



Options Update

**Winter
2006**

*Partnering with people with disabilities and their communities
to bring about self-directed and fulfilled lives.*

**This Issue's
Focus:
The Week of
Chocolate**

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**Upcoming
Events**

**The Week of
Chocolate
January 28-
February 4**

Options Presents . . .



Get ready for a week of decadent delights that are sure to tempt your taste buds! The Week of Chocolate is filled with exciting activities for chocolate lovers of all ages, with proceeds benefiting Options for Better Living, individuals with disabilities, and other community organizations, including WonderLab, Girls Inc., and Citizen Advocacy of South-Central Indiana, Inc.

The Week of Chocolate will be held from January 28 through February 4, and is presented by Oliver Winery and Options. Options will help kick-off the week with the Art of Chocolate on Sunday, January 29. The Week of Chocolate culminates on Saturday, February 4, with the ninth annual Chocolate Fest.



In 1997, Options hosted the first annual Chocolate Fest, a family-friendly event that has grown in popularity over the past several years.

Last year, we added the Art of Chocolate, which is geared toward adults. Both events were very successful in 2005. Local non-profit organizations joined forces with Options to provide a WEEK of entertaining and informative chocolate events that can be enjoyed by the entire community.



The schedule for the Week of Chocolate celebration also includes:

Checkin' Out Chocolate: An Eat-It Workshop for Kids

From 10 a.m. to 12 p.m. on Saturday, January 28, WonderLab will celebrate the Week of Chocolate with experiments you can eat! Kids, ages 8-12, and their adult partners will discover some surprising things about chocolate and have a great time performing "kitchen chemistry" activities. Tickets for museum members are \$8 per child; general public tickets are \$11 per child. Tickets include museum admission. The adult partner is free.

(See Chocolate on page 3)

From the Executive Director

Why the Week of Chocolate?

Susan Rinne



Rinne (right) with Kathy Osborn and Teresa Grossi at Chocolate Fest 2005

It is amazing how many people know about the Chocolate Fest and now, the Week of Chocolate. However, few people know that it is a fundraiser for Options. They see it as a fun, community event. In the past year, we have learned just how important that community support and the proceeds from the Week of Chocolate are to Options. The State of Indiana Medicaid program began cutting costs in April 2004. With those cuts, Options experienced losses in programs for persons in Supported Living services, which continued through 2005.

In November 2005, the Medicaid program implemented new cuts to Waiver services. We project the impact to Options to be \$230,000. Fortunately, we were able to secure county funding in 2006 to offset some of those reductions. The Monroe County support will go a long way to help, but **NOW MORE THAN EVER** local contributions are **ESSENTIAL** to our ongoing operation of quality services to the more than 200 people we support in the seven county area we serve. Your support during the 2006 Week of Chocolate will enable Options to:

- ✓ Receive adequate respite services to stabilize families with children with disabilities at home.
- ✓ Support people to learn about their community and access technology services.
- ✓ Ensure the health and safety of all those we support.
- ✓ Maintain a quality assurance program across the agency.
- ✓ Constantly improve the skills of our staff who provide services to individuals.
- ✓ Improve the awareness and understanding of communities about the needs of individuals with disabilities.

In 2005 the Week of Chocolate kept us going—funding people to live, work and be involved in their communities. Our goal in 2006 is \$40,000 (a \$5,000 increase), but we need you to help us get there! Please participate in whatever way you can. To find out how you can make a difference, please visit www.weekofchocolate.com.

Chocolate Fest Offers Great Volunteer Opportunities

We would love customers and staff to participate in the ninth annual Chocolate Fest! Volunteers are needed throughout the day on February 4 in the following areas:

- ✓ Dessert Entry Registration
- ✓ Decorating
- ✓ Kitchen Preparation
- ✓ Bussing Tables
- ✓ Ticket Sales
- ✓ Silent Auction
- ✓ Assisting Judges
- ✓ Assisting Vendors
- ✓ Clean-up



Volunteers at Chocolate Fest 2005

Volunteers work one-and-one-half to three hour shifts and receive a free ticket to the Fest. Shifts begin as early as 8 am and end after closing time with clean-up. Last year, Options had nearly 200 volunteers and their help was invaluable in making Chocolate Fest a great success!

To find out more about these volunteer opportunities, visit the Options website at www.optionfbl.com. You may also leave a message for Holly Ross at the Winslow Road office (812) 332-9615, extension 530 or at hollyross_options@hotmail.com for more information. Don't hesitate to sign up!

~ Submitted by Holly Ross

Chocolate (continued from page 1)

The Science of Chocolate:

An Eat-It Workshop for Teens and Adults

Later that day (Saturday, January 29) from 1 p.m. to 3 p.m., WonderLab will host an event where participants can get answers to questions like, “Is chocolate good for your heart?” and, “Is it bad for your skin?” This workshop is for teens (age 13+) and adults. Participants will explore chocolate’s possible health effects, plus the chemistry of chocolate and its history as a culinary delight. The workshop includes experiments to see how various ingredients affect the taste of chocolate. Tickets are \$8 each for museum members, and \$11 each for the general public. Tickets include museum admission.

Advance registration for both workshops at WonderLab is recommended. Walk-in registration will be possible on the day of the event only if space is available. You can register at WonderLab, 308 W. Fourth St. in Downtown Bloomington, or call (812) 337-1337, extension 11. Proceeds from both workshops benefit WonderLab.

The Art of Chocolate

The second annual Art of Chocolate is scheduled for Sunday, January 29, from 5 p.m. to 8 p.m. at the Indiana University Art Museum.

This exciting event will feature dessert samplings from some of Bloomington’s finest chefs, including: Kristen Tallent (Restaurant Tallent), David Fletcher (BLU Culinary Arts, LLC), Matt Smith (Truffles), Matt O’Neill and Jackie Deckard (R Street Bistro), Tad DeLay (Limestone Grille), and Sherry Houze and Cindy Brown (Indiana Memorial Union Catering).

The evening will also include live music by the Andy Cobine Trio, wine samples from Oliver Winery, and a silent auction featuring a cruise, dinner packages provided by local restaurants and much, much more! Tickets are \$40 each or two for \$75. Art of Chocolate tickets are available at Options, 200 E. Winslow Rd., Bloomington. Please call 1-800-875-9615 for more information. Seating is limited, so reserve your tickets today! The Art of Chocolate benefits Options.



A Night at the Cocoa Café

Girls Inc. will host a coffee shop poetry reading on Thursday, February 2, at the Girls Inc. Main Center, 1108 W. Eighth St., Bloomington, from 5:30 p.m. to 7:30 p.m. The café experience will be complete with coffee, hot chocolate and chocolate fondue. Families are welcome to join in the fun for \$3 per ticket. Join other community members in a cup of java, while listening to poems—or even perform! Contact Lucy Berger at (812) 336-7313 or lberger.monroe@girls-inc.org for ticket information. A Night at the Cocoa Café benefits Girls Inc.

Death by Chocolate:

An Interactive Murder Mystery

Adults and teens alike can enjoy an evening of thrilling, chilling entertainment, and partake in a delicious Death by Chocolate dessert! Citizen Advocacy of South-Central Indiana, Inc. will host the event on Friday, February 3, at St. Thomas Lutheran Church, 3800 E. Third St., Bloomington, beginning at 7 p.m. Pre-registration is recommended. Tickets are \$12 and can be purchased at Options, 200 E. Winslow Rd., Bloomington. Death by Chocolate benefits CASCI.

Chocolate Fest

Options’ signature event will be held on Saturday, February 4, from 5 p.m. to 8 p.m. at the Monroe County Convention Center in Bloomington. A perfect way to end the week, Chocolate Fest is the BIGGEST chocolate event in Southern Indiana! Presented by Oliver Winery and Options, the ninth annual Chocolate Fest will feature fabulous chocolate desserts, and live music by Craig and the Crawdads, Rich Pierce, Karl Sturbaum, Lew Polsgrove, Dave Bruker, Jamie Reed and Ric Heeter.



At Chocolate Fest, chefs of all ages and talent levels can participate in the Chocolate Creations Contest! Various community celebrities will judge the entries and announce the winners for each of the eight divisions. Oliver Winery will provide wine for tasting, and coffee will be offered courtesy of Starbucks.

(See **Chocolate** on page 7)

Many Thanks to Our Wonderful Sponsors!

When you patronize the following businesses, we ask that you voice your sincere appreciation for their participation as sponsors for the Week of Chocolate.



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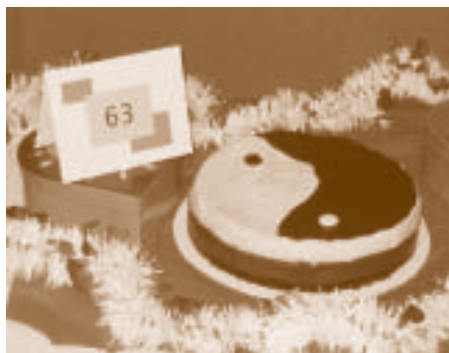
Enter the Chocolate Fest Chocolate Creations Contest

It's that time of year again—time to dust off your chef's hat, put in your sweet tooth, and start making your creative concoctions for the Chocolate Fest Chocolate Creations Contest!

On Saturday, February 4, you will have the opportunity to enter your very own chocolate dessert into one of eight different categories: Incredible Cakes; Cheesecake Creations; Brownies and Bars; Cookies; Candy; Pies and Anything Else; Restaurants; and Cooking by Kids (for children ages 12 and under).

If you like to cook, bake, make or create, this is the perfect contest for you! All you have to do is complete an entry form (found at www.weekofchocolate.com), return it to Options by February 2, and then bring your chocolate-filled goodies to Chocolate Fest on Saturday, February 4!

For a complete list of the rules and an entry form, please see page 6 or visit our website at www.weekofchocolate.com. We look forward to seeing your sweets and treats!



Meet Our New Development Director

Greetings! My name is Melissa Copas, and I am the new Development Director at Options for Better Living.



I grew up on a Black Angus beef and cash crop farm in North Central Wisconsin, and attended the University of Wisconsin where I received a degree in Life Sciences Communications and Agricultural Education. I worked with the AgrAbility of Wisconsin program (a program that helps farmers with disabilities continue to farm) for nearly three years before moving to Bloomington in August 2005.

Since moving to Indiana, I have quickly discovered that the community members involved with Options have a lot of heart, hope and helping hands, and I cannot wait to begin working with you! Feel free to drop by or give me a call. I am always looking for new friends, great ideas and wonderful volunteers!



**Ninth Annual Chocolate Fest
Saturday, February 4, 2006**

CHOCOLATE CREATIONS CONTEST REGISTRATION FORM

I'm a Chocoholic and I want to create my very own special chocolate creation dessert for Saturday, February 4, 2006!

Name _____

Address _____

Home Phone _____ **Work Phone** _____

**I will be competing in the Chocolate Fest Chocolate Creations Contest in the following category:
(Please fill out a form for each dessert entered. You may make copies of this form.)**

- | | | |
|---|--------------------------------------|--|
| <input type="checkbox"/> Incredible Cakes | <input type="checkbox"/> Cookies | <input type="checkbox"/> Cheesecake Creations |
| <input type="checkbox"/> Brownies & Bars | <input type="checkbox"/> Candy | <input type="checkbox"/> Cooking by Kids (Children 12 and Under) |
| <input type="checkbox"/> Pies & Anything Else | <input type="checkbox"/> Restaurants | |

Name of Dessert _____

I understand that I must prepare the required amount for my category (see required amounts under rules and regulations). I plan to drop off my entry during the assigned times of 8:00 am-11:30 am on February 4, 2006 at the Bloomington Convention Center and will bring a copy of the recipe with my entry.

Please return Registration Form by February 2, 2006, as a courtesy to Options. (We will accept late registered desserts up to the day of the event.) There is NO registration fee.

You may submit your registration form by any of the following ways:

E-mail: mcopas@optionsfbl.com

Fax: (812) 332-1186

Enter Online: www.weekofchocolate.com

Drop-Off: 200 E. Winslow Road in Bloomington

U.S. Mail: Chocolate Creations Contest
Options for Better Living
P.O. Box 1732
Bloomington, IN 47402

For questions contact Melissa Copas at (800) 875-9615 or mcopas@optionsfbl.com.



Chocolate Creations Contest Rules and Regulations

1. Desserts **must use** chocolate but can do so in any way including, chocolate chips, chocolate icing, white chocolate, etc.
2. You may NOT substitute imitation chocolate, such as carob.
3. Frozen desserts are not allowed. We have no freezer. However, we can refrigerate items when absolutely necessary.
4. Chocolate desserts must fall under one of the nine categories: Incredible Cakes, Cheesecake Creations, Brownies & Bars, Cookies, Candy, Pies & Anything Else, Restaurants, Cooking by Kids (Children under 12 only).
5. Children under the age of 12 may compete in the *Cooking by Kids* category.
6. Restaurants and professional chefs must compete in the *Restaurant* category.
7. Options will photograph all chocolate creations entered into the contest. You will be able to purchase a photo of your dessert after the event.
8. You are responsible for preparing your own chocolate creation and bringing it to the **Convention Center between 8:00 am and 11:30 am on February 4th**.
9. Make sure you clearly **label your dishes (on the bottom)** with your name and phone number if you want them returned and contact Options the week after at (812) 332-9615 to make arrangements to pick them up. Options is not responsible for lost or stolen items and encourages the use of disposable dishes.
10. Each contestant must prepare at least two amounts of each dessert. (See amounts listed below.)
 - A. **Pies — Two 8" or 9" size pies**
 - B. **Cakes and Cheesecakes — Two 8", 9", or sheet cake sizes**
 - C. **Cookies/Brownies/Bars — Double batch**
 - D. **Candy — Double batch**
 - E. **Other — Double batch**
11. Each contestant must bring with them the written recipe for their entry and give Options permission to reprint the recipe in a Chocolate Fest Cookbook.

First, Second, and Third Place Prizes will be judged in each category on the following criteria:

- (1) Good flavoring and chocolate taste
- (2) The creative use of chocolate
- (3) Texture, depending on the category and type of dessert
- (4) The blend of ingredients
- (5) The aroma
- (6) How the dessert is displayed

The decision of the judges shall be final.

Chocolate Creations Contest Schedule -Saturday, February 4, 2006

- **8:00 am to 11:30 am** — Bring dessert(s) to the Great Room (Upstairs) of the Bloomington/Monroe County Convention Center in Bloomington, Indiana. All contestants must leave the area during judging. Each dessert will be numbered. No names will be visible to the judges during judging.
- **1:30 pm to 2:30 pm** — Judges will sample desserts by taking a small portion from each dessert and select first, second, and third place winners in each category.
- **5:00 pm to 8:00 pm** — Public can sample the desserts and bid on silent auction items. The photos and names of winners for 1st, 2nd and 3rd place will be displayed during the event.
- **6:30 pm** — Awards will be presented for 1st, 2nd, and 3rd place in each category.



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www.optionsfbl.com

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Our Vision

Options is a national leader in services to people with disabilities that result in active citizenship, rewarding employment, and fulfilling relationships within the community.

Our Mission

Options exists to partner with people with disabilities and their communities to bring about self-directed and fulfilled lives.

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Nancy Crandall, Chief Financial Officer
Melissa Copas, Development Director

Options Update Editor

Evie Madsen, Executive Assistant

Options Update mail-out volunteers

Members of
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