



Transitions News!

Volume 8 ~ Number 2

April 4, 2011

TRANSITIONS MASON - GIVING BACK

By Elizabeth Putnam
Transitions Mason

The consumers at Transitions Mason realize how important it is to give back to their community. They are grateful for the kind things the folks around Mason have given to them and feel it is their responsibility to pass it along. The Kiwanis Aktion Club has been an excellent experience for participants. Nine members participated in a Bowl-A-Thon fundraiser to raise money for "Sleeping Children Around the World" which happened March 16 at Capitol Bowl in Owosso. The Members want to send a gigantic "thank you" to Mason residents Elaine Ferris and Julie Dart, for keeping the meetings going while sponsors Jack and Darlene Cook are someplace warm for the winter. Several members have also signed up to help with spring cleaning of Raynor Park in Mason on Saturday, April 2. This is a community wide effort to keep Raynor Park open, a favorite in Mason that was closed last year by the county because of budget problems. Transitions Mason consumers have also been busy helping out the Ingham County Animal Shelter with various mailers, label placing and assembling party favors. A big thanks for quickly cranking out the 1500 piece invitation assembly goes out to Ian B., Yvette A., Brandi D., Ashley F., Jodie I., Marci B., Brandon R., Lisa T., Victoria T., Fred M. and Jon V.



HAPPY SMILES

By Kathleen Field
Transitions North

Twenty consumers at Transitions North recently enjoyed a hands-on demonstration of proper tooth brushing methods, thanks to some Lansing Community College Dental Hygiene students. Suzanne, Laura, Brandy and Christine assisted

consumers in the Transitions North Alternative Programming class in using oversized toothbrushes and

denture models to perfect their method of brushing. Flossing was also practiced and a healthy diet was encouraged to promote better dental hygiene. To end the session, an oral quiz was given to the group to evaluate the effectiveness of the demonstration. Consumers were eager to answer questions about what they had learned.

The four LCC students presented the class with an individually prepared picture booklet showing all of the services the LCC Dental Clinic offers. This booklet can be used to help consumers become familiar with the clinic prior to visiting. Before leaving the class, the students passed out gift bags to everyone. The bags contained a new toothbrush, a small tube of toothpaste and a flossing tool. Everyone left the class with a new interest and enthusiasm for brushing their teeth.

HAZE CERAMICS & MORE

By Lisa Mack
Transitions South

Haze Hotwagner, is the owner and operator of Haze Ceramics & More in Old Town in Lansing Michigan, and is a certified ceramics instructor.



She has many years of experience in working with people with special needs, starting when she was a teenager. More recently Haze has been conducting ceramics classes at Peckham three days a week, and multiple classes throughout the week at her studio in Old Town, including the class on Tuesday mornings with some people served by Transitions South.

Haze has been very receptive to working with people with limited budgets, and has a large variety of inventory, and reasonable prices for class fees to make

it an affordable and enjoyable activity for our artists. Right now the building is not handicap accessible due to a 3 step entrance. Haze is hoping to get a portable ramp with help from Habitat for Humanity which will ease the way for customers with wheelchairs.

The consumers from Transitions South look forward to this class every other week, and have made some very beautiful pieces.

For those that may be interested in visiting the studio in Old town, the address is 304 E. Grand River, Lansing.

TRANSITIONS PROGRAM CLOSINGS

Wednesday, May 18.....Inservice Day
Monday, May 30.....Memorial Day

FAREWELL FRIEND

March 17, 2011 brought a bit of Irish luck to many while Transitions saw the last of the original leaders step down. Michael Mahoney, Program Coordinator for the past 36 years retired from CEI CMHA. Michael was initially hired to assist with staffing a newly developed day program for those leaving state institutions to be served in their home communities. He tickled the keys on the piano engaging the newly released "patients" in an unfamiliar world to sing or keep time with the beat. In his youth, Michael found his calling to serve the most vulnerable of society after being a highly decorated Army Ranger in Vietnam.

Michael worked at the former Adult Daily Living program housed at Beekman Center. He opened the Transitional Training Services location in Holt then went to run ADL at the new CSDD-North building in the 1980's. He later took over responsibility for Project 20/20 which morphed into Transitions Central. Michael also assumed responsibility for the Transitions Employment Solutions program which assists people with finding paid work.

Most memorable in Mr. Mahoney's career has been his impersonations of the man with the white beard-St Nick! Michael used a standard sleigh for most of his "Santa gigs" but there is a story that he one time was dropped in from above using a helicopter!

A party celebrating Michael's contributions to CMH was held at the Irish Pub. Many of the guests wrote and shared limericks for Michael. He shared his story of why he chose to stay so long at CMH and then hoisted his pint to bid all farewell. Mr. Mahoney-congratulations on your retirement.

ANN HALL RETIREMENT!

By Susan Speers
Transitions North

On February 11, 2011, Ann Hall retired from her position as a Community Support Tech with CEI. Ann ended her career working at Transitions North, where she worked



in the Workshop Team. She was the leader of the Job Readiness classes for many years, and particularly enjoyed teaching classes.

Ann started her career with CEI as a relief staff at Transitions South. She was then hired into a regular position when Transitions Central became an official unit. She then came to work at Transitions North in 2006. Ann took her roles as job coach, inclusion coach, group leader and "all other duties as assigned", very seriously. She truly enjoyed working with consumers and had a positive effect on the lives of many.

We thank Ann for all her efforts and wish her well in her future plans to travel and spend more time with her family!!

MAPLE SYRUP FARM MAKES FOR A SWEET TRIP!

By Dorothy Archambeau
Transitions Grand Ledge

On Monday March 28th a group from Transitions Grand Ledge made the journey to Mazurek's Maple Syrup, near Woodland, Michigan, to see how maple syrup is made.

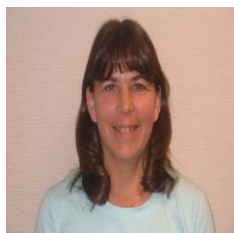
Maple syrup comes from sap, from the inside of sugar maple trees. The sap runs through the inside of the tree, just inside the bark, in late winter or early spring when the nights are below freezing and the days are mild.

There is more than one method of collecting maple syrup. Some people collect it in metal buckets with a cover on the bucket to keep out the snow and rain. The buckets are taken to the sugarhouse when they are full. Mazurek's uses a different method. They have tubes that carry the sap from the trees to the sugarhouse.

To make maple syrup from the sap, the water needs to be evaporated out. When the sap comes from the tree, it is about 98% water and 2% sugar. An evaporator is used to boil down the sap. It is heated and when the sap boils the water evaporates out. It becomes maple syrup when it reaches 219.5 degrees, and is 67% sugar.

It takes 43 gallons of sap to make one gallon of syrup! After the trip to see how the maple syrup was made, the group ate pancakes (with syrup), eggs and sausage. A great time was had by all!

SPOTLIGHT ON RELIEF STAFF



Some describe her as cool, calm and collected while at work. She started working at Transitions South in late fall of 2005 and has done almost every job available. **Ranee Murphy** was initially hired to help fill in for absent staff at Transitions Charlotte. She had

previously worked at the Monroe-Hughes AFC in Potterville which had changed hands and became Garland AFC. Her many years of experience working with persons with developmental disabilities gave her many skills to use in this new setting.

Ranee has worked as a job coach sorting paper at Granger. She has staffed community activities, worked in demanding teams and spent a lot of time at each of the satellite programs assisting people. She is someone who answers her phone in the morning when a sub is needed at the last minute. She is willing to help anywhere she is needed, doing anything she is able to do.

She can be a prankster at times, adding laughter in the work place. Her "poker face" causes you to blame others but in the end, Ranee is the culprit! She applied for the position and was highly recommended by Jean Stroesenreuther who had worked collaboratively with Ranee in Charlotte. What a great find!



Olson Ornevil has been part of the relief staff pool at Transitions North since April of 2004. He has worked in all parts of the program, and is a very interesting man.

Olson was born in Haiti, and attended Christian Schools there through High School. He also attended college in Haiti, taking linguistics courses. Prior to coming to the United States, he taught Spanish to High School students. He also gave French and Creole lessons at the Mexican Embassy and UNESCO. Olson is able to speak and write French, Creole, Spanish and English!!

Olson sees himself as an interpreter, translator and poet. He is married, with two young daughters. He likes reading; surfing the Net; and listening to Christian, classical and romantic music. He enjoys travelling with his family, eating out and taking his children to the library and park.

Olson has been attending college classes all along and he plans to enter a nursing program this year.

We are lucky to have a person with such a diverse background and set of skills on our staff!!

"ACHIEVING HER DREAM"

By Beth LaFlech-Hall & Simone
Transitions Central

Simone was first referred to Transitions Central in January of 2003. After moving to Lansing from Maryland, she had little community experience. Once she was introduced to the Transitions Central program, Simone slowly increased her community involvement.

Tentative at first in unfamiliar surroundings, Simone initially joined a few activity groups. Now, Simone has expanded her community experiences and also works two full days every week as a consumer aide at Transitions Central's Drop-In Center. Simone is incredibly busy, and very satisfied. Recently, she achieved one of her long time goals of living in her own apartment. When asked to write an article for the Transitions Newsletter, Simone shared the following:

"I had a lot of help and support from my family, my case manager, Pam Rolfe, and Transitions Central. For all these years, they have believed in me that I would get my own

place to live. On February 21, 2011, it came true. I now live on my own at Friendship Manor in Frandor.

Ever since I started working with Pam and Transitions Central, I have loved to do things in the community, helping people and working to be independent. With help and support, I achieved my goal and dream of getting my own place to live. Someday, I hope to go to college. I have a dream to learn about nursing and history.

I have always wanted to be able to help people ever since I was a little girl. And I have always wanted to have my own place. Being on my own now makes me feel happier, brave, skillful and independent. I have achieved and accomplished a lot. It makes me feel very proud."

YOGA AT THE DOWNTOWN YMCA

By Jeff Hibbs and Darren H.
Transitions North

Nine people attend Yoga class at the downtown YMCA. The sixty minute class is designed to improve balance, range of motion and relaxation.



The Sweets Place

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

Call Karen on her cell phone #,
775-0586 to order.

\$.20 each for over 200
Please allow 2 weeks for delivery.

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.

Pet Pantry Etc.
home of the
"PUP TART"

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

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