

**FAREWELL TO 2012,
WELCOME 2013 - BUT
NEVER SAYING
GOOD-BYE
TO TRADITION!**

Written by: Holly Peterson

Wow – 2013, how time flies! The New Year is always a time of reflection, out with the old and in with the new, but not when it comes to tradition...or should I say *commitment, passion and vision.*

We as staff are lucky to be associated with an agency deeply rooted in tradition. For over **88 years** we have administered the *mission* envisioned by board members, staff and volunteers –“*supporting people with disabilities in their effort to lead independent, productive lives*”. Sure the name has changed - we have been known as Crippled Children’s Society, Easter Seals, Handicapped Children and Adults, United Cerebral Palsy and finally disAbility Connections - A Center for Independent Living. All in effort to not only be politically correct...but to be more attuned to meeting the needs of individuals and families with disabilities throughout their lifespan and in changing environments. A long tradition of “looking forward”.

In December we once again partnered with the Rotary Club of Jackson hosting the 75th Annual Christmas Party for area children receiving special education services. 75 Years...who would have guessed that this event would span three-quarters of a century! (more inside)

Now in 2013, the staff, board and volunteers continue their commitment to others through personal experience “from the heart” and so we can proudly say... tradition lives on! ■

Winter Blues Bash!



**A FUNDRAISER TO BENEFIT
DISABILITY CONNECTIONS**

SATURDAY, JANUARY 26TH

7 PM to MIDNIGHT

**DAVIS BANQUET CENTER
3575 FRANCIS ST. JACKSON**

Featuring

**THE ALLIGATORS
&
MOJO PHOENIX**

Limited number of tickets available. \$25 each includes a great night of blues music, a full chicken dinner, door prizes and a cash bar.

**Tickets
available
at**

**The Ballooney Bin
3465 Ann Arbor Road - 962-5939
and**

**disAbility Connections
409 Linden Ave. 782-6054**

disAbility Connections Inc.
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HAPPY 2013 FROM DISABILITY CONNECTIONS STAFF!

Thanks to you and other generous supporters, disAbility Connections is in its 88th year of supporting people with disabilities and their families.

This year has seen the renovation of the former Brail's Cleaners and the start-up of *Fix-dis* at 405 Prospect, thanks to many dedicated volunteer hours and much patience. Having *Fix-dis* available for repair of wheelchairs, walkers etc. has increased our capacity to assist more people with simple repairs, thanks to the help of several regular volunteers. Please spread the word!

We are pleased to announce our disAbility Connections, Board Officers, as of October 2012: (listed to the left). We thank the Board Members from both Boards for their tireless work and support of our organization!

We are working hard to improve customer service and quality. You may notice changes in our reception area. We've recycled and moved the front desk and cabinetry to allow people to step further away from the front doors and have a comfortable place to sit while waiting. Our volunteers have been busy painting to give a fresh look. The parking lot has also been re-coated to provide better traction and less danger of falls. There have been internal process changes, as well, and these will continue as we improve customer service, quality and outcomes for our communities. If you have suggestions, we'd love to hear them! ■

Lesia

Executive Director

YOU SAID YES TO THE MILLAGE(S)!

Written by: Holly Peterson

The staff at disAbility Connections was so pleased that the community supported the local millages for Education, Transportation and Services for Seniors. Personally many of us are deeply "involved" in those services, by riding the bus to work each day, sending our children to special education programs and serving seniors through Nursing Facility Transition, Respite and the Loan Closet.

We know that by standing back waiting for things to happen, they just may not! We have benefitted over time by those before us who have advocated for accessible transportation, for special education services in our schools and by our community providing programs and services to meet the needs of local seniors.

I must say I was concerned that tax-payers were already feeling the pinch of the economy and we should not expect the supports that we received. But I was more than pleasantly surprised. And even more so - proud that I live in a community where others saw the value of protecting services for those who need them. Even if you were personally not in need. You clearly saw the value and the possibilities that one day you, a friend, a neighbor or a family member may need them. You stepped up to the plate for our whole community and I thank you! ■

Wellness/Craft Days start again in April!



Count on joining us again on the first Friday of each month from 1 to 4 PM - as always.

Mini classes this year will focus on a variety of food - related topics. We have a great volunteer coming in to help us play Wii games! We will end our day with great art/craft projects! There is no cost involved and a healthy snack is served! We hope to see you in the Spring.

April 3 - Diabetic Diets / Tissue Paper Flowers

May 3 - Light Cooking / Make Your Own Greeting Cards

June 7 - Benefits of Vitamin K / Handmade Paper

July 12 - Smart Shopping / Paper Collage

August 2 - Relaxation Techniques / Hand Painted Tiles

September 6 - Food Safety / Decoupage Glass Plates

October 4 - Eating Out / Painting on Canvas and Paper

November 1 - Healthy Snacks / Painted Wood and Bead Bracelet

If you would like to attend, volunteer to assist with activities or if you have any questions, contact Brenda Bobon at disAbility Connections 782-6054 ext. #242. ■

“THROUGH THE LOOKING GLASS” ANNOUNCES 2013 SCHOLARSHIP APPLICATION

Through the Looking Glass and its National Center for Parents with Disabilities and their Families are pleased to announce new scholarships specifically for high school seniors or college students who have parents with disabilities. A total of fifteen \$1000 scholarships will be given out Fall 2013.

To be eligible, you must be either a High School Senior (a high school graduate or graduating senior) by Summer 2013, planning to attend a two-year or four-year college in Fall 2013 or a College Student currently enrolled in a two-year or four-year college in Fall 2013. In both cases you must be in pursuit of an AA, AS, BA or BS degree, and have at least one parent with a disability.

Please go to the website: www.lookingglass.org for more information, including the application form, complete application directions and an FAQ page that answers many common questions as well as offering helpful suggestions.

Editors note: Look for local scholarships through John George Foundation, Jackson Community Foundation at www.jacksoncf.org, The Inman Grant, and many others-such as those thru local and state colleges and universities. ■

First Two Inman Scholarships Awarded

Written by: Parrish L. Stahl



Bob Inman, Kylee M. Arnold, Deborah Johnson and Wanda Inman at award presentation.

At the time of her passing in 2002, family & friends of Jeannie Inman established a fund through the Jackson Community Foundation to support programs and services to benefit people with disabilities in our community. Over time that fund has grown to the point where small annual draws can be made from the fund without depleting it.

Jeannie believed three things helped her be successful; community service, education & a strong family. Jeannie's parents asked that some of her closest friends serve on a committee to do positive activities with the available funds. With this in mind, disAbility Connections is proud to Award two Jeannie D. Inman Memorial Scholarships this year. These scholarships are in the amount of 500.00 each. Jackson Community College has graciously matched this year's awards. These scholarships have a requirement that winners perform 50 hours of volunteer service to the community in exchange

This year's winners are Kylee M. Arnold and Deborah Johnson both of Jackson. Future awards will be based on the available funds. If you would like to contribute to the Inman fund contact the Jackson Community Foundation or disAbility Connections. ■

disAbility Connections lobby gets new look!



After twelve years in our current location, we found that our offices/lobby were not really meeting our current traffic flow and customer needs. With the assistance of Board Member and retired Architect, Dave Fleming, a new layout was set up.

The staff met to brainstorm ideas and staffers Lora Bigcraft and Holly Peterson set out to find the best deals on some new and re-purposed furnishings to give us a nice waiting area for clients along with a more functional office space.

Please feel free to stop in to check out our new, attractive and more functional lobby and work area!

Jackson's First Caregiver Retreat

Written by: Lora Bigcraft

November 12, 2012 marked the beginning of what we hope will be a wonderful annual experience for caregivers in Jackson. disAbility Connections had the pleasure of participating in Jackson's first Caregiver Retreat; held this year at Vista Grande Villa. Caregivers were provided with a day of rest and relaxation in acknowledgement of the hard work and devotion that they provide for a loved one. Free respite was provided if needed and caregivers were treated with free breakfast, lunch and spa services including massages, manicures and make-up. There was even a bit of retail therapy to add to the fun.

I could go on and on about how great the event was, but I'm going to let you hear it straight from the source. The following is an excerpt from a letter I

received from a caregiver who attended this year's retreat.

"Recently I attended the first ever Caregiver Retreat organized by community service agencies and businesses at Vista Grande Villa. I have attended several other well established caregiver conferences out of the county and I have to say this retreat was as well or better presented than the others! It was so well organized I would never know it was the first year.

The sole concern of everyone from volunteers, vendors, therapists, and Vista staff was pampering the caregiver. Often, we caregivers feel guilty about taking time to care for ourselves. It takes some encouragement to allow us to drop that guilt and indulge in some self-preservation and renewal time. This event and the people involved gave me that encouragement. I truly felt pampered throughout the day

while indulging in luxurious massages, reflexology, Reiki, manicure, retail therapy, fun promotional items, very tasty breakfast and lunch, even winning a door prize! If I had been in need of respite care for my charge it would have been provided by trained professionals free of charge. Vista provided a beautiful facility and very tasty food. There were several speakers educating on a variety of topics.

At the end of the day I felt a happy inner glow, rested and relaxed ready to resume my caregiver role. I give a sincere thank you to everyone involved in this retreat. For a few hours I was able to indulge in a much needed break and I still carry the memory with me to recall during moments of-well let's just say, moments..."

If you are a caregiver, mark your calendar for next year's retreat on November 6, 2013. We hope to see you there! ■

Be nice! Take care of the people that take care of you!

Written by: Parrish L. Stahl

One of the most rewarding and challenging aspect of everyone's life is managing relationships. One thing successful people with disabilities have in common is that most of them are masters at managing the key relationships in their lives. Being a person with a disAbility may mean not feeling well or even being in pain at times. Some of us are lucky and have people that care.

A large mistake I have made and have seen others do is to lash out verbally at people. A disAbility is not a license to be rude. The circle that is your friends, family and care givers can shrink or become non-existent. The most important piece of advice I can give you is be nice, no matter what. Manners go a long way in getting our needs met. You can still effectively advocate and stand up for yourself without being rude, obnoxious or otherwise disagreeable.

If you make a mistake, apologize! Most everyone has a bad day from time to time. Look in the mirror if you feel a need to blame someone. It is how you work to fix your mistake that is important. No one deserves to be treated poorly.

Being a good friend, neighbor, family member or employer will be full of initially unseen rewards, but almost always pay us back in tough times. The neighbor that you go out of your way to ask how they are and say "hi", may shovel your sidewalk after a storm. Nothing is more important than how we carry ourselves and react to the people in our lives. ■

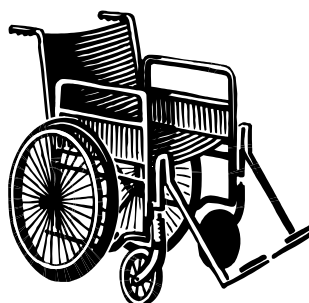
Wheelchair/ Mobility Devices Maintenance Issues

Written By: Parrish L. Stahl

When you hear that squeak in your wheel it is not the time to turn up the radio and hope it fixes itself. The health of your wheelchair or other mobility device needs to be a priority in our lives. Much like other devices and machines, many times there are warning signs that something is wrong.

By using your power of observation do a self assessment... how do your tires look - do they have rubber or plenty of tread? Is your device clear of salt, mud, rusty screws or nuts? Are your batteries staying charged as long as they should? Is your seat stretched, ripped or are screws loose? If you notice issues - contact the people who are responsible for maintenance on your equipment before it breaks.

If you don't know what to do about a maintenance issue contact disAbility Connections and we will help you figure it out.. Maybe *Fix-dis* can do the repair right here! , nothing is more important to your independence than your equipment. ■



Winter Emergency Preparedness for People with disAbilities

Written By: Parrish L. Stahl

What if my power goes out? Do I have a short term and long term plan? Most of us know that we should have some emergency gear ready. People who live in Michigan or anywhere in the Midwest know that strong winter storms can and do occur with regularity. We should have all the usual things like food that doesn't require cooking or refrigeration, water, flashlight, radio, batteries, a lighter, first aid kit, blankets, a cell phone and other things. A complete list can be found at Redcross.com.

As people with disAbilities, it is essential that we think ahead about our specialized needs both short and long term. If you have emergency medication, does it require refrigeration? If so, do I have a cooler, a thermometer and ice? Do I depend on a power chair or other devices that are battery-dependent? Is there a plan for charging these things? You may need a neighbor, friend or family member on call to help in the event of an emergency. Remember, if our community is in crisis; it is extremely likely that the people who take care of you are dealing with their own family emergency.

Part of independent living is dealing with Murphy's Law: What ever can go wrong will. You have a choice about whether or not you are prepared. Give it some thought! ■

**Employment /
Disability
Helpful links:**



Looking for employment can be frustrating. Some days it can just plain drag you down!

These sites can be useful for individuals with disabilities facing employment issues.

- **Job Accommodation Network**
<http://askjan.org/>
especially useful for getting ideas for accommodations by specific disability type)
- http://www.diversityworld.com/Denise_Bissonnette/index.html
Denise Bissonnette features a free newsletter archived section; it includes some really good ideas for helping to keep from getting demoralized during the job search. ■

**Jackson County
Special Olympics
Garage Sale to
Seek Donations!**

When getting ready for spring cleaning, remember - Area 19 Special Olympics will soon be seeking donations for their upcoming Spring Garage Sale. All proceeds go to sending athletes to the Summer Games at Central Michigan from May 31st to June 2nd. Donation drop off dates are April 28, 29 and 30. Contact Deb at 937-5485 for more information. ■



DID YOU KNOW

The flu shot is your best protection against the flu.

*The following health problems can make you more likely to have serious health effects from the flu.
(If you're not sure check with your doctor)*

- Mobility Problems
- Ongoing Health Issues such as Diabetes, Heart or Lung Disease
- Compromised Health
- A Weak Immune System

The Seasonal Flu can affect YOU more severely and make your health problems worse, you could end up in the hospital or even die.

Shots are available at many local pharmacies, your Doctor's office or The Jackson County Health Department. Don't Wait!

This message is made available by support from the Centers for Disease Control and Prevention to the Michigan Partnership for Health & Disability.





Michigan Alliance for Families (MAF) is the State's federally designated Parent Training and Information Center. MAF provides information, education, and resources for families who have children, birth through age 26, who receive (or might be eligible to receive) special education services under the IDEA (Individuals with Disabilities Education Act). All services and programs are free to families.

The goals of MAF are to increase parent involvement with their child's education, and to help parents:

- Know their rights (procedural safeguards)
- Effectively communicate their child's needs
- Help their child develop and learn
- Participate in the development of IEPs (Individualized Education Programs) and IFSPs (Individualized Family Service Plans)

Cathy Heins is the Regional Parent Mentor for Jackson County. She offers help and resources to local families, as well as coordinating local workshops and seminars. MAF is housed with PERC at disAbility Connections and can be reached at 782-6054, ext 238 or cathy@michiganallianceforfamilies.org

Please visit the MAF website at www.michiganallianceforfamilies.org ■

Michigan Alliance for Families Presents:

“Behavior and Its Effect on Your Child’s Access to Education”

Presenters:

Dr. Sally Burton-Hoyle,
*Eastern Michigan University-
Autism Collaborative Center*

&

Mark McWilliams
*Michigan Protection &
Advocacy Service, Inc.*

**Saturday -
February 23, 2013**

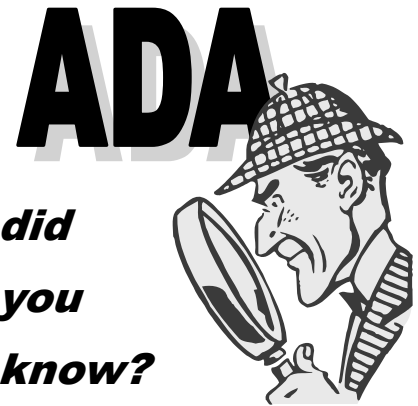
disAbility Connections
409 Linden Avenue, Jackson,

10am-3pm

(Registration begins at
9:30am – Lunch provided)

Register by February 16th, 2013
cathy@michiganallianceforfamilies.org
(517) 782-6054, ext. 238

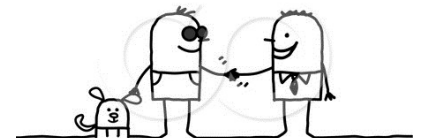
Michigan Alliance for Families is Funded by the Michigan Department of Education and U.S. Department of Education.



**did
you
know?**

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Examples of such work or tasks include guiding people who are blind, alerting people who are deaf, pulling a wheelchair, alerting and protecting a person who is having a seizure, reminding a person with mental illness to take prescribed medications, calming a person with Post Traumatic Stress Disorder (PTSD) during an anxiety attack, or performing other duties.

Service animals are working animals, not pets. The work or task a dog has been trained to provide must be directly related to the person's disability. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA... (but we sure love them all nonetheless!) ■



“BE A SANTA” fills the bag!

Written by: Lora Bigcraft

disAbility Connections had the pleasure of participating again this year in the “Be a Santa to a Senior” program providing a gift for seniors or disabled persons who may not otherwise receive a gift at Christmas.



Tags with names and personal gift requests hung on trees at our local K-Marts, Polly’s, Flagstar Banks and at The Craft Agency. Shoppers took a tag, filled the gift request and returned it to the location where they got it. The generosity was beyond wonderful. It warms my heart that even when the economy is down, the people of Jackson don’t look the other way.

Appreciation for this year’s program goes to the stores providing their service, shoppers for the gifts, *Home Instead* who organizes the program (and provides the tags and signs), NETS (Non-Emergency Transportation Service) for a corporate donation and help transporting gifts, Wal-Mart for a corporate donation, Ridgecrest Health Campus and disAbility Connections for space for wrapping and to all of the volunteers who gathered, wrapped and transported gifts.

Please know that you made someone’s holiday happier. THIS is the true meaning of Christmas. ■

RICC Welcomes New Co-Chairs

Written By: Parrish L. Stahl

Jon Hart and Parrish Stahl have been elected co-chairs of the RICC.

Both of the gentlemen hope to build the membership of this important advocacy organization. One key goal is to build advocacy skills among the members. This is a continuation of their predecessor’s, Brenda Bobon’s, successes. *“This group has the potential to enhance transportation, housing and other aspects of life for people with disabilities.”*

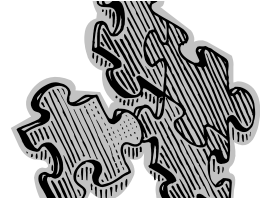
Everyone is welcome. If you are interested in working on issues that affect the disability community; come and join us. The group typically meets once a month for about an hour and a half. Call Parrish at 782-6054 ext. 239 for date, location and time of RICC meetings. ■

ad·vo·ca·cy

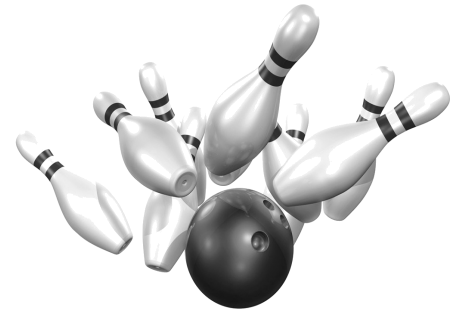
noun \ 'ad-və-kə-sē

*the act or process of
advocating or supporting
a cause or proposal*

Jackson Autism Support Network



The JASN meets the second Tuesday of each month from 6 to 8 PM at First Nazarene Church on Clinton Road. Childcare is provided. Contact Shelly Lewis at (517) 812-4303 if you have any questions.



JEREMIAH’S GIFT BOWL TO BE HELD SUNDAY - FEBRUARY 10TH!

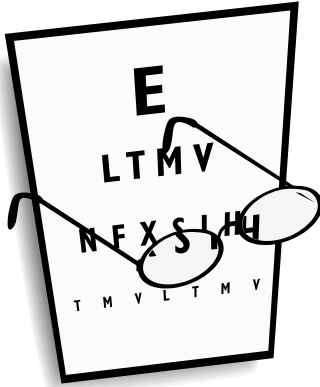
100% of the funds (less expenses) for this fun event of bowling and a silent auction will be dispersed at the end of the event to local charities/services providing programs and services to Jackson County Children with disabilities. It is Jeremiah’s way of saying *Thank You!*

Contact Becka Van Zandt at (517) 937-1262 with questions, to bowl, or to make a donation towards the Gift Bowl.

What is Legally Blind

Contributed by: Parrish Stahl

According to the entry on blindness in the Yahoo! Health Encyclopedia, anyone with vision worse than 20/200 that cannot be improved with corrective lenses is considered legally blind. In addition, people with a visual field of less than 20 degrees diameter (10 degrees radius) are also considered legally blind.



The American Optometric Association states that a person with 20/20 vision can clearly identify a row of 9mm letters from 20 feet. A legally blind person with vision of 20/200 has to be as close as 20 feet to identify objects that people with normal vision can spot from 200 feet. ■

Social Security Administration Raises SGA Amounts for 2013

The monthly Substantial Gainful Activity amount, meaning the income a person can make working and still collect benefits, has been raised slightly for 2013.

The amount for statutorily blind individuals for 2013 is \$1740. For non-blind individuals, the monthly SGA amount for 2013 is \$1040. SGA for the blind does not apply to Supplemental Security Income (SSI) benefits, while SGA for the non-blind disabled applies to Social Security and SSI benefits. ■

The SOAR Program

Written By: Jim Cyphers

disAbility Connections has two SOAR agents on staff, helping people navigate the Social Security system in order to obtain disability benefits. SOAR agents do not charge fees or any other types of payment from the people they represent. Jim or Perry will also assist in directing you for other Social Security questions.

What is SOAR?

SOAR (SSI/SSDI Outreach, Access, and Recovery) is a national program sponsored by the Substance Abuse and Mental Health Services Administration, U.S. Department of Human Services that *focuses on expediting applications for Social Security Administration disability benefits for individuals who are homeless, or at risk of homelessness and who have a mental illness, a co-occurring disorder and/or a physical impairment.* The two main benefit programs through the Social Security Administration are SSI and SSDI.

What is the difference between SSI and SSDI?

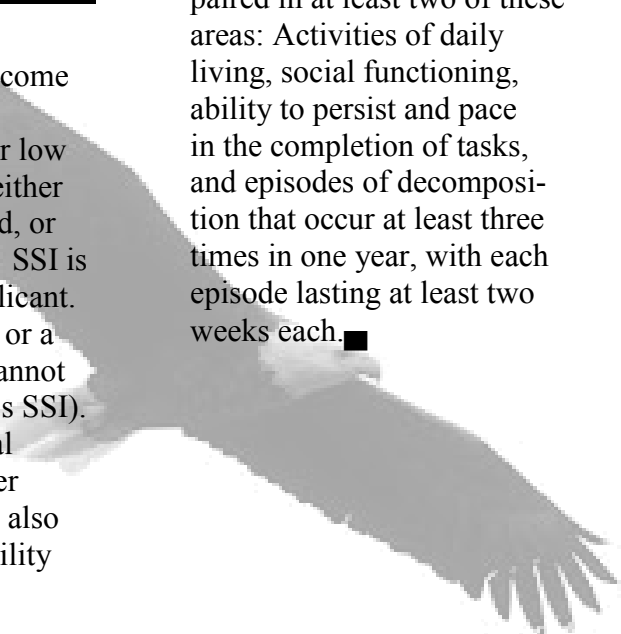
Supplemental Security Income (SSI) is a Social Security Administration benefit for low income individuals who either have a disability, are blind, or who are age 65 and over. SSI is a benefit only for the applicant. (In other words, a spouse or a child of the beneficiary cannot draw off of the applicant's SSI). The maximum SSI federal benefit in 2012 is \$698 per month. In Michigan, SSI also provides automatic eligibility

for Medicaid. Social Security Disability Insurance (SSDI) is a benefit for people who have a disability or are blind. The benefit is based on earnings put into the Social Security system through the FICA tax. SSDI qualifies the person for Medicare approximately two years after SSDI payments begin. A spouse and/or a child of the beneficiary can, in some cases, draw off of his/her benefits.

Eligibility Criteria

The following criteria are the same for both SSI and SSDI:

- Monthly earnings less than \$1040/month gross and/or Inability to earn \$1010/month gross or more.
- Diagnosis of physical or mental health problem that affects one's ability to work, i.e., results in functional impairment according to the Social Security Administration's definition of a disability.
- Duration of such impairment has lasted or is expected to last 12 months or more
- For mental health problems, functioning is markedly impaired in at least two of these areas: Activities of daily living, social functioning, ability to persist and pace in the completion of tasks, and episodes of decomposition that occur at least three times in one year, with each episode lasting at least two weeks each. ■



Wouldn't you like to **BE A GOGO too?!**

Written by: Holly Peterson

Do you know about the GOGOs?

It is a group of adults (18 and over) with disabilities who meet monthly (along with summer camp) for social activities, friendship and lots of fun!

Take a look at some of the upcoming events. If you would like to be a GOGO by participating or volunteering, I would love to talk to you!

January 17th (Thursday)

6:15 to 8:30 PM

Bowling—Summit Lanes

February 8th (Friday) &

February 26th (Tuesday)

**10:30 AM Bulldog Basketball -
The RAC**

February 13th (Wednesday)

6:30 to 8 PM

**Valentine Party - White
Elephant Bingo at
disAbility Connections**

March 2nd (Saturday) 6:30-9PM

PROM at Our Lady of Fatima

March 20th (Wednesday) 6-9PM

**Talent Show and
Family Potluck Dinner
at Lyle Torrant Center**

April 25th (Thursday)

**6:30-8 PM Swimming -
Water Volleyball
at Lyle Torrant Center**

REMEMBER

RSVP's REQUIRED!

Call Holly at 782-6054 Ext. 223

75th Year for Rotary Christmas Party

Written by: Holly Peterson

The Jackson Noon Rotary Club runs rich with history and goodness; 75 years ago they hosted their first Christmas Party for children with disabilities in Jackson.



Each year different classrooms from the area come for lunch, a magic show with Colours the Clown and a visit from Santa! The classroom teachers assist Santa in making just the right choice of gifts for each child. This year, classrooms from Hunt, Bennett and Frost Elementary Schools participated.

This year we had an additional treat from two elves from the *Aeropostale* Store at Westwood Mall who came and handed out teddy bears to each of the children! As always it is such a joyous occasion! ■



*Colours
charms the
crowd.*

*Elves pose
with Santa!*



PARKINSONS SUPPORT GROUP MEETS MONTHLY

The monthly meetings take place at disAbility Connections on the second Tuesday of each month from 6:15 to 7:45 PM.

February 12th

Speaker is a book review by
Lynn Borkowski .

Author of "Crying's not an
Option" which chronicles the
experiences she and her husband
shared while living the
Parkinson's journey.

**Call Carole Briggs for more
information at 783-6527**

RESPITE NEWS UPDATE

We regret having to increase the cost of providing respite services to families, but find it necessary to be able to continue this quality service.

The family co-pay will go from \$5.00 to \$6.00 per hour. All respite families will receive a personal letter.

The new fee will be effective March 1, 2013.

We are still enrolling new families into our Respite Program.

WHERE WOULD WE BE WITHOUT OUR AWESOME VOLUNTEERS?!

Thanks to our Weekly Volunteers!

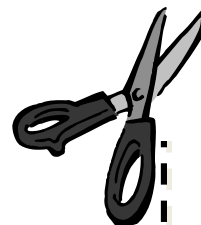
Herb Botsford and The "Little Red Truck", John Conley, Jeff Guillemette, Desmond Herbert, Deborah Johnson, Marilyn Johnson, Connie La Bumbard
Bill Madden, Pat Shipley, Your Name Here!!!!

They man the desk and phones, make deliveries and pick-up's, do garden and yard care, repair equipment and assist staff! We are currently in need of volunteers to assist with reception and phones. Give us a call!

NEWSLETTER REMINDER...

- You can call 782-6054 *or*
- Email joann@disabilityconnect.org *or*
- Go to the Website www.disabilityconnect.org *or*
- Send us your Mailing Address

- I would like future newsletters emailed to me at my email address _____.
- I will continue to need a paper copy of the newsletter sent to my home.



Name: _____

Address: _____

City _____ Zip _____

Send to: disAbility Connections / newsletter
409 Linden Avenue Jackson MI 49203

I RESOLVE...

"Mine is simply to stay connected to important people in my life, by making a list of who they are and touching base with them monthly; just to say hi and tell them that I love them. One of my only regrets in this life is allowing myself to become disconnected from people I love".

-Parrish

"I resolve to avoid gossip. It's always hurtful to someone.

There is a lot of room for me to be a better person." - Holly



"I resolve not to make any resolutions—I'm done breaking promises to myself!" -Lora

Staff & Extensions

Lesia Pikaart- 222
Executive Director

JoAnn Lucas - 225
Associate Director



Lora Bigcraft - 236
Resource Manager

Brenda Bobon - 242
Independent Living Counselor

Dodie Botsford - 243
Administrative Assistant
& Volunteer Coordinator

Carole Briggs - 242
Respite Coordinator

Norman Bunce
Equipment Assistant

Cyd Collins - 222
Data Entry

Jim Cyphers - 224
Independent Living Specialist

Angel Futrell
Customer Relations Specialist

Cathy Heins - 238
Michigan Alliance for
Families - Parent Mentor

Alan Lewis
DME Sanitation

Holly Peterson - 223
PERC Coordinator,
Newsletter, Go-Gos

Dan Ramey - 240
Nursing Facility Transition /
Veterans

Parrish Stahl - 239
P/R, Community Outreach

Dana Vance - 247
Nursing Facility Transition/Veterans

Carmon Yeloushan - 231
Nursing Facility Transition Coordinator

Cathy Yori - 227
Accountant



DON'T LET THIS BE YOUR LAST NEWSLETTER!

The time has come... we will be joining the ranks of distributing our newsletter online .

The printing and mailing costs for almost 3000 newsletters each quarter has become increasingly

more difficult to absorb - so we will be cutting back on the number of printed newsletters. We will start

with an online newsletter in the Spring of 2013. We would love to get your email address so we can be sure to send it to you. If you must receive a

paper copy of the newsletter—please let us know , so that we can continue to mail you one. We would hate to see you go, or lose touch with you, so

please remember... if we don't have your email address or you don't call

782-6054 to sign up to receive a paper copy...*this will be your last newsletter!*

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