

**THE MISSION:** Provide wheelchairs to individuals who do not qualify for other assistance, and who could not obtain such equipment without financial aid.

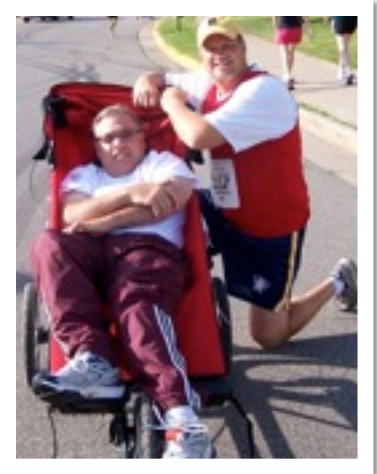
## Metro Health Grand Rapids Marathon

Johnnie Tuitel, Founder of Alternatives in Motion, along with East Grand Rapids High School math teacher & football coach Brian Clay plan to run the 2009 Metro Health Grand Rapids Marathon to raise money for Alternatives in Motion and MyTeam Triumph.

The two friends got the idea to run a marathon after hearing about MyTeam Triumph, a local athletic ride-along program created for children, teens, adults and veterans with disabilities. The participants with disabilities are known as "Captains," and the athletes who have the honor of pushing the captains on the course are called their "Angels."

Together Johnnie and Brian finished the 25k (15.5 Miles) Fifth Third River Bank Run on Saturday May 9, crossing the finish line with a time of 2:46:50. "It was amazing. I thought I might get bored being pushed but it was one of the most inspiring moments of my life, it brought tears to my eyes, Tuitel said" "We have two amazing charities that need support during these tough times, charities that are changing the lives of people with disabilities, it's important we get the community behind these two organizations."

Johnnie is no stranger to running, when he was younger he ran the Reed's Lake Run three times on crutches. This will be the first marathon for both Brian and Johnnie. Together they hope to raise \$10,000 for the two charities. If you would like to make a pledge of support, please log onto [www.alternativesinmotion.org/marathon](http://www.alternativesinmotion.org/marathon) and complete the online pledge form. Don't forget to come out and cheer on Johnnie, Brian, and all of the other runners that will hit the streets of Grand Rapids on Sunday October 18, 2009.



Johnnie Tuitel & Brian Clay at the 2009 Reeds Lake Run

## Mile Marker Sponsorship



Are you looking for a way to get your business recognized? How about help a great charity at the same time? The Metro Health Grand Rapids Marathon expects over 4,000 runners to participate in this year's event. Now in it's sixth year, the Metro Health Grand Rapids Marathon continues to see 20% annual growth.

Alternatives in Motion has been a proud charitable partner of this event from the beginning. Again this year we are selling mile marker sponsorships with all proceeds going directly to Alternatives in Motion. The sponsorships cost \$300 and will be seen by more than 4,000 expected runners, their family and friends. All sponsorships confirmed before August 28, 2009 will be published in the marathon program insert in Outdoor Athlete Magazine. (Circulation: 50,000).

To find out how you can get your company name or logo printed on one of our 24" X 24" full color mile marker signs, please call Matt Chapman at (616) 493-2620 or email [info@alternativesinmotion.org](mailto:info@alternativesinmotion.org)

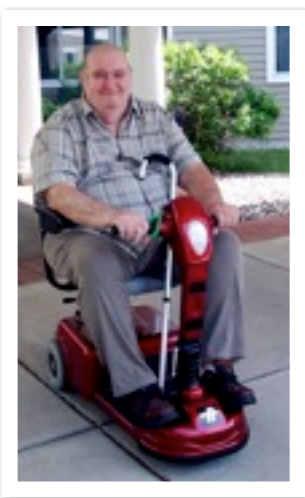
## Recipient Updates

In terms of wheelchair placements, June was a great month. We were able to assist 10 people with their unmet mobility needs and we saw 13 pieces of new or gently used mobility equipment donated to our organization. So far this year we have helped 34 individuals. We hope you enjoy a few highlights from these recent recipient stories.

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### Shirley

You may remember Shirley from our fall 2007 newsletter when we helped her with a manual wheelchair. Since that time, the symptoms she suffers from living with Multiple Sclerosis have progressed to the point where her manual wheelchair is no longer suitable for her needs. We delivered a tilt-in-space manual wheelchair to her in June which will help relieve pressure sores, offer more comfortable seating, and allow her family to take care of her daily needs much easier and safer. Shirley's situation is a perfect example of how each person and each disability requires a different piece of equipment. While sometimes this presents even more challenges, we work hard to meet each of the needs of our recipients so they can continue to live their lives in motion.



### Clifford

For Clifford walking is very limited due to complications of diabetes. The scooter we provided allows Clifford the freedom to go outside and enjoy a beautiful summer day, to go to the local farmers market, or to visit with his many friends. Clifford's new scooter was one that was donated to us and appeared to be in rough shape. After a few hours of scrubbing and polishing and a fresh set of batteries it looked like a brand new scooter again. Clifford was thrilled with the scooter and was excited to get out and about. Clifford's story demonstrates our need for donations of new and gently used mobility equipment, with a little work and a good cleaning we are often times able to prevent this equipment from sitting unused and give it to people who need it most.

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### John

John Hardin is a fighter! John had neck surgery to attempt to repair nerve damage. He is able to walk a little bit, but loses his balance and runs out of steam as he tries to walk to the end of his block while recovering and rehabbing from surgery. Without a wheelchair he is out of luck if he loses his balance and cannot get home. Now, thanks to Alternatives in Motion, John can attempt to walk to the end of the block, and if he needs to, can sit down and be wheeled safely home by his nephew.





## Temporary Solutions

Dick is a former Navy man who was waiting on a new power wheelchair from the V.A. Hospital. Despite being approved for the new chair, Dick needed to wait for the six to eight weeks it can sometimes take for the chair to be processed and delivered. In the meantime he had places to go and people he wanted to see. He called Alternatives in Motion to see if we had a power wheelchair he could borrow while he was waiting. Thankfully when our program coordinator, Liz Spicker drove to Detroit to drop off Shirley's new wheelchair, she also picked up a nearly brand new power chair that was donated to us from a local nursing home. The chair worked perfectly for Dick solving his temporary mobility issue. We are happy to report that Dick received his new power chair and was grateful for the help we provided, even if it was for just a few weeks.

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## In Memory:

Last July we lost Curly Noerenberg - long time friend, family member, and loyal supporter of Alternatives in Motion. Curly always had a smile and friendly hello for everyone he met. He was always there willing to support our mission as an auctioneer, as a golfer, and as a generous supporter. This summer we received a \$1,000.00 donation in his memory from Darlene Noerenberg – Curly's wife, who resides in Naperville, Illinois. Curly is George Ranville's father-in-law, his wife Gail's father. Curly is missed dearly by all of us here at Alternatives in Motion. We would like to thank Darlene and the rest of the Noerenberg family for their continued support of our mission.



L-R: M. Chapman, Curly Noerenberg, Bernie Kersten, G. Ranville at the '07 golf outing



2009 Golfers: Steve Ries, Tim Meyer, John Weadock, and Bob Ries

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## “What's Your Handicap?” Golf Classic

With a new date and a new course the 5th annual “What's Your Handicap?” Golf Classic went off without a hitch this year. The sun was shining at Thornapple Pointe Golf Club and a great time was had by new and returning participants. All together we were able to raise over \$9,600 for our mission. We would like to thank our golfers, volunteers, sponsors, and the staff at Thornapple Pointe for a wonderful event.

**Save the Date: Tuesday May 18, 2010** at Thornapple Pointe Golf Club for the 6th annual “What's Your Handicap?” Golf Classic. For more information: [www.alternativesinmotion.org/golf](http://www.alternativesinmotion.org/golf)



## Green Isn't A New Color For Us

No matter where you go these days you hear about the latest business changing their ways to jump on the green wagon. For us, "going green" is not a newly discovered strategy, in fact we have always integrated sustainability principles into our mission as an imperative to stretch donor dollars and keep costs low. In order to accomplish our vision of ensuring mobility for everyone in need, we seek out and rely on donations of high quality used wheelchairs and mobility equipment. By collecting and refurbishing this expensive equipment we prevent it from wasting away in garages, basements, and landfills. It's earth friendly, cost effective, and it's what keeps us going.

On occasion we receive older or obsolete equipment, in this case we recycle as much of the chair as possible. Older manual wheelchairs that are not reliable to place with a recipient are sent to Wheels for the World, a nonprofit organization that refurbishes wheelchairs for distribution in third world countries. Obsolete power equipment is stripped down by our volunteers and all usable parts are kept for future repairs. Any remaining rubber, plastic, or metal is taken to a local recycling center. This program has helped keep over 30 power wheelchairs and scooters out of the landfill in the last 12 months. We also recycle the two 12-volt lead-acid batteries that energize today's power wheelchairs. These batteries contain chemicals and heavy metals that are both harsh on the environment and corrosive in nature. Fortunately there are locations that recycle 100% of the battery materials and pay cash for old batteries. In the last 10 months we have recycled over 100 batteries and have generated nearly \$350 to purchase tools and other necessary equipment for our salvage operations.

## How You Can Help:

We actively seek donations of excellent mobility equipment. Help us help others by donating your used wheelchair to Alternatives in Motion. As a 501(c)(3) organization your equipment donation is tax deductible. To arrange your equipment donation, call (616) 493-2620.

Don't have any used wheelchairs around your house? Please do us a favor and forward this newsletter to a friend or family member that might have such equipment. Not only is it good for the environment but it allows us to continue providing the gift of mobility at a much lower cost. For more specific guidelines for wheelchair donations please visit our web site at [www.alternativesinmotion.org/donatechair](http://www.alternativesinmotion.org/donatechair)

## Find Out More:

Learn more about our earth friendly approach to sustainability by following us on Twitter @altinmotion. Or become a fan on Facebook by logging onto [www.facebook.com/alternativesinmotion](http://www.facebook.com/alternativesinmotion). Also be sure to visit our web site frequently and check out the latest blog postings: [www.alternativesinmotion.org/blog](http://www.alternativesinmotion.org/blog).

Thanks for your support!

