

Capital Letters

Volume 14

March/April Issue 2

CACIL's "Price is Write" Silent/Live Auction and Dinner

Here it comes! CACIL's highly anticipated "Price is Write" Silent/Live Auction and Dinner. The event will be held Tuesday, May 12th at the Kellogg Center. The food, fun and shopping will take place from 5:00 to 9:00pm.

CACIL gratefully welcomes all donates to our Annual Dinner and Silent/Live Auction. The donations may be in the form of items to be auctioned or a direct financial contribution. The following is a list of the "Levels of Giving":

Financial Contributions

Level of Giving-

Up to \$49.00

\$50.00-\$99.00

\$100.00-\$249.99

\$250.00-\$499.00

\$500.00-\$999.00

\$1,000.00-\$5,999.00

\$6,000.00

Bronze Gavel

Silver Gavel

Gold Gavel

Platinum Gavel

Media/Marketing Sponsor (*acknowledged in program booklet, added to our list of donors and featured in newsletter)

Big Ten Sponsor (receives entire *acknowledgement package listed above)

Ultimate Dinner Sponsor (receives entire *acknowledgement package listed above and two (2) sponsor tables)

*The acknowledgement package will include your name and contribution featured in our newsletter, on our website, added to our list of donors, prominently displayed during the actual event and included in any media promotions.

Additional Levels of Giving-

\$150.00

\$400.00

Program Sponsor (acknowledgement on the inside cover of the program book)

Table Sponsor (will have a name card at the table they sponsor)

All donations are acknowledged in our program book and/or on signage prominently displayed in the event area. Major donations are acknowledged in pre-event publicity, such as news releases, etc. For further information contact Al Swain at 241-0393.

This year, CACIL has gift registries at Target, Crate & Barrel and at William Sonoma. You can either purchase items online or through the gift registries at the stores to donate to CACIL. To purchase online:

For Target: -go to Target.com -click Find List -enter Find organization, type in: Handicapper Alliance -go to CACIL Auction List

For Crate & Barrel: -go to crateandbarrel.com -click on registry - click Give a Gift -enter either : Al Swain or CACIL Auction (using Auction as the last name) -click view

For William Sonoma: -click on registry -click on Find Registry - enter : Al Swain, Michigan, May 2009 -click on the name: Capital Area CIL and Al Swain

If you have any questions, call CACIL @ 241-0393 and ask for Teresa.



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RARE DISEASE DAY

February 28, 2009 has been declared Rare Disease Day by the National Organization for Rare Diseases (NORD). NORD is coordinating Rare Disease Day in the U.S. This is a global effort and last year many European countries declared this day as Rare Disease Day, coordinated by the European Rare Disease Organization. The purpose of the day is to increase awareness of rare diseases as well as the importance of treatment and research. Governors are being asked to declare February 28th as Rare Disease Day in their states.

More than 200 organizations, societies and companies have signed on to support this effort as Rare Disease Day Partners. They are working to focus attention on rare diseases as a public health issue.

Many Rare Disease Day Partners have asked their governors to issue state proclamations for Rare Disease Day.

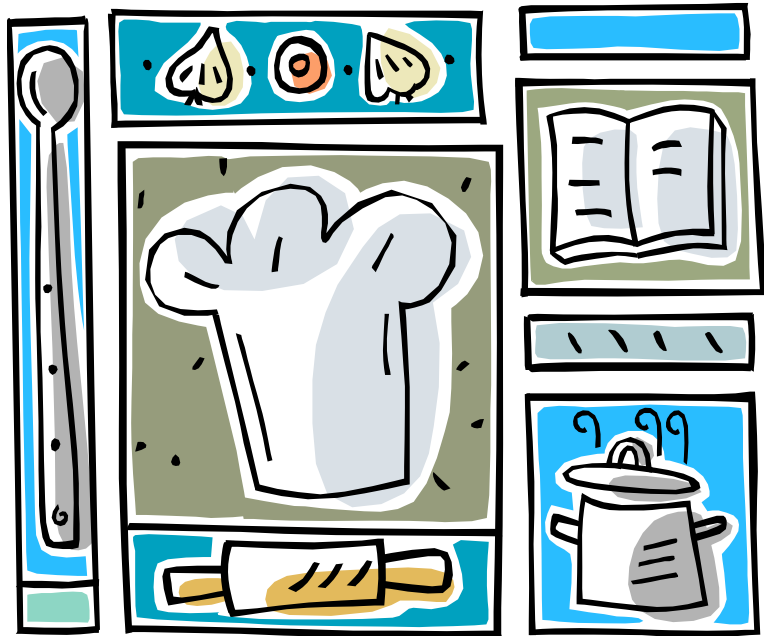
Scott Hempsted, a member of the "People First" group, is also involved with NORD. He petitioned Barb Byrum, Mark Showers and Rick Jones's offices to make February 28th Rare Diseases Day here in Michigan.

The bill, HR-30, was submitted calling to make February 28 Rare Disease Day in Michigan.

The bill was Introduced on Tuesday 24, 2009. The governor is then expected to sign it declaring February 28th Rare Diseases Day.

Scott received email from Gretchen Whitmer thanking him for sharing the information on National Rare Diseases Day.

Great work Scott!!!



CACIL COOKBOOK

DYCEM WITH CACIL

Now half off!

Price was \$10.00 a Book, Now Get These Great Recipes at a Great Buy for Only \$5.00- (They make excellent affordable gift!)

*Call 517-241-0393
to order or pick one up at CACIL.*

AD SPACE AVAILABLE

Place a business card size ad here. \$10.00 will buy this ad space for 3 bi-monthly issues, or for 6 months.

Secrets to Healthy Grocery Shopping

How do you shop for the healthiest foods in the grocery store? How do you avoid the temptations of the snack aisle? Try these strategies for shopping smart:

- **Plan:** Planning is key for nutritious shopping. First, plan to eat before you go. Second, make a list of meals you want for the week and then what you will need to prepare them. And thirdly, have a shopping budget. Doing these things will help you shop healthier and not buy unnecessary treats.
- **Shop the perimeter:** The perimeter of the grocery store usually holds the most nutritious items like fresh produce and meat. When shopping for fruits and vegetables, choose a variety of colors. For meats, lean cuts and skinless poultry are healthier choices.
- **Know what to look for in processed foods:** Look for foods that are labeled 100 percent juice or 100 percent whole grain. Look for chips and snacks that do not contain trans fats. This will be listed on the nutrition label.

Remember, that just because winter is here, you don't have to forfeit foods choked with good nutrition. Put some of these seasonal fruits and vegetables in your cart to get the vitamins you need.

- **Vitamin A:** Artichokes, Brussels Sprouts, Cabbage, Kale, Kiwi, Pomegranates, Winter Squash, Sweet Potatoes
- **Vitamin B:** Sweet Potatoes, Bananas
- **Vitamin C:** Artichokes, Bananas, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery Root, Chestnuts, Clementines, Cranberries, Grapefruit, Kale, Kiwi, Oranges, Pears, Pomegranates, Rhubarb, Sweet Potatoes, Winter Squash
- **Calcium:** Broccoli, Celery Root, Kale
- **Fiber:** Artichokes, Bananas, Pears, Rhubarb, Winter Squash
- **Iron:** Artichokes, Clementines, Kale

Citizen Storm Information

We are in the mist of our storm season. Here are some pointers to get us through these stormy times. With rocky winter weather, thaws and the spring tornado season just around the corner, (I promise!), it's good to refresh our memories as to what we should do in the event that we must deal with the after affects like downed tree limbs, water in our basements, power outages, etc.

Here are some tips from the Lansing Fire Department Office of Public Information.

- **Emergency:** If you have any type of emergency please call 911.
- **Power Lines:** Assume all downed power lines are **HOT** (charged) and stay away. If you are unsure if the downed power line has been called in please contact BWL at 877-295-5001.
- **Standing Water:** Water can be energized by a downed power line that you can't see or be contaminated. Stay out of standing water!!!
- **Water In Basements:** Call 517-483-4161 for information and direction. Contact your insurance company as well. Detailed information is on the City of Lansing's website: <http://www.cityoflansingmi.com>
- **Trees In Yards:** Call 211 or your insurance company for information on private property tree removal. These are trees located on the house side of the sidewalk.
- **Trees On Street Side Of Sidewalk:** Call 517-483-4161 to report or for direction.
- **Yard Clean Up:** If you have downed limbs to be removed remember that limbs less than 2" in diameter are to be bundled in less than 4 foot lengths, limbs over two inches in diameter should be cut to less than 4 foot lengths and stacked at the curb. Do not block sidewalks or streets with debris.
- **Health:** Any refrigerator with out power for more than 12 hours, food is a health issue, please discard. Deep freeze without power for 72 hours, food should be discarded.
- **Traffic Signals:** Treat all non-working traffic lights as 4 way stops.

CACIL ACADEMY-101

-Justine 335-1524

You must RSVP if you plan to attend any of the of the activities to Justine Bond at 335-1524.

Class Descriptions:

- **RICC & People First -**

Regional Interagency Consumer Committee—what is it? We call it the RICC. An organization of people with disabilities. We work to create change in our community, to learn about programs and services and to enjoy the company of good friends over dinner.

The Capital Area RICC has three components— the Lansing group, the Mason Insiders and the People First. The Lansing Group and the Mason Insiders meet monthly to work on projects; People First meets every Thursday morning from 10:30 to 11:30. We have been learning the Bill of Rights and what each of the first 10 Amendments talks about. During the year we have been doing advocacy for Medicaid funding.

- **Advocacy:** Learn what issues are affecting your life everyday! Stop letting others decide what course your life will take. Learn how you can make a difference.
- **Traveling Café:** A chance to learn of gathering places in our community. The group will be working on issues like money management, rating accessibility and service in the community, etc.
- **Positive Thinking:** Feeling down? Does it seem like everything is just bad news? Join our group and get a lift out of life.
- *****Human Sexuality:** Addressing the physical, emotional and psychological barriers that pose as obstacles to the full human experience.

- *****Creative Writing:** Recording our life stories using “The Time Of My Life” program.
- **Music Therapy:** Using music in our lives to relieve stress, alter moods and just learn to appreciate music in general. These classes also work with fine and gross motor skills.
- **Micro-Enterprise:** We are going to be making pot holders for our kitchen basket that we will be making for the CACIL Auction.
- **The Explorers Group:** Learn of places to meet new people and build new relationships. A great chance to get more involved in your community! It could be a chance to discover possible pre-vocational opportunities.
- **Why We Do What We Do:** Figuring out why we are who we are and do some of the things we do. Then exploring ways of reducing non-productive thoughts, feelings and behaviors.
- **Enhanced Fitness:** An adaptive exercise program for all including wheelchair users. Please wear comfortable clothing. All water bottles/drink containers must have a secure lid or top. Instructed by fitness instructors from the YMCA.
- **Computer Training:** Learn different computer programs, about assistive technology for the computer, navigating the internet, etc.
- **Hot Topics!!!-** Open discussions on aging gracefully, stress management, relationships, personal grooming, racism, etc. We’ll talk about everything under the sun!
- **Artists A Bloomin’:** Is a program of creativity for everybody! You absolutely do NOT have to be an artist to enjoy the making of art. That’s what art is all about— the enjoyment of the process of making it!

March 2009

Here, we are family!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Enhanced Fitness 12:30 - 1:30 Advocacy Team 2 - 4 pm	3 Enhanced Fitness 12:30 - 1:30 Relationships 2 - 4pm	4 Why We Do What We Do 2 - 4 pm	5 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Artists a Bloomin' 1:30- 3pm Positive Thinking 3 - 4pm	6 Sunday March 8th Daylight Savings Time "Spring Forward" 
9 Enhanced Fitness 12:30 - 1:30 *Music Therapy @ St. Lawrence- Behavioral Health Bldg (door with green awning) 3:15-4:30	10 Enhanced Fitness 12:30 - 1:30 Micro Enterprise 2 - 4:00pm	11 Tim Horton's 5625 S. Cedar St. 882-3536 2-4pm	12 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Computer Class 1:30- 3pm Positive Thinking 3 - 4pm	13
16 Enhanced Fitness 12:30-1:30pm Scrapbooking 2-4pm	17 Enhanced Fitness 12:30 - 1:30 "Times of My Life" Writing Class 2-4pm  Happy St. Patrick's Day and wishing you the luck of the Irish!	18 Why We Do What We Do 2 - 4 pm CACIL Board Mtg. 5:30-7:30pm	19 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Hot Topics 1:30-3pm Positive Thinking 3 - 4pm	20
23 Enhanced Fitness 12:30-1:30 *Music Therapy @ St. Lawrence- Behavioral Health Bldg (door with green awning) 3:15-4:30	24 Enhanced Fitness 12:30 - 1:30 Consumer Board Meeting 2-4pm	25 Schuler's Book Store 1982 W. Grand River 349-8840 1-3pm	26 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Computer Class 1:30-3pm Positive Thinking 3 - 4pm	27
30 Enhanced Fitness 12:30-1:30 Game Day 2-4pm RICC 5-7:30pm	31 Enhanced Fitness 12:30 - 1:30 Micro Enterprise 2 - 4:00pm			

Unless otherwise stated, all CACIL Academy-101 activities will meet at 1048 Pierpont, Suite 9-10. in Lansing

Please call Justine at the Capitol Area Center For Independent Living at 517-335-1524 if you have any questions, or if you need more information.

*Note: For those planning to attend Music Therapy, You must arrive before 3:25 or you will not be able to attend. Please do not schedule your pickup before 4:30.

Please sign up for ALL off-site activities and parties.

CACIL Academy-101 Rocks!!!

April 2009

Mon	Tue	Wed	Thu	Fri
		1 Why We Do What We Do 2 - 4 pm	2 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Artists a Bloomin' 1:30-3:00 Positive Thinking 3:00 -4:00	3
6 Enhanced Fitness 12:30-1:30 Music Therapy 3:15-4:30 St. Lawrence-Behavioral Health Bldg	7 Enhanced Fitness 12:30-1:30 "Times of My Life" Writing Class 2-4pm	8 <i>Traverse City Pie Co.</i> 3536 Meridian Crossing 382-7438 2-4pm	9 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Computer Class 2- 3:00 Positive Thinking 3:00 -4:00	10 Sunday 12th
13 Enhanced Fitness 12:30-1:30 Scrapbooking 2-4pm	14 Enhanced Fitness 12:30-1:30 Micro Enterprise 2-4pm	15 Why We Do What We Do 2-4 pm CACIL Board Meeting 5:30-7:30pm	16 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Hot Topics 2- 3:00 Positive Thinking 3:00 -4:00	17
20 Enhanced Fitness 12:30-1:30 Music Therapy 3:15-4:30 St. Lawrence-Behavioral Health Bldg	21 Enhanced Fitness 12:30-1:30 Micro Enterprise 2-4pm	22 Explorer's Day TBD (Look for special notice)	23 People First 10:30-11:30 Enhanced Fitness 12:30-1:30 Computer Class 2- 3:00 Positive Thinking 3:00 -4:00	24
27 Enhanced Fitness 12:30-1:30 Consumer Board Mtg. 2-4pm RICC 5-7:30pm	28 Enhanced Fitness 12:30-1:30 Micro Enterprise 2-4pm	29 Why We Do What We Do 2 - 4 pm	30	



Easter

Unless otherwise stated, all CACIL Academy-101 activities meet at 1048 Pierpont, Suite 9-10. in Lansing

Please call Kim McDonald at the Capitol Area Center For Independent Living at 517-241-0410 if you have any questions, or if you need more information.

Please RSVP if you plan on attending any of the activities.

*Note: For those planning to attend Music Therapy, You must arrive before 3:25 or you will not be able to attend. Please do not schedule your pick-up before 4:30.

Please sign up for ALL off-site activities.

Be Healthy Stay Healthy

Do Everyone a Favor and STAY Home!-

By Marjorie Sandoval, CRRN



Recently a co-worker vehemently declared "I will not endanger other people's lives!" She happened to be commenting on the issue of driving when one is too elderly to drive safely. You know, the ones who hit the gas pedal instead of the brake.

There is a cold virus becoming more common that does have the capability to cause severe illness in people of all ages. It is being called the Killer Cold Virus. It has killed healthy young soldiers here in the US. What puts people at risk is severe respiratory infection.

Many of us go into work or public places when we are sick and we do endanger other people's lives without giving it a second thought.

If you're contagious, do everyone a favor and stay home. Sometimes the workplace sounds less like an office and more like a hospital ward, especially now that we're at the height of cold and flu season. If you're not feeling great, do yourself, your co-workers and the rest of the world a favor: Call in sick. You'll likely get better faster and save your employer money.

Yep, absenteeism, which costs only \$118 billion a year. People showing up at work sick are a much bigger concern than people missing work when they're not really ill.

Sick employees don't just affect their own work; they infect co-workers who then need to take time off themselves. (Or who come in sick and spread the germs further—anyone recognize themselves?)

There's that worry that if you don't go in, the work won't get done, or it will pile up so high you'll never be able to get through it all.

In the end it hurts more than it helps. Quoting or paraphrasing an old song: 'We got along without you before we met you, we can get along without you now.' ...who sang that...the Everly Brothers?

To be safe, wash your hands more often, don't touch anyone else's phone or keyboard and always cough or sneeze into a tissue then throw that away and wash your hands again.

Never rub your eyes. If you absolutely have to rub your eyes because the itch is driving you nuts, then use a clean tissue between your fingers and your eyes. It keeps the germs on your hands from entering your sinus system through your eyes.

If you want to get real fanatical carry around your own hand sanitizer—OK, OK you are right, I am fanatical I have it in my office, in my purse and in my car...too bad I forget to use it. Understand when you use it you still need to wash your hands as soon as possible. Sure, it gets rid of some of the bad germs but not as many as actual soap, running water and friction (rubbing your hands together under the water).

Ideally, though, with any true cold, even just a minor one, you should work from home. Definitely call in sick if you've got a stuffed nose, cough, chest congestion or are throwing up. And never go into the office or out in public with a fever.

If you have any hint of being contagious, it's just not fair to go in. And you just may avoid endangering other people's lives. It's not just about being kind to your co-workers. Staying home a day or two may shorten the illness. When you call in just let them know that you're not feeling well and you don't want to expose everyone else in the office to whatever you've got.

Since not everybody is so considerate and thinks nothing of endangering other people's lives, do what you can to stay healthy. Get a flu shot. Keep soap handy for washing your hands, especially after interacting with a sick co-worker. Wipe down your phone and computer here's a financial price to coming to work ill and it costs employers \$180 billion annually, according to a 2007 study. That's more than employers shell out for employee keyboard after someone uses it. Did you ever hear that your cell phone probably has more germs on it than your toilet bowl? E-w-w-w-w! Wiping that cell phone down every day may be a better solution than just when someone is sick.

The most common way to get a cold or the flu is by touching something contaminated by someone infected. It's not someone sneezing or coughing in your face although that will do it too. It's them contaminating a phone, or coughing into their hand whether they use that tissue or not, then opening a door without washing their hands or turning on the light switch or touching the coffeepot handle. You come along open that same door, turn on that same light switch or pour yourself a cup of coffee and then your eye itches. You rub your eye with that hand...there ya go, within 2-9 days you have what they have.

Be a hero and do not endanger other people's lives. If you have a runny nose, cough, sore throat, you most likely have a common cold. Stay home for a day and rest up which is the best medicine. You won't be exposing others and you are more likely to get better faster. Besides you know you won't do your best work.

If you're sick but still feel up to working, do it from home. Everyone will appreciate you not sharing your germs with them and you will still be able to whittle away at your task list. OK so you stock shelves at the local grocery store. Stay home and get better. Think about all those little old ladies and other people with compromised immune systems (individuals who catch things quicker and don't always get better) that will live longer because you weren't around spreading your germs on the items they will be choosing to take home with them. Some day maybe someone will be that kind to you.

In case you need help with imaginative reasons to remain home, here are some excuses that have been used to call in sick; if you choose to use any of them, I am not responsible in any way. Use them at your own risk and be warned using them often will get you unwanted days off.

If it is all the same to you I won't be coming in to work. The voices told me to clean all the guns today.

*I can't come in to work today because I'll be stalking my previous boss, who fired me for not showing up for work. OK?

*Tomorrow just may be the last day of real sun for a while, and I just haven't been 'feeling' my job this week.

*I cannot come into work today, as I cannot afford gas. I need a few personal days until payday. (Very reasonable excuse a few months ago)

*My husband has the car and I am stuck at home. (Sound of casino bells going off in back ground)

*I am at the casino, I am on a winning streak, and I will be late. (Sound of casino bells going off in back ground)

*My friend is in labor, and I am her birth coach.

*I can't come into work today because of eye trouble.... I can't see working today.

*When I got up this morning, I took two Ex-Lax in addition to my Prozac. I can't get off the toilet, but I feel good about it.

*I am stuck in the blood pressure machine down at Wal-Mart.

*Constipation has made me a walking time bomb.

*Sorry I did not show up yesterday, I locked myself in the bathroom.

*The dog ate my car keys. We're going to hitchhike to the vet.

*One woman shared: I had missed a lot of work and my boss made me promise I would not be late, but I woke that day to find my cat bleeding. The poor cat had a hole in its belly where an abscess had burst. I called the boss and she said, " Sure it does..." The vet was very accommodating and wrote me an official excuse, and it hung on the boss's bulletin board for a very long time. It read, "Please excuse Sheryl being late to work today. Her cat had a hole in it."

*Can't come in today, the springs on the garage door broke and I can't get the car out cause the door won't open.

***And my personal favorite:

I sprained my wrist cooking dinner in the microwave last night.

An Extraordinary Real-Life Tale of Romance and Superheroes..

Recently, I received an email that I just had to checkout for myself. To my surprise, the true story turned out to be much more interesting than the one that I had heard and I felt that the real version needed to be shared.

First, here's what I received:

In a supermarket, Kurtis the stock boy was busily working when a new voice came over the intercom asking for a carry out at check register. Kurtis was almost finished and wanted to get some fresh air, so he decided to answer the call. As he approached the checkout stand a distant smile caught his eye, the new checkout girl was beautiful. She was an older woman (she was 26 and he was 22) and he fell in love.

Later that day, after his shift ended, he waited by the punch clock to find out her name. She came into the break room, punched out then left to walk home. He looked at her card to find that her name was Brenda. The next day, he waited outside as she left the supermarket and offered her a ride home. He looked harmless enough and she accepted. When he dropped her off, he asked if maybe he could see her again outside of work. She simply said it wasn't possible. He pressed and she explained she had 2 children and couldn't afford a babysitter. He then offered to pay for the babysitter and reluctantly she accepted his offer for a date.

The following Saturday he arrived at her door only to have her tell him that she was unable to go. The babysitter had called and canceled to which Kurt said, "Well, let's take the kids with us." She tried to explain that taking the children was not an option, but again not taking no for an answer, he pressed. Finally, Brenda brought him inside to meet her children. She had an older daughter who was cute as a bug, Kurt thought, then Brenda brought out her son, in a wheelchair.

He was born a paraplegic with down syndrome. Kurt asked Brenda, "I still don't understand why the kids can't come with us?" Brenda was amazed. Most men would run away from a woman with two kids, especially if one had disabilities.

That evening Kurt and Brenda loaded up the kids, went to dinner and the movies. When her son needed anything Kurt would take care of him. When he needed to use the restroom, Kurt picked him up out of his wheelchair, took him and brought him back. The kids loved Kurt. At the end of the evening, Brenda knew this was the man she was going to marry and spend the rest of her life with. A year later, they were married and Kurt adopted both of her children and have since added 2 more.

So what happened to the stock boy and the checkout girl? Well, Mr. & Mrs. Kurt Warner, now live in St. Louis, where he is employed by the St. Louis Rams and plays quarterback. (now with the Arizona Cardinals) married

the mother of 2 children, one of which has severe medical problems—is true. On the other hand, most of the key details given in the widely emailed story are wrong. (Which in itself is a crying shame because the real story about Kurt's and Brenda's path through life is far more inspiring than this factually incorrect one.)

First the inaccuracies:

- Kurt and Brenda did not meet while both were working in a grocery store. They met in 1992 at a country bar while he was Northern Iowa's starting quarterback. (After being cut by the Green Bay Packers in 1994, Kurt did find employment at a Hy-Vee in Cedar Falls for \$5.50 an hour.) The next morning Kurt brought Brenda roses and wanted to meet her kids. She'd told him about her children the night before, so there was no dramatic surprise when she introduced her son who had a disability.
- The Warners' courtship was a lengthy one. They married in 1997 after meeting in 1992.
- Brenda (who is 4 years older than Kurt) had 2 children by a previous marriage; however, the email version has their birth order reversed. In real life, Zachary is 3 years older than his sister, Jesse Jo.
- Zachary Warner (born in 1989) does indeed have serious physical disabilities, but how he came by them is far more a story than the internet one. He was a perfectly healthy infant, not a Down Syndrome child. When he was 4 months old, his father dropped him and in a blink of an eye, this previously healthy baby was suddenly clinging to life. He suffered severe brain damage and both of his retinas were ruptured. At the time, few thought Zachary would live let alone see, sit up, read, walk or talk. Zachary's recovery has been a long and arduous, but he now walks and talks. Though still legally blind, he can make out colors and shapes. No longer strictly a special-needs student, he is integrated for 1/2 days in a regular high school classroom.
- Kurt adopted Zachary and Jesse after his wedding to Brenda in 1997. The Warners have since added 5 more children to their brood: Kade in 1998, Jada in 2001, Elijah in 2003 and twins Sienna Sierra in 2005.
- As for what sort of lad Zachary is and what kind of relationship he enjoys with his adoptive father, this should say it all: After the Rams victory in the NFC Championship game in 2000, Zachary presented Kurt with a homemade card done in Rams blue and gold. Inside it read: "You're as good a dad as you are a quarterback!"

The worst offense of this email is the one of omission. Not the fact of the recasting of the details of the Warners' lives, but that it leaves out large pieces of a truly thrilling story. Of the likes which one would pay big bucks to see at the movies. Here is some of what didn't get mentioned:

- All the heartbreak Kurt endured trying to get into the NFL, and the many setbacks he had to weather along the way. So many of our gridiron heroes go in as highly touted draft picks it's sometimes hard to realize some take a tortuous path to the NFL. Kurt presented as a free agent to the Green Bay Packers in 1994, was signed, then cut by them that same year. In 1997 he had a tryout scheduled with the Chicago Bears which fell through when he was injured on his honeymoon. (A venomous spider had bitten him on his throwing elbow.)
- Brenda's battle to make a life for herself and her two children after her first husband deserted her when he was unable to come to terms with the injuries he had visited upon his son. This former Marine had to return to her parents' home when she was eight months pregnant with her second child and a child with severe disabilities already in tow. She completed her nursing training during this period, getting by with the help of food stamps and student loans.
- The death of Brenda's parents in Mountain View, Arkansas, in a tornado in 1996. They had retired there just a year earlier.
- Kurt's embracing of Christianity in 1996. (Although he was raised a Catholic, he dates his spiritual awakening to those dark days in the wake of the deaths of Brenda's parents.)
- Kurt's throwing for a record 414 yards in his 23-16 Super Bowl XXXIV victory over the Tennessee Titans and being named that contest's Most Valuable Player. This new mark topped the previous record of 357 yards set by San Francisco's Joe Montana in Super Bowl XXIII and capped an astounding 4,353 yard, 41 touchdown regular season that won him league MVP honors.

As you can see, falling in love and then marrying a gal who had two children, one of whom had disabilities, was just part of this amazing story.

In Super Bowl XXXVI, Kurt Warner led the St. Louis Rams in their quest for another victory; although they came up short, Warner was already the stuff of legends.



10 Tips for Healthy Living



These 10 tips can help you lead a happy, healthy, safe and balanced life.

1. Get Physical

Exercise not only helps you build muscle and lose weight, but is also important in maintaining a healthy heart. Whether it's strength training and cardio workouts, or walking the dog and taking the stairs—anything that gets your heart pumping will benefit your health.

2. Reduce Stress

Stress can lead to serious health issues such as obesity, depression and even death. One way to combat stress is through diet. Like eating blueberries. The antioxidants in blueberries fight stress hormones. And don't forget to *breathe*. Inhale a breath for 5 seconds, then exhale for another 5 seconds. This can help clear your mind and enhance blood circulation.

3. Laugh

Health-increasing hormones, such as endorphins, are released through your body when you laugh. Laughter also works your abdominal muscles and boosts your state of mind.

4. Eat Healthy

The new MyPryramid program, www.MyPryamid.gov, developed by the U.S. Department of Agriculture, allows you to choose portion sizes and food groups to eat according to your body size and structure.

5. Catch Some ZZZ's

Sometimes it's difficult to get the recommended 6-8 hours of sleep per night. Be sure to avoid caffeine or exercise right before bed. Try reading or meditating instead.

6. See Your Doctor

Don't just visit your doctor when you're sick. Have routine annual physical examinations. Especially if your family has a history of health problems. Regular check-ups can prevent as well as detect serious health issues.

7. Yoga

Yoga is an ancient practice of stretching and breathing techniques. In addition to releasing positive energy, yoga prevents injuries, promotes flexibility and can add relief to a stressful day.

8. Skin Care

Caring for your skin can be easy and enjoyable. Try a trip to the spa, or even create one at home. Start with a spa-like shower and then finish with your favorite body cream to lock moisture into your skin.

9. Recreation

Set aside time each week for activities you enjoy. Whether it's going out to dinner, reading a book, etc. block out time on your calendar for activities you enjoy. It will help to rejuvenate you.

10. Get a Grip

Do you think bath safety products are just for old fogies? With wet hard surfaces, the bathroom is your homes biggest danger zone. So "get a grip" by adding some stylish, stable and durable bath safety products like; grab bars, tub grips, bath tread strips, shower chair, etc.



The Luck of the Irish!



Luck is often thought to happen by chance. Many don't think of it as something you can plan for or obtain by intention. The conventional perception is that luck is decided by our fates, or that some people are just born under a lucky star.

If we looked into anyone's life, this might seem true. Some people just seem to have it all like a great career, a loving relationship, financial freedom, etc. While others just can't seem to catch a break.

But luck does not just happen by chance. Webster's Dictionary defines luck as "a force that brings good fortune or adversity; a force that operates for or against an individual." Then, if luck is a force, then we should be able to draw upon it at anytime.

There are ways that you can tap into positive forces and improve your luck that we are going to explore. We'll see how luck is made up of our mental focus and attitudes. By changing our focus, we can increase the amount of luck we experience in our lives.

- Trust your instincts

Most people who are considered to be lucky will tell you that they trust their intuition and pay close attention to their gut feelings. A way to be able to "hear" your intuition is to empty your mind. Meditation is one way to increase your ability to hear your intuitive self when your mind is full of thoughts and to-do lists.

- Conquer your fear

The only way to deal with fear is to face it and move on. The more we put off facing our fears the more they control us and they will grow to block us from the paths we need to follow. If you don't face your fears, they will deprive you of opportunities that could be waiting for you. Face them and move on.

- You get what you expect

Lucky people expect good things to happen. They expect their future to be bright and these expectations become self-fulfilling prophecies. Ask around, you'll find that "lucky" and "unlucky" people have vastly different expectations.

- Show fortitude

Success doesn't happen overnight, it takes a lot of work to move forward and it can feel overwhelming. The best way to get what you want is to take your dreams one small step at a time and work through them.

- Take chances

Two of the best ways to "be lucky" are to be willing to take calculated risks and to embrace unexpected opportunities. Try new things and go to new places. Continually reach out to new experiences and go outside your comfort zone.

- Dare to dream

Visualize yourself as a lucky person, someone who simply gets what they want. Feel the positive energy fill you. Work on the belief that it is possible for you. Soon your dream will be your reality.

- Don't let yourself be discouraged

Live from a place of motivation. Surround yourself with people who are positive. Read books that inspire.

- Don't ever give up

The most successful person you know has failed over and over again. The only difference is that they didn't quit. They learned from their mistakes and forged ahead. "Unlucky" people give up and write themselves off. "Lucky" people keep on going.

- Ask and you shall receive

"Lucky" people get what they want by actually asking for it. Learn to trust your desires and make requests without apology. If your request is turned down, don't give up. Ask again from someone else or at a different time.

- De-Clutter!

Clutter is anything we no longer use, need, like, love or appreciate. We all have too many possessions, unhealthy habits and old emotions that drain us. It is rejuvenating, exciting and healing to free ourselves of clutter. Clear the way and invite good luck in!

Heroes Among Us...

A few days after the plane went down in the Hudson River I saw an interview with Captain Sullenberg, (Sully for short) and his wife. They were addressing the issue of everyone now referring to Sully as a “hero”. Sully and his wife both said that they didn’t think that the word fit. They were grateful that he was able to land the plane safely and everyone got off okay, but they felt that his reactions did not constitute being given such an honor.

On the CBS evening news Steve Hartman talked about what it really means to be a hero and how our society misuses the word. One definition that I found describes a hero as: “A person noted for feats of courage or nobility of purpose, especially one who has risked or sacrificed his or her life.” Mr. Hartman went on to talk about some of the people we have bestowed such a title to. People like Michael Phelps, who’s recent pictures on the internet of him smoking marijuana caused quite a stir. Mr. Hartman suggested that there is a big difference between being a hero and having a “heroic moment.”

It’s important for us to understand that being a hero is first and for most, natural. Hero’s don’t do what they do for money, fame or the betterment of themselves. Often an act of heroism bears the cost of a sacrifice. I believe being a hero comes from a deep seeded belief in what is the right thing to do, the courage to do it and the ability to put others before themselves. Also, it requires a consistency. It not just a one time shot, but a code by which they live their lives.

An example of a true hero that Mr. Hartman gave was Mr. Autrey. 2 years ago he jumped in front of a New York City subway train to save a stranger who had fallen onto the tracks. Mr. Autrey carries the responsibility of that title everyday even though his moment of fame has long past. Mr. Autrey says, “When you’ve got kids looking up to you, you don’t want to tarnish that image.”

Being a hero is not determined by the amount of money you have or defined by a special talent you possess, but by the way you act and carry yourself in your life.

I’ve seen many heroes pass through my life and often they have gone unsung. Like the mother who ate last if at all to make sure her family had their fill and safety pinned her clothing together so she could buy new clothes for her children instead of herself.

Far to often our society seems to confuse what real heroism is. We are looking in the wrong direction for our heroes. We really should be looking within ourselves because we all have the potential. We just need to find the courage.

Community & Human

Services...

**Unsure Of Who To Call?
Call 211**

**Capital Area United Way
517-337-8211**

**Cristo Rey Community Center
517-372-4700**

**Lutheran Social Services
517-321-7663**

**Michigan Association for Deaf &
Hard Of Hearing
1-800-968-7327**

**St. Vincent Catholic Charities
517-323-4734**

**Black Child & Family Institute
517-487-3775**

**Poison Control
1-800-222-1222**

**The Salvation Army (South Lansing)
517-394-6945**

**Alzheimer’s Disease
1-800-272-3900**

**National Arthritis Foundation
1-800-283-7800**

**National Domestic Violence Hot Line
1-800-799-7233**

**National Suicide Hot Line
1-800-273-TALK (8255)**

**American Council for the Blind
1-800-424-8666**

**Department of Veterans Affairs
1-800-827-1000**

**Medicare Information
1-800-392-3070**

**Social Security Administration
1-800-772-1213**

Capital Letters

Capital Area Center for Independent Living

1048 Pierpont, Suite 9-10

Lansing, MI 48911 (517) 241-0393

OBSERVATIONS -by Paula Rehner

My observation this time is that I was wrong. I had come to the conclusion that my neighborhood did not contain any teens that were useful for anything but yelling, swearing, beating up each other and serving as models for underwear manufacturers.

The last two snowfalls have made me more positive. There have been no kids around who were willing to cut grass or shovel snow for the last two years and I had to hire an adult who charged way too much and didn't do a very good job. I have a snow blower and was actually thinking about trying to see if I could somehow operate it and use my crutch at the same time when there was a knock at the door and a clean cut kid in a Sexton varsity jacket asked if he could shovel my walk. When I asked him how much he would charge, he said, "Whatever you feel it is worth and can afford; would \$5 be too much?" I offered him \$10 if he would also clear the mound away in front of the garage and he seemed to be thrilled. He did a great job and he didn't even have to stop frequently to pull his pants up because they actually fit!

Then I got stuck half in the driveway and half in the

street after the snowplow came through and made it look like the Alps. My *wonderful* next door neighbor and another car who was visiting him actually squeezed past me and drove away. The man across the street, who was out shoveling his drive, ignored me when I asked for help and steam was starting to come out of my ears when the two teen girls who had recently moved in across the street came over and asked if they could help. They got their shovel and mine and not only got me unstuck, but shoveled the offending ice away. When I asked if I could pay them, they said, "No, that's what neighbors are *supposed* to be for."

When the latest storm hit it wasn't even quite finished yet when another teen boy in a Sexton varsity jacket knocked at the door with shovel in hand. He was very polite, did a great job and even spread salt on the icy patches that were still left.

I stand corrected! There still are some nice kids out there and I hope you have some in your neighborhood too. Here's hoping they're still around when grass cutting season hits.