

Transitions News!



Volume 9~ Number 3

June 8, 2012

NEW BEGINNINGS FOR TRANSITIONS

By Deb Voss
Supervisor

Every Transitions program has a new leader! Aging baby boomers retired and left some holes in the management structure for Transitions but the positions are now filled. I am happy to announce the following people have been hired as Program Coordinators:

Carol Kron serving Transitions programs at South in Holt, Central in Lansing, Charlotte, Grand Ledge, Mason and St. Johns.

Dorothy Archambeau serving Transitions North.

Susan Mahoney serving Employment Solutions, Jolly Java, Micro Enterprises and Alternative Programming.

Each new assignment brings a host of opportunities for everyone. As each new manager gets familiar with her job, she will be talking and spending time with you to try and learn what is important to you. She will do this to help provide better services to you. Please feel free to contact them to give your thoughts about the program and how you would like their support.

They can be reached at:

Carol	517-694-5098 x 2057
Dorothy	517-323-9558 x 2317
Susan	517-346-9550

INTRODUCING TRANSITIONS CENTRAL'S SUMMER INTERN

By Shanah Hawk
Transitions Central

Hi all! My name is Shanah Hawk and I am an intern teaming up with Kristin Emerick this summer at Transitions Central! A soon-to-be Michigan State grad, I am completing my degree in Family Community Services. I am currently employed at Residential Options Inc., where I have the privilege of working with children diagnosed with Autism and their families. I am

very passionate about helping others reach their highest potential and maximizing life enjoyment. When I'm not working or interning, I enjoy being outdoors and spending time with family and friends. I am an avid runner training for a half marathon that I hope to participate in later this summer. I have been warmly welcomed by everyone at Community Mental Health and I am excited to be spending the rest of my summer in such good company! I look forward to meeting as many people as possible during my time with Transitions Central and anticipate a great learning experience!

BUTTERFLIES IN THE GARDEN

By Mindy Warner
Transitions South & Mason



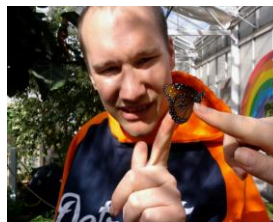
On April 5th and 6th, a group of consumers from Transitions South and Transitions Mason made a trip onto the MSU campus to visit the butterflies currently hatching in their gardens. The *Butterflies in*

the Garden exhibit is open from March 10th to April 30th. The purpose of the garden is to teach individuals about butterflies and the benefits they provide in nature. While walking

throughout the garden, consumers got a chance to view the transformation process a butterfly goes through by viewing the egg, larva, pupa, and adult stages.



The consumers also had a chance to touch the butterflies by having them land on their hands; some of the consumers referred to the butterflies landing on them as "catching" the insects. We learned that because butterflies are so delicate, they need to



be handled gently and with care. Even if someone was unable to "catch" a butterfly, everyone enjoyed the bright and warm atmosphere of the indoor garden.

A SONG AND DANCE

By Lanya Aldrich
Transitions Grand Ledge

On May 10th, 2012 Transitions Grand Ledge held a Karaoke recital for friends and family. The consumers of Transitions Grand Ledge have been doing a Karaoke group every Thursday afternoon at "Imagine This" church in Grand Ledge, with the help of volunteer Jim Cooper and all his karaoke equipment. They decided it would be fun to do this for their friends, family and housemates. There were 10 consumers that wanted to sing specific songs ranging from "Amazing Grace", "Folsom Prison Blues" to "Rudolph the Red Nosed Reindeer".

Songs got selected then the many weeks of practice began. Invitations were sent, a few phone calls were made and the refreshment menu was chosen. The real fun began then..... Guests arrived and all the consumers that were performing sat in the front all dressed in black and white. They performed their songs, danced to the "Cupid Shuffle", "The Hokey Pokey", and "The Locomotion". Audience participation was wonderful, and to cap this off, the refreshments of cookies, crackers, pop, juice and coffee were served.

Thank you to all that attended, to "Imagine This" church for allowing us to use your church and to Lisa and Karen for getting everything planned and set-up.



brighter perspective - Paul got to see what he loved best before he left - one last baseball game. He loved watching and listening to the games, both the Tigers and the Detroit Red Wings. If it had been a late night game, though, you'd often find him watching an afternoon replay of the game the next day. Often with a pair of headphones on - so he could easily hear the game. He was not only a Tiger at heart but was an avid fan of all the Detroit teams. You couldn't walk into or by his room at Hazel Findlay without seeing a wide display of different Tiger and Red Wing memorabilia. He had everything from a few baseball caps to autographed pictures, and plenty of clothes. But that's nothing compared to his extensive collection of baseball cards! He had a rather thick binder of cards from not only the Tigers, but from the Cubs, Red and White Sox, Yankees and Indians to name a few. Yes, Paul was truly our first baseman. A true Red Wing, he also knew a good hat trick once in a while.

Although he was a resident at Hazel Findlay, Paul played an important role to Transitions as well. Paul had Down's syndrome. Even with him relying on his wheels and oxygen to help get him around - you couldn't meet him without seeing his smiling face and his outstretched arms ready to give you a big bear hug. While in therapy at Hazel Findlay, one of his favorite things to do was ride the exercise bike. He also had a somewhat full schedule with Transitions. He helped out at the Brigg's Library, went bowling at Royal Scot, and enjoyed playing bingo at the Clinton County Senior Center - with a little help from Hank of course.

We've been on many field trips, hosted certain events - and just had some all around fun holiday parties. Paul may not have been able to attend all of them. But for what he could - it was good for him to be a part of our activities. He'd been to Motz Park with us this past summer. I don't think it was a good day health wise for him that day - but I'm sure he still enjoyed our company. He also attended our Halloween and Christmas parties. Paul has been and will always be a part of us. It's one, two, three strikes, he's gone to his own ball game!

TRANSITIONS PROGRAM CLOSINGS

Wednesday, July 4.....Independence Day
Monday, Sept. 3.....Labor Day
Friday, Sept. 14.....Inservice Day

PAUL FRECHEN: OUR SPORTS HERO

By Michelle Sheren
Transitions St. Johns

On May 16 St. Johns lost a beloved member of their team. Paul Frechen died in his sleep that night after the Detroit Tigers lost the game 11 - 7. His sometimes faithful Tigers had been ahead at one point during the game that night. A short time later one of his nurses at Hazel Findlay went to check on him - he'd passed away. He was fifty nine years old. Looking at it from a

PLANT A GARDEN

By Elizabeth Putnam
Transitions Mason

Famous garden blogger, Robert Brault, said once "If you've never experienced the joy of accomplishing more than you can imagine, plant a garden". The Transitions Mason Garden Club finished planting seeds for a cutting garden just this morning. The plan is to grow a variety of colorful annuals to cut and sell to make beautiful bouquets. The Garden Club has also planted a variety of herbs including cilantro, 3 types of basil, oregano, chives and dill, which they plan to freeze and sell. In the past, Transitions Mason has always done their gardening in a horse trough out in the parking lot. Not the best environment to make things grow. This year, we have joined the Mason Community Garden and have one 15' by 15' plot and one raised bed. The city of Mason received a grant to work with individuals living with a disability through a program called "Integrating Our Neighbors". The grant provided funds to build raised garden beds and accessible pathways to those garden beds. Except for a little watering and weeding, the rest is now up to Mother Nature. Look for announcements of upcoming flower and herb sales. Oh, we couldn't let the trough sit there and grow weeds so we planted some tomatoes. If we are lucky, we might be selling fresh tomatoes too!

CONSUMER SPOTLIGHT: SANFORD COLE, JR.

By Terri Beard
Transitions Employment Solutions

Sanford currently works for the Greater Lansing African American Health Institute (GLAAHI) which is located at the Black Child & Family Institute (BCFI). Although Sanford was hired by GLAAHI...he actually works as a custodian for the entire building. Sanford completed a custodial on the job-training for BCFI in 2001. Staff remembered him and when the opportunity came for him to work at GLAAHI they gave him a good report. Sanford maintains his good work ethics and continues to impress his employer. According to Elden Loggins, GLAAHI Executive Director....."Sanford has a great work ethic; he shows up, does his job and follows the rules....we are happy to have him onboard".



Sanford has more to be proud of. He recently moved into his own apartment and received his GED. He has had a lot of support from his Case Manager (Jack Minton), Vocational Counselor (Terri Beard), and the staff at the Inspirational Center, Darshann Stevenson, John Diehl and Ludie Jones. He received his GED through the GED Success Program through the Grand Ledge School District with Alexis Quinn.

Sanford is very proud of his accomplishments and has thanked his team many times for believing in and supporting his efforts.

MY TIME AT TRANSITIONS GRAND LEDGE

By Charles G.
Transitions St. Johns

BY: CHARLES M. 4-16-12 T.S.J.
IN my time here AT TRANSITIONS ST. JOHNS I HAVE REALLY ENJOYED MYSELF AT ALL THE SPITES I HAVE GONE TO. I HAVE GONE ON A FEW FIELD TRIPS WITH THE GROUP FROM T.S.J OVER THE YEARS. I MET MY CURRENT GIRLFRIEND HERE AT T.S.J BACK IN 2008. I WILL BE GOING TO CHICAGO ON JUNE 11th 2012. I HAVE BEEN IN A FEW OF THE BOWL A THONS FOR ACTION CLUB.





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MICRO OF THE MONTH SPOTLIGHTS

JUNE 2012 MICRO OF THE MONTH

PET PANTRY



Come purchase Homemade Dog and Cat Treats. These treats are available in a variety of flavors. Also Pet Pantry makes baskets featuring all kinds of items for your cat or dog such as brushes, toys and much more.

These items just became available at Katalyst Gift Boutique in Old Town. Available at Transitions North, Room 113. For more information, or to place an order, call Transitions North @ (517)323-9558 Ext 2336.

OTHER AVAILABLE SALES OUTLETS FOR MICRO-ENTERPRISES: (Also advertised on Craig's List) (Booth 8 at the Mega Mall)

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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.