



“Mothership News”

*A newsletter for parents and caregivers of
persons with special needs in Northwestern
Wisconsin.*

February, 2011

February 4, 11, 18:

Star Raft Project—Building Sustainable Networks of Support around your family member, one neighbor at a time. With David Wetherow, CommunityWorks, British Columbia, long-distance learning. Hosted by New Horizons North, North Country Independent Living, Next Step Consulting, Listening Point Consulting, In Control Wisconsin, WI Department of Health Services. Free. Parents and Family Caregivers—this is a wonderful opportunity for anyone who is a primary caregiver.

Link to register for the February series: <http://wistar-feb-lunch.eventbrite.com/>

Link for more information: <http://wistarraft.com>

February 9th and 10th:

Lifespan Respite Fundraiser: Drop In and Decorate-Cookies for Donation—Will be decorating cookies that have been ordered for the Annual Cookie Fundraiser. Artists and creative people needed to decorate 600 cookies. Money raised will go to this year’s Family Power Day. Location—2/9/2011: Presbyterian Church, across from the Vaughn Library, Ashland, 9:00-3:00, 2/10/2011: New Horizons North, 514 West Main Street, Ashland, 9:00-4:00. Call to let us know you are joining us at 715.682.7171.

Hungry for cookies, find order form at: www.newhorizonsnorth.com

February 9th:

Basic Budgeting Workshop: Free seminar with Kathy Beeksma, Ashland County UW Extension and Liz Lexau, Bayfield County UW Extension. Will help develop skills and strategies for spending plans, savings, goals and learn community resources. Time—1:00-3:00 pm, New Horizons North meeting room. Call to register at 715.682.7171. Find flyer at www.newhorizonsnorth.com

February 13th:

Timebank Trip to the Sea Caves/Ice Caves on Lake Superior—Come join TimeTraders North for a trek to the Ice Caves near Cornucopia. We will meet at Meyer’s Beach between Bayfield and Cornucopia at 1:00 pm. All are welcome. If you are not a Timebank member, you will be before the trek is over. Bring very warm clothes, ski poles if you have them. \$3 for the National Park Fee (per car). Call Dea for more information at **715.373.5000. Call to confirm the event is still on before 12:00 on the 13th.**

More information at www.timetradersnorth.org

February 13th:

Timebank Member Meeting and Pot Luck with Special Guest, Emma Czarapata: Come join us to hear great stories from Emma, who works at Options in Madison. Learn how the Timebank concept helped enhance lives of people with disabilities, helped them connect with the community in a contributing way. Bring a dish to pass. Will begin at 4:30 pm at the home of Tom and Deanna Yost, 80775 McCulloch Rd. Call 715.373.5000 for more information, or go to www.timetradersnorth.org

February 14th

Timebank Presentation with Emma Czarapata—Hear stories about how Timebanking worked well, and learn nuts and bolts about this innovative neighbor helping neighbor concept. Timebanking is taking off around the world, in more than 22 countries. Two special presentations both at New Horizons North, 514 West Main Street, Ashland, WI. 9:00-10:00 am, 3:15-5:15 pm. (2nd presentation will also include a how to join session with Deanna Yost, Coordinator of TimeTraders North.) Flyer at www.newhorizonsnorth.com

February 16th

The next **Autism Spectrum Disorder Parent and Caregiver Support Group** will meet on Wednesday, February 16, 2011 at 6:30 PM until 8:00 PM.

On the **second floor** of the **Vaughn Library** in the **Garland Room**.

This meeting is not just for parents of children with Autism. This meeting is open to anyone – friends, relatives, teachers, caregivers, and others; who have contact with someone on the Spectrum.

If you have any questions regarding this meeting or future meetings and topics, please call: Shannon Esala (715) 292-0711 email: metalyynn@hotmail.com or Marilynn Pero (715) 292-0002 peartree108@centurytel.net

From Family Voices: Just wanted to let you know that the COL materials (registration, brochure, Elsie Shaw) are now available on the Family Voices of WI website (www.fvofwi.org) and also on the Circles of Life site (<http://www.colwisconsin.org>) Barbara Katz, Lynn Renner.

The Family Voices Late Fall 2010 is available on-line at www.fvofwi.org/pubs_nl.html

February 26th, 2011

Free Parent to Parent Northwoods Training--Hi! We are looking for parents of special needs children who would like to become trained support parents with Parent to Parent of Wisconsin. We accept referrals from parents who are in need of support and match them with parents of children with similar special needs throughout Wisconsin. We are looking to expand our database of trained support parents, especially in the area of autism spectrum disorders, since our requests for matches have significantly increased in this area. We would appreciate your help in spreading the word about our upcoming training and encourage parents to find out more about Parent to Parent at our website www.p2pwi.org or look for our page on Facebook. 9:00-3:00, Located at the Riverside Clinic, 1020 Kabel Ave, Rhinelander. Space is limited, so register at 715-361-2898 or e-mail kkubisiak@chw.org. Get-Connected@p2pwi.org

FUTURE EVENTS

March 1st - April 5th ♦ Tuesdays ♦ 2 - 4:30pm
Northern Great Lakes Visitor Center

What is Powerful Tools for Caregivers?

This program is designed to help family caregivers take care of themselves while caring for a friend or relative.

You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. What's important is that you are interested in learning some tools to help YOU in your caregiving role.

YOU WILL LEARN TOOLS TO:

- Reduce Stress
- Better communicate your feelings
- Take care of yourself
- Reduce guilt, anger & depression
- Balance your life
- Make tough decisions

Registration deadline is February 21.

The total fee for all six classes is \$20. Advance registration and payment required.

Scholarships for the class fee and mileage are available if needed.
Arrangements for respite care may be available during class times.

To register contact the Bayfield County UW Extension Office at 715-373-6104

Co-sponsored by: UW Extension Bayfield County and
Lifespan Respite Care Northern Network



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Find registration for Powerful Tools at www.newhorizonsnorth.com

Free Tax Services

Northwest Wisconsin Community Services Agency, Inc.
623 E. 2nd Ave.
715-292-6400

FREE Tax Preparation Service
WE DO HOMESTEAD!

Filing status: Single, Married filing jointly, Head of household
Income less than \$49,000.00/yr per household
This organization is an equal opportunity service provider

PLEASE SAVE THE DATES:

Disability Advocacy Day

April 6, 2011

State Capitol, Madison, WI

More information

Fil Clissa

608-698-0333

fil@tds.net

April 10th

Family Fun Day at the Waters in Minocqua from 9:15 a.m. to 3:15 p.m. This is a day for families of children with various disabilities (developmental, physical, emotional) to get together and enjoy a day of frolicking, friendship, and workshops for the parents. Students will be supervising children in the poll area, activity room and arcade while parents attend the workshops. Workshop topics will include parenting and dealing with anger/meltdowns/tantrums. Why are we all so angry all the time? Come join us for this event.

For more information call:

Jackie Baldwin, Family Advocate
715-542-3535

Pam Snyder, CST Coordinator
715-561-3636 ext. 2143

April 15th

Please mark your calendars for an upcoming one-day intensive training in the Wisconsin Dells hosted by AAIDD with a focus on challenging behaviors.

Follow this link for more details:

<http://www.ucpsewpdf.com/PDF/AprilAAIDD.pdf>

April 20th

Mark Your Calendars!

Housing Rights and Realities:

*A Workshop and Discussion for and with the Chequamegon Bay Community
about Housing Rights and Realities for People with Disabilities and
Victims/Survivors of Sexual Assault and Domestic Violence*

Wednesday, April 20, 2011
Noon – 4:30 pm

A Collaborative Project of disability-related and victim services organizations in the Chequamegon Bay area.
This Project was supported by Grant No. 2006-FW-AX-K003 awarded by the Violence Against Women Office, Office of Justice Programs, U.S.
Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of
the U.S. Department of Justice.

A connection to more news and event for families in Wisconsin: <http://pierwi.web.officelive.com/default.aspx>

If you have an event or resource that you would like to be included in the March newsletter, please send it to: dyost@nhnorth.com