

Serving 17 counties in Northeast Wisconsin and the Fox Valley

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From the Director

By Sue Premo, Executive Director

### **Independent Living Days at the Capitol**

Independent Living Centers across the state converged on the State Capitol on February 21st to speak to their legislators about issues directly affecting people with disabilities throughout Wisconsin.

Independent Living Centers make this trip every year. There are eight Independent Living Centers that cover all 72 counties. Each center visited the Senators and Assembly persons that represented their service area.

Therefore; all 132 legislators or staff were visited within just a few hours! Thank you to Options' staff members John Meisner and Sandy Popp for their efforts in coordinating the event, as well as Wisconsin Coalition for Independent Living Center Executive Director Maureen Ryan.

Issues discussed were personal care worker compensation, transportation funding and pooling, Medicaid expansion, and an increase of funding for Independent Living Centers in Wisconsin,



# Consumer Corner by Stacy Ellingen

The following was posted by Stacy Ellingen after attending Independent Living Days in February.

You can follow Stacy through her blog at http://sdnetworkwi.org/stacy-ellingen.

Have you ever been somewhere when you suddenly pause for a moment and think to yourself, "How did I get here?" Many times, those moments can feel like an epiphany to people. I had one of those moments in February while attending Independent Living Days in Madison.

Being a member of the Independent Living Council of Wisconsin, I was in Madison for four nights. Monday was our council meeting, Tuesday was an off day (the directors of the Centers had their meeting), and Wednesday and Thursday were Independent Living Days which is a two-day event- the first day is like a conference about Independent Living and the second day is meeting with legislators at the Capitol.

There was a teleconference beforehand about what messages and asks to bring to the legislators. After the teleconference, I programmed all sorts of different things to say into my communication app.

Wednesday, they started the conference off by giving a brief history of Independent Living in Wisconsin.

Being relatively new to this, I found it very interesting. The break-out sessions were more geared toward Independent Living Center staff, but it was great learning more about the services the Centers provide. For me, it was absolutely awesome getting to network with so many people—especially people from my area. Thursday morning, we met at the Capitol bright and early. People went in groups to each visit.

There were four main topics we were supposed to discuss, but, as I learned, it was more important to explain to the legislators about what people with disabilities are struggling with and how more funding or supporting a certain bill or issue would help. During the visits, I often chimed in on the topic of healthcare sharing personal stories about the direct care-worker shortage since that's very prevalent in

my life.

...Continued

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continued...Consumer Corner

I feel like personal stories make most of an impact on people.

After we were finished with our visits, we all met back in a huge courtroom to have lunch. As I was conversing with some of my new friends, I had \*that\* moment. How did I end up in the Capitol advocating for issues I wholeheartedly believe in? How did I become such an advocate? Twenty-five years ago, who would have ever thought that I'd be using my cell phone to not only converse with friends, but to speak with legislators about crucial issues people with disabilities face? I couldn't help but reflect on where life's path has taken me. Sure, there have been many curves, but, often, those curves lead me on new paths.

I can only hope we made an impact during our legislative visits that day. For me, saying it was an eye-opening experience would be a huge understatement. Being able to advocate on that level was truly amazing. ◆

# Want to Get Involved in Legislative Advocacy? Join Act Now!

Do you want your voice heard, but feel just your voice alone would not be enough? Join *Options legislative advocacy network*, Act Now! Individuals in the network receive legislative alerts and updates on issues impacting people with disabilities.

When an alert or update is received, everyone on the network is encouraged to pursue the issue by contacting their area legislators, combining your voice with many! Act Now alerts can be delivered either through email or US Postal Mail.

Contacting your legislators about issues that may affect you, or someone you know, is important. Your legislators want to hear firsthand how legislation being considered can impact your life positively or negatively.

It helps in their decision making. Joining Act Now will assist you in those efforts. This network will educate you on the issues and help you to advocate more effectively. The more people in the network, the greater the impact.

If you are interested in joining Act Now, contact Sandy Popp at Options (920) 393-1043 or toll-free at (888) 465-1515, ext.179.

# **Congratulations and Thank You, Kitty Barry!**

Kathryn (Kitty) Barry was selected as this year's recipient of Options' "Relentless Badger Award." Kitty has been with Options for 38 years, and has recently retired as its Assistant Director. Each of the eight Wisconsin Independent Living Centers selects a recipient of the Relentless Badger Award, which is presented at Independent Living Days in Madison. The award is given to staff, consumers, or allies who have been "relentless" in their advocacy efforts for and with people with disabilities.

In her nomination, Kitty was described as "someone who is caring, compassionate, and continuously working to better the lives of people with disabilities in Wisconsin. She has been a consummate advocate and although she does not have a disability, Kitty is respected not only by her co-workers and *Options*' Board of Directors, but by the people with disabilities she works with and for. She has been a mentor to most and an advocate for all!"

Executive Director Sue Premo observed, "Kitty has been an incredibly intelligent, patient, compassionate, and gracious leader within Options, the communities that we serve, and the State of Wisconsin. Our organization has been strengthened and the lives of those we serve are better because of Kitty Barry."

Thank you, Kitty for all that you have given to the Independent Living Movement.

Congratulations
on a career well-lived,
and we wish you
all the best
in your
retirement adventure!



#### **Back Row Left to Right:**

Steve LaFrombois, Stacie Scheibe, Calvin Richtig, Alyson Windle, Karin Zuleger, LeAnne Loveless, Marie Smith, Sandy Popp, Sue Premo.

#### Front Row Left to Right:

Stacy Ellingen, Joyce David, Kitty Barry, Stephanie Birmingham.

# **Cost-of-Living Adjustment (COLA):**

There will be a 2.8% COLA for 2019.
This means Social Security and Supplemental Security Income (SSI) benefits will increase 2.8% starting in January 2019.

The following charts show some of the other Social Security changes for 2019.

Social Security Disability Insurance (SSDI) Thresholds		
	2018	2019
Substantial Gainful Activity (SGA)		
Non-Blind	\$1,180.00/month	\$1,220.00/month
Blind	\$1,970.00/month	\$2,040.00/month
Trial Work Period	\$850.00/month	\$880.00/month

Supplemental Security Income (SSI) Thresholds		
	2018	2019
SSI Federal Benefit Rate		
Individual	\$750.00/month	\$771.00/month
Couple	\$1,125.00/month	\$1,157.00/month
SSI Resource Limits		
Individual	\$2,000.00/month	\$2,000.00/month
Couple	\$3,000.00/month	\$3,000.00/month
SSI Student Exclusion		
Monthly Limit	\$1,820.00	\$1,870.00
Annual Limit	\$7,350.00	\$7,550.00

This information is from the Social Security's Fact Sheet on the 2019 Changes.

You can view the Fact Sheet at https://www.ssa.gov/news/press/factsheets/colafacts2019.pdf.

You can also find information on the 2019 COLA on Social Security's website at

https://www.ssa.gov/news/press/releases/2018/#10-2018-1.

### **Tech Closet News**



Options AT Specialist can assess an individual with a disability to determine the role assistive technology can play in achieving greater independence.

For more information on the pictured technology or other assistive technology that can help you reach

your goal of independence, contact *Calvin Richtig, Options AT Specialist*, at 920-393-1037 or toll-free at 888-465-1515, ext.130.

(Assistive technology partially supported by the WisTech, Assistive Technology Program. Telecommunication partially funded by the Universal Service Fund (USF)).

#### Liftware

There are several types of adaptive utensils available for individuals who struggle with using standard eating utensils independently.

There are also modifications that can be made to existing utensils.

Liftware has created an interchangeable utensil called Liftware Steady.

The Steady was created to minimize the effects of hand/arm tremors.

This device uses electronic technology to counteract tremors, reducing the shake of the utensil by up to 70%.

#### Another product by Liftware is called the Level.

This utensil is intended for individuals with limited range of motion or have difficulty bending their wrist.

The head of the utensil bends as it moves to stay horizontal allowing for easier self-feeding. It also has an optional cuff that allows it to attach to the user's hand for those with limited grip strength.

These Liftware utensils have interchangeable heads allowing for an easy switch from fork to spoon. Both are available for demonstration at our showcase model home.



# **Talking Watch**

Options has talking watches available for demonstration.

For individuals with vision loss, memory loss, or who struggle using a watch for other reasons these watches can provide a simple solution. There are several ways to assist with this barrier, but for many a talking watch provides an easy, reliable solution that requires minimal training. Some watches can be programed to vocalize the time automatically at certain intervals, and all can be activated by pressing a button. Like most watches, the bands are generally interchangeable, allowing individuals many fashion choices, possibly even using an existing band.

There is a range of male and female voices available for people who have preferences and the volume can be set to accommodate users who have mild hearing loss.

### **Action Trackchair**

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Options for Independent Living is teaming up with Access Ability Wisconsin (AAW) in an effort to be a host site for an Action Trackchair. This partnership provides a great opportunity for individuals with limited mobility to explore outdoor areas that were previously inaccessible to them. AAW's objective is to provide recreational opportunities for people with physical challenges who want to enjoy the Wisconsin outdoors.

An Action Trackchair is an all-terrain mobility device that uses tank style tracks instead of wheels in order to provide extreme traction, durability, and balance. It allows people to access places that a standard mobility device could never go.

The Trackchair will be available for individuals to loan for approximately two weeks at a time. Individuals interested must have a sufficient tow vehicle and storage location for the chair during usage. Users will be asked to undergo training prior to checkout and complete a survey and submit photos after. There will not be

be required.

You can contact Calvin at *Options* for more information if you are interested in this great opportunity that AAW has allowed us to provide for our consumers. You can visit their website at www. accessabilitywi.org to learn more about their organization or to request a reservation. Anticipated availability is May 15. More detailed directions about the reservation process contact Calvin at Options at 920-393-1037.

a charge to utilize the device, but a \$50.00 refundable deposit will

### Recreation

There are many great outdoor recreational opportunities available in Wisconsin.

The Wisconsin Department of Natural Resources offer many of these opportunities including access to adaptive kayaks and boat launches, beach wheelchairs, accessible cabins, sit skis, accessible docks, piers and fishing sites, and access to miles of accessible trails.



Adaptive kayaks are available at Buckhorn, Council Grounds, Devil's Lake, Mirror Lake and Perrot state parks.

Beach wheelchairs and/or beach access mats are available at Big Bay, Buckhorn, Harrington Beach, Kohler-Andrae and Whitefish Dunes state parks.

Accessible cabins are available by reservation at Copper Falls, Blue Mound, Mirror Lake, Buckhorn,

High Cliff, Kohler-Andrae state parks, Kettle Moraine state forest southern unit and Richard Bong state recreation area.

It's recommended that you contact the state park you plan to visit prior to your trip to be sure that the equipment is available.

*Options* is working with the Department of Natural Resources to get a more expansive list of accessible recreational opportunities.

You can learn more about these opportunities by visiting the "Open the Outdoors" page on their website, at https://dnr.wi.gov/topic/openoutdoors/ or calling DNR accessibility coordinator, Nick Zouski, at 608-267-7490.

#### ACCESSIBLE LODGES, RESORTS, BED AND BREAKFASTS, AND TOUR COMPANY FOR YEAR ROUND FUN!

Pine Forest Lodge, Mercer, WI (715) 476-2241

http://www.pineforestlodge.com/index.htm https://pineforestlodge.com/about-us/

Sunrise Lodge, Land O'Lakes, WI (800) 221-9689, (715) 547-3684 www.sunriselodge.com

Sunset Pines Resort, Willard WI (715) 267–8969, www.sunsetpinesresort.com

#### ACCESSIBLE BED AND BREAKFASTS

Welcome HOME, Newburg WI

(near Cedarburg)
For information or reservations:
Call (262) 675-2525
www.welcomehomebb.co

The Feathered Star, Egg Harbor

(2 rooms have roll-in showers)
For information or reservations:
Call toll-free (877) 743-4066
www.featheredstar.com

**Accessible Travel Tour Company** 

Abel Trek, Reedsville WI (800) 205-6173 https://abletrektours.com/

**Please note:** Options' staff have toured the Bed and Breakfast's listed and they are very accessible for individuals who use wheelchairs. We have not toured the resorts or lodges nor have we worked with this travel planner. It is best to call and make sure the type of access you may require will be provided.

# **Emergency Preparedness**

An emergency that requires you to evacuate your home can happen at any time and you may only have a couple minutes to get out. Contact *Options* to receive the "Emergency Preparedness Toolkit for Persons with Disabilities" to be prepared. Developed by the Wisconsin Council on Physical Disabilities and the Wisconsin Association of the Deaf, the toolkit serves as a resource tool providing all people, particularly those individuals with disabilities, emergency preparedness information. It includes tips, checklists, a wallet card, visual communications tool, and other resources to be prepared and have a plan for emergencies and natural disasters.

The Emergency Preparedness Toolkit includes information about evacuation and escape planning, including procedures and devices. It also includes a bag that can be grabbed quickly and outfitted to include items like medications, adaptive equipment, important paperwork, etc.

You can pick-up a bag through *Options*, or order one online, please visit https://cpd.wisconsin.gov/toolkit.htm.

If you would like more information on the Emergency Preparedness Toolkit you can call John Meissner at (920) 997-9999.

## **MTM Complaint Process**

If you are having problems getting rides through your medical assistance transportation provider MTM, here is how you can file a complaint.

Anyone, including a health care provider or a member's chosen representative, can file a complaint about NEMT services to MTM Inc. (Medical Transportation Management Inc.) Complaints may be about issues such as having a hard time getting a ride, MTM can't find a provider, long waiting times on the phone, or drivers who are late or no-shows.

To file a complaint with MTM Inc., you can do any of the following:

1. Call MTM Inc.'s "We Care" number at (866) 436-0457 or write to MTM Inc. at the following address: MTM Inc.,

Quality Management, 5117 W Terrace Dr., Ste 400 Madison WI 53718 or log a complaint at https://www.mtm-inc.net/wisconsin/

When filing a complaint, providers and members are required to have the member's ForwardHealth ID number, name, DOS (date of service) or the trip number.

- 2. Contact the Ombudsman for complaints regarding MTM at 608-224-6718.
- Contact your Legislator! Your legislator needs to hear from you if you are having problems.

**Note:** If you need assistance going through this process, please contact Options and ask for an IL Coordinator to assist you with your advocacy efforts.

### **HOME funds**

Options has HOME funds for Home Accessibility, Rehabilitation, or Repair

The HOME Loan Program provides deferred payment/ no interest second mortgage loans to make homes accessible or make home repairs. The loans are focused on providing resources to households that include someone who has a disability or is older and is at low-to-moderate income status.

Options receives funds for the HOME from the US Dept. of Housing and Urban Development through the State of Wisconsin Dept. of Administration, Division of Housing to administer the HOME Investment Partnership Program (HOME Loan Program).

The loan must be paid back when the property is sold, transferred or ceases to be the borrower's principal place of residence.

Types of projects include (but not limited to) ramp construction, bathroom, kitchen and bedroom modifications, along with general housing rehabilitation and repairs. The counties served by this program include Brown (outside Green Bay City limits), Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Waushara, and Winnebago Counties. Applicants must meet the eligibility requirements to be considered for a loan.

For more information contact Steve LaFrombois at stevel@optionsil.org, 920-393-1044, or toll-free at 1-888-465-1515, ext. 122.

# **Options' Medicaid Personal Care Program**

*Options* offers a Personal Care Program for people with permanent physical disabilities who are: Medicaid beneficiaries, medically stable, require personal care services, and have identified an individual to provide personal care.

The program is consumer-directed and includes personal care assistance with: bathing, dressing/undressing, prosthetics, grooming, eating, mobility in home, toileting, transferring, and incidental services (laundry, light housekeeping, meal prep).

The consumer must agree to responsibly use personal care services and have back-up support available as needed. *Options* does not provide emergency or back-up personal care services.

Consumers utilizing *Options* Personal Care Program must have chosen an individual who they are interested in hiring. The Personal Care Worker (PCW) candidate must be at least 18 years-old and be trained in the skill(s) necessary to provide cares to the consumer.

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...continued Options' Medicaid Personal Care Program

The PCW cannot be a parent/guardian of a minor child or a spouse.

If you have a referral or would like more information on *Options* Personal Care Program please contact Valerie Tschampl, RN Supervisor at 920-393-1036 or toll-free at 888-465-1515, ext. 182 or e-mail at valeriet@optionsil.org.

#### Wisconsin WisLoan Program

WisLoan is a statewide alternative loan program helping Wisconsin residents with a disability purchase assistive technology that assists them in living more independently and productively. Any Wisconsin resident with a disability over the age of 18 in need of assistive technology or home modifications is eligible to apply for a loan.

Some examples of assistive technology include wheelchairs, hearing aids, Closed Circuit Televisions (CCTV's), and vehicles with modifications, or the modifications necessary to make a vehicle accessible. In addition, loans have been approved for home modifications such as ramp construction and roll-in showers. Loan amounts range from \$500.00 to \$50,000.00, but the actual loan amount will depend on the items purchased and ability to repay.

Current interest rate on a WisLoan is 6.5%. If you have bad credit, including bankruptcy, your application will still be considered. The focus is on the ability to make monthly payments to repay the loan. For more information or to apply for WisLoan call *Options* at 920-490-0500 or toll-free at 1-888-465-1515.

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation, and a cooperative service of the Wisconsin Dept. of Health Services, IndependenceFirst, and BMO Harris Bank.

#### **Telework Loan Program**

The Wisconsin Telework program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remotes sites, e.g. work on the road or at a telework center. Loan funds can be used to purchase equipment, training to use equipment, extended warranties, and cost of maintenance and repairs.

You can apply for the amount you need, but actual loan amounts will depend on the item purchased and your ability to repay the loan. The interest rate is 6.5% and the term length depends on the amount of the loan and the item purchased. For more information contact the staff at *Options* for Independent Living at 920-490-0500 or toll-free at 1-888-465-1515.

This program is made possible through a grant from Rehabilitative Services Administration and authorized by Section (303)b of the Rehabilitation Act of 1973, as amended and implemented by subsequent program regulation 34 C F R Part 373. The Department of Workforce Development-Division of Rehabilitation received the grant and provides programmatic and fiscal oversight. IndependenceFirst. a community based and consumer-controlled independent living center based in Milwaukee, administers the program in partnership with BMO Harris Bank and Wisconsin Independent Living Centers.

# Support Groups Meeting at Options

*Options* for Independent Living hosts several support group meetings:

CARE Café – "A place for adults on the spectrum." This is a social support group for adults 18 and over on the autism spectrum. Meetings are held the 2nd and 4th Friday from 6-8 pm at *Options*. The meetings are free. For more information, contact CARE Café on Facebook or email mortongbay@aol.com or jjmorton@spectrumblue.net. You can also request that you be added to their email roster which will include updates on meeting plans and location, any meeting changes, etc.

Epilepsy Support Group – Meetings are held at *Options* every 3rd Tuesday of the month from 6:00—7:30 pm. For more information contact Kristien Dostal at 715-341-5811 or email him at kdostal@epilepsywisconsin.org.

ALS Support Group - Meetings are held the 2nd Wednesday of each month at *Options* from 6 pm—8 pm. For more information, contact Carolynne Younk, MS, Care Service Coordinator for ALS Association Wisconsin Chapter Satellite office in Green Bay. Contact number is 920-288-7095.

The Adult Asperger Support Group, of ASNEW- Autism Society of Northeast Wisconsin. Meetings are held the first Monday of each month at *Options* from 6 pm—7:30 pm.

For more information, email administrator@asnew.org or call 920-264-8067.

#### **CenterPoint is Green!**

Help *Options* be environmentally friendly and reduce publication costs by signing up to receive the CenterPoint newsletter electronically!

We mail out approximately 2,000 copies each time we publish CenterPoint. CenterPoint is now available in electronic form, PDF and Word text formats, through *Options*' website at www.optionsil.org.

You can sign up to receive the newsletter via email by going to the *Options* Website Home page, scroll down and click the Newsletter Sign-up tab on the bottom left.

Once you sign up, you will receive the newsletter via email with a PDF and a Word Text attachment.

Then call us at 1-888-465-1515 to let us know you will be receiving the newsletter via electronic format and no longer want one mailed to you.

# **Options Welcomes New Staff Members!**

Things are changing and growing at Options! The following staff members have joined us since the fall edition of Centerpoint



LeAnne Loveless
Independent Living Coordinator
leannel@optionsil.org
(920) 393-1047



Marie Smith
Accessibility Assessment Specialist
maries@optionsil.org
(920) 393-1046



Valerie Tschampl
Director of Personal Care/Supportive Home Care
valeriet@optionsil.org
(920) 393-1036



Missie Olm Administrative Assistant missieo@optionsil.com (920) 393-1052

### **Vision Statement**

Options for Independent Living Inc.

VISION STATEMENT: Options for Independent Living empowers people with disabilities.

MISSION STATEMENT: Options for Independent Living, serving people with disabilities in 17 counties of Northeast Wisconsin, is the pre-eminent non-profit organization of choice to empower people with disabilities. Options provides opportunities, through advocacy and education, for individuals with all disabilities and ages, to actively access their communities, maximize their independence, and connect with the resources and funding available to them.

Main Office—Green Bay • 555 Country Club Road Toll Free 1-888-465-1515 • Fax 920-490-0700

# **Staff Directory**

	Phone	E-mail
Executive Director Sue Premo	(920)393-1045	suep@optionsil.org
Accountant Peggy Maas	(920) 490-8270	peggym@optionsil.org
Administrative Assistant Missie Olm	(920) 393-1052	missieo@optionsil.org
Rehabilitation Technology Specialist/Home Program Coordinator Steve LaFrombois	(920) 393-1044	stevel@optionsil.org
Accessibility Assessment Specialist Sarah Dunks	(920) 393-1034	sarahd@optionsil.org
Accessibility Assessment Specialist Marie Smith	(920) 393-1046	maries@optionsil.org
Work Incentives Benefits Specialist Karin Zuleger	(920) 393-1039	karinz@optionsil.org
Director of Independent Living Sandra L. Popp	(920) 393-1043	sandyp@optionsil.org
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# **Staff Directory**

	Phone	E-mail	
Assistive Technology Specialist Calvin Richtig	(920) 393-1037	calvinr@optionsil.org	
Independent Living Coord./ Memory Loss Technology Specialist Stacie Scheibe	(920) 393-1050	stacies@optionsil.org	
Independent Living Coordinator LeAnne Loveless	(920) 393-1047	leannel@optionsil.org	
Supportive Home Care Program Director/ Personal Assistant Services Valerie Tschampl	(920) 393-1036	valeriet@optionsil.org	
RN Supervisor—PCA Program Carol Hall Ext	(920) 393-1032	carolh@optionsil.org	
Billing Specialist—PCA Program Annette Nitke	(920) 393-1048	annetten@optionsil.org	
Secretary Barb Guyes	(920) 490-0500	barbg@optionsil.org	
Certified Peer Specialist Dave Zanon	(920) 609-9467	davez@optionsil.org	
Advocacy Coordinator Stephanie Brimingham	(920) 495-9688	stephanieb@optionsil.org	
Special Projects Kathryn C. Barry		kittyb@optionsil.org	
Fox Valley Office—Appleton - 2331 E. Lourdes Drive			
Independent Living Coordinator  John Meissner - Appleton Office	920-997-9999	johnm@optionsil.org	
Independent Living Coordinator Alyson Windle—Appleton Office	920-882-9309	alysonw@optionsil.org	



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Green Bay, WI

# **Board of Directors:**

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Autumn Nordall - Vice President
Jacob Ruatti - Treasurer
Joyce David - Secretary
Scott Anderson
Steve Boney
Connie Greenawald
Scott Menzel
Byia Martin
Joe Martin
Amy Perry

Lynn Smits

# **Counties served:**

Menominee Brown Calumet Oconto Outagamie Door Fond du Lac Shawano Sheboygan Green Lake Kewaunee Waupaca Waushara Manitowoc Marinette Winnebago Marquette

Options website is: www.optionsil.org

Facebook is:

https://www.facebook.com/optionsil.greenbay/