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Chairman’s Corner

It is hard to believe that seven years have passed since I was introduced to the Ann Arbor Center for Independent Living (AACIL). I was amazed at the many programs that were in place to address the multitude of issues that a highly determined, quizzical and newly spinal-cord-injured person like myself might face. The AACIL staff’s compassion, understanding, unwavering dedication and professionalism served as a motivation for me not only to face my own personal challenges but to take the knowledge that I gained through my experience and share it with others. This led to my serving on this wonderful organization’s board in many capacities, including treasurer, secretary and now chairman of the board. I also credit the organization with playing an instrumental part in me taking a new career direction. I now serve as the Executive Director of a state veterans service organization, Michigan Paralyzed Veterans of America (MPVA).

As this board and staff continues to seek ways to reach out further and ways to better meet the needs of its constituency, you will see the Center branching out into new territories. This year’s initiative — to create a Sports & Recreation program that will meet the needs of everyone from the novice to more experienced competitive individuals — is an example of our direction. The Center will continue to develop new partnerships with other community organizations and cultivate existing relationships with others.

Since the founding of the Ann Arbor Center for Independent Living, it has always seen the value of community access, integration, individual empowerment and independence for everyone and will continue to carry these beliefs by advocating and serving those individuals for which this organization was created over 25 years ago.

Maurice L. Jordan, Chairman, AACIL Board of Directors

The President’s Desk

This 16th edition of Access Magazine focuses on sports and recreation activities pursued by people with disabilities. Everyone looks forward to leisure pursuits. The personal and social benefits of engaging in sports and recreational activities are well documented and celebrated! Whether we are spectators or participants, it is the spirit of the games that is most often promoted and valued.

Setting goals, training with focus and endurance, and overcoming great personal obstacles are not just the domain of our able-bodied Olympians. The competitive spirit also burns hot and bright in the hearts, minds and bodies of people with disabilities.

It doesn’t matter whether we are young or not so young or whether the sport or recreational pursuit is active, passive or competitive; for people with disabilities, it’s the opportunity to participate that counts most. If our sidewalks, curb ramps, schools, churches, colleges and universities, community recreation centers, and places of business and employment are not accessible and useable by people with disabilities, multiple barriers explode and create often insurmountable obstacles. How can we celebrate the true spirit of the games, the accomplishments of our athletes, and promote the value of sports and recreational activities and then not make sure that they are available to all who wish to participate?

Jim Magyar, President & CEO

In this issue...
The Ann Arbor Center for Independent Living is a private, not-for-profit disability community action and support agency located in Ann Arbor, Michigan. The Ann Arbor CIL's self-help orientation challenges people with disabilities to shed society's low expectations in return for a life filled with full participation and personal achievement. The Ann Arbor CIL is a place where people with disabilities find peer role models and high quality program services and support.

The Ann Arbor Center for Independent Living is recognized as the first CIL to be established in Michigan and the fourth of now over 300 centers for independent living throughout the United States. There are now over 300 CIL's nationwide! The CIL's mission as a consumer and community-based, grassroots advocacy and direct service organization is to improve the quality of life of people with disabilities by assuring equality of opportunity, full participation, independent living and economic self-sufficiency. To achieve this mission the CIL, by serving as a catalyst for personal and social change, has dedicated itself to the elimination of the attitudinal, environmental and communication barriers that perpetuate discrimination toward people with disabilities.

The CIL has a majority of people with disabilities serving as members of the CIL board of directors, community action councils, and as volunteers and staff. We bring to our work an integrated tapestry of advocacy and direct services that include peer support, information and support services, individual and systems advocacy, independent living skill development assistance, individual and family counseling, IL service coordination, rehabilitation engineering and assistive technology services, career exploration, job placement assistance, and small business development services through MicroEnterprise Works.
Focus for 2005

During the coming year, the Ann Arbor Center for Independent Living, in collaboration with our IL partners across the State of Michigan, will be working diligently to:

- Create opportunities for people with disabilities to become more routinely involved in the design and implementation of systems change initiatives across a broad array of disability related issues.

- Establish local and statewide systems and practices to encourage people with disabilities to participate in leadership development activities.

- Bring more organizations and groups into the Independent Living partnership movement.

- Promote practices that bring all citizens into the design, development, and revision of legislation and policy.

- Increase the community’s recognition that disability is a natural part of normal human experience that in no way diminishes any citizen’s rights.

- Promote the development, implementation, and continuing availability of integrated community supports and services that make it possible for any citizen to live independently in the community of their choice.

Vision for the future

The Ann Arbor Center for Independent Living vision for its future includes a community, fully knowledgeable and engaged in our mission, along with the capacity to support and fully address the issues that are important to our cross-disability constituency by pursuing:

- A continuous quality improvement focus on our five core program elements of Information and Referral, Advocacy, Peer Mentorship, IL Skills and Nursing Home Transition.

- The creation of a Fund for Self-Sufficiency.

- A nationally recognized Disability Rights and Education Program that has direct links to disability study programs at local high schools, colleges and universities.

- A Center for Disability and the Family

- A nationally recognized IL-based Employment and MicroEnterprise Program in partnership with Michigan Rehabilitation Services.

- A nationally recognized Sports and Recreation Program

- A Disability Continuing Education Center

- And focused initiatives for:
  - Youth with Disabilities
  - Spinal Cord Injuries
  - Constituents who are blind or with visual impairments, and who are deaf or with hearing impairments
  - Assistive and Information Technology
  - Wellness and access to health care
  - A broad-based inpatient and outpatient Peer Support Program in collaboration with local hospitals and other rehabilitation providers

- And, a home of our own with state-of-the-art design and accessibility!
CIL Staff

Just a few people from our great staff…

Ann Arbor Office

- Michael Acton: Reception Volunteer
- Glen Ashlock: Director of Sports & Recreation
- Rick Baisden: IL/VR Counselor & Advocate
- Peg Ball: IL Consultant & Advocate
- Sigrid Barnes: AmeriCorps VISTA Volunteer
- Rob Benniger: AmeriCorps VISTA Volunteer
- Peter Bunton: AmeriCorps VISTA Volunteer
- Mary Burton: IL Consultant & Development Assistant
- Shirley Coombs: Chief Financial Officer
- Lisa Cunegin: AmeriCorps VISTA Volunteer
- Kit Cromwell: IL Consultant & Advocate
- Anna Dusbiber: Youth Mentor
- Patricia Eddlemon: AACIL Volunteer
- Mary Jane Eicher: AmeriCorps VISTA Volunteer
- Dana Emerson: Director of Youth Services
- Brad Gronvall: Development Associate
- Michelle Harney: Small Business Consultant
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- Lynda Marion: IL Counselor
- Jim Magyar: President & CEO
- Alysa Mohr: IL Consultant
- Sue Probert: Community Resource Specialist
- Calisa Reid: Reception Volunteer
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- Natasha Tolchinsky: Accounting Assistant
- Rick Weir: Manager, MicroEnterprise Works
- Edward Wollmann: Program Research/Grant Writer
- Jeanine Wright: Data Coordinator

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- Amanda Bobo: IL/VR Youth Services Specialist
- Glen Sims: AmeriCorps VISTA Volunteer

Monroe Office

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- Denise Labardee-Irwin: IL Consultant
- Mark Rawlings: AmeriCorps VISTA Volunteer
- Gary Dygert: Volunteer Advocate
My Dream
by carey larabee

Ever since I can remember, sports have been a huge part of my life. When I was first asked what I wanted to be when I grew up, my response was simple: “A baseball player for the Detroit Tigers.” While my parents have always encouraged me to pursue my goals and dreams, they helped me realize playing professional baseball was unrealistic. Born with cerebral palsy, I had to find other ways to be involved in sports.

In 1984, after the Tigers captured the fourth World Series title in franchise history, I had the pleasure of spending an afternoon with legendary broadcaster Ernie Harwell. At age four, I did not fully understand the role of a broadcaster. I simply knew Ernie attended every Tiger game and talked about it! What could be better?! From that day forward, my goal was to become a play-by-play sportscaster.

In order to achieve this goal, my parents stressed the importance of getting a college education. There was only one place with the academic and athletic tradition I was looking for: The University of Michigan! Earning a degree in Sports Management in Communication in 2002, my years as a Michigan student were something special. Not only did I broadcast basketball games on campus television, but I learned I can make a difference in my community.

Prior to enrolling at U of M, I completed an intense, two-week physical and occupational therapy program at C.S. Mott Children’s Hospital. As my rehabilitation progressed, there were times I became tired, needed energy and just wanted to go home. That was until I received a special visit from some U of M student-athletes as part of the Michigan from the Heart program, when my demeanor suddenly changed. For a sports enthusiast like myself, I could not have been more thrilled!

Noting my excitement, From the Heart Co-director Ed Boullion asked if I would like to volunteer once I became a student. He provided me with a wonderful opportunity, considering all my life others have introduced me to many of my favorite athletes. I now have a chance to give something back, accompanying a group of student-athletes to the hospital on a weekly basis.

My involvement with From the Heart introduced me to a new career avenue within the sports industry. During the summer of 2003 I was fortunate enough to intern with the Detroit Tigers, an experience I will forever cherish. Working in Public and Community Affairs, I assisted in processing donation requests from non-profit organizations like the Ann Arbor Center for Independent Living (AACIL).

Now a staff member here at the AACIL, I am inspired to continue to give back by sharing the exciting world of sports with fellow people with disabilities. My goal is carry out the mission of the AACIL by developing an adaptive sports and recreation program which allows people of all ABILITIES to participate in a fun-filled, accessible environment. In doing so, I will provide community resources for already existing programs throughout the state and work hard to create local opportunities.

I look forward to working with all of you, as the interest and support of the entire community is the key in making sports and recreation at AACIL a huge success!

Carey Larabee (l) with former Michigan Thunderbirds Assistant Coach, Corey Bell.

Carey with friends and fellow sports fans, Danielle and Michael Keen.
Michigan Paralyzed Veterans of America (MPVA) is one of 34 member chapters of Paralyzed Veterans of America, the only congressionally chartered veterans’ service organization dedicated to improving the lives of veterans living with spinal cord injury and disease and anyone else with a physical disability through our many program offerings, including sports and recreation. MPVA has been serving veterans in Michigan since 1961.

MPVA's Board of Directors and staff know that sports and recreation activities can be crucial to the rehabilitation process for persons with disabilities. Recreation opportunities increase physical, cognitive, emotional and social abilities. Not only do recreation opportunities promote health and fitness, but they also facilitate community integration, foster independence, build self-esteem, speed recovery and increase the overall quality of life for those with disabilities. With an estimated 1.7 million persons in Michigan with some type of disability, the need for a comprehensive, non-competitive sports program servicing the entire state is great.

We offer several different activities for people with disabilities. Some of our events include: the Michigan and Ohio Wheelchair Games, the National Veterans Wheelchair Games, handcycling, power soccer, bowling, fishing events, social activities, trap shooting, archery, air rifle, and hunting events (deer, turkey, game bird and waterfowl). With the exception of the National Veterans Wheelchair Games (open only to veterans who use wheelchairs), there are no restrictions on who can participate in MPVA's sports program.

For the wheelchair games, most athletes train on their own, but there is help available to anyone who feels like they need additional training in their events. The bowling events are clinic/fun days. The clinics are open to first-time bowlers or anyone who would like to improve their skills. For others, it is a time to have fun and socialize with family and friends. Our handicap clinics and trail rides are a great opportunity for people to exercise and see the countryside while they are trying out a bike that they might want to purchase later. Some participants bring their family and friends to enjoy the ride with them on their bicycles.
“...sports and recreation activities can be crucial to the rehabilitation process for persons with disabilities.”

Power soccer is a new sport in Michigan, and all of our current power soccer events are clinics. In power soccer, two teams of four power chair users attack, defend, and maneuver an oversized soccer ball with plastic guards attached to the front of their power chairs in an attempt to score points on a goal.

The deer hunts are set for Fort Custer Army Training Center (FCTC) and with private land owners. We have wheelchair blinds set up a day or two before the hunt and make sure there is a solid flat surface inside to make it easier to sit all day. We get everyone out in the blinds before daylight by ATV or truck. At lunchtime, we provide a free or low-cost hot meal and then return to the woods. There are always volunteers to help the hunter take care of a harvested deer.

For more information, or to participate, contact:

Michigan Paralyzed Veterans of America
Alan Pomranka, Sports and Recreation Director
40550 Grand River Avenue, Novi, MI 48375
(248) 476-9000 or apomranka@michiganpva.org
Virginia Keeler has always admired United States soccer star Mia Hamm. She marvels at her playing ability and personality but is most envious because Hamm frequently plays for Team USA in international competition.

Keeler now has the opportunity to represent her country at the 2005 Deaflympics, January 5-16, in Melbourne, Australia.

“Growing up, I’ve always wanted to be in the Olympics,” Keeler said through an interpreter. “My dream has come true.”

A ninth grade student at the Michigan School for the Deaf, Keeler was assigned a video project as part of her “Deaf Culture” class, where she had to discuss a topic of interest in front of her classmates. It was an easy choice for Keeler, who expressed her desire to join the United States of America Deaf Soccer Association (USADSA) and play for the national team.

“That’s how it all started,” said teacher Ryan Commerson. “I asked her to go ahead and apply.”

Upon discovering the USADSA selection process for the Deaflympics was already completed, Commerson suggested sending a package to the US coaching staff. It consisted of a video of one of Keeler’s games along with letters of recommendation compiled by her grandparents.

Greatly impressed, the coaches invited Keeler to a special tryout in Rochester, NY, last spring. Her performance didn’t disappoint, earning her a spot on the roster.

Keeler has since practiced with the team and will travel to California and Texas to work out before heading to Australia.

“It doesn’t hit you until you see her in the uniform with the big ‘USA’ running down the sleeve,” said grandmother Virginia Smiley, who, along with her husband, attends all team events with Keeler. “I feel a lot of pride and excitement for her.”

While Keeler’s parents won’t be able to make the trip to Melbourne, they will be with her in spirit. “We are thrilled Virginia has a chance to follow her dream,” Larry Keeler said.

Prior to joining Team USA, Keeler has always competed on “hearing” teams. In the Deaflympics, Keeler will be playing with a group of players who are deaf, making it easier to communicate on the field.

“Her teammates (on hearing teams) tried very hard to be nice, but they didn’t know sign language,” Smiley said. “When she came off the field (at the tryout), I knew she was talking with her teammates about soccer.”

At age 15, Keeler is one of the youngest players on the team. Aside from friendly teasing about being the “baby” in the group, she said her teammates have been supportive from the start. “The chemistry is really good, and I’m learning so much from them.”

Anyone who has had the privilege of watching Keeler play agrees; her skill level is far beyond her years. “She simply ‘has it’ to play soccer”, Commerson said, adding Keeler is a team player who doesn’t try to take over a contest herself. “She’s simply phenomenal on the field, totally dedicated to the sport.”

It should come as no surprise when Keeler achieves her goals beyond winning a gold medal come January.

“I want to play in college and then the World Cup,” she explained.

Move over, Mia!
Every hockey fan dreams of playing for the Stanley Cup. For Chris Lemieux and many others, the quest for the Wheelchair Hockey League’s (WCHL) Wheeler’s Cup is just as special.

Since 1995, the WCHL has provided an accessible means for people in wheelchairs to enjoy the competition and fun of the game. Starting with six players, the league now consists of five teams, totaling more than 40 players. To participate, players must be at least ten years of age and use a manual or power wheelchair.

With its motto, “Just Don’t Sit There, Play Hockey,” the WCHL has attracted people of all abilities.

“We felt that too often people in wheelchairs would sit at home and do basically nothing except watch TV,” said Lemieux, who also serves as league Deputy Commissioner. “The WCHL gives players a reason to get up in the morning, knowing that hockey is just around the corner and their team needs them.”

Playing two to three times per month, a typical season begins in September, culminating with the Wheeler’s Cup Championship Tournament in June. Games often take place at Ward Presbyterian Church in Northville Township and the Beech Woods Recreation Center in Southfield.

Lemieux encourages anyone interested in joining the WCHL to participate in summer practice sessions. New players can join during the season but will be put on a “subs” list until the following September.

“(In the summer) we can get an idea of the newcomers abilities, and they can decide if they like playing or not.”

Generating enough interest in the game has not been an issue. The WCHL is having discussions with other leagues around the country, hoping to someday form a national league.

Using a Wiffle ball, wheelchair hockey is best played on a gymnasium floor. With the exception of playing “four-on-four” with a goalie, WCHL rules are similar to ice hockey. To ensure a competitive balance, teams are matched evenly based on skill level and experience.

“This can be difficult, because sometimes a player with little strength can dominate a player with huge amounts of strength,” Lemieux added. “It all has to do with hockey smarts and determination.”

Sticks can also be modified, allowing a player to have better ball control and grip. Two of the most common adaptations include the “Double” and “Dowel” sticks. Consisting of two stick blades fastened together in a “V”-shape, double sticks are attached to a player’s wheelchair frame. Similarly, dowel tubing can be drilled into a blade to assist players with lesser strength and coordination.

Lemieux said players have even had sticks strapped to their arms and legs. “We will go leaps and bounds to find what is comfortable and suitable for certain players.”

While his experiences as a player are exciting, Lemieux feels a greater reward in making it possible for newcomers to play the game. “Seeing the look on their face thinking, ‘I can actually do this’ is a great feeling. I know everyone in the league has felt this way before.”

For more information on how to get involved in the Wheelchair Hockey League as a player or volunteer, contact Chris Lemieux at jaysfan29@cogeco.ca. The WCHL can also be found on the web by visiting www.wchl-michigan.com.
Handcycling: Excitement For Everyone

by glen ashlock

Handcycling may not be the perfect sport for people with disabilities, but it has to come closer than anything else I know. The range of ways to participate is nearly endless. You can take a leisurely ride by yourself or with your family, participate in multi-day distance rides with other handcyclists, and ride in a race with 14,000 of your closest friends. The combination of riding partners, distances, and speeds is nearly endless. Handcycling can be done by people with most types of disabilities from amputations to quadriplegia.

For those who haven’t heard of them before, handcycles are an alternative to bicycles for people who are unable to pedal using their legs. There are a variety of styles and features, but they basically fit into three styles: upright, wheelchair add-ons, and recumbent. Upright models look like the back of a manual wheelchair with a single drive wheel out in front. The add-ons actually allow you to use your wheelchair and have a drive wheel that clamps onto the chair. The recumbents are longer and low to the ground and you sit with your legs straight out on either side of the drive wheel. All three styles use components similar to those on bicycles. You use your arms to “pedal” a crank in front of your chest, and a chain goes to the front wheel to drive the cycle. The number of gears ranges from three to thirty-six. Most models turn by using the same crank to steer, but a few allow you to lean to turn— more like a bicycle.

Unlike most adapted sports, you don’t need a group of other people who are at a similar skill level to ride a handcycle. You can ride anytime, on roads or trails, by yourself or with other handcyclists or with able-bodied friends and family on bicycles. For the recreational rider, it doesn’t matter how fast, how far, or how often you ride. It is about getting some exercise, being active and healthy, and the feeling of freedom you get from moving yourself down the road.
Handcyclists can also participate in group rides ranging anywhere from a couple of hours to a weeklong ride across the state. Almost every weekend from spring to fall there is an organized ride somewhere in Michigan. These rides are a fun and safe way to ride in some new areas and meet other active people. While most ride organizers have never heard of handcycles, I have never gone to a ride where I wasn’t welcomed. Making a call to the organizer in advance will help insure that things are accessible. There are also rides that are targeted for handcyclists and other riders with disabilities. For the past five years, a growing group of riders has covered the 180 miles from Charlotte, North Carolina, to Myrtle Beach, South Carolina, over the course of three days in the “Cycle to the Sea” ride. Riding with a large group of handcyclists and working together to accomplish a common goal is a rewarding experience, requiring great teamwork.

And for those with a competitive streak, there is racing. Handcycling categories are increasingly being included in not only bike races but in running events such as the Crim 10-Mile Race and the Detroit Marathon. There is also a national series of handcycle races throughout the country organized by the United States Handcycling Federation. This year for the first time there will also be handcycling events at the Paralympics in Greece. You do not have to be a superstar to ride in any of these events. You can race to be first across the line or just to beat your previous time. Either way, the rush you get waiting for the starting gun to go off and hearing people cheer you on throughout the course adds an additional dimension to riding.

Whether you’re getting cheered for crossing the finish line in Ford Field at the end of a marathon, enjoying the solitude and freedom of a ride in the country, or going around the block with your child, handcycling can be a fun part of a healthy lifestyle.
Nine college wheelchair basketball players from the state of Michigan will suit up this season for their respective universities. Seven of these players are former Michigan Thunderbirds, while the others previously played in Grand Rapids. None, however, currently attend college in their home state.

With the establishment of the Eastern Michigan University (EMU) Foundation, this trend will change sooner than later. “I want students with disabilities to have the same range of opportunities as able-bodied students, and that includes competing in collegiate athletics,” said Don Anderson, EMU Director of Access Services.

“If we have that much talent in our state, those kids ought to be given an opportunity to get an education where they live and still be able to compete in their sport,” Anderson added.

The idea for an adaptive sports program at EMU was first discussed at “Walk & Roll” 2004, an annual fundraiser for the Ann Arbor Center for Independent Living (AACIL). Realizing the possibilities, the AACIL, along with the Thunderbirds, each made initial donations of $1,000, starting a foundation from the ground up.

“An adaptive sports program is one of those things that calls to attention that there are numbers of students with disabilities,” said EMU Vice President of Student Affairs Jim Vick. “We are supportive, and we’re working with different groups who are advocates for them.”

One of the program’s early supporters is EMU Assistant Men’s Basketball Coach Adrian Townsend. Accompanied by several EMU players, Townsend attended “Walk & Roll” last April and watched the Thunderbirds in a wheelchair basketball demonstration.

“It was one of the most competitive forms of basketball I’ve seen in a long time,” noted Townsend... “People think you just grab the ball and shoot it, but there’s a lot of strategy involved with wheelchair basketball.”
Townsend also said his players had a chance to play in wheelchairs, an eye-opening experience which significantly tired them out. “You have to have a strong level of endurance and stamina to play. You have to be physically fit in all sports, but it is probably more evident in wheelchair basketball.”

Most importantly, the EMU players gained an appreciation for the T-Birds’ talent and skill.

“They kicked their butts, I know that!” Townsend said.

To further promote and raise funds for adaptive sports at EMU, Anderson hopes to host a National Wheelchair Basketball Association Tournament in 2005, in conjunction with “Walk & Roll.” The initiative falls directly in line with his overall goal for EMU: to make the university a model of accessibility and inclusion.

Since Anderson arrived on campus in 2002, the number of students with disabilities who utilize Access services has grown from 563 to over 900. “A lot of it has to do with visibility,” he said, as a reason for such an increase. “I have done a lot of talking with faculty and students.”

Offering an adaptive sports program would allow EMU to do the talking itself. “If the students see we’re fielding basketball teams and we have other sports that are competing, that’s advertising for us,” Anderson said. “It says a lot to students with disabilities that we are an inclusive and accommodating institution.”

Freedom of movement is often a challenge for people with disabilities. This isn’t the case at Therapeutic Riding Inc., where since 1984 individuals from the age of 3 to 69 who experience physical, mental and/or emotional disabilities enjoy a life-changing experience. A horse can supply a sense of freedom that many students do not experience in their daily lives. Therapeutic Riding helps to improve balance, coordination, mobility, and posture. The ability to control a horse adds a sense of power that increases confidence and self-esteem.

Riders have the opportunity to socialize and make new friends. The program mutually benefits a rider’s family who can share in a fun and positive experience. Volunteers share in the success of their students, meet the challenge of new experiences and certainly feel they make a difference in someone’s life.

Classes consist of no more than five student riders and focus on individual goals in horsemanship skills, safety around a horse, grooming, tacking, mounting, dismounting and independent riding skills whenever possible. Activities on horseback include exercises to increase balance, flexibility, directionality and relaxation. Riders also participate in games that reinforce riding skills and communication with their horses.

Therapeutic Riding instructors are certified by the North American Riding for the Handicapped Association and have many years of experience.

Therapeutic Riding, Inc. is located at 4715 East Joy Road, Ann Arbor, MI 48105. For more information, call (734) 741-4716 or visit www.therapeuticriding.ws.
A symbol of summer for the Ann Arbor Center for Independent Living (AACIL) is the annual “Family Picnic.” Staff, family and friends of the CIL gathered this past June for a day of food, fishing and fun at Independence Lake County Park in Whitmore Lake.

Dana Emerson, AACIL Youth Services Manager, along with Assistant Anna Dusbiber, coordinated this event, which has become increasingly popular. A good time was had by all, and “Mother Nature” cooperated with sunny skies.

Independence Lake County Park provided the perfect setting, featuring a pavilion to enjoy hot dogs, cookies and pop and best of all, a wheelchair accessible fishing pier!

Through a $1,000 donation from The Wheelin’ Sportsmen, a division of the National Wild Turkey Federation/Washtenaw Smokey Grays, the AACIL purchased adaptive fishing equipment, including electric reels for everyone to use.

“It was really awesome,” said Gary McNally, a member of the AACIL Funtastic Youth Council, who caught two fish at the event. “I had not fished in a long time!”

For those who didn’t fish, there were additional activities to choose from, including handcycling and minnow racing. “(The picnic) was the first time I rode a bike in 26 years,” said AACIL Rehabilitation Counselor Rick Baisden, who tried a bike supplied by the Michigan Paralyzed Veteran’s Association. “It was great!”

Using a series of house gutters filled with water, participants placed a minnow in each trough and watched as their tiny fish raced to the finish line.

A representative from the Michigan United Conservation Clubs (MUCC) also stopped by to give a wildlife presentation on endangered animals living in Michigan. Audience members received an up-close look at birds, snakes and turtles, learning how each fits in the environment.

“It was a pleasure working with so many of the organizations in the community who donated their time and services to us,” Emerson said. “Their support continues to make the picnic a huge success.”

When organizing any event, the AACIL recognizes the importance of accessible transportation. The picnic was no exception. People’s Express, Ann Arbor Yellow Cab and the Athletes with Disabilities Hall of Fame provided free transportation to and from Independence Lake. Their generosity made it possible for more consumers to attend. In fact, some turned down pre-arranged transportation just to ride to the picnic, independently – yet another symbol of what the AACIL is all about.

Wheelin’ Sportsmen come through!

“Gary McNally (r) and Mike Rose, from the Washtenaw County Smokey Grays, proudly show off the one that didn’t get away – making it safe once again to swim in Independence Lake!”
Playgrounds Should Be Boundless

by Jan K. Culbertson

All children learn by playing, but physical, sensory or developmental disabilities keep some children from using traditional playgrounds. The goal of the Boundless Playground at High Point is to create a uniquely designed play environment where children, youth and adults with and without disabilities will have the opportunity to laugh, play and grow together. The first Boundless Playground in the nation to be designed for infants through young adults, this play environment will be developmentally appropriate rather than age-specific. It will also provide an opportunity for parents with disabilities to play with their children. That means anyone at any age will be welcome to use the new play area.

The project will be built on Washtenaw Intermediate School District (WISD) property adjacent to High Point School on Wagner Road in Scio Township. WISD (www.wash.k12.mi.us) is a countywide resource for educators and parents who work with children with disabilities. WISD received a $100,000 challenge grant as seed money to build the Boundless Playground at High Point and $56,000 in technical assistance from the National Center for Boundless Playgrounds. To date, $200,000 in donations has been committed, and volunteers expect to raise an additional $200,000. Construction is scheduled to begin in April 2005, and the playground will be completed in June 2005.

The Boundless Playground at High Point is an Able to Play Project. The National Center for Boundless Playgrounds is leading Able to Play in collaboration with the Center for Creative Play™. The Able to Play (ATP) Project was launched with a lead gift from the W.K. Kellogg Foundation of Battle Creek, Michigan. Several communities in Michigan received grants to build these fully integrated, universally accessible playgrounds.

Visit the project website for more information and opportunities to contribute — www.wash.k12.mi.us/abletoplay or contact: Neal Elyakin (734) 994-8100, ext. 1610 or Jan Culbertson (734) 663-1910, ext. 203.
The Mari Lou Murray Recreation Center, better known as the Washtenaw Rec. Center might be one of Ann Arbor’s best-kept secrets. At a fraction of the cost of a traditional gym and fitness center and virtually no waiting for exercise equipment, the Rec. Center offers something for everyone, especially those with disabilities.

For people with special needs the center offers: A 4-lane wheelchair accessible swimming pool with a ramp, an accessible multi-station weight machine, a private assisted care locker room with changing bench and roll-in shower and a hand-pedaled NuStep exercise unit for people with very little to no leg movement as well as a two lane walk/run/roll indoor track. The center also has cardio training equipment including stationary bikes, stepper units, rowers, treadmills and cross trainers and features two full courts. Fitness and dance are among the classes that are offered. Annual memberships and daily passes are available for participation.

Peter Bunton, an AACIL VISTA Volunteer with quadriplegia, comments that, “it’s the most wheelchair-friendly fitness facility in Ann Arbor and that the staff is very attentive, and willing to offer assistance when ever it’s needed.” Peter explains that, “After seven years the Rec. Center is a vital part of my life, both physically and emotionally.”
Accessibility

Accessible Homes, Inc.
(248) 321-8951 • www.accessiblehomes.net

Accessible Homes can provide you with a variety of access solutions for your home. We have a wide range of products and services that will greatly enhance your home. Specializing in Home Modifications.

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• Door openers
• Voice activation
• Roll-in-showers
• Motorized cabinet, sink, closet and counter lifts
• Widen doorways for easy access
• Free quotations for any project
• Grab bars – fold up and away wall mounted, 360 deg. adjustable floor mounted

Cornerstone Design, Inc.
25 Jackson Industrial Dr., Suite 500
Ann Arbor, MI 48103
(734) 663-7580 • www.cdarchitects.com

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

Phoenix Contractors, Inc.
121 Pearl St., Ypsilanti, MI 48197
(734) 487-9640 • (734) 487-1252 Fax
www.phoenixco.biz

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.
Advocacy

Association for Community Advocacy
1100 N. Main, 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, nonprofit 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.

Arts and Entertainment

The Ark
316 S. Main St., Ann Arbor, MI 48104
(734) 761-1800 Office • (734) 761-1451 Hotline
www.theark.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 that 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 so we can seat your party prior to entry of the general public. This way we can assure adjacent seating for your friends and family. We request that you call us if you need early entry or if you have any seating concerns at (734) 761-1800 between 9 a.m. - 5 p.m.

Michigan Theater
603 East 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 days a year with a mixed program of specialty film showings and live-on-stage concerts and attractions. Both the 1710-seat historic Michigan Theater and the attached 200-seat Screening Room facility are accessible. Newly constructed rest rooms are also fully accessible.
Thunderbirds Soar Into Paralympics

by carey larabee

For the Michigan Thunderbirds, the 2004 Paralympics in Athens, Greece, seemed like a family reunion.

Of the 24 players invited to the Men’s Wheelchair Basketball Trials (May 19-26) in Birmingham, AL, six have strong ties with the T-Birds. Audie Kemp and Glen Ashlock were the only players still with the team to try out, while former T-Birds Michael Paye, Jason Nelms and Matt Scott were selected to travel to Athens.

The United States wasn’t the only country in the field with Thunderbirds representatives. Ontario’s Pat Anderson and Brad Bowden competed for Team Canada.

Established in 1985 as part of the Michigan Wheelchair Basketball Association and Ann Arbor Center for Independent Living, the Thunderbirds have grown into one of the top programs in the nation. Since winning the NWBA Division II Championship in 1997, the T-Birds were elevated to Division I, where they have finished second and fourth in 2002 and 2004, respectively. These accomplishments, coupled with a large number of Paralympics selections, make a strong statement for the program’s overall development.

Selected as an alternate, Ashlock is very proud of the organization and the achievements of his former teammates. As an alternate, Ashlock treated the summer as if he was headed to Athens, knowing if called upon, he had to respond. “I wanted to go to Greece, but I didn’t want to go because somebody else couldn’t,” he said. “At the same time, I knew that was a possibility.”

Through the years, the Thunderbirds have always had cohesive teams. The trouble, however, has been keeping the same group intact for an extended period of time. This off-season two players from the 2003-2004 campaign left for college. Ashlock is hopeful the Paralympics created a “domino effect” in recruiting players to join the T-Birds.

“Good players want to be on a team with other good players and good coaching. With Dave Kylie coaching us and assisting on the national team, he’s in a position to teach players what they need to know for the national team tryouts.”

According to Ashlock, the former T-Birds made quite an impression at the trials. Nelms and Paye, who both attend the University of Texas - Arlington, comprise one of the most skilled backcourt tandems in the country. Nelms, a member of the US team that won the 2002 World Championship in Japan, is considered by many to be a great shooter with blazing speed. Likewise an excellent shooter and solid defender, Paye will bring excellent court sense and leadership to the team.

The youngest Thunderbird a season ago, Scott now plays at the University of Wisconsin – Whitewater. The Southfield, Michigan, native is a rising star, leading Team USA to the gold medal at the World Junior Championships in May. Recording a triple-double in the title game, Scott earned tournament MVP honors.

The commitment to getting better on a daily basis was essential for Team USA because Team Canada brought just as much talent to the Games. Anderson, who currently plays professionally in Europe, helped the T-Birds to the WNBA national championship game in 2002. A member of the Canadian National Sled Hockey team, Bowden has great speed and is a playmaker on both ends of the floor.

Ashlock can’t help but imagine the possibilities if the former T-Birds from Team USA and Canada were still together. “I think the T-Birds would just be unstoppable! If all of the guys who are in college now combined with the team we’ve had the last couple years, we would be a contender for the national championship.”
Established in 1999, by Tony Filippis, Sr., founder of Wright & Filippis, the mission of the Hall of Fame is to honor Michigan’s athletes with disabilities who have demonstrated achievement in sports and are positive role models in the community, as well as to educate the public about sports for people with disabilities.

Through the Michigan Adaptive Sports Coalition, the Hall of Fame focuses on education, awareness and scholarship programs. New for 2004 is a No-Limits Mentoring Program, the establishment of a Hall of Fame Endowment Fund, and a College Sports and Recreation Initiative.

No-Limits Mentoring Program Alumni will be conducting 20-30 minute presentations in Michigan middle school and high school classrooms, discussing character values such as integrity, determination, and loyalty. Their presentations will also focus on their life experiences and achievements as athletes with disabilities and will provide an inspirational atmosphere for school age children and young adults.

Hall of Fame Endowment Fund Scholarships will help athletes with disabilities pursue and achieve their athletic dreams at the collegiate level!

College Sports and Recreation Initiatives will focus on creating adaptive sports and recreation programs for students with disabilities in collaboration with Michigan colleges and universities.
Hall of Fame Alumni

Mary Lou Baranski, Track, Weightlifting, Soccer, Wheelchair Basketball
James L. Barton, Horseback Riding
John E. Boes, Running
Denver Branum, Wheelchair Basketball, Swimming, Track & Field
Ray Brown, Track & Field, Wheelchair Basketball
Robert L. Brown, Basketball
Louis Cherwak, Cycling
Kevin Degen, Cycling
Stefan Florescu, Swimming, Table Tennis, Track & Field
Bill Griggs, Swimming & Track & Field
Ann Greco, Wheelchair Tennis, Waterskiing, Snow Skiing, Cycling, Swimming
Robert Hall, Wheelchair Basketball, Volleyball, Track, Powerlifting, Boccia Ball, Table Tennis, Golf
Bill Harding, Golf
Ken Huber, Wheelchair Basketball, Track & Field
Chet Kuskowski, Water Skiing, Wheelchair Basketball
Marguerite Maddox, Cycling, Track & Field
Rick Masi, Wheelchair Basketball, Cycling, Wheelchair Racing, Soccer
Katie Mawby, Waterskiing, Snowskiing
Kevin McCrory, Wheelchair Basketball, Bowling, Shooting
Maurice “Mo” Phillips, Jr., Wheelchair Basketball, Softball, Football, Golf
Paul Ponchillia, Ph. D., Track & Field, Skiing
Darlene Quinlan, Wheelchair Basketball, Track & Field, Swimming
Tony Ross, Jr., Boxing
Karen Sheridan, Soccer, Softball, Swimming, Skiing
Elizabeth Stone, Swimming, Wheelchair Basketball, Track & Field
Andy Siwarski, Wheelchair Hockey, Track & Field, Bowling, Boccia Ball
Marva Ways, Wheelchair Basketball
Duncan Wyeth, Track & Field, Advocate

Award Winners

Rick Knas Lifetime Achievement
Roger McCarville, Wheelchair Basketball, Track & Field
Sandy Dorey, Recreational Therapist, Advocate
Diane Winterstein, Recreational Therapist, Advocate
Warren Orlick, Golf
David Potter, Teacher/Coach & Advocate

Male Athletes of the Year
Bob Calderon, Wheelchair Pool, Bowling
Scott Suszko, Wrestling
Sterling Heights Challengers, Wheelchair Basketball
Michigan Thunderbirds, Wheelchair Basketball
Aaron Scheidies, Track & Field, Triathlon, Swimming

Female Athletes of the Year
Cheryl Angelelli, Swimming
Mary Stack, Weightlifting, Basketball
Sterling Heights Challengers, Wheelchair Basketball

Rising Star
Sean Staniec, Karate, Club Hockey, Golf, Downhill Skiing

Athletes with Disabilities Hall of Fame
2845 Crooks Road, Rochester Hills, MI 48309
Phone: (248) 829-8353 Email:info@adhof.org
Sports and Recreation Resources

Athletes with Disabilities Hall of Fame
■ www.adhof.org
Established by Tony Filippis, Sr. in 1999, the ADHOF honors the outstanding achievements in sports by athletes with disabilities, while recognizing their contributions to the community.

Disabilities Today
■ www.disabilitiestoday.com
Hosted by Roger McCarville, this PBS television show highlights the accomplishments of people with disabilities in Michigan, emphasizing achievement in athletics. The web site includes programming and schedule information along with several adaptive sports links.

Michigan Adaptive Sports
■ www.michiganadapitivesports.org
Hosts sports clinics and provides resources on equipment and upcoming events.

Michigan Disability Sports Alliance
■ www.MiDSA.org
Organization assisting athletes with physical disabilities in training while providing opportunities to compete in sports. Site includes information on various sports as well as how to become an alliance member.

Michigan Paralyzed Veterans of America (MPVA)
■ www.michiganpva.org
As one of 34 Paralyzed Veteran’s Associations in the United States, the goal of the MPVA is to enhance the lives of veterans with spinal cord injuries and people with disabilities. Web site includes links for information and referral services as well as sports and recreation. From the Sports and Recreation page, you can find health and fitness information, upcoming events and links to other wheelchair sports organizations.

Michigan Sports Unlimited
■ www.misportsunlimited.com
The hub for adaptive sports and recreation in Mid-Michigan. They make equipment available for trials and provide a variety of sports and recreation programs throughout the area.

Michigan Wheelchair Athletic Association
■ www.miwheelchairathleticassociation.org
Nonprofit organization promoting and raising awareness in wheelchair sports across Michigan. The organization also organizes and finances the annual “Wheelchair Games.”

National Center on Physical Activity and Disability
■ www.ncpad.org
Information resource guide to recreation and wellness. Includes fact sheets on several sports, providing rules and equipment information. Also has research results, detailing the effects of sport participation on people with disabilities.

National Wheelchair Basketball Association
■ www.nwba.org
The NWBA is the governing body for wheelchair basketball. Among other resources, you can find here a history of wheelchair basketball in America and the rules of the game.

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Assisted Living

The Meadows at Silver Maples
200 Silver Maples Dr., Chelsea, MI 48118
(734) 475-4111

The Meadows at Silver Maples is a full-service Assisted Living Community helping those 60 years of age and older. Since we are locally owned and non-profit, our fees are very competitive. A residential setting is provided to serve seniors who desire supervision and assistance, but do not require 24-hour nursing care. Four levels of care are provided including, “Transitions,” which is available for those seniors desiring meals and domestic services, but not personal care. Independence is respected at The Meadows. Silver Maples of Chelsea also offers independent living apartments and villas.

Brain Injury Rehabilitation

BrainTrainers, LLC
2900 S. State St., Ann Arbor, MI 48104
(734) 665-1922 • Director@BrainTrainersOnline.com

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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.

St. Joseph Mercy Hospital
Traumatic Brain Injury Services
5301 East 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 Media
Community Television Network
Cable Channels 16, 17, 18, 19
425 S. Main, Suite LL114, Ann Arbor, MI 48104 
(734) 769-7422 (734) 994-8731 fax 
ctn@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.

Dentistry

Maryann Griffith, D.D.S.
2340 East Stadium Blvd., Suite 6, Ann Arbor, MI 48104
(734) 973-3200

Dr. Griffith has been providing gentle dental care for toddlers, senior citizens and every age in between for the last 16 years. Services include preventative dental cleanings, periodontal treatment, crowns and bridges, cosmetic dentistry, “white fillings”, Zoom™ bleaching system, orthodontics and more, all in a friendly atmosphere. Her barrier-free office is located between St. Francis and Trader Joe’s on East Stadium Blvd.

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

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 citizens of Washtenaw County. We believe that children and adolescents with serious emotional disorders, adults with severe and persistent mental illnesses, persons with developmental disabilities and those with substance abuse problems should have access to a comprehensive range of quality supports that include mental health, substance abuse and primary and specialty health care.

The WCHO works in joint collaboration with the Washtenaw County Community 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.

SAINT JOSEPH MERCY REHABILITATION SERVICES

Each day, we help patients regain former abilities or master new ones. Like riding a bike. Using a wheelchair. Reading.

With a full range of inpatient and outpatient rehabilitation programs, including physical, occupational, and speech and language therapy, as well as specialty programs, we provide a complete continuum of care to patients with diverse orthopedic and neurological conditions.

All programs emphasize education and self-responsibility, helping patients enjoy life more independently again.

For more information, call 800-231-2211.
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 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 rewards that their adapted vehicles provide them.

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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.

Drug Stores/Pharmacy

The Prescription Shop

423 E Washington, Ann Arbor MI 48104
(734) 662-3143 • (734) 662-6799 Fax

The Prescription Shop is located in downtown Ann Arbor at 423 E. Washington. We have been providing professional service to our Washtenaw County customer for 45 years. In addition to all normal services in a Pharmacy, we also include free daily delivery & can arrange monthly charge accounts. We are a full-line pharmacy & offer walkers, wheelchairs, canes and crutches, as well as blood glucose and ostomy supplies. We are able to bill insurance companies for these items when possible. We welcome this opportunity to take care of all your pharmaceutical needs.
Active Mobility helps individuals who require assistance with their walking challenges. Our trained mobility consultants conduct in-home consultations and product demonstrations allowing our customers to receive the right piece of equipment for their individual needs. Our service department is second to none in Ohio, northeastern Indiana and Michigan and can provide most service repairs in a patient’s home and more extensive service repairs in our drive-in climate-controlled service shop. Our insurance administration department provides seamless Medicare/Medicaid and secondary insurance filing for all our patients.

Active Mobility achieves excellence in providing mobility equipment and does so with the highest standard of integrity and ethics.

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.

Caremor Inc
4868 Old US 23, Brighton, MI 48114
(810) 225-2956 or (800) 917-6486
www.caremorinc.com

Solutions for Independent Living

At Caremor Inc our mission is to be a leader at providing products that will improve the quality of life for our customers. Our local, family-owned company offers a wide variety of services to meet any of our customers needs. Best of all – we make house calls. Caremor will bring the product to your home, where it will be used. For added convenience, installation and service work is completed at your home. We are licensed builders allowing us to specialize in barrier-free construction for both new builds and home modifications. We are experts at building ramps and decks. At Caremor, the focus is on quality, value, and customer convenience.

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 tilted 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.
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 aides, bathroom accessories and scooters. We specialize in wheelchairs – manual, power and standing chairs, with great emphasis on patients’ 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

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.

Education

Ave Maria School of Law
Services for Students with Disabilities
Student Affairs
Ave Maria School of Law
3475 Plymouth Rd., Ann Arbor, MI 48105
(734) 827-8040 • www.avemarialaw.edu

Throughout history, mankind has sought to implement justice through law. At the core of this effort is the search for truth with an emphasis on the inherent dignity of the human person. With these principles in mind, Ave Maria School of Law provides students with the knowledge and skills necessary to practice law at the highest levels.

Ave Maria School of Law is located in a modern, accessible facility in northeast Ann Arbor. The Office for Student Affairs is committed to addressing the needs of students with disabilities to ensure that both the academic program and physical facilities are fully accessible, supporting the entry of persons with disabilities into the legal profession.

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

Washtenaw Community College Learning Support Services

4800 East 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:
• 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.

Financial Health CREDIT UNION

517.319.1300 • www.fhcu.org

Low-interest loans available to People with Disabilities to Purchase Assistive Technology

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Eastern Michigan University
Dean of Students Office • Access Services Office
203 King Hall • 734.487.2470
Washtenaw Community Transition Council

In Conjunction With The Washtenaw RICC and the Washtenaw Intermediate School District

Washtenaw Intermediate School District
PO Box 1406, Ann Arbor, MI 48106-1406
(734) 994-8100 ext. 1543 • (734) 994-2203 Fax
www.wash.k12.mi.us/ssupport/wctc

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, influences policies, and promotes through education, ‘best practices’ that lead to a wide range of choices for students with disabilities.”

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/delivers programs/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.

Employment and Vocational Rehabilitation

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/worksite 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/approval from Michigan Rehabilitation Services.

Michigan Department of Labor and Economic Growth and Development

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

Michigan Rehabilitation Services 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 MRS offices located throughout the state, serving the employment needs and goals of people with a wide range of disabilities.
Financial Planning, Banking, & Assistive Technology Loans

Financial Health Credit Union
2400 West Rd., East Lansing, MI 48823
(517) 319-1300 • (800) 533-8559 • www.fhcu.org

Financial Health Credit Union is proud to serve the Michigan Disability Rights Coalition as the financial institution for the Michigan Assistive Technology Loan Fund. Any resident of Michigan who has a disability or an older person who needs assistive technology may apply. Family members may apply on behalf of children or other family members with a disability.

Applicants may borrow for up to $20,000 for assistive technology devices and services. Repayment terms are based on the expected useful life of the assistive technology device.

Loan applications are made through local Centers for Independence. For more information call UCP Michigan, the Loan Fund Administrator, at 1-800-828-2714, or visit the fund's web site at www.michiganloanfunds.org.

KeyBank
100 S. Main St., Ann Arbor, MI 48104
(800) KEY2YOU or (800) 539-2968 • www.key.com

Key is available 24 hours a day, 7 days a week.

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

Health Care Consulting

Span Corporation
1505 White 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-five years of service to the community.

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20770 Middlebelt, Suite 1, Livonia, MI 48152
(248) 615-1730 • www.aegishp.com


Heartland Home Health Care and Hospice
3840 Packard Rd., Suite 240, Ann Arbor, MI 48108
(734) 677-8140.

Heartland Home Health Care and Hospice 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 naturally.

Michigan Visiting Nurses
2850 S. Industrial Hwy., Suite 75, Ann Arbor, MI 48104
(734) 677-4515 • info@umvn.org • www.umvn.org

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

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.

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

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4701 E. Huron River Drive
Ann Arbor, MI 48105
(734) 975-2600
Insurance and Risk Management

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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.

Legal Services

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 1987. His practice concentrates in helping clients with visas, green cards, and other immigration law issues. Gary L. Hahn has practiced law in Ann Arbor since 1976. His practice concentrates in the areas of corporation, limited liability companies, general business, commercial transactions and real estate law. He works with entrepreneurs and companies that are family-owned or otherwise closely held. Mr. Hahn also works with both buyers and sellers of commercial and residential real estate.

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

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

Library Services

Washtenaw County Library for the Blind & Physically Disabled
4135 Washtenaw Ave., Ann Arbor, MI 48108
(734) 973-4350 • (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 US Postal Service. The Library also loans descriptive videos and has assistive technology available for consumer use, including Internet access. Computer training is provided at no charge. Regular programming includes a bi-monthly Book Lovers Club, a bi-annual technology fair, and other social programs. For additional information, contact the Library.
**Optical/Low Vision**

**Dr. Steven Bennett, F.A.A.O.**

Certified Low Vision Specialist  
2000 Green Rd., Suite 200, Ann Arbor, MI 48105  
(734) 930-2373

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

**University of Michigan Kellogg Eye Center**

1000 Wall St., Ann Arbor, MI 48109  
(734) 764-5106 • www.kellogg.umich.edu

Many people who struggle with low vision are not aware that there are ophthalmologists, optometrists, and rehabilitation specialists with special training in low vision. Because of our multi-disciplinary approach, the UM Kellogg Eye Center Low Vision and Visual Rehabilitation Clinic can tailor its services to the unique needs of each individual. Our doctors monitor remaining vision closely, prescribing the corrective lenses that are best suited to each vision problem. Our occupational therapist works with patients, at home when possible, to make the home environment more useful to the patient. She teaches patients how to use adaptive devices and make better use of their remaining vision to assure they are functioning well in their daily lives.

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**Orthotics and Prosthetics**

**Hanger Prosthetics & Orthotics, Inc**

1005 East Michigan Ave., Jackson, MI 49201  
(517) 783-1313 • www.hanger.com

Hanger Prosthetics & Orthotics, Inc. is the nation’s largest prosthetic and orthotic practice management company and the oldest, founded in 1861. With branches nationwide, Hanger Prosthetics & Orthotics leads the field in innovative technologies and practices. The company was founded by James Edward Hanger in 1861. When he was an 18 year old soldier he became the first amputee of the Civil War. After losing his leg in the first land battle of the war, Hanger turned his personal tragedy into an invaluable service for mankind. Hanger Prosthetics & Orthotics, Inc. provides a full range of pre-fabricated and custom orthotic devices, foot orthoses, shoes and artificial limbs. Our goal is to assist all patients in reaching their highest possible level of independence so that the quality of life is enriched on a daily basis.

**Hellner & Associates**

Kensington Valley Orthotic & Sports Services  
2233 Euler Rd., Brighton, MI 48114  
(810) 220-3472 • (517) 220-8232 Fax

Serving the community for 20 years, Hellner & Associates is Livingston County’s only Prosthetic and Orthotic facility. Prosthetic services include pre-operative consultation, post-op care, early fittings and long-term care. Our prosthetic devices offer the advantages of space-age metals and composites, silicone interfaces, computerized knee chips, and more. Foot, knee-ankle, hip, and spinal orthoses are available, plus sports and fracture bracing. Fully certified and ABC accredited. Our facility is barrier-free.
Koch’s Orthotic and Prosthetic Services
5315 Elliott Dr., Suite 104, Ypsilanti, MI 48197
(734) 434-0442 • (734) 434-1062 Fax

We are located in the Michigan Orthopedic Center at St. Joseph Mercy Hospital. Koch’s O&P has been providing exceptional orthotic and prosthetic care for 21 years in the Ann Arbor area. Our commitment to the local community is second to none. All our staff is ABC certified with an average of 15 years’ experience.

We provide comprehensive services, both custom and off-the-shelf, from pediatric through geriatric needs.
- A large on-site inventory of items such as shoe inserts, knee and ankle orthotics, shoulder, elbow and hand orthotics.
- Custom fitting of diabetic footwear, mastectomy products and gradient pressure products, etc.
- Both upper extremity and lower extremity prosthetics

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 Prosthetics 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

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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Does your pup need a potty break while you’re at work? Do you need someone to feed and water your cats (or other critters) while you’re away? Are you going out for a night on the town and wondering how to get supper to your pet? Do you and your dog need some training in basic canine good manners? If you live in the Ann Arbor area, I can help! Experienced dog owner/trainer (and friend of cats) will provide in-home TLC for your pets. Member, Pet Sitters International and American Pet Dog Trainers. Insured; references available.

Philanthropy

Ann Arbor Area Community Foundation
201 S. Main St., Suite 501, Ann Arbor, MI 48104
(734) 663-0401 • www.aacf.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.

Physical Medicine and Rehabilitation

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

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

Chelsea 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 (734-475-3947).
Heartland Health Care Center
4701 E. Huron River Dr., Ann Arbor, MI 48105
(734) 975-2600

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.

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, Ann Arbor, MI 48109
(734) 763-0971 • (734) 936-5492 Fax
model.sci@umich.edu
www.med.umich.edu/pmr/model_sci

The 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.

Ypsilanti Rehabilitation Services, Inc.
2063 Rawsonville Rd., Belleville, MI 48111
(734) 485-4544 • (734) 485-8125 Fax

YRS (Ypsilanti Rehabilitation Services) is a physical therapy clinic located in Belleville. YRS has been established in the area for over 21 years. We specialize in orthopedic, industrial and sports-related injuries, treating all ages. We also specialize in manual therapy, myofacial release and craniosacral therapy. Doctors trust us for effective treatment of their patients, and 87% of our patients report significant results. Our therapists are licensed by the state of Michigan and are members of the American Physical Therapy Association. YRS is divided into an outpatient clinic and in-home physical therapy that serves the Ypsilanti/Belleville area.

Andrew Sacks Pictures
Location & Studio Photography
Corporate & Editorial Assignments
Phone: 734/475-2310 Fax: 734/475-3010
20727 Scio Church Rd. Chelsea, MI 48118
Email: andy@saxpix.com
Web: www.saxpix.com

2004 Resource Directory
UM Model Spinal Cord Injury Care System

The University of Michigan Model Spinal Cord Injury Care System is well known across the country for its research on community integration for those with spinal cord injury. Our system of care smoothly transitions from emergency medical services to acute rehabilitation to community re-integration, all working toward the common goal of helping you regain functional independence.

Our long-standing affiliation with 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 nearly 20 years of partnership with the AACIL.

Denise G. Tate, Ph.D.  David R. Gater, M.D., Ph.D.
Co-Director  Co-Director, Dir. SCI Medicine

University of Michigan Health System
300 N. Ingalls, NI 2A09
Ann Arbor, MI 48109-0491
Phone: 734.763.0971, Fax: 734.936.5492
Email: model_sci@med.umich.edu
www.med.umich.edu/pmr/model_sci/htm.index

Inpatient SCI Rehabilitation Program: 734.936.7059
Outpatient Clinics: 734.936.7175

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Michigan Reservations 1-800-887-7868
Nationwide Reservations 1-800-642-2042

DAILY • WEEKLY • LONG TERM
Recreation

Athletes with Disabilities Hall of Fame
2845 Crooks Rd., Rochester Hills, MI 48309
(248) 829-8353 • www.adhof.org

Established in 1999 by Tony Filippis Sr., founder of Wright & Filippis, to celebrate the achievements of outstanding athletes and community leaders who have continued to achieve their goals while becoming a symbol of hope and inspiration for generations to come. The mission of the Hall of Fame is to honor Michigan's athletes with disabilities who have demonstrated achievement in sports and are positive role models in the community as well as to educate the public about sports for the disabled. The Hall of Fame also strives to provide support for sports and recreation programs for disabled individuals.

Krupa's Boat Mart
3909 Francis Street, on Sharp's Lake, Jackson, MI 49203
(517) 782-7146 • info@krupas.com • www.krupas.com

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

Michigan Adaptive Sports (MAS) is a chapter of Disabled Sports USA, a non-profit 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 handcycling. 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 to learn how to support MAS, please call us today. Exhilarate your independence!

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

The Thunderbirds provide sports and recreation opportunities for athletes with disabilities. We have an established wheelchair basketball team in the NWBA Division II, a NWBA junior team, and are helping to start an adult recreation team. Our members participate in handcycling races and rides throughout the country. The Thunderbirds participate in the Adaptive Sports and Recreation Coalition.

Washtenaw County Parks and Recreation
Mari Lou Murray Recreation Center
2960 Washtenaw at Platt, Ann Arbor, MI 48104
(734) 971-6337

The mission of the Washtenaw County Parks & Recreation Commission is to enhance the quality of life in Washtenaw County. WCPARC is committed to the preservation of the natural environment and the provision of facilities meeting the needs of all residents – including those whose incomes, 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
• An assisted-care locker room

Transportation and Rentals

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 website: www.theride.org and in large print format. For information or an application for specialized service, call (734)973-6500.
**AATA A-Ride** (734) 973-6500

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 plus 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**

(734) 528-5411 • www.theride.org/ridesource/ridehome.htm

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.

**The People’s Express Transportation**

Northfield’s Human Services in Whitmore Lake

To schedule a ride call (734) 528-5411
To call the NHS office call (734) 449-0110

The People’s Express Transportation is part of Northfield’s Human Services in Whitmore Lake. To schedule a ride call RideSource at AATA. Ask for Robert. We transport people in Washtenaw, parts of Livingston and Oakland counties. Please call 24 hours in advance. Our busses and vans are handicapped equipped. We have a team of experienced and caring drivers. Ask about our special programs and you can qualify for rides at $1.00 each way by simply filling out a few forms. Our Food Pantry is available to Whitmore Lake School District and is open Monday and Tuesday from 12:00-5:00. Referral services to other community resources are available on request.

**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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3330 Washtenaw
(734) 975-6800

Dearborn
15044 Michigan Ave
(313) 584-0070

Livonia
28453 Five Mile
(734) 421-8400

Toledo
4505 Monroe Street
(419) 479-3020

We're First To Serve Your Home Healthcare Needs
www.FirstToServe.com
Walk & Roll 2004 EXPO was a day of celebration and disability awareness with free food, live music, prizes and fun for all ages. This year, over 350 attendees visited the 45 different vendor exhibitions and 16 community partners. Visitors were encouraged to try out the latest in sports and recreation equipment including wheelchair basketball, handcycling and other adaptive equipment.

Walk & Roll 2004 EXPO was held on April 17th, 2004 at Bowen Field House on Eastern Michigan University’s campus. This year was a great success and combined with our 16 partner organizations we raised over $44,000 to support our respective missions. Our honored guest speaker was Congressman John Dingell.

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

A resounding success!

Want to do more in ’05?

Walk & Roll 2005 EXPO is being planned for Spring ’05. If you’d like to participate as a volunteer, vendor or community partner, please contact Tom Hoatlin at 734-971-0277 ext 18.
Greater independence is right outside your door with AATA. We offer reduced-fare ID cards, door-to-door transit service for ADA-eligible individuals, and a transportation matching service. We’ll even help you learn to get around through our Travel Training program. So whether you opt for fixed-bus service or one of our specialized services, AATA provides safe, efficient transportation — and better mobility for you. For more information, call 734.973.6500, or visit www.theride.org.