



# Transitions News!

Volume 9 ~ Number 1

February 10, 2012

## **VOLUNTEER TRAINING FROM THE CAPITAL AREA HUMANE SOCIETY**

By Laura Francis-Bohr  
Transitions North

During Person Centered Planning meetings, visiting and volunteering with animals is a frequent request related to community based activities. Local animal shelters require training to become volunteers at their sites. It has been time consuming to schedule these trainings, which are generally held on weekends at the Humane Society.

On January 26, 2012, Transitions North DDS Laura Francis-Bohr organized and hosted a great training seminar for both Residential and Transitions staff related to the Capital Area Humane Society. The conference room was filled with over 20 people. Stasi Bates, Humane Society staff, came and presented information on how to become a volunteer. Volunteers are needed to work with animals, clean, do laundry and in other areas.

Stasi has been with the CAHS for over fourteen years and shared lots of information and stories about her time with the CAHS. Stasi is really excited about possible volunteers from CEI/CMH. She was very welcoming to the potential volunteers. All volunteers will receive a free volunteer tee shirt and a name tag to wear while volunteering in their building. Many of the basic rules are easy to understand as they are on color coded cards, placed on the cages of animals. The hours are Monday through Friday, Noon to 7:00, Saturday, Noon until 5:00 and Sunday, Noon until 5:00 (summers only). Several consumers have already begun to volunteer in areas related to pets. No formal training is needed to visit areas such as the cat room, which is another activity frequently enjoyed by consumers.

## **CHEERS TO OUR VOLUNTEERS!**

By Elizabeth Putnam  
Transitions Mason

Each week and every week, 29 consumers from Transitions Mason volunteer in their communities. They deliver meals to homebound residents of Holt, Mason and Leslie twice each week and they go to the Volunteers of America one morning each week, to tidy up the store and make sure the racks are looking good for the customers. The consumers at Transition Mason have also been very busy putting together mailers for the Ingham County Animal Shelter. The last one they worked on had over 1,000 pieces. Consumers were also excited to be able to assemble the gift bags for the Potter Park Zoo event this year. They completed 1,000 bags and we heard that wasn't even enough! Hard to believe, since the gift bags covered every surface of the satellite building for the two weeks it took to put them together, creating a sea of lime green! So, many, many thanks to all of the consumers who have and those who continue to volunteer. The work of the agencies we help would not get done if it wasn't for you.



## **VALENTINE'S DAY PARTY**

By Linda Kimball  
Transitions Central



The December holidays consumed so much time for the Transitions Central party planners that they decided to wait a while. The wait is over as a Valentine Party is being planned for February 17<sup>th</sup> at the Delta Presbyterian Church. People served by Transitions Central, Charlotte and Grand Ledge will swing and sway to live music by Martin and Company. Light refreshments will sweeten the experience for all who attend. Waiting makes this party extra special.

## **NEW CHOICES FOR TRANSITIONS SOUTH CONSUMERS**

By Lisa Mack  
Transitions South

The start of a new year also brings the start of some new options for Transitions South consumers to occupy their days this winter. Along with the usual array of community activities and skill building options, the consumers at Transitions South are taking part in some new and exciting classes. One of the offerings is Creative Cooking. The participants plan a menu, shop, and prepare delectable treats that are shared with others in the building. The first much anticipated dish was Taco Salad. The Current Events café offers the news of the day, along with coffee and a snack. Around the World is a social studies type offering that focuses on one area of the globe each month. They are starting with Japan, and have learned a lot about this nation already, and have a great exhibit in the hallway to show off what they have learned. Quiz Busters is a great opportunity to practice reading and listening skills and to compete by answering the questions correctly. Many other classes are happening too, such as Music, Collage making, Grooming, Exercise, Science Fun, Geography, Games and Movie discussion group. We have started with two classes every morning and two classes every afternoon, and find that people are very busy, but having fun with their new choices.

## **FEEL BETTER**

By Inger Lanese  
Transitions Grand Ledge

Have you ever noticed how acts of kindness can brighten your day? If someone smiles and opens a door for you, how does it feel? How about when a person compliments you? Practicing random acts of kindness can actually benefit both the giver and receiver. The old adage "what goes around comes around" might be applicable in this situation. We tend to project outward what we feel inward. If you are afraid or sad, try offering a favor to someone. See if this makes any difference in your feelings. The little boost of confidence you might feel from this action could be just enough to shift your emotions into a more positive state.

Attitude can be contagious. Implementing a practice of a daily "check-in" with your internal state of being is beneficial for building a positive demeanor. Try this exercise for one week. Set aside 5 minutes a day to ask yourself: "How happy am I right now?" Give yourself a rating scale of 1 to 10, where 1 is not at all happy and 10 is very happy. If you notice your level of happiness is low, what can you imagine might lift your spirit? Is something or someone in your life preventing you from reaching a 9 or 10? If so, picture that person or thing. Imagine yourself sharing kindness with that person/object. Visualize your heart chakra opening up with nothing but flowing kindness outward. Direct the heart energy with gentle guidance and ask for nothing in return. Notice if this exercise shifts your attitude in any way. You may journal about the experience if you would like to revisit it.

Whenever you begin to feel sad, angry, or anxious, visualize the kindness energy flowing from your heart and be gracious. Once you begin to acquaint yourself with the kindness flow, you might begin to recognize it more often. You may even begin to welcome it. When we empower ourselves with the ability to shift our emotional state, it can be a power that is absolutely amazing.

## **HELPING PEOPLE TAKE CONTROL**

By Carol Kron  
Transitions Charlotte

Empowering individuals is important enough to secure funding and plan for a training event for the people we serve. Transportation advocacy was the topic covered at the "Personal Empowerment Day" scheduled for February 10<sup>th</sup>. Early registration was required for all the participants and a free lunch was provided. Each person learned about writing letters to politicians to improve public transportation as well as related topics. Staff from Transitions Charlotte and Peckham Charlotte assisted with this training day.

## A DREAM RIDE COME TRUE

By Linda Thom  
Transitions North

Joey, a consumer from Transitions North, had one of his dreams come true on September 1, 2011. He and relief staff Linda Thom, went for a long ride in the country in a 100<sup>th</sup> year Anniversary Special Edition Ford Mustang Convertible. Joey had talked about such a ride during several conversations with Linda and she was able to arrange the event, as her husband happens to own this car. Joey enjoyed riding the "Black Sally" on a warm, beautiful sunny day. Topping off the trip was a stop for ice cream! Joey very much enjoys talking about his ride to others in his life.



## THE WORK OF FINDING WORK

By Deb Voss  
Transitions Employment Solutions

Terri Beard from CEI, Crystal Stover and Ed Smith from PVI presented information about job placement practices and procedures recently at a Case Management staff meeting. They are preparing a comprehensive listing of all currently served and those who are looking for work. Their presentation helped everyone to better understand what job placement involves.

# SPOTLIGHT ON RELIEF STAFF



Transitions North has been lucky to recently bring to our relief pool **Rosemary Moore**. She had decided to make a change from working at Moore Living Connections, and started thinking about working at Transitions North instead. Many of the Transitions North staff had worked with her in her position at MLC and they spoke very highly of her. Rosemary joined us in July of 2011 and has been a great addition to our program. She has a cheerful and positive attitude every day!!

Rosemary has been married for 26 years and has 3 children and 5 adorable grandchildren. Her leisure time is spent travelling, gardening, reading and spending time with her family, particularly during the holiday season. Rosemary is very active in her church, and works on food and clothing drives. To quote her, "I'm happy to be here at Transitions North and making a difference in the lives of our consumers". We are happy about this too!!

**Mussa Maingu** moved to the United States from Tanzania in 2001. He has been working as a relief staff at Transitions South, Mason, Charlotte and Grand Ledge since May of 2006. He is happily married to Kimberly Maingu who works at Transitions North. Mussa and Kimberly recently visited his daughter in England, and hopes to have her here for the summer. Mussa brings a sunny attitude to his job. Everyone knows when he enters the building by the sound of his singing and the smell of his coffee! Mussa is also well known for his DJ duties, as he has entertained folks not just in the program but all over the community. Mussa loves to play soccer, and participates with indoor and outdoor leagues. He is pursuing his degree in Dentistry.



## TRANSITIONS PROGRAM CLOSINGS

Monday, February 20.....Presidents' Day  
Friday, March 2.....Inservice Day  
Friday, April 27.....Inservice Day  
Monday, May 28.....Memorial Day



**The Sweets Place**

Personalized Treats for Every Occasion  
Birthdays, Anniversaries, Graduations,  
Weddings, and great for Advertising!

Call Elizabeth at 676-3401 to order.

Prices: \$.25 each for 200 or less  
\$.20 each for over 200  
Please allow 2 weeks for delivery.

The advertisement features several examples of personalized treats: a chocolate bar for 'BARBARA'S 54th Birthday', a Halloween treat for 'HAPPY HALLOWEEN FROM THE PAWLESS', a graduation treat for 'Congratulations! Marisa', and a birthday treat for 'Happy Birthday Jaime'.



**Bubble Shoppe Enterprises**  
Handmade soaps, lotions, diffusers and air fresheners.  
Call Transitions North for scents, designs and prices.  
Special orders are available.

(517)323-9558, ext. 141

The advertisement includes a simple line drawing of a bathtub with bubbles rising from it, a bar of soap, and a pair of slippers.



**Pet Pantry Etc.**  
home of the  
"PUP TART"

989-224-7810  
petpantry@ceicmh.org  
315 Clinton St. • St. Johns MI 48879

The advertisement features a circular logo with a dog's head and the text 'Pet Pantry Etc.' and 'PUP TART'.

## MICRO ENTERPRISE PRODUCTS AVAILABLE AT THE MEGA MALL

*The Micro Enterprise Committee of Transitions continues to support booth B-8 at this 300 booth Store. Products are available 7 days per week with the Mega Mall handling the sales. Consumers volunteer twice per month at the store as helpers, along with the other volunteers for 3 hour shifts. This provides a meaningful experience for consumers to explore work in a retail setting. Consumers who have micro enterprise products on display are able to go to the Mega Mall to check inventory, restock, decorate and rearrange the display. They can solicit sales by telling their family and friends where their items can be purchased. The site is handicap accessible and all on one level.*

*We look forward to meeting your last minute shopping needs by inviting you to visit. The Mega Mall is located at 15487 Old 27, 2 miles South of I-69, exit 87. It is open every day from 11 am to 6 pm.*