

Transtions News!

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I've Heard of Peer Mentors--What are they about??

By: Susan Mahoney
Transitions-Employment Solutions
Coordinator

CSDD wants individuals to be supported by their peers as well as by the use of paid staff. To that end, the Peer Mentor program has been introduced. The purpose of Peer Mentoring is to build bridges to people and resources within the community; offer the benefit of individual experiences; and help others with strategies to bring about the changes they want for their lives.

CSDD has supported individuals in becoming Peer Mentors by referring them for Peer 101 Training, which is a 2 day training sponsored by the Developmental Disabilities Council. The classes offered involve a variety of interactive sessions which prepares you for the assignment. This training is followed by a 6 week or longer internship under the supervision of a staff person. The Mentor is then eligible to be certified by the Developmental Disabilities Council.

If interested in becoming a Peer Mentor, there are requirements that need to be met in order to attend the training. They include:

- Must be 18 years of age
- Must have a developmental disability
- Must have a serious intention to follow through as a peer mentor once trained
- Have a personal experience and/ or general knowledge in one or more curriculum area
- Have good people skills including the ability to listen and get along with different personalities
- Be able to assess the needs of a peer
- Be able to help prioritize needs based on urgency or peer desire

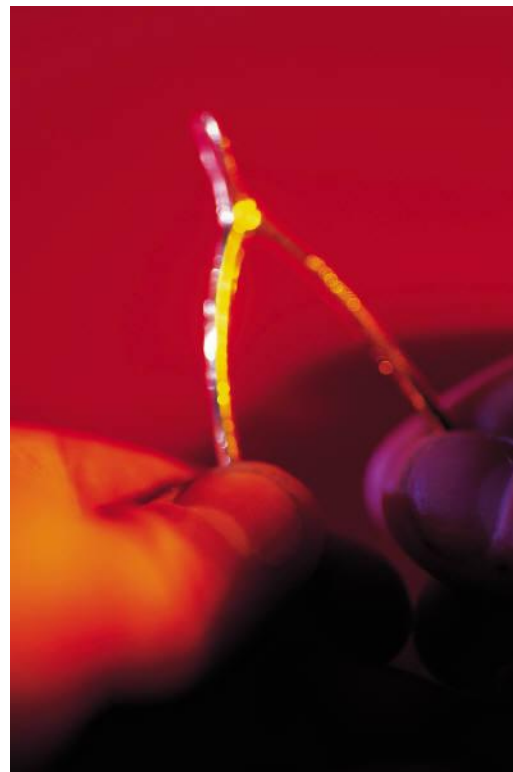
Display good judgment including knowing when to seek help

To have enthusiasm about being a peer and helping others

Be able to devote the necessary hours to be trained as a peer and then the time to help a peer

CSDD has 10 people who have attended Peer Mentor 101 training, 6 who have participated in an internship and 3 people who are Certified Peer Mentors

For more information about Peer Mentors, please contact Susan Mahoney at 517-346-9550.



Endings & New Beginnings

By: Michelle Sheren-T-S

On Oct. 30 the people served at Transitions St. Johns, their family members and fellow staff members bid “So Long” and wished a Happy Retirement to Joan Vielbig, a long time and cherished member of the family at Transitions St. Johns. Joan had worked at Transitions South prior to working at Transitions St. Johns since it’s inception 12 years ago and has been an important part of the team here. She is truly missed by all and her contributions made a tremendous impact as was evidenced by the many heartfelt comments made by people she served....

While we are all sorry to see Joan go, we understand that change does happen and it CAN be good, even if it isn’t easy. Everyone wants to know who will be chosen to replace Joan, which will be tough! The group has had discussions about the process and has shared what they feel are important qualities for the new person.

Qualities we Feel are Important

The person has to be.....

Respectful toward us

Willing to work late, even on weekends sometimes.

Should be medically trained, Educated, Organized, Aware of Safety

A good friend, Nice, Kind, Personable, Someone we can talk to.



“Fall”-ing Into Fun in Grand Ledge

By: Erin Parcell, DDC



This fall we have really been busy with the usual pumpkin patches and the annual Color Cruise and Island Festival. We were able to have an especially great time this year due to some very generous supporters of our program.

On October 18, Pete Kamarainen, President of Grand Air Aviation at the Grand Ledge Airport, gave rides in Cessna planes to the whole group at Grand Ledge. He had done this for the group last year and they had loved it. He even allowed some to have the thrill of flying the plane themselves! He contacted me this past summer and has offered to do this for our site every quarter which has made some of our folks pretty elated. What an amazingly generous offer and what a great day.

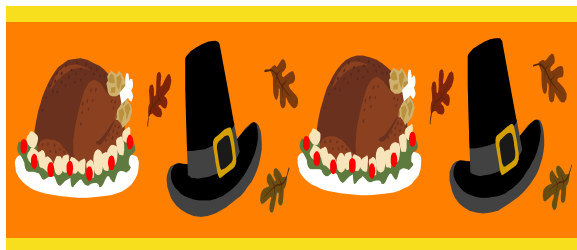
On October 23, we were invited to a Fall Fest by Anne Marie Kelso and her staff at Simple Elegance II an AFC in Lansing that is home to three of our ladies at TGL. We came in costume and were treated to homemade soup and cornbread for lunch as well as cookies and ice cream. We played bingo, pin the nose on the witch,

and spooky trivia. We even had our pictures taken with a Mummy! It was a great experience thanks to Simple Elegance, it was a blast!

On October 30, Pastor Roy Atherton had a hayride and weenie roast at his family farm. Pastor Roy is the pastor at Imagine This Church who hosts us each week for karaoke. He suggested to one of our staff in the summer time that he would like to offer this opportunity to the folks at TGL and we jumped at the chance. The people that went came back saying that it was a great time and they would love to go again next year for more hayrides, s'mores and fun!

Lastly, Pastor Roy generously offered the use of his church for our Transitions wide Halloween Party on October 31st. We had about 130 people in attendance from almost all of our sites in the tri-county area. We held a costume contest (see picture above), a pumpkin contest, karaoke, and danced the day away. We had homemade cookies courtesy of one of our dedicated family members (you know who you are!) and tons of pizza served by our own Jolly Java. It was a lot of fun and everyone said that they could not wait for next year's bash 😊

We are continually blessed with a strong and dedicated community that provides unique opportunities for people. Can't wait to see what fun the snow brings.



Finland Visit

By: Dorothy Archambeau, Melissa Balderas, Sarah Howland and Nathan Wood

MSU and Tampere University of Applied Science (TMAK) in Finland partner to have a study abroad, exchange program for those enrolled at the master level. The group had asked to see a place where the people we serve spent their time. Transitions North was privileged to be a part of their educational experience.

The Finnish group paid us a visit in October. They were mainly interested in how much money a person could make working in the shop, the types of piece rate jobs offered, their living arrangements, a person's level of independence, how the program is paid for and how involved are their families

We spent time introducing them to aspects of the T-North program, such as how the people we serve are integrated into the community, and the type of activities they engaged in while at T-North. Along with the tour, the group engaged in an exercise class, board games and karaoke with the people we support. We had many questions about each other's programs and ideas, which were shared. One of their more interesting questions was, "How are romantic relationships supported?"

Finland's programs are much the same as ours! The students said they enjoyed their time with us, and we certainly enjoyed our time with them!

Halloween MMXIII

By: Lisa Mack, DDC

Halloween at Transitions South is now a tradition, with award winning pumpkins, and prizes for the best costumed. This year, a parade throughout the building, with treats and scary music made it extra fun. It was a great time for people to view one another's costumes, and pass out treats to their friends. Raffles were held throughout the day, with dozens of winners going home with prizes donated by the Creative cooking class. For those that wanted to party all day long, there was a dance in the afternoon. Thanks go out to the family members who baked and sent in delicious Halloween treats, as well as the pumpkins and hay bales outdoors!

The Pumpkin contest was very competitive this year. With two contests to compete in, the Voc team won First place at Transitions South, while the



Sensory Therapeutic Team (STT) tied for first place in the overall competition with all the Transitions programs. Both teams get to have pizza parties for their efforts.



Costumes were judged and prizes awarded for the best disguises. There were many creative and funny outfits.

Gift cards went to the top three, so they will have a lunch at McDonald's .



James and Friends

By: Nathan Wood, DDC

James has been making friends. He meets weekly with the coffee group. Here is what they had to day about him:

A young man who definitely has some challenges which he didn't ask to have,

but is certainly willing to put forth the effort to overcome.

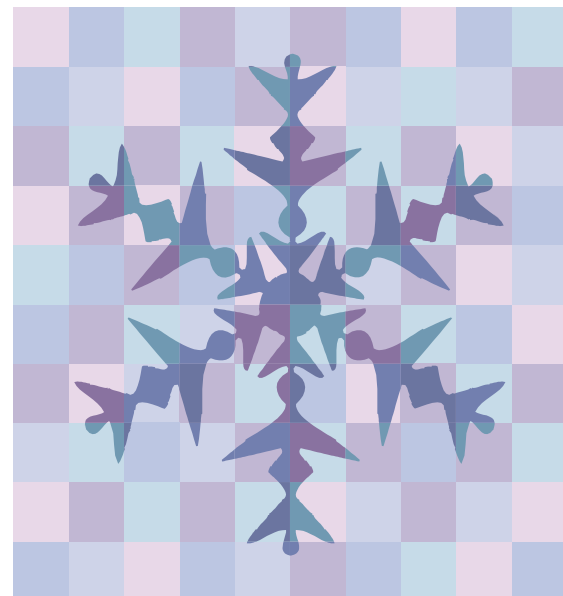
I have known James for almost two years. We first met at the McDonalds restaurant at M100 and Grand River Hwy., Grand Ledge. The first time meeting James, he seemed to rely on Wanda to answer for him. Now James always asks me, "Where is your wife?" each and every time I see him. He often reminds me of his brother's upcoming wedding and his new clothes. Others in our coffee group have left their comfort zone and extended their hand in friendship to James. James enjoys teasing and joking with some of the guys and just having a good time with us "older" people. Some of our group have attended his chili luncheon and look forward to the event in November this year. Each Friday when James arrives and leaves us, he will attempt to shake everyone hand, but I can always count on the "hug" that started it all. James is a GOOD young man and I /we are proud to call him our friend. Chuck Meyers, friend

My name is Rosie Meyers and I am Chuck's wife. Chuck met James before I did and sees him more often because Chuck goes to McDonald's almost every day and I only go once or twice a week. When James comes into McDonald's, he always looks for Chuck first and me second. When we met, it was just handshakes; but now our relationship has developed into handshakes and hugs, genuine hugs! It has been fun watching James progress from speaking a few words to speaking lots. In the beginning, when we met, I had a difficult time understanding most of his words but as time goes on, I can understand him more clearly. I know James is trying hard to do his best which is

another reason why we are so proud of him. As time goes on, we are growing closer to James and care about what is happening to him in his life.

The only way to have a friend is to be one.
(A man that hath friends must show himself friendly.....Proverbs 18:24)

We are very "happy" to have James as our friend! Rosie Meyers, friend



Whirlwind of Activity at Transitions – Charlotte

By: Andrea Manchip, DDC

It's been just over four months since Transitions – Charlotte opened its doors in our new space at the Galewood building in Charlotte. We were warmly welcomed into the building by our community partners ERESA and Relevant Academy who share space in the building.

Since July we have been very busy getting to know our new neighbors as well as joining our Transitions friends for a cookout at Motz Park in St. Johns, a Riverboat Trip on the Grand Lady in Jenison, a wet and rainy Lugnuts game in Lansing, monthly karaoke at Bennett Park in Charlotte, the Transitions – Central open house in Lansing, the color cruise in Grand Ledge and the Halloween party at Imagine This Church in Grand Ledge. We have also had many successful outings with just our T-Charlotte friends including a trip to Michigan Adventure, attending a WWE event at the Breslin Center, a trip to Henderson Castle in Kalamazoo, a tour of the Country Mill in Charlotte complete with a hayride and fresh donuts and apple cider, and a trip to Fire Mountain for a buffet lunch.

Not only have we been planning many trips and events in Charlotte and the surrounding communities but we are also providing some new opportunities at the drop in center including classes in scrapbooking, working with plants, a monthly craft group and a choir class. We have even found enough time to put together a very excited and energetic basketball team who practice twice a week.

In addition to these events we hosted an open house at the beginning of October for our new building with 250 people in attendance. Everyone said they had a good time and it was very exciting to see people take so much pride in the new space and wanting to show their friends and family around.

GO GREEN Go Blue

And the winner is:

GREEN

A Good Old Fashioned Rivalry

By: Kristin Emerick

At Transitions-Central we have quite the debate over who will prevail when MSU and U of M come head to head in sports. Whether it is on the football field or basketball court, fans on both sides feel very strongly about which team is going to come out on top. To make this good old fashioned rivalry even more fun, Transitions-Central held a “tailgating” party at the Drop-In Center on Friday, November 1st which was the day before the big game. Everyone was encouraged to dress in their team colors to show their spirit and as is shown in the picture, large wall decorations were made for each side (they were also used for a game). Munchies and pop were provided including small pieces of pizza, Chex mix, crackers, cheese, bologna (pickled and regular), popcorn (with four different flavor seasonings), cupcakes and sugar free brownies. The pizza and cupcakes were generously provided by someone’s mother in celebration of her daughter’s birthday. To kick off the fun, someone blasted both the

MSU and U of M fight songs on their cell phone as people sang along. Everyone enjoyed socializing, snacking and playing games so much so, that it is thought that we will have to do something similar when MSU and U of M meet on the basketball court. For some the right team prevailed again...GO GREEN!!! For the rest, there is will be another chance next fall.



Transitions Leslie

By: Carol Carpenter, Sr DDC

On September 27, 2013, Leslie's High School football team played their annual "Pink Hawk" game to help support local families who are fighting cancer. Transitions- Leslie Senior Center, the Tri-County Office on Aging, and Grace Lutheran Church hosted a tailgate party in the parking lot of the Church to help support this event. The people served at Transitions- Leslie were joined by church members, case managers, and group home residents and staff to share food, fun and friendship. The crowd showed their support for breast cancer treatment and their team spirit for the Leslie Black Hawks by dressing pink, white, orange and black. Transitions passed out pink, black, and orange toothbrushes made at Transitions North to give to everyone as a memento of the event. By special request of the church secretary, there was also a display of consumer crafts, including several ceramic pieces. The

gorgeous weather that evening made for beautiful pictures of the event which were posted in the Transitions program.



Closing Schedule

Thanksgiving

Thursday, November 28, 2013

Day After Thanksgiving

Friday, November 29, 2013

Winter Holiday Break

Monday, December 23, 2013 through
Wednesday, January 01, 2014

Transitions Programs and Dean Transportation resume services

Thursday, January 02, 2014



