

# Transitions News!



Volume 8 ~ Number 1

February 4, 2011

## **GROWING INTO THE SIZE**

By Deb Voss  
Transitions Grand Ledge

Developing a program is more staff intensive than maintaining and tweaking something already in place. Recently some questions were asked about staff numbers in relationship to the number of consumers served by the Transitions Grand Ledge program. Transitions has not opened a new community based program in over 8 years and memories of the startup have grown dim. Transitions Grand Ledge was started last June on an informal basis while a budget, building and staffing were secured. Staff from Transitions North began exploring community options in Eaton County while the details of the program were solidified. Currently, there are 18 consumers formerly served by Transitions North who now attend programming with Grand Ledge. There are a couple other consumers who directly entered a Transitions program through Grand Ledge. Three full time equivalent Community Support Technicians (2 full time, 2 half time) support these 19 + consumers in the program which gives a ratio of 1 staff member to 6 consumers. There is a lead staff person, Dorothy Archambeau who organizes the program. This level of support is consistent with the needs presented by the consumer group which was previously served at Transitions North.

Transitions Grand Ledge has had plenty of challenges because of the delay in getting the building prepared for the program. The former bank building (401 S. Bridge Street) had no restrooms on the main level so handicapper accessible restrooms had to be built. With any construction job, there are unforeseen obstacles to completion. Setting up temporary housing at the Delta Presbyterian Church was a blessing to the program. The church opened their doors to the program and has graciously hosted us since November.

The program was able to begin to create a culture all its own by moving to this new location. Many thanks to the members of the church for offering their space, heat, electricity and restrooms for our use!

We expect to be hosting an open house very soon as the Grand Ledge location is nearly finished. Further information will be coming about an opening date.

## **TRANSITIONS PROGRAM CLOSINGS**

Monday, February 21.....Presidents' Day  
Friday, March 18.....Inservice Day  
Wednesday, May 18.....Inservice Day  
Monday, May 30.....Memorial Day

## **MAKING FRIENDS WITH WINTER**

By Kristy Hawkins  
Transitions Mason

Consumers at Transitions Mason decided to take advantage of the cold snowfall. A group headed for the sledding hill for a fun day of being dare-devils. It was truly amazing to watch the excitement on everyone's face as they jumped on their sleds and flew down the hill. The warmer weather thawed the snow, and then the cold made it into ice. We all had a great time. For some, this was the very first time they had ever gone sledding. The perfect activity to finish the sledding was enjoying hot cocoa and coffee at Burger King. While we warmed up we discussed more exciting winter trips like ice skating or cross country skiing.

## **GO GREEN! GO WHITE!**

By Beth LaFleche-Hall  
Transitions Central

Over the past several years the Transitions Central program has continued to benefit from the generosity of those involved with MSU Women's Basketball. Each

fall, the Director of Basketball Operations has graciously donated several home game tickets to the Transitions Central program. For the 2010-2011 season, a total of 19 tickets to three home games have been provided. These tickets will allow Transitions Central consumers to join in on the excitement and cheer the women on to victory.

Julie Pagel Dombroski, the Director of Basketball Operations for head coach Suzy Merchant, was a four-year letter winner at Michigan State from 2001-2004. She was once again very receptive to Transitions Central's request and quickly responded by providing donated tickets.

Win or lose, the opportunity to catch a college basketball game is an exciting experience. Transitions Central will once again enjoy cheering the women on during this basketball season. Go Lady Spartans!

**Brrrrrr.....**

By Michelle Sheren  
Transitions St. Johns

Winter's snow and cold temperatures mean different things to different people. For some it is a time of sledding, cross country skiing, ice skating and building snowmen. For others it means heading to warmer climates.

For individuals attending Transitions St. Johns it has created some challenges as we have continued to try to meet our responsibilities as volunteers in our community. First, there are the often snow-covered and sometimes slippery roads which must be travelled as we make our way to our sites....Those country backroads can be particularly troublesome.

Then there are the cold temps! While most sites are indoors, several involve work which takes place outdoors-including the Lions Club Recycling Center and Sierra Rose Farms. The safety of consumers is always the first consideration when determining whether or not we will be able to go. Days like the one on which this is being written with a wind chill of -4, we have made the decision to cancel our visit to the Recycling Center. Most winter days, we trudge forward with our mittens, hats, scarves, boots and other winter apparel-and without too much grumbling about the cold- to feed and clean stalls for the horses and make sure that the recycling in St. Johns is completed.

The cold weather brings additional learning

opportunities for TSJ consumers as we reinforce topics such as personal responsibility—remembering one's weekly schedule and remembering to bring necessary winter-wear, the concepts of follow through and reliability, as well as the dangers of hypothermia and frostbite. Information has also been shared with consumers regarding cold and flu symptoms and when to stay home if they are not feeling well!

The Ground Hog's prediction told us how much we have to endure. If that news wasn't what you wanted to hear, just wait a while. Spring is sure to show up.



## HUMANE SOCIETY

By Lena Jean Pratt  
Transitions Grand Ledge



The Capital Area Humane Society is a special place for animals that are abused, getting left behind or not being properly cared for.

The Humane Society takes care of the animals until they get adopted into new families. They look for families that can treat animals with care, love and respect.

All animals should be loved and not scared in their new family home.

## REMINDER:

When sending a check to Transitions for a consumer, please issue the check to:

Clinton, Eaton, Ingham  
Community Mental Health Authority

- OR -

CEI CMHA only.

Transitions is unable to cash any other checks. Please call your Transitions site if you have questions about this.

## WORKING OUT WORKS OUT WELL

By Carol Fischer and Susan Speers  
Transitions North

Five Transitions North consumers have been attending a Senior Exercise Class at the Mt. Hope United Methodist church for over a year. The Church has a large gym area where the class is held. The class is

sponsored and taught by instructors from the YMCA and is a part of the Y's initiative to bring their classes out of their centers and into the community. That is a great match with the Transitions focus on people being truly part of their own community.



Each class has 10 to 21 people and is attended by both men and women. The instructor, Anna, does a great job personalizing each session for whoever is in attendance that day. The 1 hour class includes activities like dancing, seated exercises, using hand weights and standing movements. Participants request their favorite moves and can participate with as much energy as they have that day.

The fully integrated Transitions North consumers participate enthusiastically in the activities by calling out their favorite moves. Current favorites are "Red Light, Green Light", "The Mount Hope Shuffle" and "Arm Swings". The group also exercises to their favorite songs, and are able to sing along.

The class meets from 10:30 to 11:30 on Wednesday mornings. There is always room for more people to exercise, so please join the class if you want to have some fun and get fit at the same time. The cost is only \$3.00 per session. The address is Mt. Hope United Methodist Church, 501 E Mount Hope Ave Lansing, MI 48910-9136 (517) 482-1549.

## **TRANSITIONS GRAND LEDGE.... DOING OUR PART TO RE-USE, RE-DUCE AND RE-CYCLE!**

By Dorothy Archambeau

Transitions Grand Ledge Neighborhood Center is excited to be making strides toward being a 'greener' place. Several consumers attending Transitions Grand Ledge have become involved with recycling different materials, including newspaper, paper and magazines, plastic and cans. Once a week the consumers collect recycling materials from the Delta Presbyterian Church, its employees and other community members, and take it to the Recycling Center on Whitney Street in Grand Ledge.

### **What is Recycling**

Recycling refers to the process of collecting used

materials which are usually considered as waste, and reprocessing them. These used materials are sorted and processed to be used as 'raw materials' for the production of new products. Some of the most common items that are recycled are plastic, glass, paper, batteries, aluminum etc.

### **Process of Recycling**

The recycling process involves three stages. In the first stage the old products are sorted, cleaned and made ready for recycling or manufacturing new products. The second stage involves the manufacturing of new products from the raw material obtained by the processing of the old products. Finally, the process ends with the purchasing of recycled goods by the consumers. The more people that buy recycled products, the better the success of the recycling process!

Most communities now offer either curbside recycling or centers to take your materials to be recycled. Please do your part to help out the environment, create a profitable market for recycled goods and help preserve our natural resources from being depleted.

## **SPOTLIGHT ON RELIEF STAFF**

In the spring of 2010, Tak Mizobuchi set up an interview time at Transitions South. He was a



psychology major at MSU looking to set up a volunteer internship for the summer. His pressed white shirt and black tie along with his professional demeanor were in striking contrast to others previously interviewed. Tak

began his volunteer career toward the end of June. He logged 16 hours per week for most of the summer then was hired in August for a Relief Community Support Technician.

Tak enjoys his work and is especially disappointed when snow accumulations close the program! Mr. Mizobuchi is the best marketing representative for the program. He has talked highly of the program to others at MSU who are now interested in volunteering or working for CMH.

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**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, re-stock, decorate and re-arrange 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.

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(517)323-9558, ext. 141

Dear Consumers, Parents, Guardians and Residential Providers:

This is a reminder to you of the procedure to be followed in the event day programs need to close either totally or partially due to inclement weather.

Total Closing: In the event of severe weather conditions, all Transitions programs will close. There will be announcements on local radio stations that approximates the following: "CSDD day programs are closed for the day." Given this notice, no one, without exception is to be transported to program.

Partial Closing: There are different possibilities whereby the program will be open to people living only in specific geographic areas depending upon weather conditions. In these instances, again, listen to the radio for school closings. If the local district in which you reside is closed, you will automatically know that Dean Transportation will not operate in that district as well. If you or your home transport directly, we are asking that you follow the school district's lead and not transport. Should you question whether you should transport or not on any given day, please consult your day program coordinator.

Under partial program closings it is important to note that if the following school districts close, the corresponding CSDD program will close as well:

<u>School District</u>	<u>CSDD Program</u>
Lansing	Transitions North & Transitions Central
Holt	Transitions South
Mason	Transitions Mason
Charlotte	Transitions Charlotte
St. Johns	Transitions St. Johns
Grand Ledge/Waverly	Transitions Grand Ledge

CATA/Spectran/CATA Rural/Eatran/Clinton Transit System Riders: When there is a total or partial program closing, carriers will be notified not to provide transportation to specified day programs.

If you need further clarification, please feel free to call your program coordinator:

Susan Speers (517)323-9558 ext. 116 for Transitions North  
Michael Mahoney (517)346-9550 for Transitions Central and St. Johns  
Deb Voss (517)694-4715 ext. 234 for Transitions South, Mason, Charlotte & Grand Ledge

Thank you very much for your cooperation.

Sincerely,

Transitions Managers

**TRANSITIONS**  
**2010 - 2011 Program Closing Schedule**

Winter Holiday Break.....Thursday, December 23, 2010  
through Friday, December 31, 2010

Transitions Programs & Dean Transportation resume services Monday, January 3, 2011

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Martin Luther King Day.....Monday, January 17, 2011

Presidents' Day.....Monday, February 21, 2011

Inservice Day.....Friday, March 18, 2011

Inservice Day.....Wednesday, May 18, 2011

Memorial Day.....Monday, May 30, 2011

Independence Day.....Monday, July 4, 2011

Inservice Day.....Friday, August 12, 2011

Labor Day.....Monday, September 5, 2011

Inservice Day.....Thursday, September 29, 2011

Veterans' Day.....Friday, November 11, 2011

Thanksgiving.....Thursday, November 24, 2011  
Friday, November 25, 2011

Winter Holiday Break.....Friday, December 23, 2011  
through Monday, January 2, 2012

Transitions Programs & Dean Transportation resume services Tuesday, January 3, 2012