

# Handy-NEWS & NOTES

October 2014



## DISABILITY AWARENESS MONTH

Annual Tap the Potential Celebration features Artists & Performers with Disabilities

### October is Disability

**Awareness Month**—a time to “Tap the Potential” of artists with special needs in 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 free-to-the-public arts events October. The 2014 events are dedicated to the memory of Jeff LaDow.

Milwaukee Public Theatre sponsors the performing artists at locations throughout the area:

- **Thursday, October 2, 11 am:** Art Exhibit Reception with speakers and performers, Mitchell International Airport. The art exhibit runs through October 22.
- **Wednesday, October 8:** **Cammie Draheim**, visual artist, presenting Watercolor Painting Therapy and **Angela Smith**, Nia session, at Milwaukee Secure Detention Center (not open to public):
- **Sunday, October 12, Walk to Defeat ALS, 8 to 10 am:** MPT artists entertain walkers at Greenfield Park
- **Wednesday, October 15, Noon to 1 pm:** **White Cane Flash Mob** at County Courthouse
- **Wednesday, October 15, 1 to 2:30 pm:** **Barbara Leigh**, workshop for ACAP at Waukesha Civic Theatre
- **Friday, October 17, 6-7 pm:** **Dan Johnston**, guitar, Gallery Night at Independence *First* Exhibition
- **Saturday, October 18:** **William Sweeney**, piano, at St. Ann’s Rest Home Sweetest Day
- **Tuesday, October 21:** **Rose Onama**, Storytelling at Disability Resource Fair Fun & Fit Day, Kenosha
- **Wednesday, October 29, 9:15 am:** **Barbara Leigh**, “*Survival Revival Revue Excerpts*”, at Marquette University School of Nursing (for faculty/ students only)
- **Mud River Lee**, blues musician, public locations to be determined

- **“Pieces: In My Own Voice”** by NAMI-Greater Milwaukee, dates and locations to be determined
- **Jahmes Finlayson** and **Children of the Sun Deaf Drum Troupe**, date to be determined at Gaenslen School

Additional performances and sites to be announced at [www.milwaukeepublictheatre.org](http://www.milwaukeepublictheatre.org)

Funding is provided by the Milwaukee County Commission for Persons with Disabilities. Milwaukee Public Theatre 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 on the performing artists will be available at [www.milwaukeepublictheatre.org](http://www.milwaukeepublictheatre.org).

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](#).

## COUNTY BUDGET PUBLIC HEARING! 2015 County Budget

On **Monday, November 3<sup>rd</sup>, 6-9pm** the County Board will be hosting the Public Hearing on the 2015 county budget. The public hearing will be at the Milwaukee Art Museum, Lubar Auditorium (700 N. Art Museum Dr, Milwaukee).

## 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. 9<sup>th</sup> 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 21 through Sunday, November 23, 2014**. 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>.

## OFFICE FOR PERSONS WITH DISABILITIES (OPD)

414-278-3932 (V); 711 (TRS); 414-278-3939 (FAX)

901 N. 9<sup>th</sup> STREET, ROOM 307-B • MILWAUKEE, WI 53233

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## “THREADS OF THE WORLD” ART EXHIBITION AT INDEPENDENCEFIRST

IndependenceFirst features “Threads of the World,” works by Melissa Enderle, in its annual exhibition promoting full inclusion of people with disabilities in making, exhibiting and viewing original artwork.



The exhibition shows October 1-30, 2014, Monday through Friday 8 a.m. to 4:30 p.m. at IndependenceFirst, 540 S. 1<sup>st</sup> St. in Milwaukee, with a Gallery Night Reception October 17, 2014, from 5 to 9pm.

Enderle, a Wisconsin native, is an international teacher who has traveled and lived all over the world. Her highly-detailed artwork in watercolor, pastel and colored pencil features the cultures of places she has visited, worked and lived, including Mali, Tunisia, Serbia and Mexico.



The reception on October 17 coincides with the Third Ward Association’s quarterly Gallery Night event, so make IndependenceFirst one of your Gallery Night stops! At 7 p.m. there will be a Skype Talk with Enderle, who is currently teaching in South Korea. There will be a short interview with her and then time for people to ask questions.

Each October, IndependenceFirst shows the work of professional or aspiring professional artists with disabilities or artists whose work contains disability-related themes in celebration of National Disability Awareness Month.

For more information call (414) 226-8386 V/Relay or email [mhupfer@independencefirst.org](mailto:mhupfer@independencefirst.org).

## SHHHHH!!! - FLASH MOB PLANNED!

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

## VISION FORWARD CONNECTIONS CONFERENCE

Saturday, October 11, 2014  
9:30 am - 3:30 pm



Vision Forward  
Association

Parents, children and educators won't want to miss this opportunity for informational sessions, networking, activities and more. Your day will include opportunities to learn, gather resources and meet people sharing similar experiences with vision loss. Friends, family, teachers and neighbors are invited!

**Cost:** \$4 per person or \$10 per group of three or more

To register or for more information, please contact: Kathryn Koppa, Teacher of the Visually Impaired (414) 615-0166 or [kkoppa@vision-forward.org](mailto:kkoppa@vision-forward.org). **Please register by October 1, 2014**

Vision Forward's mission is to empower, educate, and enhance the lives of individuals impacted by vision loss through all of life's transitions. Learn more at [www.vision-forward.org](http://www.vision-forward.org)

## SPACE AVAILABLE FOR LEASE!!!

Please click [here to see the lease brochure](#) for Wil-O-Way Grant, 207 Lake Drive, South Milwaukee, WI. Located in a beautiful setting in Milwaukee County Grant Park, you'll notice that this is an ideal location to operate day programming.

Please feel free to contact Tim for more information, schedule a visit, or anything else. Tim Ochnikowski, 414-278-3930,



[Timothy.Ochnikowski@MilwaukeeCountyWI.gov](mailto:Timothy.Ochnikowski@MilwaukeeCountyWI.gov)

## ACCESSIBLE VANS FOR SALE!

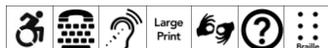
Are you, or do you know someone who is looking for an accessible minivan to purchase? If so, please check out the vehicle flyers attached to this issue.

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## I'M BORED – IS THERE ANYTHING TO DO? – YES!

Check out the "[Festivals & Events](#)" page for fun and exciting events coming up.

Check out the "[Rec Room Calendar](#)" for fun and exciting things happening every day.

Better yet, visit <http://county.milwaukee.gov/OPD> on your smartphone, download our mobile site and save it to your home screen. That way you'll have all this information available to you 24/7/365.



## I DON'T HAVE A PHOTO ID FOR VOTING!

### How Can I Get One?

If you do not have a photo ID and you plan on voting, you need to get one soon. Please use the link to find out how you can get a FREE photo ID.

<http://www.dot.wisconsin.gov/drivers/drivers/apply/idcard.htm>



If you don't have a birth certificate, please see the following link which explains the new policy regarding FREE photo ID's for people who do not have a birth certificate.

<http://www.dot.wisconsin.gov/drivers/drivers/apply/petition-process.htm>

## WHERE DO I VOTE?

The 2014 General Election is on **Tuesday, November 4.**

Do you know where to vote? If you're not sure where you vote, please use the link below, type in your address and get your polling place information. Mark your calendar and be prepared to exercise your rights –

**VOTE!**

<https://myvote.wi.gov/Address/AddressSearchScreen.aspx>



## ACCESSIBLE WEAR!

Burr... autumn is definitely around the corner! Stay fashionably warm this fall with an Accessible Wear custom-made fleece poncho. Our ponchos are designed to fit your needs just right! Magnet or Velcro closures, wheelchair friendly designs and a selection of basic solids and fun prints to choose from.



Stop into Accessible Wear during the month of October and enter to win a Packer poncho. We will be giving away two ponchos; one adult and one youth. No purchase necessary to enter.

**Accessible Wear is centrally located at 11045 W. National Ave.,** West Allis, in The Home Depot shopping complex (next to Taco Bell).

### Store Hours:

Mon, Wed, Fri: 10am–5pm  
Tues and Thurs: 10am–6pm

Sat: 10am–4pm &

Sun: Closed or By Appointment Only.



### Accessible Wear

**11045 W. National Ave, West Allis, WI 53227**

**Phone: (414) 546-2320** [www.accessiblewear.com](http://www.accessiblewear.com)

**Email: [info@accessiblewear.com](mailto:info@accessiblewear.com)**

***We fit your needs just right!***

## ENERGY ASSISTANCE

October 1 is the start of the new Wisconsin Home Energy Assistance Program (WHEAP) season. Energy Assistance offers a one-time payment during the heating season (Oct 1- to May 15).

The benefit varies based on household size, dwelling size, household income and energy burden.

Milwaukee County has 4 application sites so it easy and convenient to come in, apply and find out your benefit eligibility. In addition, all sites can schedule appointments, phone applications and home visits.

Contact Community Advocates

([www.CommunityAdvocates.net](http://www.CommunityAdvocates.net)) or Social Development

Commission ([www.CR-SDC.org](http://www.CR-SDC.org)) or see the attached

flyer for more information.

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## HAPPENINGS @ BOERNER BOTANICAL GARDENS

### Classes & Programs

To register, please call (414) 525-5653

#### Fall Bulb Planting for Spring Bulbs

Thursday, October 2, 6:30–8pm

\$10 members / \$15 non-members

Learn which bulbs are best in our growing zone and how to plant them. Discover how easy it is to force spring bulbs for January and February indoor blooming. All attendees will receive a bulb to plant.



#### Keep Your Yard & Garden Pest-Free Without Harsh Chemicals

Sunday, October 5, 1pm – 3pm

\$10 members / \$15 non-members

Deer, slugs and other garden-destroying pests don't have to damage your garden. Susan Ciano of *Greener Roofs and Gardens* will share tips to help keep your plants pest-free without harsh chemicals.

#### Aquaponics: Year' Round Gardening

Session 1: Thursday, October 9, 6:30pm – 8pm (at Boerner Botanical Gardens)

Session 2: Saturday, October 11, 10aom – 11am (at Central Greens – 51<sup>st</sup> and Bluemound)

\$15 members / \$20 non-members

Two-part aquaponics demonstration will teach about aquaponic food production and how you can grow fresh fish and vegetables.

#### The Lore and Lure of Spices

Thursday, October 16, 6:30pm – 8pm

\$10 members / \$15 non-members

Milwaukee Spice House will discuss the history and uses of a variety of spices. Tasting and samples included.

#### Family Workshops

Families (up to 5 people): \$20 members / \$25 non-members

Individuals: \$10 members / \$12 non-members

To register, please call (414) 525-5656

#### Planting a Windowsill Herb Garden

Saturday, October 18, 10am – 12pm

Learn which winter herbs will grow best indoors on your windowsills. Decorate terra cotta flowerpots and plant herbs to enjoy at home.

## NEW PROGRAM – COOKING SKILLS

Spina Bifida Wisconsin, Ltd. is partnering with IndependenceFirst to provide 3 sessions of an educational opportunity about nutrition, kitchen safety and to experience and practice COOKING SKILLS!



**Where:** IndependenceFirst;

540 S. 1<sup>st</sup> Street;

Milwaukee, WI. Our

accessible kitchen/cafeteria area is the perfect place for a class. Learn and actually make meals, treats and appetizers. Adaptive kitchen utensils are available for use during the class.



**IndependenceFirst**  
The Resource For People With Disabilities

**When:** Saturdays from 1:00-4:00pm

**Cost:** FREE

October 25<sup>th</sup> – education about how to read nutrition labels and fixing appropriate serving sizes and food groups. Learn cooking skills to make TACOS.

November 15<sup>th</sup> – education about kitchen safety and smart phone apps to keep you on track. Learn cooking skills to make HOLIDAY TREATS.

January 17<sup>th</sup> – education about developing a menu and grocery list. Learn cooking skills to make SUPER BOWL PARTY APPETIZERS.

**Who:** This class is being offered for 3 min. to 8 max. people; ages 18-30 years old, with a primary diagnosis of Spina Bifida.

**How:** Pre-registration is required by calling Katey Collins at 414-607-9061 or emailing [sbwis@sbwis.org](mailto:sbwis@sbwis.org); please put "cooking skills" in the subject line.

Katey will contact you and provide registration paperwork to be returned before the first class. Deadline for registration is October 17<sup>th</sup>, 2014.

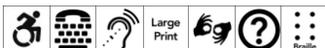
\*if you are unable to attend these sessions and are interested in future cooking skills classes, please email Katey. Knowing this is a need in our community will keep the momentum going to potentially offer additional sessions in 2015.

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## BRYON'S RUN TO CURE PARALYSIS

For the past 12 years, in collaboration with community partners in Waukesha County and southeastern Wisconsin, Carroll University's health sciences students and faculty have provided wellness activities across the lifespan for individuals experiencing chronic disease and disability. Bryon Riesch as well as many other individuals have directly benefited from the university's students and faculty.

### BRYON'S RUN TO CURE PARALYSIS 5k run/walk/roll



Consequently, the Bryon Riesch Paralysis Foundation (BRPF) has formed a partnership with Carroll University. This run/walk/roll is a combined effort with Carroll University and the BRPF to raise both money and awareness for individuals with paralysis.

**Sunday, October 5, 2014**

8:00 a.m. Registration  
9:00 a.m. Run/Walk/Roll Begins

Carroll University Schneider Stadium 240 N. Barstow St.  
Waukesha, WI 53186

Get more details here:  
<http://www.brpf.org/Events/RunWalk.html>

## 6<sup>TH</sup> ANNUAL "PULL-UP A CHAIR" LUNCHEON

Join us for Interfaith's 6th Annual "Pull Up a Chair in Your Neighborhood" fundraiser luncheon.



Highlights of the luncheon include:

- Emcee Mark Baden, Chief Meteorologist at WISN-TV
- Live auction featuring hand-painted chairs & furniture
- Silent auction
- Wine pull of 100 bottles of red and white wine
- Christmas ornaments
- Raffle basket drawing

This is a wonderful fundraiser that brings together people from across the neighborhoods to raise money

that supports Interfaith's Neighborhood Outreach Program. The staff and volunteers of our Neighborhood Outreach Program are in the community every day helping older adults in need. There are many isolated older adults for whom the only connection to their community is through our caring volunteers and staff.

**When:** November 6th, 2014, 11:00AM through 1:30PM

**Location:** Clarion Hotel Conference Center (5311 S Howell Ave) (rear of building), Milwaukee, WI 53207

Call (414) 220-8648 or email [msteinke@interfaithmilw.org](mailto:msteinke@interfaithmilw.org) for more information.

## LIFE NAVIGATORS GARDEN WALK

Join us, volunteers from Christ King Parish in Wauwatosa and the Friends of Boerner Botanical for a garden walk!



LIFE NAVIGATORS  
Your Disability Partner EST. 1949

**Date & Time:** Thursday, October 9th, 2014 from 3-5pm.

**Location:** Boerner Botanical Gardens, 9400 Boerner Dr Hales Corners, WI 53130

**Event:** Participate in a tour through the gardens. Afterwards enjoy some snacks and light refreshments

**RSVP:** RSVP by October 3rd to Amanda at 414-774-6255 or [amanda@lifenavigators.org](mailto:amanda@lifenavigators.org). More Information: Visit [www.lifenavigators.org](http://www.lifenavigators.org)

## GAME NIGHT

Join us for an evening filled with board games, friendship and food.

**Date & Time:** Thursday October 30th, 2014 from 4-6pm.

**Location:** Life Navigators, 7203 West Center Street Wauwatosa, WI 53210

**Event:** Have fun and play games!

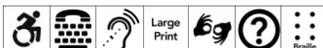
**RSVP:** RSVP by October 28 and you will be entered into a drawing to win fun prizes! Contact Amanda at 414-774-6255 or [amanda@lifenavigators.org](mailto:amanda@lifenavigators.org). More Information: Visit [www.lifenavigators.org](http://www.lifenavigators.org)

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## MILW COUNTY ON TWITTER



Follow your Milwaukee County government on Twitter.

**County Executive Abele** @ChrisAbeleMKE  
**County Executive Press Office** @MkeCoExecPress  
**County Board** @MKECountyBoard  
**County Board Chair Dimitrijevic** @BoardChairwoman  
**County Supervisor Alexander** @CntySupDeanna  
**County Supervisor Bowen** @DavidFBowen  
**County Supervisor Dimitrijevic** @supervisormd  
**County Supervisor Haas** @TheFighting14th  
**County Supervisor Lipscomb** @SupLipscomb  
**County Supervisor Rainey** @Khalif\_Rainey  
**County Supervisor Romo West** @sup\_dist12  
**County Supervisor Taylor** @SteveFTaylor  
**County Supervisor Weishan** @johnweishan  
**Airport** @mitchellairport  
**Bradford Beach** @BradfordBeach  
**Domes Gift Shop** @DomesGiftShop  
**Economic Development** @MilwcntyED  
**Emergency Medical Services (EMS)** @MilwCntyEMS  
**Fiscal Affairs, Perfor., Strat. & Budget** @MilCoPSB  
**Government Affairs** @MKE\_GovAffairs  
**Health & Human Services** @MkeCoDHHS  
**Human Resources** @MilwCo\_HRDept  
**Milwaukee County Sustainability** @MKECoSustain  
**OPD - Handy-NEWS & NOTES** @HandyNewsNotes  
**Parks Department** @CountyParks  
**Public Museum** @MKEPublicMuseum  
**Sheriff** @MCSOSheriff  
**Transit System** @RideMCTS  
**War Memorial Center** @WarMemorialCntr  
**Wehr Nature Center** @WehrNature  
**Zoo** @MilwaukeeCoZoo

Please let us know if we missed anyone. Contact Tim at [timothy.ochnikowski@milwaukeecountywi.gov](mailto:timothy.ochnikowski@milwaukeecountywi.gov)

## CORDLESS PHONE FOR SALE!

ClearSounds DECT 6.0 Amplified Cordless Freedom Phone; hearing aid compatible, clarify, customize and control sound frequencies. Has 50 dB, talking Caller ID and Keypad, speakerphone, mute, flashing and vibrating ring signaler, big buttons, last number redial, uses AAA Ni-Metal rechargeable batteries, answering machine in handset, A600 base- \$50.00. Contact Howard Felix, 414-278-5133, or [howard.felix@milwaukeecountywi.gov](mailto:howard.felix@milwaukeecountywi.gov)



## LOOKING FOR A HALL?

Are you looking for a hall for your next function? Would you like to rent a beautiful hall in a woodsy setting near you? If you answered yes, please use the link below (or call the Office for Persons with Disabilities @ 414-278-3932) to check out the [Wil-O-Way Grant](#) and [Wil-O-Way Underwood](#) facilities. They may be just what you're looking for. But hurry, the 2014 calendar is filling up fast. You can check the [Rental Calendar](#), get directions to the facilities and more on your mobile device by downloading our mobile website at [county.milwaukee.gov/OPD](http://county.milwaukee.gov/OPD).



### [Wil-O-Way Grant](#) (South Milwaukee)



### [Wil-O-Way Underwood](#) (Wauwatosa)



FYI – Optional **Catering Services** are available! Contact [LilyWorks Catering](#).



<http://www.county.milwaukee.gov/FacilityRentals>

## OTHER RENTAL FACILITIES – COUNTY PARKS

For your special family gathering, community-group event, or business function, you'll find a Milwaukee County Parks site to complement your event.

<http://county.milwaukee.gov/Rentals9013.htm>

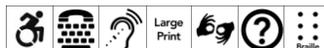


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## BUS STOP BARRIER BUSTERS ADVANCE EFFORTS IN 2014

With summer in the rearview mirror and autumn settling in, temperatures and leaves are falling but there are plenty of apples and pumpkins to pick! Do ghostly barriers haunt or petrify you, putting a curse on your trip to the masquerade ball or trick-or-treating? Have no fear, the barrier buster is here! Milwaukee County Transit System (MCTS) and the Transit Plus' New Freedom staff are pleased to let you know that the 2014 barrier removal program has had a very successful year, with **61** new ADA-compliant bus pads and two shelters already in place, and a few more expected to be installed before winter.



In September, the expert crews from the Milwaukee County Highway Department completed 10 new stops with bus pads on the northeast side of Milwaukee. Eight pads were installed on N. 7<sup>th</sup> Street from Meinecke Avenue., north to Atkinson Street, along routes 80 and 42U. One was installed on N. 8<sup>th</sup> Street at Concordia Avenue, also on the routes 80 and 42U, along with a new stop on the southeast corner of Locust and Martin Luther King Drive for route 40U. These pads will assist in allowing safe access to the bus for residents, employees and students in the Harambee neighborhood.

The barrier buster will follow up its work by heading back to Wauwatosa, which has some of the city's most popular destinations and highest ADA boarding locations. Specifically, plans call for new pads at three bus stops along Route 31 on Milwaukee and Harwood Avenues, as well as three pads on 76<sup>th</sup> Street along Route 67. West North Avenue from Mayfair Mall to 124<sup>th</sup> Street will see nine new pads for Routes 21 and 28, as well as two pads on Mayfair Road in front of the mall, improving access to many popular destinations nearby.

Milwaukee's northwest side has some of the highest concentrations of non-ADA compliant bus pads in the city. Therefore, the barrier buster also plans on improving nine bus stops on Congress Street, from Appleton Avenue to 92<sup>nd</sup> Street for route 23 as well as one stop on 76<sup>th</sup> Street and Fiebrantz Avenue for Route 67. But wait, there's more! Two additional bus shelters are also planned to be installed this year, one is to be reinstalled at the southeast corner of 27<sup>th</sup> Street and National where one was removed last year, and the other will be a brand new shelter in front of the new

Goodwill office building in Greendale along Route 64 on 60<sup>th</sup> Street and Greenway.

In 2014, our goal is to surpass the 45 bus pads installed in 2013, improving accessibility to all MCTS passengers. As always, the New Freedom team highly encourages riders to let us know of any non-accessible stops on any routes; we appreciate your comments. Please call Chris Fox at 414-344-4550 ext. 3500 or email [cfox@mcts.org](mailto:cfox@mcts.org).

## MILWAUKEE FILM FESTIVAL

Now Through October 9th

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.mkofilm.org/>



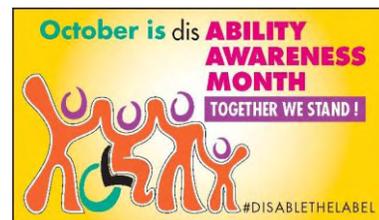
## DISABLE THE LABEL ART EXHIBITION

MITCHELL INTERNATIONAL AIRPORT  
(Main Concourse)

October 1 - 22, 2014

Public Reception: Thurs,  
October 2, 11am.

Supported by MCOPD  
and Tap the Potential  
Art Committee



## TEXT ALERTS!!!

Rec On Deck

To get the latest recreation news/opportunities as they happen, sign up to receive Text Alerts from the Milwaukee County Office for Persons with Disabilities (OPD). Please visit: [bit.ly/OPDTextAlerts](http://bit.ly/OPDTextAlerts) OR:



Text **RECONDECK** to **84483**

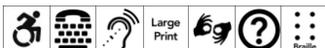
Text **HELP** for help. Text **STOP** to cancel alerts at any time. For customer support contact [info@rainedout.com](mailto:info@rainedout.com)  
Message & data rates may apply.

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October 2014



## LITTLE ACCESSIBLE LIBRARY UNVEILED!

IndependenceFirst is pleased to have received the donation of an unpainted Little Free Library box from the United Way of Greater Milwaukee. Little Free Libraries are those colorful wooden boxes you have likely seen around town into which people put books they'd like to give away, or from which they take a book they'd like to read.



Our GirlsFirst group, a social and support group for girls with disabilities ages 8-18, worked diligently throughout the summer to decorate our Little Free Library. We will unveil their collaborative creation on Wednesday, October 22 at 6 p.m. There will be a ribbon cutting at 6 p.m., followed by a reception with readings from some of the group's favorite authors. Join us for this fun event connecting more people with books through our new Little Free Library, which is really our Little Accessible Library because we will put it at an accessible height.

For more information, call (414) 226-8112 V/Relay or email [akriofske@independencefirst.org](mailto:akriofske@independencefirst.org).

## ADULT FAMILY HOME HAS VACANCIES!

**Personal Services for Life** is an Adult Family Home, designed to assist and provide living options for those with disabilities. PSFL is located in a quiet neighborhood of Milwaukee, WI. You are welcomed into a modern, warm, cozy living room where television, movies, indoor activities and socializing are welcomed. The home has an easy floor plan where all rooms are accessible on the main level. Wireless Internet service is available for those who desire to explore new avenues or continue with their computer skills. The home is designed to allow for 2 private rooms and 1 semi-private occupancy. Each bedroom has a large closet, and room for personal belongings to make it their own special place. Cable television is included and available in each bedroom. Bathrooms are equipped with grab bars for safety. Furnishings can be brought from home or the facility will

provide. Onsite laundry is provided for or assistance provided for our residents who need this service. Storage of small personal items is available in the lower level. There is a beautiful yard area for spending time outside relaxing or involved in activities. Bus lines, shopping, church and entertainment are close by.

Please call Mrs. Ford at 414-517-7633 for more details!  
[www.ps4life.org](http://www.ps4life.org)

## DID YOU KNOW???? HNN IS ON TWITTER & OPD IS ON FACEBOOK! Handy-NEWS & NOTES (HNN) Office for Persons with Disabilities (OPD)

The HNN [Twitter](#) and OPD [Facebook](#) accounts are 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, "Like" us & check in daily!**



Please use the link below and "follow" us on Twitter.  
<https://twitter.com/HandyNewsNotes>

Please feel free to use the link below and "like" us on Facebook. <http://facebook.com/MilwaukeeCountyOPD>

## SCOOTER FOR SALE!

8 hour Battery - goes up to 5 miles an hour (about 30 miles), Great Condition, Holds and carries up to 500 pounds, Dark Blue, Will deliver, Cost: \$1,500.00 asking price. Contact: Laurice Lincoln @ 414-803-7063.



## 2015 WIL-O-WAY KEY CARD!

Look for the 2015 application in next month's issue of Handy-NEWS & NOTES.

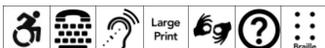


## OFFICE FOR PERSONS WITH DISABILITIES (OPD)

414-278-3932 (V); 711 (TRS); 414-278-3939 (FAX)

901 N. 9<sup>TH</sup> STREET, ROOM 307-B • MILWAUKEE, WI 53233

@HandyNewsNotes [timothy.ochnikowski@milwaukeecountywi.gov](mailto:timothy.ochnikowski@milwaukeecountywi.gov) <http://county.milwaukee.gov>



# Handy-NEWS & NOTES

October 2014



## WHO'S MY COUNTY SUPERVISOR?

If you're unsure of whom your Milwaukee County Supervisor is simply [click here](#) to look up your district and get your supervisors contact information.



## EMPLOYMENT STATISTICS!

In the August Bureau of Labor Statistics report, persons with disabilities working was 17.2% and persons with no disabilities working was 64.7%. See the current report here: <http://www.bls.gov/news.release/empsit.t06.htm>

## REC ON DECK NEWSLETTER!!!

Get access to the latest Rec on Deck newsletter and much more recreation information by clicking on the link: <http://county.milwaukee.gov/RecRoom>

## 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** (Milwaukee County Transit System, Transit Plus, WI DOT, Airport, Dept. on Aging), and **Other Milwaukee 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](http://county.milwaukee.gov/OPD) on your mobile device or scan the QR code.



## SHARE Handy-NEWS & NOTES!!! It's FREE!!!

Do you work with someone or know someone who would be interested in or would benefit from the information in Handy-NEWS & NOTES? If so, please refer them to the link below to sign up for this FREE information source.

<http://county.milwaukee.gov/OPD/ENotify>

## SPECIAL OPPORTUNITY!!!! Milwaukee Bucks Game, December 13, 2014

Join a group from Easter Seals at the Milwaukee Bucks game on **Saturday, December 13** (6:30pm) and (if there are 50 tickets sold) have the opportunity to go on the court and "high-five" the players as they enter the court!



Tickets are \$20 each. Please call Amy at 414-963-5952 to register. [Please register by November 14.](#)

## SPORTS SCHEDULES!!!!

Are you a sports fan? Are you a Wil-O-Way Key Card member? Are you interested in seeing the schedules for the Milwaukee professional sports teams? Please use the links below to access the schedules of the Milwaukee Admirals, Milwaukee Bucks and the Milwaukee Wave. Please note that these schedules are available as an attachment in this issue of Handy-NEWS & NOTES.



### Milwaukee Admirals

<http://www.milwaukeeadmirals.com/schedule?view=list>

### Milwaukee Bucks

<http://www.nba.com/bucks/2014-schedule>

### Milwaukee Wave

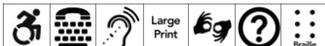
<http://www.milwaukeewave.com/gameschedule>

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@HandyNewsNotes [timothy.ochnikowski@milwaukeecountywi.gov](mailto:timothy.ochnikowski@milwaukeecountywi.gov) <http://county.milwaukee.gov>



# Handy-NEWS & NOTES

October 2014

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



## 2015 MILWAUKEE BREWERS

APRIL							MAY							
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	
			1	2	3	4						@chc	1	2
													@chc	@chc
5	6	7	8	9	10	11	3	4	5	6	7	8	9	
	COL	COL	COL		PIT	PIT	@chc	LAD	LAD	LAD	LAD	CHC	CHC	
	1:10	7:10	7:10		7:10	6:10	6:20	7:10	7:10	12:40	7:10	6:10		
12	13	14	15	16	17	18	10	11	12	13	14	15	16	
PIT	estl		estl	estl	@pit	@pit	CHC	CWS(j)	CWS(j)	CWS(j)		@nym	@nym	
1:10							1:10	6:20	7:10	7:10				
19	20	21	22	23	24	25	17	18	19	20	21	22	23	
@pit	CIN	CIN	CIN	STL	STL		@nym	@det(j)	@det(j)	@det(j)	@atl	@atl	@atl	
	6:20	7:10	7:10	12:40	7:10	6:10								
26	27	28	29	30			@atl24	25	26	27	28	29	30	
STL	@cin	@cin	@cin				ARI	SF	SF	SF	ARI	ARI	ARI	
1:10							1:10	7:10	12:40		7:10	7:10	7:10	

JUNE							JULY						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6				1	2	3	4
	estl	estl	estl		@min(j)	@min(j)				@phi	@phi	@cin	@cin
7	8	9	10	11	12	13	5	6	7	8	9	10	11
@min(j)	@pit	@pit	@pit	WSH	WSH	WSH	@cin	ATL	ATL	ATL		@lad	@lad
				7:10	7:10	7:10	7:10	7:10	7:10	1:10			
14	15	16	17	18	19	20	12	13	14	15	16	17	18
WSH	KC(j)	KC(j)	@kc(j)	@kc(j)	@col	@col	@lad	ALL-STAR BREAK	ALL-STAR BREAK	ALL-STAR BREAK	PIT	PIT	
7:10	7:10	7:10						CINCINNATI	CINCINNATI	CINCINNATI	7:10	6:10	
21	22	23	24	25	26	27	19	20	21	22	23	24	25
@col		NYM	NYM	NYM	MIN(j)	MIN(j)	PIT		CLE(j)	CLE(j)	@ari	@ari	@ari
		7:10	7:10	7:10	1:10	7:10	1:10		7:10	1:10			
28	29	30					26	27	28	29	30	31	
MIN(j)	@phi	@phi					@ari	@sf	@sf	@sf	CHC	CHC	
1:10							7:10	7:10	7:10	7:10	7:10	7:10	

AUGUST							SEPTEMBER							
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	
						1							4	5
						CHC							@cin	@cin
						6:10								
2	3	4	5	6	7	8	6	7	8	9	10	11	12	
CHC	SD	SD	SD	SD	STL	STL	@cin	@mia	@mia	@mia	@pit	@pit	@pit	
1:10	7:10	7:10	7:10	1:10	7:10	6:10								
9	10	11	12	13	14	15	13	14	15	16	17	18	19	
STL		@chc	@chc	@chc	PHI	PHI	@pit		STL	STL	STL	CIN	CIN	
1:10					7:10	6:10			7:10	7:10	7:10	7:10	7:10	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	
PHI	MIA	MIA	MIA		@wsh	@wsh	CIN	@chc	@chc	@chc	estl	estl	estl	
1:10	7:10	7:10	7:10				1:10							
@wsh23	24	25	26	27	28	29	estl	28	29	30	Oct. 1	2	3	
		@cle(j)	@cle(j)		CIN	CIN	CHC	@sd	@sd	@sd	CHC	CHC		
					7:10	6:10	4				7:10	7:10		
							1:10							

HOME   away   (j) Interleague game   All games CST. Times subject to change.

For 2015 ticket information, contact the Brewers Ticket Office at (414) 902-4000.

[brewers.com](http://brewers.com)



Milwaukee County Transit System

October is National Disability Employment Awareness Month!

MCTS is proud to help riders of all abilities get to work.

414-344-6711

[RideMCTS.com](http://RideMCTS.com)

### MILWAUKEE COUNTY ON THE GO!

Get Milwaukee County government on your smartphone by downloading the OPD mobile website and saving it to your home screen! Visit:

<http://county.milwaukee.gov/OPD>



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@HandyNewsNotes

[timothy.ochnikowski@milwaukeecountywi.gov](mailto:timothy.ochnikowski@milwaukeecountywi.gov)

[www.county.milwaukee.gov](http://www.county.milwaukee.gov)



# SPECIAL OPPORTUNITY!



VS



**SATURDAY, DECEMBER 13TH  
6:30P.M.**

**COST: \$20 PER PERSON**

**TO REGISTER:** Call **Amy Look** at **414-963-5952** or fill out & mail in the registration form. **Please pre-register by November 14th**

**SPECIAL NOTE:** If we get 50 or more participants to sign up we will be on the court giving the Bucks High Fives as they enter the court! Please encourage large groups to sign up.





## Equipment Connection

October 2014

### Milwaukee Area

**414.988.5333**

3720 North 124th  
Street, Unit F  
Wauwatosa, WI 53222

### Madison

**608.243.1785**

2554 Advance Road  
Madison, WI 53718



like us on  
Facebook



follow us on  
Pinterest



visit our  
website



check out  
our online  
catalog



email our  
Milwaukee Area  
office



email our  
Madison office

### Mobility Store Scooter Spectacular!!

Bring in our coupon to **SAVE \$50** on your refurbished scooter! Like-new stock is limited so come in today! The savings are spectacular, but they won't last.



#### Pride Scooter

Manu. Model No. Revo. Seat width 18", seat depth 18", includes front light, rear light, and cane clip  
[Click here](#) for details!

Item #: 16299

**Our Price: \$650**

Retail Price: \$2000

### Accessible Home Improvement Tips

Older adults can live independently-and stylishly-if they design your home with fixtures that won't compromise style for accessibility and safety.

[Click here](#) for helpful tips on "aging-in-place".

**Contribute Now**

**[Click here to see the full version of our most recent Equipment Connection!](#)**



**\$50** Off the price of any  
refurbished scooter

\*Not valid with any other discounts

For catalog of equipment, visit [www.ifmobility.org](http://www.ifmobility.org). Expires 10/31/14 Code: SCT3

# FOR SALE!

## 2008 Dodge Grand Caravan SXT

Converted to Braun Entervan in 2012

Very good condition  
1 owner  
Automatic side power ramp  
Kneeling system  
73,000 miles



**\$24,000**

Call Larry 414 282 5283

[grandseven@aol.com](mailto:grandseven@aol.com)

# A&J MOBILITY

2014 Dodge Grand Caravan SE



**FINANCING  
AVAILABLE**

## Locations



STOCK #:	ER457781
MILEAGE:	11
EXT. COLOR:	Deep Cherry Pearl
INT. COLOR:	Tan Cloth
ENGINE:	3.6L V6 Automatic
CONVERSION:	BraunAbility Entervan
PRICE:	Call for Pricing!



[www.aandjmobility.com](http://www.aandjmobility.com)

### Valders

333 W. Washington St.  
Valders, WI 54245  
P: 888-775-7750  
P: 920-775-9333

### Madison

4125 Terminal Drive  
McFarland, WI 53558  
P: 888-223-9731  
P: 608-579-1500

### Eau Claire

2650 Prospect Drive  
Eau Claire, WI 54703  
P: 877-833-9830  
P: 715-874-6630

### Richfield

3058 Helsan Drive  
Richfield, WI 53076  
P: 800-517-1024  
P: 262-623-6236

### Green Bay

1330 Mid Valley Drive  
De Pere, WI 54115  
P: 877-830-1330  
P: 920-632-4882

# A&J MOBILITY

2014 Honda Odyssey



**FINANCING  
AVAILABLE**

## Locations



STOCK #:	EB082163
MILEAGE:	63
EXT. COLOR:	White Diamond
INT. COLOR:	Gray Cloth
ENGINE:	3.5L V6 Automatic
CONVERSION:	BraunAbility Entervan
PRICE:	Call for Pricing!



[www.aandjmobility.com](http://www.aandjmobility.com)

### Valders

333 W. Washington St.  
Valders, WI 54245  
P: 888-775-7750  
P: 920-775-9333

### Madison

4125 Terminal Drive  
McFarland, WI 53558  
P: 888-223-9731  
P: 608-579-1500

### Eau Claire

2650 Prospect Drive  
Eau Claire, WI 54703  
P: 877-833-9830  
P: 715-874-6630

### Richfield

3058 Helsan Drive  
Richfield, WI 53076  
P: 800-517-1024  
P: 262-623-6236

### Green Bay

1330 Mid Valley Drive  
De Pere, WI 54115  
P: 877-830-1330  
P: 920-632-4882

# A&J MOBILITY

2014 Toyota Sienna XLE-PM



**FINANCING  
AVAILABLE**

## Locations

WI  
Eau Claire  
Green Bay  
Valders  
McFarland  
Richfield

STOCK #:	ES440568
MILEAGE:	7
EXT. COLOR:	Sandy Beach
INT. COLOR:	Tan Cloth
ENGINE:	3.5L V6 Automatic
CONVERSION:	BraunAbility Rampvan
PRICE:	Call for Pricing!

BraunAbility

BRUNO  
for your independence

O'STRAIT



[www.aandjmobility.com](http://www.aandjmobility.com)

### Valders

333 W. Washington St.  
Valders, WI 54245  
P: 888-775-7750  
P: 920-775-9333

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4125 Terminal Drive  
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P: 262-623-6236

### Green Bay

1330 Mid Valley Drive  
De Pere, WI 54115  
P: 877-830-1330  
P: 920-632-4882

## Elevate Your Lifestyle!



**REDUCED! \$374,900**



### Contact Info:

**Gail T Howard**  
**ABR,CRS,GRI,PMN,SRES**  
 Famous Homes Realty  
 7255 Darnell Lane  
 Greendale, WI 53129  
 Phone: 414-281-3300  
 Cell: 414-803-4111  
 Fax: 414-421-4245  
 Email:  
[Gail@FamousHomesRealty.com](mailto:Gail@FamousHomesRealty.com)  
 Web:  
<http://FamousHomesRealty.com>

### Property Info:

**\$389,900**  
**9661 S Fox Run**  
**City of Oak Creek**  
**Wisconsin 53154-5019**  
 MLS #: 1376877  
 Property Type: Single-Family  
 Bedrooms: 4  
 Baths: 3 / 1  
 Est. Year Built: 1992  
 Est. Total Sq. Ft: 3,662  
 # of Rooms: 10  
 Taxes: \$8,356.26 / 2013  
 Lot Size: TBV  
 Est. Acreage: 0.75  
 Garage: 2.5 / Attached  
 Basement: Full; Poured Concrete  
 Heating/Cooling: Forced Air / Natural Gas; Central Air  
 Water/Waste: Municipal Water; Municipal Sewer



### Room Dimensions:

Name	Dim	Level	Carpet	Name	Dim	Level	Carpet
Master Bedroom	21 x 15	U	Yes	Dining Room	13 x 12	M	Yes
Bedroom 2	15 x 13	U	Yes	Family Room	22 x 13	M	Yes
Bedroom 3	14 x 13	U	Yes	Kitchen	23 x 17	M	
Bedroom 4	13 x 11	M	Yes	Living/Great Room	18 x 14	M	Yes
Den/Office	15 x 11	U	Yes	Rec Room	24 x 14	L	
				Laundry Room	7 x 6	M	

### School / Subdivision Info:

**School District:** Oak Creek-Franklin  
**High School:** Oak Creek High  
**Middle School:** Oak Creek East  
**Elem. School:** Shepard Hills

**Subdivision:**  
**Subd. Dues/Yr.:** \$  
**Body of Water:**

### Remarks:

Spacious and unique, this grand home **features an ELEVATOR that services all 3 floors!** Spacious living areas open to kitchen with breakfast bar plus dinette overlooking huge deck and large, private backyard; formal dining; remote controlled blinds in family room with fireplace; king-sized master bedroom suite; big 2nd full bath with **handicap accessible shower** plus tub; main floor guest room with private bath; main floor laundry; well planned home! Newer roof, furnace, air, and appliances -- WELL CARED FOR!

### Directions:

From Ryan and Howell, south on Howell to Summer Hill Place, west to Fox Run, north to property on west side of street

*Famous Homes Realty*

The information contained herein is provided for general information purposes only. If any of the above information is material or being utilized to determine whether to purchase the property, the buyer should personally verify same or have it confirmed by a qualified expert. The information to independently verify and confirm includes but is not limited to total square footage formula, total square footage / acreage

# Wisconsin Home Energy Assistance Program

## What Is It? How Does It Work?

Energy Assistance is a one-time payment during the heating season (**October 1—May 15**). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.



### 2014-2015 Gross Income Guidelines

Household totals cannot exceed amounts shown below

Family Size	1 Month	3 Months	Annual
1	\$2,096	\$6,288	\$25,151
2	\$2,741	\$8,223	\$32,890
3	\$3,386	\$10,157	\$40,628
4	\$4,031	\$12,092	\$48,367
5	\$4,676	\$14,027	\$56,106
6	\$5,320	\$15,961	\$63,844
7	\$5,441	\$16,324	\$65,295
8	\$5,562	\$16,687	\$66,746

## What to bring:

(Additional information may be required for other circumstances)



**Photo ID** (Recommended; Mandatory for 1st time applicants);

**Social Security Numbers and Dates of Birth** for everyone in your household;

**Current gas, electric or oil energy bill** (lease or a letter from your landlord with name & phone number, if your heat is included in your rent);

**Verification of gross income** (before taxes or deductions) for everyone in your household for the previous three months

- Pay stubs/wage statements for gross income, workers compensation or unemployment compensation;
- 1099 or current award letters for pension, Social Security benefits, VA benefits or child support (bank statements are NOT accepted as verification of benefits);
- Most recent taxes or 1099 forms for interest, dividends or annuities;
- Seasonal employees and self-employed persons are required to provide all the prior year's tax documents.

## 5 FACTS About your We Energies Bill

**FACT 1:** Always **open** and **check** your bill every month. Check:

- The due date
- The amount due
- Monthly messages (located at the bottom of your bill)

**FACT 2:** To lower cost of monthly payment plan, monitor & lower your gas & electric usage. Payment plans are based off usage.

**FACT 3:** **Don't wait** until you receive a disconnection to contact We Energies.

**FACT 4:** To avoid disconnection, you **MUST** have agreed upon arrangements with We Energies. MPO - Minimum payment option does not permanently stop your disconnection.

**FACT 5:** Don't stop making payments during the winter months.



Details on how & where to apply on other side

Issued 8/2014

**All energy sites are handicapped accessible and have a capacity limit.  
All sites closed on major holidays.**



To schedule an appointment at any of the  
SDC locations:

Call **414-906-2800**

or visit [www.cr-sdc.org](http://www.cr-sdc.org)



COMMUNITY ADVOCATES  
Where Meeting Basic Needs Inspires Hope

To schedule an appointment at

Community Advocates:

Call **414-270-6954**

or visit [www.communityadvocates.net](http://www.communityadvocates.net)

**For More Info or  
Help After Hours  
Dial 2-1-1**

### Northwest Side

SDC

6848 N. Teutonia

Mon. — Fri. 7:30 am to 4:30 pm

Evenings: Appointment Only\*

Saturday: 9:00 am to 12:00 pm

**\*Evening & Weekend  
Appointments  
Available During Peak  
Times**

### South Side \*NEW LOCATION\*

SDC

2968 S. Chase Avenue

Mon. — Fri. 7:30 am to 4:30 pm

Evenings: Appointment Only\*

Saturday: 9:00 am to 12:00 pm



### East Side

SDC

4041 N. Richards

Mon. — Fri. 7:30 am to 4:30 pm

Evenings: Appointment Only\*

Saturday: 9:00 am to 12:00 pm

### Central/Downtown

Community Advocates

728 N. James Lovell

Mon. — Thur. 9:00 am to 3:30 pm

Friday: 9:00 am to 3:00 pm

Limited Evening & Weekend Hours\*

### Help is also available with other programs & services including:

- Energy Conservation
- Crisis Assistance
- Payment Plans
- Financial Literacy
- Weatherization
- Furnace Repair

*Energy Assistance Program Info on other side*



# 2014 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 22, 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: Employment Panel

**Wednesday October 29, 6-8pm**

Come join us at Wisconsin FACETS for this FREE informative workshop as Representatives from *IndependenceFirst*, the Dept. of Vocational Rehabilitation, the Wisconsin PROMISE grant and the Equal Employment Opportunity Commission will lead a panel discussion on career options, employment rights & job resources for people with disabilities.

Both workshops are FREE

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

or [mzellmer@wifacets.org](mailto: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.*

# CARING for the CAREGIVER

8th Annual Event for the Mind, Body and Spirit ~ All Caregivers Welcome, Family and Professional

## From Lemons to Lemonade

**Saturday, October 25, 2014**

Marquette University's Alumni Memorial Union  
1442 W. Wisconsin Ave., Milwaukee

**9 a.m. – 4 p.m.**  
**Registration 9-9:30 a.m.**



**Keynote Speaker — 9:45 a.m. — Gina Green Harris, MBA**

Wisconsin Alzheimer's Institute, University of Wisconsin School of Medicine and Public Health Center for Urban Population Health

### SELECT FROM 8 WORKSHOPS

ALZHEIMER'S & DEMENTIA CARE • MOVING & TRANSITIONS • COMMUNITY RESOURCES & BEING AN ADVOCATE • END OF LIFE CARE • MUSIC THERAPY • MENTAL HEALTH STRESS OF CAREGIVING • BENEVOLENT TOUCH (SEE BACK FOR DETAILS)

**PLUS:** Consults with Elder Law Attorneys, Alzheimer's, Parkinson's and Community Resource Specialists and numerous community service providers

### ENJOY

REFRESHMENTS • SIT-DOWN LUNCH • DOOR PRIZES • HAND MESSAGES  
NETWORKING WITH OTHER CAREGIVERS

**Registration no later than October 17 → Fee \$15**

Scholarships and Training hours available. Inquire about possible respite care.

**Free parking** in visitor garage on left side of 16th Street between Wells & Wisconsin Ave.

**Bus Routes 30, 10, 23 & 14**

For information or to register by phone: (414) 220-8600  
To register online: [my.interfaithmilw.org/caregiverconference](http://my.interfaithmilw.org/caregiverconference)



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Home, Hospice & End-of-Life Care  
So You Don't Have To



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# CARING FOR THE CAREGIVER TOPICS & SPEAKERS

Select one workshop for each session.

## SESSION 1 - 11 am – 12 pm

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### ☞ **What You Need to Know: Communication Tips and Hints for Improved Dementia Care - Diane Baughn**

Understanding how the brain is affected by Alzheimer's disease and what signs and symptoms to look for are important steps toward good communication. Being able to connect successfully and with low stress can be a challenge. Join us to learn strategies and techniques to use when communicating with those who have Alzheimer's and related dementias.

### ☞ **Moving From the Home You Love**

**From both the senior's and adult child's perspective - Bruce Nemovitz & Adele Lund**

We will discuss: Overcoming fear of change through honoring conversations, avoiding crisis management, timing the sale of your home and moving, and a practical approach to downsizing.

### ☞ **Benevolent Touch - Sue Wetzel**

This presentation will assist the caregiver in providing easy and light massage touch to their clients or loved ones. Learn how to help the individual living with Alzheimer's (or a dementia) understand that even though their bodies are changing, their sensory needs are not going to be neglected.

## SESSION 2 - 1 pm – 2 pm

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### ☞ **What You Need to Know: Communication Tips and Hints for Improved Dementia Care - Diane Baughn**

See description under Session #1 above.

### ☞ **Using Community Resources and Being an Advocate - Perry Mueller, Steve Peterson, Patricia Bruce**

Milwaukee and Wisconsin are rich with resources but knowing where to start and navigating it all can feel overwhelming. Join the experts and learn where to start, what is available and how to manage it all!

### ☞ **Music What? Music Therapy! - Carissa Herhuth**

This presentation will be an interactive experience providing an overview of music therapy and the specific benefits that music provides to caregivers. No previous music experience is necessary to enjoy this presentation!

## SESSION 3 - 2:15 pm - 3:15 pm

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### ☞ **Caregiving at the End of Life - Rev. Russell Hurst**

This presentation will discuss making the most of the time we have as caregivers, during the end of life process. The speaker will address spiritual, emotional, and physical transitions that commonly occur during end stages of life, and share thoughts on being a prepared and present caregiver during the ensuing journey.

### ☞ **The "I" in Caregiver - Patricia Bruce**

People will kindly ask how the person we care for is doing but often do not know that we as caregivers may need some care too. There is an "i" in caregiver. Explore how caregiving is an individual thing and how we deal with the stress is unique for each person. Learn some tips to reduce the caregiver distress which can build up and hit when least expected.

### ☞ **Positive Strategies for Improving Mental Health - Connie Podd**

This presentation will focus on challenging our perception of mental health. We will explore ways to identify when a potential concern is present and ways to best support the individual you are providing care for.

**3:30 PM: DOOR PRIZES, EVALUATIONS**

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ASSESSMENT**



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**CORPORATE:** 1995 E. Norse Avenue, Cudahy, WI 53110  
**Toll-free:** (800) 454-3828 **Local:** (414) 486-6249

**MILWAUKEE:** 4404 W Oklahoma Ave., Milwaukee, WI 53219  
**Phone:** (414) 543-1114 **Fax:** (414) 543-8389

**Glendale:** 6260 N. Port Washington Rd. Glendale, WI 53217  
**Phone:** (414) 906-0000 **Fax:** (414) 906-1650

# Easter Seals Southeast Wisconsin

## 6<sup>th</sup> Annual **THOUGHT LEADERS LUNCHEON**

Presented by:

 **CARDINAL**  
CAPITAL MANAGEMENT, INC.

*Schaus Family Fund*

**BizTimesMedia**

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inspiring STRATEGIC  
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energize dynamic MO  
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progressive EFFECTIVE  
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MOTIVATE progressive IN  
original ENERGIZE dynamic  
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strategic INSPIRING energize  
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*Dan Pallotta is back by popular demand  
with a new, thought-provoking presentation!*

## *“The Why Of Innovation”*

*Wednesday, November 5<sup>th</sup>  
Hilton Milwaukee City Center  
509 W. Wisconsin Ave.*

11 a.m. Networking & Registration  
12 p.m. Lunch & Program

R.S.V.P. by Wednesday, October 29<sup>th</sup>



Register online at [www.eastersealswise.com](http://www.eastersealswise.com) or by contacting  
Paula Strelitz at (414) 963-5934 or [paulas@eastersealswise.com](mailto:paulas@eastersealswise.com).

# Pull Up A Chair In Your Neighborhood

Join Emcee

**Mark Baden**

Chief Meteorologist WISN-TV

for the 6th Annual "Chairity" Luncheon

**Thursday, November 6, 2014**

11:00am - 1:30pm • Clarion Hotel-Airport

5311 S. Howell Avenue, Milwaukee

*Silent auction, wine pull, and holiday ornaments.  
Live auction of unique hand painted chairs and furniture.*

**\$35**

Per Person

For more information call **Mary Steinke** at **414-220-8648**

or **e-mail** to [msteinke@interfaithmilw.org](mailto:msteinke@interfaithmilw.org).

Visit us online at [www.interfaithmilw.org](http://www.interfaithmilw.org).



All proceeds from the event will directly benefit  
the Neighborhood Outreach Program.

## RESERVATION FORM

# Pull Up A Chair In Your Neighborhood

**Thursday, November 6, 2014**

- Please reserve \_\_\_\_\_ places at \$35 each.  
 Sponsor at \$ \_\_\_\_\_  
 I am not able to attend but would like to donate \$ \_\_\_\_\_

FIRST AND LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

- Check (Make payable to Interfaith Older Adult Programs, Inc.)  
 Visa  Mastercard  Discover SECURITY CODE: \_\_\_\_\_

CREDIT CARD NUMBER \_\_\_\_\_ EXPIRES \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Please return completed form with payment to:

Interfaith Older Adult Programs, Inc.  
Attn: Mary Steinke  
600 W. Virginia Street, Suite 300  
Milwaukee, WI 53204-1551

Please RSVP by November 1, 2014.

Your Name	Bourbon Chicken	Vegetable Lasagna	Gluten Free
1 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guest Name(s)			
2 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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7 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\$35 per person.

### Sponsorship Options

- \$2,000 Gold Level (Table for ten)  
 \$1,000 Silver Level (Table for ten)  
 \$500 Bronze Level (Seating for five)  
 \$250 Friend Level (Seating for three)

Please include total payment with this form to ensure seating arrangement.





## Buy/Sell Pre-Owned Equipment

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- Automotive lifts

### Why Choose Us?

#### Our Team Of Experts

If you have an accessibility situation and aren't sure what to do, give us a call. We have years of experience and a strong reputation for quality service to provide you with the best home elevator, wheelchair lift or stairlift to meet your needs. Speak to one of our accessibility experts to create the best overall plan to make your home an easier place to live today.

WISCONSIN: 1995 E. Norse Avenue, Cudahy, WI 53110  
Toll-free: (800) 454-3828 Local: (414) 727-2524

ILLINOIS: 1000 Industrial Drive, Suite 2C, Bensenville, IL 60106  
Toll-free: (800) 454-3828 Local: (630) 616-6249

# Save on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

October 10 - 11, 2014  
Marcus Center - Vogel Hall



Instructions for ordering:

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



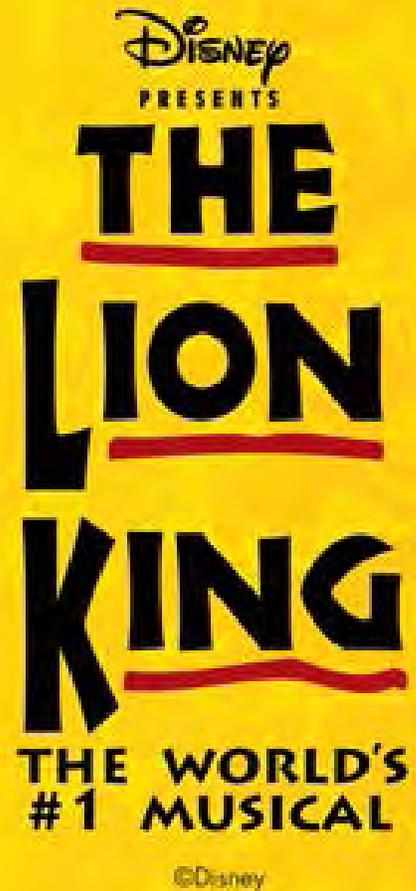
Please contact Keri Hough at:  
414-273-7121 ext. 213 or  
[khough@marcuscenter.org](mailto:khough@marcuscenter.org)  
for more information.

\*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 on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

November 11 - December 7, 2014

Milwaukee Theatre - 500 W. Kilbourn Avenue - Downtown Milwaukee



## Instructions for ordering:

- 1) Go to [www.marcuscenter.org/mcaccess](http://www.marcuscenter.org/mcaccess)
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# Save on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

March 17 - 22, 2015

Marcus Center - Uihlein Hall



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## Disney's **BEAUTY AND THE BEAST**

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Please contact Keri Hough at:  
414-273-7121 ext. 213 or  
[khough@marcuscenter.org](mailto: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.

# HAPPENINGS AT THE MILWAUKEE COUNTY PARKS!



## Wed Oct 1, 2014

### **10:30am - 12pm Hike for Health**

**Where:** Wehr Nature Center

**More Information:** Hike along with this group that walks Wehr's trails together for camaraderie, exercise and fun. Meet in the Visitor Center. <http://www.friendsofwehr.org/adult-programs/hike-for-health/>

### **6pm - 8:30pm Fun Run**

**Where:** Whitnall Park

**More Information:** An event of Badgerland- <http://www.badgerlandstriders.org/home/RaceCalendar.htm?>

## Thu Oct 2, 2014

### **6:30pm - 8pm Class: Fall Bulb Planting for Spring Blooms**

**Where:** Boerner Botanical Gardens

**More Information:** <http://boernerbotanicalgardens.org/event/fall-bulb-planting-for-spring-blooms/>

## Fri Oct 3, 2014

### **12pm - 11pm MKE Oktoberfest**

**Where:** Pere Marquette Park

**Description:** <http://www.mkeoktoberfest.com/>

## Sat Oct 4, 2014

### **8am - 11am Sista Strut Walk**

**Where:** Estabrook Park

**More information:** An event of Clear Channel Media & Entertainment – <http://www.v100.com/articles/sista-strut-461542/sista-strut-2014-10320082/>

### **9am - 4:30pm Cross-Shooshko Cyclocross**

**Where:** Kosciuszko Park

**More Information:** An event of Ben's Cycle/Milwaukee Bicycle Co. <https://www.usacycling.org/register/2014-2738>

### **11am - 12pm Family Workshop: Composting in the Garden**

**Where:** Boerner Botanical Gardens

**More Information:** <http://boernerbotanicalgardens.org/event/composting-in-the-garden/>

### **12pm - 11pm MKE Oktoberfest**

**Where:** Pere Marquette Park

**More Information:** <http://www.mkeoktoberfest.com/>

## Sun Oct 5, 2014

### **7:30am - 3pm Milwaukee Lakefront Marathon**

**Where:** Veterans Park

**More Information:** An event of the Badgerland Striders- <http://www.milwaukeeLakefrontMarathon.org/lfm>

### **8:30am - 7pm Allstar Volleyball Tour**

**Where:** Alcott Park

**More Information:** An event of AllStar Volleyball- <http://www.milwaukeevolleyballcompany.com/about/>

### **11am - 1pm Milwaukee Out of the Darkness Walk**

**Where:** Humboldt Park

**More Information:** An event of American Foundation for Suicide Prevention- <http://www.afsp.org/news-events/event-calendar/milwaukee-out-of-the-darkness-walk6>

### **12pm - 5pm Cider Sunday**

**Where:** Wehr Nature Center

**More Information:** <http://www.friendsofwehr.org/fall-events/cider-sunday/>

### **12pm - 11pm MKE Oktoberfest**

**Where:** Pere Marquette Park

**More Information:** <http://www.mkeoktoberfest.com/>

**Sun Oct 5, 2014(cont.)**

**1pm - 3pm Class: Keep Your Yard & Garden Pest Free Without Harsh Chemicals**

**Where:** Boerner Botanical Gardens

**More Information:** <http://boernerbotanicalgardens.org/event/keep-your-yard-garden-pest-free-without-harshchemicals/>

**Mon Oct 6, 2014**

**9:30am - 10:30am Little Wonders: Little Pumpkins (Kids)-2yr Olds & Caregivers**

**Where:** Wehr Nature Center

**More Information:** <http://county.milwaukee.gov/Littlewonders>

**10am - 10:20am Story Time at The Domes – 3-8yr olds & caregiver**

**Where:** Mitchell Park Domes, 524 S Layton Blvd, Milwaukee, WI, United States

**More Information:** Listen to two stories on a seasonal nature subject. Ideal for Home schoolers.  
Domes 414-257-5600

**11am - 12pm Little Wonders: Little Pumpkins (Kids) -3yr Olds & Caregivers**

**Where:** Wehr Nature Center, 9701 W College Ave, Franklin, WI

**More Information:** <http://county.milwaukee.gov/Littlewonders>

**Tue Oct 7, 2014**

**All day The Domes Light up Teal**

**Tue Oct 7, 2014 - Wed Oct 8, 2014**

**Where:** Mitchell Park Domes

**More Information:** An event of The Facial Pain Research Foundation- <http://www.tnme.com/2014-light-up-teal.html>

**Wed Oct 8, 2014**

**10:30am - 12pm Hike for Health**

**Where:** Wehr Nature Center

**More Information:** Hike along with this group that walks Wehr's trails together for camaraderie, exercise and fun. Meet in the Visitor Center. <http://www.friendsofwehr.org/adult-programs/hike-for-health/>

**Thu Oct 9, 2014**

**6:30pm - 8pm Class: Aquaponics: Year 'Round Gardening - Part 1 of 2**

**Where:** Boerner Botanical Gardens,

**More Information:** <http://boernerbotanicalgardens.org/event/aquaponics-year-round-gardening/>

**Fri Oct 10, 2014**

**5pm - 10pm Milwaukee Oktoberfest**

**Where:** Cathedral Square

**More Information:** An event of Swarmm - <http://milwaukeeoktoberfest.com/>

**6pm - 9pm Rainforest Night**

**Where:** Mitchell Park Domes

**More Information:** <http://county.milwaukee.gov/RainforestNight13118.htm>

**Sat Oct 11, 2014**

**7:30am - 11am Free to Breathe Milwaukee Run/Walk**

**Where:** Veterans Park

**More Information:** An event of National Lung Cancer Partnership-  
[http://participate.freetobreathe.org/site/TR?fr\\_id=2540&pg=entry#.VBMpvJRdWSo](http://participate.freetobreathe.org/site/TR?fr_id=2540&pg=entry#.VBMpvJRdWSo)

**Sat Oct 11, 2014(cont.)**

**10am - 11am Class: Aquaponics: Year 'Round Gardening - Part 2 of 2**

**Where:** 5100 U.S. 18, Milwaukee, WI 53208, USA

**More Information:** A class from the Friends of Boerner Botanical Gardens.  
<http://boernerbotanicalgardens.org/event/aquaponics-year-round-gardening/>

**10am - 10pm Milwaukee Oktoberfest**

**Where:** Cathedral Square

**More Information:** An event of Swarmm - <http://milwaukeeoktoberfest.com/>

### **Sun Oct 12, 2014**

#### **8am - 1pm Walk to Defeat ALS**

**Where:** Greenfield Park

**More Information:** An event of ALS Association- [http://web.alsa.org/site/TR?fr\\_id=10209&pg=entry#.VBMoFJRdWSo](http://web.alsa.org/site/TR?fr_id=10209&pg=entry#.VBMoFJRdWSo)

#### **10am - 5pm Milwaukee Oktoberfest**

**Where:** Cathedral Square

**More Information:** An event of Swarmm - <http://milwaukeeoktoberfest.com/>

#### **12:30pm - 4:30pm Greater Milwaukee CROP Hunger Walk**

**Where:** McKinley Marina,

**More Information:** An event of Interfaith Conference of Greater Milwaukee - <http://interfaithconference.org/cms-view-page.php?page=crop-hunger-walk>

#### **1pm - 4pm Oak Leaf Discovery Tour Closing Party**

**Where:** Estabrook Park, 4400 Estabrook Parkway, Milwaukee, WI, United States

**More Information:** An event of The Park People of Milwaukee County, Inc. - <http://parkpeoplemke.org/oak-leaf-discovery-tour-2013?q=summer/oakleaf-discovery-tour>

### **Mon Oct 13, 2014**

#### **10am - 10:20am Story Time at The Domes – 3-8yr olds & caregiver**

**Where:** Mitchell Park Domes

**More Information:** Listen to two stories on a seasonal nature subject. Ideal for Home schoolers. Domes 414-257-5600

### **Wed Oct 15, 2014**

#### **9am - 3pm Pumpkin Carving for Halloween Haunts**

**Where:** Wehr Nature Center

**More Information:** It takes hundreds of volunteers to make Halloween Haunts happen. Sorry, you cannot take the pumpkins home—we need them for Halloween Haunts! Please call to register: (414)425-8550

<http://county.milwaukee.gov/HalloweenHaunts11368.htm>

#### **10:30am - 12pm Hike for Health**

**Where:** Wehr Nature Center

**More Information:** Hike along with this group that walks Wehr's trails together for camaraderie, exercise and fun. Meet in the Visitor Center. <http://www.friendsofwehr.org/adult-programs/hike-for-health/>

### **Thu Oct 16, 2014**

#### **6:30pm - 8pm Class: The Lore and Lure of Spices**

**Where:** Boerner Botanical Gardens

**More Information:** <http://boernerbotanicalgardens.org/event/the-lore-and-lure-of-spices/>

#### **6:30pm - 8:30pm Halloween Haunts**

**Where:** Wehr Nature Center

**More Information:** Especially designed for families with children 4–10. Purchase your tickets early or you don't stand a ghost of a chance! Ticket Pickup: Daily, 8:30 a.m.-4:30 p.m. through Wed., Oct. 15, 2014.

<http://county.milwaukee.gov/HalloweenHaunts11368.htm>

### **Fri Oct 17, 2014**

#### **6pm - 9pm 2014 Best of Milwaukee Awards Party**

**Where:** Mitchell Park Domes

**More Information:** Hosted by Milwaukee Magazine Celebrate - <https://subscriptions.milwaukeeemag.com/tickets.aspx>

#### **6:30pm - 8:30pm Halloween Haunts**

**Where:** Wehr Nature Center

**More Information:** Especially designed for families with children 4–10. Purchase your tickets early or you don't stand a ghost of a chance! Ticket Pickup: Daily, 8:30 a.m.-4:30 p.m. through Wed., Oct. 15, 2014.

<http://county.milwaukee.gov/HalloweenHaunts11368.htm>

### **Sat Oct 18, 2014**

#### **10am - 12pm Family Workshop: Planting a Windowsill Herb Garden**

**Where:** Boerner Botanical Gardens

**More Information:** <http://boernerbotanicalgardens.org/event/planting-awindowsill-herb-garden/>

### **6:30pm - 8:30pm Halloween Haunts**

**Where:** Wehr Nature Center

**More Information:** Especially designed for families with children 4–10. Purchase your tickets early or you don't stand a ghost of a chance! Ticket Pickup: Daily, 8:30 a.m.-4:30 p.m. through Wed., Oct. 15, 2014.

<http://county.milwaukee.gov/HalloweenHaunts11368.htm>

### **Mon Oct 20, 2014**

#### **10am - 10:20am Story Time at The Domes – 3-8yr olds & caregiver**

**Where:** Mitchell Park Domes, 524 S Layton Blvd

**More Information:** Listen to two stories on a seasonal nature subject. Ideal for Home schoolers.

Domes 414-257-5600

### **Wed Oct 22, 2014**

#### **10:30am - 12pm Hike for Health**

**Where:** Wehr Nature Center

**More Information:** Hike along with this group that walks Wehr's trails together for camaraderie, exercise and fun. Meet in the Visitor Center. <http://www.friendsofwehr.org/adult-programs/hike-for-health/>

### **Sun Oct 26, 2014**

#### **1pm - 3pm Musical Performance**

**Where:** Mitchell Park Domes

**Description:** Enjoy the music of Jim William Mooney, The Domes Resident Pianist

<http://county.milwaukee.gov/MitchellParkConserva10116.htm>

#### **1pm - 2pm NatureNauts: Seed Safari-4-6 and their caregiver**

**Where:** Wehr Nature Center, 9701 W College Ave, Franklin, WI

**Description:** t <http://county.milwaukee.gov/NatureNauts>

### **Mon Oct 27, 2014**

#### **9:30am - 10:30am NatureNauts: Seed Safari**

**Where:** Wehr Nature Center, 9701 W College Ave, Franklin, WI

**Description:** t <http://county.milwaukee.gov/NatureNauts>

#### **10am - 10:20am Story Time at The Domes – 3-8yr olds & caregiver**

**Where:** Mitchell Park Domes, 524 S Layton Blvd

**More Information:** Listen to two stories on a seasonal nature subject. Ideal for Home schoolers.

Domes 414-257-5600

### **Wed Oct 29, 2014**

#### **10:30am - 12pm Hike for Health**

**Where:** Wehr Nature Center

**More Information:** Hike along with this group that walks Wehr's trails together for camaraderie, exercise and fun. Meet in the Visitor Center. <http://www.friendsofwehr.org/adult-programs/hike-for-health/>

### **Fri Oct 31, 2014**

#### **8:30pm - 10:30pm Halloween Nite-Glow Golf**

**Where:** Warnimont Golf Course

**More Information:**

<http://milwaukeecountygolfcourses.com/golf/proto/milwaukeecountygolfcourses2/niteglow/niteglow.htm>

# MILWAUKEE ADMIRALS 2014-2015 SCHEDULE

### OCTOBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10 CHA 7:00	11 RFD 7:00
12	13	14	15	16	17 IA 7:00	18 IA 7:00
19	20	21	22	23	24 CHI 7:00	25 LE 7:00
26	27	28	29 IA 7:00	30	31	

### NOVEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 CHI 7:00
2 CHI 3:00	3	4	5	6	7 GR 7:00	8
9	10	11	12 IA 7:00	13	14 RFD 7:00	15 RFD 7:00
16	17	18	19	20	21 CHI 7:00	22 RFD 7:00
23 IA 5:00	24	25	26 CHI 7:00	27	28	29 CHA 6:00
30 CHA 12pm						

### DECEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4 RFD 7:00	5	6 OKC 7:00
7 GR 3:00	8	9	10 RFD 7:00	11	12 ADK 7:00	13
14	15	16 LE 6:00	17	18 LE 6:00	19	20 RCH 6:05
21 TOR 2:00	22	23	24	25	26 CHI 7:00	27
28	29 IA 7:00	30 LE 7:00	31			

### JANUARY 2015

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2 GR 6:00	3 HAM 7:00
4	5	6	7	8 RFD 7:00	9 RFD 7:00	10 CHA 7:00
11	12	13	14 HAM 6:30	15	16 UTI 6:00	17 ADK 6:00
18	19	20	21 UTI 7:00	22	23 IA 7:00	24
25	26	27	28	29	30 GR 7:00	31 GR 6:00

### FEBRUARY 2015

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3 LE 7:00	4	5	6 RFD 7:00	7 RFD 7:00
8 RCH 3:00	9	10	11 CHI 7:00	12	13 RFD 7:00	14
15 LE 3:00	16	17 LE 7:00	18 GR 6:00	19	20	21 IA 7:00
22	23	24	25	26	27 GR 7:00	28

### MARCH 2015

SUN	MON	TUE	WED	THUR	FRI	SAT
1 CHI 3:00	2	3	4 LE 6:00	5	6 GR 7:00	7
8 OKC 4:00	9	10 OKC 7:00	11 SA 7:00	12	13	14 TX 7:00
15 TX 5:00	16	17 OKC 7:00	18	19	20 GR 6:00	21 TX 7:00
22	23	24	25 SA 7:00	26	27 CHI 7:00	28 CHI 7:00
29	30	31 LE 6:00				

### APRIL 2015

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 LE 6:00	2	3 TX 7:00	4
5	6	7 RFD 7:00	8 GR 6:00	9	10 CHI 7:00	11
12	13	14	15	16	17 TOR 7:00	18 CHI 7:00
19	20	21	22	23	24	25

**HOME**      **AWAY**

Dates & Times subject to change (All Central Time)

All Admirals games broadcast on Sports Radio 1250 WSSP with Admirals play-by-play broadcaster Aaron Sims



**FOR MORE INFO:**

 [facebook.com/mkeadmirals](https://facebook.com/mkeadmirals)

 [twitter.com/mkeadmirals](https://twitter.com/mkeadmirals)

Text **ADMIRALS** to **24587**

**(414) 227-0550**

**[milwaukeeadmirals.com](http://milwaukeeadmirals.com)**



**MILWAUKEE ADMIRALS**

## OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	MEM 8 7:00PM	DET 9 6:30PM	10	CHI 11 7:30PM
12	13	CLE 14 6:00PM	15	16	MIN 17 7:00PM	18
19	NYK 20 6:30PM	21	MIN 22 7:00PM	23	24	25
26	27	28	CHA 29 6:00PM	30	PHI 31 7:30PM	

## NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						WAS 1 6:00PM
2	3	IND 4 6:00PM	CHI 5 7:00PM	6	DET 7 6:30PM	MEM 8 7:30PM
9	10	OKC 11 7:00PM	12	13	ORL 14 6:00PM	15
MIA 16 5:00PM	17	NYK 18 7:00PM	BKN 19 6:30PM	20	TOR 21 6:30PM	WAS 22 7:30PM
23	24	DET 25 7:00PM	MIN 26 7:00PM	27	DET 28 6:30PM	HOU 29 8:00PM
30						

## DECEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1	CLE 2 6:00PM	DAL 3 7:00PM	4	MIA 5 7:30PM	6
DAL 7 6:30PM	8	OKC 9 7:00PM	10	11	12	LAC 13 6:30PM
14	PHX 15 8:00PM	16	POR 17 9:00PM	SAC 18 9:00PM	19	LAC 20 9:30PM
21	22	CHA 23 7:00PM	24	25	ATL 26 6:30PM	ATL 27 7:30PM
28	CHA 29 6:00PM	30	CLE 31 6:00PM			

## JANUARY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1	IND 2 7:30PM	3
NYK 4 6:30PM	5	PHX 6 7:00PM	PHI 7 6:00PM	8	MIN 9 7:30PM	CHI 10 7:00PM
11	12	13	14	NYK 15 2:00PM	16	17
18	TOR 19 7:00PM	20	21	UTH 22 7:00PM	23	DET 24 6:30PM
SAS 25 6:00PM	26	MIA 27 6:30PM	28	ORL 29 6:00PM	30	POR 31 7:30PM

## FEBRUARY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	TOR 2 6:30PM	3	LAL 4 7:00PM	5	HOU 6 7:00PM	BOS 7 7:30PM
8	BKN 9 7:00PM	10	SAC 11 7:00PM	12	13	14
15	16	17	18	19	DEN 20 7:30PM	21
ATL 22 2:30PM	CHI 23 7:00PM	24	PHI 25 7:00PM	26	LAL 27 9:30PM	UTH 28 8:00PM

## MARCH 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	DEN 3 8:00PM	GSW 4 9:30PM	5	6	WAS 7 7:30PM
8	NOP 9 7:00PM	10	ORL 11 7:00PM	IND 12 6:00PM	13	MEM 14 7:00PM
15	16	NOP 17 7:00PM	SAS 18 7:00PM	19	BKN 20 6:30PM	21
CLE 22 2:00PM	23	MIA 24 7:00PM	25	IND 26 7:00PM	27	GSW 28 7:30PM
29	ATL 30 6:30PM	31				

## APRIL 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			CHI 1 7:00PM	2	BOS 3 6:30PM	ORL 4 7:30PM
5	6	7	CLE 8 7:00PM	9	NYK 10 6:30PM	11
BKN 12 2:00PM	PHI 13 6:00PM	14	BOS 15 7:00PM	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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# MILWAUKEE BUCKS

2014-15 SEASON SCHEDULE





# 2014-15 MKE Wave Home Schedule

## DECEMBER

Sat	6	Saint Louis Ambush	6:00 PM
Sat	20	Tulsa Revolution	1:00 PM
Sat	27	Detroit Waza Flo	1:00 PM
Wed	31	Missouri Comets	3:00 PM

## JANUARY

Sat	3	Rochester Lancers	6:00 PM
Sat	10	Chicago Mustangs	6:00 PM
Fri	16	Baltimore Blast	7:00 PM
Sun	25	Wichita B-52's	3:00 PM

## FEBRUARY

Sat	14	Syracuse Silver Knights	1:00 PM
Sat	21	Detroit Waza Flo	6:00 PM



# MILWAUKEE COUNTY SENIOR DINING

## CONGREGATE

### OCTOBER 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED CONTRIBUTION</b> \$2.50</p>		10/1/14	10/2/14	10/3/14
		<p><b>World Vegetarian Day</b> Vegetarian Lasagna Crinkle Cut Carrots Cut Green Beans Garlic Bread Strawberry Sundae Cup D-Strawberries</p>	<p>Stir Fried Beef with Sugar Snap Peas Ginger Brown Rice Asian Coleslaw Split Top Roll Lemon Bar D-Fresh Orange</p>	<p>Salmon Boat w/Dill Sauce Baked Potato Sour Cream Scandinavian Veggies Rye Bread Baker's Choice-Cookie D-Melon</p>
10/6/14	10/7/14	10/8/14	10/9/14	10/10/14
<p>Pork Chop Suey Brown Rice Broccoli 7-Grain Bread Pineapple Chunks 100 Calorie Cereal Bar</p>	<p>Orange Juice Tuna Noodle Casserole Italian Green Beans Blueberry Muffin Ambrosia Fruit Fluff D-Fruit Cocktail</p>	<p>Smothered Chicken (Thigh/Leg) Red Skinned Mashed Potatoes Wisconsin Vegetable Blend Mixed Green Salad w/Harvest Vegetables &amp; Dressing Whole Grain Dinner Roll Tapioca Pudding D-Lo Cal Pudding</p>	<p>Meatloaf Savory Gravy Scalloped Potatoes Whole Baby Carrots Whole Wheat Bread Rice Krispie Treat D-Banana</p>	<p><b>Site Supervisor Training Day</b> Pineapple Juice Turkey à la King Blended Rice Asparagus Cuts &amp; Tips French Bread Sliced Peaches</p>
10/13/14	10/14/14	10/15/14	10/16/14	10/17/14
<p>Fortified Juice Chicken Parmesan Penne Pasta w/Red Sauce Italian Vegetable Blend Vienna Bread Fresh Plum</p>	<p>Boneless Pork with Mushroom Sauce Dilly Red Potatoes Stewed Tomatoes with Peppers and Onions Whole Grain Bread Mandarin Oranges</p>	<p>NATIONAL CHILI MONTH Chili Mac Romaine w/Ranch Dressing Whole Kernel Corn Sourdough Bread Chocolate Iced Brownie D-Lo Cal Chocolate Pudding Grated Cheese Sour Cream</p>	<p>Turkey Cranberry Meatballs Roasted Potatoes Prince Charles Vegetables Wheat Dinner Roll Red Delicious Apple</p>	<p><b>A. Baked Fish</b> with Lemon Butter Sauce <b>B. Baked Chicken Breast</b> with Lemon Butter Sauce Red Potatoes (Seasoned &amp; Quartered) California Vegetable Blend Marble Rye Bread Fresh Bartlett Pear</p>
10/20/14	10/21/14	10/22/14	10/23/14	10/24/14
<p>Baked Ham with Cloves Au Gratin Potatoes Baby Peas Rye Roll Oatmeal Cookie D-Sliced Peaches</p>	<p>Beef Ravioli with Marinara Sauce Mixed Green Salad w/Creamy Italian Dressing Cooked Cauliflower Sourdough Bread Fruit Crisp D-Banana</p>	<p>Grilled 1/4 Pound Hot Dog Calico Baked Beans Warm German Potato Salad Whole Grain Hot Dog Bun Ice Cream Sandwich D-Pineapple Tidbits Catsup &amp; Mustard</p>	<p>Roasted Turkey w/Poultry Gravy Fresh Sweet Potato Broccoli-Cauliflower Blend Corn Muffin Cranberry Sauce Molasses Cookie D-Fresh Apple</p>	<p><b>CELEBRATE FOOD DAY</b> Honey Glazed Pork Loin Red Cabbage (Seasoned &amp; Cooked) Herb Mashed Potatoes Whole Grain Bread Carrot Cake D-Mandarin Oranges</p>
10/27/14	10/28/14	10/29/14	10/30/14	10/31/14
<p>Grape Juice Pulled Pork Sandwich Mac &amp; Cheese Vegetable du Jour Kaiser Roll Snickerdoodle Cookie D-Applesauce</p>	<p>Italian Meatsauce with Ground Turkey Whole Grain Pasta Cut Green Beans Spinach Salad with Raspberry Dressing Pistachio Pudding D-Fresh Pear</p>	<p>Salisbury Steak Red Skinned Mashed Potatoes Harvard Beets Multi-Grain Bread Fresh Melon</p>	<p>A. BBQ Chicken Leg/Thigh B. BBQ Chicken Breast/Wing Smothered Potatoes Brussels Sprouts Baking Powder Biscuit Fresh Nectarine</p>	<p><b>HARVEST FEST</b> Milwaukee Style Sauerbraten Twice Baked Potato Casserole Crinkle Cut Carrots Rye Dinner Roll Harvest Apple Pie D-Red Delicious Apple</p>



# 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](http://www.facebook.com/MilwaukeeCountyOPD)



### OPD Mobile Website

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



<http://county.milwaukee.gov/OPD>



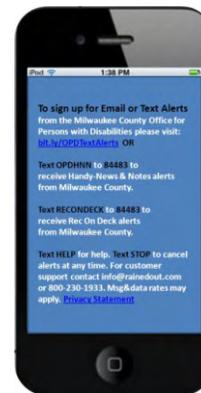
### Handy-NEWS & NOTES

Stay Connected With The Latest:

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



[www.twitter.com/HandyNewsNotes](http://www.twitter.com/HandyNewsNotes)



### 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>