

CENTERPOINT

SUMMER ISSUE 2015

From the Director

By Thomas J. Diedrick, Executive Director

July 26th, 2015 marks the **25th Anniversary of the Americans with Disabilities Act (ADA)**. This landmark legislation we are celebrating in WI and across the country was signed by President George W. Bush. on July 26th, 1990. It proved to be the most extraordinary piece of legislation since the Civil Rights Act of 1964 breaking down many of the barriers people with disabilities had to endure throughout history in employment, state and local government, public accommodations and communications. As President Bush stated after signing the bill into law, "Let the shameful walls of exclusion finally come tumbling down." The cheers from the disabled community across the nation roared in response. It was shameful, but no more!

Wisconsin was considered a state that led the charge for the passage of the ADA. Advocates across the state, and nation, were working tirelessly for the passage of the bill. Justin Dart Jr., a person considered a leader in the disability rights movement in America and also the Father of the ADA, spent a lot of time in Wisconsin letting advocates here know how grateful he was for all our efforts. Although there is still much work to be done to end discrimination for people with disabilities, we celebrate this significant legislation as we listen to Justin's words, "*Freedom for all! Justice for all! Lead on! Lead on! Lead on!*" And lead on is exactly what we must do.

Come help us celebrate the 25th Anniversary of the ADA on Green Bay's City Deck, Wednesday July 22nd, 4-6 pm. We hope to see you there! (More information on the celebration is found on page 2.)

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A Publication of:

Options
for independent living^{inc}

ADA 25
AMERICANS WITH
DISABILITIES ACT 1990-2015

**DISABILITY RIGHTS
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Upcoming Events! Please Join Us!!

Wednesday, July 22nd, 4-6 pm. Celebrating the 25th Anniversary of the Americans with Disabilities Act. You are invited to join us in celebrating this landmark legislation. It will be held downtown Green Bay, on City Deck, right behind Nicolet Bank. There will be speakers, music, and refreshments. A sign language interpreter will be on hand for the program. In case of rain the event will be moved to the ADRC at 300 S. Adams St Green Bay. This event is sponsored by the ADRC of Brown County, ASPIRO, CP Inc., My Team Triumph, N.E.W. Curative, and *Options* for Independent Living. Please join us!

Saturday, August 22nd, Free Wheelchair Wash and Safety Check. 9 am—11 am. The Knights of Columbus Council 617, Independent Mobility Plus, and *Options* for Independent Living are hosting a free “Wheelchair Wash and Safety Check.” Power and manual wheelchairs, along with scooters will be washed and inspected. There also be will be refreshments. Tours of *Options* David Hall Showcase Model Home and Accessible Gardens will be provided.

The Wash will be held at *Options* (555 Country Club Rd, Green Bay) in the back parking lot connected to Northeast WI Technical College, Parking Lot G. The “Wash” begins at 9:00 a.m. and will run until 11:00 a.m. Reservations for the “Wash” are not necessary, but appreciated. Individuals who need help transferring are asked to bring an attendant.

For more information or to make reservations, please call *Options* for Independent Living at 920-490-0500 or toll-free at 1-888-465-1515.

Wednesday, September 23rd, Assistive Technology Resource Fair. An Assistive Technology Resource Fair for people with disabilities, persons who are elderly, family members and interested professionals will be held on Wednesday, September 23, at the Lambeau Field Atrium, 1265 Lombardi Avenue, in Green Bay from 10 am—5 pm. This event is free and open to the public.

There will be a large variety of exhibitors from WI and the Midwest displaying adaptive equipment and assistive technology for people with disabilities, along with information on accessible travel, recreation, home modifications, and much, much more. Seminars on related topics will also be held throughout the day.

Sign language interpreters will be provided. If you need any other accommodation to attend the Fair or would like further information please contact Sandy Popp at *Options* for Independent Living toll free at 1-888-465-1515, ext. 179.

The Fair is sponsored by *Options* for Independent Living and WisTech Assistive Technology.



WI Long Term Care System Advocacy Update

The past six months disability advocates came out full force to protest changes to Wisconsin's long term care system proposed by Governor Walker in his 2015-2017 budget. Advocates across the state spoke against the changes, letting the Governor, Joint Finance, and their legislators know they wanted to keep the current system intact as it has been proven cost effective and allows consumer choice.

Joint Finance deliberated and brought forth changes to long term care that were somewhat different than what the Governor had proposed. This was still not what advocates wanted. They continued to contact Joint Finance and their legislators to ask all changes to Wisconsin's long term care programs be removed from the budget. Advocates also wanted to make sure they would have input in any long term care system changes. "Nothing about us, without us."

As of the writing of this newsletter the budget has not been voted on by the full legislature; therefore Joint Finance's changes to long term care have not been approved. In the meantime, many individuals in our northern county service areas are switching from COP/CIP, known as the Legacy Waiver programs, to Family Care or IRIS. Updates on any changes to Wisconsin's long term care system will be posted on *Options* Facebook page as they become available, and in our Fall CenterPoint newsletter. Stay tuned.

***Options* has HOME funds for Home Accessibility, Rehabilitation, or Repair**

Options for Independent Living, Inc. has received federal funding through the State of Wisconsin Department of Administration, Division of Housing to administer the HOME Investment Partnership Program (HOME Loan Program). The HOME Loan Program provides deferred no payment and no interest loans to low or moderate income persons with a disability and those who are older for the purpose of making accessibility improvements and general home improvements or repairs to their single family home. The loan must be paid back when the property is sold, transferred or ceases to be the borrower's principal place of residence.

Types of projects include (but not limited to) ramp construction, bathroom, kitchen and bedroom modifications, along with general housing rehabilitation and repairs. The counties served by this program include Brown (outside Green Bay City limits), Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Waushara and Winnebago Counties. Applicants must meet the eligibility requirements to be considered for a loan. For more information contact Steve LaFrombois at *Options*, 920-490-0500 or toll-free at 1-888-465-1515, ext. 122.

Options has Certified Peer Specialists

What is a Certified Peer Specialist? A certified peer specialist (CPS) is a person who has not only lived the experience of mental illness and/or substance use disorder, but also has had formal training in the peer specialist model of mental health and/or substance use disorder supports. The CPS uses their unique set of recovery experiences in combination with solid skills training to support peers who have mental illness and/or substance use disorder. The role of the CPS is varied and can take on several forms of support and assistance including but not limited to: assist in identifying and supporting consumers in crisis, facilitate goal setting and encouragement for peers to construct their own recovery/wellness plans.

Options for Independent Living employs two Certified Peer Specialists who assist people with mental health issues develop recovery and independent living goals.

If you are interested in becoming a Certified Peer Specialist, trainings are offered by independent trainers/training organizations. Costs vary for trainings. Scholarships or financial aid for trainings may be available and must be discussed directly with the organizations that are facilitating the training. Once a person has completed training and passed the training exam, they are eligible to take the Certification Exam.

For information about *Options* peer support program provided by certified peer specialists, contact Kitty Barry 920-490-8270 ext 183 or kittyb@optionsil.org. For more information about becoming or hiring a Certified Peer Specialist, contact Alice Pauser, Wisconsin Peer Specialist Employment Initiative, at 608-242-8484 or at alicep@accesstoind.org.

“Iris Place” Peer Run Respite Opens in Appleton

Iris Place Peer Run Respite is a program of NAMI (National Alliance on Mental Illness) Fox Valley. It is free to all Wisconsin adults (18 & over) who want and need peer support to navigate emotional distress or crisis related to mental health and/or substance abuse. Peer Run Respite can be an alternative to a visit to the ER or hospital and offers a short term stay in a home-like, healing environment. Staffed 24/7/365 by people with lived experience, Iris Place provides hope and healing through one on one and group peer support as well as self-directed, strengths based and holistic wellness resources both at the house and in the community.

Individuals interested in a stay at Iris Place can call (920)815-3217 or e-mail irisplace@namifoxvalley.org. Iris Place staff will have a conversation with the potential guest to determine if a stay is a good fit for what the individual wants/needs. Iris Place is completely voluntary and all individuals must contact staff first before visiting the house.

Iris Place Peer Run Respite is funded by the state of Wisconsin’s Department of Health Services, Division of Mental Health & Substance Abuse.

Support Groups Meeting at *Options*

Options for Independent Living hosts several support group meetings:



NEW Multiple Sclerosis Support Group— Meetings are held the 4th Tuesday of each month at *Options* from 6:30—8 pm. Care partner breakout sessions at most meetings. Contact Lisa Van Donsel at 920-621-0949 or email her at lvd10der@yahoo.com for more information.

CARE Café – “A place for adults on the spectrum.” This is a social/support group for adults 18 and over on the autism spectrum. Meetings are held the 2nd and 4th Friday from 6-8 pm at *Options*. The meetings are free. For more information contact CARE Café on facebook or email mortongbay@aol.com or jjmorton@spectrumblue.net. You can also request that you be added to their email roster which will include updates on meeting plans and location, any meeting changes, etc.

Epilepsy Support Group – Meetings are held at *Options* every 1st Wednesday of the month from 6:30 – 8 pm. For more information contact Ann Hubbard toll-free at 1-800-693-2287 or direct at 715-341-5811 or email her at ahubbard@epilepsywisconsin.org.

ALS Support Group - Meetings are held the 2nd Wednesday of each month at *Options* from 6 pm—8 pm. For more information contact Carolynne Younk, MS, Care Service Coordinator for ALS Association WI Chapter Satellite office in Green Bay. Contact number is 920-288-7095.

NEW Tourette Syndrome Support Group - Meetings are held on the 2nd Saturday of each month from noon to 2:00 p.m. at *Options*. Open to all who are interested in learning more about Tourette Syndrome (TS). For more information, please contact Patti Bani at (920) 217-0032 or kbani@new.rr.com.

Find *Options* on facebook!!

Options for Independent Living can be found on “facebook.” Check it out for up to date happenings, news, and information, etc. Then go ahead and like us on “facebook.”



Interested in Adaptive Water Skiing??

The Waterboard Warriors (Green Bay area) are excited to be able to offer adaptive water skiing to individuals in the community with a physical disability through specialized equipment and training. In 2014 Prevea sponsored the team's new equipment, which consists of a sit-down ski and a wakeboard. The sit-down ski is a singlewide ski to which a metal-framed cage is attached. The water skier sits in a canvas sling that can be adjusted to accommodate different size individuals. Trained volunteers on the Waterboard Warriors Team assist with the program.

The adaptive water ski program provides therapeutic recreation while improving well-being and quality of life. The Waterboard Warriors are a 501c3 organization and are sanctioned by USA Waterski. If you are interested in learning more about Adaptive Water-skiing, please contact Shelly or Eric Murphy at 920-419-3489 or 920-419-5458.



Also come and see the FREE Ski Shows: Tuesday and Thursdays in Wrightstown at Brown County Park at 7:00 pm in June and July and 6:30 pm in August. In addition, Wednesdays July 8 - August 26 Downtown Green Bay between the Main and Walnut Street bridges at 6:00 & 7:00 pm on the City Deck side.

Recreation at WI State Parks

WI State Parks - WI State Parks have many accessible camping alternatives for the camper with a disability. There are accessible campsites, accessible cabins, and rustic cabins for person with disabilities. Most parks have accessible camping sites, picnic areas, park offices and toilet/shower facilities. The accessible cabins are small cottages and contain beds, bathroom, cooking area, etc. Rustic cabins have a bed and bunks, but do not contain an inside bathroom. Also the cooking area is an outside pit area. The rustic cabins are for individuals wanting a more tent like experience. Also available at some sites are adaptive kayaks and beach wheelchairs.

Reservations for cabins fill quickly each year. For more information on the accessible camp sites, cabins, and adaptive equipment you can call your local WI Department of Natural Resources or the State of DNR toll-free at (888) 936-7463. You can also check out their website "Open the Outdoors" at <http://dnr.wi.gov/topic/openoutdoors/>.

Tech Closet News

Options has a technology closet filled with items that people can try-out before they purchase them. *Options* AT Specialist can assess an individual with a disability to determine the role assistive technology can play in achieving greater independence. Below are two tech closet items that a person can try-out. If you would like more information on the items below or how assistive technology can assist you in your goal of independence, contact Calvin Richtig, *Options* AT Specialist, at 920-490-8270, ext.130 or toll-free at 888-465-1515, ext.130.

Shoe & Boot Valet—pictured right

The Shoe & Boot Valet allows you to put your shoes and boots on without having to bend over. Even those with limited hand strength can use this handy device. It is very lightweight and portable, weighing only one pound, but made of high-strength material. The attached gripping mechanism has a curved shoehorn attached to simplify use.



How to use the Shoe Boot Valet when putting on footwear: Slip the gripping mechanism over the heel of your footwear; slide your foot into your shoe; pull the handle up to grip the heel and pull your footwear on; release the handle and pull the device out.

Taking footwear off: Insert shoehorn into back of shoe; pull the handle up to grip the heel; pull your foot out of your shoe; release the handle and pull the device off.

ClearSounds Quattro 4.0 Bluetooth Neckloop—pictured below



The elegant ClearSounds® Quattro 4.0 neckloop is the perfect listening device for people with hearing aids, cochlear implants (with t-coils) as well as those without hearing aids to hear clearly in any environment. The Quattro 4.0 is ideal for watching TV, workplaces and more. Pair it with a cell phone with Bluetooth version 4 or earlier for ease in making and receiving cell phone calls. The Quattro 4.0 neckloop is the only one on the market with a detachable wireless Bluetooth® mic, making it easier to hear in meetings and restaurants.

Wisconsin WisLoan Program

WisLoan is a state-wide alternative loan program helping Wisconsin residents with a disability to purchase assistive technology that assists them in living more independently and productively. Any Wisconsin resident with a disability over the age of 18 in need of assistive technology or home modifications is eligible to apply for a loan.



Some examples of assistive technology include wheelchairs, hearing aids, CCTV's, and vehicles with modifications. In addition, loans have been approved for home modifications such as ramp construction and roll-in showers. Loan amounts range from \$500.00 to \$50,000.00, but the actual loan amount will depend on the items purchased and ability to repay.

Current interest rate on a WisLoan is 6.5%. If you have bad credit, including bankruptcy, your application will still be considered. The focus is on the ability to make monthly payments to pay back the loan. Reasons for bad credit are taken into consideration. For more information or to apply for WisLoan call *Options* at 920-490-0500 or toll-free at 1-888-465-1515.

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation, and a cooperative service of the WI Dept. of Health and Family Services, IndependenceFirst, and BMO Harris Bank.

Telework Loan Program



The Wisconsin Telework program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites away from the office, such as work on the road or at a telework center. Loan funds can be used to purchase equipment, training to use equipment, extended warranties, and cost of maintenance and repairs.

You can apply for the amount you need, but actual loan amounts will depend on the item purchased and your ability to repay the loan. The interest rate is 6.5%. Term length depends on the amount of the loan and the item purchased. For more information contact the staff at *Options* for Independent Living at 920-490-0500 or toll-free at 1-888-465-1515.

This program is made possible through a grant from Rehabilitative Services Administration and authorized by section (303)b of the Rehabilitation Act of 1973, as amended and implemented by subsequent program regulation 34 C F R Part 373. The Department of Workforce Development-Division of Rehabilitation received the grant and provides programmatic and fiscal oversight. IndependenceFirst, a community based and consumer-controlled independent living center based in Milwaukee, administers the program in partnership with BMO Harris Bank and WI Independent Living Centers.

Options Medicaid Personal Care Program

Options offers a Personal Care Program for people with permanent disabilities who are: Medicaid beneficiaries, medically stable, require personal care services, and have identified an individual to provide personal care.

The program is consumer directed and includes personal care assistance with: bathing, dressing/undressing, prosthetics, grooming, eating, mobility in home, toileting, transferring, and incidental services (laundry, light housekeeping, meal prep). The consumer must agree to responsibly use personal care services and have back-up support available as needed. *Options* does not provide emergency or back-up personal care services.

Consumers utilizing *Options* Personal Care Program must have chosen an individual who they are interested in hiring. The Personal Care Worker (PCW) candidate must be at least 18 years old and, ideally, be trained in the skill(s) necessary to provide cares to the consumer. The PCW can not be a parent/guardian of a minor child or a spouse.

If you have a referral or would like more information on *Options* Personal Care Program please contact Maia Xiong, HR Manager/Personal Care Program, at 920-490-8270 ext. 114 or toll-free at 888-465-1515, ext. 114 or e-mail at maiax@optionsil.org.

CenterPoint Going Green!

Just like trying to reuse durable medical equipment, *Options* tries to be environmentally friendly as much as possible. Therefore, we would like your help. *Options* publishes CenterPoint three times a year. We mail out approximately 2,500 editions each time. CenterPoint is now available in electronic form, PDF and Word text formats, through *Options* website at www.optionsil.com. You can also sign up to receive an email with the newsletter attachments. Go to the website Home page, scroll down and click on Newsletter Sign-up tab on the bottom left. Once you sign up, you will receive the newsletter via an email with a PDF and a Word Text attachment. Help us save the cost of paper, printing and postage by signing up today! Thank you!

Options Welcomes New Staff

Carol Hall – Hello I am a new RN for Options Personal Care Program. I come from a background of hospital, government and private practice and have worked extensively in the mental health field. I am married with three adult children and I recently relocated to Green Bay from the Appleton area. I enjoy biking, disc golfing, gardening and pickle ball. I am very pleased to be a part of *Options* and am looking forward to learning my new role in this wonderful organization.

Lori Nienhaus— Hi I am the new building maintenance person here at *Options*. I live and have grown up in the Green Bay area. My hobbies are helping people, gardening, and fishing. I love to fix things and work outside, so this position is a perfect fit for me.

For Sale Items

Some items below are listed with pictures on *Options* website in the classified area. Visit www.option-sil.com and click on classified

Jazzy J-6 Power Wheelchair— 1 year old. Used 2 times. Has new batteries. Excellent condition. Asking \$1000 or best offer. Contact Gary or Rita at 920-469-0696. Green Bay.

Sliding seat shower bench, \$80.00 or best offer; **Beasy II transfer board** like new \$100.00 or best offer; **Manual hoist lift** 400 lb capacity, like new condition. \$400 or best offer. Contact Jim at 920-918-4269. Manitowoc area

Bariatric Rollator Walker—Has a seat and basket. Hold up to 250 lbs. Hardly used. Asking \$50 Contact Ivan at 920-632-7097. De Pere area

Other Used Medical Equipment Resources

Options website has a classified tab where you may find other items listed that are not in the newsletter so check it out at www.optionsil.com. If you do not have access to the internet and want a print out of the website's for sale list, contact Barb at *Options*, 888-465-1515, ext 145, and she will send one to you.

Also, **Options has a LEND closet** that contains donated medical equipment for people to use, such as walkers, bath benches, toilet seat risers, crutches, etc. If you do not have medical insurance that will cover these items and are in need of them, please give Barb at *Options* a call at 888-465-1515, ext 145. We may have what you need in LEND.

IndependenceFirst Mobility Store (Formerly the Wheelchair Recycling Program) - used medical equipment. Call (608) 243-1785 - Madison area or (414) 988-5333 - Greater Milwaukee area. Website: [http:// ifmobility.mcservices.com/](http://ifmobility.mcservices.com/)



Options for Independent Living Inc.

VISION STATEMENT: *Options* for Independent Living empowers people with disabilities.

MISSION STATEMENT: *Options* for Independent Living, serving people with disabilities in 17 counties of Northeast Wisconsin, is the pre-eminent non-profit organization of choice to empower people with disabilities. *Options* provides opportunities, through advocacy and education, for individuals with all disabilities and ages, to actively access their communities, maximize their independence, and connect with the resources and funding available to them.

Staff Directory

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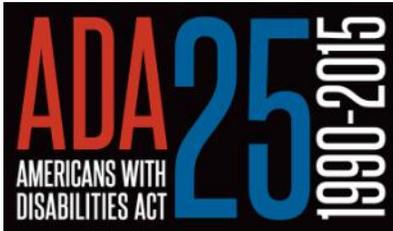
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Counties served:	Mark your Calendars!
<p>Brown Calumet Door Fond du Lac Green Lake Kewaunee Manitowoc Marinette Marquette Menominee Oconto Outagamie Shawano Sheboygan Waupaca Waushara Winnebago</p>	<p>Wednesday, July 22, 2015 Come celebrate the 25th Anniversary of the Americans with Disabilities Act. 4 pm - 6 pm Downtown Green Bay, City Deck, Cherry Street Landing (right behind Nicolet Bank) Speakers, refreshments and music.</p> <p>Saturday, August 22, 2015 Green Bay Wheelchair Wash & Safety Check Options for Independent Living 9 am—11:00 am. This event is free. Get your wheelchair or scooter cleaned and inspected.</p> <p>Wednesday, September 23, 2015 Assistive Technology Resource Fair Lambeau Field Atrium</p> <p>More information on all the above inside, pg. 2.</p>