



Headwaters, Inc.

Empowering Lives

Volume 6, Issue 1

www.headwatersinc.org

January February March 2016

Headwaters Headlines



Director's Notes

I want to tell you about the Building Full Lives Project that we're working on through a grant from the Wisconsin Board for People with Developmental Disabilities. This project involves direct technical assistance and follow-along from an agency in San Francisco called WorkLink.

WorkLink has a program where they use community based day services to augment community employment services with the people they serve that have disabilities. They've developed these braided services so individuals can maintain full days of support if needed, and also so they can maintain the friendships they've made in facility based services.

I've been interested in this model of support ever since I heard about it a year ago, because it addresses a couple of the big concerns we have for individuals who go into community employment::

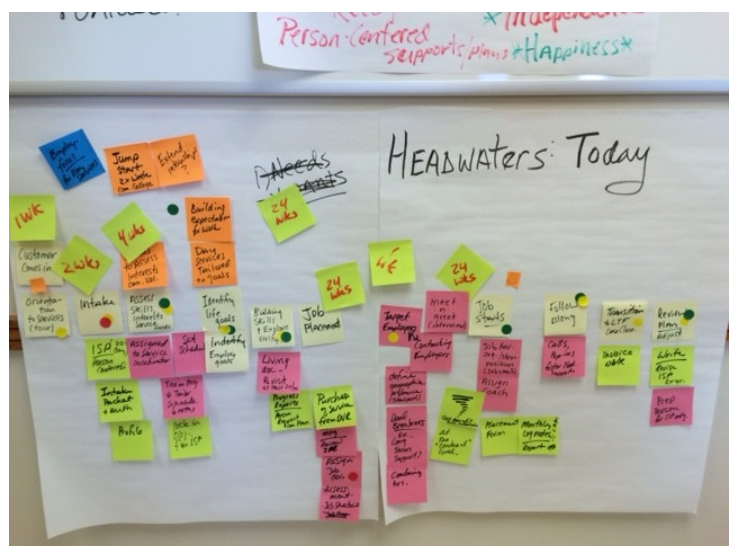
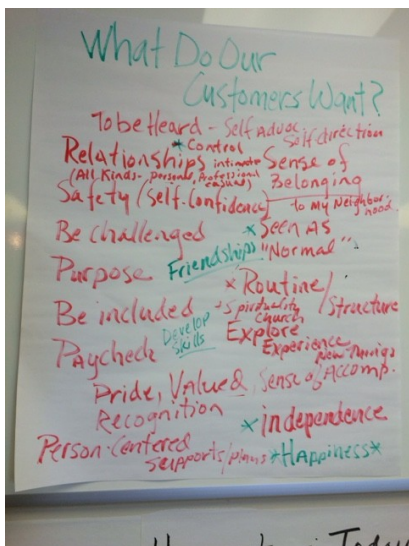
What do I do for the rest of the day when I'm not working?; and

How can I continue to see my friends?

Here is a brief description:

Sara Murphy from WorkLink spent two days with a group of us at the end of February to help us develop a plan on how we could implement a similar approach to the one they use, for Headwaters. It was a very full and energizing couple of days, and we're excited to begin our implementation plan.

We'll continue to provide you with updates on our progress, and here are a couple of pictures of what we worked on while Sara was here.





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Nicolet students and staff showcased college programs at State Capitol

Several students and staff from Nicolet College traveled to the State Capitol in Madison to showcase the broad range of learning opportunities at the college.

Nicolet displayed at the Celebration of Student Engagement on Feb. 16 and showcased the latest in industrial robotics from the Electromechanical Technology program and the college's Jump! Start program, which helps students with intellectual disabilities transition to college classes and careers.



Visitors to the student showcase, from legislators, to parents, to business and industry professionals, experienced how students at the state's 16 technical colleges learn through real-world projects.

Nicolet Electromechanical Technology Instructor Steve Boogren attended the event with students Austin Brubach and David Stefanich. They demonstrated computer-assisted robotics, talked about the skills needed to enter the workplace and job placement trends, and how many companies hire students before they graduate.

Nicolet University Transfer Liberal Arts Dean Emily Stuckenbruck and Jump! Start graduate Melissa Baldwin provided an overview of Jump! Start and talked about the benefits of this innovative program for adults with learning disabilities. Students attend initial classes to set individual goals, learn how to live independently, and learn job skills. Several students have successfully transitioned from Jump! Start courses to Nicolet College program courses and credit-based career pathways.

"Employers in every sector and region rely on Wisconsin's technical colleges to advance their goals," noted Dr. Morna Foy, president of the Wisconsin Technical College System.

Pictured above in the State Capitol Rotunda are, left to right, Katherine Garrison, Headwaters outreach specialist, Missy Baldwin, Nicolet Jump Start graduate, Rebecca Kleefisch, Wisconsin Lt. Governor, Austin Brubach, Nicolet Electromechanical student, and Steve Boogren, Nicolet Electromechanical instructor.

<http://www.nicoletcollege.edu/about/features/student-showcase.html>

Anniversaries

January

Deanna B. 21 Years
John B. 4 Years

February

Andrew K. 1 Year

March

Scott S. 24 Years
Dale W. 8 Years
Lacey B. 10 Years
Rena R. 1 Year
Sandra O. 1 Year

Disability Advocacy Day

The Survival Coalition of Wisconsin Disability Organizations hosts Disability Advocacy Day every March in Madison. Disability Advocacy Day connects advocates with their legislators so they can share their story and tell them what issues are important to people with disabilities in Wisconsin. People who participate in Disability Advocacy Day have an opportunity to:

- attend a briefing about current disability issues,
- plan their legislative visits with other advocates from their district,
- meet with their legislators to discuss the issues that are important to them, and
- debrief with Survival Coalition staff about their visits and discuss next steps to stay in touch with their legislators.

We had a group of 11 participants and 5 staff that went to Madison for this event on March 14th and 15th.





Stress Awareness Month

Stress is usually not something we have to be reminded about. We know it is there. However, taking a step back and acknowledging the stress or how it can impact our lives is a healthy habit to form. With this knowledge, we can figure out ways to reduce the effects.

Beyond the inconvenience of feeling stressed out, regular bouts of anxiety can seriously mess with your health. Persistent, daily stress can lead to increased risk of chronic diseases, heart problems and changes in the brain. The problem is, today our stressors are not momentary physical dangers but a constant bombardment of mental stress. We rush the kids to school. We get frustrated in traffic. Our boss comes down on us about a late project. Stressor after stressor attacks us. Our body is always on high alert. The adrenaline never decreases. Our digestive, reproductive and immune systems are not turned back on. The result is a host of autoimmune, reproductive, and digestive issues.

A little bit of stress is good for us, in that it provides energy and keeps us aware of everything going on in our lives. But even though stress is a daily occurrence for all of us, it's important to keep it in check. Fortunately, there are a number of things backed up by research that you can do, right now, to lower your stress levels.

Laughter

If you're feeling particularly stressed, perhaps it's time to take a quick YouTube break. A small 1989 study in the *American Journal of the Medical Sciences* showed that laughter is linked with lower blood levels of the stress hormone Cortisol. Mayo Clinic reported that laughter also promotes endorphins in the brain and relaxes the muscles, which are all key for stress relief.

Gardening

Caregiving can be stressful, but a 2008 survey showed that gardening may help to reduce stress among caregivers. The survey, by BHG.com, showed that 60 percent of caregivers feel relaxed when they garden. Health.com reported on a Netherlands study, suggesting that gardening can help to lower cortisol levels and boost mood among people who had just finished a stressful task. That's because doing something that requires "involuntary attention" -- like sitting back and enjoying nature -- helps to replenish ourselves.

Reading

Just six minutes of reading is enough to help you distress, the *Telegraph* reported. The study, which was sponsored by Galaxy Chocolate, suggested that reading was linked with a slower heart rate and muscle relaxation. However it is important to note that reading from a screen, such as an iPad or a Kindle, can disrupt sleep which can affect stress negatively.

Make up your mind to get or stay healthy

Taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you've been putting off, let April be the month you put yourself back in control.

Focus on NOW

Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.



Birthdays

Leslie L 01/03

Heather P 01/10

Russel B 01/12

Jonathan E 01/16

Alex B 01/18

Bea Y 01/20

Brandy K 01/25

Tracy N 02/09

Terry Z 02/13

Chad P 02/18

Missy Y 02/23

James O 03/03

Melissa B 03/09

Melissa J 03/19

Anna M 03/19

Greg B 03/20

Holly C 03/23

Natalie S 03/23

Shannon E 04/02

Colin M 04/04

Paul P 04/04

Lisa B 04/05

Nicole G 04/05

Nicholas G 04/05

David H 04/09

Donna B 04/10

Ben S 04/10

Donald K 04/12

Albert M 04/17

Donald H 04/25

Rose R 04/29