

PSRST STD
ECRWSS
US POSTAGE
PAID
MICHIGAN WEB PRESS
METROPLEX, MI 48340
10450 Enterprise Dr
Davidsburg, MI 48350

POSTAL
CUSTOMER
EDDM

COMMUNITY LIFESTYLES

FREE
DIRECT MAIL
NEWSPAPER

OCTOBER 31, 2022
VOLUME 14, ISSUE 15

ROCHESTER | ROCHESTER HILLS | OAKLAND TWP

**MEZZA
COUPONS
INSIDE!**

Paula Rea
of The Linda Rea Team
Listing, Buying & Leasing Specialist
**SUPERIOR RESULTS AT
NO EXTRA COST TO YOU!**
248-770-8661
PeteandPaula@ameritech.net
A REALTOR WHO KNOWS TODAY'S MARKET!
1002 N. Main • Rochester

John Katona

“A challenge is an opportunity to problem-solve” – Celebrating NDEAM with John Katona

By Lynne Cobb

National Disability Employment Awareness Month (NDEAM), observed annually in October, “celebrates the contributions of America’s workers

Tierney Ohly, a *Community Lifestyles* reader, brought to our attention a highly-talented young man whose roots are in our community believing his story would inspire readers and bring awareness to NDEAM.

John Katona was born at Crittenton Hospital, attended Oakland Christian School, and graduated from Oakland University. He grew up right behind the Paint Creek Cider Mill in Rochester. Unfortunately, a tragic car accident in April of 2005, when he was 17 years-old, resulted in spinal cord injuries and re-navigating life in a wheelchair. Resilient and persistent, nothing stopped Katona from

and master’s degree from OU, both in industrial and systems engineering.

Katona was open about what inspired him to push through his injuries, with the simple statement: “What other option is there?” He continued, saying, “I guess I could give up on life and sit around doing nothing, but that sounds like an empty existence.

“My drive is separate from any injuries I’ve experienced. I’m happiest when I’m making something or solving problems, especially with friends and family. Grilled fish and portobello mushrooms also make me happy. But who can afford fish without a decent job? So, I work hard at the things I love in order to do other things I love and with the people I love.”

Katona, an engineer, feels that “a challenge is an opportunity to problem-solve.”

“I get a high when I solve a problem. Last month, the elevator in my home broke, and I ended up fixing it myself with a couple friends. It took about four hours and involved trouble-

shooting by taping a penny to a latch, but we did it. It was exhilarating. One friend who helped fix it said it was like solving a real-life escape room. She felt the exhilaration, too,” he shared.

We discussed challenges and even depression. Katona was very open, explaining, “I think everyone has felt sad or depressed at one point or another, and I’m no different. But, no, I’m not clinically depressed. I think there is a perception that having a disability would make someone more likely to be depressed, but I don’t think that’s the case.”

“I think there is a perception that having a disability would make someone more likely to be depressed, but I don’t think that’s the case.”

Continued on page 4



with disabilities past and present and showcases supportive, inclusive employment policies and practices.” (Source: dol.gov/agencies/odep/initiatives/ndeam)

NDEAM

National Disability Employment Awareness Month

recovering and continuing his post-high school education, which included both a bachelor’s



HAPPY

VETERANS DAY

FREE In-Home Estimates

OAKLAND COUNTY
248-289-1065
lakeorionfp@gmail.com
616 S. Lapeer Rd.
Lake Orion

MACOMB COUNTY
586-285-5634
shoresfp@gmail.com
21915 Greater Mack
St. Clair Shores

M-F 9:30-5:30
Sat 10-3
Sun Closed

shoresfireplace.com

Cozy Up Your Outdoor Space with the White Mountain Hearth Collection