

TRANSITIONS NEWS



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM

Volume 16 Issue 3 April-June 2015

The Biker

By Bruce Craig
Transitions South

Neal loves to go biking on his tandem. Every time I put his helmet into his hand, he jumps up and is ready to go. Neal is legally blind and deaf, but he loves the feel of riding down the road with the wind rushing over him. Neal has owned his bike some 25 years now and although he has gone through many tubes, tires and even a wheel, he keeps on riding. Who knows how many hundreds, maybe thousands, of miles he has gone? He is a familiar sight in Holt. He often vocalizes while we are riding, sometimes quite loudly. People will look over, wonder and then smile as we go by.



People’s Council Elects New Officers at Transitions North

By Tonya Seely

The People’s Council, formerly known as The Consumer Council, is a group made up of individuals who attend Transitions North and is facilitated by two Transitions North employees. Members look forward to meeting every other week to discuss what is happening at T-North and the community. Discussions involve updates on advocacy groups that members are a part of such as People First and the Regional Interagency Consumer Committee (RICC). Additionally, the People’s Council holds food drives for area food banks and collects supplies for local animal shelters. The Council also organizes T-North’s annual summer picnic and holiday party.

Every two years The People’s Council elects its officers including President, Vice President, Secretary and Treasurer. In order to run for office, potential candidates must gather 20 signatures from consumers and staff at Transitions North. After obtaining the signatures, their names go on the ballot. This year T-North had 11 consumers vying for four spots. When the votes were counted, Devon Brown was elected President, Bobbie Buxton was elected Vice President, John Paul Wilke was elected Secretary and Laurie Th was elected Treasurer. Newly elected president, Devon Brown stated that in his role as president he would like to “help people at T-North and help with the picnic”. All consumers that attend T-North are eligible to vote.

Helping the Animal Shelter

By Elizabeth Putnam, Transitions Mason

As many of you know, the Ingham County Animal Shelter had a tough spring, both emotionally and financially, with the seizure of a cat hoarding situation in Lansing Township. The cost incurred by this event was monumental. The people who are served at Transitions-Mason wanted to do something to help. This week we volunteered to collate and label a 2500 piece mailer for the shelter to send for fund raising efforts. The people we serve also ask if anyone reading this can find it in their budget to send even a small donation to ICAC for their animal care fund, they would greatly appreciate it. As always, ICAC can always use dog and cat food donation to the shelter in Mason or to their Outreach Center in Lansing. For more information, please visit the ICAC website.

In other news, we are planning lots of fun activities this summer to be outside and shake off last winter's super cold temperatures. We have been to Hawk Island several times already and have planned trips to Pleasant Lake, The East Lansing Aquatic Center, Valhalla Park, Funtime, The Dairy Hill, Raynor Park , Potter Park Zoo, The Ingham County Fair, the Country Parlor in Jackson and our Annual All Transitions Summer Splash Bash at Motz Park in St. Johns.

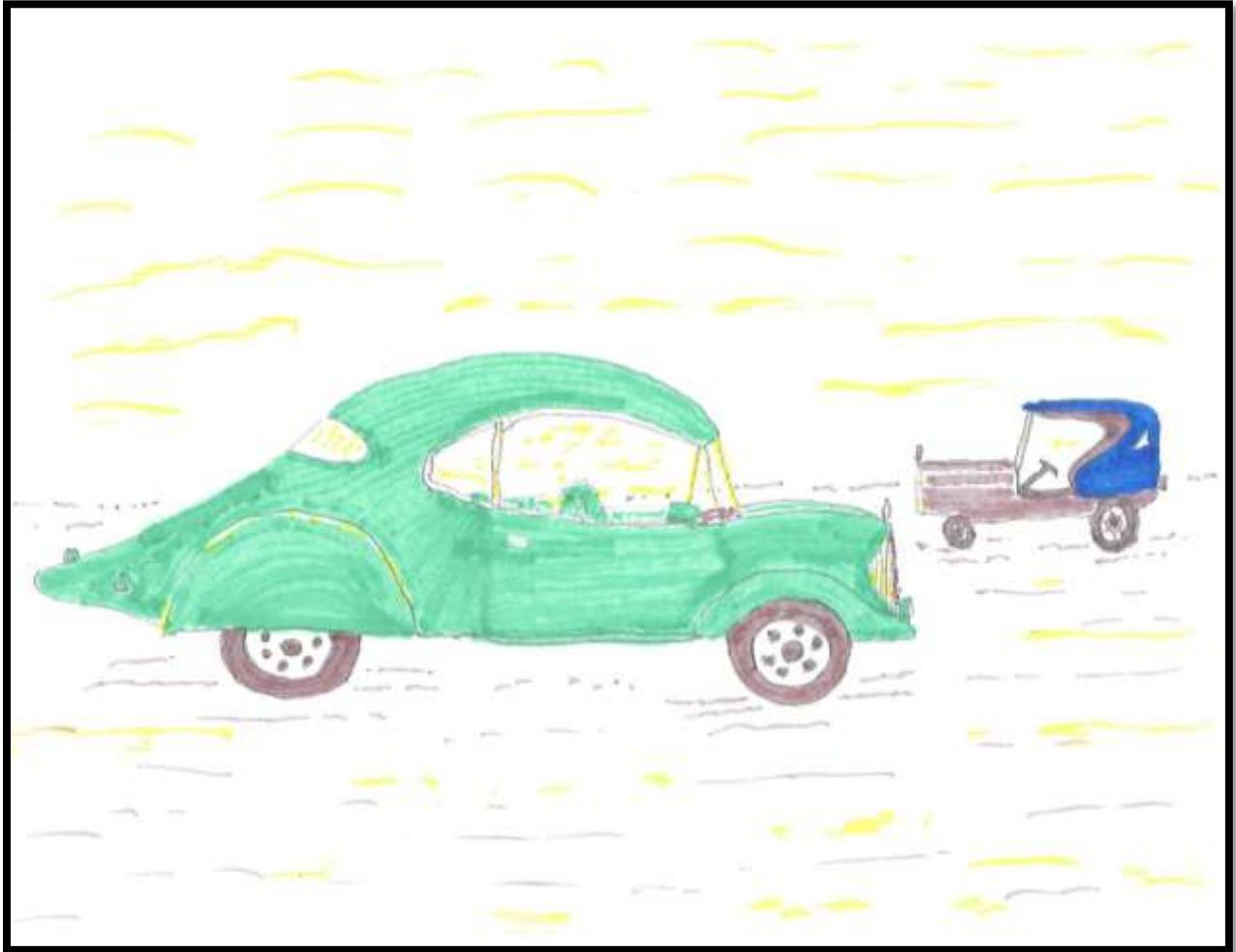


Detroit Lions vs. Lansing Fire Department

Written & submitted by: Jody Pohl & David Howse, Transitions Central

On May 11th, Transitions Central received free tickets from Rainbow Homes, to see the Detroit Lions play basketball against the Lansing Fire Department. The people served by Transitions Central who attended the game, actually had a chance to shoot hoops with the players. One person Michael L. who went said, “The best part was getting my shoes signed by a football player because you never get a chance to talk to them face to face. But that night was a special night”.





On Tuesday May 12th, five people served at Transitions Central along with two staff, took a road trip to Hickory Corners to visit Gilmore Car Museum. The drawing above was done by Sanford C., one of the individuals who went on the trip. Picture was submitted by Gary Sheren.

Artistic Interpretation

Written by: Anthony Willson, Transitions Central

In the weekly Art & Discussion group at Transitions Central, Sanford is our local master of instantaneous perspective. Whether the subject of discussion is the view of the earth from outer space or what water looks like from inside the molecule itself, Sanford has depicted the concept at hand by the time the voices stop. With the speed of the sidewalk caricaturist, Sanford finds the unique angle with glorious techni-color. He has a unique gift for making everyone in the room feel smarter. Sanford makes our ideas official once his images pass from hand to hand. His range extends from futuristic automobiles to the fields of grain themselves.



Magic by Carrie Rostollan

By Nathan Wood, Transitions North

Did you say magic? Yes. Transitions North was entertained by Carrie Rostollan for the second time. In June she did two magic shows and delighted several of the people we serve. Four or five even helped Carrie with her magic. By holding on to items for her, she made them a part of her presentation. They became part of the show. Photos were taken and sent home to those helpers' homes.

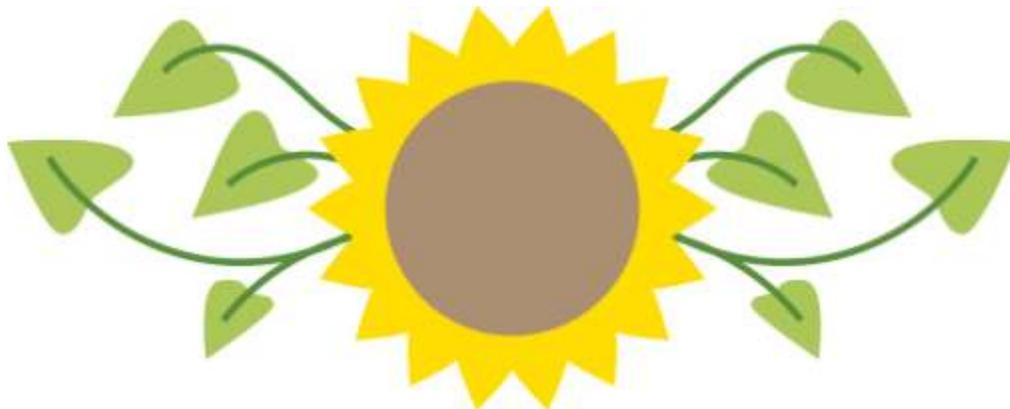
Once again, people were glued to their seats while watching her enchanting magic. She brought back the monkey routine, which was truly enjoyed. She writes: "Thank you for inviting me once again to share my magic with . . . (the people we serve). They were all very nice" And so once again our folks got to see magic close up!



REMEMBERING OUR FRIEND PATRICIA JOY

By: Laura Francis-Bohr

Today we celebrate the life of Patricia Joy. She passed away one year ago today (July 07, 2014) and we continue to think and talk about her daily. Team 5 consumers and staff wanted to remember her in a special way. Our friend Carolyn the “art lady” was working with Patricia on painting a fruit and vegetable stand at the entrance of team 5. Pat’s very favorite things to eat were fruits and vegetables. It was half way completed when Pat passed away. Carolyn continued to work on the painting, leaving an opening in the middle of the stand, not knowing what “we” team 5 wanted to put in there. Staff Peggy suggested having a photo of Pat. Then our awesome friend Carolyn graciously offered to paint a portrait of Pat in the middle of the fruit and vegetable stand. Carolyn is a professional artist whose specialty is portraits. It was a perfect match, Pat’s beautiful face in the middle of the fruit stand, watching and keeping an eye on her favorite people’s coming and going. We celebrate her life at Transitions North with the unveiling of a portrait of our friend. Pat was kind, thoughtful and loved life. She served others with an open heart. We all miss Pat and will remember her each and every time we enter team 5. We miss you so very much and hope you are in a better place.





Transitions Central Walk-a-thon

By: Kathryn M., Rosemary Jones and Gary Sheren

Strengthen the mind you will strengthen the body.
Doing the walk-a-thon was lots of fun,
Being a team made us number one.
Come one, come all and join the fun,
Transitions Central is number one!



Community Counts

By Erin Parcell, TGL

This summer has been a time of great celebration of community for Transitions Grand Ledge. We have built a great relationship with Chuck Pantera, our local Sun Theater owner, realtor, and all around great guy. In conversation with me about the destruction of our shed two winters ago and the lack of resources we had to replace it, Chuck reported “I’m going to build it for you!” He invited me to a Rotary meeting in Grand Ledge to speak about what we do and to drum up support and funds to build the new shed. Within fifteen minutes of asking his fellow Rotarians, he has acquired the necessary funds to build the shed!! It was an exhilarating and humbling feeling to know that people cared that much. From that talk, a local pastor from the Grand Ledge Baptist Church, who already hosts our yoga class, reached out to see how else we could collaborate with them. He invited me and Andrea Manchip (T-Charlotte) to come and see what the church had to offer. This meeting opened up doors to access to an amazing gym for basketball practice and games as well as ample space to hold cooking classes, movie days, karaoke, meetings, in-services, and more. He expressed the church’s desire to partner with us and to help spread the word about what we do and to support people in getting involved in their community. He shared that part of their philosophy is that everyone is born to work (contribute) and to be in relationship with others. I could not have been happier to hear this. We are so blessed to be in this community with people who really care. I can’t wait to see what these relationships will bring us.

Always Good Eating in Charlotte

By Sunny Howard, CST



If you have had the chance to visit Transitions - Charlotte you would know the staff out there love to cook and eat. I must say we are some of the best cooks in this agency..... although I do believe the real stars from Charlotte are those that par take in the Monday cooking class.

Luckily I have the pleasure of sampling each meal the cooking group produces and let me tell you we are eating very well on Mondays!! We have made such things as breakfast burritos, fried rice, potato

soup, beef and broccoli, chicken kabobs and chicken sausage gumbo just to name a few. This group really out does themselves each and every time, is working well as a group with each person participating in the prepping, cooking, and the clean-up during each class.

I am proud to say Transitions Charlottes cooking class kicks butt and I am happy to have the opportunity to work side by side with each one of them in this class.



Summer 2015 at Transitions St. Johns



As summers tend to do, this one is going by quickly and we at Transitions St. Johns are attempting to pack as much as we can into these short few months. Our days have continued to be busy with our usual schedule of volunteering in the community, bowling and our other weekly activities. Our men's group has built and been recognized by the community for building bluebird houses which have been installed on the new Rails to Trails path which goes through Clinton County. We have also been taking part in lots of festivals around Mid-Michigan including the Bavarian Festival in Frankenmuth, Elsie Dairy Days and the Williamston Jubilee. We have been to zoos and parks and nature centers and most recently have picnicked and been swimming at the lake.....in the rain.

We have had our own Carnival Fundraiser which was a success and have been growing a beautiful vegetable garden full of green beans, peas, cilantro, squash and this year added strawberries.

Our focus at the moment is a very special event coming up at the end of this month-Our prom! Excitement is building for this night and we can't wait to see everyone dressed to the nines! The ladies have been trying on the dresses we have had donated and are going to be lovely, the men have been thinking about who to ask as their dates and the decorations and boutonnieres and corsages are being made by our wonderful parent/guardians!! We can't wait and will update everyone on the evening in our next newsletter.

For now however, we are all savoring every moment of Summer and enjoying each day....

Submitted by: Michelle Sheren, Transitions Saint Johns

