Alison Stroud, 2003 John Weir Scholarship Winner (see page 6)

Bright Futures:
Improving the quality of life for youth with disabilities

Ann Arbor Center for Independent Living
Livingston, Monroe & Washtenaw Counties

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## Our CIL Offices

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## AACIL Board of Directors

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<td>Secretary/Treasurer</td>
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Chairman’s Corner

Last fall I announced in Access Magazine that the Ann Arbor CIL would be relocating its office in the Georgetown Mall on Packard Road in Ann Arbor to a larger suite. The move has accomplished everything we had hoped it would, and more! Every aspect of our mix of advocacy activities and direct services has improved. Our Resource Library and Information and Referral Program is larger and busier than ever. We have a fully equipped assistive technology lab with drop-in internet access for consumers. Our evolving Youth Services program has blossomed, and a new Volunteers in Service to America (VISTA) program now supports 12 people who work in our Ann Arbor office as well as at our Livingston and Monroe County CIL offices.

I am very proud of my long time association with the Ann Arbor CIL, the last six years of which I have served as a member of the Board of Directors. Speaking for the Board, I can easily express to you the immense pride we have in the many accomplishments of our staff and volunteers as they work each day to improve the quality of life of people with disabilities.

We have a tremendously skilled and knowledgeable staff and volunteer corps who have created an organization that is a leader in the disability community, has a strong advocacy voice, is filled with compassion, values integrity and is both programmatically and administratively sound. They “walk their talk!”

Soon, members of the Board of Directors, staff, volunteers and community leaders will begin a Capital Campaign planning process that we hope will result in a “home of our own,” a true meeting ground for our disability community. When the time comes, I hope you will help make this dream a reality by volunteering your time, talent and by making a financial contribution.

Gary Hahn, Chairman, AACIL Board of Directors

In this issue…

This 15th annual edition of Access Magazine focuses on youth with disabilities and their transition from high school to college, adult life and a career of work and community service. Each year I have the honor and privilege of acting as editor for the very personal stories and accounts submitted by our contributing authors. It is always a humbling experience. This year was no exception. Everyone here at the Ann Arbor CIL is immensely appreciative of the time and effort the authors made in putting their thoughts and experiences down on paper in order to share them with you, our readers and supporters of Access Magazine.

Young people with disabilities today are inheriting the fruits of 30 years of labor by members of the disability community for equal access to all aspects of our society. While architectural access to the world around them has improved, youth with disabilities also know from personal experience that the disability rights struggle is far from complete. They also know that they are role models for others and that leadership opportunities are awaiting them. From where I sit, they are rising to the challenge.

Jim Magyar, President & CEO
In alphabetical order: Glen Ashlock • Rick Baisden • Al Ball • Peg Ball • Rob Benniger • Beatrice Bikali
Tene Buckner • Peter Bunton • Mary Burton • Christie Clark • Peter Clute • Shirley Coombs • Kit Cromwell • Anna Dusbiber
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Sue Probert • Tom Swain • Natasha Tolchinsky • Carolyn Valdivia • Pat Vanteighan • Rick Weir • Edward Wollmann
As people with disabilities, we started the Ann Arbor CIL in 1976 because our community was filled with a multitude of physical and attitudinal barriers that kept us from living full and productive lives. Many of us could not cross a street, ride a bus, go to church, city hall or the post office, enter a place of employment, fly on an airplane, use public restrooms or recreation facilities, or live independently in the community outside of a state-run institution. When we did venture out, people either stared at us or turned away. Health professionals treated our disability like something to fix, educators did not know how to include us in their classrooms, and potential employers rarely called us back after the first interview.

We knew from personal experience that “the problem” was not with our disability characteristics, but with the many architectural barriers and acts of discrimination we faced every day. We wanted an organization, led and staffed by a majority of people with disabilities, that would provide personal support to members of our disability community, and help us achieve access to the same opportunities that people without disabilities have.

The Ann Arbor CIL’s mission is carried out by volunteers and staff who together act as catalysts for personal and social change, working to assure equality of opportunity, full participation, independent living and the economic self-sufficiency of all people with disabilities. Through the empowerment of people with disabilities, the Ann Arbor CIL works to replace the perception of disability as tragedy with a disability culture that reflects a sense of pride, power and personal style.

The diverse disability characteristics of the people who benefit from Ann Arbor CIL activities include, but are not limited to: blindness and visual impairments, deafness and hearing impairments, cerebral palsy, arthritis, post polio, muscular dystrophy, multiple sclerosis, spinal cord injury, amputation, mental illness, substance abuse, autism, epilepsy, learning disabilities, traumatic brain injury and stroke.

Units of government, businesses, schools, colleges and universities, hospitals and other nonprofit organizations also benefit from Ann Arbor CIL supports.
Every day in Washtenaw County, throughout the State of Michigan and across the United States of America, people with disabilities face a multitude of societal, attitudinal and architectural barriers that take away our dignity and hope.

In response, the board of directors, staff and volunteers of the Ann Arbor Center for Independent Living work diligently to improve the quality of life of people with disabilities.

Our Experience

The communities in which we live build new barriers to our desire for freedom and independence every time a sidewalk, curb ramp or other architectural structure is created that does not meet the minimum construction standards mandated by state and federal laws.

The move from school to adult life presents a unique challenge for young people with disabilities. Schools alone cannot be the sole source of instruction for this transition.

Members of our community of people with disabilities are often unable to find an affordable and accessible place to live, a person to provide basic personal assistance, lift-equipped transportation, and meaningful employment.

Even when our disability clearly meets Social Security Administration criteria and guidelines for eligibility, it takes a minimum of five months before a claim is accepted or declined. If it is declined, the appeal process typically takes two years. Potentially, this is two years without income to pay for housing, food, or medical care.

Many times, we feel an overwhelming sense of isolation and can be overwhelmed by the disability experience. For many of us, our days can be filled with fear, frustration and pessimism as we find ourselves trapped in inadequate housing or in a nursing home.

Our Response

We advocate for a barrier-free society that accepts our challenges and honors our dignity as citizens, by helping businesses and governmental entities build communities that are accessible to everyone. Through our shared personal experience with disability we are able to educate and increase awareness on the part of students, civic organizations, business leaders and policy makers in our government.

Our youth mentorship program helps bridge the gap and eases the transition between school and adult life for young people with disabilities. By helping resolve problems in housing, home management, transportation, personal hygiene, and social skills, this program helps to pave the way for maintaining an independent, productive, satisfying lifestyle.

We assist people in strengthening job-seeking skills or starting micro-enterprises. We participate in local and state level housing, personal assistance and transportation initiatives to establish programs that promote an array of acceptable options for people with disabilities.

Our social benefits counselors help people with disabilities navigate a complex and ever-changing support system that often seems designed to lock us out rather than assist us.

Through support groups and one-to-one support, we help create a sense of hope for a better tomorrow by assisting our peers to move through a decision-making process that leads to a self-directed life filled with personal achievement. In so doing, we act as a clearinghouse for information that people with disabilities need in order to reach goals and achieve dreams.
As you will see after reading this year’s Access Magazine personal essays, many people play an important role in shaping the lives of youth with disabilities.

Some stories are by young people who relay the experiences they’ve had growing up in our community. Other articles were written by parents, professionals, and teachers who provide assistance and have witnessed the process of coming of age with a disability in this new millennium.

The Ann Arbor CIL is committed to improving the quality of life of youth with disabilities and playing an ever-evolving role in helping youth with disabilities find their place among the disability community and the broader community-at-large. To this end, we have created a mentorship program, a social and recreational program, and a scholarship program for students with disabilities who plan to attend college.

So please, read these personal essays and think about the role you play or could play in improving the quality of life of youth with disabilities in our community, because YOU are an important part of YOUth.

The John Weir Scholarship

“What accomplishment are you most proud of, and what are your goals for the future?”

Nine graduating seniors with disabilities answered these essay questions so well they each won a 2003 John Weir Scholarship. This competitive scholarship is open to students with disabilities graduating from high schools in Washtenaw, Livingston or Monroe Counties who plan to attend college.

This year the selection committee awarded scholarships ranging from $50-$450—plus a new multi-year scholarship for $500. The winner of this scholarship, Alison Stroud, is eligible for three additional $500 scholarships as she progresses through college. Alison, who has a profound hearing loss, graduated from Ida High School with a 3.85 grade point average. She was in the National Honor Society, served on her student council, and played girls varsity basketball, volleyball and softball. Alison is an active volunteer and a strong self advocate. This fall, she is attending the University of Michigan pursuing her goal to become a lawyer fighting for the rights of people with disabilities.

The John Weir Scholarship, named in honor of one of the founders of the Ann Arbor CIL, is made possible by interest generated from an endowment fund. Thanks to the generous donations of many individuals to the endowment fund, we have awarded over $10,000 in scholarships over the last eight years.

For the new school year, we are pleased to announce an additional scholarship opportunity for youth with disabilities between the ages of 14-21. The Rotary Club of Ann Arbor Healthy Fun Scholarship offered by the Ann Arbor CIL will award up to $180 to cover expenses related to pursuing a recreational endeavor. By writing an essay answering the question, “What a healthy lifestyle means to me,” applicants can apply for scholarships for camp tuitions, sporting equipment, lessons, gym memberships, etc.
Youth Mentorship Program

Remember the excitement and trepidation you felt as you endured the last few days of high school and faced a lifetime of decisions and independence? Remember the anticipation and apprehension of moving out of your parents’ home? Wouldn’t it have been nice to have some guidance from others, as well as mom and dad, about confronting life and all of its opportunities and obstacles?

With this thought in mind, the Ann Arbor CIL joined forces with representatives from the University of Michigan Health System, Department of Physical Medicine and Rehabilitation, along with Pamela Dixon and Heidi Lengyel (see article on page 8) to develop a Youth Mentorship Program designed for young people with disabilities.

Our Mentors, a dynamic group of people with disabilities who have successfully transitioned from school to adult life, make group presentations on topics pertinent to youth including Time Management, Communication, Relationships, and Assertiveness. Last fall, the AACIL Mentors presented at the “Swing Into Transition Conference” which had over 200 student participants. Further, our Mentors collaborated with the Washtenaw Community Transition Council to help young members further understand meeting roles and responsibilities; professional communication and relationships; assertiveness; and to brainstorm Council improvements.

The Ann Arbor CIL is in the initial stages of developing a more in-depth level of our program matching Mentors in one-on-one relationships with youth. These personal Mentors will work closely with youth on issues such as transitioning to college; finding housing and transportation; relationships; choosing a career; and living with a disability.

FUNtastic!

FUN! This describes the activities of the Ann Arbor CIL’s summer and fall FUNtastic Youth Recreation Program. Supported by a grant from the Ann Arbor Area Community Foundation along with support from Washtenaw United Way, this program engages, entertains, and educates youth with disabilities between the ages of 14-21.

In true Independent Living fashion, the power to choose and direct the program rests in the hands of a council comprised of five youth with disabilities. Selected because of their creativity and leadership abilities, council members Jennifer Kelly, Andrea McKinstry, Gary McNally, Ana Obando, and Brennan O’Shea identify, plan, and host various events for their peers.

According to Project Assistant, Anna Dusbiber, “It’s been worthwhile to serve as a leader for the FUNtastic program, not only putting together educational and recreational programs, but also seeing our peers come together and enjoy themselves as a result.”

In June, the FUNtastic program kicked off with an Ice Cream Social followed by Pizza and Movie Night. Other events have included a Jewelry Making Class, a Candy Making Class, AACIL Annual Picnic, and Mexican Fiesta and Salsa Dancing Party. Remaining on the calendar are Bulb Planting and Autumn Garden Clean Up at Project GROW and Pumpkin Carving and Painting.

Volunteers are also instrumental to the success of this project, doing everything from beading jewelry to popping popcorn to moving Monopoly pieces.
Change presents challenges and jittery feelings for many people. Starting at a new school or a new job can feel overwhelming for anyone.

Imagine being a young person on your first day of classes trying to maneuver your way along with thousands of other students at a sprawling college campus. Worries of not having a friend in your class, not getting into the class you want, buying textbooks and not getting along with your new roommate all pass through your mind. Add to these concerns; moving across campus using a wheelchair, thoughts of not being able to get to your classrooms because of barriers like stairs or the elevator being out of order. What about having a roommate who doesn’t want to share a room with someone with a disability? Feeling nervous about not being able to get a volunteer note taker or the accommodations you need in class. Fears of discussing your disability play over and over in your mind, exhausting your brain. Combine these worries with the typical butterflies felt by all college students, and you’ll know how I felt as a first year student at the University of Michigan in Ann Arbor.

Making the transition from high school to college as a student with a physical disability was a challenge I felt like I was often facing on my own. Sometimes I felt like I spent my first year in college learning how to be my own advocate and figuring out how to be a college student with a disability. Finding out how to get help took up a lot of time and energy; what I needed was a course on how to survive in college with a disability taught by a student with a disability. I used the services provided to U of M students at the office for Services for Students with Disabilities (SSD). They provided certain services and gave me assistance when I had a problem. What I really needed was training in what to do and where to go before I encountered a problem. It would have helped to talk to a student who had successfully gone through this transition and could share advice and support.

I met a few students with disabilities during my college years who had similar struggles, and I felt relief at knowing someone else who understood. I participated in the creation of a video called “You Can Quote Me on That” on what it is like to be a college student with a disability.

The challenges I faced as a young person making the transition from high school to college presented themselves throughout college and again as I graduated and was ready to move into the workplace. My wish to talk to and learn from someone who had experienced school and/or work with a physical disability continued to be in my thoughts.

One of my classes as a Psychology major was a course on mentorship. As my final project I designed a mentorship program for college students with disabilities.

By Heidi Lengyel

The Ann Arbor CIL has been a part of my life through many of my transitions. As a high school student I applied for and was named the recipient of the John Weir Scholarship. In college the Ann Arbor CIL supported my idea of pursuing a CIL internship to create a mentorship program for youth with disabilities.
These were the words offered to us as we left the neonatal intensive care nursery with our son, almost 24 years ago. During his stay he experienced a hemorrhage in the left ventricle of his brain. The doctors were not encouraging, and guarded at best regarding his future. But we knew he was tenacious and determined, traits he had already demonstrated by his continuous struggle to extricate his left arm from its bonds and get that thumb into his mouth, thwarting the well-intentioned nurses. These were traits that would carry him far. Months later he was given the diagnosis of “right hemisphere hemiplegia” which manifested itself in a mild muscle paralysis in the extremities of his right side. Still later it was determined he had a learning disability as well. What would it all mean?

Over the years since first hearing the words “hemiplegia” and “learning disability”, one thing never changed. We’ve never looked at our son as different or disabled. Never looked at what he wasn’t doing yet according to some graph. Instead we celebrated every new accomplishment. We marveled at the unique way he learned to adapt to new challenges and find his own way. For we knew he was on his own schedule —his own path. We learned to ask, “Why not?” But still those little doubts remained. Would he learn to tie his shoes, button a shirt, zip a zipper, ride a bike, or drive a car? All the things he would need the use of two hands for, the things that we do without thinking about, were still hurdles to overcome.

We learned as we went. We became facilitators. He would tell us what he wanted to do and we helped him find a way to do it. This seemingly simple recipe worked well during the elementary years. Doctors, teachers, therapists and softball coaches were encouraging. His successes were their successes. They solidified the belief in him that he could accomplish almost anything if he was willing to work hard. And work hard he did. Hour after hour he would stand in the yard and practice his baseball swing. Hour after hour he would sit at the kitchen table and go over his “times tables”. Hour after hour he would circle the church parking lot in our car trying to nail that parallel parking. Tenacious and determined.

The teen years brought new struggles. Bigger dreams, bigger hurdles. Resource people didn’t seem as encouraging. In fact, during several Individual Education Planning sessions (IEP’s) he was urged to take it easy on himself. “Scale down those big plans”; “don’t stress yourself so much”; “Too difficult” all became fighting words.

Continued on page 20
I learn something new everyday from my work in Learning Support Services (LSS) at Washtenaw Community College. We assist students who have just graduated from high school, others who attend universities and are getting additional credits for their major programs, people who are changing careers, advancing in their current careers or who just want to take classes because they are interested in learning something new.

Washtenaw Community College has a wide range of choices. But there are a few important things to keep in mind when considering coming to college such as:

- What is my goal? Is school a priority for me? Do I have adequate time to study and prepare so that I will be successful in school?

Students who have a disability often need to plan more time to prepare assignments, seek tutorial assistance and get the work done. Setting up accommodations and planning ahead also require time. Accommodations are made to try to remove or lessen barriers, but the requirements and assignments still have to be done to complete classes and get good grades.

The keys to a successful educational experience are to PLAN, PREPARE and KNOW YOUR RESOURCES. At Learning Support Services we assist students in these areas. We have weekly Information Sessions for new students or students who have not used the services previously. We meet with students individually each semester to assist in selecting classes, setting up accommodations and providing support during the semester (tutoring, counseling, etc.).

Planning means looking at what is coming up ahead and getting ready. Planning should be done for educational or career goals. Plan by looking at the requirements of a program, determining the level of involvement of assignments each semester (review the syllabus early) and making the commitment to devote enough time to accomplish each step.

Preparing means gathering more specific information to ensure you understand the class requirements, making sure you have completed the necessary pre-requisites, and setting up academic accommodations. After you have made the commitment of devoting adequate time, this is where you really implement it.

Knowing your resources is the last, but not least important point. It is important to know whom you can contact and when you need assistance. Learning Support Services is an important resource. However, there are many other areas to use for assistance and support. You should develop a good rapport with your instructors. Discuss your accommodation needs (after establishing them through LSS), and show you are an interested and committed student. There are other counselors on campus including Divisional Counselors who can assist with information about their programs and classes. There is a math and writing center where instructors are available to assist students. The library has excellent resources, and computer access is available there as well as the computer labs throughout campus.

“Students who have a disability often need to plan more time to prepare assignments, seek tutorial assistance and get the work done.”

By Debra Guerrero
I am a teacher consultant with the Washtenaw Intermediate School District (WISD) and a ‘blended staff’ rehabilitation counselor with the Michigan Department of Career Development-Rehabilitation Services (MDCD-RS). I am also co-chair of the Washtenaw Community Transition Council (WCTC) and transition contact for the Transition Services Project (TSP) and the Michigan Department of Education (MDE). My various roles allow me to work with young adult students with disabilities, their families, community employers, and a myriad of adult community service agencies and colleagues.

We are very fortunate in Washtenaw County that so many of the community agencies work collaboratively. A wonderful example of this collaboration is our Washtenaw Community Transition Council. This council has existed since 1995. Our membership includes approximately seventeen students and young adults with disabilities, five family members, twelve community agency representatives, three local educational representatives, and four WISD staff members. Our major goals and activities include; promoting person centered planning (PCP), maintaining an updated community agency resource guide, maintaining a council web site, wash.k12.mi.us/ssupport/wctc, planning and sponsoring a transition and leadership conference for students with disabilities (look for the next conference in the spring of 2004), and promoting self determination skills for students and persons with disabilities.

We work toward achieving our goals by working collaboratively with our community agency partners. One specific example of this collaboration is our relationship with the Ann Arbor CIL. I have been very fortunate to work with AACIL staff in each of my roles. The CIL is a current WCTC member and active contributor. The CIL’s mentorship training program has allowed student members of the WCTC to gain valuable self-advocacy skills. Plans are in place to expand the training opportunity to other students with disabilities in Washtenaw County. The CIL also provides valuable assistance in supporting students with disabilities to obtain and maintain employment and to live more independently in their community.

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The room is filled with smiling faces, lively music, and fun dances! Sounds like a party, doesn’t it? Actually, it’s one of our My Chance to Dance dance/exercise classes for physically and/or developmentally disabled children and adults.

Let us introduce ourselves; we are Dawn Malek and Kathy Hinchman, co-owners of C.C. Plus, dance for fun and fitness, and creators of the My Chance to Dance program. After having taught line dance/exercise classes to the general public for five years, it came to our attention how very under-served the disability community was when it came to dance and exercise. So we put our heads together to create My Chance to Dance. Our goal was to choreograph a program that would avoid failure and build on success, and that is exactly what we did.

Now, three years later, we teach more than 100 My Chance to Dance classes each month. We were honored to receive the Governor’s Award for Physical Fitness Event of the Year in 2002. We attended the Special Olympics Winter and Summer games in 2003, where we taught more than 3,000 special needs athletes to dance. C.C. Plus is now accepted as a Special Olympics tradition. This year we were awarded several grants that will enable us to teach weekly classes for 48 dancers with disabilities for more than one year. We are hopeful to find similar funding that will allow us to bring My Chance to Dance to the Ann Arbor CIL.

Our students with disabilities are enthusiastic and excited about My Chance to Dance. Like all of us, they love the music, the dancing, and the social interaction. What most don’t realize though is that they are also exercising and burning 200 calories an hour, while lowering blood pressure, cholesterol levels, body fat, stress, and anxiety. We have so much fun in class that we call it “exercise in disguise”.

My Chance to Dance also offers our students the opportunity to interact with each other. It has allowed children with autism, who often shun a touch from others, to hold hands with another child as we parade in a circle. We have seen shy, quiet, withdrawn dancers come alive with glee when their favorite song and dance comes on. We have witnessed parents become teary-eyed when their child is happy and dancing and moving—just like everyone else in the class. We have seen non-verbal dancers sing at the top of their voices, in their own special way.

There are no mistakes made in the My Chance to Dance classroom. Everyone dances their own way, in their own style, at their own pace. Wheelchairs, walkers, braces and crutches become partners in the dance. Everyone in the class is accepted for who they are. What they can do is up to them. Our classes are a place to be yourself.

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By Dawn Malek

“We have so much fun in class that we call it exercise in disguise.”
I was 15 when my parents decided that I should go to my home high school. I was born with cerebral palsy, a condition that has always prevented me from walking. I use an electric wheelchair for mobility to move around different places more easily. These places can be anywhere from school, the grocery store, friends and relatives houses, the bus, etc.

I was in Special Ed classes all throughout grammar school. So when it was time for me to go to high school my grades were good enough to move to all regular Ed classes. When I started out at Milan High School, I was very nervous for awhile because I was used to everything being handicap accessible at my old school. Milan didn’t have anything accessible at first; like the bathrooms, stages, tables, walkways, and desks. The principal, teachers and staff all helped to make things accessible for me during my transition.

During my sophomore year I was involved in the drama club. When we produced our first play, I was chosen for a part. The problem was the stage was not accessible. My cast mate companions built me a wooden ramp up to the stage so I could be with them. During this time I felt great because it showed our audience that anyone in a wheelchair could perform just as well as anyone who can walk. It also made me feel like part of the group, as sometimes I can be left behind because of my wheelchair.

Another event that happened to me while I was at Milan that I remember well was when I graduated from high school in 1999. My senior class built me a two-sided ramp in the new gym on a brand new wooden stage so I could sit with everyone during graduation. When I graduated everyone at Milan said they would miss me a lot. They told me that throughout my 4 years of high school I specifically paved the way for other wheelchair users that might also come to Milan High School, and it was an honor for me to do so.

When it was time for me to start college I chose Washtenaw Community College because they have great accessibility in their facilities that makes life so much easier for me to move around. It makes me feel that I have earned great independence for myself without asking for any additional help. I have been going to WCC for four years now. I am going for my Associates in Applied Science Degree in Administrative Assisting Clerical Work. I also hope to find a job relatively soon in this field.

WCC has been very good for me, and I would recommend it to anyone, including those with disabilities. I feel throughout the experiences that I have been through in the past four years, that with patience and hard work I will receive my degree and rise to the top.
I believe that life challenges and the people who helped me overcome them have helped me become the person I am today. From the start, I endured a challenge. At birth, my left shoulder was dislocated, which injured the lower part of my spinal cord. Due to this injury, I became paralyzed from the waist down and spent the first three years of my childhood in and out of hospitals for various surgeries. At that young age, I was asked to translate for my mom when we went to doctor’s appointments or when my caseworkers came to our house. She spoke Spanish fluently and was unable to understand English very well. No matter how busy she was or how tired she was, my mom never complained, and she always found time to meet our needs. She taught us moral values and reminded us to believe in ourselves. Just before my seventh birthday and her death due to cancer, she told me three things. She took my hand and said, “First, as you get older, you’re going to face many trials and hardships. When they occur, have faith that God will see you through. Second, you’re going to meet people who are going to discourage you and look down on you because of your disability. Listen to your heart and stick to your convictions. And third, no matter what happens, believe and follow your dreams.”

After my mom’s death, I was adopted at the age of ten. My adopted parents helped me, guided me, and supported me through the hardest time during my teen years. A month after I turned eleven years old, I had back surgery. My spine had an eighty-three degree curve and by placing a metal rod in my spine, the doctors were able to straighten ninety-five percent of it. Unfortunately, after that operation I began to lose sensation and deteriorate throughout my body. For the next five years I went through various tests, seven MRIs, and visited a dozen well-known doctors. Just before I turned 17, my mom and I met a doctor at New York University Hospital whose name was Dr. Weinstein. Of all the doctors I met in the past, he was the only doctor who acknowledged my existence and the only one who figured out my problem. He discovered a cyst was severing the cervical area at the fourth vertebrae of my spinal cord. Several weeks after my surgery, to my sadness, I was diagnosed tetraplegia (formerly called quadriplegia); this meant I had a loss of feeling throughout my body and a loss of movement in my arms. I went through the whole grieving process starting with denial. I refused to accept that my injury was going to be permanent. Though I had very little movement within my arms, I would spend hours dressing myself. I felt asking for help was a sign of weakness, and it wasn’t part of my vocabulary. Several times throughout that year and a half, I became very depressed. I told my mom that I was so frustrated. Even if I really wanted to kill myself, I still would need assistance.

While I was trying to figure out why I had to endure another injury, I was given a book. It was about a sixteen year old woman named Joni Eareckson Tada. She had become a quadriplegic from a diving accident. I was amazed how much I had in common with her. The two things that really inspired me was how she felt about writing with her mouth and how she chose to help others with spinal cord injuries (SCI).
I am 27 years old and have Schizo-Affective Disorder and a learning disability. I love music, reading, movies, and traveling. I graduated from the Washtenaw Intermediate School District Transition Program and got my high school diploma last year. I am planning to take classes at Washtenaw Community College (WCC). For four years, I have worked at Hollywood Video. For two years, I have been a member and co-chair of the Washtenaw Community Transition Council and the Regional Interagency Coordinating Committee.

My life has changed since I met Maria Kirchhoff. She’s my mentor. We met five years ago at WCC. We’ve gotten together at school, talk on the telephone, and occasionally see each other at the Ann Arbor CIL. She’s not just my mentor; she’s also my friend.

Before I met Maria, I was a totally different person than I am today. It was hard for me to express myself to people, especially my parents, about my fears, my problems, and my feelings. I kept it all inside. Maria was there for me, and she talked me through it. Because of that, I’m better at dealing with my problems now. I express myself much more clearly. I’m closer to my mother than ever before.

Talking more with Maria helped boost my confidence and my self-esteem. In the past, I was shy and insecure. Maria gave me advice, and now I feel better about myself. I’m keeping a job. I’m a co-chair in the Council. I’m meeting new people. I’m in presentations for conferences. I’m reaching new goals that I never could do back then! Speaking of conferences, Maria and I have given at least two presentations on mentorship at two different conferences.

Because of Maria, I want to make difference, too. I plan to become a mentor for somebody else in the future. This is a goal that I’d love to achieve.
Recently I had the honor of participating in the selection of the winners of the John Weir Scholarship fund sponsored by the Ann Arbor CIL. Other selection committee members were Anna Dusbiber, Bryan Kircher, Lisa Weir, and Marshall Weir.

During her interview, one of the finalists turned the tables on the interview team and asked what the members of the selection team did vocationally and why. Since I had been retired a number of years, it had been a while since I thought about why I spent 32 years working for Michigan Rehabilitation Services. But the answer was literally right in front of me, in the person who asked the question. It was because my job provided me with the opportunity to witness on almost a daily basis that indomitable human spirit that results in people with disabilities achieving goals that many people only dream about. And they did so unassumingly, as though it was nothing special, unique, or difficult when in many instances it took all the effort they had and was highly uncomfortable, if not sometimes painful.

The person who asked the question was a high school graduate who was deaf. Her career plan is to attend the University of Michigan, get a law degree, and specialize in advocacy for persons with disabilities. I have no doubt that she will achieve her goals, and if she stays in this area after she gets her degree, she will be a vibrant, successful, proactive contributor toward the goals and objectives of the Ann Arbor CIL.

Where are the heroes, the ones who inspire us, who consistently beat enormous odds with quiet dignity? They are right here in our community, achieving independence, working, volunteering, making awesome contributions to society, and frequently assisting other persons with disabilities in the process.
As I am now finishing my last year of college, I look back on the time of my sophomore year of high school, when I was diagnosed with schizophrenia. Before that, I used to think that having a mental illness would mean that I would never be able to achieve a normal lifestyle with standard goals. Now, as I am graduating from Eastern Michigan University with a Bachelor of Arts degree, majoring in Journalism, I realize that by maintaining constant therapy and medication, the quality of life can be improved.

Of course, there were many challenges that I had to face while coming up against my mental illness. The necessity of scheduling therapy sessions and blood tests can make a person’s lifestyle cramped and difficult, even more so with possibly unregulated trips to the pharmacy and increased checkups with my personal physician. However, when I compare the quality of life the way it was before my diagnosis to the way it is now, I have discovered that working against a disability can be a definite technique for self-improvement.

It would not have been possible for me to go through the rehabilitation process alone. I would not have been able to do it if it had not been for my friends, family, and helping professionals. They provided accommodations that enabled my transition from illness to wellness that included financial and emotional support, transportation, and the consideration made for my disability. With these accommodations I have been able to continue my education, maintain part-time employment, and receive medical treatment. I consider the people who have helped me as the resources within my community that helped me the most, providing role models for me so I could rework my personality into something more healthy and capable.

With my newfound quality of life, I have a feeling of pride from the accomplishment of improving my state of mind. I am just on the verge of achieving my professional goal of being a paid working news journalist. With this goal accomplished, I feel that I can recommend for other youths affected with mental illness to never give up in their struggle to improve the quality of their lives. They have a bright future ahead.
I am a twenty-one year-old with cerebral palsy and enjoy horseback riding, listening to music, swimming and working out at the Washtenaw County Parks and Recreation Center. I am currently attending Washtenaw Community College studying to be a web site designer. Some day I hope to turn it into a job designing web sites for people from organizations, clubs and businesses.

Since I’m a slow writer, Washtenaw Community College’s Learning Support Services provides me with a note taker who helps me out by taking the notes for my class. This way I can listen to what the instructor is saying and not fall behind. I’m also given more time to get my quizzes or tests done.

I have been working with Glen Ashlock from the Ann Arbor CIL on a program called Dragon Dictate. This program trains the computer to recognize my voice. Since I only have the use of one hand, this program will help me get papers completed faster for my classes.

At home I use a program called Microsoft FrontPage 2000 to help me design my own web site as well as the one I helped design for Therapeutic Riding. The program is exactly like Microsoft Word where I can write what I want the web site to say when people view it on the web. Front Page will write the HTML codes for whatever I want to appear on my web site.

I think of my parents as my role models. They encourage me to try new things. They are proud that I made the decision to attend WCC so I can someday achieve my goal to become a professional web designer. I know I can always count on them for guidance and support in whatever I plan to do.

Through the Association for Community Advocacy I am able to work with Paul Krolik at the Rec. Center. On Mondays he helps me work out on certain machines to exercise my leg and arm muscles. Fridays we meet there to swim.

I am also currently a member of the Ann Arbor CIL’s FUNtastic Youth Council. This enables me to help plan activities for other people with disabilities as well as socialize. My disability may limit me in some ways, but with the proper help I am working toward reaching my goal as well as enjoying myself in other activities.

― Gary McNally
I am 20 years old and attend the Washtenaw Intermediate School District’s Washington Street program. I am also a member of the Council for the Ann Arbor CIL’s FUNtastic Youth Recreation Program.

The Council is made up of five youth who organize events for other people with disabilities between the ages of 14-21. At first, our Council brainstormed lots of possible things to do. Then we decided what events to plan by discussing our ideas and looking at our grant budget. Being a member of the Council is fun because we have the opportunity and responsibility to organize activities for other people. We also get to go to the events!

So far, we’ve held an Ice Cream Social; Pizza and Movie Night; Jewelry Making; Candy Making; Summer Fun Picnic; and a Mexican Fiesta and Salsa Dancing Party. I’ve had the chance to meet a lot of new people at these events.

My favorite activities have been the Ice Cream Social and Candy Making Class. During the Ice Cream Social, I got to talk to new people and play Monopoly and Taboo. I even won a game of Taboo, and I got to eat ice cream!

During our Candy Making class, we molded lots of different chocolate candies into flowers and stars. We also made chocolate suckers and dipped strawberries and pretzels in chocolate. There were a lot of us there, and we were loud and had a lot of fun.

The people who have volunteered to help us at the events have been very nice and helpful. My older sister, Eva, has volunteered a lot. It’s been fun having her there.

Since becoming a member of the FUNtastic Youth Council, I’ve used the A-Ride service more this year. A-Ride is a part of the Ann Arbor Transit Authority that provides door-to-door service. It makes me feel good to use A-Ride because I can get to places more independently.

I’m proud to be a member of the Council and organize activities for other people.
Lengyel

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After months of researching, creating a curriculum, and developing the program, the Ann Arbor CIL Mentorship Program was launched in the summer of 2002. Selected mentors completed eight hours of training. The adult mentors with disabilities shared their experiences with young people age 14 to 26 to assist them in making the transition from high school to independent life at college or in the workplace. Weekly meetings provided a place for discussion and interaction between mentors and “mentees.” Everyone agreed that progress was visible. Mentees began to gain confidence, have ideas of independence, and feel reassured of their abilities and strengths.

For me the mentorship program was a step in helping young people with disabilities empower themselves to take control of their lives. With knowledge and the experience of others mentees can be prepared to make the best decisions possible for independence in college or the workplace.

I am proud of my work and association with the CIL mentorship program. Having made the transition from college to the workplace, I am presently a research assistant at the University of Michigan. I now work in the Department of Physical Medicine and Rehabilitation Psychology studying several topics in relation to youth with disabilities, including mentorship.

My involvement with the CIL and the mentorship program has enabled me to use my transition experiences to help others brighten their future. I encourage you to help improve the quality of life for youth with disabilities.

Gordon

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As parents of a child with a brain injury, we went to bed many a night wondering if his current behavior was just normal adolescent angst or another symptom surfacing. With the help of an incredible therapist at the Chelsea Hospital Brain Injury Program, our family gained helpful insight into what it is like to live with a brain injury. Our son finally found someone who understood what he struggled with. She helped him with coping skills and together they devised a plan of attack to help him achieve his higher education goals. She introduced us to the Drivers Rehab Center of Michigan. Through their calm and patient tutoring, our son gained the confidence and skills necessary to earn his driver’s license.

The last piece of the puzzle has been our relationship with the Ann Arbor Center for Independent Living. We were introduced to CIL when our son became a candidate for the John Weir Scholarship in his senior year of high school. The learning disabled student who had worked so hard throughout high school to become a National Honor Society member was now to be recognized for his academic achievement. Finally, someone other than his parents saw what could be done, what had been done, and said, “Well done.” Through the experienced mentorship of Tom Hoatlin and Kendra Webster, our son was guided over one more hurdle—preparing to enter college.

Once more our son stands on a new threshold. In less than a year he will graduate from Central Michigan University and step out into the working world. It still gets a little scary for my husband and me. We’re still learning how to walk that fine line between wanting to rush in and do it all for him and letting him find his own way with only gentle prodding and quiet encouragement. Just knowing the Ann Arbor CIL is there gives us calm and reassurance. If I had to describe the folks we’ve worked with at CIL it would be—tenacious and determined. Thanks to all.

Guerrero

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A very valuable service available to you as a student at Washtenaw Community College is free tutoring. This service is provided on a drop in, one-to-one basis. If you are having difficulty or want better understanding of certain concepts and need assistance to gain this understanding (beyond the available time of the instructor), tutoring is a wonderful opportunity to get some additional support.

If you follow these simple ideas, come with the attitude that you will accomplish your goal(s), and bring the enthusiasm and commitment to work at doing so, you will be successful in college.

Stelzer

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The major focus of all my roles is to assist young adult students with disabilities to be prepared for their life after school. Our experience demonstrates that young adult students with disabilities, who are linked to community agencies prior to exiting school, are better prepared for their life after school. Collaboration between the Washtenaw Intermediate School District, the Michigan Department of Career Development/Rehabilitation Services, the Ann Arbor CIL, the Community Supports and Treatment Services (formerly Community Mental Health), the Michigan Commission for the Blind, the Washtenaw Association for Community Advocacy, and various vocational service providers allows young adult students and their families to better understand how adult agencies operate and which agencies offer the appropriate supports for an individual student. We have also found that young adult students who are employed while they are still in school typically have a smoother transition from school support to adult agency services support. Currently there are more than seventy employers in Washtenaw County who are collaborating with WISD in providing employment and training opportunities for nearly one hundred WISD students.

Kirchhoff

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After reading her story, I chose not to become a victim and decided to help others with spinal cord injuries—specifically, children and young adults with disabilities.

A couple of months after I graduated from high school, I moved to Eastern Michigan University. I stayed there for about two years and then had to drop out for financial and academic reasons. In 1995, I decided I needed to find a place where I could volunteer. I chose to check out the Ann Arbor CIL. The counselor I spoke with asked me what I wanted to get a degree in. I told him I wanted to work with children and young adults with special needs. He told me that the CIL was looking for a woman who was a quadriplegic and who would be willing to share her challenges and victories with newly injured female patients. I’ve been through the CIL Peer Consultant training program and have been co-leading the CIL’s SCI group for 8 years.

I’ve now completed my education at Washtenaw Community College with an Associates Degree in Human Services. I continue to co-facilitate the SCI support groups at the U of M and the CIL, mentor several young adults, and am making plans for my future. Though I didn’t like my challenges at the time, I believe each obstacle I overcame helped me become stronger. I also believe those challenges helped me to relate and help others with spinal cord injuries and other disability characteristics.
Accessibility

**AE Designs Inc.**
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Helping the integration of people with disabilities in our community by assisting them to live independently in updated universally designed homes. Meeting the requirements set by the Inclusive Home Design Act of 2003 and the Michigan Residential Code. AE Designs Inc. specializes in building, remodeling and selling accessible homes for people with all needs and abilities.

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25 Jackson Industrial Dr., Suite 500  
Ann Arbor, MI 48103  
(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.

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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.

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Association for Community Advocacy
1100 N. Main St., Suite 205, Ann Arbor, MI 48104
(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 Rd., Suite 200, Ann Arbor, MI 48108
(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 Rd., Suite 400
East Lansing, MI 48823
(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, MI 48104
(734) 761-1800 Office • (734) 761-1451 Hotline
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 from 9:00 a.m. - 5:00 p.m.

Michigan Theater
603 E. Liberty, Ann Arbor, MI 48104
Information line: (734) 668-TIME
Office telephone: (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 films showings and live-on-stage concerts and attractions. Both the 1710 seat historic Michigan Theater and the attached 200 seat Screen Room facility are accessible. Newly constructed rest rooms are also fully accessible.
Weber’s Inn, Weber’s Restaurant, and Habitat Lounge

3050 Jackson Ave., Ann Arbor, MI 48103
(734) 769-2500 Hotel • (734) 665-3636 Restaurant
(734) 769-3237 Sales and Catering
www.webersinn.com • info@webersinn.com

Escape from the ordinary to Weber’s Inn. Family owned and operated since 1932. Upscale stylish surroundings, deluxe guestrooms 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.

Leader Dogs for the Blind

1039 S. Rochester Rd., Rochester, MI 48307
(248) 651-9011 or (888) 777-5332
www.leaderdogs.org

Leader Dogs for the Blind has provided trusted Leader Dogs through quality instruction to people all over the world since 1939. Over 12,500 blind and deaf/blind individuals have been given the opportunity to enjoy the safe and independent travel that a Leader Dog offers. Leader Dog services are provided at no cost to each eligible applicant. If you or someone you know may benefit from Leader Dog’s programs or if you wish to assist in our mission by making a gift, please call (888) 777-5332. You may also write us or access our web site.

Paws With A Cause

4646 S. Division, Wayland, MI 49348
(800) 253-PAWS (7297)
www.pawswithacause.org • paws@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.
BrainTrainers, LLC
2900 S. State St., Ann Arbor, MI 48104
(734) 665-1922 • Director@BrainTrainersOnline.com

BrainTrainers in one of only a handful of full-time day programs based upon a time-proven holistic small-group model, and the only program of its type in Michigan. Now successfully providing its 4th year of semester based treatment, it has become the model of choice for referrals from a growing number of physicians, case managers, and other professionals. Treatment encompasses cognitive and interpersonal skills, vocational development, and functional treatment. Assessments are provided throughout the year, all therapy is individualized to maximize client skills and compensate for targeted deficits. Focused individual services include Psychology, Vocational training, Occupational Therapy, Home Evaluation, Community Education, and individual case consultation. These services are based on availability.

Eisenhower Center
3200 E. Eisenhower Parkway, Ann Arbor, MI 48108
(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 Rd., Ypsilanti, MI 48197
(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.

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St. Joseph Mercy Hospital

Traumatic Brain Injury Services
5301 E. Huron River Dr., P.O. Box 995
Ann Arbor, MI 48106 • (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 Rd., Romulus, MI 48174
(800) 648-6885 • www.specialtree.com

Since 1974, Special Tree has been one of Michigan’s leading resources for sub acute rehabilitation, inpatient, residential, outpatient, and in-home neurorehabilitation services. A CARF- and JCAHO-accredited provider, Special Tree serves the needs of children and adults with brain injuries, spinal cord injuries, and other disabilities.

Community Television Network

Cable Channels 16, 17, 18, 19
425 S. Main St., Suite LL114, Ann Arbor, MI 48104
(734) 769-7422 • (734) 994-8731 Fax
cn@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 St., Suite 203A, Saline, MI 48176
(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.

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

Formerly Washtenaw Community Mental Health-CMH
555 Towner, Ypsilanti, MI 48197
For Behavioral Health, Substance Abuse Services and Indigent Primary Health Care:
(734) 544-3050 or (800) 440-7548

The Washtenaw Community Health Organization (WCHO) contracts with quality organizations that provide world class health care for the children 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 Support and Treatment Services, 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.

Driving Aids and Services

A&A Driving School – Drivers Rehabilitation Center of Michigan
28911 Seven Mile Rd., Livonia, MI 48152
(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 members are ADED-certified driver rehabilitation specialists and include occupational therapists, special educators, and certified driving instructors.

Ford Mobility Motoring
P.O. Box 529, Bloomfield Hills, MI 48303
(800) 952-2248 • (800) 833-0312 TTY
www.mobilitymotoringprogram.com

A world without limits for hearts that know no bounds. Ford Mobility Motoring offers up to $1,000 for the installation of eligible adaptive equipment and up to $200 on alert hearing devices, lumbar seats and running boards on new Ford, Mercury or Lincoln vehicles purchased or leased. For details visit our web site www.mobilitymotoringprogram.com where you can request a Ford Mobility Motoring videotape, learn about the claim process and hear what Ford Mobility Motoring customers say about the freedom and independence that their adapted vehicle provides them.

Community Television Network

425 S. Main, Suite LL114
Ann Arbor, MI 48104
734.769.7422
E-mail: ctn@a2ctn.org
Website: www.a2ctn.org

Cable Channels 16, 17, 18, & 19
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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 Rd., Wixom, MI 48393
(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, MI 48071
(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.
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Wheelchair Seating Service
Office Hours: 8:00 - 5:00
Monday - Friday
1-734-971-8286


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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, scooter 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.

Batteries Plus

3120 Packard Rd., Ann Arbor, MI 48108
(734) 975-2441 • (734) 975-2469 Fax
www.batteriesplus.com

Here at Batteries Plus we strive to solve your battery needs with knowledge, exceptional service and availability at competitive prices. We carry a full line of batteries for all types of personal assist, mobility devices, wheelchairs and scooters and we will come to your home and install it for free. We also carry a full line of medical device, automotive, watch and emergency power systems and batteries. Our onsite tech center can assemble any custom battery pack that you require. Our store is conveniently located between Ann Arbor and Ypsilanti to service all your battery needs.

Hurri-Cane/ Crutch
Christian Roux, Ltd.

561 Woodlawn Ave., Ypsilanti, MI 48198
(734) 483-7350 • (734) 483-7350 Fax
hccroux@ameritech.net • www.hurricanecrutch.com

Hurri-Cane/Crutch is the first ergonomically designed aircraft aluminum crutch with the custom Grip Tip™. It is the strongest, lightest and most adjustable walking aid built today and only weighs 27 ounces. 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 and eliminates underarm pressure. Because of its lightweight design and rotatable arm cuff, Hurri-Cane/Crutch conveniently hangs over the arm when not in use. The ergonomically designed downward titled Switch Grip™ prevents inflammation in the tendons because it is a natural position for the hand to hold. The Hurri-Cane/Crutch is adjustable by 1/2’’ increments and is able to accommodate the height range of children and adults up to 6’6” tall and replaces the need for S, M, L inventory. There is a wide range of exciting colors to choose from with the Hurri-Cane/Crutch. Call today for a demonstration.

Masters Medical Supply

1377 Old US Hwy. 23, Brighton, MI 48114
(810) 225-6093 • www.mastersmedicalsupply.com

Masters Medical Supply has been serving southeastern Michigan for the past seven years. We offer a variety of home health care needs including: manual and power wheelchairs, power scooters, ambulatory products, hospital beds, patient lifts and ramps, bath safety items, lift chairs and diabetic supplies, all delivered directly to your home. We have a certified seating and repair technician on staff and a comprehensive service and repair center. Visit our showroom Monday-Friday 9:00 a.m. to 5:00 p.m.; other hours by appointment.

MedEQUIP

2850 S. Industrial Hwy., Suite 25, Ann Arbor, MI 48104
(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.

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Quality Home Medical Equipment Inc.
1785 Daisy Lane, Westland, MI 48186
(734) 721-4821 • (734) 721-9866 Fax

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 aids, 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.

United Seating & Mobility
(866) 251-9349 • www.unitedseating.com

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 satisfaction in a cost-effective environment.

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

Wright & Filippis
2845 Crooks Rd., Rochester Hills, MI 48309
(800) 482-0222 • www.FirstToServe.com

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.

EMU Access Services Office
Dean of Students Office
Eastern Michigan University
203 King Hall, Ypsilanti, MI 48197
(734) 487-2470 Telephone/TTY
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. The office also 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.

U of M Services for Students with Disabilities (SSD)
G-664 Haven Hall, 505 S. State St.
Ann Arbor, MI 48109-1045
(734) 763-3000 • www.umich.edu/~sswd

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 is 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.
Washtenaw Community College Learning Support Services

4800 E. Huron River Dr.
P.O. Box D-1, Ann Arbor, MI 48106
(734) 973-3342 • (734) 973-3635 TDD
www.wccnet.org/studentresources/learningsupport/

Learning Support Services (LSS) provides the following services for students enrolled at WCC, including:

- 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.

Please call (734) 973-3342 or stop by LA 104.

Washtenaw Community Transition Council

In Conjunction with the Washtenaw RICC and the Washtenaw Intermediate School District

Washtenaw Intermediate School District, P.O. Box 1406
Ann Arbor, MI 48106-1406
(734) 994-8100 ext. 1543 • (734) 994-2203 Fax

Improving the Transition from School to Post-School Opportunities for Students with Disabilities. A collaborative effort in Washtenaw County since 1995.

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

Register online at www.wash.k12.mi.us/ssupport/wctc/
Click on Professional Development, by October 16.

Washtenaw Intermediate School District (WISD)

1819 S. Wagner Rd., Ann Arbor, MI 48106-1406
(734) 994-8100 • www.wash.k12.mi.us

Washtenaw Intermediate School District coordinates and delivers programs and services to support continuous improvement of student achievement in the school districts of Ann Arbor, Chelsea, Dexter, Lincoln, Manchester, Milan, Saline, Whitmore Lake, Willow Run, Ypsilanti, and public school academies. Guided by Washtenaw County Common Expectations for Student Learning, this regional educational service agency:

- Provides school improvement consultation, assessment/curriculum/instruction assistance
- Offers the latest educational training
- Provides consultant/research assistance and resources
- Coordinates programs/services too expensive or specialized for one school district to operate
- Performs regulatory functions for the Michigan Department of Education

Access

• Accommodation

Integration

• Education

HELPING STUDENTS SUCCEED

Eastern Michigan University
Dean of Students Office • Access Services Office
203 King Hall • 734.487.2470
McCormick Rehabilitation Associates, Inc.

2367 Science Parkway, Suite 1
P.O. Box 763, Okemos, MI 48805-0763
(800) 347-5870

McCormick Rehabilitation Associates has provided comprehensive Vocational Rehabilitation Services for over 14 years in the Ann Arbor Area and the majority of Mid-Michigan’s lower Peninsula. Services include individualized vocational counseling, assessment, testing, job/work site modifications, coordination of training, job seeking skills training, job development/job placement assistance, and small business planning. Fees for services are primarily covered by approval from Auto Insurance, Workers’ Compensation Insurance, Long Term Disability Insurance or through special arrangement and approval from Michigan Rehabilitation Services.

Michigan Department of Career Development

Michigan Rehabilitation Services
3810 Packard Rd., Suite 170, Ann Arbor, MI 48108
(734) 677-1125
www.michigan.gov/mdcd

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 MCDC-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 St., Suite 2072, Ann Arbor, MI 48109
(734) 763-0235 • (734) 647-1388 TTY

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 and Banking

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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.

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1505 White St., Ann Arbor, MI 48104 • (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. Span is delighted to support the Center for Independent Living in recognition of its twenty-eight years of service to the community.
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www.affordablehomecare.org

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Area Agency on Aging 1-B
Central Office
29100 Northwestern Hwy., Suite 400
Southfield, MI 48034
(800) 852-7795 • (248) 263-1455 TTY

Livingston/Washtenaw County Access Office
35 Research Drive, Suite B
Ann Arbor, MI 48103
(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 S. Main St., Chelsea, MI 48118
(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 Rd., Suite 240, Ann Arbor, MI 48108
(734) 677-8140

Heartland Health Care Center offers extensive rehabilitation for short-term patients transitioning between an acute care hospital and home. With over 30 physical and occupational therapists, we can ensure a personal regime that can restore you to the highest level of independence as quickly as possible. Heartland of Ann Arbor also provides long-term and respite care as well as a unique Alzheimer’s care unit. Centrally located in Ann Arbor, our beautiful facilities and grounds can be toured 7 days a week.

Home Care and Hospice of Michigan
Personal Care Services
2090 S. Main St., Ann Arbor, MI 48103
(734) 769-4212
(888) 971-0444
(877) 971-4200

www.hom.org

Home Care and Hospice of Michigan provides certified home health care and personal care services in the home. Skilled clinical services, as ordered by a physician, are provided by our team of nurses, home health aides, social workers, and therapists. We work with a wide range of insurance providers to provide certified care, including Medicare/Medicaid and Blue Cross. Assistance with activities of daily living is offered by our team of home health aides, home companions, and homemakers—in any location, day or night. Most personal care is paid privately or by long-term care insurance companies. The Personal Care Services Division will also work with most major insurers, including worker’s comp and motor vehicle insurance providers, to provide services to accident and injury victims, and will case manage most private duty nursing insurance cases.
HomeMed
2850 S. Industrial Hwy., Suite 50, Ann Arbor, MI 48104
(734) 971-2070

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

Michigan Visiting Nurses
2850 S. Industrial Hwy., Ann Arbor, MI 48104
(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 per-visit, 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.

Saint Joseph Mercy Home Care and Hospice
806 Airport Blvd., Ann Arbor, MI 48108
(734) 327-3200 • (888) 418-5572 Toll Free

At Saint Joseph Mercy Health System, we provide home care through our comprehensive Home Care program. Designed for Short term needs or rehabilitation, this program provides a full range of services to help patients recover and live as independently and comfortably as possible.

Our home care program is custom tailored to every patient. Through our hospice program we respond to the needs of patients with life-limiting illnesses. Our goal is to achieve constant control over pain without impairing alertness. We provide care for patients in Washtenaw County and parts of Lenawee, Monroe, Jackson and Wayne counties.

Dobson-McOmber Agency
301 N. Main St., Ann Arbor, MI 48104
(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.

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25 Jackson Industrial Dr., Ann Arbor, MI 48103
(734) 741-1237 • www.susanstarett.com

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Heberle & Finnegan, LPA
2580 Craig Rd., Ann Arbor, MI 48103
(734) 302-3233 • (734) 302-3234 Fax
heberlefinnegan@msn.com

Heberle & Finnegan LPA is an Ann Arbor law firm concentrating in civil rights litigation. In the area of disability rights, the firm represents individuals, organizations and groups in cases brought to improve access to public accommodations, government facilities and services, housing, employment and education. The firm has successfully sued dozens of municipalities throughout Ohio and Pennsylvania to require installation and retrofitting of curb ramps. In recent settlement in a fair housing case in Erie, Pennsylvania, a developer agreed to build 80 additional accessible units.

Pierce and Hahn, Attorneys and Counselors
709 W. Huron, Suite 200, Ann Arbor, MI 48103
(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, and 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.

Lou Weir, Attorney
8004 W. Grand River, Brighton, MI 48114
(810) 227-1300 Brighton • (734) 662-3160 Ann Arbor

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.

Washtenaw County Library for the Blind & Physically Disabled
4135 Washtenaw Avenue Ann Arbor, MI 48108
(734) 971-6059 • (888) 460-0680
lbpd@ewashtenaw.org • www.ewashtenaw.org

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 U.S. 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, contact the Library.

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University of Michigan Kellogg Eye Center
1000 Wall St., Ann Arbor, MI 48105
(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 is to suggest magnifying and other optical devices or adaptive living techniques.

University of Michigan Orthotics and Prosthetics Center
2850 S. Industrial Hwy., Suite 400, Ann Arbor, MI 48104
(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 Rd., Rochester Hills, MI 48309
(800) 482-0222 • www.FirstToServe.com

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.
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Ann Arbor Area Community Foundation

201 S. Main St., Suite 501, Ann Arbor, MI 48104
(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 Scholarship Fund have kept important programs strong and vital. Only imagine what you could make possible. AAACF: matching your philanthropic interests with community needs.

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 located in Ann Arbor, Brighton, Plymouth/Canton. EMG, Acupuncture, and IME services.

Chelsea Rehab, Chelsea Community Hospital

775 S. Main St., Chelsea, MI 48118
(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 at (734) 475-3947.

Heartland Health Care Center

4701 E. Huron River Dr., Ann Arbor, MI 48105
(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.
Saint Joseph Mercy Rehabilitation Services

Ann Arbor, MI 48106
(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 St., Ann Arbor, MI 48109
(734) 763-0971 • (734) 936-5492 Fax
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, MI 48108
(800) 254-BACK • (734) 998-6550
(734) 615-1770 Fax • 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.

Krupa’s Boat Mart

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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, MI 48324
(248) 988-0156 • www.michiganadaptivesports.org

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!
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 20-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
Michigan Thunderbirds
Wheelchair Sports
2568 Packard Rd., Ann Arbor, MI 48104
Glen Ashlock • (734) 971-0277 ext. 33
www.michiganthunderbirds.org • tbirds@aacil.org

The Michigan Thunderbirds Wheelchair Sports program provides sports and recreation opportunities for athletes with disabilities. We have an established wheelchair basketball team in the NWBA Division I and are helping to start a NWBA junior team and an adult recreation team. Our members participate in hand cycling races and rides throughout the country. The Thunderbirds participate in the Adaptive Sports and Recreation Coalition.

Washtenaw County Parks and Recreation
Meri Lou Murray Recreation Center
2960 Washtenaw at Platt, Ann Arbor, MI 48104
(734) 971-6337 • www.ewashtenaw.org

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, handicaps, 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
- Assisted-care locker room for anyone needing assistance changing to or from exercise or swim apparel

Ann Arbor Transportation Authority
2700 S. Industrial Hwy., Ann Arbor, MI 48104
(734) 996-0400 • www.theride.org

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 per trip 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 AATA’s main office at 2700 S. Industrial Hwy., or the Blake Transit Center, 331 S. Fourth Ave., Ann Arbor.

AATA Travel Training
(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.

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.
Gresham Driving Aids
30800 Wixom Rd., Wixom, MI 48393 • (800) 521-8930

Gresham Driving Aids stocks new and pre-owned accessible vehicles for immediate delivery. All pre-owned vehicles have complete inspection and reconditioning as necessary to provide the highest quality transportation. Trade-in is available for current accessible vehicle owners. Consultations regarding vehicle modifications and individual needs are provided at no cost in your home or at Gresham’s office where videos and literature are readily available. The staff and technicians, with decades of experience, are dedicated to the complete satisfaction of your needs in your pursuit of accessible transportation.

Wheelchair Getaways
6005 Carscadden Way, Highland, MI 48357
(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.

Travel

Jet Set Travel
8233 Allen Rd., Allen Park, MI 48101 • (734) 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.

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University of Michigan Health System Wheelchair Seating Service
2850 S. Industrial Hwy., Suite 200 Ann Arbor, MI 48104
(734) 971-8286

The UMHS Wheelchair 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. UMHS Wheelchair Seating Service offers the resources of the University of Michigan at affordable prices.

Wheelchair Seating

Basketball
- Pat Anderson
- Chuck Badger
- Audie Kemp
- Jerry Sarasin
- Coach: Darryl “Tree” Waller
- Assistant Coach: Corey Bell
- Manager: Robin Ashlock
- TBird Emeritus: Kevin Wolf

Cycling
- Pat Anderson
- Dave Durepos
- Kevin Page
- Jerry Sarasin
- Member of Adaptive Sports and Recreation Coalition

Introudcing in 2003, the Junior Thunderbirds wheelchair basketball team

The Thunderbirds are proud to be sponsored by:

Wheelchair Sports, Inc.

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Basketball
- Glen Ashlock
- John Burns
- Nate Pendell
- Matt Scott

Cycling
- Kris Lenzo
- Michael Paye
- Matt Scott

Member of Adaptive Sports and Recreation Coalition

Introducing in 2003, the Junior Thunderbirds wheelchair basketball team

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### Yes! I want to support the mission of the AACIL.

Enclosed is my gift of:  
- [ ] $10  
- [ ] $25  
- [ ] $50  
- [ ] $100  
- [ ] $250  
- [ ] Other $ __________

Please make check payable to: **AACIL**

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

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- [ ] Corporate sponsorship  
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- [ ] 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.

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### Annual Gift Options

If you wish to make an annual gift of $500 or more using multiple contributions, please complete the following:

- [ ] I would like to make an AACIL investment of:  
  - [ ] $500  
  - [ ] $1,000  
  - [ ] $2,500  
  - [ ] Other $ __________

- [ ] Yes, I would like to increase the impact of my gift by making a multi-year commitment for ________ years and a total contribution of $ __________

Enclosed is my first contribution of $ __________

Optional payment plans are available.

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

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2003 Walk & Roll Sponsors

We gratefully acknowledge the following community partners and merchants for their very generous sponsorships and prize donations. Thank you!

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Wilkinson Luggage
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Want to do more in ’04?
We are looking for volunteers for next year’s Walk & Roll in the spring of 2004. If you are interested in volunteering on a committee, sponsoring or contributing to Walk & Roll 2004, contact Tom Hoatlin at (734) 971-0277 ext. 18.
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