

family footnotes NEWSLETTER

Winter 2010

Hope to See You in 2011

On November 8, we were planning on holding an evening event at the Brink Lounge for FSRC staff and Board, families, and community supporters, called the Celebrity Mixer. We were anticipating an evening of music, celebrity waiters, raffle prizes and fun, all in the name of FSRC and our commitment to providing support for Dane County families who have children with disabilities (*see inside for additional opportunities to support Dane County families*). Unfortunately, even though we received a great response from raffle donors, event sponsors and vendors, we did not sell as many tickets as expected, and made the decision to postpone the event. With that said, we do want to express our tremendous appreciation to the many people and organizations that responded to our requests for assistance in organizing/sponsoring the event. We especially want to acknowledge all of our event sponsors, including **West Bend Mutual, Wegner LLP, Michael Schlageter, Communication Innovations, Imagine a Child's Capacity, CUNA Mutual, Attainment Company and Tri-Tec Corporation**, the celebrity waiters: **Mike Eaves, Casey FitzRandolph, Ed Garvey, Andy Linderman, Truly Remarkable Loon, Kitt Reuter Foss, Lisa Stone, & Shaun Patrick**, who were willing to volunteer their time, and the many donations to our raffle from the following organizations, which resulted in over \$1,200 in proceeds for FSRC:

**Chet's Car Care Center
Coyle Carpeting
Duncan Edward European
Hair Design
First Choice Dental**

**Great Wolf Lodge & Resort
Green Bay Packers
Larsen Photography
The Madison Concourse Hotel
Milwaukee Bucks**

**Office of the Mayor
Orange Tree Imports
RZ & Company
Pacific Cycle
Ultimate Salon & Spa**

We would also like to thank **Park Printing** of Verona for their in-kind contribution of printing event materials, and both **Canella Culinary** and the **Brink Lounge** for their patience with our rather last minute cancellation. We are already starting to talk about plans for an alternative event, and will keep you all posted. Thank you!

FSRC Deadlines for End – of – Year 2010

Checks from FSRC

December 20 Payment requests due by noon, checks mailed December 22

January 5 Last requests for 2010 payments due by noon, checks mailed January 10

January 12 First payment requests for 2011 due by noon, checks mailed January 14

January 20 Second payment requests for 2011 due by noon, checks mailed January 25

Checks from Fiscal Assistance

December 17 Timesheets for 11/28-12/11/10 pay period due by noon, check date Jan 7

January 5 Timesheets for 12/12-12/31/10 pay period due by noon, check date Jan 21

January 25 Timesheets for 1/1-1/22/11 pay period due by noon, check date Feb 11

FSRC Holiday Hours

FSRC offices will be closed on December 23, 24, 31 and afternoon of the 30th. We will do our best to meet family needs over the Holidays, but please be aware that availability will be limited and messages may not be returned immediately.



FSRC Welcomes New Staff



Abby, Kari, and Ann

Hello! My name is **Abby Halloran** and I started as one of the new Case Managers here at FSRC in October. I am very excited to be here, and I would like to thank everyone for being so welcoming and patient as I have been learning the ropes. Working with children and families has long been a passion of mine and I am honored to be learning from such dedicated and inspiring families! Prior to FSRC, I worked in Chicago doing community mental health and substance use counseling. My background also includes working with kids and families in a variety of capacities, and I have enjoyed developing a positive, strengths-based style over the years. While obtaining my Masters of Social Work degree, I completed field placements at a therapeutic school and helped to support families at one of Chicago's original settlement houses. I also worked in ABA therapy for two years in Minneapolis and in Boston. Throughout college at the University of Minnesota, I worked as a residential counselor for adults with developmental disabilities. In addition, I have worked as a Case Manager at a homeless shelter for women and children. I grew up in Madison, and recently moved back here with my husband, Dan, and our two-year-old son, Connor. It has been wonderful to be back in Madison, and it has been great to meet so many families who are committed to positive support for their children. I am very much looking forward to getting to know you better as time passes!

Hi, my name is **Ann Junkin**. I started with FSRC at the beginning of October, 2010. I had decided I needed a job change after working with Dane County Human Services doing CPS intake for 8 months, following 9 months as an LTE in Juvenile Delinquency. I have also worked for the Madison School District as a Bilingual Re-

source Specialist and briefly for the City of Madison in the Public Housing program. I have come full-circle back to knowing that social work in its purest form as a helping profession is what I should be doing. My brother, Mark, is severely disabled and has a seizure disorder. My experience growing up with my brother definitely influenced my decision to go into social work. I got my Master's Degree in Social Work way back in 1989 and my first social work job with Santa Clara County Social Services in San Jose, CA. I lived there for 11 years and then my husband and I decided we needed to be back in the mid-west where we could enjoy living closer to our parents and experience the changing of seasons once again (having endless days of sunshine can get boring!). After hearing great things about Madison, we moved here in 2000. My husband and I both grew up in Ohio so we were already used to snowy winters. We have two daughters, ages 9 and 12, who keep us very busy. Outside of work, I enjoy staying active riding my horse, taking long walks, playing cello, and participating in winter sports – especially playing hockey with our neighbors at the local park. I feel very excited and lucky to be a Case Manager at FSRC and I'm looking forward to getting to know families better and working with parents to support their children's needs.

Hello! My name is **Kari Zimmerman** and I am a new Case Manager at FSRC. I am a recent graduate of the University of Wisconsin – Madison Graduate School. I obtained my Master of Science degree in Rehabilitation Psychology and am certified as a Rehabilitation Counselor. In the last few years, I have had the opportunity to work in multiple environments including the Division of Vocational Rehabilitation (DVR); Access to Independence, Inc.; Schwert AODA Treatment Center; and Blacksmith House, a Community Support Program for the Mental Health Center of Dane County. My student internship was on the Mental Health unit of the William S. Middleton Veterans Memorial Hospital for the Wellness Program. While I was there, I worked with Veterans with disabilities in both one-on-one and group formats. Things I enjoy are as follows: disc golf, spending time with friends and family, travelling, hiking (preferably in the mountains!), yoga, P90x, jogging with my dog, grilling out, being on a boat, playing games like Yahtzee and Eucre, watching Pro football, spending time outdoors and attending shows/concerts. So far I am really enjoying working at FSRC and look forward to partnering with additional families in the future!



December, 2010

Dear Friends of FSRC,

It has been another busy year at the Family Support and Resource Center as we continue to support families in Dane County who have a child with a significant disability. We received many positive comments from parents during this past year, including the following:

We cannot thank you enough for financially helping us out while we wait for ongoing services. It means so much to us all.

The Family Support Program is a lifesaver. It has made an outstanding difference in our lives.

Staff have done an absolutely wonderful job helping us wade through a very complicated system.

We love and appreciate this entire organization. Thank you for all you have done over the years!

In 2010, staff provided case management services to over 500 ongoing families and short term assistance to almost 100 children who are on our waiting list. **In an effort to support families who have a child with a significant disability, we are asking you to consider a tax deductible contribution to our organization.** 100% of the funds we receive as donations directly benefit Dane County children in the form of grants for services or goods. Grants most frequently are used for respite care, home modifications, adaptive equipment or specialized recreational programs. Oftentimes families encounter a one-time expense, such as a yard fence or a ramp, which can be prohibitive in cost, but critically necessary for the safety of their child. Donations to our agency help make these purchases possible.

Any support you can provide is appreciated. Your gift today will allow us to keep children with a significant disability living with their family in their home community. Thank you so much.

Best regards,

Heidi Rossiter

Executive Director



Family Support & Resource Center

Winter Break Activities!



A Wonderful Life—Musical (From \$12-\$35)
Showing 2:30pm on Dec. 22nd & 23rd at the Overture Center (201 State Street in Madison). For tickets go to www.OvertureCenter.com or call the ticket office at 608-258-4141.

Aldo Leopold Nature Center (FREE/Small Fee)
Trails are open year round from sun-up to sundown and the Monona campus (300 Femrite Drive in Monona) is open M-F from 9am-4pm. This is an opportunity for the whole family to explore nature. Various activities and programs are available (vacation day programs too!). Some programs require registration. For more information visit: www.NatureNet.com/alnc or call 221-0404.

"As Strong As I Can Be" Show (FREE)
Dec. 27th from 11-11:30am in the Children's Dept. of JC Penney in West Towne Mall. This is an interactive family health and wellness show inspiring audiences to eat right & keep fit while having fun. For more information visit: www.BananaLady.com

Harlem Globe Trotters (From \$17.25-\$89)
This yearly event features highly skilled "magicians of basketball". Fun for everyone! Dec. 27th, 7pm at the Alliant Energy Center. To buy tickets visit: www.HarlemGlobeTrotters.com

Holiday Fantasy in Lights (Donations appreciated)
A drive-through light display at Olin-Turville Park across from the Coliseum in Madison. Open dusk to dawn.
www.FantasyInLights.com

Kids Night with David Landau (FREE Admission)
Monday nights from 5:30-6:15pm at Talula Restraunt—802 Atlas Ave in Madison. Kids will enjoy comedy and music. *Kids eat free! (2 kids eat free with each adult entrée purchased) For more details visit: www.Talula802.com or www.happytrails.biz

Madison Ballet—The Nutcracker (From \$9-\$59)
Showing at 1pm on Dec. 24th and at 2pm on Dec. 26th at the Overture Center (201 State Street in Madison). For tickets go to www.OvertureCenter.com or call the ticket office at 608-258-4141.



Night Storm High School DJ Dance
(\$16 w/proof of age/grade)

This is a special event for high school age kids taking place on Dec. 22nd from 8-11pm at the Alliant Energy Center in Madison. Night Storm is a traveling entertainment dance club for high school students that moves throughout the Midwest. For more information visit: www.NightStormParty.com

Olbrich's Holiday Concert Series
(\$1 donation suggested)

Sunday, Dec. 19th & 26th from 2-3pm. Listen to festive holiday music. For more details visit: www.olbrich.org, then select "Events".

Olbrich's Holiday Express (Small Fee)

See large-scale model trains winding through poinsettias and holiday trees. Open 10am-4pm except on 12/24 closing at 2pm and closed 12/25. For more details about this event & others at Olbrich visit: www.olbrich.org, then select "Events"

Cost: Adults=\$3 / Kids 3-12=\$2 / Kids 2 & under=Free. FREE on Weds, 10am-12pm



State Capitol Tour (FREE)

Tours take roughly 45-55 minutes and are available Monday-Saturday: 9am, 10am, 11am, 1pm, 2pm, 3pm Sunday: 1pm, 2pm, 3pm. They start at the information desk located on the 1st floor in the center of the building. For more information call 608-266-0382 or visit: www.wisconsin.gov/state/capfacts/tour_select.html

Storytime Yoga by Blackbird Family Yoga (FREE)

Located in Middleton—6720 Frank Lloyd Wright Ave. This event takes place on Fridays from 11-11:30am and features stories, yoga poses, and songs for kids ages 2-5 years. For more information visit: www.BlackbirdFamilyYoga.com or call 237-1777.

Vitense Indoor Miniature Golf (Fee)

18 holes of indoor miniature golf on the "Madison" landmark miniature golf course. "Educational, interactive & extremely fun!" Located at 5501 Schroeder Road in Madison. For more information visit: www.vitense.com

Cost: Adult=\$7.50 / Kids 4-12=\$6 / Kids 3 & under=\$3





Time Together Brings True Bliss



Daniel & Jim L'Heureux

his father, Jim, when he was 5 years old. He loved it from the beginning. Just like Nick, as Daniel grew older and bigger, they also switched to a tandem bike.

This past September, the two families participated in the Apple Cider Century Ride in Three Oaks, Michigan. The McKee's and L'Heureux's were among 5,500 avid cyclists. Daniel and Jim hit a new personal record riding for 25 miles, and Steve and Nick continued on the trail and rode a total of 62 miles (100km). This is an amazing accomplishment in itself, but what makes it even more amazing is that in spite of the boys' struggles with focus and attention, they have found an activity that is both calming and interactive. Typically Daniel is signing and calling out the names of animals he sees along the trail. The movement of the bike keeps his body balanced and the constant change of scenery keeps him interested. Nick stated that his motivation comes from stopping and getting snacks along the way.

Jim states, "For Daniel, I find that he loves any activity that moves, so it becomes easy to add new activities as long as he is traveling. I would start out small and make sure the activity is fun, not forcing anything. Once Daniel showed that he liked the activity, I could challenge him with longer duration and less favorable conditions." According to Steve, "Among the great things about riding is you can make it whatever you want it to be; a workout, a chance to relax, enjoy the outdoors, a chance to visit, a nicer way to run an errand, and an easy way to explore. Riding a bike is a terrific activity to do together, especially in Madison."

Cycling is just one of the many activities that these fathers do with their sons. Nick and Steve also swim, ski, and hike together. Daniel and Jim love to go ice fishing, boat fishing, and ride on ATV's. The activity can be interchangeable, but the quality of time spent together stays the same and is what brings true bliss.



Jack Bretthauer, age 9

Halloween Fun at Country Inn and Suites!

On Thursday, October 28th, Country Inn and Suites in Monona, WI offered a wonderful event for all FSRC families. The Inn provided free food, activities, and fun, and did it all in a safe and welcoming environment. Country Inn and Suites donated their entire first floor of rooms to this event, so that organizations, companies, and restaurants all across Dane County could come together, decorate, and staff their room. They were allowed to decorate the room in any theme they chose, and also offered games, prizes, and enjoyment. There were a total of 30 sponsors from the Madison, Monona, McFarland, and Stoughton areas. The outstanding community involvement is what helps to make this a successful and fun event!

This is the third time that Country Inn and Suites has offered this event to FSRC families, and it has been greatly appreciated by all. This is an amazing event that all children and parents can enjoy, and one that will be anticipated, hopefully for years to come.

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**Yes, I want to support FSRC's mission to
keep Dane County families together!**

Enclosed is my gift in the amount of:

\$10 \$25 \$50 \$100 \$500 other _____

Please charge my Visa or MasterCard:

Card# _____ Exp date _____

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May we publish your name in campaign materials? Yes No

The Family Support & Resource Center provides respite care, financial assistance, case management and other family support services that give families hope—that their son or daughter with a disability will thrive with in-home care.

Your support is greatly appreciated!