SPOTLIGHT ON
Leisure, Recreation, and Sports

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Chairman’s Corner

This fall, while our address and telephone number will remain the same, the Ann Arbor Center for Independent Living will relocate its office to a larger suite in the Georgetown Mall on Packard Road in Ann Arbor. For the past few years, because of space constraints, it has been an ongoing challenge for the CIL to meet the growing expectations of our disability community. We are excited that the new office suite will significantly enhance our ability to support and represent people with disabilities in Washtenaw County and Southeast Michigan.

The additional space enables the Center to enhance its support of the disability community by creating a larger resource library and assistive technology lab, complete with Internet access. Our increased space also allows for programming growth in youth services, MicroEnterprise Works, advocacy initiatives, independent living core services, employment and career development, and for our emerging Disability Business Initiative.

Our new location provides recording space for Assistive Media, (an online audio solution designed for computer users with reading access barriers), along with expanded space for the Washtenaw County Deaf Club, our support groups and other training opportunities for the disability community.

This move is the first step toward a “home of our own!” During 2003, we will begin a Capital Campaign planning process that will lead to the purchase of land and the creation of a facility to serve as a disability community meeting ground for years to come. Watch for our Open House announcement in the newspaper or your mailbox. Please plan to join us as we take our first step toward building the Ann Arbor Center for Independent Living of the 21st Century.

Gary Hahn,
Chairman,
AACIL Board of Directors

The Director’s Desk

People with disabilities are often seen as second-class citizens, isolated from friends and family, without physical or emotional strength or, as having “super human” characteristics that allow them to conquer life as well as their disability. Just like in every other part of the human experience, people with disabilities engage, with and without adaptations, a myriad of meaningful activities that include sports, recreation and leisure pursuits that create an essential sense of well-being. The articles written by people with disabilities in this 14th edition of our Ann Arbor News Feature and Directory portray a socially rich and truer picture of life with a disability than the many social stereotypes portrayed in the media. We are immensely honored to be able to share these very personal stories of just one aspect of life with a disability.

Jim Magyar, AACIL Executive Director

Gary Hahn &
Jim Magyar

Please see page 42 for ways you can support the CIL.
Ann Arbor Center for Independent Living Staff, Peers & Volunteers

Left to Right; Bottom to Top

Front Row: Bryan Kircher, Peter Clute, Geri Meadows-Franklin, MeChelle Johnson, Kit Cromwell, Mary Dolinsky
Second Row: Glen Ashlock, Shirley Coombs, Maria Kirchhoff, Peg Ball, Tom Hoatlin, Brad Gronvall, Rick Baisden
Third Row: Dana Emerson, Janet Howard, Thad Weakley, Linda Spitler, Kate Herrera, Linda Maier, Lisa Conrad, Carol Lutz, Stephanie Craft
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Controlling and directing your own life.

Asserting your rights and responsibilities as a first-class citizen.

Having opportunities to participate in all aspects of community life.

Exercising the greatest degree of choice about where you live, with whom you live and how you live.

Making decisions and taking responsibility for your actions.

Taking risks and allowing yourself to fail or succeed.

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OUR PURPOSE:
We started the Ann Arbor Center for Independent Living in 1976 because our community was filled with physical and attitudinal barriers that kept us from living full and productive lives. We established the CIL because we wanted a place where people with disabilities could find peer support. We wanted to create a plan to shed society’s low expectations of us and instead, achieve full participation and access to all of the opportunities our society provides. We wanted to experience personal achievement through the full utilization of our abilities.
With liberty and justice for all...

With pride, power and personal style, the Ann Arbor Center for Independent Living (AACIL) proclaims our place among the leaders of the disability rights movement. We’ve dedicated the past 26 years to the relentless pursuit of a free and open society by promoting the rights of all people with disabilities. Armed with the strength and promise of the Rehabilitation Act of 1973 (Act), the Individuals with Disabilities Education Act (IDEA), the Americans with Disabilities Act (ADA), and the Olmstead decision, the disability rights movement continues by exposing attitudinal and environmental barriers to social and economic independence. It is these barriers that are the true culprits preventing people with disabilities from realizing the American Dream.

“Injustice anywhere is a threat to justice everywhere.”

Martin Luther King

Severe a disability, a person has the right to maximize independence. The six tenets of our belief hold that people with disabilities have the right to control and direct their own lives; exercise the greatest degree of choice about where to live, with whom to live, and how to live; have opportunities to take risks and succeed or fail; participate in all aspects of community life; assert their rights and responsibilities as first class citizens; and make decisions and take responsibility for their actions.

Fueled by a consumer-driven philosophy, the Ann Arbor CIL provides the four core services required of all Centers for Independent Living: Information and Referral (I&R), Peer Support, Advocacy, and Independent Living Skill Development. The cornerstone of our approach requires that our services are provided by people with disabilities for people with a full range of physical, cognitive, sensory (hearing and vision), and/or mental and emotional disabilities to meet the vocational, independent living, and rehabilitation needs set forth by the individual.
More accessible communities through public transportation

Accessible, consumer-responsive public transportation is an essential component of our drive to make Michigan’s communities fully inclusive. Good public transit breaks down barriers to employment, recreation, health care, civic involvement, and religious participation.

Support for independent living in the community

People with disabilities want to live in their own homes, not nursing homes. The United States Supreme Court, in its landmark decision, Olmstead vs. L.C., declared that those who need long term care have the right to receive services in the most integrated setting consistent with the needs of the individual.

Maintaining health care coverage for working people with disabilities

Seventy percent of people with significant disabilities are unemployed. Most people with disabilities want to work — and would seek employment were it not for one overwhelming barrier: getting a paying job will cost them their Medicaid health insurance coverage. Medicaid provides benefits that are absolutely essential to people with disabilities, and unavailable or prohibitively expensive in private plans. Current Medicaid rules force people with disabilities to remain poor and dependent upon public assistance.

Ensuring access to quality mental health services

The problem of access to the vital supports offered by the community mental health (CMH) system has become increasingly acute in recent years. Fiscal pressures can induce a local CMH service provider to restrict eligibility. Those who need these supports in order to live safely and independently should not have eligibility for services made contingent on fiscal considerations.

Real consumer empowerment means stakeholder involvement in policy development

One out of every five Michigan residents is a person with a disability. We have a right to be heard, as much as anyone else. Sometimes the impact of public policy changes on our rights and our quality of life is obvious, but more often not. Disability issues can be extraordinarily complex, and stakeholder involvement in policy development is critical if those policies are to be informed and responsive.

If you would like to take an active role in advocating for these important changes in Michigan, please contact the Ann Arbor Center for Independent Living at (734) 971-0277.

“Over the last century, our lives as disabled people have improved because we have fought for our rights. We have refused to allow people to crush our dreams. While our victories have been great, we have much further to go. True equality will be obtained only when all disabled people create and fulfill their dreams, and fight for the rights of all.”

JUDY HEUMANN
D o you remember seeing some of the most beautiful and breath-taking sunsets in your life and trying to describe them to someone? Or witnessing that perfect expression on a loved one's face that just says it all and then attempt to explain it to them? They say a picture can be worth a thousand words, and just a few can leave you speechless and filled with awe and wonder!

Through the art of photography you can make this and a whole lot more happen. You do not need to be a professional or spend a lot of money to get started. Once you learn the basics of the art of photography, you can be on your way to a whole new method of expressing yourself. And, as a person with a disability, you have a unique perspective on the world to share with others.

I started with just a basic “point and shoot” Instamatic camera. After my first three rolls of film I was amazed and captivated! My camera and I became inseparable, and rarely did I leave home without it. A pastime became a hobby, which turned into a few photo assignments shooting concerts, sports and political events. My favorite themes are people, scenery, nature and the world around me. The photograph I cherish the most has to be of my son James, acquiring the autograph of Jim Harbaugh, a former football quarterback for the University of Michigan Wolverines.

Photography is a great outlet for expressing yourself through what will become your third eye on the world. The joy and pleasure that comes from looking at and sharing the fruits of your efforts will do wonders for your self-esteem.

There are a variety of adaptable devices readily available today. In my case, I designed my own tripod and had it made for me so that I could attach my camera to my wheelchair. There are remote-controlled cameras if you have difficulties using your hands. Any person with a disability can become a photographer. Your desire to capture the world around you on film, or digitally, can become a reality through the science of ergonomics.

Capturing the unique perspectives of the world around you in a picture is akin to painting in the sense that it will be “a one of a kind.” Not only do you receive enjoyment from choosing your themes and taking your pictures, you can acquire a great deal of pleasure and pride in sharing them. Armed with a camera, an open mind and an adventurous imagination, the world becomes your canvas.
Participating in sports has always been a priority in my life. If I wasn't playing on a hockey or softball team, I was riding my bike or skiing or just working out in the gym. If I wasn't playing, I was coaching or officiating. Playing sports was what I wanted to do when I felt good, and it was what I wanted to do when things got tough. If I had a problem, I got on my bike and rode until I felt better.

This changed suddenly when I was twenty-five. While living in Belize as a Peace Corps Volunteer, I woke up one morning and couldn't move my toes. This progressed quickly, and two days later I was sent to a hospital in the US, unable to move from the waist down. It took well over a week, and more tests than I ever knew existed, for the doctors to finally determine that I had contracted a rare strain of Polio.

While the doctors were deciding what had happened to me, I was in an isolation room with nothing to do but watch game shows or think about what my life would now be like. Until the social workers brought it up, it never occurred to me that I should worry about my ability to get a job, drive a car, or live independently. I wasn't concerned about whether my family and friends would now treat me differently or how this would affect my relationships with women (OK, the women thing did occur to me, I was a 25-year-old guy, after all). I mostly sat and wondered if I would ever play hockey again or ever be able to go for another ride on my bike.

I was lucky to have good support from my family and friends, adjusted to the changes and got on with my life. It took longer, but I reluctantly started to accept the idea that my participation in sports would be limited to coaching or maybe some weight lifting to keep from getting too soft. I got married, went back to school, became a rehabilitation engineer and was generally happy. Still, a lot of the adjustment issues I experienced related to the symbols of my former sporting life. I went into a long funk when I sold my bikes, and I think I only was able to deal with getting rid of my hockey equipment because I was giving it to a good friend who was learning to play. The severity of the meltdown I had after selling my skis took my wife and me by surprise.

Somewhere around that time, I met Kevin Wolf from the CIL. After a year of trying, he talked me into coming to just one wheelchair basketball practice (it was the one sport I never cared for), and I was instantly hooked. As I met more guys playing basketball, I started to learn about other sports they played and realized just how many options I had.

Now, 16 years later, I am a pretty serious wheelchair basketball player. I can't get enough time to ride my handcycle and frequently participate in multi-day rides with able-bodied riders and have recently started racing. I never got back into snow skiing but learned that waterskiing is even better. I played wheelchair softball for a while until it cut into my cycling time. I am thinking that when I get too old to play basketball I might look into one of those accessible golf carts.

While I really am glad that it happens, I have heard more than I want about how wheelchair sports participants are inspirational and that we change mainstream attitudes toward wheelchair users. Rather, I am a firm believer in the extended health benefits of exercising, being active, and the social supports you get from being part of a team.

"I am a firm believer in the extended health benefits of exercising, being active, and the social supports you get from being part of a team."
Making A Difference

By Cynthia Overton

Many young people are guilty of having immortalized self-perceptions. Living in youth and good health can trick anyone into believing that she will live forever – or at least lead a healthy and active life until a ripe old age. With this outlook, it is easy to become self-indulged and remain primarily concerned for one’s own welfare.

I undoubtedly fell into this category until well into my twenties. During this phase, I lived for the moment, expecting instant gratification in whatever I did. I hung out with friends, went to parties, and enjoyed occasional shopping sprees – never because it benefited others, but because it made me feel good and kept me entertained. In the back of my mind, I knew that service to others should play at the very least some marginal role in my life. But I filled myself with excuses like, “I’ll get around to it later.”

I did not truly realize the importance of service to others until I underwent a health challenge and was in need of the help that I had denied others. At age 26, a blood vessel within my spinal cord was removed. Although the surgery was regarded as a success, I could not feel my legs, stand, or walk following the procedure. I remained hospitalized for seven weeks and underwent outpatient physical therapy for several months. Because of my condition, I had to quit my job, give up my apartment, and move back home with my parents. But despite my loss of income, independence, and mobility, I was fortunate to have people who volunteered their time and resources to help me through this ordeal.

Life has been good since acquiring my debilitating condition. I’m now able to walk short distances with a cane. I’ve earned a Master’s degree and am conducting research on assistive technology in educational settings as part of my doctoral program. I know that I would never have reached this point had it not been for the generosity of others. So while I still enjoy hanging out with friends, going to parties, and shopping once in a while, I’ve grown to find personal satisfaction in other ways as well. For example, I met a remarkable woman with a traumatic brain injury at the Ann Arbor Center for Independent Living. I visit with her once a week to help her perform cognitive tasks or to take her on errands. There is also a high school girl with a visual impairment who was kind enough to serve as a participant for my research project. I’ve adopted her as my “little sister.” I have become active in civic service organizations that are devoted to helping those in need. In addition to making me feel productive, participating in these activities has become a social outlet for me, which, I believe, makes it mutually beneficial for all of those involved. While I regret that it took a debilitating condition to make me concerned about the welfare of others, I’m so grateful to finally make a difference in the lives of others.
I grew up vacationing in northern Michigan and going to the beaches of the Great Lakes. My father taught me to sail when I was young, and my enthusiasm for the water has grown into a necessary element of my quality of life.

An injury in 1991 left me with paraplegia and needing a wheelchair for mobility. I was overcome with disappointment when I first visited Lake Michigan after my injury. There was nothing but sand, everywhere, more sand than I had ever noticed before. What once was a welcome path to the waterways was now a frustrating barrier. I began to problem-solve and concentrated on the things I could still do in this environment – not the things I couldn't. I built up the nerve to rent a jet-ski, and I'll never forget the first time I got on one and looked back to see my family waving at me and the sight of my empty wheelchair sitting on the beach. I was instantly free, back on the water and not identified as a man who uses a wheelchair. I was a man on a jet-ski!

Add water and downhill snow skiing, and I was once again participating in the sports I had enjoyed so much before my injury. However, the ski opportunities would only come up once or twice a season and required several volunteers. I set my sights on finding something I could do with my family, friends and even by myself. My father had taken me on his boat several times since my injury, and I began to see how easy it would be to adapt a pontoon boat to be wheelchair-accessible at very little cost. Boats are already equipped with hand controls. I bought a new pontoon, made minor adjustments to the floor plan, and before long I had found my ultimate passion.

When I am out on the water, I am transformed into another world. I become instantly aware of the many blessings I can count. Whether I have my daughter and her friends on board swimming and fishing, throw a picnic on the water with friends, or take a quiet solo ride, I am in a different world – one that is free from troubles, pain or exclusion.

I recognize I have been given a gift, the gift of insight in the ability to see the wonderful gifts of nature and other good things life has offered me. I now thank God for a perfect, sunny day on the water, laughter from the company of the people I hold close, and the quality of life that I enjoy. Many of my happiest and most fulfilling times are when I am with family participating in a leisure activity or sport or when we travel.

My ultimate goal is to find a nice cottage on a lake, renovate it to be barrier free, have an accessible dock and boat, and open the door to friends, family and others who use wheelchairs. To me, that would be a slice of heaven!
There are many different kinds of advocacy, but for me, advocacy is acting, speaking or writing in support of someone or something. Advocacy is a way of achieving my vision for the future through actions that leave me feeling empowered. I also feel that a vision for the future must be fed with a good deal of passion and a strong commitment to stick with an effort until the vision becomes reality.

There are three types of advocacy. Self Advocacy involves pursuing a vision or goal on your own efforts; Individual Advocacy is the pursuit of a vision or goal on behalf of someone else; and Systems Advocacy involves the pursuit of a vision or goal for an entire group or our society.

I have always been excited by the disability sports movement because sports are a very real form of participation in a mainstream activity that is highly valued in our culture. For persons with disabilities who become active in the sports movement, there is an opportunity to build advocacy skills that can help ourselves and others. Sports encourage us to perform at our personal best. Doing our personal best is also key to being a good advocate. Participation in sports helps us to become more self-confident and more assertive about our concern and needs. Assertive expression of needs and issues is an important part of being an effective advocate.

How can we, as a community of people with disabilities, use our advocacy knowledge and skills in the world of sports? We can advocate for full access to training and competition facilities in our home towns so that all persons with disabilities can use public and private facilities to practice, compete, or be spectators. We can advocate for accessible transportation and transportation facilities so that we can get to the practice and competition sites. We can advocate for active participation by athletes with disabilities in the governing and rule-making activities of our teams and sport organizations. We can advocate for better media coverage of disability sports and for media stories about persons with disabilities that show us to be serious athletes. And we must advocate for the opportunity to raise money as active partners with fundraising experts and not as recipients of charity.

On the national level we can play very active roles as advocates by seeking positions on boards of directors of sports organizations and by recommending changes in sports offerings and rules that will provide better competition. On the international level we must pursue the same activities with the International Paralympic Committee.

Advocacy is a lifestyle; you must live it and practice it everyday. Advocacy touches every part of your life. Because involvement in sports touches so much – health care, nutrition, wellness, transportation, community integration, socialization, travel, public organization membership, skill-building personal performance, team performance, etc. – we can practice and improve our advocacy skills while we practice and improve our athletic skills. Let us all advocate together for an improved quality of life for all persons with disabilities. Through our advocacy efforts in the sports movement, we can ensure that every citizen with a disability has the opportunity to maximize his or her human potential.
I am a twenty year-old young man with Cerebral Palsy, and my favorite thing to do is ride horseback. I started riding with a non-profit organization called Therapeutic Riding Inc, in 1988 when I was six years old.

When I first started, I needed a rider in back of me. Once my balance and coordination improved, I could sit in the saddle by myself. Each rider has two side walkers and one leader. The rider is the one who controls what the horse does. This is not the leader’s job.

Riders learn how to make their horses start and stop walking. They also learn how to have the horse trot, weave thru the cones and post. Posting is lifting yourself up and down in the saddle. Each rider learns how to do the 2-point position. This is where you stand yourself up in the saddle while the horse is walking.

Therapeutic Riding Inc. (TRI) is specifically for people who have various kinds of disability characteristics. They have a ramp, mounting block and a lifting hoist that are used to help get the student riders onto, and off, the horses with adult assistance.

Horseback riding provides me with an opportunity to socialize with others and have fun while my legs are getting exercised and stretched.

I have also had the opportunity to participate in Special Olympics for eight years with my classmates from school. The spring games are held at Eastern Michigan University. I took part in the wheelchair race around the track and also had to weave through cones. I received a 1st and 2nd place ribbon in each of these events. For the past four years, I have been able to take part in the Special Olympics Summer Games held in Mount Pleasant at Central Michigan University. I raced my wheelchair and bowled, and I received a gold and bronze medal for these events.

Another activity I enjoy is swimming. Every Friday I go to the Washtenaw County Parks and Recreation Center. I meet Paul Krolik from the Association for Community Advocacy. I take the AATA A-Ride bus from my house to the rec center. Paul transfers me from my wheelchair to another wheelchair that rolls right down the ramp into the pool. I wear a life vest to help keep me above water. Paul and I do all sorts of exercises. We both have fun while I am working out. Even though I have a disability that limits me in some ways, I still get to take part in activities that I enjoy.
I t is not known exactly when I lost my hearing. Apparently I had enough residual hearing early in my life to pick up basic language, but my loss was caught during the kindergarten screening when I was four years old.

As for recreation, I enjoy doing many things everyone else likes to do with some modifications, of course. Some things, like bowling, I enjoy with my family, and the occasional deaf club gathering requires no special adaptations, except that I get to practice my pitiful sign language and my lip reading, which is difficult in the dim lights.

One of my favorite things to do for leisure is camping. I don’t know how many candle-watts a fire has, but it really needs to be a bonfire before it becomes useful to speech-read by! You would not think this requires any adaptations for a hearing loss, but we have fluorescent lights around the campfire at night so I can speech-read and stay in the conversations. I use a vibrating alarm clock when I get up early to see the sun rise over Lake Huron. On the plus side, I am the only one in the family who sleeps when the fishermen start their diesel truck engines to get their boats in the water at 4:30a.m. I know that other campers and the Park Rangers think we are strange.

I find that the Audiozoom feature on my Phonak hearing aids works well in the car and going out to eat and watching my kids perform plays in school. It used to be that no one could talk to me in the car with the fan or the radio on. Now the rule only applies with the radio on, as I can now “shrink” the fan noise to the background if it is not on the highest setting.

I will occasionally bike around town. Two Wheel Tango’s staff was very helpful in letting me try a bunch of helmets to find one that was high enough over my ears to avoid the feedback one gets when something is too close to the hearing aids. I also have a rear-view mirror on the bike to help determine if there are cars behind me, and if I should move closer to the curb. It is a little jerky, and I am considering seeing about having a mirror put on my helmet.

TV was a challenge when I was a child. I liked cartoons best back then, like Wile E. Coyote, as “beep-beep” and crashes were the only sounds, and one could read the labels on all the products he purchased from the ACME Company. My mother spent much of her child-raising years telling my brother and me what was being said on the TV. Then we would all miss the next part while she was explaining the previous part. As a result, I would spend my evenings at the kitchen table doing homework. I was actually less frustrating than watching TV with my folks. I also became a voracious reader, reading a new book every day in the summer and on weekends. When I did get closed-captioning as an adult, I began to relax by “vegging out” in front of the TV after a long day.

It is possible to have a severe hearing loss and still go out and have fun! If you know someone who has a hearing loss but who has withdrawn, encourage him or her to get out and find ways to stay active.

“It is possible to have a severe hearing loss and still go out and have fun!”

By Nan Asher
Nine years ago I experienced a severe vision loss and had to forego a professional career as a consultant and sales developer. At the time, I wondered, quite naturally, what I could and should do, with the rest of my life. The answer came to me by realizing that the impairment could be regarded as an opportunity – an opportunity to motivate and inspire other people with disabilities to think about what they could do, rather than what they could not do. We live in a community that gives back to those who will give to it. When we give our time and talent and share our life experiences with others who may be similarly disabled, we live out the consumer and community-based independent living philosophy. Being a role model is what being involved with the Ann Arbor Center for Independent Living is all about!

By being a role model for other people with disabilities during my retirement, I have gained great confidence in doing some of the things that might seem beyond the reach of a visually disable person. For example, early this summer I spent two weeks in Benson, Minnesota, a very small town on the Minnesota prairie. This is a town I had only passed through once and in which I know only one person. My purpose in the visit was to conduct what I call “conversational interviews” with people in Benson about their thoughts, feelings and concerns about their community. I intend to do this again next year in either Iowa or Nebraska.

If this interview project, what historians call “original source material,” is successful, then I hope this project might be undertaken by other people with disabilities and thereby make a contribution to history.

Additionally, my visit demonstrates that people with serious disabilities can enjoy themselves in many of the activities open to non-disabled people. This includes Benson’s community swimming pool, its library and churches and the camaraderie of the morning coffee roundtable at Detoy’s.

By enriching my life with projects such as this, I am giving myself a great sense of confidence and self-reliance.

“People with serious disabilities can enjoy themselves in many of the activities open to non-disabled people.”

By Sam Breck

By enriching My Life and the Lives of Others

Ann Arbor Center for Independent Living | 2002 Resource Directory
I am a Therapeutic Recreation Specialist assigned to the rehabilitation units of the University of Michigan and Mott Children’s Hospitals. I have worked for twelve years helping both children and adults who have sustained a spinal cord injury to see the value of recreation and its importance in their future.

In the beginning it is almost always a hard sell. After introducing myself to someone with a new spinal cord injury and explaining my role, most often the first response I hear is “I’m here to walk again, not play!” Who am I to argue with that! This person is going through an extremely stressful time in their life. But doesn’t recreation play a big part in our society? Think about it. What do you talk about most often in social situations at work or when you are with friends and family: an upcoming vacation, the latest movie you saw, your golf score, playing with your kids, a good restaurant, etc. – the list goes on and on.

I love my job and I am persistent. The next response I am likely to hear is “I’m not doing the things I enjoy unless I can do them like I did before!” Or, “I guess I’ll have to give that activity up.” No one likes change, especially in the activities they enjoy. It’s hard to move forward in life when the way you moved forward before has changed so dramatically. Not only is a person with a new spinal cord injury learning new ways to get around, get dressed, eat, return to work and a thousand other things, they are also learning how to use their leisure time differently. Sometimes I relay the story about a person with quadriplegia who used a ventilator to help him breathe, who went tandem parachuting, or about the gentleman who duct-taped himself to his wheelchair and went bungee jumping from a bridge. Now, doesn’t a trip to the movies sound easy?

Slowly, negative perspectives begin to change. It may take weeks or months, but from the small triumph of a trip to the movies comes a new “zest” for life. I really know I have helped someone when I hear “Rob – I’m more active now than before my injury” and as a Therapeutic Recreation Specialist, I am embarrassed to say in response “Hey, you’re more active than me!”
Directory of Community Resources

The Center for Independent Living extends our sincere appreciation to the participants of this News Feature and Resource Directory. By participating, they have made a financial commitment to the consumers we reach every day. We are grateful for the businesses and organizations that have been a part of this publication for many years. We especially welcome and thank all of the new community partners found in this year’s magazine. Please patronize these generous organizations.

Accessibility

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25 Jackson Industrial Drive, Suite 500 • Ann Arbor
(734) 663-7580 • www.cdiarchitects.com

Cornerstone Design provides creative, responsible architectural services for all types of projects. A particular specialty is universal design for people of all ages and abilities. Firm principal, David Esau, AIA, also consults on accessibility issues through the Ann Arbor Center for Independent Living.

Phoenix Contractors, Inc.

121 Pearl Street • Ypsilanti
(734) 487-9640 • Fax: (734) 487-1252

Phoenix Contractors, Inc. is a general contractor and construction manager with extensive experience in modification of existing commercial and institutional buildings for full accessibility, particularly in multi-story structures. Phoenix works regularly with area architects and can provide design-build services for renovation of existing or development of new commercial buildings.

Washtenaw Woodwrights, Inc.

416 W. Huron • Ann Arbor • (734) 994-8797
After December 1, 2002: 702 S. Main • Ann Arbor
www.woodwrights.com

Washtenaw Woodwrights, an award winning remodeling firm, has been custom crafting unique remodeling solutions for area homeowners since 1983. Using the design/build approach, Washtenaw Woodwrights’ in-house design staff uses computer-aided design to enable homeowners to visualize their projects, which are custom-designed to fit their particular needs. The company uses top quality products, which, combined with good design and attention to detail, give homeowners projects that stand the test of time. Watch for a new showroom and design center opening this winter.

Advocacy

Association for Community Advocacy

1100 N. Main, Suite 205 • Ann Arbor • (734) 662-1256

ACA, in partnership with consumers, works to assure personal choice, self-determination and opportunities for full participation in all aspects of community life for persons with disabilities. ACA has recognized expertise in entitlements, special education and criminal justice advocacy, home ownership, community organizing, systems change, and person-centered planning.

Michigan Ability Partners

3810 Packard, #200 • Ann Arbor • (734) 975-6880

Michigan Ability Partners is an Ann Arbor-based, private, non-profit human service agency that helps persons with developmental disabilities and/or mental illness access shelter, food, medical care, mental health services, substance abuse treatment, and community employment throughout Washtenaw County.

Michigan Disability Rights Coalition

740 West Lake Lansing Road, Suite 400 • East Lansing
(517) 333-2477 • www.copower.org

The Michigan Disability Rights Coalition: Your Partner in Building Freedom. MDRC is a statewide network of individuals and organizations that advance the issues of Michigan’s disability community through grassroots activism, public education and advocacy. MDRC works to build opportunities for people with disabilities so that we may live fully integrated lives within our chosen communities.
The Ark
316 S. Main Street • Ann Arbor
Office: (734) 761-1800 • Hotline: (734) 761-1451
www.a2ark.org

The Ark is a non-profit music venue located on Main Street in Ann Arbor between Liberty and William Streets. Founded in 1965, The Ark is dedicated to the presentation, preservation, and encouragement of folk, roots and ethnic music.

The Ark is wheelchair accessible and works to accommodate any special seating needs. Please note the club doors open 1/2 hour before a performance. If someone in your party has a wheelchair or special seating needs, we recommend coming slightly earlier and ringing the doorbell located next to our front entry doors. This way we can seat your party prior to entry of the general public and assure adjacent seating for your friends or family. If you have concerns about specific needs, please call us at (734) 761-1800 between 9 a.m.-5 p.m.

Michigan Theater
603 East Liberty • Ann Arbor
(734) 668-8397 • www.michtheater.com

The Michigan Theater is a restored 1928 “movie palace” that currently serves as Ann Arbor’s not-for-profit center for fine film and the performing arts.

The Michigan Theater is open seven-days per week, 365-day a year with a mixed program of specialty film showings and live-on-stage concerts and attractions. Both the 1710-seat historic Michigan Theater and the attached 200-seat Screening Room are accessible. Newly constructed restrooms are also fully accessible.

University Musical Society
Ticket office: Michigan League, 911 North University
Open Mon.-Fri. 10 a.m.-6 p.m., Sat. 10 a.m.-1 p.m.
(800) 221-1229 or (734) 764-2538 • www.ums.org

One of the premier arts presenters in the country, the University Musical Society brings the world’s best in theater, dance, classical music, jazz, chamber music and more to the Ann Arbor area.

Weber’s Inn, Weber’s Restaurant, and Habitat Lounge
3050 Jackson Avenue • Ann Arbor
Hotel: (734) 769-2500 • Restaurant: (734) 665-3636
Sales & Catering: (734) 769-3237 • Fax: (734) 769-4743
www.webersinn.com • info@webersinn.com

Escape from the ordinary to Weber’s Inn. Family owned and operated since 1932. Upscale stylish surroundings, deluxe guest rooms including custom ADA rooms, Four Seasons recreation area, and services and amenities to suit your needs. Combine this with friendly, accommodating staff, comfortable price, and convenient free parking. Weber’s Inn caters to group needs, large or small, with creative menus, beautiful private rooms, on and off site catering. Weber’s Restaurant is a favorite of local diners and visitors alike with house specialty Prime Rib, Live Lobster, decadent desserts and more. The Habitat features live bands Tuesday through Saturday. ADA accessible.

Paws With A Cause
4646 S. Division • Wayland • (800) 253-PAWS (7297)
www.pawswithacause.org

Paws With A Cause trains assistance dogs nationally for people with disabilities and provides lifetime team support, which encourages independence. PAWS promotes awareness through education. For more information, please call us or visit our web site.
Assisted Living/Retirement Communities

The Village at Saint Joseph Mercy Hospital and The Village at Woodland

The Village at St. Joseph Mercy Hospital
5341 McAuley Drive • Ypsilanti • (734) 712-1600

The Village at Woodland • 7533 Grand River
Brighton • (810) 844-7477

The Village at St. Joseph Mercy Hospital and The Village at Woodland are nonprofit senior communities offering exceptional retirement living for the changing needs of seniors as they age. Choice, convenience and comfort are an integral part of our well-appointed apartment homes in our friendly, life-enriching communities. We offer fine dining, housekeeping, transportation and 24-hour access to assistance. Our team specializes in serving seniors and has a genuine commitment to understanding and responding to individual, unique circumstances. The Villages offer a broad selection of social and recreational activities, menu choices and an emphasis on wellness and preventative health programs. A variety of options are available for those requiring more care as they age. Our teams are dedicated to hospitality and companionship and are happy to serve seniors in a friendly and caring manner.

Brain Injury Rehabilitation

Eisenhower Center

3200 E. Eisenhower Parkway • Ann Arbor
(800) 554-5543 • ectbi@earthlink.net

Eisenhower Center provides neurorehabilitation services in a state-of-the-art residential setting. We assist our clients in reaching their fullest potential in an environment that combines hard work and commitment to treatment. Our services include a variety of recreational and therapeutic activities that encourage effective socialization and community integration.

Rainbow Rehabilitation

5570 Whittaker Road • Ypsilanti
(800) 968-6644 or (734) 482-1200
www.rainbowrehab.com

A leader in brain injury rehabilitation, Rainbow offers real-world treatment settings and community-based living situations. Services include: child and adolescent rehabilitation, neurobehavioral rehabilitation, transitional living, semi-independent living, and long-term supported living. Rainbow is a place of hope and encouragement, helping individuals with brain injuries achieve purposeful goals.
St. Joseph Mercy Hospital  
Traumatic Brain Injury Services  
5301 East Huron River Drive • P.O. Box 995  
Ann Arbor • (734) 712-4162

St. Joe's offers a continuum of care for brain-injured patients: from initial trauma care to successful community reintegration. Our medical specialists and therapists help patients regain their physical, cognitive, communication and social skills. Emotional support and counseling is also available for both patients and their families. The Inpatient Traumatic Brain Injury Service and the Joyce M. Massey TBI Day Treatment service are both JCAHO and CARF accredited.

Special Tree Rehabilitation System  
39000 Chase Road • Romulus  
(800) 648-6885 • www.specialtree.com

Special Tree has been serving the needs of people with brain injuries, spinal cord injuries, and other disabilities for more than twenty-five years, offering an array of services provided by an experienced and caring staff. As a CARF and JCAHO-accredited provider, Special Tree is one of Michigan’s leading resources for sub-acute rehabilitation, inpatient, residential, outpatient, and in-home neurorehabilitation services.

Community Television Network
Cable Channels 16, 17, 18, 19  
425 S. Main, Suite LL114 • Ann Arbor  
(734) 769-7422 • Fax: (734) 994-8731  
csn@a2ctn.org • www.a2ctn.org

Community media center for Ann Arbor residents and nonprofit groups. Speak out, create, and communicate! Free video production training and free access to video equipment for the purpose of producing programming for telecast on CTN. Call to sign-up for a Preview Session. CTN also provides live meeting coverage of the City of Ann Arbor’s Commission on Disability Issues the third Wednesday of each month at 3:15 p.m. on CTN Cable Channel 16.
Counseling

Jan Hansen, Ph.D.
101 S. Ann Arbor Street, Suite 203A • Saline
(734) 429-4244
Licensed psychologist based in Murphy’s Crossing in Saline with extensive experience providing psychological counseling to individuals living with a head injury, cancer, stroke, or other disabilities. Dealing with adjustment, self-acceptance, and working with feelings of confusion, anxiety, and depression are very important in recovery. Marital and family counseling and group counseling are also performed and neuropsychological assessment services are available.

Dentistry

Dr. Kay Wilson, D.D.S.
1303 Packard • Ann Arbor • (734) 662-1591
As a Board Certified pediatric dentist, Dr. Wilson specializes in the treatment and prevention of dental disease in infants, children, teens and those with special needs. Dr. Wilson has practiced pediatric dentistry since 1988. Working together, Dr. Wilson and staff provide quality care in a setting “Where Kids Come First!”

Wennersten Dental Care
Donald A. Wennersten, D.D.S.
75 Scio Church Road • Ann Arbor • (734) 665-9988
We take the time to listen and explain. Providing quality dental care in personalized and comfortable setting for over 10 years in Ann Arbor. Our office is accessible.

Washtenaw Community Health Organization (WCHO) & Washtenaw Community Support and Treatment Services (CSTS)

Formerly Washtenaw Community Mental Health-CMH
555 Towner • Ypsilanti
For Behavioral Health, Substance Abuse Services and Indigent Primary Health Care:
(734) 481-2502 or (800) 440-7548

The Washtenaw Community Health Organization (WCHO) contracts with quality organizations that provide world class health care for the citizens of Washtenaw County. We believe that children and adolescents with serious emotional disorders, adults with severe and persistent mental illnesses, persons with developmental disabilities and those with substance abuse problems should have access to a comprehensive range of quality supports that include mental health, substance abuse and primary and specialty health care. The WCHO works in joint collaboration with the Washtenaw County Community Mental Health Department, a public service agency, that provides mental health services to adults with a severe and persistent mental illness, children with a severe emotional disturbance, and individuals with a developmental disability. Access is the single entry point for persons seeking Community Mental Health, Substance Abuse and Public Health services. Callers may receive health information, referral to needed community services and screening appointments for all Community Mental Health Programs and Health Services. Access also serves HMO customers seeking Medicaid mental health services.

Improve communication even years after brain injury...

The Residential Aphasia Program (RAP) is an intensive language therapy program that is nationally recognized for its uniqueness and excellence in helping individuals with aphasia, ages 16 and over, improve their communication even years after brain injury.

The Language Enrichment Group (LEG) meets weekly for adults with language disorders who would benefit from ongoing language stimulation.

Spaces available. Call today!
Visit our new web site for more information.

UM Center for the Development of Language and Literacy
(formerly the Communicative Disorders Clinic)

734.764.8440
www.umich.edu/~comdis
Driving Aids and Services

A&A Driving School – Drivers Rehabilitation Center of Michigan
28911 Seven Mile Road • Livonia
(734) 422-3000 • www.aa-driving.com

Motor safety and mobility have been our goals since 1959. Evaluations and trainings take place in automobiles or vans with a variety of adaptive equipment. Individualized programs for persons with physical, visual, cognitive and/or emotional disabilities are available. Our highly specialized staff are ADED certified driver rehabilitation specialists and include: occupational therapists, special educators, and certified driving instructors.

Creative Controls, Inc.
1470 Souter • Troy
(248) 577-9800 • Fax: (248) 577-0037

Creative Controls, Inc. was founded in 1971. We are the only company in Michigan that is not only an installer of adaptive mobility equipment, but also a designer and manufacture of our own internationally distributed products. We not only create, we utilize the latest technology known to the industry providing superior quality driving equipment that has surpassed all others in safety. CCI employs a team of motivated, talented, creative people who serve our customers efficiently and with complete satisfaction; even when special needs arise. Creative Controls, Inc. cares for every customer on a case-by-case basis to tailor each adaptation to his or her individual needs. The company is on the verge of unveiling some new cutting edge technology designed to revolutionize the mobility industry. Please contact us for an update on our most recent designs. Brought to you by the leader in innovation of new products and ideas – Creative Controls, Inc.!

40 Years’ Experience Assisting the Disability Community to Drive

- Raised Doors
- Raised Roofs
- Power Door Openers
- Lowered Floors
- High Quad Driver Control Systems
- Automatic Wheelchair Lifts
- Transfer Seat Bases
- Van Modifications – Specialized Equipment – Transportation
- Complete Custom Interiors
- Custom Paint
- Crash-Tested Secure-Lok – Four Point Wheelchair Tiedowns
- Dealer for Ricon Wheelchair Lifts
- New & Used Vehicles
- Pick-up & Delivery
- Sales, Leasing & Financing

Products Engineered to Improve Your Lifestyle
P.O. Box 930334 • 30800 Wixom Rd.
Wixom MI 48393-0334
PHONE (248) 624-1533  FAX (248) 624-6358
TOLL FREE 1-800-521-8930

Gresham Driving Aids, Inc.
Van Conversions
Custom Modifications
You already have motivation. You need transportation. The General Motors Mobility Program can help you take full advantage of today’s personal transportation market. The GM Mobility Program reimburses up to $1,000 toward the cost of eligible adaptive equipment for drivers or passengers when installed in a new GM vehicle. For details, visit your local GM dealer or contact us at the toll-free number listed above.

Gresham Driving Aids

30800 Wixom Road • Wixom • (800) 521-8930

The leader in quality modified vehicles, Gresham Driving Aids, Inc. has serviced the disability community for over 38 years. Utilizing the latest technology from companies such as Ricon, Braun, Crow River, MPS and others, Gresham equips vehicles to maximize the abilities of their customers. Ask their many satisfied customers – your friends – then call Gresham for your mobility needs!

MobilityWorks

1965 East Avis • Madison Heights
(800) 638-8267 or (248) 616-3004
www.mobilityworks.com

Since 1986, MobilityWorks has been dedicated to satisfying the transportation needs of mobility-restricted individuals and creating solutions to what may appear to be the most challenging of circumstances.

MobilityWorks delivers worldwide, and provides maintenance and repair capabilities along with a nationwide service network program. Our services also include counseling regarding assistance and financing options available, 24-hour help line support, vehicle rentals, extensive new and used vehicle inventories, and trade-in availability for current adapted van owners.

Affordable Mobility

John Thompson • (734) 323-9640

Affordable Mobility provides the highest quality affordable In-Home wheelchair, scooter, and scooter lift repair when and where you need it. Our qualified technicians are courteous, certified, and have over 11 years’ experience in the community. We do repairs On The Spot to wheelchairs, scooters, scooters lifts, hospital beds, seat lift chairs and many other DME items. Affordable Mobility also has a large inventory of new and refurbished equipment so we can meet your budget. Give us a call, we’re here to help YOU.

Christian Roux, Ltd.

561 Woodlawn Avenue • Ypsilanti • (734) 483-7350 hccroux@provide.net • www.hurricanecrutch.com

The Hurri-Cane/Crutch is the first ergonomically designed aluminum crutch that is the strongest, lightest, most adjustable walking aid built today. The bend of the crutch centralizes the point of gravity, allowing people to walk upright and straight. A 90-degree rotatable open-arm cuff allows for quick detachment, eliminates underarm pressure and, because it weighs only 27 ounces, the Hurri-Cane/Crutch conveniently hangs over the arm when not in use. The downward titled hand-grip prevents inflammation in the tendons, because it is a natural position for the hand to hold. The Hurri-Cane/Crutch is adjustable in 1/2” increments and is able to accommodate the height range of children and adults up to 6’6” tall. There is a wide range of exciting colors to choose from with the Hurri-Cane/Crutch.
Laurel Home Healthcare
75 Aprill Drive • Ann Arbor • (800) 989-5287
www.laureldme.com

Laurel is the home of disability experts who care. Laurel’s attentive, well-trained staff will assist with all of your medical equipment and supplies and modifications to your home and vehicle. Laurel provides a full line of mobility aids and equipment, scooters, trunk lifts, rehab equipment, power and manual wheelchairs, bariatric equipment and medical supplies. Laurel works with your therapists to optimize the fit of your power wheelchairs and rehab equipment. Laurel is a long-time partner of the CIL and an employer of people with disabilities. Laurel specializes in working with auto, accident and worker’s comp insurance. Laurel accepts virtually all insurances. Let us help you live as well as you can.

MedEQUIP
2705 S. Industrial, Ste. 300 • Ann Arbor • (734) 971-0975

MedEQUIP, part of the University of Michigan Health System, is a leader in home medical equipment, customized wheelchairs and respiratory care. We have highly skilled technicians and respiratory therapists to handle all your home medical equipment needs. MedEQUIP offers the resources of the University of Michigan at affordable prices.

Mitchell Home Medical
“Big Enough to Serve You, Small Enough to Know You.”
4811 Carpenter Road • Ypsilanti
(800) 420-0202 • (734) 572-0203 • Fax: (734) 572-0281
455 E. Grand River, Suite 206 • Brighton
(877) 919-0202 • (810) 229-9200 • Fax: (810) 229-9260
1416 South Main, Suite 360 • Adrian
(877) 414-0202 • (517) 266-9122 • Fax: (517) 266-7022

At Mitchell Home Medical, our teams of “Caring” Customer Care Representatives take our promise, “Big Enough to Serve You—Small Enough to Know You”, to heart. Specializing in Oxygen and Respiratory Equipment and Supplies, we pride ourselves in combining “personal touch” with “quality service.” We are recognized in our community as a family owned, JCAHO accredited, provider of oxygen; nebulizers; sleep apnea products; lift chairs; scooters; wheelchairs; walking aids; ramps; hospital beds; diabetic supplies; bathroom safety; and other home medical equipment supplies. Mitchell Home Medical accepts most insurances. Our retail hours are 8:30 a.m.-5:30 p.m. Monday-Friday. Call today and experience “Quality Care!”

Quality Home Medical Equipment, Inc.
1785 Daisy Lane • Westland
(734) 721-4821 • Fax: (734) 721-9866

Quality Home Medical Equipment Inc., is a new, family owned company, that is dedicated to providing our clients with prompt, professional care and assisting with all your home care needs. We offer a range of products, including hospital beds, patient lifts, ambulatory aides, bathroom accessories and scooters. We specialize in wheelchairs-manual, power and standing chairs, with great emphasis on patient’s specific needs. Our seating and mobility specialist has over 10 years of experience, and we also have certified delivery techs, and a caring reimbursement specialist. We offer delivery, set up and instruction in your home and a superior repair service for most equipment.
Sportaid
78 Bay Creek Road • Loganville, GA 30052
(800) 743-7203 • Fax: (770) 554-5944
www.sportaid.com

Sportaid/Medaid, the largest supplier of wheelchairs and supplies is proud to provide the most complete wheelchair and accessories and supply catalog. Whether you are a new or veteran wheelchair user, we guarantee satisfaction. Since 1988 Sportaid has helped people find wheelchairs, wheelchair parts, accessories and medical supplies at the guaranteed lowest price. Team Sportaid customer service staff has over 50 years of experience. Call for a free catalog or look us up online and check out the complete catalog.

United Seating & Mobility
(866) 251-9349

United Seating & Mobility provides manual and power wheelchairs, seating and positioning products, as well as scooters, standers, and more!

United Seating & Mobility is a full service rehabilitative technology supplier servicing consumers and professionals in Ann Arbor. Our organization works to address the specialized seating and mobility needs of the physically challenged community. With this focus in rehabilitative technology, we are able to offer value added services that provide for the highest level of customer service in a cost effective environment.

Call us today to schedule an evaluation by one of our Seating and Mobility Specialists.

Wright & Filippis
2845 Crooks Road • Rochester Hills • (800) 482-0222

Wright & Filippis is an industry leader in prosthetics, orthotics, home medical equipment and barrier-free design. For nearly 60 years, a foundation of excellent customer service and customer satisfaction has enabled us to build Michigan's largest full-service company, specializing in total physical rehabilitation. For patients who need specialized equipment in their homes, we can provide patient room equipment, bathroom and safety aids, physical therapy equipment, respiratory therapy equipment, ambulatory aids, self-diagnostic equipment and urological supplies. Our LER department specializes in wheelchair lifts, elevators and ramps.

Eastern Michigan University
Access Services Office
Dean of Students Office • Eastern Michigan University
203 King Hall • Ypsilanti • Phone/TTY: (734) 487-2470
www.emich.edu/public/students/disab.html

The Access Services Office ensures that students with disabilities receive the accommodations they need to succeed in the classroom and participate in extracurricular activities, conducts educational programs for faculty, staff, and students that promote access and inclusion, and advocates for changes in policies and procedures that make the University a more welcoming and accessible environment for everyone.

University of Michigan Services for Students with Disabilities (SSD)
G-219 Angell Hall • 435 S. State Street • Ann Arbor
(734) 763-3000 • www.umich.edu/~sswd/ssd/

SSD provides services that are not provided by other University offices or outside organizations to students with visual, mobility, or hearing impairments, learning or psychological disabilities, and chronic health problems. SSD helps facilitate such services as accessible campus transportation, adaptive technology, sign language and oral interpreting, readers and other volunteers. All services are free of charge.

SSD staff are available to answer questions and provide referrals concerning admission, registration, services available, financial aid, etc., before and during enrollment at the University. In addition, SSD can help assess the need for modified housing, attendants, interpreters, transportation, classroom accommodations, note-takers, and adaptive equipment.

Cornerstone Design Inc
ARCHITECTS
25 Jackson Industrial Drive • Suite 500 • Ann Arbor • MI • 48103
734.663.7580 • Fax 734.663.1180 • www.cdiarchitects.com

Creative, responsive architectural services.
Specializing in
Universal Design
for people of all ages and abilities.

Ann Arbor Center for Independent Living I 2002 Resource Directory
Learning Support Services (LSS) provides the following services for students enrolled at WCC:

- Free Tutoring is provided for all students enrolled in credit classes.
- Academic advising is available on an individual basis for academic needs.
- Services for students with documented disabilities include assistance with obtaining reasonable accommodations and use of specialized technology.
- Learning Disabilities Assessment: A free comprehensive assessment for enrolled students is available by a Learning Disability Specialist.

Contact us at (734) 973-3342 or stop by LA 104.

Improving the Transition from School to Post-School
Opportunities for Students with Disabilities
A collaborative effort in Washtenaw County since 1995
Register online at www.wash.k12.mi.us
Click on Professional Development, by October 16th
Presenting “4th Annual Transition and Leadership Conference” for students with disabilities, who are 14 years of age or older

What is our mission? “In support of Person-Directed Transition Planning, the Washtenaw Community Transition Council establishes effective networks of community resources, influences policies, and promotes, through education, ‘best practices’ that lead to a wide range of choices for students with disabilities.”

Michigan Department of Career Development
Michigan Rehabilitation Services
3810 Packard, Suite 170 • Ann Arbor • (734) 677-1125

MDCD-RS is a state- and federally-funded program which partners with persons with disabilities in preparing for, finding and maintaining employment. The goal is to provide comprehensive, coordinated, effective and efficient vocational rehabilitation services designed to assess, plan, and achieve vocational success consistent with the person’s interests, priorities, strengths, abilities, capabilities and personal needs. There are MDCD-RS offices located throughout the state, serving the employment needs and goals of people with a wide range of disabilities.

University of Michigan Office for a Multicultural Community
1009 Greene Street, Suite 2072 • Ann Arbor
(734) 763-0235 • TTY: (734) 647-1388

The Office for a Multicultural Community, a unit of Human Resources and Affirmative Action, provides information and assistance to faculty, staff, students and visitors to assure equal access and opportunity in employment and other University programs. The ADA Coordinator provides training and consultation on disability issues, supporting diversity in the workplace, and preventing and resolving conflicts and disputes that may involve discrimination. The office also provides support to several constituency groups, including the Council for Disability Concerns.
Financial Planning/Banking

KeyBank
100 S. Main Street • Ann Arbor
(800) KEY2YOU or (734) 741-6694

Key is available 24 hours a day, 7 days a week. Call 1-(800) KEY2YOU to open accounts, transfer funds, apply for loans and more – all from the convenience of your home or office. Use Key’s ATMs to make deposits, transfer funds or withdraw cash. Many Key Centers feature barrier-free access for customers with special needs.

Health Care Consulting

Span Corporation
1505 White Street • Ann Arbor • (734) 623-7726

Bringing together the health and business communities since 1984. Practice management and consulting in strategic planning, marketing and sales, sales management, financial management, information systems, operations, and corporate identity design for health care organizations.

Applause, applause!

At Key, we’re proud to support the Ann Arbor Center for Independent Living. Your achievements raise the quality of life for everyone in our community. And that definitely deserves a round of applause.

1.800.KEY2YOU®
Key.com

Key.com is a federally registered service mark of KeyCorp.

Achieve anything.
Home Health/Personal Assistance

Area Agency on Aging 1-B

Central Office • 29100 Northwestern Hwy., Suite 400 Southfield • (800) 852-7795 • TTY: (248) 263-1455
Livingston/Washtenaw County Access Office 35 Research Drive, Suite B • Ann Arbor (734) 213-6704 • www.aaa1b.com

The Area Agency on Aging 1-B is a nonprofit agency responsible for services to more than 420,000 persons aged 60 and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. Through the provision of home care and community-based services, the Area Agency on Aging 1-B provides older adults and persons with disabilities with options to help maintain their health and independence in their homes and communities.

In addition, the AAA 1-B offers support, resources, services and information to assist caregivers of older adults and persons with disabilities. AAA 1-B’s Information and Assistance (I & A) specialists can answer questions and connect individuals to more than 5,000 senior services and providers in southeastern Michigan.

ChelseaCare Home Health, Chelsea Community Hospital

775 South Main Street • Chelsea (800) 943-4663 or (734) 475-4190

ChelseaCare Home Health provides health care where you are – in your home. Home Health services include Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Language Pathology, Medical Social Work, Home Health Aide, Nutrition and Homemaker/Companion. Our staff will work with you, your family and doctor to provide home care services that meet the needs of you and your loved ones. ChelseaCare Home Health is JCAHO accredited.

Heartland Home Health Care and Hospice

3840 Packard Road, Suite 240 • Ann Arbor (734) 677-8140

Heartland Home Health Care understands the unique needs of home and hospice care. For over 15 years we’ve been dedicated to providing compassionate, high-quality care, both to hospitals and nursing facilities and direct to families like yours. We’re proud of our reputation and the outstanding care we provide. With over 90 locations in 20 states, experienced, excellent home care has never been more convenient.

Our Heartland agency in Ann Arbor is CHAP certified and offers a variety of home care services; including private duty, accepting most insurances and private pay; Medicare services and now Hospice services.

HomeMed

2850 S. Industrial, Suite 50 • Ann Arbor (734) 971-2070

HomeMed, part of the University of Michigan Health System, is a leader in home infusion therapy. We are staffed by highly trained nurses, pharmacists, and nutritionists ready to serve your home infusion and enteral nutrition needs. HomeMed offers the resources of the University of Michigan at affordable prices.

Kelly Home Care Services

(866) 835-3385 • www.kellyhomecare.com
Michigan Offices located in Battle Creek, Grand Rapids, Midland and Southfield

Kelly Home Care Services, a division of Kelly Services, has been in the home health care business for over 25 years. We provide high quality, affordable home care enabling the client to recuperate at home with the necessary assistance to encourage recovery.

We specialize in providing clients with Skilled Nursing Services, Home Health Aides, Certified Nursing Assistants, as well as Occupational, Physical and Speech Therapy. We can provide as much or as little help as needed, from 2 hours to 24 hours a day.

We at Kelly recognize the value of home care and provide qualified and reliable caregivers. We carefully scrutinize the background of each individual we employ and take an active interest in maintaining high standards of quality in the delivery of home health care. For the protection of our clients, Kelly is fully bonded and insured.

Our staffing coordinators are available to assist you 24 hours per day, 7 days per week.
**Mercy Healthcare At Home**

3800 Packard, Suite 130 • Ann Arbor • (734) 677-3540
135 W. North Street, Suite 6 • Brighton (810) 227-6979
281 Enterprise Court, Suite 200
Bloomfield Hills • (248) 858-7753

Our team of experienced professionals is dedicated to helping clients and their families adjust to the lifestyle changes that accompany an injury or illness. Services include: nursing home health aids, homemaker/companion, physical therapy, occupational therapy, and medical staffing services. We coordinate payment through private pay, private health insurance, catastrophic auto insurance, long-term care insurance, and government assistance programs. Our mission is to provide safe, reliable, competent, compassionate care in the Mercy tradition.

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**Michigan Visiting Nurses**

2850 S. Industrial Hwy. • Ann Arbor • (734) 677-4515
info@umvn.com • www.umvn.com

Michigan Visiting Nurses, (MVN) a part of the University of Michigan Health System, is committed to providing a comprehensive range of high-quality, reasonably priced services, including nursing, therapy, home health aide, and social work. We serve individuals, families, and communities throughout southeast Michigan. We offer compassionate, personalized care enabling our clients to maintain a high quality of life in comfortable, secure surroundings. Services are available on a pervisit, shift or hourly basis-24 hours a day, 365 days a year. JCAHO certified. MVN is a provider of Lifeline, a 24-hour personal response system.
Arbor Hospice & Home Care

2366 Oak Valley Drive • Ann Arbor
7445 Allen Road, Suite 230 • Allen Park
331 North Center Street • Northville

Call toll-free: (888) 992-CARE • info@arborhospice.org

Since 1984, Arbor Hospice & Home Care has provided quality, compassionate care for terminally ill adults, children and their families. Whether care is delivered in the home, assisted living facility, nursing home, or at the Arbor Hospice Residence, patients and their loved ones are educated, prepared and nurtured through the end-of-life process. Through our extensive support programs, Arbor Hospice & Home Care offers a comprehensive range of grief and counseling services to individuals of all ages who have suffered a loss. Our services extend to a seven-county area, with branch offices in Ann Arbor, Allen Park and Northville.

Dobson-McOmber Agency

301 N. Main Street • Ann Arbor • (734) 741-0044
info@dobsonmcomber.com

Dobson-McOmber Agency offers a wide range of insurance products and services to meet the needs of our new and established clients. Regular business hours are 8:00 a.m.-5:00 p.m., Monday through Friday, with emergency service available after hours and on weekends.

Susan Cobb-Starrett Insurance Agency, Inc.

25 Jackson Industrial Drive • Ann Arbor
(734) 741-1237 • www.susanstarrett.com

Second generation State Farm Agent in Ann Arbor. Helping people manage the risks of everyday life, recover from the unexpected and realize their dreams. We can help with the four basic insurance groups. Life, Health, Home and Auto. With the introduction of the State Farm Bank, we are able to satisfy your banking and investment needs with various products. We believe in educating the client with their options.

University of Michigan Center for the Development of Language and Literacy
Formerly the Communicative Disorders Clinic

1111 E. Catherine Street • Ann Arbor
(734) 764-8440 • www.umich.edu/~comdis

UCLL is committed to providing state-of-the-art intensive language therapy for adults 16 or older with language and communication disorders. Aphasia Services include the Residential Aphasia Program (RAP), Evaluations for Adults with Aphasia, Language Enrichment Group (LEG), and Home Training Program. Visit our web site for additional information.
Legal Services

Pierce and Hahn, Attorneys and Counselors
709 W. Huron, Suite 200 • Ann Arbor
(734) 769-9191 • hahn@piercehahn.com

Pierce and Hahn conducts a general civil practice with concentrations in the areas of corporate, immigration, real estate and international law. Richard W. Pierce has practiced law in Ann Arbor since 1967. His practice concentrates in helping clients with visas, green cards, and other immigration law issues. Gary L. Hahn has practiced law in Ann Arbor since 1976. His practice concentrates in the areas of corporation, limited liability companies, general business, commercial transactions and real estate law. He works with entrepreneurs and companies that are family-owned or otherwise closely held. Mr. Hahn also works with both buyers and sellers of commercial and residential real estate.

Elizabeth Warren Eddins, PLLC
32 N. Washington Street, Suite 14 • Ypsilanti
(734) 483-9551 or (888) 909-0088
Fax: (734) 483-9554 • eweddins@eweddins.com

Attorney Elizabeth Eddins dedicates her practice to gaining Social Security disability benefits for adults and children with disabilities. She accepts cases at all levels of appeal. She charges no fee unless you are awarded benefits.

Levine, Benjamin, Tushman, Bratt, Jerris and Stein, P.C.
100 Galleria Office Center, Suite 411 • Southfield
(248) 352-5700 or (800) 675-0613
www.levinebenjamin.com

Levine, Benjamin, established in 1964, consists of thirteen attorneys who vigorously fight for the rights of injured and disabled individuals. The Social Security disability department of Levine Benjamin travels the state and country representing people before the Social Security Administration at all levels of appeal. The worker’s compensation department of Levine Benjamin assists and protects the rights of injured workers. The civil department of Levine Benjamin handles other serious injury matters, including motor vehicle accidents, premises liability claims, insurance denials and discrimination matters. There is no fee without a recovery and consultations are free.

Lou Weir
8004 W. Grand River • Brighton • (810) 227-1300
In Ann Arbor: (734) 662-3160

The Law office of D. Louis Weir specializes in helping clients in the areas of worker's disability compensation, Social Security disability, and personal injury. Mr. Weir has been in practice in the Ann Arbor area for approximately 15 years. Mr. Weir is able to provide high-quality representation, along with personal service. Initial inquiries are at no cost.

Supporting the Community from the Heart of Ann Arbor

Dobson-McComber Agency, Inc.
Insurance and Risk Management
(734) 741-0044
Insuring You • Your Home
Your Business • Your Car

The AACIL held its first Walk & Roll on May 31, 2002, at Jeffrey Arena in Ann Arbor. The inaugural event featured participants walking, rolling, rollerblading and pushing strollers to directly support our assistive technology programs. They, along with these generous community sponsors, helped raise over $50,000 for this first-time event!

Thanks to all! Look for our 2nd Annual Walk & Roll in late winter.
In addition to loaning its large collection of regular and large print books, CDs, videos, DVDs, audio books and framed art prints, the Ann Arbor District Library has computers available at its main building and all three branches, with free Internet access, word processing and computer classes (327-8367). Magnifiers and closed circuit TV are also available. Information about the collections, art exhibits and programs at the library can be found on our Web site or by phone. Homebound residents may call 327-4291 for home delivery by a volunteer from Friends of the Library.

People with a hearing or speech disability can use their TTY/TDD by calling (800) 649-3777 and the Michigan Relay Center will contact the library for you.

The Library loans books and magazines on audiocassette tape and in large print to individuals who are certified as being unable to read standard print due to a physical disability. All services are free including mailing materials through the US Postal Service. The Library also loans descriptive videos and has assistive technology available for consumer use including Internet access. Computer training is provided at no charge. Regular programming includes a bi-monthly Book Lovers Club, a bi-annual technology fair, and other social programs. For additional information, call the Library collect.

Dr. Steven Bennett, F.A.A.O.
Certified Low Vision Specialist
2000 Green Road, Suite 200 • Ann Arbor
(734) 930-2373

The specialty of Low Vision provides an improvement in vision through the use of state of the art technology. Devices such as bioptic telescopes for driving, microscopic systems for reading and computer use, electronic vision systems and the new “Maculens” allow our patients to maintain their independence. Our new Low Vision Resource Center carries a full line of hand-held and stand-magnification systems. The general public without appointment can view them. People with Macular Degeneration and other conditions that cause legal blindness can be helped.

University of Michigan Kellogg Eye Center
1000 Wall Street • Ann Arbor • (734) 764-5106
www.kellogg.umich.edu

The UM Kellogg Eye Center Low Vision and Visual Rehabilitative Services Clinic embraces a multi-disciplinary approach to the treatment of low vision. Ophthalmologists, optometrists, and occupational therapists make up the team of professionals who will work with you during your treatment program, whether it be corrective lenses or adaptive living techniques. Look for notice of our offering of low vision equipment in 2003.

Paul Uslan, O.D.
1528 N. Maple • Ann Arbor • (734) 769-1222

Doctor of Optometry providing total professional eyecare. Barrier-free office design with accessible on-site parking. Separate exam room designed for wheelchairs. Specializing in hard-to-fit contact lenses. Over 1,200 eyeglass frames on display. Authorized dealer for prescription Oakley Sunglasses. We accept most major insurance plans.
University of Michigan Orthotics and Prosthetics Center
2850 S. Industrial Hwy., Suite 400 • Ann Arbor
(734) 973-2400 • www.med.umich.edu/pmr/op

The University of Michigan Orthotics and Prosthetic Center has been providing comprehensive services to clients from the University of Michigan Health System and to clients referred directly by their physicians since 1936. A physician prescription is required for all services.

UMOPC provides a full range of pre-fabricated and custom orthotic devices. We also have a full range of soft good and post-mastectomy products in our “Personal Touch” program. Our pedorthists design, fabricate, fit and modify shoes and foot orthoses. And finally, our prosthetic team designs and fabricates a prosthesis that is most appropriate for individuals’ needs (both physiological and psychological). Please stop by and meet our ABC and BCP board certified and registered staff members in our ABC and JCAHO accredited facility.

Wright & Filippis
2845 Crooks Road • Rochester Hills • (800) 482-0222

Wright & Filippis has been in the rehabilitative field for nearly 60 years. During this time, we have established ourselves as a leader in the orthotic, pedorthic and prosthetic industry. Wright & Filippis integrates the latest advances in technology – the CAD/CAM computer for prosthetics – with the experience of a certified clinical staff committed to quality patient care. For our orthotics, we specialize in high-tech, lightweight plastics, metals, silicon, and carbon laminates. All are designed to fit the exact, individual needs of our patients.

Ann Arbor Area Community Foundation
201 S. Main Street, Suite 501 • Ann Arbor
(734) 663-0401 • www.aaacf.org

To build a strong community requires a strong foundation. At the Ann Arbor Area Community Foundation (AAACF) we harness the power of permanent endowment so that today’s charitable donations become tomorrow’s charitable legacy. We offer donors a variety of ways to help them meet their philanthropic goals—such as establishing a fund in honor of a loved one, or to benefit a favorite nonprofit agency. Just ask the Ann Arbor Center for Independent Living: for nearly 13 years, distributions from the AAACF John Weir Fund have kept important programs strong and vital. Only imagine what you could make possible.

AAACF: matching your philanthropic interests with community needs.
Physical Medicine and Rehabilitation

Associates in Physical Medicine & Rehabilitation
(734) 434-6660 • (800) 767-3336

Affiliated with St. Joseph Mercy Health System, we are board-certified physicians providing comprehensive rehabilitation services across the continuum of care. We treat a wide range of disabling conditions, including back, work and sports injuries, stroke, traumatic brain injuries, spinal cord injuries and pain. Offices in Ann Arbor, Brighton, Plymouth/Canton. EMG, Acupuncture, and IME services.

Chelsea Community Hospital/Rehab
775 S. Main Street • Chelsea
(734) 475-4102 • www.cch.org

Chelsea Rehab specializes in the inpatient and outpatient treatment of people who have had a stroke or traumatic brain injury, as well as patients with orthopedic, musculo-skeletal and other neurological disorders. Comprehensive outpatient programs for people with hand injuries, sports injuries, orthopedic conditions and spinal disorders are provided by Occupational and Physical Therapists in the new CCH Wellness Center. Phone (734) 475-3947.

Heartland Health Care Center
4701 E. Huron River Dr. • Ann Arbor • (734) 975-2600

Heartland Health Care Center offers 24-hour nursing care for long-term residents, a unique Alzheimer’s care unit, and a quality-driven, cost-effective sub-acute program for shorter-term patients transitioning between an acute care hospital and home. HCR is a welcoming place where caring comes natural.

NuStep, Inc.
5111 Venture Drive • Ann Arbor
(800) 322-2209 • www.nustep.com

The NuStep TRS 4000 recumbent cross trainer provides a safe and effective workout for people of all ages and abilities. Exercisers simultaneously exercise their upper and lower bodies while getting a vigorous cardiovascular workout. Easy on the joints, the NuStep is the exerciser of choice when rehabbing after an injury or surgery. Developed by exercise physiologists, with guidance from medical experts, the NuStep features a wide, padded seat and foot pedals that stabilize the exerciser and provide a feeling of security. NuStep TRS 4000 makes exercising easy for everyone.

Saint Joseph Mercy Rehabilitation Services
Ann Arbor • (734) 712-3563 • www.trinity-health.org

A medically directed, comprehensive continuum of care is provided to patients with orthopedic and neurological diagnoses at all levels of recovery from acute medical stabilization and inpatient care through outpatient treatment. Individualized physical, occupational, speech and language therapies are offered in addition to specialty programs in Traumatic Brain Injury, Work Hardening, Hand Therapy and Sports Medicine. Therapy is provided at multiple sites throughout Wayne, Washtenaw, and Livingston Counties.

University of Michigan Health System Department of Physical Medicine and Rehabilitation,
Model Spinal Cord Injury Care System
300 N. Ingalls • Ann Arbor • (734) 763-0971
Fax: (734) 936-5492 • model.sci@umich.edu
www.med.umich.edu/pmr/model_sci

University of Michigan’s Model Spinal Cord Injury Care System is a medical-care and research effort, in partnership with the Center for Independent Living, to improve outcomes of individuals with Spinal Cord Injuries. This program serves persons of all ages.

University of Michigan Health System Department of Physical Medicine and Rehabilitation,
The Spine Program
325 E. Eisenhower Parkway • Ann Arbor
(800) 254-BACK • (734) 998-6550
Fax: (734) 615-1770 • www.med.umich.edu/pmr/spine

The University of Michigan Health System Spine Program is a multidisciplinary team of experts that strives to improve the health and productivity of individuals with spine disorders. The mission of the Spine Program is to become a national leader in spine care through synergy of excellence in clinical service, research and education; and to provide a comprehensive, patient-centered service that addresses the controllable factors influencing the health and productivity of persons with spine disorders. Numerous assessment and treatment options are offered to individuals with acute, subacute and chronic back disorders. These include diagnostic, general medicine, surgical and rehabilitation interventions, delivered by a team of physiatrists, physical therapists, occupational therapists, psychologists, and exercise specialists.
The University of Michigan
Model Spinal Cord Injury Care System
Department of Physical Medicine and Rehabilitation

The University of Michigan Model Spinal Cord Injury Care System is well known across the country for its research on community reintegration for those with spinal cord injury.

Our system of care smoothly transitions from emergency medical services and acute care to rehabilitation and community reintegration, all working toward the common goal of helping you regain functional independence. We now treat between 50-55 new adults and children with acute SCI each year.

Research collaborations with some of our colleagues in the basic sciences are oriented toward aspects related to SCI cure, as well as SCI care. Stem cell, growth factor enhanced neuroregeneration, and axonal guidance research is occurring within a stone’s throw from the clinical care center. Clinical trials are underway for a number of SCI-related procedures.

Our long-standing affiliation with the Ann Arbor Center for Independent Living (AACIL) has served as a model and resource for dozens of centers across the country wishing to improve their own community resources and accessibility. We are proud of our 19-year partnership with the AACIL.

David R. Gater, Jr., MD, Ph.D
Director, Spinal Cord Injury Medicine
Co-Director UM Model System

Denise G. Tate, Ph.D
Co-Director UM Model System

Please contact us! We invite you to visit and tour our facilities.

Inpatient SCI Rehabilitation Program: (734) 936-7059
Outpatient clinics: (734) 936-7175
Model SCI Care System research and education activities: (734) 763-0971
Email: model_sci@umich.edu
Web site: www.med.umich.edu/pmr/model_sci
Recreation

J.D. Jeffrey Arena
3990 Jackson Road • Ann Arbor • (734) 997-7465

Jeffrey Arena is Ann Arbor’s premier indoor multi-sport and recreation facility. The ‘Summer Ice’ plastic floor is smooth and forgiving yet indestructible. Air-conditioning provides year-round comfort. The arena has a huge supply of in-line rentals and personal protective gear. Our new facility is barrier free. We welcome any and all compatible uses.

Krupa’s Boat Mart
3909 Francis Street, on Sharp’s Lake • Jackson (517) 782-7146 • info@krupas.com • www.krupas.com

Krupa’s Boat Mart, located on Sharp’s Lake, in the heart of mid-Michigan’s lake country, was named “#1 Pontoon Dealer in the World” by Godfrey Marine, the world’s largest pontoon manufacturer. We make it a point to address every detail, whether you’re purchasing a personal watercraft, paddleboat, pontoon, fishing boat or cruiser. From accessories, financing, licensing and warranty processing to instruction and delivery – we take care of it all! We have experience in modifying new and used watercraft to fit the needs of our customers with disabilities and our sales floor and accessories showroom is barrier free. We make boat buying “A Totally Fun Deal!”

Michigan Adaptive Sports
P.O. Box 240368 • Orchard Lake • (248) 988-0156

Michigan Adaptive Sports (MAS) is a chapter of Disabled Sports USA, a nonprofit educational organization established to provide sports, recreation and physical fitness opportunities for people with disabilities. Our members enjoy learning to and/or competing in downhill snow skiing, water skiing, kayaking and hand cycling. Our winter ski clinics are held at Pine Knob Ski Resort. Join us on our annual ski trips to Crystal Mountain. To get more information on our sports activities and events, to become a volunteer and how to support MAS, please call us today. Exhilarate your independence!

Washtenaw County Parks and Recreation
Meri Lou Murray Recreation Center
2960 Washtenaw at Platt • Ann Arbor • (734) 971-6337

The mission of the Washtenaw County Parks & Recreation Commission is to enhance the quality of life in Washtenaw County. WCPARC is committed to the preservation of the natural environment and the provision of facilities meeting the needs of all residents – including those whose incomes, disabilities, or age may require special consideration.

- 4-lane wheelchair-accessible swimming pool
- Gymnasium with 2 full courts, 4 half courts
- Cardio training equipment including stationary bikes, stepper units, rowers, treadmills and cross-trainers
- Strength training equipment for users with disabilities
- Two-lane walk/run track
- An assisted-care locker room for anyone needing assistance changing to or from exercise or swim apparel

PM&R
The independence specialists.™

Musculoskeletal Injuries
Chronic Pain and Deconditioning
Neurological and Traumatic Injuries

Our team of physiatrists diagnose and treat a wide range of disabling conditions.

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Owen Z. Perlman, MD
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John C. Harwood, MD
Jon M. Wardner, MD
Marc Strickler, MD
David P. Steinberg, MD
Jennifer Doble, MD

734-434-6660
800-767-3336
For nearly 60 years, Wright & Filippis has been first to serve the needs of people with disabilities and those who need home medical care. We’ve also been first to care about those who need extra help. Wright & Filippis supports charities, individuals and organizations who need it most.

We have several locations to serve you. Call for the location nearest you! 1-800-482-0222

The Athletes with Disabilities Hall of Fame
Honoring courage and determination,
Celebrating the essence of the athletic experience... and the human spirit.

This unique non-profit organization honors Michigan’s athletes with disabilities who have demonstrated achievement in sports and are positive role models in our community. The 2002 ceremony will be held Thursday, October 3 at Petruzzello’s Banquet & Conference Center of Troy. Help us make a difference!

For sponsorship and ticket information, contact the Hall of Fame
c/o Wright & Filippis, Inc.
2845 Crooks Road
Rochester Hills, MI 48309
(248) 829-8277 or (248) 829-8376

Visit the Athletes with Disabilities Hall of Fame on the web! www.adhof.org
Transportation/Rentalss

Ann Arbor Transportation Authority
2700 S. Industrial Hwy • Ann Arbor • (734) 996-0400

The AATA provides safe, convenient and efficient public transportation services, and specialized services for persons with disabilities and seniors in the greater Ann Arbor area. Bus route and schedule information is available by phone at (734) 996-0400 or (734) 973-6997 (TDD), at the AATA web site: www.theride.org and in large print format. For information or an application for specialized service, call (734) 973-6500.

AATA A-Ride
A-Ride is a shared-ride, demand-response, public transportation service for individuals whose disability prevents them from riding the regular fixed-route buses. Trips are provided using lift-equipped vehicles and taxi cabs. A-Ride service is provided within 3/4 of a mile from regular fixed routes in the cities of Ann Arbor and Ypsilanti, and Pittsfield, Superior and Ypsilanti townships. The fare is $2.00 each way and can be paid with cash or pre-purchased scrip tickets. Applications for the A-Ride program are available by calling (734) 973-6500, or by visiting AATAs main office at 2700 S. Industrial Hwy. or the Blake Transit Center, 331 S. Fourth Ave., Ann Arbor.

AATA Travel Training
2700 S. Industrial Hwy • Ann Arbor • (734) 677-3948

The Travel Training program helps individuals with disabilities learn to ride the fixed-route bus system to best meet their transportation needs. Individualized training is free of charge, so climb aboard and “Learn Your Wheels”. Call for information or to enroll.

Heartland Health Care Center – Ann Arbor
Where caring comes naturally

Specializing in:
Catered living for individuals requiring 24-hour nursing care, Special Alzheimer’s Care Unit and Subacute Medical and Rehabilitation Care

Wheelchair Getaways
6005 Carscadden Way • Highland • (800) 887-7868

Wheelchair Getaways rents vans by the day, week, or month to persons with disabilities. Our vans include full-size conversion vans with raised-roof, raised-door, and side-door entry. Our minivans are equipped with a dropped floor, kneeling system, and power side-door ramp. All vans have tie downs for the wheelchair and tie downs for the chair user. Some of our vans are equipped with hand controls, power transfer seat for the driver, and power doors.

AATA TheRideSource
TheRideSource is a transportation matching program in Washtenaw County offering coordination of transportation services for individuals or groups who would like assistance in making their transportation arrangements. Special consideration is given to individuals of limited physical ability and/or income level. TheRideSource works with various transportation providers to coordinate the best possible combination of services for the individual client. For more information, call (734) 528-5411 or visit the AATA web site at www.theride.org/ridesource/ridehome.htm.
Jet Set Travel
8233 Allen Road • Allen Park • (313) 382-1800

Whether you're traveling across the country or around the world, Jet Set Travel is your destination specialist! Let the experienced professional travel specialists plan your next vacation, so you can relax and enjoy yourself without the worry. With over 30 certifications in destinations and lodging accommodations, Jet Set Travel is able to provide extensive information so you can choose the plan that best suits your needs.

Need special accommodations? Jet Set Travel can make the arrangements for you quickly and efficiently. Problems arise when traveling, but Jet Set Travel will find a solution to your problem and work on your behalf to seek remedies when compensation is due.

Jet Set Travel. First class service. Every time.

University of Michigan Health System Wheelchair Seating Service
2850 S. Industrial, Suite 200 • Ann Arbor
(734) 971-8286

The UMHS Seating Service provides evaluations and mobility equipment for complex seating/mobility needs. We offer a complete line of seating services including custom seating and positioning, and complex power mobility devices.
Please Support the CIL

Enclosed is my gift of: $10 $25 $50 $100 $250 Other $____

Please make check payable to: Center for Independent Living or CIL

Or charge my  VISA  MasterCard (Write card number below.)

Signature: ___________________________ Exp. date: ____________

☐ My company’s matching gift form is enclosed.

Donor information:
Please print your name as you wish to be acknowledged.

Name/s: ________________________________

Address:_________________________________

City: ___________________________ State: ___________________________ ZIP: ________________

Phone: (______) ______________________

Email: ________________________________

☐ Check here if you wish to remain anonymous

Please send me information on the following:
☐ Corporate sponsorship opportunities  ☐ Planned giving, wills & bequests
☐ Volunteer opportunities  ☐ The John Weir scholarship endowment fund

Gifts to the Center for Independent Living are tax-deductible. The AACIL is a 501(c)3 tax-exempt, nonprofit / MI CS9599.

Please mail to:
CIL
2568 Packard Road
Ann Arbor, Michigan 48104
(734) 971-0277
(734) 971-0310 TTY
(734) 971-0826 FAX
cilstaff@aacil.org E-MAIL

My gift is made:
☐ In memory of  ☐ In honor of  ☐ Occasion

Please send acknowledgement to:

Name/s: ________________________________

Address: ___________________________________

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Gift amount will not be mentioned.

Thank you for your support. It truly makes a difference!

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THUNDERBIRDS Rule!

Thunderbirds Basketball
Pat Anderson, Fergus, ON
Glen Ashlock, Ann Arbor, MI
Chuck Badger, Mooresville, NC
John Burns, Guelph, ON
Audie Kemp, Carmel, IN
Brandon Kirma, Commerce Twp, MI
Lenny Maclin, Toledo, OH
Kevin Page, Birmingham, MI
Nate Pendell, Gainsville, FL
Jerry Sarasin, Sterling Heights, MI
Matt Scott, Southfield, MI

Coach: Darryl “Tree” Waller, Detroit, MI
Asst Coach: Corey Bell, Detroit, MI
Manager: Robin Ashlock, Ann Arbor, MI

Thunderbirds Cycling
Glen Ashlock, Ann Arbor, MI
Kris Lenzo, Oak Park, IL
Michael Paye, Arlington, TX
Matt Scott, Southfield, MI
Jerry Sarasin, Sterling Heights, MI

Wheelchair Sports, Inc.
1976 - 2001 25 YEARS OF INDEPENDENCE
Center for Independent Living

WHEELCHAIR BASKETBALL AND HANDCYCLING
www.MichiganThunderbirds.org
For many physical therapy patients, the journey back to health starts with NuStep — the exerciser that's versatile, safe and incredibly effective. In short, exactly what they need to get back on their feet. One step at a time.

*Try out the NuStep TRS 4000! For a free demonstration, call 800-322-2209. www.nustep.com*