

# Transitions News!

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## Welcoming New Community Sites...

### Welcome Additions

“Pleased” and “proud” are the descriptors used when talking about the 204 community partners Transitions enjoys. In the first half of this calendar year 53 new community sites were added! This illustrates the tremendous growth that both the Transitions Consumers are making, as well as their communities. As consumers are more visible and successful in a wider variety of activities, community members are more welcoming and supportive. Continued growth and expansion are expected. This edition will highlight some of the newest community sites, to give you a glimpse of the growth being realized.

### Family Independence Agency

by Ann Hall, Rosemary Jones, Jody Pohl, and Kristin Setchfield

FIA is one of Transitions-Central’s newest community volunteer sites. It all began when we got a lead from a consumer and his family that this could be a possible volunteer opportunity. Leroy, a Transitions-Central consumer serviced by the Family Independence Agency, was recommended by a case worker to begin volunteering at the agency. His mother supported the idea and contacted Beth LaFleche-Hall to tell her about it. Beth then spoke with Jeannie Altman at FIA to arrange a visit for Leroy. Last March he visited the agency and was issued his identification and access card to begin his volunteer work with them. Since March, Transitions-Central has had two other consumers, Libby and Alice, begin volunteering

their time at FIA. There are now consumers volunteering there three times per week.

All three of the volunteers work on assembling packets that case workers distribute to people with whom they work. These packets, consisting of a return envelope, application, and domestic violence brochure, are collated and addressed. When they are at the Family Independence Agency, the three consumers work in two cubicles in the same area as the case workers. Leroy, Libby, and Alice each gather their needed materials independently and take the finished product to a station where the packets are kept for the case managers to pick up.

Through the tasks done at the Family Independence Agency, Leroy, Libby, and Alice are able to learn and practice proper office etiquette as well as completing their work in a neat and timely manner. Transitions-Central thanks Ms. Altman and the rest of the FIA staff for their open mindedness and the opportunity to allow consumers to grow and contribute to the work environment at Family Independence Agency. It is hoped that this positive relationship will continue.

### Marco’s Pizza

by Terri Henton

After 2 years at Lansing Community College, the Meyers brothers’ Joe Jr. (22) and Chris (21) decided that they were ready for an entrepreneurial experience with the financial support of their dad Joe Meyers, they opened Marco’s Pizza located at 4320 S. Cedar.

I introduced myself as a job developer and as an Ambassador for the Chamber of Commerce. I talked to Joe about a consumer that I felt could assist with their new business. The consumer, who is legally blind, completed “on the job training” which Joe Jr. agreed to. He agreed to let his brother, who is also legally blind, be trained as well. The consumers worked identical schedules and were strong advocates for the business as they distributed flyers to friends and neighbors going door to door in their community. The training took 12 weeks, 2 days a week, 3 hrs. a day. Their training wages were paid by Michigan Commission for the Blind, after which Joe and his brother Chris decided to hire them both. They are now employees of Marco’s Pizza. Marco’s Pizza also joined the Chamber of Commerce and are integrated into the business community.

Their menu includes specialty pizzas, and fresh baked subs. You can also top off your order with a Marco’s salad, an order of cinnasquares, cheesy bread and/or a beverage. Vivian Turner suggests trying one of their “specialty pizzas”. Her favorite is the Chicken Club (cheese, seasoned chicken, bacon, onions, tomatoes & cheddar cheese).

## Pump Total Body Fitness

by Michelle Sheren

For approximately six months, 4 consumers from the Clinton County Satellite have been “working out” on a weekly basis, at Pump Total Body Fitness which is located at 2352 N. US-27. The business has operated in St. Johns for approximately 15 years, but has been owned by Deb and Jeff Davis for the past six years. Pump offers a variety of exercise and body building opportunities using free weights, machine weights, treadmills, exercise bikes and cardio equipment, as well as an indoor track.

When calls were made to guardians to determine whether there were any physical health concerns which would limit people’s ability to participate in these types of physical exercise, the response was overwhelming and somewhat surprising. Everyone was happy that folks were interested in these activities, but they were skeptical that anyone would really participate. Satellite consumers have pleasantly surprised us and have gotten on exercise bikes, used machine weights, walked on treadmills and more. One of the guardians has reported that their son is now doing an exercise video in his room and saying that he “has to do his Pump”.

The folks at Pump Fitness have been very responsive to Satellite consumers and owner Deb Davis reports that everyone seems very happy while they are working out. We hope to continue to build a lasting, positive relationship with the folks at Pump Fitness.

## Lansing Mall Younker’s Bingo

by Lyn Bloomfield and Susan Speers

The Transitions North Senior Team has discovered a great place to play BINGO. For several months they have been playing BINGO at the Lansing Mall. Younker’s Department Store hosts a monthly Senior Citizens day which is generally the first Wednesday of each month. Two senior citizen consumers have been attending with staff support and really enjoyed it. The seats fill up quickly and the players are lively. The attendees are treated to coffee, snacks, and good conversation, while attempting to win prizes furnished by the store. The consumers enjoy the atmosphere and being with other Seniors. Along with making new friends, the consumers often run into other people they know who are shopping or mall walking. There is BINGO in the morning and again at 2:00pm. This has become a popular activity that is

anticipated highly. Whether they have won at BINGO or not, the consumers who attend feel the site is a winner for them!

## Williamston Community Pool and Charlotte Aquatics Center

by Carol Kron

In response to the unavailability of our regular swimming sites, the Mason and Charlotte Satellite staff began searching for other community alternatives. The results have been most positive.

Late this past Spring, the Charlotte community finished its new Aquatics Center. This facility is state of the art, particularly in terms of accessibility. It has a regular large pool for swimming, as well as an exercise pool which has graduated steps to enter the water and the availability of a mechanical chair lift. The water in the exercise pool is shallow and kept at a temperature between 80 and 95 degrees. It also has jets that turn off and on through the use of a timer. There are regular locker rooms available as well as individual rooms for those who may need more assistance. The Charlotte Satellite currently utilizes the facility four times per week. Prior to the completion of the Charlotte facility, the groups were driving to Olivet or East Lansing for swimming, therefore having this facility available in Charlotte is fabulous!

In late May the Mason Satellite discovered the Williamston Community Pool. There were a number of consumers requesting therapeutic swim classes to maintain or improve their mobility. The Williamston Pool also provides a warm exercise pool with a mechanical lift for entry, as needed. It, as in Charlotte, also has under water benches for those participants who are unable to stand for long periods of time, but who still wish to exercise in the water. They

offer water aerobics classes that consumers from Mason participate in twice per week. The staff at the Williamston Pool have been most welcoming and the consumers look forward to returning every week.

Both of these locations are providing multiple services in terms of physical and mental therapy, as well as true inclusion in a community activity.

## **Coffee Kiosk Opening Soon!**

**By John Root**

CEI-CMH is pleased to announce the upcoming opening of a new venture in community employment for CMH consumers. A Coffee Kiosk will employ two consumers who eventually will be the sole proprietors of this business. The Kiosk will be located in the Atrium of the CEI-CMH Headquarters at 812 S. Jolly Road. The business will operate Monday through Friday from 7:30am to 1:00pm. A variety of coffees and cappuccinos, as well as pre packaged food items will be available.

Currently a "Name the Kiosk" contest is being held, with the winner receiving \$20 in free purchases. Please E-Mail your entries to [rootj@ceicmh.org](mailto:rootj@ceicmh.org) or [turnerv@ciecmh.org](mailto:turnerv@ciecmh.org), or you may drop your entries off to Suite 216 Jolly Road Building. Please submit your entries by October 15, 2004.

**Upcoming Program Closings:  
In Service Day.....Friday, October 22,  
2004**

The mission of CSDD is to promote and support ongoing choices for people and families to be full and equal citizens in the community.