



ACAP Ink

Fall 2018

Waukesha, WI

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ACAP and New Beginnings

ACAP, as many of you know, recently saw the retirement of our founder and executive director, Carol Ann Kay. Carol Ann, who founded ACAP in 1981, has 37 years of memories to take with her into her well-deserved retirement. She started ACAP as a short term project to give community experiences to people with disabilities. At the time, sheltered workshops were the standard service models. Carol Ann saw a gap in these types of services and fashioned a project that influenced the way services are delivered in Waukesha County to this day. From the rights and respect that are afforded people with disabilities to the expectations and responsibilities that are placed on them, ACAP, under Carol Ann's leadership has been the "shining city on a hill" for our community.

As Carol Ann embarks on her new endeavors, we welcome her successor, Sandra Gines. Sandra's challenge will be to keep that light shining and to bring it to a wider and wider community. Carol Ann has passed the baton of leadership to Sandra and a major epoch in ACAP's history begins. Sandra is very motivated to preserve the spirit of ACAP, which Carol Ann has nurtured for so many years, and to bring it forward into new areas of Southeastern Wisconsin.

When asked about why ACAP was a good fit for her, Sandra replied, "I was looking to have a job that asked more of me and to grow more of my skills. This one caught my eye because it was a very people centered job. What makes this meaningful to me is working at an organization that really helps people." Sandra brings a wealth of experience with her, including previous experience as an Executive Director for the Wisconsin Breast Cancer Coalition. With further experiences in arts appreciation, education, health and wellness, and advocacy, it appeared that ACAP was the right fit at the right time.

"The challenge is trying to help ACAP have the tools that it needs to keep ACAP being a fantastic and successful organization. We want to make sure the wheels are turning smoothly." Sandra continued, "Right now I'm not as focused on the changes as I am on understanding what is already here and why this organization is such a great organization the way it is."

'The way it is' is because of the creativity, the energy, and the humanity of Carol Ann Kay. Carol Ann, enjoy your retirement and the next chapter in your amazing life!



Carol Ann Kay



Sandra Gines

Women's Tea

A Magical Celebration

The beautiful tones of the harp, combined with the forest-like decorations, transformed the First United Methodist Church dining room into a picturesque fairytale setting for ACAP's 15th Annual Women's Tea. The yearly tea party is a time for the women of ACAP—their mothers, grandmothers, sisters, friends, and community members—to break bread, or in this case, hummingbird cake, to connect and celebrate one another. Approximately 75 ladies attended this illustrious affair. The theme of this year's Tea was a fairytale celebration. While the cake was delicious, so too was the variety of teas served.

However, the Women's Tea is always about much more than tea and cake. This year was a time to recognize and celebrate ACAP's founder and chief visionary, Carol Ann Kay. Carol's "magic" has been transforming our

local community for over 37 years. This day's event was a microcosm of her effort to bring people together and build bridges. The love and respect that so many people have for Carol Ann and her vision is a perpetual tribute to value of each human life.



Carol Ann Kay (standing right) visits with the Jennifer Goetz family and Illene DeBruin (seated right)



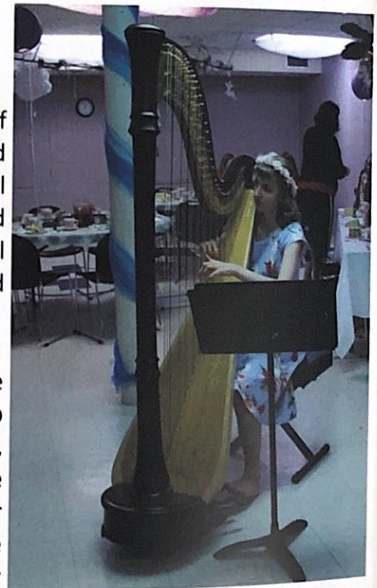
Dorothy Riesing of Waukesha Civic Theatre was the live-action fairy for the tea

ACAP members and staff shared poems, thoughts, and great conversations with all their guests; there was indeed magic in the air from personal bonding, remembrance, and celebration.

Special thanks go out to the Women's Empowerment group at ACAP for planning the event, Roots Café for supplying the tea, the Fairy Garden class for creating the fairy house centerpieces, Lisa Dufresne for designing the invitation artwork and for poetry recitation, and Emmaline Strong for playing the harp.



Tea Invitation design by Lisa Dufresne



Harpist, Emmaline Strong

Men and Women of the Woods

Each year since 1995, ACAP members have traveled to the camp grounds of the Ottawa Lake State Recreation Area near Eagle to experience nature in an adaptive camping venture. ACAP's Men of the Woods occurred in June, while the Women of the Woods took place in September. Both Men and Women of the Woods partake in a multi-night excursion, utilizing both the accessible cabin as well as a nearby camping site. Complete with campfire songs, camp cooking, kayaking, and swimming, the Men and Women of the Woods both get a true camping experience.

"Any way we can upgrade this [state parks] to make it more accessible is always a good thing," says Assistant Superintendent of the Kettle Moraine Southern Unit, Brian Lemke. Members of the ACAP Ink team were able to ask a few questions of Lemke in regards to the accessibility of the cabin that the ACAP Men and Women of the Woods utilize. The accessible cabin used by ACAP, (one of nearly ten in the Wisconsin Park System), is located in the Kettle Moraine State Forest—Southern Unit. According to Lemke, the accessible cabin is utilized nearly every night from May to October, which is when the cabin is operational. Besides the accessible cabin, Ottawa Lake also houses a few accessible campground sites, complete with level areas for easier access. These accessible sites are located near accessible restrooms. Campers are not asked of their specific disability when registering for the campsites. Lemke said these options are important as, "they provide a service that otherwise wouldn't allow individuals with disabilities to experience the park."



The women of ACAP trekking to the beach from the accessible cabin



*Jake Trampe and Marc Engstrom
Kayaking Ottawa Lake*

Lemke also talked of recent upgrades to area state parks and trails, including a new ramp at Scuppernong Nature Trail, located across the street from Ottawa Lake. The Scuppernong Trail previously had a large step-off near a bridge, making it inaccessible to individuals that used wheelchairs. Ottawa Lake also boasts one "truly accessible" paved trail along a pond, and Lapham Peak houses a nearby 2-mile paved trail. Looking to the future, the Scuppernong Nature Trail will be adding an accessible observation area, and Ottawa Lake will be upgrading their playground area to be accessible to all children, including removing wood chips in favor of a rubberized mat and adding adaptive swings to the area. The observation area was scheduled for completion by the end of Summer, and the playground completed as funding becomes available. Lemke mentioned that accessibility is always in mind when making changes to trails and the parks as a whole, since everyone benefits from increased accessibility.

ACAP PlayMakers Strike Again!

The ACAP PlayMakers took to the stage at the Waukesha Civic Theater for a new production experience. For the first time, the PlayMakers created a multimedia production inspired by the Broadway show "Hamilton." The fall show was "*disAbility: The Evolution!*"

While "Hamilton" explored the founding fathers of the American Experience, this show explored the history of the human experience of disability. The show featured songs about disability perceptions down through the ages, and a series of slide shows of the history. Some crowd favorites were, "Our Shot," "Chromosome," and "The ADA Rolled Me." The show benefited from the hard work of choreographer/movement coach Jessica Fastabend, who worked with the cast to develop 10 dance routines.

Sixteen ACAP members were in the show of a total of 39 cast members. Attendance at the show surpassed 600. The show was enthusiastically received and is scheduled to go on the road to the 11th Annual Self Determination Conference in the Wisconsin Dells later this month.



The cast of "*disAbility—The Evolution*" perform a Hamilton-esque version of "Our Shot" at the Waukesha Civic Theatre.

Hebron House



Introducing Sandra!

Sandra joined ACAP as Executive Director on August 13, 2018. She replaced founding Executive Director Carol Kay who has retired, but will remain connected to ACAP's work moving forward. Sandra has a professional background in nonprofit leadership and education. She has worked as a journalist, a college-level instructor in the Humanities, and an educator before becoming Executive Director of the Wisconsin Breast Cancer Coalition in 2015. She holds a Ph.D. in Religious Ethics, a BA in Journalism, and another BA in Religious Studies. Sandra was born in Quezon City, the Philippines, and grew up in west-central Illinois. She lived in Iowa, Texas, and Pennsylvania before landing in Wisconsin in 2001. Sandra has a son who is a junior at the University of Iowa and a daughter who is a junior at Nicolet High School in Glendale. In her free time, she enjoys volleyball, movies, reading and cooking. She views her work at ACAP as a way of honoring her younger sister, who was a Therapeutic Recreation Specialist before she passed away from breast cancer in 2006. Sandra said she is thrilled to be part of the amazing community at ACAP. "Every day at ACAP is different, wonderful in unique ways, and meaningful," she said. "It's been a great fit, and I'm looking forward to helping ACAP continue its excellent work."

WELCOME

*Join us as we welcome new
Executive Director Sandra Gines
to the ACAP family!*

**Thursday, November 15 • 3:30–5:30 p.m. at ACAP
in the lower level Fellowship Hall**

Rachel: Intern to Staff Member

ACAP is a field site for college students from UW-La Crosse's Therapeutic Recreation program. As such, we receive 2-4 students each year as interns. They learn valuable first-hand experience at ACAP, and in return ACAP receives energetic, creative workers to help execute our many programs. This past semester, members got to work with Rachel Novakovic. Rachel spent the last few months with us, as she completed the Therapeutic Recreation degree from the University of Wisconsin—La Crosse.

The ACAP Ink Team wanted to get some insight on Rachel's experiences from this semester. We had a short Q&A with her:

Why did you choose ACAP?

I really connected with ACAP's mission and vision, and felt that my personal values aligned well with ACAP. Also, I was very impressed with the variety and quality of programming that is offered to members.

What were some challenges/successes from this Summer?

I would say that one of the challenges of the summer was familiarizing myself with all the moving pieces of ACAP. There are so many things that you can only learn by experience or time, which can be frustrating when you are starting out and trying to learn everything as fast as you can.

One of my successes from the summer was creating and implementing a program for the Women Empowered class and having it be so well received.

Did you have a favorite class to facilitate?

I would have to say the Women Empowered class because I was able to facilitate a class in which I created and planned the activities.

In one word or phrase how would you describe your internship?

A Whirlwind Experience

What is your plan when your internship is done?

Immediately after internship, I plan on taking some time off, and focusing on the next steps in my life and career. But stay tuned, you might be seeing more of me later...

That last statement has already come true. Rachel was offered and accepted a position at ACAP as a full-time recreation therapist. Her talents and passion for her work make her a perfect fit.



Advocacy in Action

ACAP's Disability Etiquette Class has been making the rounds out and about our community. Members of the class, together with facilitators Patty Chones and Allison Surber, travelled to Waukesha Transit Center, Comfort

Transportation Co., Bruno Independent Living Aids Inc. and to MATC in Milwaukee. Each time, the presenters shared a slide show and gave a talk about dignified words and actions that build up people and affirm their value.

Family Fun and Sun at Greg Wilkinson Memorial Waterfront Festival

It was a day full of sun, water, and smiles, as ACAP had its annual Greg Wilkerson Waterfront Festival! The day featured many activities— adaptive water skiing, tubing, pontoon boat rides, fishing, kayaking, as well as paddle boarding. This annual event began in 1986 and has been a regular fixture of summer at the Pewaukee Lake beachfront ever since. In conjunction with ACAP, the Pewaukee Lake Waterski Club operates the event, providing the pier, boats, lines, adaptive ski, and numerous ski club volunteers to run the event.

We sincerely thank the ski team for once again making this amazing day possible! Thank you for dedicating your time and resources to making the event a success and for making memories that will carry us through till next year!



Mark and Rachel working as a team as they kayak



Jennifer and Jordan prepare for a tube ride



Debra using the paddle board



Debra using the paddle board

Our Mission

ACAP's mission is to encourage people with disabilities to achieve their highest potential and acquire life-long skills which will enable them to become contributing and valued members within their communities.

Staff and Important Dates

Contact Us

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Important Dates

October 29-31 Self Determination Conference
in Wisconsin Dells

November 2 ACAP Staff In Service
ACAP Closed

November 15 3:30-5:30 PM
Welcome Reception for Sandra Gines @ ACAP

November 22 & 23 Thanksgiving Holidays
ACAP Closed

December 12 **Culver's Night**
5 to 8pm

December 20 **ACAP Holiday Party 1-3PM**

December 24 & 25 Christmas Eve & Christmas
ACAP Closed

December 31 & January 1 New Year's Eve & Day
ACAP Closed

Staff Members

Sandra Gines, Executive Director

Marty Gibson, Office Manager

Lisa Bucheger

Mark Cage

Patty Chones

Marc Engstrom

Josie Gorenc

Dave Jaynes

Katie Lund

Haley Molzner

Rachel Novakovic

Alex Olp

Heidi Schueller

Jordan Shutta

Allison Surber

Dawn Wallace



ACAP
The Adaptive Community Approach Program
121 Wisconsin Avenue
Waukesha, WI 53186

Leaving our print on our community

