

# Transitions News!

Volume 5 \* Number 2

April 10, 2008

## DATES TO MAKE NOTE OF:

FRIDAY, MAY 16.....INSERVICE DAY

MONDAY, MAY 26.....MEMORIAL DAY

TRANSITIONS PROGRAMS WILL BE CLOSED  
ON THE ABOVE DATES.



## THE DEFINITION OF "AKTION"

Transitions St. Johns

By Michelle Sheren

According to the dictionary, one of the many definitions of the word "action" is "the trait of being active, energetic and forceful." Well, on March 19, members of the Transitions St. Johns Aktion Club were very active and energetic.

The Aktion Club is an organization sponsored by Kiwanis International which promotes community service by individuals with disabilities. Just less than a year ago, members of the St. Johns Chapter 707 of Kiwanis invited Transitions St. Johns to be a part of their organization and start their own Aktion Club, with assistance from staff advisor Carrie Curtis.

During the past year, members have participated in several different events including a children's book drive, a camping trip and a dinner. They have also attended breakfast at 7:07am on Thursday with the Kiwanis Club in St. Johns on several occasions. On March 19, Aktion Clubs from Owosso, Charlevoix, Mason and Monroe met at Redwing Lanes in St. Johns for a day of bowling, pizza and fun. The goal for the 65 members in attendance was to raise money for a group called Sleeping Children Around the World which provides bed kits for children in third world countries.

Preparation for the event by T-SJ Aktion Club members included a Little Caesar's Pizza Kit Fundraiser that generated over \$700! With this money, cookies were purchased to bake and serve at the event. Other supplies, prizes and certificates were paid for plus some money was deposited in the Club account.

T-SJ Aktion Club officers and members all had important roles to play for the bowling event. They baked and decorated cookies, helped to set up the bowling alley, acted as greeters to their guests and cleaned up when the event was finished. Aktion Club President-Alex T., Vice President-Les K, Treasurer-Chris K. and Secretary-Cathy G. were all on hand to pass out certificates to visiting Aktion Club members, recognizing their fundraising efforts. Club members also helped hand out gift bags which were provided by Clinton Memorial Hospital and our Kiwanis advisor Nan Simon. Clinton Memorial Hospital also provided \$275.00 which covered the \$15.00/person fee for bowling and pizza, for the members of Transitions St. Johns. This generous gesture made it possible for everyone to participate.



Consumers attending the event had a great time, met some new people with interests similar to their own, and took pride in their fund-raising accomplishments. The event ultimately provided \$839.00 to the Sleeping Children Around the World Fund! This was a very successful event and we look forward to hosting it again next year.

## DONATED TICKETS

Transitions Central  
By Beth LaFleche-Hall

Go Green! Go White! Over the past several years the Transitions Central program has continued to benefit from the generosity of those involved with MSU Women's Basketball. Each fall, the Director of Basketball Operations has graciously donated several home game tickets to the Transitions Central program. For the 2007-2008 season a total of 15 tickets to three home games were provided. These tickets were utilized by Transitions Central consumers and allowed them to join in on the excitement and cheer the women on to victory.

Julie Pagel, the new Director of Basketball Operations for head coach Suzy Merchant, was a four-year letter winner at Michigan State from 2001-2004. She was very receptive to Transitions Central's request and quickly responded by providing donated tickets. On one game day, Ms. Pagel made a point to sit with the Transitions Central group for a brief period during the game.

Win or lose, the opportunity to catch a college basketball game is an exciting experience. Transitions Central has enjoyed cheering the women on during this basketball season. Go Lady Spartans!

## TRANSITIONS NORTH FOOD DRIVE

By Rona Landfield

For the past 15 years, Transitions North consumers have been working to help the hungry through their volunteer efforts at the American Red Cross Food Bank. Fifteen consumers volunteer a half-day each week to sort donated food by categories. This food is distributed to local food pantries.



While planning our annual Holiday party, the members of the Transitions North Consumer Council repeatedly expressed a desire to do something to help others in the community. In January the Council began exploring local charitable agencies and activities to benefit them. We decided to focus our efforts on local hunger, and looked for a small community group with a need for food. With the assistance of the 2-1-1 Service Directory, we discovered the South Side Community Coalition and Neighborhood Center in Lansing. With their consent, the Consumer Council sponsored a food drive to benefit their food pantry. Darren took pictures of non-perishable food items, and Transitions North secretary Janice Wilks designed a flier to publicize the food drive.



---

The food drive was held at Transitions North from March 10<sup>th</sup> through March 17<sup>th</sup>. Over 135#s of canned and boxed food was collected. On March 26<sup>th</sup> the food was delivered to the South Side Community Coalition by Consumer Council members Tonja, Chris, Tim, and Mark, along with Transitions North CST Carol Fischer. The South Side Community Coalition provided the Consumer Council with a certificate of appreciation and with information about their many programs for neighborhood children, youths, seniors and families.

### DELIVERING THE DAILY BREAD

Transitions South

By Deb Voss

Meals on Wheels was one of the first community sites having been started in 1991. That once a month delivery has evolved into a significant contribution to the aging population of the Greater Lansing area.

Transitions Mason handles 5 routes per week. You will find them knocking on doors for four routes each week. They also deliver bulk food from the kitchen in Mason to Williamston every Tuesday. A total of 13 consumers are involved with this effort to feed and visit seniors.

Consumers from Transitions Charlotte volunteer in the main kitchen in addition to delivering meals every Friday to homes. Three consumers are responsible for this activity.

Transitions South assists the Office on Aging with 3 different routes for a total of 8 times per month. A variety of consumers deliver lunch each time.

What started as "one time per month" is now 32 routes every month involving around 23 people. The impact on the Meals on Wheels program is huge and hundreds of seniors have benefited from it.

Never underestimate the effect that can be realized when consumers get involved!

### QUALITY OF LIFE!

Transitions Charlotte

By Carol Kron

Some folks just know how to live! They know what they want and have gone for the gusto, even against the odds. Plus it doesn't hurt to have had people in their lives that listened to what they wanted and supported them along the way. Roger Abbott is one of those people!!!

Many years ago he arrived at Bretton Square Industries a very unhappy man. He lived with people he did not enjoy, he wasn't able to work as much as he wanted and there were activities in the community that he wanted to do but couldn't. Additionally, the biggest disappointment was not seeing his family.

Recently I met with Roger and the transformation was incredible. When asked what he would like to change in his life he was adamant that there wasn't a thing he would change. He spoke at length about the gentlemen with whom he lives and how compatible they are. They enjoy (independently) going to the movies, going to the bank to cash their checks every Saturday and watching football together! He is thrilled that he is now able to go to church on his own, every Sunday! He works several days a week at a job that he loves and uses his paycheck to do what he enjoys. He attends a weekly art class, bowls, attends a recreational program in the evening weekly, attends a weekly ceramics class and volunteers cleaning a local church each week. Most important to Roger is that once a week he takes Eattran to visit his mother for the day. They enjoy lunch together and spend time playing games and talking. The fulfillment is evident by the broad smile on his face!

There simply isn't a day of the week that Roger isn't doing something that he truly enjoys!! His story exemplifies the goal of all human beings to be truly fulfilled in all aspects of our lives. Now the challenge is for us to continue to fulfill the dreams of more people who surround us every day!