

Stepping Stones

A publication of HearthStone of Wisconsin, Inc.
Newsletter date: Spring 2019

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Please consider a tax deductible donation to HearthStone. We need your support.

Letter from the President

Hello All,

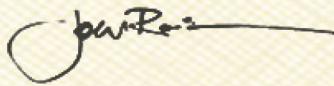
As you can see from this latest newsletter we've been busy in the past few months...all good things!

Thanks so much for all of the volunteers who make our very popular social events very special for the growing numbers of HearthStone members, families and guests who attend. Providing safe, fun social activities is a cornerstone of HearthStone's mission and we are, and will be, providing more and more of these opportunities in the year to come...so, stay tuned to our website and Facebook page.

Also, for those who have the interest and inclination, our on-going advocacy efforts continue. Please be aware that the Wisconsin legislature continues to fight Medicaid expansion that could extent insurance coverage to tens of thousands of people and bring hundreds of millions of Federal dollars to Wisconsin. Please express your concerns to our local State legislators.

On a brighter note, on behalf of the HearthStone Board and Advisory Board, we thank you for your continued interest and support. We look forward to a great year ahead.

Regards,
Jon



P.S. We are considering expanding our Board from the current 8 members to 11 members. If you or someone you know would be interested in finding more about a potential Board position, please contact me at: jrost@jonrost.com.



CONTACT Us:

HearthStone of WI
PO Box 1444
Sheboygan, WI 53082-1444

Phone: (920) 316-2236

<http://www.hearthstonewi.org/>

"HearthStone is a self-help and advocacy organization for people with disabilities and their families."

HEARTHSTONE'S ANNUAL CHRISTMAS PARTY RANG IN THE HOLIDAYS WITH EXTRA CHEER!

Thanks to chief elf, Terri Sterzen and her helpers, HearthStone's Holiday Party was a great success. There were 43 young people and 33 caregivers or parents in attendance. This is about the same number as last year. Everyone seemed to have an excellent time and several asked when the next event would be. Thanks to Karen Post for being the main coordinator, Kathy Arndt for helping with check in along with Debbie Wakefield. Santa and the band were big hits as usual and Klemme's did a great job serving us wonderful food.



A Message from Andy Sterzen...

"Just wanted to take a few minutes to let you and Karen know that I think this was the best Hearthstone Christmas Party ever with a great turnout of Hearthstone Young People and their families, not to mention our great musicians Jim and Mike. Of course, I also wanted to send out a special thanks to Jon and the rest of the board for all their hard work with Hearthstone over the years and also this year with the party. Already look forward to the next event. Thanks again and Happy Holidays to everyone in the Hearthstone Family."

HearthStone, Hope's Hearts and the John Michael Kohler Arts Center team up for a "Good Time for a Good Cause"

HearthStone young people are passionate about their community, and they recently had a chance to give back and let their creative juices flow at the same time through the Hope's Hearts project.

On May 11, about a dozen young people participated in the HearthStone event hosted by the John Michael Kohler Arts Center and Freedom Cry's Hope's Hearts.

Participants had the opportunity to mold and paint ceramic heart-themed wind chimes and charms with words such as "Faith," "Hope," and "Courage" written on them. The creations are then left throughout the city in hopes of inspiring those in need of support—in particular individuals who may be vulnerable to human trafficking—with words of encouragement, a card with local resources for those in need, and a call to action to be kind and encourage others.

HearthStone's young people gathered in the ARTery at the art center for a light lunch of sub sandwiches, chips, desserts and beverages, and then the crafting commenced. Two work stations were set up: one for those who wanted to use cookie cutters and stamps to form the ceramic hearts and other shapes, and one for those who wanted to paint the bisque (half-baked) hearts and shapes with colorful glazes that included fun colors such as grape, mint green, brick red and more. Many HearthStone friends chose to try their hand at both stations, while others found a passion for one and stuck to it. There was something for everyone.

Freedom Cry volunteer Jess shared Hope's Hearts' background with participants, and John Michael Kohler Arts staff member Hannah showed everyone how to create the craft and helped everyone along the way.

Hannah even treated the group to a tour of the art center's studio where the kilns were located and explained how the dozens and dozens of hearts created by the HearthStone group would be baked for the final beautiful product.

At the end of the event, each participant picked out one completed heart to keep and one to give to a friend to brighten their day.

Plenty of smiles were had and everyone tried something new as this was HearthStone's very first Hope's Hearts event. Thank you to Hannah, Jess, the John Michael Kohler Arts Center, Freedom Cry and everyone who made this free event possible.

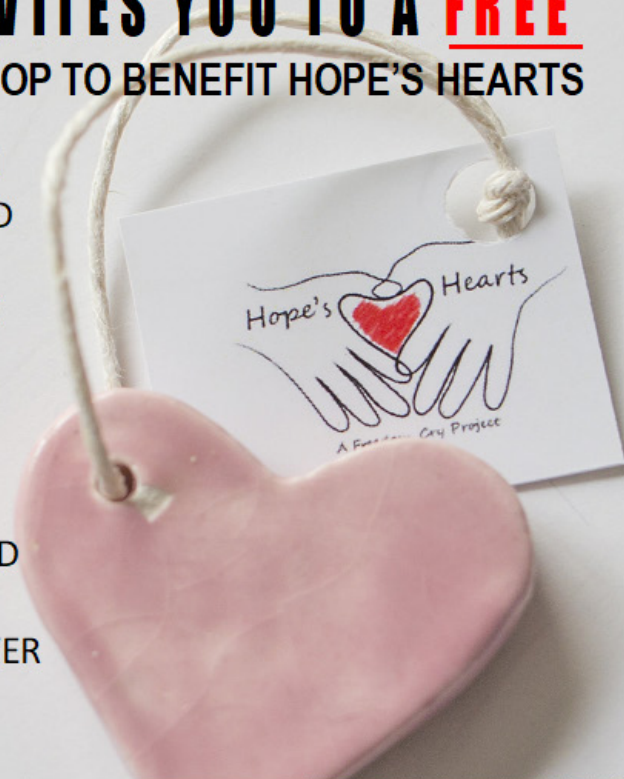
To learn more about Hope's Hearts, please visit <https://www.freedomcryinc.org/new-page1>.



HearthStone, Hope's Hearts and the John Michael Kohler Arts Center team up for a "Good Time for a Good Cause"

HEARTHSTONE INVITES YOU TO A FREE HANDS-ON CRAFT WORKSHOP TO BENEFIT HOPE'S HEARTS

- HERE'S A FUN WAY TO LEARN ABOUT CERAMIC CRAFTS AND HELP OTHERS
- JMKAC ARTery STAFF WILL BE ON HAND TO HELP YOU CREATE UNIQUE "HOPE'S HEARTS" CERAMICS AND WIND CHIMES
- FREE LUNCH, BEVERAGES AND DESSERT WILL BE SERVED
- BRING A FRIEND OR CAREGIVER
- SPACE IS LIMITED SO CALL NOW TO RESERVE



SATURDAY MAY 11, 2019 – NOON TO 2PM

The ARTery at JOHN MICHAEL KOHLER ARTS CENTER - 608 New York Ave. Sheboygan
12:00 to 12:30 LUNCH- 12:30 to 2:00pm Hands-on Workshop

HOPE'S HEARTS, a Freedom Cry Project, is based in Sheboygan and dedicated to helping people at risk of human trafficking through mentoring, crisis resources, support, encouragement and the offer of hope

CALL Carol Rost at 920.980.5444 or EMAIL cjrost@gmail.com to reserve

SPONSORED BY

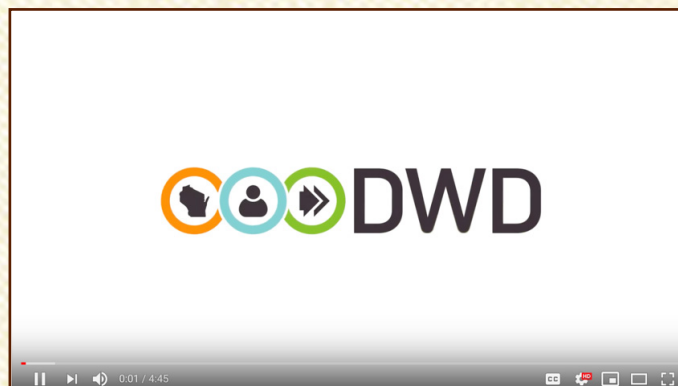


New DVR (Division of Vocational Rehabilitation) video now available.

Take a look and share!

Here is the link to the new DVR 101 video on YouTube:

https://youtu.be/_jNtnFxxH-k



This is a quick reference guide for prospective consumers to get an idea of what DVR does and how to get connected.

NEW HEARTHSTONE EDUCATION COMMITTEE ANNOUNCES FIRST EDUCATIONAL EVENT.

Board member Kathy Manny has volunteered to lead our new Education Committee. Serving with Kathy are parent/advocates Patti Saunders and Kris Williams. Long-time Advisory Board member, Cyndi Sook, currently with the ADRC (Aging and Disability Resource Center), has also volunteered to serve on the Committee. The committee's first initiative will be an interactive workshop with "Wisconsibs", for families with a person with disability who has brother(s) and/or sister(s)... "sibs", please consider attending and inviting your "sibs". This is a FREE event sponsored by HearthStone.

"Wisconsin Sibs Workshop"
Featuring Harriet Redman, Executive Director
Monday November 4, 6-8 pm – (Location to be determined)



HARRIET REDMAN, M.S.ED., EXECUTIVE DIRECTOR

Harriet Redman is Executive Director of Wisconsibs. She has a master's degree from Purdue University in family life education and a passion for the needs of siblings. She and her husband, Rich, have an adult son with multiple disabilities whose older sister is her mother's inspiration and most honest critic.

ABOUT WISCONSIBS

We are Wisconsin **siblings of people with disabilities**. We are **role models** to our siblings, our peers, our friends, and our community. We are **advocates** for ourselves, our sibs, and for other people with disabilities. We are uniquely equipped to understand the frustrations and the pride of overcoming challenges and celebrating abilities. We are **caregivers and companions**. Even the very youngest of us often help our parents care for children with special needs. As we grow up and throughout our lives, **we play a vital role in the quality of life for our siblings**. We are proud to be . . . **Wisconsibs!**



MEETING WITH LISA PUGH, EXECUTIVE DIRECTOR OF THE ARC WISCONSIN



HearthStone board members and advisory board members had the pleasure of meeting with Lisa Pugh, Executive Director of The Arc Wisconsin in Madison at our May meeting. Lisa gave us a brief update on Arc initiatives and involvement in advocating for people with disabilities on the state level as well as locally through 16 Arc Chapters and Affiliates statewide.

We will be discussing mutual opportunities in more detail with Lisa as we investigate the potential benefits of HearthStone joining The Arc Wisconsin as Associate Members.

Some background on The Arc Wisconsin -- Wisconsin's Leading Advocate. Since 1960, The Arc Wisconsin has been on the front lines in making change happen for people diagnosed with Autism, Down syndrome, Fetal Alcohol Spectrum Disorder, and a range of diagnoses across the spectrum of intellectual and developmental disabilities. The Arc Wisconsin is the state's leading advocate for all people with intellectual and developmental disabilities and their families and our member chapters offer the highquality supports and services people want and need. More information is at www.arcwi.org



Come Together

A Festival Celebrating
Unity in our Community

Saturday, September 14

11:00am to 4:00 pm - Fountain Park, Sheboygan

Join the more than 20 Sheboygan County non-profit organizations in recognizing and celebrating the diversity that makes our community strong and vital.

- Held with the SCIO's Farmer's Market - Fountain Park, downtown Sheboygan.
- Wide variety of live entertainment, cultural performances and music.
- Food will be available from the Farmer's Market vendors and food trucks.

• **The event is FREE and open to the public!**

<https://youtu.be/q5smWav8eAk>



★ FREE Live Entertainment ★
Ethnic Foods ★ Family Fun!

For more information and sponsorship opportunities contact:
Patrick Ortlieb 920-207-0833 or Aloha11po@gmail.com

KOHLER

SARGENTO

United Way

BankFirst
NATIONAL

Miesfeld's

Come Together Sheboygan, LLC. • cometogethersheboygan.org - facebook - [cometogethersheboygan](https://www.facebook.com/cometogethersheboygan)



FREE for
HearthStone
Members

Want to sail on Lake Michigan? Here's your chance!



HearthStone and SEAS (Sailing Education Association of Sheboygan) are partnering to give HearthStone young people and a parent/caregiver an opportunity for a hands-on sailing lesson and sail on Lake Michigan.

You can be "Captain for a day" under the careful supervision of one of SEA's U.S. Sailing Certified instructors.

Saturday June 15th from 11:30 to 2:30

Sheboygan Youth Sailing Club 619 Broughton Drive, Sheboygan

(just north of the Sheboygan Yacht Club - look for white trailer with US Sailing Center Sheboygan)

- **11:30 Lunch – 12:00 Hands-on pre-sail sailing instructions**
- **1:00 to 2:30 SAILING on Lake Michigan!**

EVENT WILL BE CANCELLED IF WEATHER CONDITIONS ARE POOR

NOTE: SPACE IS EXTREMELY LIMITED, PLEASE REPLY IMMEDIATELY AND BE SURE YOU WILL BE ATTENDING – NO "NO SHOWS" PLEASE



SEAS instructors have a wide range of experience with disabled sailors and are U.S. Sailing Certified instructors. Because our boats can be adapted to accommodate a variety of physical impairments, our staff is able to work with individuals to achieve their dreams whenever possible. SEAS has become a hub for adaptive sailing for children and adults with cognitive or physical disabilities.

Things to know:

- Closed toe shoes are required (running shoes work great) - Bring layers as it can get colder out on the lake - Bring a waterproof/water resistant jacket as you may get splashed with water - SEAS will provide life jackets

TO RESERVE: jrost@jonrost.com, or Jon Rost @ 920.980.4800

All participants will need to fill out an Adaptive Sailing Form and a liability waiver form

Event sponsored by



Kiwaniis Greater Sheboygan

UW-MADISON LAUNCHING PROMOTING ACTIVITY FOR DIVERSE ABILITIES CERTIFICATE PROGRAM

UW-Madison is launching a new undergraduate certificate program for students looking to gain the specialized knowledge and skills necessary to promote and develop physical activities for individuals with disabilities.

The promoting activity for diverse abilities certificate program was approved by the university's Academic Planning Council and requires 16 to 18 credits for completion. The program is being run through the School of Education's Department of Kinesiology and students can declare for this certificate in the coming fall semester.

"This certificate provides students interested in health, fitness, and medical careers a high degree of knowledge, skills, and confidence to prescribe and encourage healthy activities for individuals with diverse abilities," says Tim Gattenby, a distinguished faculty associate with the Department of Kinesiology.

This promoting activity for diverse abilities certificate program will bolster efforts to prepare more professionals who can successfully approach this topic from two fronts: understanding and working with populations with diverse abilities; and creating opportunities to promote physical activity in a variety of settings.



The new promoting activity for diverse abilities certificate program will give UW-Madison students the specialized knowledge and skills necessary to promote and develop physical activities for individuals with disabilities.

(Photo: Sarah Maughan)

SHAW FAMILY PLAYGROUND WINS CHAMBER OF COMMERCE "WORKING TOGETHER" AWARD.



As the old saying goes..."It takes a village". This adage was never truer than when describing the community effort behind the enormously successful Shaw Family Playground. If you haven't seen it, be sure to cruise by and you'll likely see crowds of kids and families enjoying this unique facility.

Recognizing the significant efforts of community leaders, individuals, organizations – public and private – and the hard work and determination of the Shaw Family and their friends and extended family – the Sheboygan Chamber of Commerce has awarded the coveted "Working Together" Award to the Shaw Family Playground.



HearthStone has been proud to support the playground and dedicated the proceeds of our 2018 fund raiser to the playground. By good fortune, HearthStone's donation of \$10,000 was DOUBLED by a generous, anonymous donor! We're so happy and honored to be a part of this wonderful project.

HEARTHSTONE'S ANNUAL SPRING DANCE



HearthStone's annual spring dance was held April 12 and saw a huge turnout of about 100 of our young people and their friends and families. Many were decked out in their favorite jerseys and team colors for the tailgate theme and brought their a-game for rounds of classics such as cornhole and giant Jenga,

This year the event was held at Generations in Plymouth and was made possible by sponsor Sheboygan Chevrolet and the help and support of Leadership Sheboygan County, whose young professionals brainstormed the theme and brought their idea to life with great teamwork and meticulous planning.

Green and gold decor adorned the entire venue, including Packers balloons, printouts of favorite players such as Aaron Rodgers and plenty of paper footballs that greeted our guests for a true game day experience.

Staples of the tailgate diet (burgers, brats, cheese, sausage, chips, soda, desserts and so much more!) and goodies galore for all of our guests were donated thanks to sponsors such as Lakeland University, Rockline Industries, Wisconsin Bank & Trust, Johnsonville, Sargento and Nourish. HearthStone's Jill Spielvogel and Terri Sterzen were key players in the planning process as well.



The dance floor came alive with the DJ's fun music and under the cast of his colorful lights. It was one of the night's most popular attractions as young people gathered together in large circles to dance the night away together to classics such as "YMCA" and many more. Smiling faces, hearty laughter, and an incredible energy filled the venue all night long to make for an incredibly successful evening of bringing friends together and ushering in the spring season.

(continued on next page...)

HEARTHSTONE'S ANNUAL SPRING DANCE (CONT.)

— HEARTHSTONE'S ANNUAL SPRING DANCE —

The event was also captured in pictures. Our guests can relive the day by checking out our Facebook album. One user commented on our Facebook that it was “one of the best” HearthStone events that they had attended. We love getting feedback from all of our friends!



Thanks to all of the amazing guests, volunteers and sponsors who made this event possible, and we cannot wait to bring our young people more fun activities to do this year and to continue the tradition of our spring dance as the event continues to grow and find great support in our wonderful community.

Stay tuned on our Facebook and website for all the latest updates and for opportunities to be a part of events just like this one.



Special thanks to Sheboygan Chamber of Commerce Leadership Sheboygan Volunteers. This talented and generous group created the “tailgate” theme, invitations and decorations as well as providing generous amounts of donated food and prizes.

Thanks to Alex Piotrowski from Rockline, Ryan Laswell from Nourish Farms, Andrea Liebelt Schmitz from Lakeland University, Jennifer Moehring from Sargento & Samantha Schmidt from Wisconsin Bank & Trust.

Very Special Thanks to our Spring Dance Sponsor Sheboygan Chevrolet | Buick | GMC | Cadillac

Thanks to Randy & Rita Romanoski and family for their generous support



HEARTHSTONE'S SECOND "POOL PARTY" MAKES A BIG SPLASH!

As promised --"Back by Popular Demand" --
HearthStone's pool party, in honor of our favorite swimmer **Emma Leonhard**, made waves at the Sheboygan Falls Aquatic Center on Saturday May 18th. Featuring an extra hour of pool time, our second party gave everyone some additional time to swim, play volleyball, basketball and especially more time to use the cool waterslide! Pool time was followed by free snacks, sodas and pizza for all!



BACK BY POPULAR DEMAND HEARTHSTONE'S POOL PARTY!

SATURDAY MAY 18th

11:00 AM TO 2:00 PM

Doors open at 10:45 am - Bring your own swim suit and towel!

SHEBOYGAN FALLS AQUATIC CENTER

FALLS HIGH SCHOOL WEST PARKING LOT 220 AMHERST AVE. SHEBOYGAN FALLS

FREE FOR ALL HEARTHSTONE YOUNG PEOPLE

11:00 TO 1:00 OPEN SWIM - THERE WILL BE THREE LIFE GUARDS ON DUTY

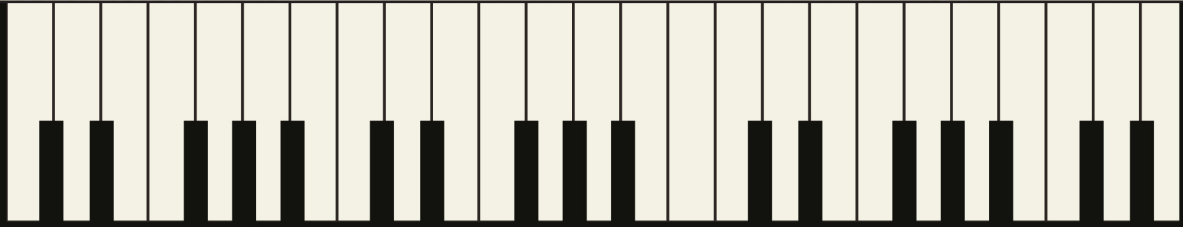
1:00 PM TO 2:00 PM **FREE PIZZA**, JUICE & WATER

PLEASE CALL JILL SPIELVOGEL AT 920-451-6949

OR TEXT 920-627-4821 TO RESERVE YOUR SPOT


HEARTHSTONE





HEARTHSTONE PRESENTS

N.E.W. Dueling Pianos

5:30
Cash Bar

6:30
Gourmet Buffet

7:30
N.E.W. Dueling Pianos

9:00
Prizes & Reverse Auction

October
4
FRIDAY

LAKE SHORE
CULINARY
INSTITUTE

An evening of fantastic fun and
fabulous food to benefit Sheboygan's
own HearthStone of Wisconsin,
celebrating people with disabilities in
our community.



For information and tickets:

www.hearthstonewi.org

SPONSORED BY HEARTHSTONE
Advocating for people with disabilities.


HEARTHSTONE
of Wisconsin
FUNdraiser

FREE MEMBERSHIP REQUEST

WHAT IS HEARTHSTONE

HearthStone is a self-help and advocacy organization for people with disabilities and their families. Our mission is to make our communities a welcoming place for people of disabilities and to support and encourage positive life experiences.

BENEFITS OF JOINING HEARTHSTONE

- Free Quarterly Newsletter with news & information you can use
- Free Quarterly Social Events for Young Adults
- Advance notice for Free Community Meetings & Educational Programs
- Free P.A.T.H. Planning resources to help move your dreams forward
- Help, family mentoring, referrals, resources
- Add your "voice" to the hundred plus Lakeshore area families to help us advocate for funding for programs for people with disabilities and service providers - Help us end "The WAITING LIST" game here and throughout Wisconsin and adequately compensate our caring service providers.

Yes, please add me to your list of Members. I understand there is NO CHARGE to become a HearthStone member.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

E-mail _____

Person(s) you are advocating for _____

Date of Birth _____

Date of Birth _____

HearthStone's Board of Directors

- Karen Post
- Leah Ulatowski (Secretary)
- Jon Rost (President)
- Jill Spielvogel
- Becca Sher (Treasurer)
- Larry Samet (Vice President)
- Craig McFadden
- Kathy Manny
- Christopher Post (Youth Rep.)

HearthStone's Advisory Committee

- Dr. Robert Feider
- Peggy Feider
- Carol Rost
- Ron Preder
- Linda Tolman
- Frank Sterzen
- Jennifer Mikalowsky - DVR
- Chad Kahles - DVR
- Cynthia Sook - ADRC
- Nick Verhagen - TLC homes
- Michele Martin - HIL
- Denise Drews - HIL
- Dawn Stearns - Community Cares
- Drew Wallace - Paragon
- Ashley Streck - Twingenuity Graphics
- Jody Merenick - RCS Empowers
- Nathan Taylor - Foundations
- Mark Ellis - Camp Evergreen

"Our mission is to make our communities a welcoming place for people with disabilities and to support and encourage positive life experiences."