



TRANSITIONS

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NEWS



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“Look Back to Look Forward”

By Deb Voss, Transitions Supervisor

Technology feeds the drive for instantaneous gratification. We can discover answers for any question with a few clicks on a handheld device. The need for human interaction to achieve results is almost eliminated. Luckily, technology is not the only way to get results. We can still find others to spend time with and to enjoy.

Transitions is a great way to interact with others. There are every day activities, special events and fun filled parties. There are people who like to dance, those who like to talk and others who value just being with other people. Here are some great things offered in way of thanksgiving for people at each Transitions location:

- ❖ T-Central: Larger program space has allowed people to spread out more and be relaxed while at the Drop in Center. Having the entire program staff on site also helps to keep things running smoothly.
- ❖ T-Grand Ledge: The trip to a Michigan Lighthouse was inspiring because one person was able to conquer his fear of heights and climbed to the top with the patient support of others. This is representative of what Transitions does for people- presents opportunities for people to experience and encourages personal victories with challenges by offering support.
- ❖ T-Mason: Relationships rule here! The entire group showed compassion and caring when there were family losses or “program family” losses. There was never a question about attending services because people wanted to show respect to the person who had passed on. They went to funerals, held hands, offered tissues and were “incredibly decent human beings”. They did the same for the living. A new fellow started coming who had challenges making friends in life. He is now a member of the “geek squad”. The group values his participation and they enjoy each other’s company.
- ❖ T-St Johns: Assisting people with doing activities on their own was well received by the people supported in St Johns. They just started activities for people to do without staff assistance. The people supported are accepting this challenge and have set up some awesome activities to do on their own.
- ❖ T-Charlotte: The “On My Own” course started in 2014 and it has been hugely successful. People are taking ownership of the class and its content. This has inspired them to claim an unused classroom in which to establish a “clubhouse” where there are planned activities, equipment necessary (coffee pot, etc) and rules to live by while using the space. Perhaps the class has proven that they deserve a “passing” grade already!

- ❖ T-South: Kiwanis has enabled a group of folks to organize an Aktion club. Initially there were doubts that leaders would emerge from this group but they have! The Leaders are very committed to making this club a success and they take their role very seriously. They are busy raising money for their named cause and sharing about their excellent Aktion club.

- ❖ T-Leslie: Enjoying spending time with each other is easy to see when you visit Transitions Leslie. They growing group loves their smaller, closer to home location where they can avoid going out in inclement weather. They know what is important to a person who is older and that is Bingo and a hot lunch. This is something that they enjoy regularly

- ❖ T-North: Opening classroom doors was a very simple thing to do which has made a huge difference in the building. Those attending T-North can now choose to visit other rooms and can choose different classes to participate in. The program feels like those being served are the ones making choices now. This has increased satisfaction and everyone seems to enjoy themselves a bit more.

Transitions continues to meet the needs of those being served at each location. Transitions will look to continue to share resources more in 2015 in order to create the best experience possible for those attending. Team work and clear direction charted by those we support will guide our journey for 2015.

Happy New Year!





Theresa Dark came to Transitions North three years ago, having worked for Moore Living Connections for seven years. When she arrived she had a history of working with challenging individuals and situations. Theresa enjoys working with the people we serve. Her stance is to empower them to become more independent with their thinking and actions. When she gets a chance, she enjoys working one-to-one, which gives her quality time to understand how to assist the people we serve.

In the coming year, along with maintaining her positions at Moore Living Connections and Transitions North, one of her future goals is to start her own cleaning business that serves the elderly.

Spotlight on Work Services

Dante Brown works at Playmakers which is a sporting goods store once located at the Meridian Mall. Dante moved with the store to the newer site on E. Grand River in Okemos. He began working for Playmakers in 1989 after graduating from Okemos High School. He works as a custodian, cleaning the store before the store opens.

Dante has always aspired to be a musician. He has had some rewarding experiences along this musically inspired path. He volunteered at WLNZ – LCC Radio Station as a D. J. Assistant and for L.A. Productions as he learned about being a Disc Jockey. He is a very talented and motivated young man with regard to any entertainment related to music. He sings in the church choir, has been a member of a group of entertainers that perform at the beginning of events/concerts in the area and has an impressive networking relationship with radios personalities in the area.

Dante has the record with regard to longevity in the CEI/CMH Work Services program.

2014: A Year to Remember and Reflect

By Marie McCausey, Transitions – Charlotte

We at Transitions - Charlotte have a lot to remember of the year that's just ending. We have wonderful memories of all the special trips we got to experience, some that were first time trips for many including myself.

We visited an antique car museum where each and every person had their favorite vehicle. Michigan Adventure was a blast for all who went and that's including our WONDERFUL volunteers! Three different groups got to go to Comerica Park to enjoy a Tigers game, T-Charlotte took a group to Coopersville to experience a train ride with a mock train robbery as cowboys and horses surrounded the train.

So many special trips so many memories for all. We also visited the Renaissance Festival in Holly, Michigan. That is a place that everyone should experience at least one time. It's all about medieval times with the King and Queen and their Court introducing themselves to all that visited. Shops and food and shows, so much fun, and we can't forget the smoked turkey legs.

We also enjoyed a wonderful Halloween Party with the other Transitions satellites. There were costume contests, a dance contest, good food and good friends. Can't wait until next year!

We will also remember with great sadness at times of friends and family that we lost and some that moved on to different places but as time goes by we will think of them with fond memories.

November was a time to be thankful. Thankful for our volunteers that help make our trips, our community outings, and our Drop in Center classes enjoyable for everyone. We are thankful for the people at the locations we volunteer for like Hospice, Meals on Wheels and the Siren Shelter. It gives us all a good feeling to know that we participate in our community to make it a better place. We also enjoy the regular places we go where we have fun like Charlanes to bowl, Subway for coffee, the Eaton Theater for a monthly movie, ALIVE where we walk, the local area restaurants for monthly lunch groups and our local parks where we spend time enjoying the outdoors and exercising.

December brought the cold back in and snow day again this year made it so some couldn't attend the scheduled Christmas party but it was not a loss. We spent the last couple of days of the year laughing and hanging out with our friends and enjoying each others' company, talking about the things the New Year will bring us. It was a good year!

Early in 2015 we will relocate to a new building where we will begin to make many, many new memories that we will fondly look back upon next year. We are all looking forward to the new and improved Transitions - Charlotte!

Time Flies at T-Leslie!

Carol Carpenter, News Correspondent

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?"

Dr. Seuss

The fall celebration was a big hit,



At the Halloween Party we were workin' it



Christmas came in a blink of an eye,



And a Christmas Birthday was sweet as pie,



From all of us to all of you,

May joy be with you, whatever you do.

Bonnie Jo May wins Transitions North Employee of the Year



Every year the people who work in the workshop at Transitions North anxiously wait to see who will be named employee of the year. This award is presented at the annual Transitions North Holiday Party. Each month the workshop staff votes on who will be employee of the month and of those 12 people, one is selected for the T-North employee of the year. In determining who should be employee of the year, staff looks for qualities such as how the person has improved over the year, getting along with peers, being helpful, willingness to try different jobs and job performance.

This year's employee of the year is Bonnie Jo May. Bonnie began attending T-North in 1996 after graduating from Beekman. While in the workshop Bonnie has worked on various jobs for many of our local customers including Neogen, MSU, Bottle Crew and packaging toothbrushes for our toothbrush division, Bretton Square Industries. In addition to these jobs Bonnie Jo is a valued member of the janitorial crew at T-North. She is a diligent worker, is well liked by her peers and staff, dependable, helpful and is always willing to cover extra shifts if needed. Congratulations Bonnie Jo on a job well done!



A Quick Glance Over the Past 23 Years

By David Howse

Transitions evolved from the grant funded Project 20-20 which began in 1994. The three day programs (TCDI, TTS and BSI) saw the vision early on by focusing on independence and community inclusion. Project 20-20's primary goal was to carry out the wishes of 40 people from the entire Tri-county area who attended day programs. The bigger goal was to create a model of service delivery that placed greater emphasis on the wishes of the people served which focused on community integration. Project 20-20 began at Hope Middle School in Holt and moved a year later to Grace United Methodist Church on Mt. Hope in Lansing. The program operated successfully for a few years before being renamed Transitions Central. Over the years, the interest of those involved with Project 20-20 increased and the program's vision continued to grow. In 2000, plans were made for expanding the Transitions model to include "satellite" programs in neighboring communities. Over the next 10+ years the following "satellite" Transitions Programs emerged: Mason, Charlotte, St. Johns, Grand Ledge and Leslie including drop-in centers at Transitions North and South.

In the many years I have been involved with CSDD, it has been exciting to see how far things have come and the possibilities for the future. I began my career with CEI-CMH in 1991 as a substitute staff at TCDI and was later invited to be a part of Project 20-20. The past 16 years at Transitions Central have been amazing. My experiences with those served have ranged from community sites focused on volunteerism, vocation, education and recreation. Through these I have been impressed with the efforts and growth of those involved. Transitions Central currently serves over 100 people operating from our new drop-in center located in Everett Plaza. The success of CSDD Transitions programs is remarkable and is possible because of on-going staff training to improve service, many community partnerships and staff working together to promote CSDD's mission. The mission of CSDD is to promote and support ongoing choices and opportunities for people and their families to be full and equal citizens in the community.

Cooking with Gary

By: Gary Sheren

Starting in January 2015 Transitions-Central will be offering a cooking class. This class will be for the beginner and focus on simple meals such as hot dogs, French fries, macaroni and cheese, pizza, hamburgers, etc. It will be held on Friday afternoons 2:00-3:30 p.m.

TRANSITIONS MASON

FANTASTIC! That's the one word that sums up the last quarter here at Transitions Mason. In addition to our regularly scheduled volunteer and leisure inclusion activities, we went everywhere! Here's a list of activities people we serve were able to sign up for and participate in:

- Cider Mill trips. Tasty!
- Grand Ledge Color Tour. Cool!
- MSU Museum. Learned stuff!
- Turkeyville. Yum!
- Gee Farms. Double Yum!
- Ann Arbor Living Zoo. Yikes!
- Craft shows. Cute stuff!
- Peacock Road Tree Farm. Saw Santa!
- Bronner's Christmas Store. Sparkly!
- Meridian Mall. I want it ALL!
- Meijer Garden; Christmas Around the World. So Beautiful!

Every autumn we have a pep rally the Friday before the MSU vs. U of M game. Staff organized a spirit week prior to the pep rally which included crazy sock day, tie-dye day, crazy hat day, wear pink day to support breast cancer awareness month.

Transitions Mason won a trophy for the best group dance at the Halloween party at the ROC. We danced to "Greased Lightening" from "Grease". Thanks to T-Mason staff for making poodle skirts for all the ladies and leather jackets for all the cool dudes. In November, we had a dietitian from CMH come and talk to our Aktion Club about healthy eating through the holidays. In December, we sang a lot of Christmas songs, ate a lot of candy and cookies and had a gingerbread making contest. Our Aktion Club again sponsored a family for Christmas. We helped Amber from Dansville and her infant son, Blake, enjoy a little extra cheer. Amber brought Blake to the drop in center to receive their gifts and he got lots of cuddles from everyone.



Holt Hummingbirds Aktion Club Update



In the last Transitions newsletter we saw the newly formed Aktion club in their charter ceremony.

What has the Aktion club been up to since their charter ceremony in August? Plenty. The Aktion club members have been busy with many community service projects. The Cat Craze posters (pictured) were made to fill in the storefront windows in Frandor for the Ingham County Animal Shelter's cat adoption day in October. The Animal Shelter sent a certificate of appreciation to the club for their donation of decorations for the day. The club also had a busy November with a Food Drive for the Holt food bank and making cards for two Veterans groups for Veterans Day. The groups were Operation gratitude and the Department of Veterans Affairs, both sent thank you letters to the Aktion club for their heartfelt cards.

In December the Aktion club had a fundraiser along with the Kiwanis club and sold Gourmet nuts, and which was very successful and made a nice donation for the club. They also made Christmas cards for the presents for kids and families which the Kiwanis club sponsored.

The group is very proud of the work they have been doing, and being appreciated and recognized for their efforts. They are looking forward to working on some community service events in the New Year.

Transitions Grand Ledge

A Year in Review

By: Erin M. Parcell and the her amazing travelling staff

When I asked my staff what our next article should cover, one stepped up to say that we should do a review of the highlights of the year before and I think that this is a stupendous idea. When I sat down to write it, the first thing that came to mind is how to choose the highlights. I am so proud of the work that the staff at T-Grand Ledge put into challenging the folks that attend to do what they dream and to think that all things are possible if we try. On that note here are some of the things that stuck out to me:

- One of our own, Lisa Cooper, was honored as the November employee of the month
- We helped a man to fly in a plane, ride a bike and climb 130 steps the top of Little Sable lighthouse all of which he initially said "I can't do" and now says "I want to do that again".
- We held our first annual thank you luncheon for all the folks that give to our program through volunteering or offering programming
- Were the Grand Champs of the 2nd Annual Transitions Bowling Tournament
- One man who attends started an International Food Group that has expanded our horizons with food from China, Italy, Mediterranean, Greece, Mongolia, and Japan so far
- We had our largest groups yet at the Karaoke in the Park events
- We have continued to grow in numbers of people riding with our Grand Ledge Warriors bike group at Lincoln Brick Park (we are getting t-shirts next year ☺)
- We had people participate for the second year in the Ability Tour and rode 8 miles to raise money for adaptive sporting equipment
- We attended advocacy events such as Walk A Mile and the ADA Celebration to stand and be heard
- We got held up at the Great Train Robbery on the Coopersville/Marne Railroad Train Excursion
- We had our hair blown back at the MIS time trials and can't wait to do it again
- We bounced over the dunes in Saugatuck
- We went back in time at the Renaissance Festival in Holly
- We defeated our first ever corn maze without using the map!
- We decorated a Christmas tree that stood in the Opera House in Grand Ledge as part of the Holiday Traditions Tour which was a first!

Whew! This list is but a bit of all the fun we had this last year. I look forward to what the next year will bring and what dreams will come true. Thanks to my staff that make all of these trip and events possible. You are truly amazing!

Transitions South West

Something New This Ways Comes

By: Erin M. Parcell, Senior DDC

It is with great excitement that I cover the opening of our newest addition to the Transitions family – Transitions South/West. The site was started as an offshoot of our Transitions South program in Holt to help to support people who lived in the Charlotte and larger Eaton County community who have higher support needs than our folks in the satellite. This transition has not been without its bumps in the road but with my great team of Raneer Murphy and Mike Sims we are putting together a great schedule. We have already celebrated the holidays together with shopping, parties and movies, volunteered at the Humane Society, started a cooking group, sing karaoke, exercised, and joined a book club and much more. We have received positive feedback that people are enjoying their shorter rides to program and being able to sleep in a little more, not to mention the chance to hang out in their own communities on outings. We are looking forward to what the future holds for our site as we move into a new space with Transitions Charlotte and are excited to work together to make it great!

Transitions St. Johns

It's a place where everyone likes to go to and it's also a place where you can have friends and other members of this community. There are so many groups that we do; like lunch group, bowling group, walking group, exercise group and swimming group. We also go out in the community to help other people and we have fun doing it. We also like sports and we love talking about it. We want to thank the staff and the administrator for all their hard work and their generosity and what they do.

Submitted by: Amy R.