

# Transitions News!



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## "OPEN AT LAST"

By Deb Voss with Dorothy Archambeau  
Transitions Grand Ledge

July 12<sup>th</sup> was a very special day for Transitions Grand Ledge consumers and staff. It marked the official opening of the Drop in Center located at 401 S. Bridge Street in Grand Ledge. Many months of construction yielded a beautiful space for this new program to call "home". Consumers and their family, friends plus curious visitors packed the 1500 square feet of space while toe tapping music kept everyone entertained.



Transitions Grand Ledge staff spent extra time painting before the Open House. Lead staffer, Dorothy Archambeau even convinced her husband, Mark Hornberger, to power wash the outside of the building to make it perfect for the special day. Cake, popcorn and other refreshments completed the experience for visitors.

Since moving to this location in early June, the number of people interested in getting involved with the program has increased. The Grand Ledge community has been very welcoming and the future looks very bright.

Please stop in to look around if you couldn't make it to the open house.

## CORRECTION:

Volume 8 Edition 3. The article entitled "The Sounds of Spring" was incorrectly credited to Michelle Sheren. The actual author was Emily R., a person served by Transitions St. Johns. We apologize for the misrepresentation.

## SHARING RESOURCES

By Michelle Sheren  
Transitions St. Johns

Early last Spring participants at Transitions St. Johns decided they would like to plant a garden...This topic has come up just about every Spring since our program came to be, but because of our location on Main Street in St. Johns it has been difficult to find space to plant a garden.

Since many people served are farmers or live in farming communities, we decided to send home a letter asking participant's families, group home providers and AFC providers if they might have a little extra space in their garden to share with us! The first to respond to our call for help was Regina from the Dewitt Group Home. She said they were expanding their own garden and asked if we would like to use some of their garden space for our own garden?! We responded with a resounding "We sure would!"

Seeds were planted in starter "greenhouses" and pretty soon we had lots of gangly, little seedlings ready to be planted! Some of the seeds we planted included: Zucchini, onions, green beans, acorn squash, carrots and cucumbers. Our temporary staff, Justine, bravely took on the challenge of assisting participants with this task. Since planting, the gardeners visited the garden weekly to water, weed and provide tender loving care.

While it may not be your typical garden with lovely straight rows, our garden continues to grow into "many viney, leafy things" and very soon we will be able to enjoy fresh vegetables, thanks to the kindness of our friends at the Dewitt Home!

## AN ACTIVE SUMMER WITH TRANSITIONS CENTRAL

By Kristin Emerick

For the past five summers, Transitions Central has provided community inclusion opportunities for a specific group of school age consumers while they are on summer break. This was begun in order to offer structured daytime activities to this group of consumers. There is one gentleman that has been involved with Transitions Central all five summers that isn't school age. He works at one of the dorms at Michigan State University and is off during the summer months while the majority of the students are away.

In the summer of 2007, Transitions Central received five referrals for summer programming. All were seeking recreational activities to participate in throughout the summer. Since this was the first time that Transitions Central was providing activities just for the summer, it was a learning experience for everyone involved. Things went smoothly meeting the needs of the new consumers. The four consumers participated in a variety of recreational activities such as bowling, mall walking, a sign language group, YMCA group and attending the Drop-In Center.

Last summer in 2010, Transitions Central also had five summer guests. Each of them were returning customers! The five guys were involved with bowling, mall walking, volunteering at Child Health Services, going to coffee group, attending the Drop-In Center, visiting with animals at the Humane Society and playing basketball.

Once again, Transitions Central is serving five primarily school aged consumers, this summer. Four of the five consumers are returning customers and the new consumer is our first female referral. Currently, they are involved in the following activities: volunteering at United Cerebral Palsy, bowling, participating in weekly activity groups, mall walking, coffee groups, gardening, shopping, playing the Nintendo Wii, fishing, playing basketball, swimming and going putt putt golfing.

A positive result of Transitions Central's summer programming, is when these consumers finish up with school and decide to join the program on a permanent basis, everyone knows everyone. The change from school to adulthood is easier because of the existing relationships.

## TRANSITIONS PROGRAM CLOSINGS

Monday, September 5.....Labor Day  
Thursday, September 29.....Inservice Day

## TIME FOR CHANGE: IT HAS BEEN 30 YEARS.....

By Deb Voss

Transitions South Coordinator

Creating interest for consumers and staff is challenging when you are doing this repeatedly for decades. Based upon a report from another CSDD staffer, a group of staff visited another CMH provider in the Bay City area to see how they ran their program. The idea looks possible for Transitions South so a second group of staff from Transitions South visited recently. The plan is to create activities for a 2 hour block of time each day in each of the 6 team rooms. Consumers will "vote with their feet" by choosing which activity is of interest to him or her then going to that room to get involved. Staff and consumers will leave their assigned teams to do these activities. It will break up the day and provide extra interest for everyone. This transformation is just getting started but has promise for keeping everyone actively engaged in their day.

Meeting the needs of people has to be unique and creative when the standard issue doesn't fit. Transitions South is creating something specific and unique for a small group of consumers. Teresa Nelson-Jennings has agreed to lead this effort and she has begun to meet with consumers to make plans for the future. The group is also working on getting to know each other by using games to reveal personal beliefs and philosophies of members of this new group.

"Is this the best we can do" is what we ask ourselves continuously. Change is sometimes tough but it usually has a great outcome for everyone who embraces it.

## BEACH COMBERS

By Elizabeth Putnam  
Transitions Mason



Transitions Mason Boys of Summer  
Left to right: Steve, Ian, Walt, Randy & Ben

Every wonder which Lansing area park has the best beach??? Well, we did, so 10 consumers from Transitions Mason are spending the summer finding out. They will be visiting Hawk Island, Motz Park in Clinton County, Burchfield Park, Valhalla Park, Lincoln Bridge Park in Grand Ledge and Lake Lansing Park South. The Mason Beach Bums (they picked the name!) will be rating each swim beach on the following criteria: Cleanliness, Accessibility, Water Quality, Bathrooms, Picnic area, Park staff and Overall Fun Factor. Each park experience will be rated by number, 5 being "Excellent" down to 1 being a "Total Dud". Results of their "research" will be announced in the next Transitions newsletter.

While this group is soaking up the sun, another group, made up of our Aktion Club members, will continue to help keep Raynor Park in Mason clean and open. They are responsible for keeping the playground area clear of trash and large branches. With support from Transitions staff and their Kiwanis Club sponsors, consumers volunteer their time on Wednesday mornings, weather permitting.

Transitions Mason and Charlotte participated in a bowling tournament on July 8<sup>th</sup>. The competition was held at CharLanes in Charlotte where this day long event produced champions. Trophies were engraved and awarded to the high scorers. Bowling was secondary to the comradely that was gained by being there!

Summer is so much fun!



## I SCREAM, YOU SCREAM!!

By Michael Robertson  
Transitions Charlotte

I scream, you scream, we all scream for ice cream! It's a favorite of kids and adults. It is said that the Romans would gather snow from the mountains and add to it different fruits. It was a dessert for politicians and aristocrats. The first time it was put in a "cone" was at the 1904 World's Fair...only because a man selling ice cream ran out of dishes and another vendor who was a waffle maker told him that he put whatever people wanted in his waffles and asked him to try ice cream. So by twisting and shaping the waffle...Voila!, the cone was born!

This month we went to Quality Dairy in Charlotte to try some of their hard, hand dipped ice cream. We tried flavors like Death by Chocolate, the name says it all - double chocolate ice cream with chocolate chunks and toffee pieces, very good! We tried orange sherbet, chocolate mint, and Michigan black cherry which was a favorite because of the real black cherry chunks. We also tried Espresso Express - if you like coffee you'll love this! We had vanilla and another personal favorite, Cookies and Cream. The most unusual was Fried Ice Cream, which is creamy ice cream with a hint of cinnamon, caramel and tostada pieces. A little different combination, something to get used to, but it was very good.

Some substitutes for ice cream are frozen yogurt and frozen custard...ice cream's cousin. In Italy it's called Gelato or Italian Ice.

To some it reminds them of being a kid and watching their grandparents make homemade ice cream. Tastes great on a hot day! So many flavors to choose from!!

## SPOTLIGHT ON RELIEF STAFF



Please meet **Stephanie Schneller**, a relief staff person at Transitions North. Stephanie has worked at Transitions North since August 4, 2010. Prior to this, she worked at the Stoll

Road group home, where she assisted with individuals with mental illness. Stephanie has been a great

addition to our staff!! She became aware of persons with Developmental Disabilities at a young age, as she has a sister with special needs.

Stephanie is a 2010 graduate of Michigan State University, with a Bachelor's degree in Health Studies and a minor in Psychology. She was accepted at Eastern Michigan University to study Nursing.

In addition to working at Transitions North, Stephanie works as a Psychiatric Technician at Allegiance Health in Jackson. She is a busy young woman who is a kind friendly staff person that everyone enjoys.



While attending college, Jannie Duckett has been spending time with consumers at various Transitions programs but primarily in Holt. She has just decided to pursue a degree in Social Work so that she can continue her employment with CEI CMHA. She likes her job and feels that she does important work. Her duties take her to the community for fishing, bowling, going to Senior dining sites, the weekly movies and more. She also may work in a room at Transitions South.

Jannie is usually smiling and happy on the job which makes those around her happy too!



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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, 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.