



*For Immediate Release*

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### **SPORTS TEACHES SELF-WORTH AND SELF-ESTEEM**



**March 15, 2010 – CANTON, MI** – “Don’t pity me,” is the message Canton resident and 41-year-old Steven Dell has for the world. “When I need to do something for myself, I figure out a way to do it. It may not be pretty, but the outcome is the same for me or anyone else.” Dell, who lives in Canton, was born with Cerebral Palsy and uses a wheelchair, but it doesn’t stop him from achieving his dreams.

Dell works for Community Living Services in Wayne as a Consumer Advocate. CLS provides supports and services to people with disabilities and Dell’s job is to promote and protect the rights of people supported by CLS. He makes recommendations and advocates in helping maintain a person’s independence.

CLS Advocacy Specialist, Joe Zwally said, “Steve does a great job advocating for folks. I always encourage him to speak what he thinks.” Dell started the job 12 years ago and in that time has also completed his Associates Degree in Business from Schoolcraft College.

Dell who is also very involved in sports has won numerous awards from all of the Paralympics and Michigan Victory Games plus has represented the US in Bocce ball in the Michigan Victory Games in Belgium, England, Australia and Argentina. Dell has also been a 3<sup>rd</sup> base T-ball coach and recently joined a wheelchair hockey league.

“Being involved in sports has given me self-worth and self-esteem. I’ve developed friendships, sportsmanship, leadership skills and learned how and when to be diplomatic,” said Dell. “Some people call sports ‘recreation’, I call it ‘making yourself a better person.’”

Dell receives supports and services from Community Living Services, Inc. CLS is a non-profit organization providing supports and services to more than 3,000 people with developmental disabilities in Wayne County. CLS is funded through the Detroit-Wayne County Community Mental Health Agency. For more info, visit our web site at [www.comlivserv.com](http://www.comlivserv.com).

