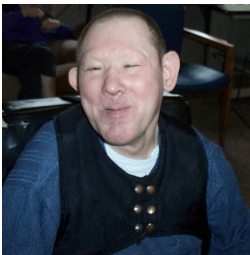


Transitions News!

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May 1, 2006



Transitions North's "Spotlight" Shines on Ralph!

by Karen Wilbur
Transition North

Ralph is truly a "ray of sunshine" to consumers and staff alike at the Transitions North building. Ralph has attended Transitions North for about fifteen years and currently is a member of the Senior Team. He lives in a group home in Lansing which he has called home for a good part of his adult life. Ralph was institutionalized for 32 years beginning when he was only a toddler. His release was nearly a quarter century ago.

For several years he has served on the Transitions North Consumer Council, attending meetings every Monday afternoon. With his smiling face and affirmative nods he has helped make many decisions related to fund-raising efforts and party planning. Several times from his wheelchair, he has helped direct the display of posters in the hallway which announce fund-raising activities sponsored by the Transitions North Consumer Council.

Ralph is a very kind, caring person who enjoys helping others. He is able to effectively communicate with others even though he cannot speak. He comforts others who seem distraught by offering a kind hand on their shoulder. He notices the needs around him and is anxious to help meet those needs. Ralph even likes doing household chores in the Senior Team!

Ralph is very fond of attending movies, going to the mall to window-shop and most of all socializing with family and friends. Ralph has a

wonderful smile and gives great high-fives! He is a great guy!

Program Closings

Transitions Programs will be closed on
Friday, May 12th, 2006
for a staff inservice day.

The Programs will also be closed on
Monday, May 29th, 2006
in observance of Memorial Day.

The Sensory Therapeutic Team Makes Good With Flower Sale

by Mia Gougeon-Adarkwa
Transition South

The Sensory Therapeutic Team (S.T.T.) held a flower sale the week of April 10th through April 14th at the offices of the Michigan Public Service Commission (M.P.S.C.). The flower sale was received well by the staff. Consumers from the team sponge painted pots then planted them with daffodils and tulips. They had fun and enjoyed getting dirty. The team was able to sell twenty-four plants making \$140.00 profit.

The success of this project and the new relationship with M.P.S.C. has spurred development of future projects for sale at that office. They may also branch out to area businesses. The M.P.S.C. has agreed to allow one sales project per month at their offices. Ideas for future projects include: a candy sale, bird houses,

pinecone fire starters, mosaic stepping stones and other craft items.

Inventing Your Work

by Lisa Simmons
Transition Charlotte

An entrepreneurial spirit lives in Charlotte as several consumers have accepted the challenge to start their own micro enterprise! Lisa Simmons, Micro Enterprise staffer, is working closely with each of the gentlemen who have ventured into this arena. David H. is mixing up gourmet bird treats to feed wild birds. He mixes suet with various seeds to create a delicious concoction for the song birds. David is not quite ready to sell this product but soon will be.

Matt W. spends time with his ironing board and material. His business of choice is the embossing business. His embossed sweat shirts were featured at the CEI CMHA Annual Meeting as they had the corporate logo on them. He has decorated T-shirts for every holiday since his business started. He was hired to emboss gift bags for the CMH Wellness Program finale' and he takes custom orders.

Just beginning is Barth who wants to cut your grass. His micro enterprise in Charlotte is mowing lawns and he is in the process of lining up jobs for the summer. You can see his advertisement in the classified section. Finding work can be as easy as noticing an unmet need around you.

" MY VIEW POINT "

AN EDITORIAL COLUMN AUTHORED BY CONSUMERS

Inspiration From Others

Submitted by: Simone
from Transitions Central

Congratulations to the team for their success and a special thanks to the M.P.S.C. staff for their support.

Simone, a consumer involved with Transitions Central, attended Community Mental Health's Annual Report to the Community meeting on March 6, 2006. Highlight of the evening was an inspirational presentation by Dick Hoyt. Following the event, Simone chose to write about how she related to the Hoyt's experience.

"Dick and Rick Hoyt inspired me because they have been through a long race from start to finish. Even though Rick was born disabled, it didn't stop him from achieving his goals and dreams."

"When I was two years old, I was in a severe car accident and was brain damaged for life. When I was starting school, people said I would never pass high school and never function or learn like normal people. People used to tease me and call me retarded, dummy, uneducated and crazy. I know I can be somebody who can survive in this crazy world."

"I loved writing about how I was inspired about Dick and Rick Hoyt's story. They have finished the race they started and will continue to be successful in the future and life itself."

What I like....

Submitted by Cathy G.
Transitions St. Johns

"I am in CMH because it is good. I go out for coffee on Monday and it is really great. After that we volunteer for Meals on Wheels and I help deliver the meals and I am good at it. I go to Holiday Lanes. I like going to play pool and to the satellite too. We like it so much and we clean the Community Christian Church and I clean the bathrooms on Thursdays. We go to Triami Lanes to go bowling too and that is fun. I want to go to

the movies so I am going to go to satellite on Wednesdays too. I want to have fun. I like to go

to Curves and I like to do it so I can be thin. You are really nice staff and I love you."

Office on Aging Recognizes Mason Volunteers

by Kristy Hawkins
Transitions Mason

Trudging through ice, snow, high winds and rain seemed worth the trouble on April 20th, when the Meals on Wheels volunteers were recognized by the Tri County Office on Aging. Transitions Mason consumers and staff invest over 330 hours annually assisting seniors in Holt, Lansing, Mason and Williamston with getting nutritious meals. Nine consumers, including Cindy F., Bryan H., Jim O., Dan H., Lisa T., Ann E., Terry B., Ian B. and Fred M., spend time each week knocking on doors with food containers in hand. They deliver food to single family homes, churches and apartment buildings three times per week.

Every April, volunteers are invited to a special luncheon where they are thanked for the assistance they provide. This year, a delicious meal was provided along with a potted plant for everyone in attendance. The volunteers from Transitions Mason look forward to this luncheon and are excited to attend. For those who are not able to attend the lunch, cookies are included in the daily food containers as a way to say thanks. April is National Volunteer Month which is why these gifts are awarded at this time. Meals on Wheels and Transitions Mason have a "tight connection".

Remembering Their Contributions

by Lisa Marshall
Transitions South

Transitions South has been blessed by so many wonderful, and unique people. Consumers and staff have shared so much knowledge and experience with each other. Imprints of the faces

that have impacted the program the longest are the Seniors, of course! Some of those have spent almost TWO decades here! Two special people who did just that were Stella, a dedicated Senior Companion who gave countless hours of care and friendship, and Bud, a consumer in the Senior Team. Bud's friendship and enthusiastic, helping ways and Stella's kindness created a plethora of happy memories with their friends.

In late December of 2005, we said good-bye to our two dear friends, as they each passed on. They left a significant imprint on the lives of many. Today, they are remembered for all that they shared so generously. Bud's loving sister, Marie, arranged for a donation fund in his name to be given to the Senior Team. As a result his friends continue to enjoy doing fun and exciting things. Because of Bud's gift, a few of the Senior ladies enjoyed the Women's Expo this year for the first time. They shopped, ate and collected free goodies. The Seniors returned to their annual Snows Sugarbush trip, enjoyed a wonderful breakfast and remembered Stella and Bud being there in previous years. Bud's gift will provide for a cruise on the Michigan Princess on June 14th. This day is an appropriate memorial to Bud since his birthday is June 13th. Bud lives through memories of him and through the generous donations after his life. "Thank you Bud and thank you Stella, you are in our hearts forever."

WANTED

Employers or businesses that can provide employment opportunities or production work for consumers. The Work Employment Solutions Team of Transitions wants to enlist the help of consumers, friends, and families of consumers in our efforts to find community employment and production work.

Should you have any ideas, please contact:

**Steve Frese
323-9558**

frese@ceicmh.org

or
John Root
346-9568



root@ceicmh.org

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