

FAMILY FOOTNOTES

November 2004

HOLIDAY ISSUE: Gifts Are All Around Us

"No Limits," by Dennis Granzen

Advocates for inclusion are constantly talking about reciprocity. We promote relationships of giving and receiving, where we recognize not only the needs of individuals but also their contributions. For it is only in reciprocal relationships that power is not one-sided but shared, and where we can discover capacity rather than miss out on the richness simmering under the surface.

The obstacles to fully engaging in reciprocity are challenging, for they reside in the all-too-human traits within us calling us to assign value to a person based on our own desire to see ourselves as more worthy. Human nature and an emphasis on competition ingrained in our culture conspire to inhibit our ability to recognize and receive the gifts offered by those around us. Too often, we predicate our own success on the failure of others. We get too wrapped up in judging who and what is better than someone or something else.

While this dynamic is present in many of our relationships, it's most obvious when we encounter people with labeled disabilities. It's too easy to see their challenges and deficits, residing as they do on the surface, rather than - as is the case for others - hiding out where they only pop up in certain situations and under certain conditions. We need to stop defining people only on the basis of what they can't do, and instead see a disabling condition for what it is: one attribute among many that offers both challenge and opportunity, difficulty and ease, need and gift. We must understand that our

own chances for success are often enhanced by the success of others, and that winning does not necessarily require a loser. As Lily Tomlin once observed, "The trouble with the rat race is that even if you win you're still a rat."

We also need to do better at defining just what are reciprocal relationships. Too often, we define reciprocity as a dynamic occurring between two individuals, a back and forth that takes place on a "two way street" within a linear pattern. In reality, reciprocity is more like a web, moving in many different directions with connections creating more and newer connections, expanding ever outward with a sensitivity wherein an action in one location on the web can be felt throughout the whole. What I receive from you empowers me to offer my gifts to others you'll never meet. We should also take the pressure off of individual relationships by recognizing that they change over time. The power and meaning of a relationship between two people is not diminished if they drift apart. An intensely close friendship in school or at work that fades due to time and distance is no less meaningful than one where you stay in close proximity to each other. The echoes of that earlier intensity can continue to enhance our present, as well as inform our future relationships with others.

Key to all of this is acting on an understanding that within each of us is the ability to make the rest of us better off. We need to not only believe but also live and act in the knowledge that diversity, including intellectual diversity, increases our capacity and offers opportunities for growth. All you need to do is receive!

Inside this Issue: "Gifts are all around us"

- ⇒ "No Limits," a monthly column by Dennis Granzen
- ⇒ **Donor news:** 2004 Celebrity Dinner recap; Friends of the Families Award presented to Allison Smith Foundation
- ⇒ **Better Together:** FSRC's Inclusion Page introduces you to six talented young people and the possibilities of volunteerism
- ⇒ **Respite News Page:** Respite provider Nikki Burke speaks from experience, New portable ramps available for loan, Nick Fisher contributes at Vilas Zoo, student volunteers add fun to respite care
- ⇒ **FSRC's Calendar Page:** Dane County Area Events

A reminder about deadlines for end-of-year payments. Yellow cards and payment requests due at FSRC by noon:

11/19 for checks mailed 11/23
12/3 for checks mailed 12/10
12/17 for checks mailed 12/23
1/3 for last 2004 checks mailed 1/10
1/12 for first 2005 checks mailed 1/14

Deadlines for last 2004 fiscal agent forms are: 11/17, 12/6, 12/17



FRIENDS OF OUR FAMILIES

Thanks to the hard work and generosity of our Board of Directors and many local businesses, our Families Can't Wait fund will be able to continue to provide assistance to families in 2005. Families Can't Wait funds go directly to families on our waiting lists to help them purchase respite care, home and vehicle modifications, specialized therapy and adaptive equipment, child care, recreation, and parent training. In 2004, we made grants to 60 children, totaling over \$80,000.

Our Annual Celebrity Dinner and Silent Auction on November 8 raised more than **\$40,000** for the Families Can't Wait fund. **John Roach** as Master of Ceremonies, assisted by 27 celebrity waiters, made sure the evening was always lively and fun. We are grateful to FSRC Board member and Campaign Chair, **Nancy Valentyn**, the businesses and individuals who sponsored tables at the event, the celebrity waiters, donors to our silent auction, and to the staff at **Nakoma Golf Club** for making the evening so successful!



Above, **Randy Wright** and **Trent Jackson** are recognized for 5 years as Celebrity Waiters at this event. Below, **Mike Eaves**, **Carly Piper**, **Mark Johnson**, and **Pete Waite** are challenged to a contest of strength by the guests: who can do the most push-ups?



2004 Celebrity Waiters

Michael Eaves
 Derek Engler
 Tom Farley
 Suzy Favor Hamilton
 Brad Fischer
 Stephen Fleischman
 Ed Garvey
 Mitch Henck
 Ed Holmes
 Trent Jackson
 Mark Johnson
 Jack Jorgensen
 Peter Leidy
 Matt Lepay
 "Westside Andy" Linderman
 Mark Miller
 Doug Moe
 Carly Piper
 Tarek Saleh
 Mary Alice Sicard
 Leotha Stanley
 Lisa Stone
 Alando Tucker
 Mark Van Allen
 Peter Waite
 Mike Wilkinson
 Randy Wright

2004 Table Sponsors

The Attainment Company
 Hill Electric, Inc.
 Tim & Mary Ann McKenzie
 Madison Area Down Syndrome Society
 MTM, Inc.
 Murphy Desmond SC
 National Specialty Insurance
 Bruce Neviaser
 Park Bank
 Pizza Hut of Southern Wisconsin
 Mortenson, Matzelle & Meldrum
 TJK Design & Construction

2004 Partner Sponsors

American TV
 Autism Resources Network
 Coldwell Banker Sveum Realtors
 Fairway Independent Mortgage Corp.
 Findorff, Inc.
 John & Susan Flickinger
 Gingras, Cates, & Luebke SC
 Goodman's Jewelers
 Gordon Flesch Co.
 Gorman & Company
 Katz Family Foundation
 Mallatt Pharmacy
 M&I Bank
 Pilates Center of Madison...
 FITNESS BALANCE, Inc.
 Quick Quality Press
 Virchow Krause & Co.

Respite News

A Note from a Respite Provider...by Nikki Burke

Three years ago I decided to return to college to finish my degree in education. During my second semester at Edgewood College, I made one of the best decisions of my life, to become an early childhood special education teacher. I have had many wonderful experiences thus far, but, the work I have done with Family Support and Resource Center, FSRC, has been, by far, the most fulfilling.

This September, I started a course called "Introduction to Infants and Young Children Who Are Differently Abled." As part of the course, I was required to work and observe fifteen hours in the home of a child with a disability. I was put in contact with FSRC and shortly thereafter was placed in the home of a young boy named Steven (age 6), who has Down syndrome.

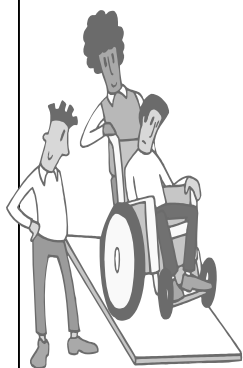
Prior to this, my only experience working with young children with special needs was in the classroom setting as a teacher. It has been a beautiful opportunity to go into Steven's home and just be his friend. I have learned so much by sitting with and talking to Steven's mother, father, and older sister. I don't know if it was fate or luck but, I felt instantly connected to Steven and his family. Their openness and willingness to share their lives with me has helped me to grow not only as a teacher but as a person as well.

I can't tell you the joy I felt one afternoon when Steven taught me the American Sign Language, ASL, sign for apple or the excitement I felt when he

signed my name. As I write this, I can see the smile Steven had on his face the day we sang "Old MacDonald" and "Farmer in the Dell" over and over again. I have also been lucky enough to spend time with Steven's big sister Jacquelyn (age 10), who has given me insight into what it is like to have sibling with a disability which is something that I would have never learned in the classroom; she is wise beyond her years.

I have done some wonderful things with Steven and Jacquelyn, like participating in the Madison Down Syndrome Society's Buddy Walk. I was so moved by the entire event, from the number of people who participated to the wonderful speech given by a very bright and motivated young woman who has Down syndrome. I have also had the opportunity to bring my three year old daughter, Cassidy, to Steven's house with me several times. I love that my family is able to experience at least some of what I have been lucky enough to be a part of through my work with FSRC.

I completed my fifteen hours very quickly and decided that since I could hardly stand not seeing Steven and his family for a week that I should stay on as a respite worker for FSRC. I can't believe I actually get paid for something that I love to do and that is so rewarding. I look forward to the times that are to come with Steven and his family as well as the many opportunities I will have to work with other families of children with special needs. I feel very fortunate to be a part of this program and would encourage anyone who is thinking of doing something like this to go for it because it is an incredible opportunity.



WHEELCHAIR ACCESSIBILITY LOAN PROGRAM

Thanks to a generous donation by the United Way of Dane County, our Respite Care Program has 2 portable ramps for loan. *These ramps are intended to increase families' options for accessible out-of-home respite and increase the accessibility of families' personal community, i.e. neighbors, friends' homes, community places.*

Each set of equipment includes a 6 foot ramp which folds to the size of large suitcase and a 1.5" threshold ramp.

If you are a family in search of accessible out-of-home respite opportunities or increased accessibility for a community or family event, FSRC now has the equipment to be of help. If you are a respite provider interested in making your home available to people who use wheelchairs, this loan program is perfect to help you make those connections. Please contact Patti Becker at pbecker@fsrcc Dane.org or 608-221-4611 ext 22.



Welcome to the Zoo...with Nick Fisher

Nick Fisher likes to be busy! He works two jobs and volunteers at the Henry Vilas Zoo. Nick has always volunteered. When asked why he says "it's fun and interesting!" According to his mother, Teri, he would volunteer even more if he could. Nick knows the opportunity to volunteer at the zoo is very special and must work independently because the time of zoo staff to train and supervise volunteers is limited.

His love of animals and enjoyment of working with people makes this the perfect place for him. As a "Gate Greeter", he cheerfully welcomes visitors and supplies them with a zoo map. He is also concentrating on learning information to become an "Animal Ambassador on The Lion and Tiger Cart. Judy Miyagawa who coordinates the volunteer opportunities for the Henry Vilas Zoo is guiding Nick as he works towards his goal and dream of becoming a zookeeper.

For now, Nick helps the Zoo and its visitors while learning more about the animals he loves. He wants everyone to remember "Don't throw stuff or food in the cages because the animals could die. They have special diets." It's great to see that Nick and the Henry Vilas Zoo are working together to educate the public and keep the animals safe.



Nick welcomes visitors to the Henry Vilas Zoo

Staff news:

Patti Jo Becker's little girl was born September 19. Evelyn Elise weighed in at 9lbs 11 oz. She was welcomed home by her big brother Will. Congratulations Patti and family!

Respite Care Program and Inclusion Collaboration Update—

The fall semester brought some great matches between Edgewood or UW students and families supported by the Respite Care Program. Nikke Burke tells her story on the other side of this insert. We wanted to share many stories, but due to limited space we've had to choose only a few:

Tara, Megan and Andrea.

Tara age 17, attends Stoughton H.S., requires assistance for her care needs and like most teenagers enjoys hanging out with friends. This fall she was matched with two great UW students, Megan and Andrea, who chose to do their service learning hours facilitating Tara's inclusion in school and community activities. Megan and Andrea are "so cool!" While planning, Megan expressed "we want to do things that will make Tara happy, do what she likes." So far, they have attended a school band and chorus concerts, local girl's volleyball games and shopped 'til they dropped at East Towne Mall. They have plans to go to a movie or bowling. Tara's mother, Gloria, expressed her feeling that "she can finally be a teenager. Tara loves being out with them, looking at things and people (boy watching) and taking it all in! This has really been good for her."

Tim and Andrew

Tim, age 13 lives in Cottage Grove and has had a great time this semester navigating his power chair through his new neighborhood with student volunteer Andrew. They spent time getting to know neighbors and cruising. Tim's grandmother, Kay, says they have had a great time "being guys" together. They have a goal to attend Tim's first viewing of a movie in a theater before the semester is over.



Better Together: FSRC's Inclusion Page

Together We're Better

People labeled with disabilities are often seen as needing support, but are not nearly as often recognized for their contributions. Below and on the next page are six young people who contribute to their community through their artistic talent and desire and capability for service. They, along with many others, demonstrate how each of us has gifts and, through sharing them, show that "together we're better."



Nathan Kohlman has been interested in ceramics since his elementary school years. At East High School, the educational assistant supported his ceramics classes and assisted Nate in developing a style of pottery which has a rustic appeal with a twist of nature to add to its beauty. You can often find Nate working at Lakeside Pottery with support staff from Goodwill Industries. Nate completes most of the projects by himself with some assistance from his support person. He has sold his works at many art fairs and conferences and has brought in good prices at FSRC's silent auction.

Kelsey Page, a 3rd grader at Sugar Creek Elementary in Verona, received an excellence award from the Superintendent at the September school board meeting



Steve McConnell became involved in theater through summer programs; he acted in two Shakespeare plays. He now participates in theater at Verona Area High School, both in productions and academically. This year he is taking the senior elective Shakespeare class.



Cara Swedeen, a 6th grader at Sherman Middle School in Madison, started a custom designed jewelry business with her older sister Amelia. They spend about 3 hours per week creating colorful earrings, bracelets and necklaces and participate in about one craft show per month. Their business is called "Swedee's."



Better Together: FSRC's Inclusion Page (continued)



Tyler Engel is starting his own business, "T-baits," selling multi-colored fishing lures of his own creation. In addition to catching fish, they can be used as decorations. The 15 year old Memorial High School student can be reached at: WEELYMANty88@aol.com.

Claire Bible is a member of the Spartans Youth Service group at Madison Memorial High School. The group performs a variety of projects throughout the community. They also set up tutoring programs at elementary schools. Claire says, "I have had a blast." She also is an active member of the Madison Area Down Syndrome Society .



Having Something to Give by Fil Clissa

Your heart is fluttering, your feet are 10 feet off the ground and all those aches and pains you woke up with this morning are gone—you know the feeling. It's the feeling you get when you have done a good deed, helped an elderly neighbor, volunteered at the local shelter, or delivered greetings to the senior center. Volunteering can add meaning and purpose to your life.

Volunteering can also be a wonderful activity that brings family and friends together. We often think of a person with a disability as being the recipient of a volunteer effort—but we all deserve to feel that joy and have the opportunity to contribute to our community. But feeling good is not the only reward. For kids in particular, volunteer opportunities can be a way of exploring and developing new skills and talents. Volunteering offers the opportunity to meet people you might not otherwise have the opportunity to meet. Giving of your time and talents can help develop self esteem and a real sense of belonging.

Finding volunteer opportunities for kids can be challenging. It's important to find activities that are meaningful to the individual. Take time to think about and explore your child's interests and abilities. Look for opportunities at local neighborhood centers, libraries, and food co-ops. Maybe your neighborhood association plans an summer festival? Maybe there is a political campaign or advocacy group that is looking for volunteers?

Children who start volunteering at a very early age will most likely continue to share their gifts and talents with others for years to come. Everyone deserves to feel that kind of joy, everyone deserves to feel needed.

United Way of Dane County publishes listing of volunteer opportunities for youth. "Youth Volunteer Opportunity Booklet" comes out two times a year. You can get information by calling (608) 246-4380 or logging on to www.uwdc.org and clicking on "VolunteerYourTime.org."



Dane County Area Events Listing

Middle School Socials at Warner Park Community Recreation Center:

Includes open gym, game room, DJ, and pizza. Students must present a current middle school ID for admission to the social.

2004 Dates: Oct. 15, Nov. 19, Dec. 17

2005 Dates: Jan. 21, Feb. 18, March 18, Apr. 15, May 20

- Time: 7-9:30 pm
- Staff and chaperones: MSCR

Cost: \$3 without WPCRC ID

Free with WPCRC ID

December, 2004

Dec 4: Santa Day Oregon High School

Kids can get their picture taken with Santa, do fun winter crafts, buy or make gifts for family and friends, play games and win prizes.

Dec 4: Kids in the Crossroads: Kweku Ananse Overture Center for the Arts

Performances at 11:00 a.m. and 1:00 p.m. feature storytellers, jugglers, magicians, puppeteers, theater troupes, and multicultural artists. The 1:00 p.m. performances are sign language interpreted. Kids in the Crossroads takes place on the Rotunda Stage. This week: Kweku Ananse - multicultural music.

Dec 9-18: Holiday Tours at the Governor's Residence

There is no charge for admission. Groups of 20 or more are asked to make a reservation by calling 608.246.5501. 12/9: 1:00-3:00 p.m. 12/11: 1:00-3:00 p.m. 12/14: 1:00-3:00 p.m. 12/15: 5:00-7:00 p.m. 12/16: 1:00-3:00 p.m. 12/18: 1:00-3:00 p.m.

Dec 12: Fitchburg Children's Holiday Party Fitchburg Community Center 1:00 PM - 4:00 PM

This fun, festive holiday event features visit with Santa, face painting, carriage rides and s'mores-making.

Dec 19: Trinity Academy of Irish Dance Waisman Center Children's Theatre

Shows at 1:00 & 3:00 PM Kick up your heels with this Irish dance ensemble as they take to the stage for an afternoon of toe-tapping fun, Irish heritage, traditional costumes and music. A riveting performance.

Dec 30: Harlem Globetrotters Alliant Energy Center 7:00 PM

The Harlem Globetrotters bring their athleticism and showmanship to Madison! All Seats Reserved: \$85.00 (courtside), \$40.00, \$22.00 or \$16.00

January, 2005

Jan: Area High School Basketball

All area high schools will be in full swing with boys and girls basketball games. Most games will take place on Tuesdays, Fridays and Saturdays throughout the month of January. Get out and support your local high school basketball players!

Jan 22: Children of the Rainforest Olbrich Gardens

A talented group of performers to teach families the symbolism of Thai dance. The Children of the Rainforest series offers performances for families to celebrate cultural differences in rainforest regions around the world! For more information please call 608-246-4550.



Dane County Area Events Listing

Jan 21-23: Madison Auto Show Alliant Energy Center

Hundreds of makes of cars and trucks will be on display, transforming Exhibition Hall into the city's ultimate showroom floor. Attendees will be able to talk with sales reps, and browse through aisle after aisle of makes from Dodge, Lexus, Saturn, GMC, Saab and dozens of other manufacturers, all under one roof.

Jan 28-30: Monster Truck Show Alliant Energy Center

Bring the kids and bring the cameras: The action at this thrill show is exciting and family-oriented.

Jan 28-30: Madison Boat and Water Sports Show Alliant Energy Center

This show has doubled in size in the past three years! This show features all types of boats from many of the major manufacturers: Alumacraft, Sea Ray, Four Winns, and many more. More than 26 dealers will participate, and well over 50 different brands of watercraft will be on display. Expect to see the latest in boat accessories, water skis, and more.

February, 2005

Feb 5-6: Orchid Quest Alliant Energy Center

If you can grow a houseplant, you can grow an orchid! So say the folks at the Orchid Growers Guild, the Madison affiliate of the American Orchid Society. This show is the largest in the Midwest and features nearly 1,000 orchids. Expect to find programs, lectures, and a judged orchid contest!

Feb 5-6: Kites on Ice: A Wisconsin Winter Kite Festival UW Memorial Union

Don't miss this favorite winter celebration! Kites and kite enthusiasts from around the world will converge in Madison February 5-6 to fly their kites over an iced-over Lake Mendota!

Feb 11-13: Garden Expo Alliant Energy Center

The three-day calendar is packed with more than 80 seminars and demonstrations that will address a variety of gardening topics. The expo will feature a 1,200 square-foot central garden display, courtesy of the Wisconsin Landscape Contractors Association, along with the goods and services of more than 200 exhibitors.

Feb 11: Trinity Irish Dance Company Overture Center for the Arts

Featuring some of the best Irish step dancers in the world, Trinity Irish Dance Company sets the stage on fire with electrifying rhythms. Founded in 1990, this innovative company is credited with pioneering progressive Irish dance, leading the way for such theatrical blockbusters as Riverdance and Lord of the Dance. Under the direction of Mark Howard, the company weaves traditional Irish dance with contemporary influences, in a show acclaimed for dazzling footwork, vibrant costumes, inventive staging and live music. "With high kicks and high energy, [Trinity proved] that Irish dancing can be both vibrantly entertaining and artistically satisfying," writes the New Orleans Times-Picayune. "By the finale the thunderous sound of the fleet-footed dancers was matched by the audience's roar." Tickets: \$29, \$23, \$19.

Feb 13: International Festival Overture Center for the Arts

Celebrate the cultures of the Madison community with the 24th annual International Festival from 11:00 a.m. to 4:00 p.m. throughout the Overture Center. Enjoy over 25 free performances, a craft bazaar featuring artisans selling clothing, crafts and jewelry, and purchase a variety of ethnic foods from around the world.



FRIENDS OF OUR FAMILIES

FSRC Presents "Friends of the Families" Award to Allison Smith Foundation

The Allison Smith Foundation was established in 2000 by Greg and Teri Smith in honor of their 8-year-old daughter Allison who died in 1999 from complications of a rare neurological disease called Rett syndrome. The Smith family wanted to do something that would allow families who have children with disabilities to enjoy fun times together as a family.

Partnering with the Holiday Inn and Suites and the Baymont Inn and Suites on Madison's west side, the Allison Smith Foundation has provided two weekend "getaways" each month. The hotels donate a night's stay, and the Foundation supplies additional money for meals and fun family activities. The Foundation has also helped parents purchase adapted equipment (such as bikes and swings) which allow children with disabilities to participate in family activities. Also, the Foundation has sent families on weekend trips around Wisconsin and has made small "fun" grants to another 20 families each year. Since the Foundation was established, 150 families have benefited from the generosity of Allison's family.



Teri Smith, Dave Phaneuf from Holiday Inn & Suites, and Andy Haas from the Baymont Inn & Suites were present at the 2004 Celebrity Dinner to receive the Friends of the Families Award for the Allison Smith Foundation.

2004 Celebrity Dinner Event Donors

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FSRC employees Chris Benson and Emmie Coan check out a 7 foot tall knight in shining armor— one of over 150 items auctioned off at the Celebrity Dinner.



A-1 Furniture
 All Through the House
 Anchor Bank
 Art Gecko
 Anna Bailey
 Beauty Blossoms
 Bergmann's Pharmacy
 Big Bowl Asian Kitchen
 Body in Balance
 Deb Brey
 Bruce Company
 Calabash Gifts
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 Cheeseburger in Paradise
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 Michael Eaves
 Tom Farley
 Fat Jack's Barbecue
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Jan Byce
 Johannsen's Greenhouses & Gifts
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 Orange Tree Imports
 Overture Center for the Arts
 Pacific Cycle

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 The Parsonage Bed & Breakfast
 Patty's Flower Garden
 Carly Piper
 Pizza Hut
 Prairie Flowers & Gifts
 Princeton Club
 John Roach Projects
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 Ryan's Hair Designs
 RZ & Company
 Saris Cycling Group
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 Sub-Zero Freezer Company
 Sunrise Glassworks
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Family Support & Resource Center
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FAMILY FOOTNOTES-BACK PAGE

Family—>Family

To Give Away:

- Rifton gait trainer, medium size, holds max 200 lbs. To see a picture very similar to it go to: <http://www.rifton.com/r/Mobility/PacerGaitTrainers/K502.htm>.
- Large Pullups
- Specialized kids walker

- Flaghouse small swing
- Hoyer Lift from Sunrise Medical with Hydraulic jack, Model #HML400
- Pediatric wheelchair, gray and purple, for kids under 40lbs. It tilts, has a sunshade, 4 point harness, a foot rest, lateral trunk support and clear tray.

Call Sharon at 221-4611 for more info.

CELEBRATE!

CELEBRATE!

CELEBRATE!

Congratulations to **Amanda Wessel** on a grand scale. She sang with the Madison Mass Church Choir in Overture Hall to celebrate the grand opening of the Overture Center. The group performed four choral pieces. Thanks for sharing your talents in such a special way.

One of our Special Olympic athletes is at it again. Congratulations to **Sara Lawson** for taking 3rd place in the Area bowling tournament and 4th at the Regional tournament. Bet she is already in training for the next season's sport.

"Family Footnotes" is a quarterly publication of the Family Support and Resource Center, a non-profit organization serving Dane County families who have members at home with developmental disabilities. For more information, call us at 608/221-4611 or email us at fsrc@fsrcdane.org