

# Transitions News!

Volume 7 \* Number 1

February 5, 2010

## PROGRAM CLOSING CALENDAR

Monday, Feb. 15.....Presidents' Day  
Friday, March 19.....Inservice Day

## "Ho, Ho, Ho"

By Kristy Hawkins

If you missed out on the Transitions Mason and Charlotte Christmas party, boy did you miss out on one heck of a great time! While consumers, staff, case managers and family members began to arrive at the VFW Hall in Mason, the band, "Martin and Company" was playing lively music. Moods were elevated because there was dancing, singing, and everyone enjoyed the ambiance. Christmas bingo yielded many prizes for some while others were "getting down" on the dance floor. Santa and Mrs. Claus took time out of their busy schedule to visit. Lines formed to talk to them and to exchange hugs. The excitement over Santa was only eclipsed by Elvis Presley's visit!! Everyone was screaming with excitement, some were crying as people crowded the dance floor. Elvis was wonderful, he sang, danced, talked to everyone, gave hugs, posed for lots of pictures and even threw scarfs out onto the dance floor. The party was a great success, with a delicious turkey dinner with all the trimmings served to everyone. It was a wonderful time that will be tough to forget.

Transitions Mason and Charlotte extends their sincere thanks to the men and women of VFW Post 7309 who provided space for the party which was decorated and festive plus all of the food and drinks. A group of civic minded teenagers from Okemos High School provided "wait staff" support for the meal.

## From Loss to Gain

By Terry Harshman

Loss often leads to opportunity. After ten plus years providing exercise and yoga opportunities for Transitions consumers, Lori Franklyn had to call it quits. She was promoted and now works in Ann Arbor. Lori taught classes for consumers and staff and announced her departure with tears in her eyes.

This was a great loss to over thirty Transitions North consumers. Lori's lively personality and ability to motivate others to exercise was evident when she taught classes at the North Police Precinct and at the North Network Center.

The set-back was of short duration because Transitions North CST - Carol Fischer responded to the challenge and successfully located a suitable replacement - and community partner - at the downtown YMCA. On Monday, January 25<sup>th</sup> Transitions North consumers began a lively, inter-active, and low cost fitness program entitled "Enhance Fitness". The program is offered through the YMCA of Metropolitan Lansing and is based upon scientific research and feedback from participants. It "...combines the 3 components of fitness: strength training, flexibility, and cardiovascular conditioning." Individuals work at their own pace and the instructor provides personalized attention in an effort to make modifications so each person can find a fit for himself or herself. What was perceived as a great loss has actually resulted in a gain of new, ongoing adventures in the form of (a) maintaining and developing strength, (b) increasing range of motion, and (c) maintaining a sharp mind and independent lifestyle.

Classes are not limited to persons from Transitions North but are open to anyone. The class times are Tuesdays from 1:00 to 2:00 PM at the YMCA, 119 N. Washington Square, Lansing. Each session costs \$3.00 and is taught by a trained YMCA staff person. Please join us in utilizing this new community site. Additional information about the program may be found on the internet at [www.projectenhance.org](http://www.projectenhance.org).

## AREN'T WE LUCKY?

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 2009-2010 season, a total of 17 tickets to four home games have been provided. These tickets will be utilized by Transitions Central consumers and will allow them to join in on the excitement and cheer the women on to victory.

Julie Pagel Dombroski, the Director of Basketball Operations for head coach Suzy Merchant, was a four-year letter winner at Michigan State from 2001-2004. She was once again very receptive to Transitions-Central's request and quickly responded by providing donated tickets.

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

## SPEC-TRAN'S NEW ZONE FARE SYSTEM

By Rona Landfield



On January 2, 2010 CATA implemented a new zone fare system for Delta Township. The cost for a one-way trip from Transitions North to Delta Township remained at \$2.50, but the price of a return trip from Delta Township to Transitions North increased to \$5.00. CATA has stated that the cost increase is due to Delta Township not providing revenue to the CATA system while the volume of rides within Delta Township has been steadily growing.

This change has had a significant impact on the consumers at Transitions North. With the northside program being just east of Delta Township, Transitions North is the single biggest user of Spec-Tran services in the area. Many of our community activities are located in Delta Township. Favorite community locations include the Lansing Mall, parks, Tendercare West, Wal-Mart, and the new Delta Township library. The new cost of transportation related to Delta Township has made it difficult for us to afford taking Spec-Tran to activities in Delta Township. We have

begun redirecting activities away from Delta Township to keep our transportation costs down. This results in longer rides to more distant locations, such as to the Meridian Mall to the east, and less time to participate in community activities.

The Transitions North Consumer Council has the responsibility for approving consumer requests for agency funding to do community activities and for transportation related expenses. The Consumer Council has expressed concern about the inability to fund requests for transportation to activities in Delta Township. After lengthy discussion of the matter, the Consumer Council is writing letters to the executive director of CATA and the supervisor of Delta Township to inform them that the new policy is limiting our ability to be included in our community. Consumers have requested that an alternate method of increasing revenues to fund transportation in Delta Township be found. We will report on their response in a future article.

## HEALTHY LIVING

By Deb Voss

Stepping on a scale can be frightening to some. Ten employees at Transitions South banded together to form a weight loss alliance which would support healthy eating during the challenging holiday months. Everyone paid \$15.00 to create the motivation to stay on the diet wagon. Weekly weigh-in's populated the graphic display of progress for all to see. January's last Monday was the last weigh-in which produced the winner: Karen Trover! Thirty four pounds melted off Karen while she was being chased by the second highest loser - Avis Stubbs - who lost 30½ lbs.! This contest created significant discussion about healthy living.



Karen was very gracious with her cash prize. She donated 1/3 of her winnings to the "client fund" at Transitions South. This will be used to pay for community activities for consumers in need.

# CHRISTMAS FUN IN ST. JOHNS

By Michelle Sheren

On December 16, Transitions St. Johns held their 7<sup>th</sup> (Can it be?! Already?!) Annual Christmas Party at a new location - the V.F.W. Hall in St. Johns which was generously donated to us for the day! This change from the past several years of having pizza and bowling type parties was thoroughly enjoyed from beginning to end! While some folks assisted with setting up the hall, decorating and preparing the tables and preparations were underway for the luncheon, several very helpful elves, (otherwise known as guardians) were on hand to assist with activities like Santa BINGO, cookie decorating and arts & crafts. A traditional Turkey dinner was served and everyone enjoyed plates filled to the brim with delicious turkey, stuffing, mashed potatoes/gravy, veggies and a buttered roll. A punch bowl was also on hand and desserts of pumpkin, apple or cherry pie topped off the meal.

Opening gifts delivered by Santa and dancing to music provided by WRON was the afternoon special treat! If the comments that were made by consumers after the party are any indication, I don't think we'll be going back to the bowling alley for our Christmas party anytime soon! I have to say though, that my favorite comment of the day came from Robert who said "We really are like a family here in St. Johns. We do everything together and now we are having Christmas dinner together, too." It was a very special day for everyone and well worth the extra effort it took to make it all happen!

On another note - Transitions Aktion Club members were busy this holiday season, planning and carrying out a goodwill project for a community family. Planning involved locating a family in need, putting up a donation tree at Jolly Road with mittens listing gift ideas for the family and then delivering those gifts. The outcome was a family able to enjoy a much brighter Christmas holiday, and Aktion club members who were able to experience the true meaning of Christmas. Again, many thanks to the CEI-CMH staff who helped by donating gifts for this family, helping them to experience the joy of the season!



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