



# MGM - Music Within - Official Trailer!

View the trailer at: <http://www.youtube.com/watch?v=BM5uXgbg4QM>

Richard Pimentel (Ron Livingston) begins his life as a fighter, and his life's work becomes a process of fighting for the rights of others.

Rising up from a childhood in a dysfunctional family, armed with a talent for public speaking and a winning personality, the young man makes his way to a Northwestern college, confident that he will ace his try-out for his idol Dr. Ben Padrow (Hector Elizondo), the coach of the winningest team in the history of the College Bowl.

But Dr. Padrow shatters his dream when he rejects him. Richard's immediate reaction is to enlist in the army for a tour of duty in Vietnam. During combat, the young recruit loses his hearing to a bomb blast, and has to deal with this newfound disability on his return to civilian life in Oregon.

Richard discovers that his disability and the struggle to transcend it is a defining moment in his fight for what he believes in. When he tries to help his friends, vets like himself and others with disabilities, to get work in an environment that treats them with pity at best and disdain as a matter of course, he realizes that he can make a difference. The friends who make up his close-knit clique are: Art Honneyman (Michael Sheen), a student wheel chair user with cerebral palsy who uses his rapier wit to deflect the prejudice that greets his disturbing appearance; Mike Stoltz (Yul Vázquez), a fellow veteran with a lot of rage and nowhere to put it; and then there is Christine (Melissa George), the passionate libertine who strokes Richard's ego and initiates him into the world of free love.

Together, the friends experience the currents of those turbulent times, and the wild, joyful energy of winning through confrontation and humor. Without his hearing Richard is all the more prepared to listen to the message deep within himself, and to carry that message to the thousands of people whose lives are improved by the movement he helps to organize.

Metro-Goldwyn-Mayer Pictures presents an Artículus Entertainment and Quorum Entertainment production, "Music Within," a searing drama about love, friendship and self-realization starring Ron Livingston, Melissa George, Michael Sheen and Yul Vázquez with Rebecca De Mornay and Hector Elizondo. Directed by Steven Sawalich from a screenplay by Bret McKinney & Mark Andrew Olsen and Kelly Kennemer and based on a true story, "Music Within" was produced by Brett Donowho and Steven Sawalich. The talented complement of behind-the-scenes artists includes Line Producer Bruce Wayne Gillies, Director of Photography Irek Hartowicz, Production Designer Craig Stearns, Editor Tim Alverson, Costume Designer Alexis Scott, Composer James T. Sale and Music Supervisor Debra Baum.

# The Price is Write Silent Auction/Dinner, May 14, 2008 "Lucky Number 7"

Dear Friends of CACIL:

Can you believe that the Capital Area Center for Independent Living is getting ready to host its 7<sup>th</sup> Annual Auction/Dinner? I know that May 2008 seems a lifetime away but, before you know it, we will all be gathered at the Kellogg Center for an evening of fun, food, and shopping. Your generous participation will help us reach our goal of \$25,000.

Our premiere fund-raising event will be hosted by –

Jane Aldrich, from 6 News  
Kip Bohne (Jane's husband), Channel 47  
and Mike Vitale, Mid-Michigan Radio Group

Proceeds from this extravaganza will be used to help CACIL maintain its quality services, programs and activities for people with disabilities in Ingham, Eaton, Clinton, and Shiawassee counties. Last year CACIL served more than 5000 people. Any money raised during the evening can be used to leverage additional revenue from state and federal sources. Your contribution is tax deductible.

You may demonstrate your support in the following ways:

- Donate items or services for the silent auction/dinner. Please indicate value of the donated item. This year we are looking for an increase in frou-frou items (girly stuff).
- Become a table sponsor for \$400.
- Help us underwrite the cost of this event by being a Big Ten Club Sponsor for \$1000. or more.
- Attending our fund-raising gala.

Date: May 14, 2008  
Bidding: 5:00 – 7:00 pm  
Dinner: 7:00 pm  
Live Auction: Following Dinner

All donations should be mailed or delivered to CACIL at 1048 Pierpont, Suite 9/10, Lansing, MI 48911 by Friday, May 2.

If you wish to obtain dinner tickets for \$45.00 each or have questions about the auction, please call Al Swain at (517) 241-0393.

## THIS MONTH'S SPOTLIGHT SHINES ON :

Ann- Paula Rehner

For this issue of the newsletter the spotlight shines on Ann. She doesn't actually have a last name, because she is a leader dog who comes to CACIL often with her "mom", Caren Miller. Ann is a Golden Lab (with one small, black spot on her left hip) who will be celebrating her second birthday in January. She was raised in Ohio and trained at The Leader Dog School in Rochester, Michigan where she was matched to Caren through a careful process. The school came to Caren's house and took a video of how she walked, the pace of her walking and other things before the two met.

The process of matching Caren and Ann took about a month, but the speed of the process was faster than usual because this was Caren's second dog and there had been a cancellation for class. Applications are usually processed and reply returned in a 30-60 day window and class assignments of accepted applications are generally within 2-4 months of acceptance. The first dog, a Golden Retriever, was too big for Caren to handle and was returned to the program to be placed with another visually impaired person. The actual training class for both dog and owner was three weeks long, during which both lived at the Rochester campus.

Caren stated that the best thing about having Ann is that she feels a lot safer and the worst thing is taking her out four times a day. Ann loves to play and chew things which has turned out to be a challenge at times when she chews her toys, people and jumps up. Those of us who love her will tell you that she just lightly mouths our wrists and we don't mind if she jumps up. We do realize, however, that these are not desirable traits and Ann would probably learn if the people around CACIL would train themselves too. We need to stop talking to Ann when she and Caren are walking because it distracts Ann and could cause safety problems for Caren. It's really hard to not just reach down and pet a leader dog, but we really need to ask the owner. That's why many service animals have a sign on their harnesses that says that the dog is working and should not be petted.

Leader dogs usually work for about ten years before they are retired and the person may keep the dog or return it for adoption as a pet. Required vet care varies with the animal; right now Ann is going to the doctor every six weeks to have her nails trimmed and to be weighed. It is important for her not to get too heavy as that could lead to hip and elbow dysphasia. A dog also has house rules and can't sleep in bed but must use a crate to which it must be restrained by a six foot lead when not being directly supervised.

If you know of someone who might be interested in a leader dog, initial contact can be made by calling, writing, emailing Leader Dog directly or by contacting your local Lions Club. Once contact is made, an application packet will be forwarded for completion. The Leader Dog address is 1039 South Rochester Road, Rochester, MI 48307; the website is [www.leaderdog.org](http://www.leaderdog.org), and the telephone number is 888-777-5332.

Welcome Ann, we love you here at CACIL and have been told that you love coming here too. The next time you're here say Hi to Ann, but only after asking Caren if it's OK.

## 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.

### VERY INTERESTING STUFF

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb"

Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden"...and thus the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S. Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

The State with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get this...)

The percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven: \$ 16,400

The average number of people airborne over the U.S. in any given hour:  
61,000

Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter: Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

Each king in a deck of playing cards represents a great king from history:  
Spades - King David / Hearts - Charlemagne/ Clubs - Alexander, the Great/ Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

# CACIL ACADEMY-101

-Jesse Lathers 335-1524

**You must RSVP** if you plan to attend any of the of the activities to Jesse Lathers @ 335-1524, or to Marsha Moers if you plan to attend People 1st, The Advocacy Team or the RICC at 241-0399.

## 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:** (With Marsha Moers) 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.
- Keep in mind, this is an election year. The RICC, Advocacy Team, People 1st and the CACIL Academy will be looking at how to vote, voter registration, the candidates and the issues.

- **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 have begun make bags for the back of wheelchairs. And they do look awesome.!
- **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.
- **Men's and Women's Groups:** Yes, women are from Venus and men are from Mars. That is why sometimes we need to meet and discuss issues and topics that are gender specific.

\*\*\*Note the name change from Circles-Tier1 to CACIL Academy-101. This is still the same great programming you've enjoyed in the past with just a new look. Hope to see you soon!

# January 2008

During his lifetime, Dr. Martin Luther King, Jr. worked tirelessly toward a dream of equality. He believed in a nation of freedom and justice for all, and encouraged all citizens to live up to the purpose and potential of America by applying the principles of nonviolence to make this country a better place to live, creating the Beloved Community.



Mon	Tue	Wed	Thu	Fri
	1 Happy New Year! CACIL Closed	2 Why We Do What We Do 2-4pm	3 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Arts & Crafts 1:30-3pm Positive Thinking 3-4pm	4
7 Enhance Fitness 12:30-1:30pm Advocacy 2-4pm	8 Enhance Fitness 12:30-1:30pm Micro-Enterprise 1:45-4pm	9 Explorer's Group & Traveling Café Mackerel Sky 1-2pm Starbucks 2:30-4pm East Lansing	10 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Men's and Women's Group 1:30-3pm Positive Thinking 3-4pm	11
14 Enhanced Fitness 12:30-1:30 Music Therapy @ St. Lawrence-Behavioral Health Door (Under Green Awning) 3:15-4:30	15 Enhance Fitness 12:30-1:30pm Micro Enterprise 1:45-4pm	16 Why We Do What We Do 2-4pm CACIL Board Meeting 5:30-7:30pm	16 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Emergency Planning 1:30-3pm Positive Thinking 3-4pm	17
21 Martin Luther King, Jr. Day CACIL Closed Possible volunteer outing Call Jesse for details	22 Enhance Fitness 12:30-1:30pm Scrape Booking 1:45-4pm	23 Surfing the Net & Cyber Safety 2-4pm Or Volunteer Outing Call Jesse for Details	24 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Consumer Board Meeting 1:30-3pm Positive Thinking 3-4pm	23 CACIL Closed
28 Enhanced Fitness 12:30-1:30 Music Therapy @ St. Lawrence-Behavioral Health Bldg. 3:15-4:30 RICC Mtg. 5-7:30pm	30 Enhance Fitness 12:30-1:30pm Micro Enterprise 1:45-4pm	31 Enhance Fitness 12:30-1:30pm Traveling Café Korner Kitchen 1001 E. Mt. Hope Ave. 2-4pm		

Unless otherwise stated, all CACIL Academy-101 activities will 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.

RSVP to either Kim McDonald @ 241-0410 or Jesse Lathers @ 335-1524

\*Note: For those planning to attend Music Therapy, You must arrive before 3:25 or you will not be able to attend.

# February 2008

**Year of the Rat:** Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have of that animal's personality. Those born in rat years tend to be leaders, pioneers and conquerors. They are charming, passionate, practical and hardworking.



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<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
4 Enhanced Fitness 12:30-1:30 Advocacy 2-4pm	5 Enhance Fitness 12:30-1:30pm Micro Enterprise 1:45-4pm	6 Why We Do What We Do 2-4pm	7 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Arts & Crafts 1:30-3pm Positive Thinking 3-4pm	8
11 Enhanced Fitness 12:30-1:30 Music Therapy @ St. Lawrence-Behavioral Health Door 3:15-4:30	12 Enhance Fitness 12:30-1pm Valentine's Day Party Prep 1:45-4pm	13 Men's and Women's Group 2-4pm	14 People First Christmas Party 10:30-11:30 CACIL Academy 101 Valentine's Day Party 1-3pm	15
18 President's Day CACIL Closed	19 Enhance Fitness 12:30-1:30pm Micro Enterprise 1:45-4pm	20 Why We Do What We Do 2-4pm CACIL Board Meeting 5:30-7:30pm	21 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Consumer Board Meeting 1:30-3pm Positive Thinking 3-4pm	22
25 Enhanced Fitness 12:30-1:30 Music Therapy @ St. Lawrence-Behavioral Health Door 3:15-4:30 RICC 5-7:30pm	26 Enhance Fitness 12:30-1:30pm Scrape Booking 1:45-4pm	27 Traveling Café Time Horton's 5625 S. Cedar St. 2-4pm	28 People First 10:30-11:30 Enhance Fitness 12:30-1:30pm Computer or Emerg. Preparedness 1:30-3pm Positive Thinking 3-4pm	29

# Be Healthy Stay Healthy

## Cold Weather Precautions

: By Marjorie Sandoval, CRRN

People most susceptible to hypothermia include those 60 and older, infants and small children, the sick, those taking certain prescription drugs or drinking alcohol, the homeless, auto accident victims and those unable to find temporary shelter in cold weather.

Often an older person's metabolism is slower than that of a younger person, which means less body heat is generated. Or the older person may already be in poor health and taking medications that can alter awareness of dangerously low temperatures.

People 60 and older may not perceive or respond to cold as readily as younger people because the body's natural alarm signal the reflex of shivering that increases blood flow lessens with age. Some hypothermia victims die because they simply are unaware of gradual temperature changes.

And some people, especially the individuals on fixed incomes, may set their thermostats dangerously low for fear of high heating bills.

To reduce potential dangers:

Watch for hypothermia symptoms including confusion, drowsiness, slurred speech, a drop in blood pressure, shallow breathing and a pinkish tint to the skin. Anyone with these symptoms related to cold temperatures is in immediate danger.

Check on disabled, elderly, or ill people, especially if they live alone or in isolated areas.

Wear loose-fitting clothing in layers, gloves and a face cover to block the wind if you must be outside.

Stay dry.

Be extremely cautious in the wind. A strong wind, even in only moderately cool weather, can cause a wind chill far below freezing.

Remember, too, that animals may die if left outside in extremely cold weather. Provide them a warm environment, out of the chilling wind. Be sure they have access to food and that their water has not frozen.

Winter storms also may cause power outages, and food safety becomes a problem along with heating. If you lose power for more than four hours, take the following precautions with refrigerated food products:

Keep refrigerator and freezer doors closed as much as possible.

Discard any potentially hazardous foods such as meats, eggs, dairy products and leftovers that may have exceeded 45 degrees. When in doubt, throw it out.

Any frozen food that has thawed but not exceeded 45 degrees should be prepared as soon as possible. Do not re-freeze.

Wind chill refers to the cooling effect wind has on the skin. Not only can wind chill cause rapid heat loss from the body, but it also can cause frostbite actual freezing of tissues. Frostbite can occur in 15 minutes or less at wind chill values of 18 below zero or lower.

No one should underestimate weather changes and should dress appropriately. Anyone planning outdoor activities in cold weather should refer to local weather forecasts for information.



		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times  30 minutes  10 minutes  5 minutes

**Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)**  
 Where, T= Air Temperature (°F), V= Wind Speed (mph) Effective 11/01/01

## Food for Thought...

### Believe It or Not!

Don't skip this just because it looks weird. Believe it or not, you can read it.

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deson't mttar in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit plcae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

### Exercise For Your Brain...

*De-mor-al-ize* (di-mor-e-liz)- vt

1. to corrupt the morals of
2. a) to weaken the morale of b) to upset or destroy the normal functioning of

### \*\*\*Do 1 Thing\*\*\*

Disasters happen. We've seen images of the devastation caused by the hurricanes in the gulf states, the tsunami and the events of 9/11.

We all know that we should prepare ourselves, our families and our businesses to cope with disaster situations.

Do1thing is a program designed to help individuals, families and businesses take small steps toward being prepared for a disaster. By breaking preparedness into small steps it is easier to get started and easier to stick with.

Each month the do1thing program will focus on a different preparedness topic and present easy, and often inexpensive ways to become better prepared.

The do1thing website ([www.do1thing.us](http://www.do1thing.us)) will have information on the monthly topic and will also have information on prior month's topics so you can progress at your own pace.

You can take control of your preparedness by just doing one thing!

(You can also visit CACIL and ask Kim for a fact sheet.)

**January: Refresh yourself with Do 1 Thing preparedness program**

**February: Water**

## Christmas Stars-By Kathy Brown

You've probably seen the Christmas tree with the stars on it in the conference room but have you really looked at it? Each star represents a well known individual who has some sort of physical or mental challenge.

Some of the stars include former Lansing Mayor David Hollister who has Parkinson's, Mary Tyler Moore who has diabetes, and Montel Williams who has MS. Other stars represent Franklin Delano Roosevelt who had polio and was a paraplegic, Ludwig Van Beethoven who was deaf and Walt Disney and Thomas Edison who had learning disabilities, and Albert Einstein who had dyslexia. There are a lot of other stars on the tree. Take some time to look it over and think about what people with disabilities can accomplish.

## What is new at the CACIL Academy?

-By Caren Miller

We recently started a men's and a women's groups. These groups will meet once a month and are scheduled for the same time slot. The men group meets with Jim Lear and Jesse in the lunch room while the women meet with Kim in the conference room. We have set aside these groups to talk about topics that are specific to men or women, or to discuss certain topics that one might not want to share with the entire group.

**Arts and Crafts:** We will be starting a new craft group with Avelyn. She is the exercise instructor from the YMCA. This group will meet the first Thursday of each month and we will be doing a different craft each month. Come join the fun!!!

**Micro Enterprise:** Starting in January, the Micro Enterprise group will be sewing. If you would like to sew, we are making bags for the backs of wheelchairs. These bags will be sold on eBay as a fund raiser for CACILA. We could also use some extra hands to assist consumers who have some difficulty.

**Coming Soon:** Look at the calendar for future groups on emergency preparedness, cyber safety, and money matters.

## LETS TALK POLITICS

On December 3rd the Advocacy Team hosted a viewing and discussion of the movie SICKO. We were pleased to have Michael Harp (representing the insurance industry), Todd Tennis, Ingham County Commissioner, and Marjorie Sandoval, and Ellen Weaver, rehabilitation nurses from CA-CIL, to assist in our discussion of health care in mid-Michigan and what we can do to improve health care opportunities in the United States.

There were many statements in the movie which gave us direction, my favorite was something like:

**A country which can afford to go to war can afford to go to war, can afford healthcare for all of it's people.**

No one knows exactly how many people in the United States do not have health care. Even more insidious is the question of how many people have health care that will not work when they need it. SICKO is about, some people who have health insurance, or thought they did; people who lost their homes, lost their children and lost each other. These stories are not confined to Michael Moore's movie. They are stories, we live them everyday. What we can do to create change depends on how much we want to create change.

A second favorite statement:

**...with democracy, power moved from the wealthy to the polls...**

2008 is a major election-year in this country. There are candidates who want to be counsel men/women, school board members, state senators, congressional representatives, United States senators and president of the United States. What do they know of our stories? Will you allow someone to be elected, to represent you, who doesn't know our story? And when they are elected, what will they do about your story, my story and all the stories we know so well?

So far, we seem to have a lot of question marks. Before we can get answers from our representatives, we need to let them know what it is that we want. We need to tell our stories, and this is one place we can do it.

In the weeks and months leading up to the November election we are going to introduce you to a family. This family is you and me. They face all the problems that everyday people face in this country. They get sick, they go to doctors, they take medicine, they pay for medicine--sometimes paying for medicine leads to only bad choices. They need a place to live. Can they afford it? Can they keep it? They need a job--with benefits. Will it pay enough? What if I get sick? What if the bus doesn't go there? Are there good schools for children? Is there enough food for the children? I don't want my kids to ask Santa Claus for pajamas to wear so they'll be warm or food so they won't be hungry. We can do better. We must remind candidates, **with democracy, power moved from wealth to the polls. WE HAVE THE POWER--HERE OUR STORIES...**

## 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

# Our Future...Your Tomorrow

## MOUSE TRAP STORY.

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

What food might this contain? The mouse wondered - he was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning: There is a mousetrap in the house! There is a mousetrap in the house!

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me." "I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!"

The pig sympathized, but said, I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. "Be assured you are in my prayers."

The mouse turned to the cow and said "There is a mousetrap in the house! There is a mousetrap in the house!" the cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone.

That very night a sound was heard throughout the house -- like the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught.

The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient

But his wife's sickness continued, so friends and neighbors came to sit with her around the clock.

To feed them, the farmer butchered the pig.

The farmer's wife did not get well; she died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember -- when one of us is threatened, we are all at risk.

We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

REMEMBER,,,,,

EACH OF US IS A VITAL THREAD IN ANOTHER PERSON'S TAPESTRY;

OUR LIVES ARE WOVEN TOGETHER FOR A REASON.

Interesting story, but your probably thinking what does this mean to me?

Well, as mentioned in an earlier article, there was a viewing here at the center for the movie "Sicko." On the jacket cover was the word "Hilarious", but I found nothing funny about what the movie talked about. Most of the time I was in tears and at the end found myself sick to my stomach with anger at what our government and the health care industry are doing to us.

I was interrupted during the viewing a few times and my husband was sick and couldn't make it so I took the movie home to watch. I thought that the message in the movie was so important that I called 3 of my grown children to see if they would come over and watch the movie with us. All 3 had reasons for not coming over. Either they had just gotten home from work and slipped on their PJ's, or had to give their children a bath yet tonight, etc.

After me and my husband watched the movie, we both saw the importance of the film and both of us realized issues that were not clear to us before. Someone in our family was facing each of the issues mentioned in the film.

Like my son and grandchildren that can't find employment, let alone a job with insurance, or continue their education in college. My son worked for a couple of temp services over the past few years. His last stretch of employment was at a factory that had let go over all of it's full-time workers, hired temporary workers at a much cheaper rate and no benefits for the last 2 years of their operations here in Michigan before they moved the factory to Mexico. My son was not proud to take this job, but needed the income for his family. The temp service told him when his employment ended that he could remain on their roster, but that they had hundreds of people seeking employment and didn't envision anything to open for him anytime soon. He's been unemployed for 6 months and is married with 2 children.

My oldest daughter contacted a rare brain infections this summer. She became unable to return to her place of employment that she has held for close to 20 years. She is married with 2 children. Her oldest has graduated and can't find a job. The other is a senior in high school. Their family has lost around \$4,000.00 a month in income and now they are looking at losing their home that they have worked for all their lives with both of them in their mid-forties. The age when most people start thinking about their golden years. Just a couple days ago, she had a doctors appointment with her GP of 20 years, I didn't mention that she is also a brittle diabetic and has had a long battle to try to stabilize her blood sugars. When she got to her appointment her doctor informed her that she could no longer see her because she lost her insurance at her place of employment and had to switch to her husbands insurance which of course, her GP does not except. Now she is faced with finding a new doctor who has no clue of her fragile medical history.

My husband is a retiree. Every year we pay more and more for medical coverage and lose benefits. I myself was diagnosed with a blood disease this past year. It took almost a year of going through the approval process with the insurance company. The specialist who is treating me kept telling me how lucky I was to even get approved and that I went through the process fairly quickly. I didn't understand until I saw the movie what he was talking about.

December 26, I will go in for a 3 month blood draw. From there, the insurance company will decide if I am showing significant progress to continue treatment for the rest of the year. If they feel I haven't, they will stop treatment and the disease will turn to cancer. But again, that will be the decision of the insurance company.

I have also seen the last bit of insurance coverage that I will ever have. Being a dependent on my husband's policy, it is just a matter of time before I am dropped. With every contract we hold our breathe, (which is coming up next year.) But now I also have a pre-existing condition. So, if the disease does turn to cancer, no other insurance will cover it since I was diagnosed under this policy.

My husband's youngest son just remarried to a beautiful young woman who brought into our family our newest grandchild. He just turned 6 this past year and is the joy in our lives. When I watched the part about the mother whose child was taken by ambulance to the hospital to only be told that her plan was not accepted at that hospital. The insurance company told her that she would have to take her child to the hospital across town by car because another ambulance ride would not be approved. The mother made it to the other hospital in time for her daughter to go into cardiac arrest and die. That could have been my grandson, or anyone in my family who thinks they have medical coverage.

These are just a few issues that face our families. That's **YOUR AND MINE!**

The issue of health care affects us all. It is not just about a person with disabilities or if your on Medicaid or Medicare. It even affects people who think they have health care coverage.

### **SO WHAT CAN WE DO?**

The first thing I want you to know is you can make a difference. Marsha stated in her earlier piece that her favorite part was when the gentleman stated: "Democracy has given humankind the greatest gift. It has taken the power away from the wealthy and given it to the ballot." You vote matters. I remember when I turned 18 and couldn't wait to cast my first vote. Several of my friends however, thought it was a waste of time and didn't vote. They said that your vote doesn't really count. It only doesn't count if you don't cast it.

Over the course of the next year, we will be looking at the candidates and the issues by running pieces in this newsletter. Keep an eye on the CACIL website too. We are looking to start a blog were people can share their stories like the ones you just read. Unfortunately, people don't realize the importance of what is happening in the health care system in this country until disaster strikes home. But if people start paying attention and reading about us, maybe they will see that it **WILL** be them tomorrow. We all share a vested interest in how this works out.

Also, after the first of the year, we will be creating a chat-room on the internet for CACIL. This will be were people can login and discuss their stories, the issues and the candidates.

We will be working here at CACIL to start a computer lab. The Advocacy Team, The RICC and the basic computer class will be doing research on the candidates and their stances on the issues so we can all make the most informed choice possible next fall.

You can also contact the Democratic Party office. Tell them you don't care what the State of Michigan does, you want your voice heard in the Democratic Primary.

Their contact information is:

Michigan Democratic Party

606 Townsend

Lansing, MI 48933

Phone#: 517-371-5410

Fax#: 517-371-2056

Website: <http://www.michigandems.com/>

The other point the gentleman in the movie made when he was talking about Democracy was that, if the people are uninformed, afraid and demoralized, they are easier to control. An informed and confident population makes the rules. Does any of that strike home? We need to quit being victims of the government and the health care system. Together, we are a force to be reckoned with.

And mostly, we need to start caring. It's a wonderful thing to care about others and those of us who serve in human services strive to do that everyday. But the truth of the matter is most people are caught up in themselves and what is affecting them directly. This **IS** about you. It's about each one of my children that were too busy the other night to watch the movie. We need to step back and focus. We need to address the real issues and fight for our rights. And we need to stop letting fear guide us.

## **Safety Tips for Visiting Professionals**

Clients can react with anger because of difficulty in finding help with their situations, emotional pain or discomfort, or fear and anxiety about the results of your visit.

- React and respond to the client in a calm but firm manner.
- To help the client define their anger, verbally acknowledge it. "I understand that you are upset" or "It sounds like you're really angry about this."
- Reinforce the positive long-term benefits of your assistance, your commitment to their best interests and your role as their ally.
- A lower volume of voice can help the client calm down.
- Encourage the client to sit down.
- Rehearse ahead of time what you'd say or do in these situations.
- If a situation appears dangerous, leave and call 911.

# Capital Letters

Capital Area Center for Independent Living

1048 Pierpont, Suite 9-10

Lansing, MI 48911 (517) 241-0393

## OBSERVATIONS

Having tired of writing about websites, I have decided to begin a new column with this newsletter. I will call it "Observations" because the subject will be something I have either seen or taken part in since the last newsletter.

Almost everyone accepts the fact that dogs are a calming and otherwise positive addition to our lives, but this has really become obvious to me since Bitsy came to live with me. Since she is such a little dog (14 pounds) and cute (Maltese mix) she can go more places with me and is totally non-threatening to people.

Last week I had the misfortune of having two flat tires at the same time and it was necessary to take the car over to the closest tire outlet. Bitsy has been there before, so I knew that she was welcome. It was really busy and there was only one empty chair in the waiting room which means there were about fifteen people waiting for their vehicles. It was completely quiet when we entered as it often is in a room full of people who don't know each other. My little mutt started going up to everyone and standing by their feet until she was petted. She went to each person and even nudged one man when he didn't

seem to know that she was there. Almost instantly those waiting started to talk to Bitsy and to each other about their dogs which turned into a discussion about animals in general.

The man sitting next to me (also the one she had nudged) started to sign to his wife who was sitting across the lobby and she began to translate what he was saying about enjoying dogs. He signed that he knew somebody who had a little dog that was trained to be the "ears" of a deaf friend of his and the conversation turned to asking how the dog helped. Then another person said that she knew someone with a leader dog and told how much the animal meant to her independence. The discussion continued as people left and new arrivals were greeted by Bitsy. As we left with all four tires round again, I had a smile on my face and an increased positivity (I know there's no such word) to see how much a little white dog can improve the atmosphere in a room. This is why Bitsy is a member of the CACIL staff and comes to work each day to bring a smile to all.