

# Transitions News!

Volume 7 ~ Number 6

December 10, 2010

## **YIPPEE! GRAND LEDGE.....here we come!**

By Dorothy Archambeau

After many months of hard work, planning and preparation, Transitions Grand Ledge's Neighborhood Center continues to evolve.

Grand Ledge is a small community well known for, and named for its rock ledges that rise 60 feet above the Grand River. Grand Ledge hosts six festivals each year, including Yankee Doodle Days, Victorian Days, St. Patrick's Day, Memorial Day, The Island Art Fair, and the Color Cruise and Island Festival every autumn. Because this community is so active, the neighborhood center will work hard to get very involved. In addition to fun, educational and volunteer activities during the day, we plan to have evening and weekend activities that center around the area's festivals and sporting events. Recent activities in the Grand Ledge/Delta Township area include: martial arts classes, yoga and chair exercise classes, mall walking, reading at the Grand Ledge and Delta Township Library, coffee/pop and lunch groups, basketball, bowling, shopping, volunteering at senior centers, a nursing home, and delivering Meals on Wheels. Much to everyone's delight, we also participated in our first Color Cruise boat ride, and Island Festival this fall!

The eager and energetic staff for Transitions Grand Ledge are: Dorothy Archambeau, Lanya Aldrich, Lil Castronova, Heather Cantu and Lisa Lake. While waiting for construction to be finished at our permanent site of 401 S. Bridge Street, the program is temporarily located at the Delta Presbyterian Church, 6100 W. Michigan Avenue, Lansing.

If you have questions or ideas for our newest Transitions Program, please contact Dorothy at 517-488-1977, or by email, [archambe@ceicmh.org](mailto:archambe@ceicmh.org).

## **TRANSITIONS PROGRAM CLOSINGS**

Thursday, December 23 through Friday, December 31  
is Winter Holiday Break

Transitions Programs will resume services  
on Monday, January 3, 2011

Monday, January 17.....Martin Luther King Day  
Monday, February 21.....President's Day

## **HAPPY HOLIDAYS!**

By Beth LaFleche-Hall

The holidays are a busy time for everyone and those involved with the Transitions Central program are no exception. In an attempt to reduce some of the stress that may be felt this time of year by consumers, their families, and community sites, Transitions Central holds a holiday party each December. This gives people a chance to have some fun and enjoy time with their friends prior to the holiday break. Transitions Central held their annual holiday party on December 3, 2010. The event took place in the Atrium at the Community Mental Health building on Jolly Road from 12:00-2:00 p.m. Entertainment included disc jockey Ron Knapp, WRON. The menu this year included delicious Marco's pizza. The holiday party is an event that Transitions-Central consumers, their families and community sites look forward to attending every year.

In addition to the annual party, Transitions Central gets consumers ready for the holidays by decorating the Drop-In Center to give it a festive feel. A tree is decorated, and sparkling lights are hung. There is also a monthly community group and each December, a Transitions Central staff person takes people shopping to purchase gifts for their family and friends. Everyone enjoys picking out items for those special people in their lives. These activities are a wonderful way to get everyone involved with Transitions Central in the holiday spirit. Happy Holidays!

## MY DREAM COMES TRUE

My name is Kelly Jackson. I am 40 years old. Due to my cerebral palsy I have always had to be in a wheelchair. It has always been my dream to ride a motorcycle. A wheelchair isn't much different than a motorcycle, except that it's not motorized.

My dream finally came true when I met a woman named Shelley. Shelley recently bought a 2003 Harley-Davidson Road King (100<sup>th</sup> Anniversary). Patty, Transitions North employee, introduced me to her friend Shelley. Patty is also a biker!

On October 16, 2010, a beautiful Saturday afternoon, I had my first but not last motorcycle ride on a blue Harley-Davidson Road King. I wore a Harley-Davidson t-shirt and black helmet. Two American flags were on each side of the motorcycle side car. I found out that the side car did not have a seatbelt. But not to fear, an idea occurred and we found that a terry cotton robe belt worked perfectly as a seatbelt. I was able to sit upright and see everything around me.



The moment was finally here. The engine roared. Slowly the motorcycle started to move and then it got faster and faster. The wind was blowing in my face and I felt alive! It was one of the happiest days of my life. I was thrilled!

My motto is:



## TRANSITIONS MASON AKTION CLUB TO HELP THE R.J. SCHEFFEL MEMORIAL TOY PROJECT

By Elizabeth Putnam

Transitions Mason Aktion Club members have voted to collect donations and to volunteer time with the R.J. Scheffel Memorial Toy Project. The toy project began in 1958 when Ruben J. Scheffel, a local grocer and Kiwanis member, started making wooden toys out of scrap lumber for the neighborhood children in need. R.J. Scheffel died in 1978, but local Kiwanians have kept the project alive, making wooden toys for disadvantaged children "in crisis". The volunteers make the toys and donate them to area agencies, and then the agencies distribute them as they see a need. Some

of the local agencies that have received these wonderful toys include Sparrow Hospital, The Salvation Army, Ele's Place, Lansing Police Department, Big Brothers/Big Sisters and Child Abuse Prevention Services. The list continues to grow. The toy project is strictly a volunteer effort and is completely dependent on donations and community support.

The Transitions Mason Aktion Club members, along with their Kiwanis sponsors, Jack and Darlene Cook of Mason, will be visiting area businesses with snack packets of honey roasted peanuts, which they would be happy to give you for a small donation to the toy project. Along with collecting donations, the Aktion Club members hope to volunteer their time at the project workshop in Lansing, assembling toys for the kids that need them.

## LOOKING OUT FOR OTHERS AT TRANSITIONS ST. JOHNS

By Michelle Sheren

"Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up."  
~ Bible: Ecclesiastes

I am **AGAIN** inspired by the individuals with whom I have the pleasure of spending a good part of my days...But this really is nothing new!...As staff we are constantly renewed by the goodness of Transitions St. Johns consumers - toward each other and those they don't know-as they do good works in their community.

Most recently, this has been displayed in their willingness as a group to raise funds for the purchase of a Christmas tree for a military family. Individuals (who most often have little to spare) dug into their pockets, without being asked, to use their spending money to raise the \$25.00 needed to make this happen...Another example is the care and concern displayed when a staff person's mother was recently hospitalized. The first response is always to do what they can, by making a card!

Earlier this Fall as the days became cooler this kindness was displayed as one consumer noted that two of her friend's hands were cold and they didn't have gloves so.....she bought them gloves!

On a daily basis the consumers of Transitions St. Johns look out for each other by reporting to staff if they

see someone have a seizure, opening and holding doors for each other, assisting those with visual impairments and in a multitude of other ways!

We are so lucky to be a part of a group of such giving and caring individuals...In the spirit of the season we hope that everyone will remember to reach out to those who are not so fortunate and give in any way they can!

## SPOTLIGHT ON RELIEF STAFF



Transitions North would like to introduce Brandi Coffman, relief Community Support Tech. Brandi joined our staff on January 19, 2010. She brought to her position several years of

experience working at group homes in Eaton Rapids. Brandi has a kind, gentle demeanor and works well with people. She enjoys working in all areas of the program and is a popular sub!

Brandi lives in the Grand Ledge area and has two children aged 3 and 4. She attends Lansing Community College and is studying Sign Language Interpretation. She enjoys going on vacations with her family, camping, movies, and spending time with friends.

Justin time.....



Justin Marshall may be mixed up with Justin Timberlake around Transitions South because he is the one who runs a weekly music class! He likes to play musical instruments with consumers and he gets the room hopping! Justin was

hired to work at Transitions South after getting his start at a group home in Leslie. He has worked in Mason, Charlotte and in Holt. This past summer, he worked with the lawn crew from the southern programs.

Justin is studying to be a police officer and would like to run a foster care home in the future. He is very calm, works well with consumers and is well liked by everyone. He is currently teaching an art class where consumers are creating Holiday themed pieces to give to their family members. Justin does a lot for the program that improves the lives of those served.

## DOING BUSINESS AS.....MCW ENTERPRISES

Submitted by Pam Marietta-Dickerson

On November 12<sup>th</sup>, Matt Whipple became our first person with a Micro Enterprise to move his business forward by obtaining what is called a DBA (Doing Business As) in Ingham County. As part of this process Matt needed to choose a business name. He then checked with the Ingham County Clerk's office to see if that name was available for use. It was and so Matt went forward and sent in the notarized application and \$10.00 fee. Matt's business is now registered as MCW Enterprises. As listed on his application, he will be selling customized T Shirts, Hats and other items. He will be able to expand his offerings as new ideas are developed.



Matt now has plans to further move his business forward by opening a business bank account using his DBA. He is also making plans to expand the business in the community again using the DBA as the spring board. Congratulations to Matt on this certification!!!!!!!

## LET IT SNOW

By John Root

Michigan Ski for Light announces the 2011 Cross Country Skiing event for people who are blind or visually impaired. The event will be held January 14<sup>th</sup> - 16<sup>th</sup>, 2011. This is an annual weekend trip to the Ralph McMullen Conference Center at Higgins Lake. Over the years a number of Community Mental Health consumers have attended this fun filled outing. Anyone interested in finding out more about Ski for Light can go to the web site [www.msfl.org](http://www.msfl.org). New skiers are always welcome, training and guides are provided. MSFL is always looking for folks interested in being guides. Please contact, John Root here at CMH for more information. Applications for the weekend are taken over the internet. This is a great opportunity to get some physical activity during the doldrums of winter. The fun filled weekend includes training, talent show, dance, bonfire at the beach, 6 meals and 2 nights lodging for \$135.00. Transportation can be arranged from Lansing. If you have used ski equipment you would like to donate, please contact John Root @ 517-346-9568 or cell 517-897-3026.



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## MICRO ENTERPRISE PRODUCTS AVAILABLE AT THE MEGA MALL

The Micro Enterprise Committee of Transitions continues to support booth B-8 at this 300 booth Store. Products are available 7 days per week with the Mega Mall handling the sales. Consumers volunteer twice per month at the store as helpers, along with the other volunteers for 3 hour shifts. This provides a meaningful experience for consumers to explore work in a retail setting. Consumers who have micro-enterprise products on display are able to go to the Mega Mall to check inventory, re-stock, decorate and re-arrange the display. They can solicit sales by telling their family and friends where their items can be purchased. The site is handicap accessible and all on one level.

We look forward to meeting your last minute shopping needs by inviting you to visit. The Mega Mall is located at 15487 Old 27, 2 miles South of I-69, exit 87. It is open every day from 11 am to 6 pm.



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(517)323-9558, ext. 141

# MERRY CHRISTMAS

Dear Consumers, Parents, Guardians and Residential Providers:

This is a reminder to you of the procedure to be followed in the event day programs need to close either totally or partially due to inclement weather.

Total Closing: In the event of severe weather conditions, all Transitions programs will close. There will be announcements on local radio stations that approximates the following: "CSDD day programs are closed for the day." Given this notice, no one, without exception is to be transported to program.

Partial Closing: There are different possibilities whereby the program will be open to people living only in specific geographic areas depending upon weather conditions. In these instances, again, listen to the radio for school closings. If the local district in which you reside is closed, you will automatically know that Dean Transportation will not operate in that district as well. If you or your home transport directly, we are asking that you follow the school district's lead and not transport. Should you question whether you should transport or not on any given day, please consult your day program coordinator.

Under partial program closings it is important to note that if the following school districts close, the corresponding CSDD program will close as well:

<u>School District</u>	<u>CSDD Program</u>
Lansing	Transitions North & Transitions Central
Holt	Transitions South
Mason	Transitions Mason
Charlotte	Transitions Charlotte
St. Johns	Transitions St. Johns
Grand Ledge/Waverly	Transitions Grand Ledge

CATA/Spectran/CATA Rural/Eatran/Clinton Transit System Riders: When there is a total or partial program closing, carriers will be notified not to provide transportation to specified day programs.

If you need further clarification, please feel free to call your program coordinator:

Susan Speers (517)323-9558 ext. 116 for Transitions North  
Michael Mahoney (517)346-9550 for Transitions Central and St. Johns  
Deb Voss (517)694-4715 ext. 234 for Transitions South, Mason, Charlotte & Grand Ledge

Thank you very much for your cooperation.

Sincerely,

Transitions Managers

**TRANSITIONS**  
**2010 - 2011 Program Closing Schedule**

Winter Holiday Break.....Thursday, December 23, 2010  
through Friday, December 31, 2010

Transitions Programs & Dean Transportation resume services Monday, January 3, 2011

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Martin Luther King Day.....Monday, January 17, 2011  
Presidents' Day.....Monday, February 21, 2011  
Inservice Day.....Friday, March 18, 2011  
Inservice Day.....Wednesday, May 18, 2011  
Memorial Day.....Monday, May 30, 2011  
Independence Day.....Monday, July 4, 2011  
Inservice Day.....Friday, August 12, 2011  
Labor Day.....Monday, September 5, 2011  
Inservice Day.....Thursday, September 29, 2011  
Veterans' Day.....Friday, November 11, 2011  
Thanksgiving.....Thursday, November 24, 2011  
Friday, November 25, 2011  
Winter Holiday Break.....Friday, December 23, 2011  
through Monday, January 2, 2012

Transitions Programs & Dean Transportation resume services Tuesday, January 3, 2012