



# Let's Connect

Winter 2011

"Let's Connect" is published quarterly by Disability Connection, 1871 Peck Street, Muskegon, MI 49441

Volume 11—Issue 1

## Board Members

Tom Grein, President  
Joe Doyle, Vice-President  
Larry Wright, Treasurer  
John Wahlberg, Secretary

### Directors

Mike Hamm  
Mary Jo Thies  
Heidi Hagen  
Frank Hollister  
Nancy L. Miller  
Blanche M. Smith  
Marcia Richardson

## Staff

Susan Cloutier-Myers  
Sue Harris  
Oscar Kent  
Marti Lamphear  
Ada Linderman  
Christina Loera  
Deb Marsh  
Frank Minor  
Peter Myers  
Chad Osborn  
Mark Pierce  
Lore Stoakes  
Lisa Sullivan  
Willie Wilson  
Deb Wright  
Karen Wynne

## From Mark's Desk...

### LEADERSHIP

I am grateful to the Marine Corps for giving me deep resources of information concerning leadership. All Marines adhered to 14 leadership traits. Some might say they're just words...words like justice, judgment, decisiveness, and tact, just to name a few. However, these words were memorized and recited at the drop of a hat. Every Marine is required to learn and, more importantly, explain these leadership traits.

One of these leadership traits that seems to appear daily in my life is UNSELFISHNESS. It means:

- to avoid making yourself comfortable at the expense of others
- to be considerate of others
- to give credit to those who deserve it.

From a personal perspective, I have always thought of UNSELFISHNESS as:

- not using your position or rank for personal gain.

Most of us would never purposely use our position or resources to hurt someone. But, if we're honest, we tend to consider ourselves before others; we may be guilty of looking out for "number one" more frequently than we'd like to admit.

Having the leadership trait of UNSELFISHNESS would mean considering other before considering yourself...ensuring that others have the tools and resources they need to be productive.

I believe the hallmark of being an UNSELFISH leader is: Understanding that the position you hold doesn't belong to you – it belongs to the people placed to your charge. Make sure you serve them well!

*Mark Pierce,*

Director of Community Development

27 E. Clay Avenue  
Muskegon, MI 49442  
Phone: (231) 722-0088  
Fax: (231) 722-0066  
Toll Free: 1-866-322-4501  
www.dciimi.org

**NOTE:  
THIS IS OUR  
NEW ADDRESS  
AS OF  
MARCH 1ST**

Play  
is found in ALL  
human societies...  
and throughout the  
animal kingdom.  
Play  
is a basic drive that  
contributes to our  
psychological  
well-being.





Today's 5 day weeks and 8 hour days have presented an increased gap in time available for leisure activities. So one might say that leisure is simply a matter of free time, others share different views. One such concept sees leisure not merely as a time block, but as a force, which is not only the germinating concept of art and culture, but a pause during which a participant gains glimpses of values and realities that he ordinarily misses in everyday life.

Recreation's definition, given by Merriam-Webster online dictionary is "refreshment of strength and spirits after work; also: a means of refreshment or diversion," but this doesn't nearly do it justice. The word itself holds a new meaning to whomever you ask, dependent upon their personal views, beliefs, values, but most importantly – their interests. Recreation to you may not mean the same to a Native American living in southeastern Alaska. His ideology, on the value of spending time, may focus more on family and nature. The culture and environment in which an individual develops and learns has lasting effects on the life that they will lead. This includes the recreational activities in which one participates.

Not so long ago the purpose of hunting, fishing, hiking, canoeing, and skiing held a much different purpose. The way we were fed, clothed, moved from place to place, etc. were all very much a part of everyday life, not just a way to "unwind." The accessibility of food, clothing, transportation and the like are no longer the responsibility of the individual hunter, trapper, or fisherman. These activities have taken on a new label in our society – sports. The competitive edge now fills the void where need of survival once reigned.

Some experts believe that recreational and leisure activities are engaged in simply as a way to alleviate the built up stressors that evolve in our daily lives. Play can be a safety valve for the excess energy in our bodies and becomes a natural outlet, soothing our physical and psychological well-beings. These theories, however, fail to account for the fact that most individuals do not partake in recreational activities as a means of relieving stress or recharging for the work week to come.

No matter the reason, the motivation, or the cause, we all are participants of what we love. We have evolved along with the sports in which we've come to enjoy; and whether we play to win or play just to play doesn't seem to matter. Rules and regulations can control your play on the court (i.e. dunking, spiking) but they can never control your love of the game – that is your own.



**Author: Brian Weichelt**

Tim Hansen is the Assistant Director of the Empowerment Network Drop-in Center in Fremont. He hosts the Bi-polar group meetings on Tuesdays from 6:30 to 8:30 and schizophrenics anonymous group meetings on Wednesdays from 5:30-7:00 PM at the Empowerment Network.

Tim also is involved in fund raising projects. He enjoys helping with the Empowerment Network resale store, "Wishes and Horses." Additionally, while at the Labor Day Rodeo at Camp Bob, he gathers returnable beverage containers to support the Empowerment Network programs.

Tim does minor building maintenance and cleaning on a regular basis for the Network. Tim also relates directly to the members who attend the network regularly. He supervises projects, interacts with participants and oversees meal preparation and addresses safety issues.

Tim exhibits a positive attitude and sincerely supports the Empowerment Network and its participants.

For more information regarding the Newaygo County Empowerment Network Drop-in Center Please contact Gabrielle Blackwell Director or Tim Hansen Assistant Director at 231-924-3109.

## Calendar of Events

### **Disability Connection's MOVE:**

Tuesday, March 1st, We will be in our new office; Stop and see us during our regular hours: 8:30 am—4:30 pm.

### **Adaptive Luge Clinic: FREE**

Friday, March 4th, 3:00-10:00 pm at the Muskegon Winter Sports Complex Adaptive Winter Sports Night AND Dinner! (If you want to learn more about Luge, please visit <http://www.msports.org/> and watch the video.)

### **2011 Spring Conference**

Friday, May 6th, 8:30 am-3:30 pm "Captain Your Own Ship" Information and Workshops on Leadership and Leisure.

Be a Leader!



### **Michigan Assistive Technology Loan Fund:**

Low-Interest Loans for People with Disabilities and Seniors to Buy Assistive Equipment and Devices: Call Frank for more information at 231.722.0088 ext. 21



*Stuck inside...?  
Not these people!  
They're out enjoying the winter...*





**West Michigan**

27 E. Clay Street  
Muskegon, MI 49442  
Phone/TTY: (231)722-0088  
Fax: (231)722-0066  
Toll free: 1-866-322-4501  
www.dcilmi.org



## Disability Connection/West Michigan...

# We Are



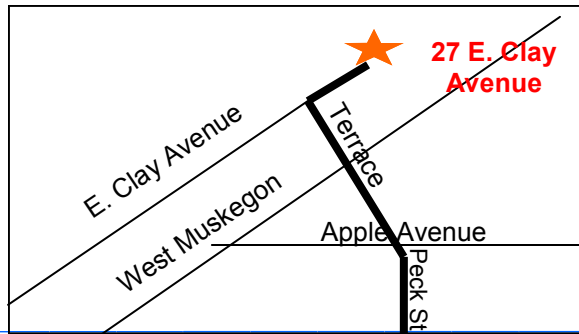
As of Tuesday, March 1<sup>st</sup>

**Our new  
address**

**is**

**27 E. Clay Ave**

**Stop in & see us!**



**APPLIED  
IMAGING**

APPLIED IMAGING is moving our Ricoh Copier/ Printer! Moving this important piece of equipment keeps DC/WM working! Thank you, APPLIED IMAGING.



**TWO MEN AND A TRUCK.**  
"Movers Who Care."

Once again, TWO MEN AND A TRUCK have offered to help us with moving! Their service is such a practical and appreciated donation. Thank you, TWO MEN AND A TRUCK.