

Handy-NEWS & NOTES



October 2013

HAPPY 30TH ANNIVERSARY – Handy-NEWS & NOTES!!!

Since before there was an Americans with Disabilities Act (ADA) and the many civil rights which it assures, Handy-NEWS & NOTES (HNN) was sharing information of interest to people with disabilities. With the first publication on October 28, 1983, more than 1,100 HNN editions have been published. With a total distribution of more than 6 million copies, HNN has invited its readers to share resources and information which addresses our interests and perspectives.

With the inaugural issue featuring airport access for persons who are deaf all the way to issues featuring Zoo attractions, HNN has welcomed people with disabilities to the front door of our community and beyond. Serving as a vehicle to inform people of vital community meetings, recreation opportunities, programs, services, and much more, HNN has offered its voice to the community.

Throughout its 30 year run, HNN has been managed by only two editors, the late John Van Dyke and since 1990 by Tim Ochnikowski. With the abiding support of County Executives from William O'Donnell through Chris Abele and our many County Board Supervisors, HNN has gone from the typewriter to the computer, to the Internet, to email, to social media and to the OPD mobile website.

With contributions from next door and far beyond, HNN also owes its vitality to the many contributors who have offered their articles for publication, flyers and advertisements. We thank them as well for broadening and amplifying their messages using HNN to "spread the word."

As we look to the future, we hope that the next three decades will continue to herald dynamic advances of benefit to people with disabilities, even more potent than the previous ones. And we hope that HNN will remain your voice of progress as we share in our common adventure.

FLASH MOB PLANNED!!!!!!!!!!!!

A Flash Mob of dancers with disabilities is planned for Tuesday, October 15th at 12pm (noon) at Clas Park (930 W. Wells St, Milw) outside the County Courthouse!

NEED AFFORDABLE HEALTH INSURANCE?

New coverage options coming soon!



Sign up at HealthCare.gov for email and text updates about the Health Insurance Marketplace. **Applying for insurance starts October 1st!** Go to HealthCare.gov, or 1-800-318-2596, or 1-855-889-4325 TTY.

NEW & IMPROVED!!! OPD (& MORE) ON THE GO!!!

Get the Office for Persons with Disabilities (OPD) & more on your mobile device TODAY!



Get access to: **Accessibility** (Building Accessibility Guides, Sign Language Interpreting, Assistive Listening Device, ADA Standards & Guidelines), **Employment** (DECA Program, Job Accommodation, Job Opportunities), **Facility Rentals** (Wil-O-Way's), **General Information, Handy-NEWS & NOTES, Recreation** (Festivals & Events, Rec Room, Rec Room Calendar, Rec on Deck Newsletter, Tap the Potential, WOW Disc Golf, WOW Recreation Programs, WOW Summer Camp), **Social Media** (Twitter & Facebook), **Transportation** (Milw County Transit System, Transit Plus, WI DOT, Airport, Dept. on Aging), and **Other County Departments**.

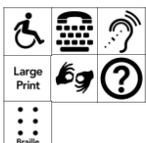
Share all this information via Email, Facebook, Google+, LinkedIn and Twitter.

In order to get OPD on the go, simply visit county.milwaukee.gov/OPD on your mobile device or scan the QR code.



2014 WIL-O-WAY KEY CARD!

Look for the 2014 application in next month's issue of Handy-NEWS & NOTES.



MILWAUKEE COUNTY OFFICE FOR PERSONS WITH DISABILITIES

Telephone: 414-278-3932 (VOICE); 711 (TRS); 414-278-3939 (FAX)

COURTHOUSE, 901 N. 9TH STREET, ROOM 307-B • MILWAUKEE, WI 53233



<http://twitter.com/HandyNewsNotes>

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www.county.milwaukee.gov

Handy-NEWS & NOTES



October 2013

IMPORTANT NEWS!!!

Handy-NEWS & NOTES & Wil-O-Way Key Card Ticket Program Form Will Be Electronic ONLY Beginning 2014!

Beginning with the January 2014 issue of Handy-NEWS & NOTES and with the 2014 Wil-O-Way Key Card Membership, the distribution of the two publications will be via **EMAIL ONLY!** There will not be a print copy sent through the U.S. Mail.



If you are receiving Handy-NEWS & NOTES via the U.S. Mail only, please make sure to sign-up to receive the newsletter via the email here:

<http://county.milwaukee.gov/OPD/ENotify> . Please note that HNN can be always be accessed on the **Internet** <http://county.milwaukee.gov/HNN> as well as the **OPD Mobile Web** www.county.milwaukee.gov/OPD .

If you are a 2013 Wil-O-Way Key Card Member please make sure we have your email address and please remember to include it on your 2014 application form. **The Ticket Forms will be sent via EMAIL ONLY beginning with the January 2014 form.**

SHREK THE MUSICAL

October 11 – November 17, 2013

Performances take place at the Todd Wehr Theater, Marcus Center for the Performing Arts



“Once upon a time, there was a little ogre named Shrek...” And thus begins the fairy tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking Donkey, a feisty princess who resists her rescue, and a cast of banished fairy tale misfits. Through heroic feats, Shrek reverses a curse and learns to raise his Freak Flag high. This musical brings a story of adventure, friendship and ogre love that’s bringing ugly back! For everyone ages 6 & up.

Tickets and information available at www.firststage.org or by contacting the Marcus Center box office at (414) 273-7206.

THOUGHT LEADERS LUNCHEON

You're Invited!

Easter Seals Southeast Wisconsin is proud to announce Dan Pallotta as our guest speaker for our 5th annual Thought Leaders Luncheon. This event will cut across sectors, bringing together corporate leaders, board members and nonprofit implementers to discuss the way we've been taught to think about charity and change, is upside down.



Dan's keynote speech, “**Uncharitable**”, will address how society's nonprofit standards undermine our ability to eradicate great problems, and, ironically, puts charity at a severe disadvantage to the for-profit sector at every level.

As a stakeholder in our community, we are asking you to join us for this thought provoking event on Wednesday, November 6th at the Crowne Plaza Milwaukee. We will begin a dialogue that can have a lasting impact.

Thought Leaders Luncheon

Wednesday, November 6th, 2013
Crowne Plaza Milwaukee – West
10499 W Innovation Dr, Wauwatosa, WI 53226

Networking 11:00am - Lunch and Program 12:00pm

More Info at: http://wi-se.easterseals.com/site/PageServer?pagename=WISE_events

LIFE IN THE FAST LANE

ART EXHIBITION

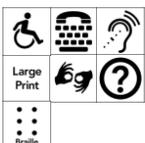
MITCHELL INTERNATIONAL AIRPORT

(Main Concourse)

October 1 - 20, 2013

Public Reception:
Thurs., October 3,
11:00am.

Supported by
MCOPD and Tap the
Potential Art Committee



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TEXT & EMAIL ALERTS – NOW AVAILABLE!!! Handy-NEWS & NOTES Rec On Deck

Would you like the latest news and/or recreation opportunities as they happen? We now have a service for you. Sign-up to receive this service from Handy-NEWS & NOTES and Rec On Deck via email and/or text message.



To sign up for Email and/or Text Alerts from the Milwaukee County Office for Persons with Disabilities (OPD) please visit: bit.ly/OPDTextAlerts OR:

Text **OPDHNN** to **84483** to receive **Handy-NEWS & NOTES** alerts from **Milwaukee County OPD**.

Text **RECONDECK** to **84483** to receive **Rec On Deck (recreation)** alerts from **Milwaukee County OPD**.

Text **HELP** for help. Text **STOP** to cancel alerts at any time. For customer support contact info@rainedout.com or 800-230-1933. *Message & data rates may apply.* [Privacy Statement](#)

DISABILITY AWARENESS MONTH

October is Disability Awareness Month—a time to “Tap the Potential” of artists with special needs. Celebrating its 10th anniversary since being created by Milwaukee County, **Tap the Potential** is designed to challenge stereotypes of disability through performances and artworks presented by artists who have disabilities themselves.



To get a list of activities going on in October simply go to <http://county.milwaukee.gov/Tap>. Of course you can always access these activities on the [Rec Room Calendar](#) as well as through the [OPD Mobile Website](#).

HOLIDAY FOLK FAIR INTERNATIONAL

Due to the generosity of the Folk Fair *International*, individuals with disabilities will again be given **FREE TICKETS** to this year's Holiday Folk Fair *International*. To receive your free tickets, please send a self-addressed STAMPED envelope to: **Folk Fair Tickets, Office for Persons with Disabilities, Courthouse, 901 N. 9th Street, Room 307-B, Milwaukee WI 53233**. PLEASE NOTE: individuals with disabilities will be limited to six tickets and groups will be limited to 30 tickets. The Folk Fair runs Friday, November 22 through Sunday, November 24, 2013. The Folk Fair is again being held at State Fair Park. To find out more about the Folk Fair, visit the website at <http://www.folkfair.org/index.html>.

MILWAUKEE FILM FESTIVAL

September 26th - October 10th



The Milwaukee Film Festival runs for 15 days and falls in various theaters around Milwaukee, showcasing the best in contemporary American and International cinema. Between the opening and closing night films the festival shows over 170 feature length and short films from around the world. For more information call 414-755-1965 or visit: <http://www.mkefilm.org/>

QUEEN SIZE HOSPITAL BED – FREE!

FREE queen size hospital bed, with mattress, box spring and remote control! Contact Pauline at 414-764-5574.

COUNTY BUDGET PUBLIC HEARING!

On **Monday, November 4th at 4:00pm** the County Board will be hosting the Public Hearing on the 2014 county budget. The public hearing will be at the War Memorial, Memorial Hall (3rd floor) (750 N. Lincoln Memorial Dr, Milwaukee).

HNN ON TWITTER!

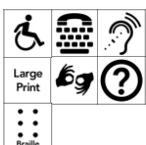
Handy-NEWS & NOTES (HNN)



The HNN [Twitter](#) account is dedicated to persons with disabilities as well as those without disabilities who are looking for the latest news that may be impacting their lives. **“Follow” us & check in daily!**

Please use the link below and “follow” us on Twitter.

<http://twitter.com/#!/HandyNewsNotes>



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HAPPENINGS @ BOERNER BOTANICAL GARDENS

Family Workshops

\$20 per member family/\$25 per non-member family

\$10 per individual member/\$15 per individual non-member



Stone Soup: The Power of Working Together – All Ages Welcome!

Saturday, October 12th – 10:00am - noon

Find out about some amazingly tasty “cool season” vegetables that you can grow right in your own backyard while participating in an interactive re-telling of the classic tale of community, cooperation and friendship. Then stay to make paper pots and plant seeds to start your very own Stone Soup Garden.

Groceries from the Garden

Saturday, October 19th – 10:00am - noon

Join us for hands-on fun – digging, exploring and learning about healthy food and habits from the “dirt up.” Activities will include:

- Things in nature scavenger hunt
- Fruit and veggie tasting party
- Sprouting seeds for a tasty salad topping

Classes and Programs

\$10 members/\$15 non-members

Four-Season Landscapes

Thursday, October 3rd – 6:30pm - 8:00pm

Many gardens look beautiful in June or July, but what do they look like in September and into winter? Learn tips on which hardscapes and plants work best in our climate and provide year ‘round interest. Learn how to incorporate these ideas and create your own four-season landscape.

Herbs – Harvesting and Storing

Saturday, October 12th – 10:00am - noon

Fresh herbs from the garden need not end as winter approaches. Join us as we learn about harvesting annual herbs and storing them to retain their flavor and fragrance. *Please dress for the weather as part of our class will be outdoors.*

Fall Garden Care

Thursday, October 17th – 6:30pm - 8:00pm

Proper garden care in the fall helps ensure healthy plants for next spring. Learn techniques for taking care of your lawn, trees, shrubs and perennials, including fall fertilizing, mulching, cutting back and protecting plants from winter winds and animal damage. Tips will be shared for fall planting of woody plants and spring-flowering bulbs.

Garden Walks with Melinda Myers

Fall Finale

Saturday, October 5th – 10:00 am

\$25 members/\$30 non-members

Fall is a great time to plant bulbs, flowers, shrubs and trees. And a walk through Boerner Botanical Gardens will help you gather ideas for additions you’ll want to add to your landscape now or next season. We will look at multi-season plants that provide interest to the landscape in fall and beyond.

Fall Finale Fun Walk

Saturday, October 5th – 1:00pm

\$25 per family (up to 5 individuals)

We’ll explore the touch, sound and smells of the gardens as we find all that fall offers. Our walk includes a scavenger hunt, bark rubbings, leaf prints and a garden activity you’ll take home to grow.

Questions? Contact Julia Buraczewski, 414-525-5653 or jburaczewski@fbbg.org

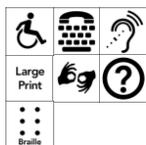
VISION FORWARD CONNECTIONS CONFERENCE

Saturday, October 26, 9:30am-3:30pm

912 N. Hawley Road, Milwaukee



Parents of children who are blind or visually impaired, their children, and educators won’t want to miss this opportunity for informational sessions, networking, activities, and more! Your day will include opportunities to gather resources, view product displays and meet people sharing similar experiences. Beth Finke, award winning author and journalist, will be the keynote speaker. Contact Kathryn Brzakala at Vision Forward for more information and registration at (414) 615-0166 or kbrzakala@vision-forward.org. Please register by October 15th. Cost: \$4 per person or \$10 per family.



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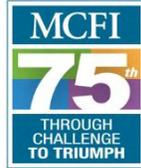
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NEW BRAIN INJURY RECOVERY CENTER OPENS IN BAY VIEW

A new community resource for people recovering from brain injury, stroke and other neurological issues is now open in Bay View. The Milwaukee Center for Independence has opened Nexday, the first center of its kind in the region, at its newly renovated campus at 3333 S. Howell Ave.



“What makes Nexday unique is the wide range of services available,” said Heidi Sykora, DNP, BC, APNP, MCFI vice president of clinical quality. “Each person we see has unique needs, whether they are on a long-term path to recovery or need shorter-term rehabilitation in order to return to work. Our expert interdisciplinary team designs recovery strategies based on those individual needs.”

Nexday is intended to assist people who are recovering from brain injury or stroke, may be recovering from a work-related injury, may require short-term outpatient therapies, or may be living with chronic pain or a disability that affects general physical health.

Services include clinical management, physical therapy, occupational therapy, speech therapy, aquatic therapy, cognitive therapy, music and art therapies, horticultural therapy, therapeutic bathing, recreation, benefits analysis, and education and support for families and caregivers.

For those whose goal is to return to work, Nexday’s expert vocational rehabilitation team works with the treatment team to connect therapeutic strategies and supports with a practical, back-to-work plan. Services include vocational evaluation and counseling, assessment and work-readiness training. Nexday works with employers on return-to-work plans and reasonable accommodations that benefit both the employer and the person returning to the workplace.

For more information, visit www.mcfi.net or call (414) 431-5422.

The Milwaukee Center for Independence, celebrating its 75th anniversary, is a nonprofit agency providing more than 50 life-changing programs and services for individuals with special needs and their families.

MILWAUKEE COUNTY IS MOBILE!!!

Did you know that Milwaukee County has three mobile websites? It’s true. You can take the Mitchell International Airport, Milwaukee County Transit System and the Office for Persons with Disabilities with you wherever you go.



Take advantage of these three mobile websites. They all offer great information to the benefit of those who have these mobile websites on their smartphone.



Get all three of these today. On your smartphones visit the following to get each mobile website.



Mitchell International Airport:
www.mitchellairport.com

Milwaukee County Transit System:
www.ridemcts.com

Office for Persons with Disabilities (OPD):
www.county.milwaukee.gov/OPD

SAVE THE DATE IndependenceFirst’s “No Pity...Please”

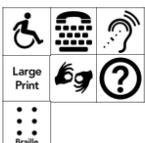
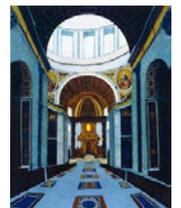


IndependenceFirst
The Resource For People With Disabilities

Gallery Night Reception
Featuring the Works of Jeff LaDow
October 18 from 5-9 p.m.
IndependenceFirst, 540 S. 1st St.,
Milwaukee



Join us for a reception featuring the works of Jeff LaDow, an internationally known local artist who paints using his mouth. His “No Pity...Please” exhibition includes 34 oil paintings depicting a diverse range of subjects in “historical color.” Coinciding with Disability Awareness Month, the exhibition shows throughout the month of October from 8 a.m. to 4:30 p.m. Monday through Friday at IndependenceFirst. For more information, call (414) 291-7520 V/TTY or visit www.independencefirst.org.



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SOCIAL SECURITY UPDATES



By Karyl Richson
Social Security Public Affairs Specialist in Milw

SHARE A SOCIAL SECURITY TIP WITH YOUR WISE ELDER

While the baby boom era is behind us, the effects will live on. The number of people reaching the autumn season of life is higher than ever. In fact, the World Health Organization reports that there are around six hundred million people aged 60 and older living in the world today. That number is expected to double by 2025 — a short 12 years from now — and is expected to reach about two billion by 2050.

In the United States, 10,000 people reach retirement age every single day. The elders of a community are often known as wise sages that younger people go to for advice; older people have the life experience and reflection that younger people lack. But given the fast-paced changes the world now experiences, with new technologies becoming outdated in a matter of years or even months, there may be some helpful insights you can share with your elders.

For example, if you know someone who is nearing retirement age, tell them about www.socialsecurity.gov. They may not be aware of the helpful and easy-to-use tools available to them. It's no exaggeration to say that even someone who does not use the Internet on a regular basis can easily plan their retirement or even complete their retirement application online in a matter of minutes — much less time than it would take to drive to a local Social Security office.

The best starting place for anyone thinking about retirement is Social Security's *Retirement Estimator*. Use it to get an instant, personalized estimate of future retirement benefits in a matter of minutes. Spend a few more minutes plugging in different information, such as different projected future wages and different retirement dates, to help make a wise decision on the best retirement date. The *Retirement Estimator* is available at www.socialsecurity.gov/estimator.

Then there's the online retirement benefit application. In as little as 15 minutes, a person can apply for Social Security benefits and submit their application online. In most cases, once one submits the application, there is nothing more to do but wait for the first payment. It's really that simple. And, if one decides they'd like to double-check some information before submitting the application, that's fine too. The application can be paused and then restarted at any time during the process. It's all available at www.socialsecurity.gov/applyonline.

It makes sense to go to our elders for advice and guidance. But in this technology-driven world, we may be able to offer a

little advice to the sages as well. A good bet is to tell the older adults in your life about www.socialsecurity.gov.

ON COLUMBUS DAY, DISCOVER NEW SOCIAL SECURITY SERVICES ONLINE

In fourteen hundred ninety-two, Columbus sailed the ocean blue. That may be a rhyme you remember from grade school when learning about Christopher Columbus and his voyage that would lead him to discover the New World. You can discover a new world of information and services at www.socialsecurity.gov.

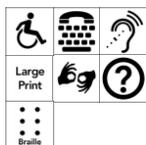
For example, you can apply online for Social Security retirement benefits. Not sure whether you're ready for retirement? We can help you plot your course with our online benefit planners. Perhaps the most impressive of these planners is the online *Retirement Estimator*, which you can use to get quick and accurate estimates of your retirement benefits based on different scenarios. You also can apply online for disability benefits and even apply online for help to pay the costs of the Medicare prescription drug program at www.socialsecurity.gov.

Information on retirement, survivors, disability, Supplemental Security Income (SSI), and Medicare are easily accessible on Social Security's homepage at www.socialsecurity.gov. But the website offers much more. The site allows you to discover the entire Social Security program.

A good place to set your sails into the retirement planning winds is our *Retirement Estimator* at www.socialsecurity.gov/estimator. There, you can get an instant, personalized estimate of your future retirement benefits. Plug in different information, such as projected future wages or different retirement dates, to get varied benefit estimates that will help you decide when to draw up the anchor and venture into the seas of retirement.

Another great place on the horizon of our website: *my Social Security*. Create your online account at www.socialsecurity.gov/myaccount and then you'll always have quick and easy access to see and update your information. You can use *my Social Security* to get estimates of your retirement, disability, and survivors benefits, view your earnings record, and estimate the Social Security and Medicare taxes you've paid. If you already receive Social Security benefits, you can use your account to get an instant benefit verification letter, check your benefit and payment information, and to change your address, phone number, and direct deposit information. Come aboard now at www.socialsecurity.gov/myaccount.

Spend some time aboard www.socialsecurity.gov. You will be pleasantly surprised at all you can discover there.



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MILWAUKEE COUNTY ON TWITTER



Follow your Milwaukee County government on Twitter.

County Executive Abele @ChrisAbeleMKE
@MkeCoExecPress

County Board @MKECountyBoard

County Supervisor Alexander @CntySupDeanna

County Supervisor Bowen @DavidFBowen

County Supervisor Dimitrijevic @supervisormd
@BoardChairwoman

County Supervisor Haas @TheFighting14th

County Supervisor Lipscomb @SupLipscomb

County Supervisor Rainey @Khalif_Rainey

County Supervisor Romo West @sup_dist12

County Supervisor Stamper II @SupvStamper

County Supervisor Taylor @SteveFTaylor

County Supervisor Weishan @johnweishan

Airport @mitchellairport

Bradford Beach @BradfordBeach

Economic Development @MilwcntyED

Health & Human Services @MkeCoDHHSMedia

Human Resources @MilwCo_HRDept

Milwaukee County Sustainability @MKECoSustain

**Office for Persons with Disabilities -
Handy-NEWS & NOTES** @HandyNewsNotes

Parks Department @CountyParks

Public Museum @MKEPublicMuseum

Sheriff @MCSOSheriff

Transit System @RideMCTS

Wehr Nature Center @WehrNature

Zoo @MilwaukeeCoZoo

Please let us know if we missed anyone. Contact Tim at
tim.ochnikowski@milwcnty.com

RESEARCH PARTICIPANTS NEEDED

Be part of an important research study concerning Augmentative and Alternative Communication (AAC) use:

- If you are at least 18 years of age, **are your own guardian**, and use a speech-generating device to communicate, you may be eligible to participate in a study sponsored by the Center for 21st Century Studies at the University of Wisconsin - Milwaukee.
- The study will investigate how individuals use synthetic speech to communicate. The ultimate goal is to develop a speech application that better meets AAC users' needs.
- Participants will receive \$100 cash gift after they have completed participation in the study.
- Here is a link to a media story about the study:
<http://www5.uwm.edu/news/2012/09/10/synthesized-speech/#.Uew1L1NhJLd>

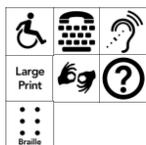
For more information, contact: Dr. Patricia Mayes
Email: project_account@uwm.edu or
[mayes@uwm.edu](mailto:mayas@uwm.edu) Tel: (414) 229-4141 (Center for 21st Century Studies – leave message).

TAKE YOUR LEGISLATOR TO WORK!

People with disabilities who have community-integrated jobs are encouraged to participate in the Take Your Legislator to Work Campaign! During the campaign, employees with disabilities invite their legislator to visit them at work and the legislator gets to see first-hand the value of community-integrated employment for people with disabilities. Check out some of the visits from 2011 and 2012. A visit usually lasts less than one hour and during a visit the participant can: give their legislator a tour of their workplace, introduce their legislator to their co-workers, and discuss why their community-integrated job is important to them!

People with disabilities who are interested in participating in the campaign should follow the steps below. The full **Get Started Kit** is available and includes the steps below, Information for Employers, and the application.

Get further details here: <http://www.wi-bpdd.org/takeyourlegislatorwork/index.cfm>



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MCTS - PUBLIC MEETING

Seeking Feedback on Title VI Equity Standards and Guidelines



Milwaukee County Transit System (MCTS) has scheduled two public meetings to solicit feedback on setting up guidelines for transit services. We are asking for public input to assist us in answering questions like, "If MCTS had to make changes to bus service, what would be fair to all individuals?"

On **Tuesday, October 1** and **Tuesday, October 8, 2013**, MCTS will present the public with proposed Title VI policy definitions for public feedback. As a public agency that receives funding from the Federal Transportation Administration, MCTS follows the service policies of Title VI of the Civil Rights Act of 1964.

Title VI policy definitions include:

- **Major Service Change:** the policy that defines the level at which MCTS, the public and its riders consider a major service change.
- **Disparate (Unequal) Impact:** the policy that defines the amount of when a reduction in MCTS service or a fare change unfairly (disproportionately) affects members of a group identified by race, color or national origin.
- **Disproportionate (Unequal) Burden:** the policy that defines when a low-income population is affected more by service or fare changes than a non-low-income population and how MCTS will evaluate alternatives and ease burdens where possible.

MCTS Public Meeting Schedule and Locations:

Tuesday, October 1, 2013 from 1 PM to 4 PM

Milwaukee Center Street Library, 2727 W. Fond du Lac Ave., Milwaukee, WI 53210

On MCTS bus routes: BlueLine, 22, 23 and 27

Tuesday, October 8, 2013 from 4 PM to 7 PM

Milwaukee Central Library, 814 W. Wisconsin Ave., Milwaukee, WI 53233

On MCTS bus routes: BlueLine, 10, 12, 14, 23, 30 & 31

Attendees will be able to visit displays that explain individual Title VI policy definitions and MCTS personnel

will be present to gather feedback and answer questions.

Locations are ADA accessible. With advance notice of five business days, MCTS can make special accommodations for persons with disabilities, limited English speaking ability, or persons needing auxiliary aids or services including interpreters for the public sessions. Call 414-344-4550 and ask for Daniel Huebner to request special accommodations.

If you are unable to attend the meeting and would like more information, visit our website to access meeting materials and provide feedback beginning October 1, 2013, or call 414-344-4550 and ask for Daniel Huebner.

Feedback about Title VI policies may be made in writing to: Planning Department – Title VI, Milwaukee County Transit System, 1942 N. 17th Street, Milwaukee, WI 53205. Feedback will be considered through October 15, 2013.

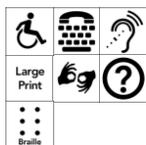
ALZHEIMER'S ASSOCIATION WALK TO END ALZHEIMER'S®

Join thousands of community members for the Alzheimer's Association Walk to End Alzheimer's® on **Saturday, October 5, 2013 at Mount Mary University in Milwaukee.** Over 2500 people from Milwaukee County are expected to participate in this year's event. On-site registration begins at 8:30 a.m., with the walk starting promptly at 10:00 a.m. **Carole Caine, co-host of the Dave & Carole morning radio show on 96.5 WKLH, will be live, and in-person, as celebrity emcee of this event for the second year.** Participants will be treated to complimentary food and refreshments after the Walk, while enjoying live entertainment.

In 2012, more than \$360,800 was raised by the Walk to End Alzheimer's in Milwaukee County to help individuals living with Alzheimer's and their families access support and services, including the Alzheimer's Association 24/7 Helpline, support groups, research, education and training.

HOW TO REGISTER

Participants can register, support another walker and get information online at www.alz.org/sewi. For a brochure, please call 800-272-3900. Registration can also be done the day of the walks, beginning at 8:30 a.m. The walk will begin at 10:00 a.m.



MILWAUKEE COUNTY OFFICE FOR PERSONS WITH DISABILITIES

Telephone: 414-278-3932 (VOICE); 711 (TRS); 414-278-3939 (FAX)

COURTHOUSE, 901 N. 9TH STREET, ROOM 307-B • MILWAUKEE, WI 53233



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tim.ochnikowski@milwcnty.com

www.county.milwaukee.gov

Handy-NEWS & NOTES



* Advertisements *

October 2013

Milwaukee County, the Commission for Persons with Disabilities and Handy-NEWS & NOTES neither endorses nor supports these businesses or products or services offered.

2014 MILWAUKEE BREWERS



MARCH/APRIL							MAY						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
	MAR 31 ATL 7:10	1 ATL 12:10	2	3	@bos(i)	4 @bos(i)				1 @cin	2 @cin	3 @cin	
6 @bos(i)	7 @phi	8	9 @phi	10 @phi	11 PIT 7:10	12 PIT 6:10	4 @cin	5 ARI 7:10	6 ARI 7:10	7 ARI 12:10	8	9 NYY(i)	10 NYY(i) 7:10
13 PIT 1:10	14 STL 7:10	15 STL 12:10	16 STL 12:10	17 @pit	18 @pit	19 @pit	11 NYY(i) 1:10	12	13 PIT 7:10	14 PIT 7:10	15 PIT 12:10	16 @chi	17 @chi
20 @pit	21 SD 7:10	22 SD 7:10	23 SD 7:10	24	25 CHI 7:10	26 CHI 6:10	18 @chi	19 @atl	20 @atl	21 @atl	22 @atl	23 @mia	24 @mia
27 CHI 1:10	28 @stl	29 @stl	30 @stl				25 @mia	26 BAL(i) 1:10	27 BAL(i) 7:10	28 BAL(i) 7:10	29	30 CHI 7:10	31 CHI TBD

JUNE							JULY						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
1 CHI 1:10	2 MIN(i)	3 MIN(i)	4 @min(i)	5 @min(i)	6 @pit	7 @pit			1 @tor(i)	2 @tor(i)	3	4 @cin	5 @cin
8 @pit	9	10 @nym	11 @nym	12 @nym	13 CIN TBD	14 CIN TBD	6 @cin	7 PHI 7:10	8 PHI 7:10	9 PHI 7:10	10 PHI 7:10	11 STL 7:10	12 STL TBD
15 CIN 1:10	16 @ari	17 @ari	18 @ari	19 @ari	20 @col	21 @col	13 STL 1:10	14 ALL-STAR BREAK MIN	15 ALL-STAR BREAK MIN	16 ALL-STAR BREAK MIN	17	18 @wsh	19 @wsh
22 @col	23 WSH 7:10	24 WSH 7:10	25 WSH 1:10	26 COL 7:10	27 COL 7:10	28 COL TBD	20 @wsh	21 CIN 7:10	22 CIN 7:10	23 CIN 1:10	24 NYM 7:10	25 NYM 7:10	26 NYM 6:10
29 COL 1:10		30					27 NYM 1:10	28 @lb(i)	29 @lb(i)	30 @lb(i)	31		

AUGUST							SEPTEMBER						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
					1 @stl	2 @stl					4 STL 7:10	5 STL 7:10	6 STL TBD
3 @stl	4	5 SF 7:10	6 SF 7:10	7 SF 1:10	8 LAD 7:10	9 LAD 6:10	7 STL 1:10	8 MIA 7:10	9 MIA 7:10	10 MIA 7:10	11 MIA 7:10	12 CIN 7:10	13 CIN TBD
10 LAD 1:10	11 @chi	12 @chi	13 @chi	14 @chi	15 @lad	16 @lad	14 CIN 1:10	15	16 @stl	17 @stl	18 @stl	19 @pit	20 @pit
17 @lad	18	19 TOR 7:10	20 TOR 1:10	21	22 PIT 7:10	23 PIT 6:10	21 @pit	22	23 @cin	24 @cin	25 @cin	26 CHI 7:10	27 CHI TBD
24 PIT 1:10	25 @sd	26 @sd	27 @sd	28	29 @sf	30 @sf	28 CHI 1:10	29	30				

For Tickets or Gift Certificates, call (414) 902-4000.

For 2014 season ticket information, contact the
Brewers Season Ticket Department at (414) 902-4400.

brewers.com



Milwaukee County Transit System

Please attend a public meeting:
Tuesday, October 1, 2013
1 pm to 4 pm
Milwaukee Center Street Library

Tuesday, October 8, 2013
4 pm to 7 pm
Milwaukee Central Library

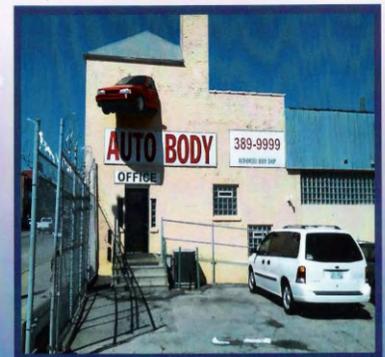
We need feedback on transit service guidelines. IF we have to make changes to transit, we want to make sure it is done fairly.

414-344-6711
RideMCTS.com

MOBILITY VEHICLE SPECIALISTS

OUR REFERENCES SAY IT ALL...

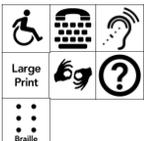
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- NATIONAL ALAMO
- FEDERAL GOVERNMENT
- MILWAUKEE COUNTY
- AAA INSURANCE
- STATE FARM INSURANCE
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- LEXUS OF NORTH SHORE



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MILWAUKEE COUNTY OFFICE FOR PERSONS WITH DISABILITIES

Telephone: 414-278-3932 (VOICE); 414-278-3937 (TTY); 414-278-3939 (FAX)

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<http://twitter.com/HandyNewsNotes>

tim.ochnikowski@milwcnty.com

www.county.milwaukee.gov

Rec on Deck

A product of the Milwaukee County Rec Room

October, 2013

MCFI

Adventures for L.I.F.E. are ready to take you on your dream vacation! Upcoming Adventures include vacations to the Dells and to Door County! For more information please visit [Adventures for L.I.F.E. Travel Schedule](#)



EASTER SEALS

Easter Seals offers both a variety of center based, and community based recreational activities. [Click here to see the Fall Recreation Opportunities.](#)



TAP THE POTENTIAL 10 YEAR ANNIVERSARY!

This **October** we are celebrating our 10th Anniversary of Tap the Potential! This year organizations are sponsoring a variety of activities geared towards raising the public's awareness of the talents and issues of people with disabilities in our community. [Visit our website for info on Tap the Potential Events!](#)



MILWAUKEE FILM FESTIVAL September 26th – October 10th

The 2013 [Milwaukee Film Festival](#) will contain over 200 films in its 15-day run.



MILWAUKEE PUBLIC MUSEUM

FREE Admission on **Monday, October 7th, 14th, 21st & 28th**



MITCHELL PARK DOMES

FREE Admission Monday, October 7th, 14th, 21st & 28th



MILWAUKEE ART MUSEUM

FREE Admission Thursday, October 3rd



MILWAUKEE COUNTY ZOO

October 18th & 19th Boo at the Zoo
October 19th Wolf Awareness Day
October 25th & 26th Halloween Trick-or-Treat Spooktacular



WAWM HOLIDAY FUN FAIR

Saturday, October 19th 10am-4pm For More details visit [WAWM](#) or email [Shannon](#)

HARVEST FAIR September 27th – 29th

Kick off the beautiful fall season with family-friendly fun at Wisconsin State Fair Park. Admission is **FREE** and ticketed activities include pumpkin bowling, scarecrow-making, cookie decorating and much more! [Information Here](#)



BOERNER BOTANICAL GARDENS

For a list of events for the month of **October** please [click here](#).



USA FENCING

October 11th – 14th The United States Fencing Association (USFA) is hosting the 2013 North American Cup at the Wisconsin Center District this year. To learn more information about this event [click here](#).



SNOWMOBILE SHOW

October 18th – 20th This year [The Snowmobile Show](#) will be held at the Wisconsin Exposition Center. See the latest in sleds, gear, clothing, accessories, performance products, trailers & equipment for 2014.



INTERFAITH RESOURCE FAIRS

2013 Resource Fairs – “Embrace your Wellness”

Flu Shots, resources, door prizes and more! Stop by and visit the center and learn how you can “Embrace Your Wellness”. Upcoming events are: **October 1st, 3rd, 4th, 15th 9AM-1PM**



Wehr Nature Center

Halloween Haunts are coming up **October 17th, 18th & 19th**

MILWAUKEE CURLING CLUB- OPENHOUSE

Saturday, October 26th 2:00PM – 4:00PM Curling is a fun and challenging sport for men & women. For details on the [Milwaukee Curling Club](#) please contact [Roanne Barnes](#) at 262-241-1016



FESTIVALS & EVENTS

Are you looking for the upcoming Major Festivals & Events in our area visit our [Festivals & Events Page](#)



[Rec Room](#)
[Email: Mike Bonk](#)
[Office Website](#)

PARTNERS



MILWAUKEE COUNTY OFFICE FOR PERSONS WITH DISABILITIES

Telephone: 414-278-3938 (VOICE); 711 (TRS); 414-278-3939 (FAX)

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WWW.COUNTY.MILWAUKEE.GOV/RECROOM





Milwaukee County



DAS - Office for Persons with Disabilities (OPD)



OPD Facebook

Get Access To The Following:

- * County Government News
- * Health / Wellness News
- * Upcoming Activities / Events
- * Rec Room Calendar
- * Community News
- * Photos
- * And Much More!!!



www.facebook.com/MilwaukeeCountyOPD



OPD Mobile Website

- * Accessibility
- * Employment
- * Facility Rentals
- * Recreation
- * Rec Room Calendar
- * Social Media
- * Transportation
- * Other County Departments
- * And Much More!!!



www.county.milwaukee/OPD



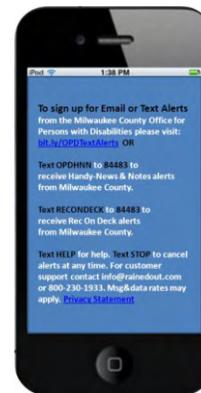
Handy-NEWS & NOTES

Stay Connected With The Latest:

- * County Government News
- * Health / Wellness News
- * Recreation Opportunities
- * Research
- * Equipment Sales
- * Community News
- * And Much More!!!



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Text Alerts & Email Alerts

Get Breaking "Recreation" News / Info

- * Text **RECONDECK** to 84483

Get Breaking "General" News / Info

- * Text **OPDHNN** to 84483



<http://bit.ly/OPDTextAlerts>

The White House
Office of the Press Secretary



For Immediate Release

September 30, 2013

Presidential Proclamation--National Disability Employment Awareness Month

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH, 2013

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

Our Nation has always drawn its strength from the differences of our people, from a vast range of thought, experience, and ability. Every day, Americans with disabilities enrich our communities and businesses. They are leaders, entrepreneurs, and innovators, each with unique talents to contribute and points of view to express. During National Disability Employment Awareness Month, we nurture our culture of diversity and renew our commitment to building an American workforce that offers inclusion and opportunity for all.

Since the passage of the Americans with Disabilities Act, we have made great progress in removing barriers for hardworking Americans. Yet today, only 20 percent of Americans with disabilities, including veterans who became disabled while serving our country, participate in our labor force. We need their talent, dedication, and creativity, which is why my Administration proudly supports increased employment opportunities for people with disabilities. To that end, I remain dedicated to implementing Executive Order 13548, which called on Federal agencies to increase recruitment, hiring, and retention of people with disabilities. As a result of our efforts, the Federal Government is hiring people with disabilities at a higher rate than at any point in over three decades. Most recently, we updated the rules to make sure Federal contractors and subcontractors are doing more to recruit, hire, and promote qualified individuals with disabilities, including disabled veterans. And thanks to the Affordable Care Act, States are taking advantage of new options to support and expand home and community-based services.

In the years to come, I will remain committed to ensuring the Federal Government leads by example. This year, as we mark the 40th anniversary of the Rehabilitation Act, I will continue to marshal the full resources of my Administration toward effective and comprehensive implementation.

If we swing wide the doors of opportunity for our family, friends, and neighbors with disabilities, all of us will enjoy the benefits of their professional contributions. This month, let us uphold the ideals of equal access, equal opportunity, and a level playing field for all Americans.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2013 as National Disability Employment Awareness Month. I urge all Americans to embrace the talents and skills that individuals with disabilities bring to our workplaces and communities and to promote the right to equal employment opportunity for all people.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of September, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA

Need affordable health insurance?

New coverage options coming soon!

Sign up at HealthCare.gov for email and text updates about the Health Insurance Marketplace.

Learn more and get ready.

HealthCare.gov/subscribe





Media contact:
Barbara Leigh
414-405-4309
mptheatre2@gmail.com

2013 Partner Agencies



2013 Sponsor
Milwaukee County Commission for Persons with Disabilities

Milwaukee Public Theatre also receives support from



For immediate release September 30, 2013
Annual Tap the Potential Celebration
features Artists with Disabilities

October is Disability Awareness Month—a time to “Tap the Potential” of artists with special needs. Celebrating its 10th anniversary since being created by Milwaukee County, **Tap the Potential** is designed to challenge stereotypes of disability through performances and artworks presented by artists who have disabilities themselves.

Milwaukee County Office for Persons with Disabilities, Milwaukee Public Theatre, Goodwill Industries and VSA Wisconsin are leading partner agencies in presenting a number of free arts events open to the public during October.

Featured events include: an **Airport Exhibit Artist Reception** on October with speakers and performers; a **Flash Mob** on October 15 at the County Courthouse; three events in conjunction with the October 18 **Gallery Night**; and **"Making A Scene"**, a special evening of theatrical vignettes on October 23 in the Broadway Center Theatre. Details are below. Updates available at www.milwaukeekeepublictheatre.org

Tap the Potential events for Disabilities Awareness Month:

- Friday, September 20, 7 pm, **Mud River Lee** and other musicians at "Breaking the Stigma" event for Grand Avenue Club at Dominion Gallery, 804 E. Wright St.
- Thursday, September 26, 4:30 **Dan Johnston**, musician at IRIS (Include, Respect, I Self-Direct) Networking event, Italian Community Center, 631 E. Chicago St.
- Thursday, September 26, 3:30 - 7 pm, **Grand Opening: Nexday Center**, Milwaukee Center for Independence, 3333 S. Howell Ave. Please RSVP to karen.chesser@mcfi.net.
- October 1-20, **Art Exhibit at General Mitchell International Airport**
- Wednesday, October 2, **Cammie Draheim** at "Digital Billboard Art" reception at INOVA (Institute of Visual Arts) Theatre, 2155 N. Prospect Ave.
- Thursday, October 3, 11 am-1 pm, **Artist Reception** at Mitchell Airport, featuring speakers and performances by **Will & Branch** and the **Easter Seals Color Guard**
- Tuesday, October 8, 12 noon, **Mud River Lee**, musician, Milwaukee Intermodal Station, 433 W. St. Paul Ave.
- Sunday, October 13, 10:30 am, MPT entertainers at **Walk to Defeat ALS**, Greenfield Park
- Sunday, October 13, 1 pm, **Krista Wildflower** as "Mother Nature - Wisconsin Wildflowers and Weeds" at Urban Ecology Center, 1500 E. Park Street
- Tuesday, October 15, 12 noon, **White Cane Flash Mob** at Clas Park, outside of Milwaukee County Courthouse
- Thursday, October 16, 4 pm, **Krista Wildflower** at Forest Home Library, 1432 W. Forest Home Ave.
- Friday, October 18, 7:30-8:30, **Gallery Night: Ruth Brown**, classical singer, at The Plaza Hotel, 1007 N. Cass St.
- Date to be confirmed: Oct 16 or 26, **Children of the Sun**, deaf drum troupe with Jahmes Finlayson, at MSOE Kern Center, 1245 N. Broadway, in conjunction with MSOE Wheelchair Days
- Thursday, October 17, 11:30 am, **"Pieces: In My Own Voice"**, Clement J. Zablocki VA Hospital (open to veterans, families and staff)

(more)

- Friday, October 18, 5-9 pm, **Gallery Night: "No Pity...Please"** exhibit at IndependenceFirst, 540 S. First Street. Reception featuring the works of **Jeff LaDow**, an internationally known local artist who paints using his mouth. Show remains through October, M-F, 8-4:30.
- Friday, October 18, 7-8 pm, **Gallery Night: Dan Johnston**, guitar and originals, at Iron Horse Hotel, 500 W. Florida
- Sunday, October 20, 8 pm, **Mud River Lee** at St. Peter & Paul Apostle's Cafe, Bradford & Cramer
- Monday, October 21, 9:30 am, **Rose Onama**, Storyteller, and **Cammie Draheim**, poet at Milwaukee Secure Detention Center (not open to public):
- Wednesday, October 23, 7 pm, **"Making A Scene – A Celebration of the Senses"** at Broadway Center Theatre, 158 N. Broadway, in collaboration with **Renaissance Theaterworks** and featuring **Barbara Leigh, Chastity Washington, Ruth Silver,** and **White Cane Celebration** (suggested \$10 donation)
- Saturday, October 26, 9:30 - 3:30, **Vision Forward** Connections Conference, 912 N. Hawley Road. Please call 414-615-0100 to register.
- Wednesday, October 30, 10 am, **Cammie Draheim**, Van Gogh-inspired art project at Washington Park Senior Center, 4420 W. Vliet St.
- Wednesday, October 30, 1 and 3:30 pm, **"Survival Revival Revue Excerpts"** by Barbara Leigh, Marquette University School of Nursing (for faculty and students only)

A few more events may be scheduled. Updates will be announced on Facebook and at www.milwaukeepublictheatre.org.

Tap the Potential lead agencies include Milwaukee County Office for Persons with Disabilities, Milwaukee Public Theatre, Goodwill Industries of Southeast Wisconsin, and VSA Wisconsin. Other partners include IndependenceFirst, Milwaukee Center for Independence, Wisconsin Council of the Blind and Visually Impaired, White Cane Day Celebration, National Alliance for Mental Illness (NAMI)-Greater Milwaukee, Easter Seals, Grand Avenue Club, Milwaukee School of Engineering, Grand Avenue Club and others. Funding is provided by the Milwaukee County Commission for Persons with Disabilities. MPT also receives support from the United Performing Arts Fund, CAMPAC Milwaukee County, and the Milwaukee Arts Board and the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts. More information is available at www.milwaukeepublictheatre.org.

Media Links

"Making A Scene - A Celebration of the Senses"

Milwaukee Public Theatre or Renaissance Theaterworks
Barbara Leigh, 414-405-4309 or Julia Swenson
mptheatre2@gmail.com jswenson@r-t-w.com

Performing artists bookings

Deborah Lindberg
414-906-0458

Airport Art Exhibit

Goodwill Industries of Southeast Wisconsin or VSA Wisconsin
Jennifer Vattendahl, 414-847-1991 Heide Planey, heidelore@att.net

Milwaukee County Office for Persons with Disabilities
Mike Bonk
Michael.Bonk@milwcnty.com

White Cane Flash Mob

Julie Hapeman
414-405-8332
JHapeman@gmail.com

MPT Webpage
<http://www.milwaukeepublictheatre.org/TapPotential.php>



MCTS ANNOUNCES PUBLIC MEETING

Seeking Feedback on Title VI Equity Standards and Guidelines

Milwaukee County Transit System (MCTS) has scheduled two public meetings to hear your feedback on Title VI equity standards and guidelines for transit services. As a public agency that receives funding from the Federal Transportation Administration, MCTS follows the service policies of Title VI of the Civil Rights Act of 1964. Please attend one of the meetings.

MCTS Public Meeting Schedule and Locations:

**Tuesday, October 1, 2013
from 1 PM to 4 PM**

Milwaukee Center Street Library
2727 W. Fond du Lac Ave.
Milwaukee, WI 53210
On MCTS bus routes:
BlueLine, 10, 12, 14, 23, 30 and 31

**Tuesday, October 8, 2013
from 4 PM to 7 PM**

Milwaukee Central Library
814 W. Wisconsin Ave.
Milwaukee, WI 53233
On MCTS bus routes: BlueLine, 22, 23 and 27



Locations are ADA accessible. For more information or to request special accommodations call Daniel Huebner at 414-344-4550.

Attendees will be able to visit displays that explain the following individual Title VI policy definitions and MCTS personnel will be present to gather feedback and answer questions:

- **Major Service Change:** the policy that defines the threshold at which MCTS, the public and its riders consider a major service change.
- **Disparate Impact:** the policy that defines the measure of when a reduction in MCTS service or fare change disproportionately affects members of a group identified by race, color or national origin.
- **Disproportionate Burden:** the policy that defines when a low-income population is affected more by service or fare changes than non-low-income population and how MCTS will evaluate alternatives and ease burdens where possible.

If you are unable to attend the meeting and would like more information, visit our website to view meeting materials and provide feedback beginning October 1, 2013, or call 414-344-4550 and ask for Daniel Huebner.

Feedback about Title VI policies may be made in writing to: Planning Department – Title VI, Milwaukee County Transit System, 1942 N. 17th Street, Milwaukee, WI 53205. Feedback will be considered through October 15, 2013.

414-344-6711 - RideMCTS.com

FOR SALE!

Adult Stroller

Gently Used. Has only been used a few times by my son!
Asking \$200.00 OBO Please call Tina @ 414-841-1671



Viscount Walker

This gently used walker was something my son tried using but is not able to.
We are asking \$200.00 OBO Please call Tina @414-841-1671



Easy Stand 5000 Series Sit to Stand

Used very little and in good shape.
We are asking \$200.00 OBO please call Tina @414-841-1671



WHEELCHAIR CURLING

COME GIVE THIS PARALYMPIC
SPORT A TRY!

OPEN HOUSE

SATURDAY, OCTOBER 26

2:00 – 4:00 P.M.

Milwaukee Curling Club

In the Columbia St. Mary's Center

W67 N890 Washington Ave.

Cedarburg



Curling is a fun and challenging sport for men and women with a physical disability in the lower half of their bodies but upper body mobility and strength. Participants must be at least 18 years of age and provide their own wheelchair with wheel locks – all other equipment is provided. We **invite** and **welcome** you to come give it a try!

For registration and additional information, contact Roanne Barnes at dandrbares@att.net or 262-241-1016.

FOR SALE – Wheelchair-Accessible Minivan

1993 Dodge Caravan
118,000 miles
Raised roof and tie-downs for wheelchair



We used this van along with a 6-foot, portable “suitcase” ramp (not included in this sale). The middle seat has been removed to accommodate a wheelchair, but is in good shape and will be included with the van.

Seats 5 with the middle seat removed, or the back seat can be folded down for more storage. Since we bought it in 1997, the van has been garaged when not being used. It has been reliable transportation and still runs well. New battery.

Asking price: \$1,250



Contact:

Michael or Janet

(414) 479-0858

Mr.Odle@sbcglobal.net

West Allis, Wisconsin

Rehab Parallel Bars

\$200 obo

Heavy Gauge Stainless Steele

4 Horizontal bars (each 140 inches)

10 telescoping base bars

Adjusts at 2" increments

Contact: Mark or Carmen at 608 284-4225 (Madison, WI)



Adult Education and Enrichment at Vision Forward Association

The A,B,C's of CCTV's

Mondays, October 14, November 11, and December 9, 2013;

2:00 – 3:30 pm

These interactive demonstrations, lead by Vision Forward's store staff and low vision therapists, will explore the features of CCTV's and their importance in helping individuals with low vision to accomplish daily living tasks, such as reading, writing and more! Attendees will have opportunities to try out the machines for various functional tasks and learn about affordable ways to purchase one.

Registration one week in advance of each session is appreciated but walk-ins are welcome!

**For more information
or to register, contact:**

Rose Visser

Occupational Therapist

414-615-0115

rvisser@vision-forward.org



Growing Through Vision Loss



Dear Friends,

Each year on October 15th, we celebrate White Cane Safety Day, also known as Blind Americans Equality Day. On this day, the President of the United States issues a proclamation acknowledging the accomplishments of people with vision loss. In 2012, President Obama's proclamation for Blind Americans Equality Day read, in part, "As business leaders and public advocates, teachers and scientists, musicians and athletes, and in countless other ways, blind and visually impaired Americans have profoundly enriched every part of our national life. Today, we celebrate their innumerable contributions, and we recommit to guaranteeing equal access, equal opportunity, and equal respect for all Americans."

In addition to celebrating the accomplishments of children and adults with vision loss, we in Wisconsin seek to educate people about Wisconsin's White Cane law, which requires drivers to yield to pedestrians carrying white canes. This year, several educators of students with visual impairments along with community members and agencies who support people with vision loss are collaborating to organize an informational event; our goal is to assemble a group of children and adults with visual impairments and to provide citizens with information about the White Cane law and answer questions that people may have about blindness, braille, or other related topics. In addition, at 12:00 pm we are planning a "flash mob" dance, so that we may highlight our message and showcase the talents of our group.

We expecting participants from all over the state will join us in this event. To make ourselves more visible on that day, we would like our participants to have matching T-shirts, but know that many of our participants (especially children) will be unable to purchase a T-shirt for this occasion. Therefore, we are seeking individuals or businesses that would be willing to make a minimum contribution of \$50 to sponsor our project. As a thank you for your contribution, we will place your logo or name on the back of our T-shirts (logos should be provided as vector files from Photoshop or Illustrator; a very high quality PDF file may also work) and you will be offered one shirt (which you may donate back to the children). Donations and art work must be received by September 25, 2013. If the sponsorship donations exceed the costs of this activity, the balance of the funds will be donated to the Wisconsin Council of the Blind and Visually Impaired's White Cane Fund, which provides free white canes to citizens throughout the state.

If you would like more information about this project or would like to become a sponsor, you may contact Julie Hapeman (414-405-8332 or JHapeman@gmail.com). Donations may be made to White Cane Day Celebration and sent to Julie Hapeman, 3628 W. Lakefield Dr., Milwaukee, WI 53215.

Thank you for your consideration,

The White Cane Day Celebration Crew



2013 Fall SELF-ADVOCACY Workshops



Sponsored by Wisconsin FACETS

These workshops are especially for transition-aged students with disabilities, parents, educators and service providers !

Location:

WI FACETS

**600 W. Virginia St., Suite 501
Milwaukee, WI 53204**

WORKSHOP #1: WHAT TO EXPECT IN COLLEGE

Wednesday, October 2, 6-8pm

Participants will learn differences between colleges, universities & technical schools & discuss which type might be right for them. Local college representatives will discuss how to get accommodations in college & how to apply for financial aid. Youth with disabilities will share their college experiences.

WORKSHOP #2: HEALTHY RELATIONSHIPS

Wednesday, October 30, 6-8pm

Alie Kriofske Mainella, Youth Leadership Specialist at Independence *First*, will conduct interactive activities which will educate participants about healthy relationships, safe dating practices and effective communication with relationship partners. Self-Advocate Camisha Miller will share her powerful personal story of how her disability has impacted relationships.

Both workshops are FREE

Registrations: Contact Matthew Zellmer @ 414-374-4645x203

or mzellmer@wifacets.org

Reasonable requests for accommodation will be granted with 2 weeks advanced notice. WI FACETS is a smoke-free environment.



WI FACETS

Serving children and adults with disabilities,
their families, and others who support them.

With support from Milwaukee County Disability Services Division and Funded in part by the U.S. Dept. of Education..

**Special Needs Support Program Class Schedule & Registration Form
 2013**

DATE	CLASS	DESCRIPTION
Saturday, July 27 8:30AM – 10:30AM	Understanding Autism and other Spectrum Disorders Alissa Maki, Clinical Director, Wisconsin Early Autism Project	Learn about Autism and the various spectrum disorders. Discover what the best practices are and about positive communication strategies.
Saturday, July 27 11:00AM-1:00PM	Music Therapy: Making Music Work For You! John Hartman, Milwaukee Center For Independence	Discover how to use music to increase communication and socialization. Discuss music and its powerful effect on the body and brain.
Saturday, August 24th 8:00AM – 11:00AM	Child Abuse & Neglect Suzanne Zipperer Bureau of Milwaukee Child Welfare, Department of Children and Families	Learn about the signs of abuse/neglect in children and your responsibility as a mandated reporter. This class covers the reporting process as well as what happens after the report and services BMCW provides to families.
Saturday, August 24th 11:30AM – 2:30PM	Sensory Integration Disorder and Behavioral Communication Terri Schmidt Enters, WI Birth to 3/Part C Coordinator, Department of Health Services	How a lack of sensory integration such as touch, sound, and movement can lead to behavior problems and difficulty with coordination.
Saturday, September 28th 8:30am – 10:30am	Sneezes Wheezes Colds and Flu, Now What Do I Do? Pang Vang, CHES, Med, RN Jeana Holt DNP, FNP-BC, RN UW Milwaukee, College of Nursing Institute for Urban Health Partnerships	Preparing child care providers for the care of mildly ill children, particularly caring for children with influenza, common cold and asthma. We will discuss prevention strategies to avoid spreading germs and keeping everyone healthy during the upcoming cold and flu season.
Saturday, September 28th 11:00am – 1:00pm	Centers, Hubs and YOU! Collaborate with the SE Regional Center for Children & Youth with Special Health Care Needs (CYSHCN) Meg Steimle, BA, Outreach Specialist SE Regional Ctr for CYSHCN, Children's Hospital of WI	Discover the many services available to families and the community. Learn about the Medical Home concept and how to work with health care providers to build a partnership and promote continuity of care.
Saturday, October 5th 8:00am – 11:00am	Obesity and Nutrition: A Call To Exercise! Denise Kilway, MSN, RN, CPNP Dept. of Pediatrics, Medical College of WI	With 29% of children overweight or obese, the importance of nutrition and exercise are more important than ever. Learn what you can do to motivate the kids in child care to improve eating and exercise habits for a life time!
Saturday, October 5th 11:30AM-2:30PM	Understanding ADHD & Coexisting Disorders Maureen Keyes, PhD, UW Milwaukee	Learn about ADHD and how different techniques can improve your ability to care successfully for young children coping with this disorder.
Saturday, November 2nd 8:30AM-10:30AM	Reactive Attachment Disorder Cynthia Totty-Hefley MS, LPC NCC Clinical Director, Totty and Associates	Learn about children diagnosed with Reactive Attachment Disorder and different strategies that allow for success in caring for children with this disorder.
Saturday, November 2nd 11:00AM-1:00PM	Bullying: How to Prevent It! Julie Heisler, LCSW, LMFT Early Childhood Interagency Council	Bullying Is a Big Deal! Why Do Bullies Act That Way? Learn how to handle difficult situations and to prevent a run-in with a bully. Discuss strategies to address the parents of bullies.

****See registration form on next page.



Making Proud Choices!

A workshop for youth with disabilities ages 11 and older

- ✓ Learn to be safe and healthy in your relationships
- ✓ Protect yourself against the consequences of unhealthy sexual decision-making
- ✓ Increase your self-esteem and make goals for your future!

Session 1: Getting to know you & making your dreams come true

Session 2: The Consequences of Sex: Pregnancy

Session 3: The Consequences of Sex: STDs

Session 4: The Consequences of Sex: HIV Infection

Session 5: Attitudes about sex, HIV & Condom Use

Session 6: Strategies for preventing HIV Infection:
Stop, think & act

Session 7: Developing Condom Use & Negotiation Skills

Session 8: Enhancing Refusal & Negotiation Skills

To start a class contact:
Alie Kriofske Mainella 414-226-8112 V/TTY
akriofske@independencefirst.org

Environmental/Chemical Sensitivity Policy: IndependenceFirst requests that guests not use perfumes, scented soaps and perfumes etc. IndependenceFirst is a smoke-free environment.

Accommodations: Contact Alie 414-226-8112 V/Relay or akriofske@independencefirst.org with accommodations requests at least 1 week prior to meeting date, earlier preferred.

Caregiver Circle

FAMILY CAREGIVER
SUPPORT NETWORK



Newsletter For Family Members and Friends Who Help or Care For Older Adults Volume 12 Issue 3 2013

CARING FOR THE CAREGIVER

7th Annual Event for the Mind, Body and Spirit | All Caregivers Welcome, Family and Professional

LETTING IN THE LIGHT...
Facing the hard stuff with hope, faith and love



Keynote speaker: Marianne Muscott, OSF, MA, MS, LPC

Pastoral Psychotherapist, Instrument of Peace Ministry | St. Ann Center for Intergenerational Care

SATURDAY, OCTOBER 26TH, 2013

9 am – 4 pm | Registration 9 - 9:30 am | Keynote 9:45 am

Marquette Alumni Memorial Union | 1442 W. Wisconsin Ave. | Milwaukee

Select from 13 breakout sessions including:

Alzheimer's, Pain Management, Legal, Medicare, Self-Care, Advocacy & more. See back for sessions and times.

PLUS: Enjoy... a chair massage; door prizes; sit-down lunch; individual consultation time with Alzheimer's, Parkinson's, Veteran's Benefits and Family Caregiver specialists; and an abundance of community resources and information.

REGISTER NO LATER THAN October 18th | Registration Fee \$10

Scholarships and Training Hours Available | Inquire About Possible Respite Care

Parking is FREE in Visitor Garage on left side of 16th Street between Wells & Wisconsin | **Buses 30, 10, 23 & 14**

Call the Family Caregiver Support Network at (414) 220-8600 or (800) 449-4481, a free resource center offering family caregiver support & older adult care information for family caregivers and professionals who assist them.

Visit us online at www.caregiversupportnetwork.org and www.living-options.org



ADDRESS SERVICE REQUESTED

Family Caregiver Support Network
600 W. Virginia, Suite 300
Milwaukee, WI 53204-1551

Interfaith
OLDER ADULT PROGRAMS

NON PROFIT ORG
PAID
MILWAUKEE, WI
PERMIT NO. 4400

UPCOMING EVENTS FOR CAREGIVERS

CARING FOR THE CAREGIVER

LETTING IN THE LIGHT... Facing the hard stuff with hope, faith and love

SATURDAY, OCTOBER 26TH • BREAKOUT SESSIONS:

Session 1: 11 am – Noon

What's it like? The World through the Eyes of Someone with Alzheimer's Disease — Diane Baughn

Maximize Your Benefits by Knowing the ABCs of Medicare — Sandra Raasch

Legal Guidance to Effective Planning for Older Adults — Atty. John Bennett

Modos de Sanación y Transformación (SPANISH SESSION, Ways of Healing and Transformation) — Zulay Oropeza

Praying In Color — Sandra Dempsey

Session 2: 1 – 2 pm

What's it like? The World through the Eyes of Someone with Alzheimer's Disease — Diane Baughn

What are the 3Ds? — Dr. Margaret Bull

Session 2: 1 – 2 pm *continued*

Introduction to Pain Management — Erin Bergland

Entendiendo los Comportamientos de Demencia/Alzheimer (SPANISH SESSION, Understanding the Behaviors of Alzheimer's/Dementia) — Virginia Zerpa

Session 3: 2:15 - 3:15 pm

The Affordable Care Act: Changing Health Care as We Know It — Dr. Robert Kraig

What are the 3Ds? — Dr. Margaret Bull

Navigating Systems & Advocating for Self & Loved Ones — Gina Green-Harris

Preparandose para el futuro: Acerca del Poder de Abogado para Salud y para Finanzas

(SPANISH SESSION, Preparing Ahead: About Health Care Power of Attorney and Durable Power of Attorney for Finances) — Atty. Jose Ledesma

SEE FRONT FOR EVENT DETAILS AND REGISTRATION

DON'T UNRAVEL, JUST UNWIND.



Call us: 414-220-8600

Did you know that some companies report that their employed caregivers need to take *more Family Medical Leave time off to care for an older adult* than their co-workers did for children? **We can help employed caregivers.** Caregiving takes time and many people need good resources and information which can save time. Call us and let one of our Resource Specialists share information and explore options. Don't forget to share information about us here at FCSN with others on the caregiver journey!

Visit us on the Web

Family Caregiver Support Network
www.caregiversupportnetwork.org

Living Options Service
www.living-options.org

Interfaith Older Adult Programs
www.interfaithmilw.org



Wisconsin Caregiver
www.wisconsincaregiver.org

Greater Milwaukee Area Caregiver Support Groups

Sandwich Generation Support Group at Alexian Village

9255 N. 76th St., 2nd Tues. of the month, 6:30 PM; Contact Chaplain Jessi Smedal at 357-5105 x 5524. Free lite sandwich supper available. (*You do not need to be in the sandwich generation to attend.*)

General caregiver support groups

St. Matthew's Lutheran Church
1615 Wauwatosa Ave., Upper Room,
2nd and 4th Mon. of the month, 1:00 PM;
Contact Sharon 414-427-8628.

Wheaton St. Francis
Caregiver's Support Group
3237 S. 16th St., first Sat., 10:30 AM;
Contact Louise at 414-645-9095.

Wisconsin Family Caregiver Call-In
Call in from the comfort of your home – for family caregivers throughout the state. Alternates monthly between call-in chat and speaker on topic chosen by the group; 2nd Tues., 1-2:30 PM. Group size is limited. To register call Kathy Ford, Kenosha County ADRC at 262-605-6646 or 1-800-472-8088.

Specific support groups

The *Caregiver Contacts* column has only a sample of places to seek help. Contact FCSN for complete information at 414-220-8600.

Caregiver Resource Library

Free resource library – Call 414-220-8600; 100+ Videos, DVDs and Books. We mail the materials to you free of charge.

CAREGIVER NEWS YOU CAN USE

Can you help.... with a research study about delirium?

Drs. Margaret Bull and Lesley Boaz are nurse faculty at Marquette University. *They want to find out what family caregivers know about delirium.* Delirium is a type of confusion that is common in some older adults. It is different from the 'sundowning' that people with dementia experience. They also want to know how family caregivers like to receive information about caregiving.

If you would be willing to complete an online survey that takes about ten minutes, please type the following link into your web browser to take the survey:

<https://www.surveymonkey.com/s/YLXX67D>

— Thank you, Drs. Bull and Boaz

Editor's note: "SurveyMonkey" is a safe and popular online survey tool that many of us use.

Video caregiving

Visit Terra Nova Films' user-friendly website, in English or Spanish, to find **free 24 hour video access to daily caregiving solutions!** Through these real life caregiving scenarios, family caregivers can find help to provide better care for a loved one at home while learning how to manage the personal challenges of caregiving. The website includes an introduction by award winning journalist and filmmaker Bill Kurtis.

www.videocaregiving.org



Call the Alzheimer's Association, Southeastern Wisconsin Chapter at 414-479-8800 for more information in your county on... vacation tips and hints, partnering with your doctor, early stage programs, brain fitness, support groups, dementia specific training for professionals, dementia basics and the savvy caregiver program.

The Interfaith - Family Caregiver Support Network

is primarily funded through the Milwaukee County Department on Aging with additional funding through United Way of Greater Milwaukee.

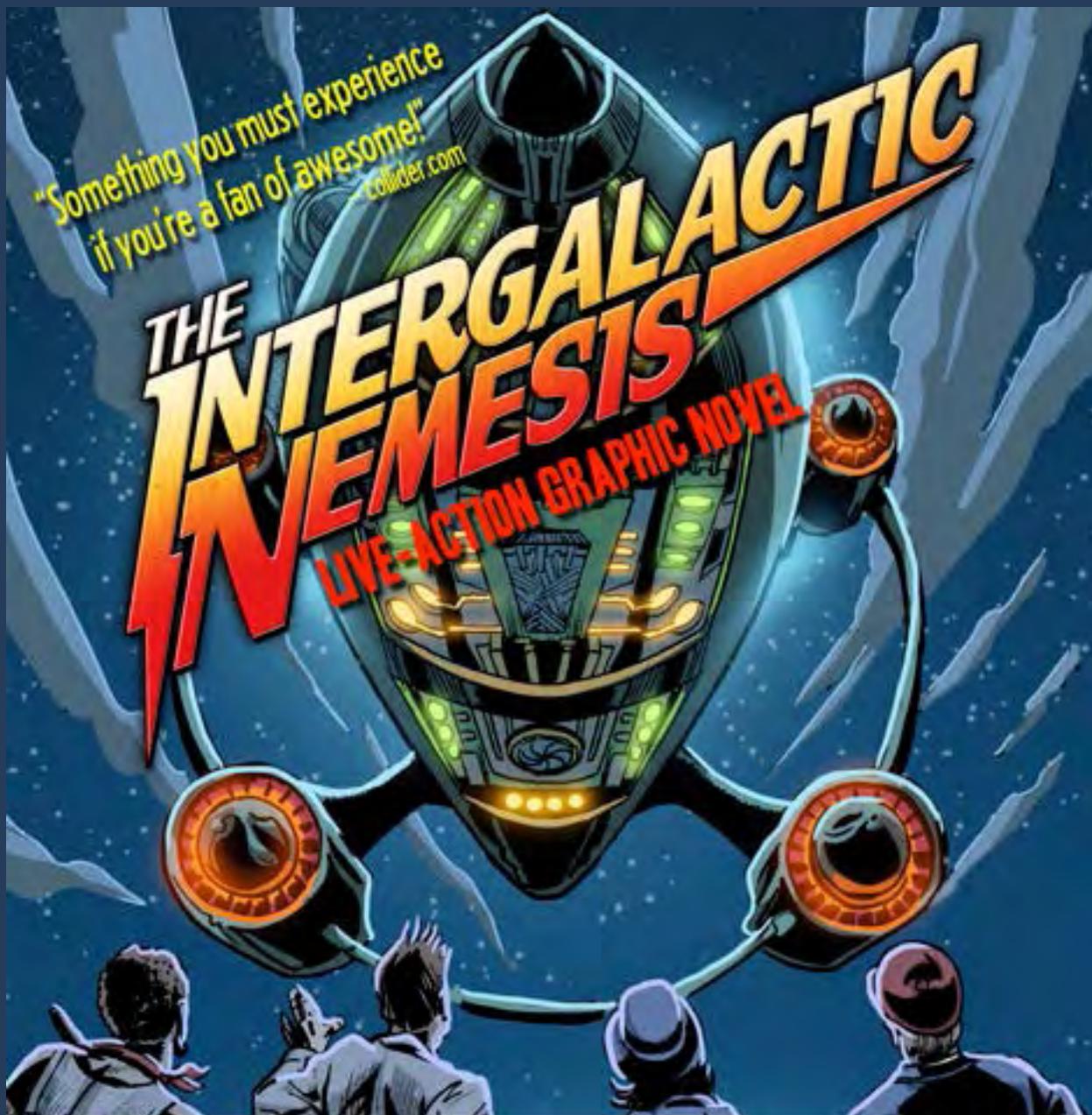
Donations to the program are gratefully appreciated.

If you have a change of address or wish to be removed from the mailing list please call us at 414-220-8600. Thank you!

Discount Purchase Opportunity for Employees, Families, and Friends!

Marcus Center - Vogel Hall

October 18 - 19, 2013

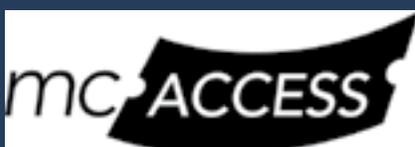


Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytix
- 3) Order your tickets!

Please contact Keri Hough at:
414-273-7121 ext. 213 or
khough@marcuscenter.org
for more information.

*Ticket locations may be substituted due to high demand.
Specific seat locations are not given, it is not a live sale.
Tickets are assigned on a best available basis.
Not valid on previously purchased tickets.
No exchanges or refunds.
Please specify any special needs or requests in the additional
comments box at the bottom of the order page.



*Save 15% on tickets for
Milwaukee Ballet Presents: Romeo & Juliet*

Marcus Center for the Performing Arts - 929 North Water Street - Downtown Milwaukee

October 31 - November 3, 2013



Luz San Miguel & David Hovhannisyian, Photo: Jessica Kaminski

Box Seats:	\$88.25
Orchestra E-P & Side Loge:	\$70.25
Orchestra Q-V & Center Loge A-E:	\$61.25
Orchestra W-Z & Center Loge F-J:	\$43.50
Center Loge K-N:	\$30.00

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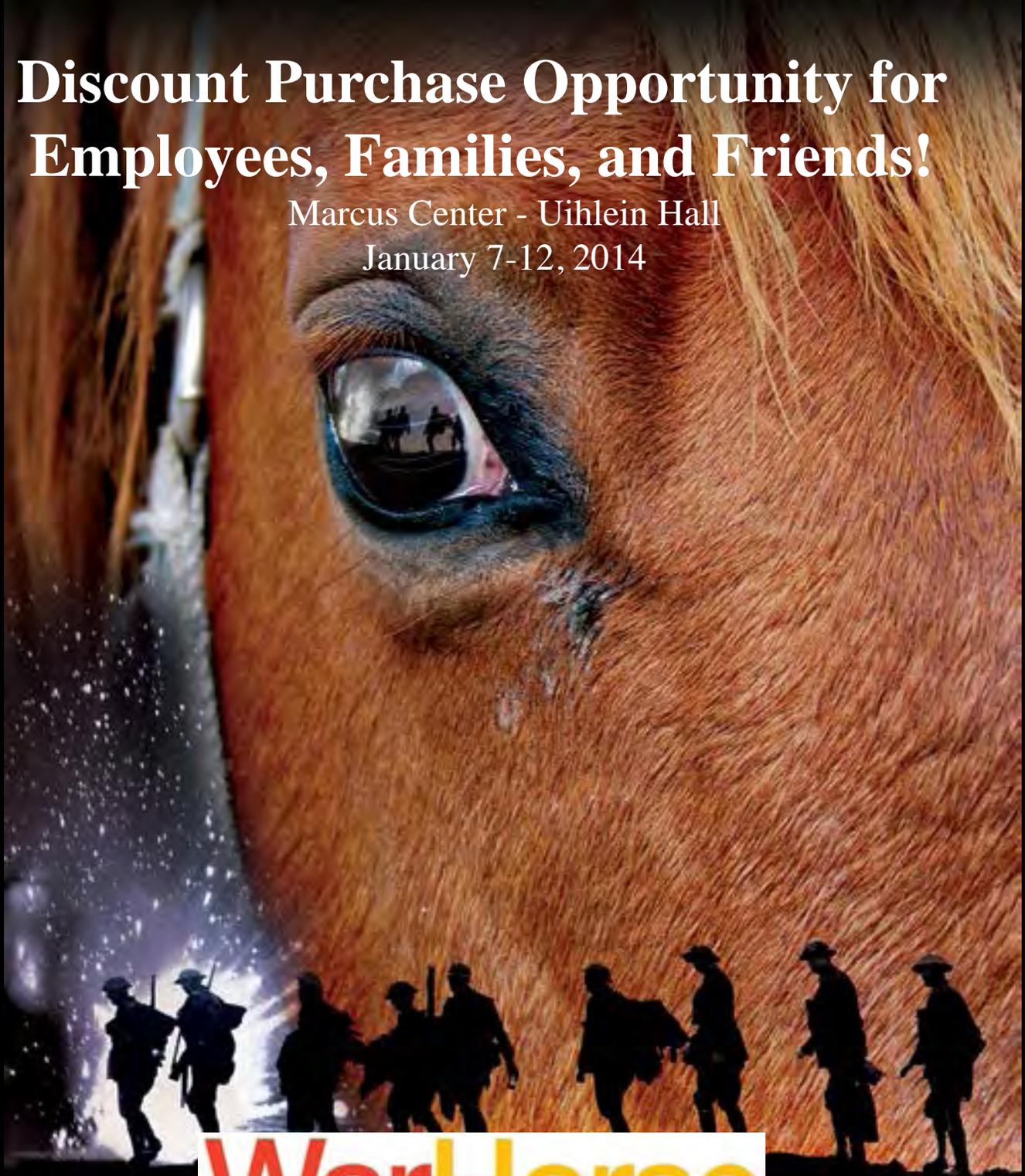


Please contact Keri Hough at:
414-273-7121 ext. 213 or
khough@marcuscenter.org
for more information.

Discount Purchase Opportunity for Employees, Families, and Friends!

Marcus Center - Uihlein Hall

January 7-12, 2014



WarHorse

Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytx
- 3) Order your tickets!

Please contact Keri Hough at:
414-273-7121 ext. 213 or
khough@marcuscenter.org
for more information.

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