

## Chivalry is Thriving at Transitions North

Stacie Earley

Transitions North recently came up with new class ideas for our folks to attend. The DDC's who oversee all of the folks in the workshop worked hard to come up with ideas for classes that would not only be informative and useful, but also fun.

Two of the classes that were formed are "Gentlemen's Club" and "Divas and Dolls", which is the female counterpart to the Gentlemen's Club. In each of the classes, staff work with folks to come up with themes and subjects they would like to learn about and experience. The list includes personal hygiene specific to both groups, appropriate ways to handle conflict, manners, current events, and the list goes on.

Early on in the class cycle, the Gentlemen's Club came up with the idea of inviting the Divas and Dolls to a pizza lunch. Each gentleman brought in a small donation to go toward purchasing the pizza. The ladies were all so excited and touched by the gentlemen's generosity that they decided to give thanks by making and bringing chocolate pudding pie for dessert!

The lunch was planned for the entire lunch hour and each member of the Gentlemen's Club served drinks and pizza to each Diva. They modeled wonderful manners and consideration in choosing to wait for their lunch in order to ensure each lady had been served.

The entire event went off without a hitch! As the classes progress, each group hopes to collaborate more and have opportunities to model respect and friendship to their peers.

---

## Pet Therapy

Nathan Wood

Once again we will be having pet therapy at Transitions North. Recently the people served at Transitions North had a chance to pet a therapy dog, Jake. Most people petting a dog or other animal is comforting for both the person and for the animal. Pet therapy can be rewarding in many ways. Please watch for more details about the therapy dog, Jake and his visits!!



## Transitions Work Services

Deb Voss, Supervisor

Supporting workers is one of the main responsibilities for Transitions.

Job Coaching is used to support workers who begin new jobs in the community. Staff helps the person learn all phases of the job and they stay with the person for up to two weeks or longer if needed. Some workers need to try a job first and they are given an On the Job Evaluation (OJE). The employer has the opportunity to see the worker do the job tasks and the wage is paid by CMH. It is hoped that the employer will hire a person following their OJE but that doesn't always work out.


Some workers assist with general operations at CEI Community Mental health. Those jobs include lawn care and snow removal. Some assist visitors to the Jolly Road building. Some staff the agency's snack shop, Jolly Java. Others work in the Transitions programs doing cleaning tasks, shredding of paper, laundry and assisting others during lunch time. Production work is performed in the T-North workshop. There are over 130 workers receiving pay checks from that business. People of all abilities can work in this setting and staffs support each person as needed. Jigs are used to help some perform their duties. If a person is unable to count pieces, a jig does the counting for them. If a person lacks the finger dexterity to complete a task, a jig can help with that, too.

During the calendar year 2015, there were 233 workers paid through the payroll system. Of those earners, three people made over \$10,000 for the year. There were nine individuals who earned \$5-10,000.00. The majority of people earned under \$3,000.00. Earnings paid out in 2015 totaled \$291,163.84. Providing work options for all people is a value of the Transitions programs.



Michelle Law

I love spring. There's gardening, playing, cookouts, parties, storms, rainbows and sunshine.

What do you like about spring?  \_



## Team Spirit

Amy R. – Transitions St. Johns

Basketball is fun and good exercise for me. I am on a basketball team through Transitions St. Johns. Our team name is the St. Johns Warriors. I am the only girl on this team. The rest of the team is guys but I still have fun with them and our coach Hank Howard is doing the best he can to coach us. We play against different Transitions teams. We have beaten Mason, lost to Central twice and our next game is against Charlotte. It is not about winning or losing but how we play the game. We play together as a team. There is no "I" in team.

We practice at St. Johns High School. They let us use their basketball court and we respect their court. I encourage the team to pace themselves and stay focused on the game and work hard. If they forget to focus, they just might lose faith in themselves which I don't want to happen. We have to remember that we are playing. I won't be able to play in the tournament because I will be in Florida. I hope we win and if we do I will be so happy with them. When I come back from Florida I will congratulate my team on the good job they did. I will be so proud of them. Good luck Warriors!!!!



## Transitions North Sends Employee Off In Style!

Tonya Seely



After 35 years with CEI-CMH, Rona Landfield decided to retire. And when you have worked for an organization that long, one retirement party just isn't enough. Rona had two! Rona began her career at CEI-CMH as a case manager in the Life Consultation unit. After about 25 years there she began working as a senior developmental disabilities clinician at Transitions North. For many years Rona has chaired the People's Council. Because of her close ties to this group, they hosted a special gathering for her. The Council decided to treat her to an ice cream sundae bar complete with toppings galore. All of the people we support at T-North enjoyed the ice cream and wished Rona well. For Rona's second party, she was given a Monet-themed party in honor of her favorite artist. Guests celebrated with cake and a popcorn bar along with Diet Coke, Rona's favorite drink. Rona's husband, Phil, summed it up very well in a toast to her, "Well all I can say is, your loss is my gain." It is definitely our loss.



## Transitions South – New Staff in the Program

Lisa Mack

Marikay Molnar is the newest Developmental Disabilities Specialist, and member of the Transitions South Team. She will attend to the T-South caseload of Winston Thomas, DDC, who has transferred to the Transitions Charlotte location.

Marikay's educational background includes a Master of Arts in Psychology; and Certification in Child and Adolescent Psychology. Professionally, Marikay has purposely sought work with an array of populations, in order to gain a well-rounded understanding of the various challenges people face. For the past ten years, Marikay has gained practical experience through working with persons challenged by Traumatic Brain Injury (TBI), Alzheimer's, Autism, Schizophrenia and survivors of domestic violence.

Marikay enjoys watching others reach a goal or complete an activity they did not think they could do. Through the application of individualized therapeutic recreation activities, she hopes to help the T-South Team support and build upon the skills of the persons served at T-South.

Welcome Marikay!!!





## WHAT A NIGHT TO SHINE!!!



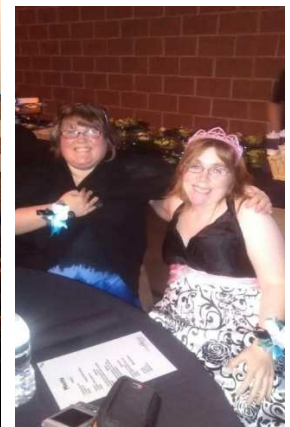
Mike Sims – Transitions Charlotte

Working at Transitions – Charlotte has been a great experience for me. The staff is so great to work with and we are able to attend many different activities with the people we serve who always enjoy events.

On February 12, 2016, I was honored to be able to accompany a group to “A Night to Shine”, a free prom hosted by the Tim Tebow Foundation.

You could see the glow in everyone’s eyes as they entered the room to walk down the red carpet in their fancy dresses and suits.

There were many items to choose from for dinner. There were also crowns and tiaras for everyone. There was dancing with music from the DJ and even Sparty showed up to greet everyone. They were given the royal treatment and loved every minute of it and we know this because they talked about it for days afterward.





## On My Own: Increasing Independence!

Shian Yu, Intern

“On My Own.” These three words have brought fear and uncertainty to some, but also hope and inspiration to others. But what does On My Own mean? As one of two interns with Transitions this year, I have had the privilege of celebrating with one group of participants from Transitions Charlotte who graduated from the On My Own class. That group did an amazing job of mastering skills that helps them problem solve situations in the community.

Over the course of the next year, there is a second group of On My Own participants who will develop, practice, and eventually demonstrate personal and public safety skills both on site and in the community. The graduates from the previous group are taking an active role in guiding and mentoring the new students. Sometimes, a peer is the best trainer from which to learn. Sharing personal stories of success and challenges can speak volumes to the new students.

While not all On My Own participants will go on to exit Transitions or lead fully independent lives, the skills learned will prepare them for unexpected emergencies. Having this knowledge is empowering to them as individuals, capable of understanding consequences and making good choices. I hope that you will join us on this journey toward increasing independence for all the people supported by Transitions!