

Transitions News!

Volume 3 * Number 5

November 1, 2006

Seasons Change

by Deb Voss

Snow flurries convincingly fell outside the window as plans were made to put the garden to sleep. Large bowls of green beans, tomatoes and so much more were grown this year in the garden which was planted by the Personal Endeavor Team better known as "PET". One fellow who helped with the garden planned a goal of picking beans next year during his recent Person Centered Planning meeting.

Teams are asking for support to enable them to visit area cider mills to enjoy the fruits of the season - apples. Recently, the Skill Building team visited an apple orchard around St. Johns. They bundled up to brace themselves against the early cold temperatures and had glasses of cider with a donut. They also visit the St. Johns Parks and Recreation's Annual Pumpkin decorating contest. They came away with some good ideas for the pumpkin contest at the T-South Halloween party.

Rowe's Pumpkin Patch in Mason was visited by the Senior Team on two different occasions. The petting zoo was especially enjoyed on the



first visit because the temperature outside was warmer. Both groups had plenty of apple cider and donuts to sweeten the trip.

Hallways are decorated with spooky creatures and spider webbing in anticipation of Halloween. The back hallways are noisy with Halloween dolls who talk when you pass by! Each team is preparing for the annual pumpkin carving contest as the winner is announced at the Halloween party. The best costume will also be selected from the entire group of people coming in costume.

The rhythms of life keep circling around and around. Each year we celebrate the same things but everything is new because the participants are new. To celebrate is to say that you are alive and enjoying all that life has for you. Enjoy!

Chili Champion Among Us

by Susan Speers

Transitions North has hosted several chili competitions over the years. One of our former winners and always fierce competitor DDS Wendell Hill now has won another championship with his chili. He was selected the winner of the recent Charlotte Frontier Days chili competition. Congratulations Wendell!

Training
Tomorrow's
Social Workers

~ Greetings Transitions & Happy Autumn! ~

by Melissa Balderas

My name is Melissa Balderas and I am a senior at MSU majoring in Social Work. My internship assignment is at Transitions South for the school year. You may have seen my face already at the last In-Service Day, passing out supplies or serving lunch. I am really excited to be here and want to learn and absorb as much as possible. I have been assigned a caseload of three consumers, am attending various meetings and will be visiting other Transitions locations. I have been given the responsibility to plan activities with the Computer and Research consumer group at Transitions South as well as working in some teams. I will be meeting lots of new people!

My social work experience includes interning at E.V.E.'s House, a domestic abuse shelter for women and children, volunteering at MSU's Sexual Assault and Crisis hotline for two and a half years, volunteering at St. Therese Migrant Camp summer program and being a camp counselor for the past two summers at Ele's Place annual "Forget-Me-Not" Camp. During my free time I enjoy reading, working out, horror films and consuming large amount of candy. I also absolutely love this time of year with the changing of the leaves, Thanksgiving and especially Halloween! I look forward to meeting more new people and am happy to be a part of the Transitions family!



~ Hello Transitions! ~

By Brittany Fila

My name is Brittany Fila and I am a new student intern at Transitions North. I will be here the whole school year or from now through May 2007. I am excited for this year and thankful to be a part of Community Mental Health.

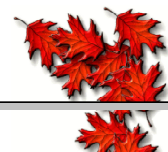
I am a senior this year at Michigan State University, majoring in Social Work. My hometown is Norway, MI in the Upper Peninsula. Yes, I am a "yooper". My rural upbringing did not provide for much diversity so I find myself wanting to know more about other countries and cultures. My social work experience involves Indian culture, at-risk youth, and families who are homeless. I studied abroad last semester in India examining culture, women empowerment and rural education. During the summer, I did an internship with the Denver Rescue Mission helping develop a youth program for families in transition. Learning and experiencing as many different places enables me to embrace diversity and equality which are some of my core values.

During my non-internship time, I really enjoy basketball, volleyball, tennis, horseback riding, camping, creative art, seeing new places, volunteering with my church, and spending time with my family when I can make it home. Also, I really enjoy asking questions. I work as a Family Support Worker with at-risk children through CMH's Family Guidance Services unit. If you see me around, get my attention. I would love to meet you and I will probably have a few questions for you also!

Transitions South Enrichment Classes

by Lisa Mack

Transitions South offers a variety of extra classes throughout the year to develop consumers interests. This fall there are classes in Healthy Cooking, Science, Arts & Crafts, Nature Study, Exercise, Beauty class, and World Cultures. The 12 week classes are run by the talented and creative staff at Transitions South. Consumers that participate in the tailor made classes have a safe environment to experience things that may not be available in the community. For example, World Cultures is a class that



introduces various ethnic/cultural groups to consumers. The diverse workforce at Transitions South is able to introduce consumers to their heritage. Dr. Sukyeong Pi, Substitute CST did a power point presentation about South Korea, Keiko Namura, a volunteer, showed pictures of Japan and Melissa Balderas, a student talked about Mexico. Nature study, which is taught in natural settings, such as Harris Nature Center allows consumers to identify animals, plants, and experience the changes in the environment over the course of the year. Some of the all time favorite classes such as Beauty and Arts & Crafts, have helped enhance the self esteem of those that participate. Science has taught consumers some basic facts about why things happen, in a fun experimental way. Of course Healthy Cooking and Exercise class are for overall improved health.

**Mary Odie,
A Volunteer
for 7 Years!!!!**

By Kay Iiams and
Susan Speers

For 7 years, Mary Odie has conducted a seated exercise class for individuals. Initially the class was called Body and Soul,

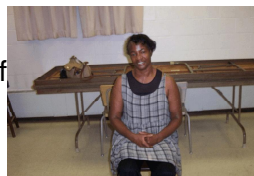
but later the name changed to Body and Chair. The class is held at Pilgrim Congregational Church, 125 S. Pennsylvania, Lansing, where they have generously allowed the use of a classroom for this class since its inception. It is a pleasant and centralized location, with an elevator to the classroom floor.



Over the years, consumers from Transitions North, South and Central have attended the class, which utilizes music and hand held weights to strengthen the upper body. It is a popular class and is a good introduction to exercising with hand weights. Currently, 10 individuals from Transitions North attend one of the two class sessions each week. The individuals are always ready to go to class and work out with Mary.

Mary is 56 years old and began exercising when she was 25. She began working with CMH consumers after she was involved in an automobile accident. Mary called CMH and made a connection with a social worker and through that began working with one individual. That blossomed into a class and it has been popular with consumers for the last 7 years. The class is open to anyone;

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neighbors currently coming to the class. Mary describes the class as fast paced and she has witnessed consumers getting stronger and more active over time.

Thank you, Mary for your dedicated service to consumers and for providing this opportunity to so many. Mary stated that she loves doing the class and will keep on doing it as long as she can. She is committed to health and well-being and is a role model for many.

Program Closings

Friday, Nov. 10, 2006 - Veteran's Day

Thursday, Nov. 23, 2006 - Thanksgiving

Friday, Nov. 24, 2006 - Thanksgiving

Fri., Dec. 22, 2006 - Mon., Jan. 1, 2007

Winter Holiday Break

Friends Support Each Other

by Beth LaFleche-Hall

What are natural supports? No, they are not a new brand of comfort hose sold at the local store. According to the dictionary, the word "natural" is defined as "not artificial,"

and the word "support" is defined as "assisting or helping to maintain something." Transitions uses the phrase natural supports to describe people within the community who offer their assistance to others with no ulterior motive, no plan to receive payment, no arm twisting and no glory or recognition. In short, they offer their support because it's something they want to do.

How do these natural supports demonstrate their caring and commitment? Let us count the ways.....

Alice has volunteered weekly at the American Cancer Society since the year 2000. She and an ACS staff bonded immediately, and they regularly go shopping and out to eat on the week-ends. These week-end excursions have been enjoyed by both women for the past five years.

Risa volunteered at Pregnancy Services of Greater Lansing for two years. She left her volunteer placement after obtaining her ultimate goal of paid employment. The following year, the volunteer coordinator called to say that she wanted to plan a birthday party for Risa and needed information regarding transportation arrangements. Risa was ecstatic that her former colleagues had planned a birthday party for her.

Dan has been a member of the Oak Park

YMCA for the past ten years. He is an avid college football fan and likes to talk sports with other members. One memorable day, a fellow YMCA member spontaneously gifted him with tickets to an MSU football game.

However it is defined, the phrase, " natural supports" identifies people who are friends, supporters, companions or peers. No glory, no recognition; just people who are definitely genuine and want to help others.

Expanding Services to Meet Needs

by Laurie Duckett

Late summer brought the addition of one part time staff position which created more opportunities for consumers to be active in the community. In what had previously been groups as large as 8 - 10, consumers were then able to be active with only 3 - 4 other consumers. This also enabled consumers who live in outlying areas like Stockbridge and Leslie, to explore their communities. Staff assisted consumers to explore several options in both rural villages.

Micro-enterprise products have been challenging to market and display, making sales slow. To enhance the opportunity for display and sales, a small gift shop is being created as part of the space currently occupied by the Drop In Center in Mason.

The front entrance has become the store entrance while the rear entrance continues to be the main entrance for anyone using the Drop In Center. Ideas for the store decor, focus and setup are being discussed. There is currently no opening date established. Watch the Transitions Newsletter for more information!

Consumers from Mason assisted again this year in Mason's annual "Mason Cares" Day. They washed fire trucks and police vehicles along with other Mason residents to show their support for those city service providers. This happens every year on September 11th in commemoration of the 9/11 tragedy of 2001.

SUPPORT LOCAL BUSINESS!

These businesses employ consumers so please support them!

Marco's Pizza
4320 S. Cedar Street
Lansing, MI
394-4444

Meijer
1350 W. Lake Lansing Road
East Lansing, MI

Plant Professionals
16886 Turner
Lansing, MI
327-1059

Kroger
2495 Cedar Street
Holt, MI

Marco's Pizza
4801 W. Saginaw
Lansing, MI
323-3311

Meijer
6200 S. Pennsylvania
Lansing, MI

Burger King
505 E. Saginaw
Lansing, MI

Soup to Nutz Bistro
123 E. Kalamazoo
Lansing, MI
485-0955



Holiday Craft Sales

CMH Main Office

812 E. Jolly Road
Lansing, MI

Home-made pet treats

10 a.m. - 2 p.m.
Friday, November 17th
and
Thursday, December 14th

