

# Transitions News!

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## **TWENTY-FIVE YEARS AT 3200 REMY DRIVE**

By Deb Voss  
Supervisor

August 3, 1986 was the day the doors at "CSDD North" slid open to welcome "participants" to "Tri-County Diversified Industries" (TCDI) and "Adult Daily Living" (ADL). These programs moved into the new building creating the continuum of care under one roof that was offered 25 years ago.

People have changed over the last quarter century and some have remained the same. Dick C. was the person who mentioned the anniversary and encouraged everyone to plan a party!

Transitions North, as the program is known today, has become a hub of activity. Two hundred forty people use this program to mingle with friends, find employment and connect with the community.

The celebration was an extension of the party planned by Zone 1 (Teams 1, 2, 4 & 5) which included cakes, a fashion show and dancing. Several former staff and some former consumers attended.

## **BE A FRIEND TODAY!**

By Linda Kimball  
Transitions Central

Each day, it is easy to get caught up in what did not go right, how people were unpleasant, or how stressful work can be. Every day, people are also demonstrating numerous acts of kindness and care toward others, showing their compassion and ability to be a friend to those around them. To help consumers and staff focus on what is going well, Transitions Central has started a new Consumer of the Month program. Throughout the month, Transitions Central staff are recognizing consumers for their acts of kindness toward other consumers and staff. A kindness toward another or help being offered lifts the rest of us.

In these ways and many more, we are working to recognize consumers for being a friend and making life a bit sweeter. Staff does this by giving the consumer a special certificate recognizing them for their kindness and then a copy of this certificate is put into a drawing. Monthly, one kind consumer is randomly chosen to be the Consumer of the Month. He or she receives a \$5 gift card to a local restaurant or store to say thank you. A bulletin board is on display listing the names of all Consumers of the Month so that we can celebrate these efforts with all our friends at Transitions Central. So, be kind, be caring.....be a friend today!

## **MASON GARDEN CLUB IS HARVESTING**

By Elizabeth Putnam  
Transitions Mason

The Mason Garden Club has worked hard all summer to outsmart Mother Nature and is now ready to sell herbs and fresh flower bouquets that were grown at the Mason Community Garden. Herbs were continually harvested all summer (before they flowered) to insure they are super tasty! The herbs were flash frozen and are now available to buy. The selection includes: oregano, sweet basil, purple basil, thai basil, dill (both dried and frozen) and chives. They also have ice cube trays of cilantro which is a great way to keep it longer. Just pop out a cilantro "cube" and add it to a recipe when needed! Herbs will be available in any quantity needed at \$2.00 an ounce. Cilantro cubes are \$3.00 per tray (which includes the tray!). Bouquets of fresh cut flowers which include zinnias, cosmos, bachelor buttons, dwarf sunflowers and salvia are for sale at \$5.00 which includes a 7 inch glass vase!

Call Elizabeth at Transitions Mason (930-2852) for any special order. Products can be picked up at 715 Curtis Street, Mason or delivered to your work site. The Garden Club members will sell their products at Jolly Road in the afternoon of August 21<sup>st</sup>. Bouquets should be available until "Jack Frost" arrives.

## TRANSITIONS NORTH TEAM 5 ATTENDS THE LUGNUT GAME

Submitted by Laura Francis-Bohr  
Transitions North

On Wednesday July 18, twelve people supported by five staff attended the Lugnuts game against the Bowling Green Hotrods. Three parents met us at the game to spend time and lend their support. The Lugnuts did really well and scored lots of runs. When the group left the game the Lugnuts were winning. Team five must have been their lucky charm because the Lugnuts fell behind and ultimately lost the game. It was a beautiful, sunny day in the stadium. One of the parents treated people to cotton candy! This was a huge hit and lots of fun was had by all. Plans for next year's trip to the ballpark are under way.



## EXPLORATIONS OF TRANSITIONS GRAND LEDGE

By Lanya Aldrich  
Transitions Grand Ledge

Our summer has been a great one! We have done many different things that we are interested in, starting with meeting the MSU baseball team, airplane rides, factory tours, museums, ride a long's with the State Police on their practice course, Holland State Park, also visited the Holland shoe factory on how wooden shoes are made, fairs, festivals, swimming, RC Air Show/ which consists of gas powered airplanes and helicopters, cook outs and karaoke with our fellow satellites and much more. We have experienced many different things and fun has been had by all. We hate to see the summer come to an end, but as they say all good things must come to an end.

Autumn is around the corner and the weather will soon be colder, but we are hoping to fit in some fun fall things like wagon rides, pumpkin patches and some warm apple cider and definitely the color cruise here in Grand Ledge.



**GAME DAY!!**  
By Michelle L.  
Transitions South

Hi. I am Michelle L. reporting from Transitions South. It's game day. CMH staff and clients from Eaton Ingham and Clinton Counties went to see the Lugnuts play ball. Everyone had a ball. Hot dogs, pop and some souvenirs but there was a birthday! I turned 43. I had a ball with all of my friends.



**SHOW YOUR COLORS!!!**  
By Susan Mahoney  
Transitions Work Services

Each month, the Transitions Micro-Enterprise portion of the Transitions Programs features an individual consumer micro-business or a specific theme set of Micro-enterprise items. Featured for the month of August, is a variety of items related to returning to school and "Dorm Days". Items for purchase include fleece blankets, cooling bandanas, hats, pillows, theme baskets, tote bags, earrings, bracelets, room décor and decorative items for your return to school or to cheer on local athletes. Posters advertising the monthly special features are on display at several CEI sites, including 812 East Jolly Road.

### TRANSITIONS PROGRAM CLOSINGS

Monday, Sept. 3.....Labor Day  
Friday, Sept. 14.....Inservice Day  
Friday, Oct. 26.....Inservice Day

In addition, we have compiled a list of local school colors and are able to produce items as special orders for your favorite teams or schools. Please contact either of our two micro-enterprise CST's - Pam Marietta and LeAnna Woods (517-323-9558, ext. 2336). They would be happy to highlight the available products and take your order for something extra special in your school colors. They will also arrange for delivery to your location.

Micro-Enterprises are having a successful summer selling items at the Southside Farmers Market; located at 1900 Boston Blvd., Lansing, MI. Especially popular have been worm compost, worm tea, diffusers and dog treats. The market is open on Thursday afternoons from 2:00 to 7:00 pm. Thank you for your support as we explore opportunities for people to be productive within their communities.

**CORRECTIONS** to the June 2012 Transitions News: The PAUL FRECHEN: OUR SPORTS HERO article was submitted by Emily Romblom and not Michelle Sheren.

The MY TIME AT TRANSITIONS GRAND LEDGE article was mislabeled as being a Transitions St. Johns article and was instead a Transitions Grand Ledge one.

## **SEIZING THE MOMENT: A LIFE LONG BATTLE WITH EPILEPSY**

By Emily Romblom  
Transitions St. Johns

Characterized by seizures, there are approximately fifty million people affected by epilepsy worldwide. I'm one of many here in St. Johns who experiences the different motions and emotions there are when a seizure happens. I have a medical condition known as hydrocephalus - which in short is an increased accumulation of the cerebrospinal fluid. I've had many shunt surgeries over time. When I was one and a half years old the seizures began. I've been dealing with seizures for twenty years and there are some that are hard to forget. Imagine being in an old car on a bumpy road bouncing up and down. That's pretty much what seizures feel like. Your body trembles, and it doesn't stop until you've hit the end of the bumpy road. It's not always easy to know exactly what brings them on. Things like stress, too much caffeine and forgetting to take my medicine are three big factors that can cause my seizures.

My family often tells me I have a good memory of certain events, names of actors and actresses, or even phone numbers. At my younger brother's band concert in 1999 - I had an unfriendly experience with repetitive grand mal seizures. My dad was joking with me about how our new high school wouldn't be ready after the students returned from Christmas break. Just before the concert ended my body was violently shaking. My parents couldn't get me out of the car before the second or third one began. I had five grand mal seizures right in a row that night.

Even though I've dealt with some pain, I've also had a constant support system to help me with my seizures. Having family and friends sit with me until it passes is the biggest help of all. Medications also help. I'm most often conscious enough to communicate with people and tell them what's going on.

Having epilepsy hasn't stopped me from doing some of the things I love. Back in my younger years, I loved horses - and still do. I was involved in a 4-H for the Handicapped Horse Back riding program up through my sophomore year of high school. I have taken classes and piano lessons. I've been writing articles for our section of the newsletter for five years now. I've written about our trips, certain events we've either held or hosted, or even our holiday parties. Having epilepsy really hasn't slowed me down that much. It's just a challenge I have to deal with.

## **SPOTLIGHT ON RELIEF STAFF**



Xue Vue has been working at Transitions South, as well as the Transitions programs in Mason, Charlotte and Grand Ledge for over 2½ years. Xue has a kind peaceful friendly demeanor which benefits all those around her. She says her favorite part of her job is getting to know each person individually, and getting people out into the community. Xue has recently been involved also in partnering with another relief staff, Mary Betterly, in running some new classes at Transitions South, including a grooming class, an exercise class and a sewing class. Her activities outside of work include going to the gym, gardening, shopping and taking her dog for walks.



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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.

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You can find Micro-Enterprise items at:

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