

## The 5 Principles

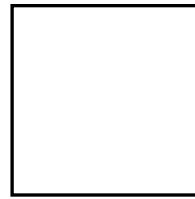
IRIS is grounded in the five basic principles of self-determination that ensure you have control of your life and are a valued citizen in society:

1. Freedom to decide how you want to live your life.
2. Authority over a specific budget amount.
3. Support to organize resources in ways that are meaningful to you.
4. Responsibility for your wise use of public dollars.
5. Confirmation of your important leadership as an advocate.



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## The Age of Self-Determination

As we grow older, it is common to think about how our lives are changing. But age alone does not affect your ability to live a self-determined life and make choices about things that are important to you. The following are goals that we work toward throughout our lives:

- Maintaining caring relationships with your friends and family
- Being as independent as possible
- Living where and with whom you choose
- Contributing to your community
- Being healthy and safe

In this issue of IRIS Connections, you will find brief stories of two self-determined people, along with information and resources that can help older adults live full, independent lives.

## Call for Suggestions

In order to give you the stories and resources that are meaningful to you, we are asking for your ideas. If you know of a great story or interesting topic, sent it to [Communications@Wisconsin-IRIS.com](mailto:Communications@Wisconsin-IRIS.com).



## Older Adults



Summer 2013

 **IRIS Connections**

## Wisconsin Self-Determination Conference

**Early Bird registration is now open** for the 2013 Wisconsin Self-Determination Conference! Register by August 15, 2013 to advantage of the discounted rates.

**The conference will be held October 29–31, 2013, at the Kalahari Resort in Wisconsin Dells.** The theme for this year's conference is Six Degrees of Self-Determination. The conference is sponsored by the Wisconsin Board for People with Developmental Disabilities (BPDD) and People First Wisconsin.

On Tuesday, October 29, four pre-conference sessions in the afternoon will be followed by the Six Degrees of Networking Kick-Off that brings people together in a creative, fun way and will help individuals expand their personal and professional networks.

Wednesday, October 30 and Thursday, October 31 will feature powerful keynote presentations from consultant and entertainer **Peter Leidy**; self-advocate and Advocacy Director of People First Wisconsin **Cindy Bentley**; and Department of Health Services Deputy Administrator **Beth Wroblewski**.

As always, the conference will feature many sessions that will provide participants with excellent learning opportunities. Any **interested participants with financial hardships can apply for a scholarship to the conference.**

Don't miss out on this opportunity to learn, connect, and make a change! **To learn more about the conference, and to register, visit the BPDD website** (<http://www.wi-bpdd.org/sdc>).

## They're Back!

The next series of IRIS Community Gatherings are scheduled throughout Wisconsin during October. During the next few weeks you should receive mail about an event near you. More information about these events is available on the IRIS website.

## Editor's Note

There is a correction to an article that appeared in the Spring 2013 issue of IRIS Connections: It should be noted that Rosie DeWolf is the mother of John DeWolf, who is the newest resident.





## Leonard "Len" Morgan

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Len Morgan entered high school as an eager young freshman, but he soon sensed that something was wrong. He started having trouble moving around, and shortly thereafter his family took him to the hospital. He spent three months working with doctors to find the answer: muscular dystrophy.

After being released from the hospital, Len resumed his education. As a young student, he spent his nights and weekends working in the neighborhood butcher shop; however, his main interest was electronics. With the assistance of the Wisconsin Division of Vocational Rehabilitation (DVR), Len enrolled in Milwaukee Area Technical College (MATC) and took an electronics repair course. Unfortunately, the progression of his condition continued to make the work more difficult.

Len knew he had to find something else to do. With renewed dedication, Len considered his options and focused on finding a job with more human interaction. A two-year accounting course at MATC helped open doors to Len's next career move as a

tax preparer with H&R Block. This created a way for him to contribute to his community. Although he is no longer working for H&R Block, he still helps family and friends with their taxes. The skills he learned still keep him connected to his community today.

A life of many experiences has given Len a wealth of knowledge. He enjoys sharing his passion for the Brewers and Packers, and is very familiar with classic movies. He also explored the practice and benefits of acupuncture.

Len, now an elder of the Ojibwa, currently lives with his sister and brother-in-law in an accessible house on the Lac Court Oreilles Reservation. His home has been outfitted with an outdoor ramp. There are flat and open walkways indoors to make sure he is safe and comfortable. Len's van is also accessible.

With his sister and brother-in-law, Len is building a larger network of support to help him with day-to-day living. He treasures being in the comfort of his own home with his beloved dogs and the people around him.



## Ethelyn "Effie" Kloth

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Effie Kloth is a busy and ambitious woman who currently lives in her own apartment in Kenosha. Since enrolling in the IRIS program she has connected a group of people who come together and enrich each other's lives.

In order to maintain her independence, Effie recently hired a close friend to help her around the house. Together, her four caregivers have been providing supports above and beyond what is expected, being available as much as possible. According to Effie, they act out of friendship and "are an amazing group of people who believe in [her] and want to see [her] succeed, whatever it takes—true friends."

In Effie's home, the kitchen is stirring with activity. With a history as a professional cook, Effie has a built a nice collection of cookbooks, which she can consult when sharing her know-how of preparing food and cooking with her caregivers. When everyone gathers around and she is ready to get creative in the kitchen, Effie likes to make food from scratch, such as soups and stews.

In addition to her passion for cooking, Effie pursues her other interests including ceramics, painting, refurbishing wooden items as gifts, quilting, and altering clothing.

In 2011, Effie graduated from Ashford University with a degree in Organizational Management. She is currently continuing her studies and is on track to complete a Masters of Business Administration degree. She plans to graduate in 2014 and then start her own business.

Effie has learned much over the course of her life and developed many skills. Effie's openness to learning new things proves that no matter what age you are, it is possible to pursue and achieve the dreams you set out for yourself.

For those seeking to fulfill their own dreams, Effie says, "Don't be afraid to modify the dream as you go along, that's just the way it goes in life, but don't let go!"

## Upcoming Events

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**Sept. 20 7th Annual Regional Caregiver Conference**  
Wisconsin Indianhead Technical College  
New Richmond, WI

**Oct. 25 Elderfest 2013**  
Grant County Fairgrounds  
Lancaster, WI

**Oct. 29-31 2013 Wisconsin Self-Determination Conference**  
Kalahari Resort  
Wisconsin Dells, WI

For more information, visit:

<http://www.Wisconsin-IRIS.com/events>

## Resources

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### Wisconsin Aging and Disability Resource Centers

Find an Aging and Disability Resource Center using a map located online at <http://www.dhs.wisconsin.gov/ltcare/adrc/customer/map/index.htm>.

### Services for the Elderly

The Wisconsin Department of Health Services provides a variety of information on programs and services in Wisconsin for older people and caregivers. These resources are available online at <http://www.dhs.wisconsin.gov/aging/index.htm>.

### Wisconsin Guardianship Support Centers

Guardianship Support Centers provide legal information and consultation on issues related to guardianships, Powers of Attorney, Living Wills, and other topics. They can be contacted through Greater Wisconsin Agency on Aging Resources (GWAAR) at <http://gwaar.org>.

### Lotsa Helping Hands

Lotsa Helping Hands is a free online service that family and friends can use to more easily provide assistance, respite, and support to caregivers. The service includes communication and social networking tools. More information about Lotsa Helping Hands is available at <http://www.nfca.lotsahelpinghands.com>.