

SibNews

News for individuals concerned about sisters and brothers with special needs.

Volume 13, Issue 2

April—May 2015

Sib Supper Seminar

Supper prepared for you followed by conversation about caring for siblings, either now or in the future.

Thurs
April 9
5:30-7:30 PM

National Siblings Day Celebration
Inflatable fun house, games, Yoga & Zumba, food, prizes, FUN!!

Fri
APRIL 10
5-8 PM

Sibshop

For siblings ages 6-12. Final Sibshop before summer.

Th-F
April 30-May 1

Sat
April 11
10 am-2 pm

Circles of Life Sibshop—
Stevens Point, WI

Deadlines for
Teen Sib Leadership Award and Teen Sib Leader Camp

MAY 1 & 15

Tues
MAY 5
5:30-7:30

Sib Supper Seminar
Brat fry followed by relaxed conversation about the new book, the Sibling Survival Guide. FREE

Join other WisconSibs attending the
Nat'l Sibling Conference
Louisville, KY
May 30-31

Presented by

SIBLING LEADERSHIP NETWORK

For more information about any of these events, visit www.wisconsibs.org or contact the WisconSibs office.

Happy Siblings Day!

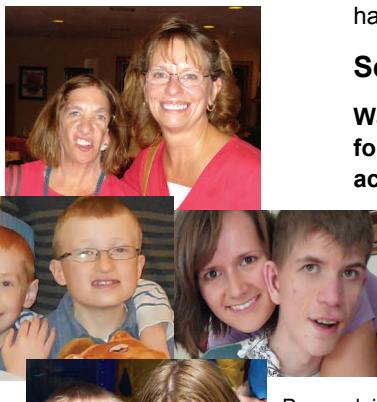
Since 1998 Claudia Evert has dedicated her life to commemorating National Siblings Day. She wanted to honor the important roles of siblings as a memorial to her sister and brother who each died early in life. She chose **April 10th** for National Siblings Day, her sister's birthday.

Nearly 90 state governors and 2 US Presidents have recognized National Siblings Day, but it requires a Presidential Proclamation to make it an official holiday.

Appleton's Mayor Hanna is making it an official holiday in Appleton as he states his proclamation at the first-ever *Siblings Day*

Fox Cities celebration this April 10th at the Appleton YMCA from 5-8 pm. (see back page for details).

Siblings of all ages and abilities and their families and friends are invited to



this **FREE** event. Enjoy food, art projects, a bounce house, scavenger hunt and lots of active games and play. Plus prizes, information and more!

Thank you to the Leadership Fox Cities team and our sponsors for making it all happen.

See you there!

Watch our [Facebook page](#) for more Siblings Day activities.

Research indicates that not only do siblings typically have the longest bond in life, but the relationship can be the most influential. Besides, if not for siblings, we wouldn't have Mother's or Father's Day!

Welcome Katie



We are pleased to introduce our new Assistant Program Developer, Katie Petersen.

Katie has spent her life overcoming barriers. She offers this unique,

authentic perspective in her program development work with us.

Katie has been a participant in Goodwill's Vocational Support Services Program (VSS). Katie helps develop content for programs such as *Journey Forward*, performs various data entry duties, and creates PowerPoint presentations.

She recently was awarded

the Goodwill Achiever of the Month. As the award describes, "What is most impressive about Katie is her positive attitude, ongoing smile, and her bubbly personality."

You may have met Katie at our Mardi Gras event as she welcomed our guests with her infectious smile. Warning: Katie's smile is contagious.

Making Noise Makes Harmony Possible

Opposition brings concord. Out of discord comes the fairest harmony.
Heraclitus

Many of us aren't excited to create opposition. Feels like conflict. Feels noisy and uncomfortable.

But when it comes to the health and well-being of our siblings or other people with disabilities, we learn to get comfortable with a little noise and advocate with them.

our fellow citizens and our policy makers about how decisions affect people with disabilities, families, and communities.

Thousands of people with disabilities, their families, and care providers from throughout Wisconsin have been telling the Joint Finance Committee and other Wisconsin legislators what they think about changes in long-term care and other concerns about the WI budget.

It's important to continue to be advocates and talk with legislators, send emails and letters. Let them know what is important to you and your sibling.

One busy Fox Valley WisconSib, Tessa Lewis, is investing her free time in learning more about being an advocate through the Partners in Policymaking program sponsored by the [Board for People with Developmental Disabilities](#).

Tessa says, "Before this experience, I thought being an advocate had to be extreme. But I've learned that just keeping in touch with legislators, making phone calls and writing emails or letters to tell our stories is the most powerful."



More importantly, we learn that it is important to tell our stories to educate

Sib Sightings



Above: HULK Sibshop for boys and dads
Left: March Sib Supper Seminar
Below: SPA (Sisters are Pretty Awesome) Sibshop



Siblings As Caregivers

If you provide care or companionship for your sibling with disabilities, you're not alone. Nearly everyone who has a sibling with disabilities, even children, is a caregiver or expects to be one in the future!

75% of adults with disabilities live with at least one parent. Of those, 25% live with parents age 60 or older. That's nearly 700,000 people with disabilities depending on a parent for care and that will increase to over 1.3 million by 2030.

What happens when parents can no longer be caregivers? Siblings are most likely to take over.

Even before that time, siblings often provide respite, companionship,

transportation, accompany their siblings on doctor or therapy visits, organize



Sib Supper Seminar

care or social events, advocate for them, call regularly, or oversee finances.

"My sister doesn't live with me, but I enjoy spending a lot of time with her. My other sister who lives in St. Paul and I talk with her on the phone every day," says Wiscon-Sib, Barbara Wentzel.

Kristin's sister lives with her parents, but as stand-by guardian, Kristin has been helping with care all her life and planning for when she and her brother may have additional caregiving responsibilities.

Other adult siblings may share informal responsibilities with other siblings, parents, or neighbors while more formal care is provided by professionals.

Adult WisconSibs will have an opportunity to discuss the concerns and joys of caregiving at the

[Sib Supper Seminar on April 9 5:30 pm](#)

FREE—includes supper.

Visit [wisconsibs.org](#) for more information about upcoming

[Sib Supper Seminars.](#)



Looking for opportunities for leadership?

Sib Teen Leadership Day
Plamann Park, Appleton
June 25, 2015

Leaders in Training
Devil's Lake
July 7-10, 2015

SibDays of Summer Leaders
Plamann Park, Appleton
July 20-24, 2015

Want to talk with other teens?
[www.facebook.com/groups/SibTeen/](#)

SIBTEEN

July 20-24
SibDays of Summer

Campers ages 6-12
Theme for 2015



Plamann Park—Appleton
10 am—3 pm

August 10-13 & 13-16
Sib Camp
Campers ages 9-16
4 days/ 3 nights
Door County

JOIN US! SATURDAY, MAY 2, 2015 HUMAN RACE



WisconSibs, Inc will be participating in the annual "Human Race" organized by the Volunteer Center of East Central Wisconsin. Join us on May 2 at Thrivent Financial for a exhilarating walk/run at 10 am followed by food and rousing music by the UW-Wisconsin Band.



Our theme is "Building Sibling Relationships" and

all WisconSibs and WisconSibs Fans who walk/run will get fun construction gear to celebrate.

We invite you to help us reach our goal of \$4000.

How can you help?

Fundraise online—Go to [www.wisconsibs.org](#) and click on HUMAN RACE. It will take you to our team page where you can donate or create your own page.

Invite your friends—

Asking a few friends for a \$5-\$10 online donation is easy. Donate \$25 and get a t-shirt! Invite them to the fun on May 2 because its exciting to join the HUMAN RACE as a team with the hundreds of other excited participants.

The course is wheelchair accessible. Everyone is welcome, including pets!!

wisconsibs

Sisters & Brothers of People with Disabilities

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www.wisconsibs.org

- We are Wisconsin siblings of people with disabilities.
- We are role models to our siblings, our peers, our friends, and our community.
- We are caregivers and companions. Even the very youngest of us help care for our siblings with special needs.
- As we grow, we play a vital role in the quality of life of our siblings.

We are proud to be WisconSibs!

Join us for the first-ever Siblings Day Fox Cities Celebration

wisconsibs presents
Sisters & Brothers of People with Disabilities

NATIONAL *Sibling Day* FOXCITIES

Open to the Public
Free to Families of All Ages

Mayor Tim Hanna
presents
proclamation!

Sibling events and
games!
for all ages & abilities!

- Sibling art class
- Yoga & Zumba for all abilities
- Inflatable funhouse
- Sibling scavenger hunt

Friday, April 10th, 2015
5:00 p.m. to 8:00 p.m.
Register for door prizes from 5:00 – 5:30 p.m.

Snacks and Refreshments provided
Appleton YMCA
218 E. Lawrence Street, Appleton

sponsored by:
BankFirst NATIONAL
WE
THE POST-CRESCENT

For more information: info@wisconsibs.com or 920-968-1742.