocacy Day next month, March 18th. The event of the day was to make collages. The collages represented what people wanted to learn about, what the People First group meant to them, and what people are interested in.

Cold Winter

This winter has been tough on everyone. It has been very cold and filled with lots of snow and ice. It has been hard to get around. I had to miss the Winter Ball because of the snow storm.

Dora's Pet Corner: Rabbits in My Front Yard

By Dora Norland

For this issue, I had a chance to see some baby bunny rabbits in my front yard. Rabbits eat apples, brussel sprouts, cabbage, carrots, cauliflower, celery, chicory, kale, lettuce (they like



it but it is not particularly good for them), parsnip, pears, peas and their pods, spinach, swede, turnip, beets, artichokes, kohlrabi, sunflowers, grapes, banana, strawberry leaves, and raspberry leaves. There are seventy seven plants that are poisonous to rabbits. There are one hundred fifty one breeds of rabbits.

The Universe

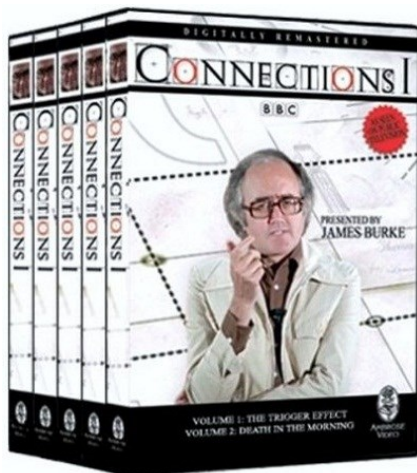
By Dale Buttke

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 Universe,
Because life here cannot be reversed.
If there is not life to face,
Then it is a waste of space.
And I ask, is there life in THE UNIVERSE?

Columnists

Review: Connections, Disc 1

By Greg Pesl



I found the 1978 BBC documentary series *Connections* on DVD at the Central Library. The series discusses technological change and how unpredictable it can be. The series' host, British science historian James Burke, covers eight modern inventions and the

trails that led to them. The ten-episode series is on five discs, and I thought I might review each disc separately (there's a lot of ground to cover in each). So, here's my review of Disc 1:

Episode 1, "The Trigger Effect": Technology today is vast (so vast no one person can understand all of it in a single lifetime) and interdependent (if one thing goes wrong, the effect spreads like a ping-pong ball in a room filled with mousetraps). Burke uses the power blackout of 1965 as an example of the latter (when a power line overloaded, the power was switched to other lines which themselves overloaded, and on and on until New York City and the northeastern part of North America underwent an hours-long blackout). If something similar happened now, our high-tech civilization would fall apart; only those people who know how to use a plow would have a chance of surviving.

The plow was invented several thousand years ago, when northern Africa was drying up and humans began to gather in river valleys (including the Nile), where they used the plow to plant seeds so they could grow crops. With a steady and reliable food supply, the population grew and a more complicated society developed--irrigation, government, religion, art, science. And the modern world is the result of that.

Continued on page 7

NASCAR

By TJ Schloss

My name is TJ Schloss. I've always had a dream of being a broadcaster or even a sports anchor. On February 23rd, it was the biggest day of NASCAR races, the Daytona 500. All of a sudden, the rain came. I thought the weather would jinx my driver, Dale Earnhardt Jr. I work for Opportunities Inc. My best friend Valerie Triggs is an inspiration too me. She always knew how much I liked Dale Jr. She's an angel, in my opinion. When I was watching the Dayton 500, Dale Jr. was leading the race with twenty laps to go. It wasn't easy, but Dale Jr. won. That's a miracle, but Dale Earnhardt Jr. is somebody to admire. Valerie really helped. It was a six and a half hour rain delay, but Dale Jr. won. He's a really special man because he shows passion. Dale Jr. did not brag on anybody else. This man lost his father in 2000 Daytona 500. Dale Earnhardt Sr. was an awesome race car driver.

NASCAR has totally changed over centuries, decades and years. When I was a kid NASCAR was known as the Winston Cup. In 2004, it changed over to a new name, the Nexta Cup, and then the Sprint Cup. It's a long amazing story, but Dale Jr. has been through happiness and sadness. But he won the Daytona 500 and was happier than ever. He thanked his teammates and family. His dad had many nick names like Intimidation.

I think of Dale Jr. as a truthful, heart warming driver. I want to be an author too. If I could, the title of this book would be Captain Dale. There are a lot of books about Dale Sr. I just hope there will be one about Dale Jr. and how he beat the rain in the Daytona 500. This man has a place in my heart. Of fame.



Dale Eearnhardt, Jr.

Health Care

Wellness Inclusion Nursing

By Jeffrey Johnson

Marcia Stickel heard about a job opening at the Waisman Outreach Center in Madison, Wisconsin. She thought it would be a very good fit for her. Marcia has been a registered nurse for 20 years. She became interested in being a nurse when she was a teenager. Marcia has been a Clinical Nurse Specialist with the Wellness Inclusion Nursing (WIN) program for almost five years.

The WIN program is a program of nurses that helps people with intellectual disabilities in Dane County who have complex health problems. The nurses work with people wherever they are. They could be at home, a hospital, their work place, or they could be at a doctor appointment or rehab.

They advocate and act as consultants and educators with clients and their support teams. Support brokers can call Marcia to pursue a referral. Marcia also will sit down and consult or discuss health issues with the team. She also consults with families, caregivers, the consumers, and medical professionals such as doctors or nurses. The nurses work with teams to help make the clients overall health better.

Constipation is the one of the bigger health concerns she deals with. Constipation can be ignored, because it can be embarrassing but it is very serious. Symptoms like bladder infections, seizures, pain, dementia and skin issues are other common problems that WIN nurses help with. Problems like heartburn, acid reflux and weight gain can lead to much bigger problems. Drinking enough water is very important because the lack of water can lead to constipation and bladder problems.

Marcia has worked with people with physical disabilities and mental health issues. Marcia runs different classes to teach people about health. The classes include a healthy eating class. She also teaches classes discussing pain, diabetes and skin care.



Waisman WIN nurses: Joanne Law, Marcia Stickel, and Michael Shinnars.

Bringing Patients to Madison Hospitals

By Jeffrey Johnson

There is a plan that Mendota Mental Health could move non-criminal patients to the Winnebago Mental Health Institute and Madison area hospitals. The plan could happen as soon as April 1, 2014. This will result in more patients going to psychiatric units at Madison area hospitals.

The hospitals can bring in some of the patients but the move could be more difficult for those people who have higher needs. Patients who need a more structured setting will go from Mendota Mental Health Institute to Winnebago Mental Health Institute near Oshkosh. The three big hospitals in Madison, which include Meriter, St. Marys, and UW, will take patients from Mendota as they are able. St Mary's and Meriter Hospital have 20-bed psychiatric units and UW Hospital has 18-bed unit. The director of psychiatric services feels they should be able to help many patients here at the three hospitals.

The people that are more difficult to handle would have to go to Winnebago but the concern would be that they would be farther from their families. The other concern is that when people are discharged it's a lot harder for mental health workers to help get everything lined up if they are in Winnebago. Also, they could end up being institutionalized longer than they may have been if they were at Mendota.

Review: Connections, Disc 1, continued from page 5

Episode 2, "Death in the Morning": Who would have guessed that the touchstone (first used c. 700 BC to test the purity of gold) would lead to the atom bomb? But that's just what happened. Burke uses this trail to show that the study of technological progress is like a detective story: he starts with the touchstone and goes forward in history, looking at the touchstone's effects on civilization, the effects' effects, and so on, from the touchstone to coins to trade to the Library of Alexandria to a navigation table to improvements in European ships to the compass to magnetism to electricity to weather observation to the Wilson cloud chamber--to the atom bomb. The development of technology isn't a straight line from A to B; it zigzags, bounces, and lands in surprising places.

I was surprised to learn that there are three Connections series on DVD (the 1978 series is the first). All three series (or most of them) can be found in the Central Library's DVD section (Special Interest, call number 609). There's also a book that goes with the first series, also in Central. If I sound like I'm rambling, I apologize; but I did say there was a lot of ground to cover in each disc. The best way to understand the series is to see it for yourself. I think you'll like it.

InfoShare 2014

By Jeffrey Johnson

Infoshare was about Exploring the Relationships between Consumers and Support Providers.

From 8:30 to 9:00, we attended registration and continental breakfast in the Mezzanine and Ballroom on the second floor in the back. The introduction was by Monica Bear of Dane County Human Services.

From 9:10 to 10:00, I learned about, "On Purpose Relationships" by Cindy Kernan and how important they are. Then at 10:00 am my job coach Yara Kruger and I were on a panel called, "Developing a Stellar Relationship." We shared how our relationship

has grown over the years. We were joined by Brenda Sundbakken and Josh Lapin and Dan Remick and Omayra Batista. The moderator was Angie Klemm. At 10:45 AM, we took our break.

The first break out session was on the first floor located in room D. It was called, "Creating My Story Book." I learned about the Purple Book. The breakout session was by Julie Nichols and Emma Czarapata. At lunchtime, we had Ricardo Vasquez, the Marimba Man. He played the marimba for everyone; his brothers help him out putting the marimba together for him to play. The marimba is a percussion instrument consisting of a set of wooden bars struck with mallets to produce musical tones. Resonators attached to the bars amplify their sound. The bars are arranged as those of a piano. Ricardo also sells his CD for \$15.

The last session I attended was called, "Am I your support person or your friend who is in charge here?" What I learned about was a support person could not be your friend because they are being paid. I disagreed with the presenter Christine White. My friend Craig Rossomando worked for Create-Ability. As my staff or my support person, Craig and I became best friends. I knew Craig for 14 or 15 years. Craig worked as my home staff for 8 years. It is hard to say if your support person can or cannot be your friend. I do not think it really matters.



Participants share a laugh at a previous Infoshare breakout session.

Self-Determination

Support Broker Consultations

By Jeffrey Johnson

Dan Rossiter works at Support Broker Consultations (SBC), the friends and family option. These Support Brokers are family or friends who are acting as support brokers. They are not professional consultants, but are friends or family members that are familiar with the person's needs and wants. A traditional broker would be employed through a county agency or a nonprofit organization. A traditional broker that works for Dane County would have a caseload of people. When hired, the broker would get to know the person and their family and their personal needs and wants.

In order to be hired for friends or family broker, you would need to have known the individual for a long time. They would then do a background check on that person. If they pass the background check then they would start the training. The SBC will help train the friend and family broker in what services and supports are available. They will show them how to access them, how to navigate through the system, or how to do the paperwork that comes with government funded programs.

Having a friend or family member as their support broker is a comfort for folks. It can be nice for folks that may speak a different language or are bilingual to have this person to help with translation. With a regular support broker there is a chance for high turnover. There is less chance of turnover with a family or friend.

There is a four-hour initial training. SBC then communicate by email and phone calls to help these support brokers through different situations. The broker should visit the person every three months. There are quarterly meetings to help and they are planning a summer picnic. They each would receive two hours of interactive training. They also encourage folks to attend trainings beyond the initial training to learn more skills as a broker in the future.

The family or friends broker would be nice to have as a support broker. If the person with the disability has needs that prove to be too much for the family or friend to handle, the person with the disability would have a broker commitment through Dane County.

Caroline Miller, Capacity Building Connector

By Jeffrey Johnson

Caroline Miller is the Community Connector at United Cerebral Palsy in Dane County. She is responsible for connecting folks with disabilities to the local community. Caroline's started as Community Connector at the beginning of January. She works with people with disabilities and their families throughout Cross Plans, Black Earth, and Mazomanie. Dane County gave her eight individuals to work with. She is not sure if the group will be expanded but at this time it's set for the eight individuals.

She focuses on connecting people with disabilities with others in community activities. She works with the eight people to plan group events and also helps individuals find activities depending on their personal interests. The group's fun projects have been bowling, a group dinner, and whiffle ball at Rookies outside of Black Earth. Also they had a holiday potluck at the firehouse in Cross Plains. They will also include going to see a movie in Madison. Some individuals have found workout buddies for the gym and one person started a community game night at a coffee house.

ANNOUNCEMENT

Come Show Support or Concern for the 2015 County Budget

**Dane County's
2015 Human Service Budget
Public Hearing
Thursday September 11, 2014
5:30 p.m. at the Alliant Energy Center**

Self-Determination

Erica's Business *Enchanted Land*

By Jeffrey Johnson

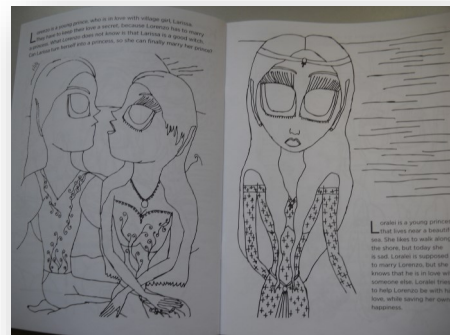
Erica Pernot's Art Business is called Enchanted Land. She draws a lot and paints a little bit. Erica started her new business in May 2013. She sells coloring books for \$8, t-shirts for kids for \$12, and adult t-shirts for \$15.

Erica is looking for stores to sell her t-shirts and coloring books. She plans to sell bags and key chains next. Erica wants to start an Etsy Page. Etsy is a website where people can buy and sell handmade items and supplies.

Erica became interested in creating art in high school. Several people inspired Erica to make her own art. Erica's Grandpa got her interested in drawing. He would draw a letter "B" and make a bunny out of it. She loved that. Deena, Erica's vocational case manager, people in high school, and Charity from Progressive Community Services also encouraged Erica in creating her art.

Karen, Erica's mom, is also very supportive of Erica's art and business. She loves Erica's t-shirts. The Covenant Lutheran Church in Stoughton provides a space for Erica to do and create her art. The church has also set up a display table with her products and they help with the sales process. Erica and Deena go online to look at art. Erica's favorites are Disney art and Deviant art, princesses and fairies.

Some of Erica's Creations:



A Special Thank You to the following employers who hired people from this year's grad class:

Access to Independence, All Color, Alliant Energy, AM Swimming Approved, American Family Insurance, Amanti, April Aire - Research Productions, ArtWorking, Barriques, Buck N Honey's, Buffalo Wild Wings, Catholic Multicultural Center, Charter Communications, Colectivo Coffee, Community Based Pre-Voc., Consolidated Foods, Copps, Courtyard Marriott Hotel, D&S Dental, Day Services, Deforest Evangelical Free Church, Dept. of Revenue, Disability Rights WI, WI Dept. of Administration, Domino's Pizza, Dream Bikes, Dream Lanes, Dept. of Safety & Professional Services, Early Learning Center, Easter Seals, Elegant Foods, Flip City Gymnastics, Fuzzy's Tacos, Glass Nickel Pizza, Goodwill, Gorman and Co., Grace Episcopal Church, Great Dane-Cottage Grove, Hampton Inn, Hometown News, Hy-Vee, Ingleside Nursing Home, Knowledge Unlimited, La Follette High School, LifeCycle Kids, Little Ceasars, MARC-Mt. Horeb, Michael Greenway Properties, Miller's Supermarket (Mt. Horeb), Minitube, Monkey Bar Gym, Mt Horeb School District ELC, Murphy Insurance, Neckerman Insurance, Nord Gear, Oasis/Oregon Schools, Park Printing, Pick N Save, Prairie Athletic Club, Primary Center, Promega, Pure Sweet Honey, Red Caboose, Rejuvenation Spa, Rock a Bye Day Care, Support Broker Consultants, Shamrock Bar, Shop Bop, Snap Fitness, St. Mark's Lutheran, Steinbock, Aldos, The Malt House, UCP Respite Provider, Union South, UW Hospital, UW Institutes of Discovery, UW-Waisman Center, Village Lanes, Walgreens, Warner Park Community Recreation Center, Which Wich, WI Public Defenders Office, Willy St Co-op, World of Variety, YMCA

INTERVIEW: JOHN GRANDY



By Jeffrey Johnson

I interviewed John Grandy at the Catholic Charities Adult Day Care Center in Madison. John enjoys doing activities at the Adult Day Care Center five days a week. John likes to work on craft projects. A couple weeks ago he worked on a St. Patrick's Day flower project. John likes to take short walks around the building and doing chair exercises with chair dancing videos. He also enjoys watercolor painting.

John is not originally from Madison. The first place he lived was in Lodi, Wisconsin from 1942 to 1998. Then after that he moved to Portage from 1998 to 2013, and then moved to the east side of Madison in 2013. He stayed with his sister and brother-in-law for a few days until he got his own place with two roommates. They all live upstairs on the main floor of their apartment. There is a gal, who is the contact person and lives downstairs with her two cats in the basement apartment. There are staff who come in during the week and weekends to help out.

John is not involved with any organizations at this time. He is actually retired. He used to work at a nursing home in Portage doing maintenance.

Transitions

Obituaries are available in the print version of Choices only.

Transitions

CHOICES Newsletter



The University of Wisconsin-Madison
Waisman Center
Room A 109
1500 Highland Avenue
Madison WI 53705

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Madison WI

...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.

The Next Issue of CHOICES

will be out in December 2014. Contact the editor with ideas for articles before October 15. Articles due by November 4, 2014 or until the issue is full.

To Place a Connections Ad:

Submit Connections Ads to: Angela Klemm, Editor, 1202 Northport Drive Madison, WI 53704 or klemm.angela@countyofdane.com. 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>

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 Angela Klemm:
Klemm.angela@countyofdane.com

Web versions do not include Connections ads or Transitions information.

Contributors to this issue:

Dora Norland, Cindy Wegner, Dale Buttke, TJ Schloss, Greg Pesl, Billy Worthy, Jeffrey Johnson, Monica Bear, and Rachel Weingarten



Please send your stories, comments and suggestions

Contributions, comments and suggestions are encouraged and may be directed to Angela Klemm, Editor

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