



CHOICES

A Newsletter about Self-Determination in Dane County written with individuals with developmental disabilities for individuals with developmental disabilities, their families, and supporters.

Vol. 17 No. 4 | Winter 2016

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Call for Writers and Artists!

Are you interested in contributing an article or comic to Choices?

Please contact Angie Klemm, Editor:
klemm.angela@countyofdane.com

Paul White Retires

Jeffrey Johnson

The Waisman Center approached Paul White and asked him to work with people with disabilities that have behavior problems. Paul was brought to the Waisman Center to start that program and he oversees the Community Outreach program.

Paul started working for Community TIES August 17th, 1986. He was working in a residential project at Orchard Hill in Madison. That was the time when people with disabilities were started leaving Orchard Hill and into the community. Then he started a community based program at Orchard Hill before that people with disabilities were put into state instructions placement. Paul started working at Orchard Hill in 1981. Before that, he worked in the residential area with children. They asked Paul to leave Orchard Hill and work in the community. That is how Community TIES got started in 1986 and grew bigger. The name Community TIES came about because the program focuses on giving trainings and intervention to help people with disabilities and agencies. Paul was the first employee of Community TIES. They then added Josh Lapin from Night Owl (formerly called Sound Response) and Axel Junker from Crisis.

Paul has been a behavior specialist for 29 years at the Waisman Center. Paul thinks the hardest part of his job was working with the budget. He also thinks another hard part



of his job is to keep people with disabilities safe and living in the community. The part of his job that he enjoys the most is working with you ("you," meaning working with me); I have known and worked with Paul for many years. Paul reminds us that the person always comes first, before the disability, and it is critical to keep the person's interest as the main goal. It is also important to be flexible and lead by example. Paul retired at the end of December 2015. He thinks

it time for younger people to take over the responsibility. Axel Junker will take over for Paul and Josh Lapin will be heading Community TIES. Paul is planning to move to Seattle, Washington to live and work and do some recreation out there.

Heather McMurray shared her memories of Paul, whom she met 22 years ago at age 14. Paul was Heather's very first friend in Madison and acted as her case manager through Community TIES. Paul not only helped Heather reach her goals, but he also helped her respect herself. Paul also helped Heather exercise. Heather said she likes Paul positive attitude most. "He was always there for me in good times and bad times and because of Paul, I am living a great life today. Paul believed in me and helped me so that I could believe in myself," says Heather. Paul would tell Heather to keep her feet on the ground and keep reaching for the stars.

Continued on page 6

Bear in Mind...



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

My office view of frozen Lake Mendota reminds me of the awesome winter vacation I took in January, joining family and friends for a ski weekend in Michigan's Upper Peninsula. For those who prefer dance shoes to snow shoes, the Winter Ball will be even more fun.

Since I can also see the Capitol from my window, I frequently wonder what lies ahead for Dane County's DD services.

The last state budget directed Wisconsin Department of Health Service (DHS) staff to develop a concept paper redesigning the current long term care system. This concept paper will be submitted to the Joint Finance Committee on April 1 and will describe how DHS plans to privatize community-based long-term care services, using Integrated Health Agencies, run by large insurance companies. Prior to final submission, there will be a public hearing in Madison on March 7 from 4:30-6:30 at the Alliant Energy Exhibition Hall. A group of state wide advocates interested in preserving the strengths of our current long term care system has formed the Long Term Care Coalition. They recently released a blueprint which you can read at <http://www.wilongtermcarecoalition.org/#!/blueprint/sga91>

This issue of Choices bears witness to the power of good work and sustained effort, regardless of season or political

climate.

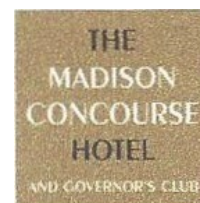
Back in the 1980's individuals were moving out of the state centers. Two early pioneers of the community integration movement, Steve Rowin and Christine Mayer died last month. They deeply touched and taught many. Steve's journey took him from DD center to homeowner, gathering many friends along the way, as you can see at: <https://vimeo.com/140187216>. Christine's story of resilience can be viewed at: <https://vimeo.com/152354708>.

Some were lucky to have Steve and Christine's help creating a roadmap for community support. Others benefitted from assistance provided by the recently retired, Paul White. Nearly thirty years ago Paul started the Community TIES program to help support people's tricky behaviors and special needs. With the partnership of many he was instrumental in growing the Community TIES into a constellation of Waisman Community Outreach programs that now includes behavioral support, assistance with home modifications, training and consultation, community nursing, a psychiatric clinic, crisis response and family organizing. Steve, Christine, and Paul all contributed to our community's culture of innovation, helping people with disabilities lead ordinary lives in ordinary neighborhoods, working in ordinary jobs.

Community Support Network reminds us that not only is sustained effort and good work important, it can be fun! In September 2015, Madison Magazine named CSN one of the area's best employers, declaring they were "defying expectations in a good way." Let's all strive to do the same.



The Spring Ball



Sponsored by The Arc-Dane County, anonymous donor, and the Madison Concourse Hotel

Date and Location: Sunday, March 20, 2016 from 2:00 -5:00 p.m. at the Madison Concourse Hotel, 1 West Dayton St., Madison, WI.

Tickets must be pre-purchased from The Arc-Dane County for each person. (Sorry, no free tickets for staff, attendants, or family members). The ticket includes the Spring Ball, light snacks and some hot hors d'oeuvres (2:15 pm 'til they are gone).

***COST:** \$4.00 Arc-Dane County member \$8.00 Non-member
If you wish to be a member of The Arc-Dane County, go to our web site and print off a form. Providers may join at the Corporate category, self-advocates may join under limited income category. Go to: <http://arcdanecounty.org/membership/>

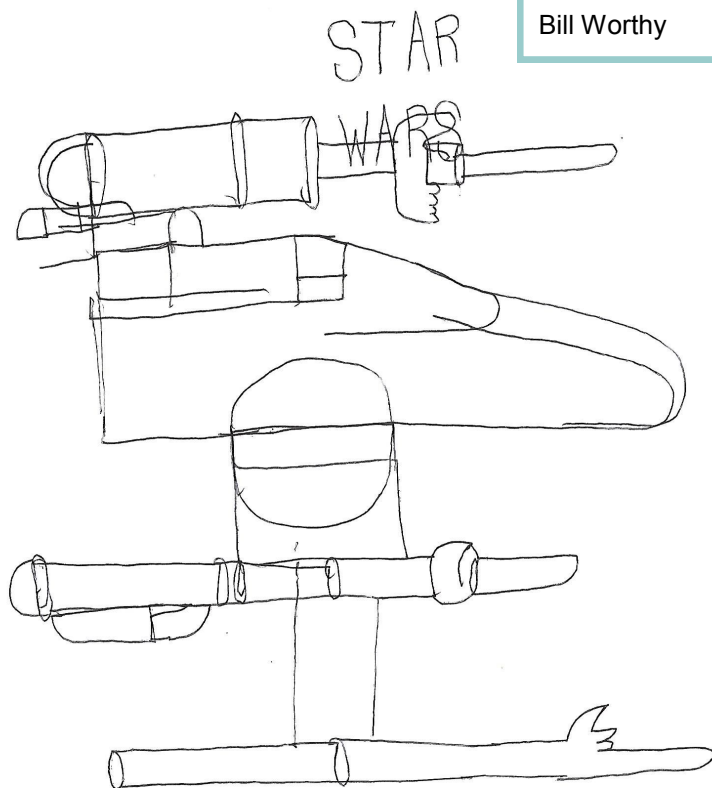
Ticket requests must be received by Monday, March 7, 2016. Upon receipt of the ticket request and payment, the tickets will be sent prior to the event. Each person, family or agency is responsible for distributing the tickets purchased. If you have ordered too many tickets or need more tickets, please network with others so that the tickets may be used. Tickets will be distributed on a first come-first served basis.

All clients must carry emergency contact information at The Spring Ball and provide own transportation to and from The Spring Ball.

To Order Tickets: <http://arcdanecounty.org/2016-spring-ball-registrationticket-order-form/>

COMICS

Bill Worthy



COLUMNISTS

THANKFUL

Catherine E. Clodius

I am thankful for my family who mean so much to me and give me so much love.

I am thankful for my friends who enrich my life just by being there.

I am thankful for my staff that help me out so much with whatever needs to be done. Words alone cannot express how much I really appreciate them all for their smiles and their love.

I am thankful to live in America where we have the freedom of speech.

I am thankful for knowing that God is always present in my life.

I am thankful for the bounty of food especially when so many people have to do without.

I am thankful for Evening Meals on Wheels for providing delicious meals that are well balanced especially knowing how much I hate to cook.

I am thankful for having a nice place to live that is warm during the winter and cool during the summer.

COLUMNISTS

SPORTS

Mallards Game

TJ Schloss



I'm very thankful that my dear Mama encouraged me to go to the Madison Mallards Playoff game. I called my Broker, Hassan. Hassan was right on the phone. Hassan and I planned to go to Va-

lerie's Birthday Party on August 13th. Hassan told me "TJ be nice to your mom and tell her what you told me." I told Hassan I wasn't feeling very good. I told Mama I wasn't feeling good. Mama leaned in and said "TJ we never went to a playoff game." Hassan's advice worked out. Going to Mallards games are really fun. Earlier this summer we went to cheer on the Mallards. It was really hot. The staff looked after me. The supervisor protected me. He gave me some Gatorade. Going to Mallards games are about enjoying life. I really enjoy spending time with my dear Mama. I got to meet Maynard. Maynard is a nice mascot. He cares about me. I'll never forget when he waved and shook my hand. I even got to see him dance. Mama likes Maynard too. Mama kept me calm every game when Maynard didn't come by me. The Mallards lost their second Playoff game. I was frustrated. Mama told me "TJ keep being a true fan." She's right because being a sore loser is bad. Being a true fan is important because the Mallards only like true fans. Mama knows how to be a special Mallards fan. I'm very thankful for going to cheer on the Mallards this summer. Spending time with Mama at Mallards games is even more special. The announcer would say "Weiner! Weiner is a foul ball!" Hassan told me "Your mom loves you very much." Mama and I are Mallards fans. My dear mama let me go to the gift shop this year at Mallards games. I'm epileptic, so mama had to help me with my money so I could buy special merchandise. Mama leaned in by helping me buy two special coffee mugs. Ill never forget when I had a seizure and broke my world championship mug. The really nice staff member was on my side. Mama kept me calm in the shop. I'm thankful for the staff helping me in the shop and supporting the Mallards.

COLUMNISTS

Don't Be Scared

Gregory Cain

I am writing to let you know that you shouldn't be afraid to be yourself because you're disabled. I am also disabled. I know how you feel, because I have been through the same thing. At a time, I was scared; that's only human. But, you can get over that feeling of being scared.

Know that you are just as good as anyone else, so don't be worried about what other people think. **HOLD YOUR HEAD UP HIGH!!** What I do is I don't care what someone who won't even take the time to know me before they judge me thinks; that's their problem.

What I have now is high self esteem, and that's what I want for you. I know it's easier to say than do, but you have to take that first step and not be afraid to live your life. You don't need to worry about what other people think! You will find that a lot of the public will understand, and the ones who don't are narrow minded. Sometimes you have to be understanding, because some kids are afraid of what they don't know about. Some parents don't take the time to explain disabilities to their kids. So when you think about it, you can't blame a whole society of kids or all adults as far as that goes, because it's about what you are taught at home.

I think a lot of people with disabilities spend too much time thinking about what they can't do instead of what they can do. I want you to get that negative thinking out of your thought process, turn it positive, and realize that no one is perfect. I can say this because I give people the benefit of the doubt because I love people just as much as I love myself, and they can feel that.

I don't want you to waste your time feeling sorry for yourself. Get out there and live your life; you owe it to yourself. I am sorry for being so blunt, but it's what we all need to hear every now and then. Even me because I feel sorry for myself also sometimes, but I try not to dwell on it. Remind yourself that you're as good as anyone out there, so keep your head up and don't worry about others- just be who you are.

The next thing you will realize is you never had anything to be scared of because they are people just like you. And, people who aren't disabled get scared too. Think about it like that. Take baby steps at first if that will make you feel more comfortable. Just think how much you're missing and all the people you're not giving a chance to know you and become your friend. So

the next time they see you they won't be scared and you won't either. You will find out there wasn't anything to be scared of.

I am in no way saying you don't have the right to be nervous at first, but you will get over that feeling the more you go out. I was not born with a disability. So you see, I had to get use to it, but I didn't let my disability define me. Although I am not married now, I was married for 22 years and have 3 beautiful kids that I can't call kids now because they are 39, 37, and 30 now. My son is the oldest, then I have 2 girls. So you see, my ex-wife didn't see my disability, what she saw were my strengths. Plus, just like a lot of you, I have the support of my family.

No matter what your disability is, there is always someone who is worse off. What you have to do is look inside yourself and just sit down to see how you can deal with this feeling.

P.S. PLEASE TRY MY ADVICE. Thank you



Restaurant Review:

Cheesecake Factory Opens in Madison

Polly Naughton

Did you know that the Cheesecake Factory has opened at West Towne Mall in Madison in November 2015? I was curious about what the food would be like so I decided to try it out. When I arrived I liked how fancy the restaurant looked. In the front of the restaurant there is a big case full of appetizing desserts. The service was good and they were friendly. We were seated right away. The menu was really big. There were 250 items to choose from! The food was a little pricey, but the portions are big. I chose to order the mini corn dog appetizer. I didn't have to wait long for my food to come. It looked yummy and I thought it was delicious. The corn dogs were just the right temperature and soft and crunchy. The Cheesecake Factory is directly across from Sephora. There is seating inside the restaurant or out in the mall area too.





Community Support Network: Voted one of The Best Places to Work in 2015

Jeffrey Johnson

Community Support Network (CSN) is a non-profit organization that received one of Madison Magazine's 2015 Best Places to Work Awards. CSN works with people with disabilities in the community. The organization has built a strong support team. CSN's mission is to help build relationships for people with disabilities.

Deb Rateing has been the Executive Director of CSN since May, 2001. CSN offers three main services for individuals with disabilities- vocational/employment services, mental health support for people with developmental disabilities and their families members and support staff, and day services. There is also a store at CSN and they host various events throughout the year such as open houses and gallery nights. CSN works very hard helping people with disabilities with work and find ways to give to their community.

How do you get people to work somewhere and be happy with a lower rate of pay? CSN focuses on providing dignity to the employees and the people they support and showing them that they are an important part of the team. Staff also receive, health and dental, 401 k life and disability, and holidays. Deb also welcomes change and looks to nature to help deal with changes.



Special Olympics

Jeffrey Johnson

Special Olympics Wisconsin (SOWI) is a statewide organization that provides people with intellectual disabilities the opportunity to compete in different sports. People ages 8 and older that have an intellectual disability are eligible to compete. Children ages 2 to 7 can join the Special Olympics Wisconsin Young Athletes Program. The mission of Special Olympics is to provide year round sports competition in different Olympic sports for children and adults. People have the opportunity to make friends with other Olympic athletes in the community. It gives every athlete confidence and the ability to improve their physical fitness.

Special Olympics Wisconsin has seven regional offices that serve about 10,000 athletes statewide. Special Olympics are at least 180 communities across the state. They have about 2,030 volunteers that support athletes across the state. SOWI is one of 52 programs in the US. There are over 170 countries involved in Special Olympics throughout the world. Special Olympics holds the USA games every four years and it includes athletes from all 52 US programs.

The spring and summer games include softball, powerlifting and tee ball, bocce ball, track and field, tennis, and golf. The fall games include bowling and volleyball. The winter sports in Special Olympics Wisconsin include alpine skiing, cross country skiing, snowboarding, and snowshoe racing. Inside winter sports offers basketball and gymnastics.



The Arc-Dane County

Jeffrey Johnson

The Arc-Dane County works with all children and adults with disabilities and their families to achieve equal opportunities. The Arc helps people with disabilities live in the community and creates acceptance and respect. Membership creates relationships for families and folks with disabilities. The Arc wants membership commitment and folks with disabilities to volunteer so they are getting everything out of the membership that is possible. The Arc will send a membership form and there are different levels of membership prices. The Arc has an open membership which also has patron and corporation memberships. The contributions help support advocacy and social events organized by Arc. The website www.arcdanecounty.org has all the information needed to join. The Arc has a spring ball, winter ball, and awards banquet held annually at the Concourse Hotel and Governor's Club. The organization has an annual fruit sale that is the Arc's second biggest fundraiser. They also have an annual Halloween celebration at Pooley Sports Bar and an event called "Everybody's Golf Tourney." The members of Arc help the organization out by volunteering at different events. The board is also very active in many different ways.

EXCITING HAPPENINGS IN WINTER/SPRING

The Arc Spring Ball

Sunday, March 20

Madison Concourse Hotel

To Register: See registration information in this newsletter on page 2.

InfoShare: Escaping the Winter Blues- Sustaining Health and Happiness After Another Wisconsin Winter

Wednesday, March 9, 2016

Alliant Energy Center Exhibition Hall InfoShare is a gathering of people with developmental disabilities, their friends and families and those who work for and with them. It is a place of learning, of sharing, of telling stories, of listening to one another, of renewing old friendships and making new ones. Join us for a day of thoughtful discussions, seeing old friends and fun activities!

To Register: <http://cow.waisman.wisc.edu/forumsandconf.html>

Fashion Show for All Abilities

Friday, April 22, 2016

Monona Terrace Ballroom

The Fashion Show began in 2007 as a community awareness event: To promote accessibility and respect for all persons, including people with intellectual and physical differences, in a retail setting. The scope of this Fashion Show has grown by leaps and bounds since then. With this event, we hope to change attitudes, promote inclusion, and grow self-esteem and confidence in the models themselves. Models in the fashion show come from every walk of life, and models with and without labeled "disabilities" are encouraged to participate.

To Register to attend: <http://cow.waisman.wisc.edu/fashionshow.html>

Lunch Club at the East Towne Mall Food Court!

Due to the continued success of the Lunch Club, the group has decided to expand their menu options at the Food court. This group is designed for young adults to interact and have social opportunities while meeting new pals! Many of the members of the group have gone to each other's home for dinner, movies, and chatting on social media. Real friendships are happening with this amazing group of people. The group meets every other month and is intended as a Support Broker/consumer outing.

Want to know more about the Lunch Club? Please contact Matt Novinska at 661-4159.

Lunch Club at East Towne Mall



Waisman Center Day with the Experts

The Waisman Center presents four community "Day with the Experts"

educational events focused on autism, cerebral palsy, cochlear implants and Down syndrome. The series features presentations by Waisman Center researchers and clinicians, as well as a panel discussion with individuals and family members who share their experiences and expertise.

All Waisman Center Day with the Experts events are free and everyone is welcome to attend. Advance registration is encouraged as space is limited. www.waisman.wisc.edu

Waisman Center Day with the Experts:

Down Syndrome

Saturday, March 5, 2016

A collaboration with the Madison Area Down Syndrome Society (MADSS) that focuses on sharing knowledge about Down syndrome across the life course, from research using stem cells to the latest standards of care. A panel of experts made up of individuals with Down syndrome and their family members share insights and information.

Waisman Center Day with the Experts:

Cochlear Implants

Saturday, June 4, 2016

Participants will learn about some of the latest advances in research and will hear firsthand from a panel of experts including individuals.

Day with the Experts is held at the Waisman Center, 1500 Highland Avenue, Madison.

Paul White Retires, continued from front page

Keith Yelinek also shared memories of working with Paul for his daughter, Kristin. Paul helped Kristin and her roommates, who had never lived alone before, get along in the community. He also helped Keith and his wife, Natalie, adjust to living without Kristin at home. Paul helped Kristin and her roommates adjust as a family; they love living together and have lived together for twenty five years. Paul had big impact on their lives.

Thank you, Paul, for all your work, commitment, thoughtfulness, and wisdom! Your positive and powerful influence with individuals with disabilities, their families, and the Dane County community will carry on.

COMMUNITY PARTNERS: Modifications at Home Make Living Easier for Seniors and Adults with Disabilities

By Jonathan Rossall (Home Modification Manager, Independent Living, Inc.)

Sometimes a helping hand is all it takes, even when the “hand” is a handrail or grab bar.

That’s what home safety modification is all about at Independent Living, Inc. A dedicated team works hard to enable seniors and adults with disabilities to continue living at home.

Independent Living, Inc. is a local nonprofit agency with a sound track record for delivering expert services and exemplary housing options in Dane County. Its mission is to help seniors and adults with disabilities manage their independence through three key areas: senior housing options in Madison, Fitchburg and Sun Prairie; Medicare-certified home health care services including post-hospital nursing, and physical, occupational and speech therapies; and multiple in-home services that include Evening Meals on Wheels, personal care and home safety modifications.

Our home modification program at Independent Living has existed since the organization was established in 1973. Modifications may range from simple grab bar installations and appropriate placement of bath benches all the way to permanent wheelchair ramps. A key aspect that makes the Independent Living program unique is its staff which includes Ron, an occupational therapy assistant who conducts on-site evaluations, and Jerrold, a licensed carpenter who builds, assembles, or installs anything that is needed. The department manager, Jonathan Rossall, has national credentials as a Certified Aging-in-Place Specialist.



Some common concerns addressed by our home modification program include:

- ◆ home entry and egress
- ◆ bathing and toileting
- ◆ bed and furniture transfers
- ◆ meal prep, dressing and self-care
- ◆ indoor and outdoor ambulation and mobility
- ◆ step/stair modification
- ◆ trip hazards/fall prevention
- ◆ unique individual challenges

Some common equipment/services provided:

- ◆ home safety assessments and home modification estimates
- ◆ bathroom safety equipment (grab bars, shower chairs, toilet risers, etc.)
- ◆ tub-cut bath-to-shower conversion
- ◆ ADA height toilet installation
- ◆ custom built furniture risers for chairs, sofas, beds, etc.
- ◆ adaptive aids for independent cooking, eating, dressing, etc.
- ◆ wheelchairs, rollators, walkers, canes, etc.
- ◆ wheelchair ramps, interior/exterior railings or handrails
- ◆ step repair or modification (step lengthening, height reduction, etc.)

Many people served by our home modification program are returning home from a hospital or rehabilitation center after a surgery, a fall or some other major health event. Often the transition happens quickly and there is not a lot of time to plan ahead or have modifications completed prior to a person’s return home. As a result, our home modification team maintains a flexible schedule that allows most needs to be addressed within 1-2 days and same day service for urgent needs.

Recently a call came in from a Dane county agency that works with disabled adults about a client who was discharging home from a rehabilitation center. The referral came through on a Thursday and the client was discharging the following Wednesday. We were able to coordinate multiple schedules so that a home assessment and equipment installation could be completed before the client returned home.

Another recent call was from a landlord who needed some grab bars installed for a tenant. The tenant was supposed to move in that evening and without the right grab bars installed the tenant would not be able to use the toilet. The

COMMUNITY PARTNERS

landlord had been up till 2am the night before getting the apartment ready but this one detail had slipped his mind. We were able to modify our schedule so that we could fit this installation in at the end of our day.

The home modification program is available to all Dane County residents. For clients who may be unable to afford necessary changes, grants may be available. Because Independent Living is a 501(c)3 charity, the organization is able to seek grants to help others. In particular, our home modification program has been the administrator for two grants to assist low and moderate-income individuals age 62 and older, or individuals of any age who have a disability.

One grant covers safety and accessibility improvements such as permanent and temporary wheelchair ramps, stair lifts, hand railings, and repairs to steps for homeowners. This grant is available for low and moderate-income home owners who live within 55 municipalities of Dane County but outside the City of Madison. To verify eligibility, call Independent Living at 268-9635 to inquire.

ILI has a separate grant for clients who need portable medical equipment, such as toilet rails, raised toilet seats, bath benches, etc. This grant is available for both home owners and renters in Dane County, including the City of Madison (grant funding for Madison residents is unavailable till January 2016).

The grants administered by Independent Living can address a broad range of home modifications tailored to meet an individual's needs. Last year we worked with a woman whose hillside home presented a unique accessibility challenge. Several steps led from her front stoop to her front lawn and across the lawn several more steps led up an embankment to her driveway. We were able to eliminate her need to go up and down both sets of steps by building a bridge between the two.

A more recent grant recipient lives alone in a tidy house less than 20 years old. Despite the home being more modern and spacious she had fallen several times. Our assessment found a surprising number of areas where safety and accessibility could be improved. We ended up installing two new interior and two new exterior handrails, a higher height toilet, new smoke alarms and other fall prevention aids.

The goal of the home safety modification program is to adapt homes to make them more accessible and safer for individuals with limitations in movement, strength, dexterity, eyesight or hearing. To learn more about this program and how it can help you or someone you care about live safely at home, call Independent Living at 608-268-9635 or write to intake@independentlivinginc.org

EVENTS: People with Disabilities and Other Supporters Give Testimony at State Hearings

Jeffrey Johnson

The Department of Health Services held several hearings around Wisconsin to receive public testimony about the future of long term care. Two of the hearings were held in Dane County at the Goodman Community Center in Madison. The first hearing was on Wednesday September, 23, 2015 from 9:00 am until noon. The next public hearing was on Wednesday, October 7th. The topics that were discussed at the hearing were the Department of Health services the 2015-2017 state budget, Act 55 Family Care and IRIS 2.0.

The reason to have the hearings was to listen to peoples testimonies. You can listen to the testimony by going to <https://www.dhs.wisconsin.gov/familycareiris2/index.htm>. Various individuals spoke about things such as how community and residential support workers are important and not wanting services to change. Many people also ex-

pressed the importance of being able to choose who takes care of them. People have the right to live in their own community. Various individuals in Dane County testified that Dane County is a showcase of how to help people with disabilities to keep self-directed services and recognized the support broker system as important for all with disabilities.

The two main programs in Wisconsin are Family Care and IRIS. The overall impression from the testimony was that Family Care 2.0 needs to make sure people can keep community supports as living in the community increases wellbeing, activity, and support. Individuals also want to direct their own cares and focus on person centered planning as it is very important to be seen as an individual with unique needs. Community support and person **centered planning requires knowledge of the person, care plans, and the community. Wisconsin is seen as a leader of long term care.**

CHOICES Newsletter



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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 June 2016. Contact the editor with ideas for articles before April 15. Articles due by May 15 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:

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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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