

THE HAPPENING

COMMUNITY
Living SERVICES

of Oakland County

CITIZENS' ADVISORY
COMMITTEE NEWSLETTER



Renee Uitto authors this newsletter on behalf of the CLS/OC Citizens' Advisory Committee

JUNE 2010

WALK A MILE IN MY SHOES RALLY



A group of Oakland County participants at the rally.



Lucinda Brown looking cute despite the rain.



Lucinda Brown, Jeff Guthrie, Annette Downey & Sarah Vinnay.

May 11th was a chilly, soggy day. Despite the weather, approximately 1500 people came out to Lansing to show just how much mental health matters. The speakers from each county spoke loud and clear through the wind and the rain to let our legislators know that making cuts to mental health effects lives.

Oakland County was well represented, as always, with approximately 200 Oakland County residents in attendance.

Thank you to each of you who came out to have your voice heard!



PJ DeCuir, Aaron Castle, Tina Rajan, and Ryan Gray - all voters!



Lynette Walker advocating for the cuts to stop.



Ami Adamski and Scott Knowles trying to stay warm and dry while advocating.



Curtis Murphy, Kenneth Marderosian, and Diane Ciric

QUOTE OF THE MONTH

"Let us not be content to wait and see what will happen, but have the determination to make the right thing happen"

- Peter Marshall



*Don't judge me by what you see,
My book isn't an open cover.
There is so much more about me,
Stop discriminating and discover.*

~Sarah Annmarie Vinnay
5-21-10

Sarah Annmarie Vinnay is an aspiring author who hopes to publish her poems in the future. Sarah enjoys writing about Recovery, Hope, Inspiration, and Love. We thank you, Sarah, for your willingness to share your talent with our newsletter readers!

ACCESS TO MEDICAL CARE FOR PEOPLE WITH MOBILITY DISABILITIES

By Renee Uitto

According to a May, 2010 article featured on the American with Disabilities Act (ADA) website, www.ada.gov, it is against the ADA for medical staff to require patients with disabilities to have someone accompany them to their appointments. The medical staff must provide reasonable assistance to patients, including help with undressing and transferring to the examining table as needed. People with disabilities should not wait any longer than other patients in waiting rooms, because of their disabilities. It is also important that the medical staff address the patient directly, not the family member or companion if they should accompany the patient. In order to provide services in an accessible manner, medical staff should receive training on these basic respectful protocols.

BENEFITS TO WORK CALCULATOR



Michigan Disability Benefits 101 "Online Benefits to Work Calculator" has finally arrived!! **Check it out at www.mi.db101.org!** This tool can help an individual considering work understand how employment will affect their federal and state benefit programs.

The new "Benefits to Work Calculator" is easy to set-up, use, and understand. It provides a detailed final outcome of what to expect in the future. It also provides a great explanation of benefits and terms, and gives contact information should you need to contact someone with questions. It takes about 15 minutes to complete, and is well worth it!

UPDATE ON THE BUDGET

By Renee Uitto

According to Jeff Brown, Executive Director of Oakland County CMH, the Michigan Department of Community Health (MDCH) House Budget was approved out of committee on May 19th and some of the news was positive.



A brief update/summary:

- The House did not support the Senate proposed \$57 million reductions.
- They agreed with the Governor's reduction of \$3.7 million in CMH administration costs statewide, non service related.
- They agreed with the Habilitation Supports Waiver enrollment freeze.
- They did not agree with the Governor's \$1.6 million substance abuse reduction.
- They restored Transitional Medical assistance.
- Medicaid caseload increases were included.
- They agreed with reinstatement of Dental and Podiatry (Medicaid).

Other significant points for Oakland County:

- The House did not concur with the Senate's proposed use of the previous MDCH funding formula. They also did not concur with the Senate's intention to remove Medicaid geographical factors.
- This action requires MDCH to reconsider the state's funding formula.

Jeff Brown has indicated that cuts of significant magnitude are still going to happen, but we accomplished the immediate goal of having significant points in place requiring negotiation and resolution regarding the Fiscal Year 2011 budget process. He is optimistic that we are making progress; but there is much work yet to do.



Thank you to all of you who have been contacting your legislators regarding these very important funding matters! Please don't stop your calls and letters as the budget negotiations continue and the outcome will be vital to people served in Oakland County.

YOU CAN CALL ME RAY



People first language is an important part of our culture. The correct terminology is “a person with a disability” or “a person with Down Syndrome.” Using terms such as “the disabled,” “the retarded,” “Downs person,” or “kids” when referring to adults are inappropriate and insulting for some people.

Language shapes our attitudes:

People like to be called by their name, and be treated with dignity and respect.

Label cans, don't label people!

Look at people's abilities, not their disabilities.

Don't use words like “consumer” and “client”, they are unacceptable and humiliating.

Don't use labels, call people by their name!



YOU CAN HELP END HOUSING DISCRIMINATION!



Housing discrimination is generally disguised; so many times people do not realize that they are being discriminated against. You can play a role in reducing housing discrimination in your community by becoming a tester.

The Fair Housing Center of Eastern Michigan (FHC) is currently in need of testers aged 18 and over in the following categories: Hispanic, Asian, Middle Eastern, senior citizens, and people with disabilities. A tester is a trained person who visits an apartment complex, a mobile home community, or a real estate company posing as a home seeker. It is the responsibility of a tester to write and submit a report detailing their experience to the FHC. The pay is \$25 per site visit, plus mileage.

The FHC is a nonprofit, tax exempt organization with a mission to ensure equal housing opportunities for all people, regardless of their race, sex, age, color, religion, national origin, familial, marital, or disability status.

For more information on becoming a tester, or to register for the June 14th Tester Training, call the Fair Housing Center at 810-234-2621.

MAKING SELF-DETERMINATION WORK



You can make Self-Determination work for you and make great things happen in your life by self-directing your supports and services through Person-Centered Planning and the use of individual budgets.

Annette Downey, Executive Director of Community Living Services of Oakland County, recently lead an upbeat panel presentation on Self-Determination.

Audience members were encouraged to “think outside the box” when assisting people with disabilities in planning for their futures. The implementation of Self-Determination, individual budgets, and options for creative income generation were explored. The session was a combination of sharing success stories, while providing practical steps for moving Self-Determination forward in your life, your agency, or your community.

Consider watching this session about making a difference in the lives of those we know, love and support with disabilities at the below website.

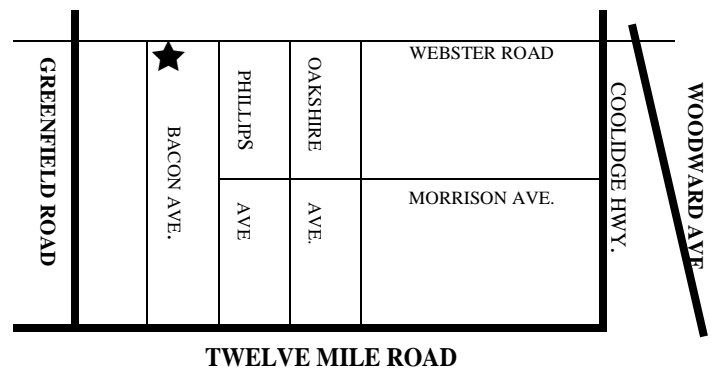
<http://www.vceonline.org/VideoDemo.asp?vURL=/DCLS/DCLS.2.4.10&ShowVideo=1>

CLS/OC SUMMER PICNIC



The CLS/OC Picnic will be held Thursday, July 15th from 1-4pm at Jaycee Park in Berkley. Jaycee Park is located on Webster, north of 12 Mile, between Bacon and Phillips. Everyone is welcome and no need to register. CLS/OC will provide hotdogs (both meat and vegetarian) and beverages. Those attending should bring a dish to share (salads, desserts, bag of chips, etc.).

CLS PICNIC LOCATION MAP



ROCKIN' ROLLER SKATING FUN!!

Rockin' roller skating fun was had at the CLS/OC Roller Skating event on April 22nd.

There was a lot of roller boogying excitement at the SkateWorld in Troy. Skaters had fun showing off their moves doing the chicken dance and the cupid shuffle. Others enjoyed some snacks at the concession stand while they visited and socialized with other event goers. There was also a game called the Lucky Star game and our very own David Taylor won a prize!

Another successful event!!! Thank you to The CAC members and everyone who contributed to this fun afternoon!



David Dewitt Taylor striking a disco pose.



Lynette Walker and Ami Adamski



Ami Adamski and David Taylor sharing a laugh.



Kevin Flynn and Michael Sirls having a good time at SkateWorld.


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OPEN MIC NIGHT AT AJ'S!



It is talent show time once again! Join the fun at AJ's Cafe, 240 West Nine Mile Road in Downtown Ferndale on June 7th, 7pm to 10pm. Performers are to arrive at 6:30pm.

Each entrant will be given 5 minutes to present their talent on AJ's stage.

Come with a song, dance, stand-up comedy, or anything else you would like to share in front of an enthusiastic crowd of people who are ready to cheer.

This will be a terrific night out;
you won't want to miss it!



Katie Kress at the last open mic night at AJ's Cafe

Any questions? Call Ken Veenstra
at 248-840-7600.



CAC NEEDS MEMBERS!!! The CLS/OC Citizens' Advisory Committee (CAC) is now meeting on the fourth Monday of each month from 2-4pm. One of the goals of the CAC is to share information that is going on at the state and county level. It is a very important time since it is an election year and a lot could be at stake. We also promote Self-Determination and plan recreational activities. Please join us for our next meeting at the Berkley Library from 2-4pm, on June 28, 2010.

AN OPEN LETTER FROM ALLISON

- The New Me - By:
Allison
Gargus.

I use to isolate myself from people and even the outdoors. And one day changed it all. I got into C.L.S. and my luck on that changed. First I had met with such an wonderful and nice woman by the name of Lucinda Brown. She made me feel comfortable and accepted. She is just awesome! Then finally I got my amazing case worker. Kate Gulock. She encouraged me to go out and be in the community. I admire her so much. Without her support, her Dedication and her passion for helping me, I wouldn't be the positive person I'm proud to be today! Not only is she my caseworker, she's also my friend.. and my ~~is~~ insperation. She ~~made~~ made everything possible for me. thank you Kate! for everything!!



Allison with her Support Coordinator, Kate Gulock, having fun and showing off their roller skating moves at the CLS/OC Roller Skating event.



Allison standing tall and proud at the Walk a Mile in My Shoes Rally in Lansing.

CLS/OC Director's Note to Allison:

Thank you so much Allison for sharing your letter with us and "The Happening" Newsletter readers. I am thrilled to know that you are happy and thriving with your new found life in the community. I am also very pleased to know that Lucinda and Kate have served you well and that our supports have made a difference in your life. Thank you for choosing CLS as your Oakland County service provider.

To All: We would like to continue sharing stories of inspiration, hope, and success via this newsletter, so please don't hesitate to let us know all the great things you are doing!

Annette Downey, CLS/OC Executive Director



LIVING HOPE SERIES - By Sherri Rushman



These training sessions are designed to encourage, educate, and empower people receiving public mental health services and their allies. The trainings are open to all. Social Work credits are available.

Dare to Dream: The Best of Person-Centered Planning will be held on June 8th from 9:30-11:30am at Easter Seals, 22150 West Nine Mile Road, in Southfield. Participants will get their thinking challenged about reaching new goals and improving the quality of their lives. Participants will also get fresh ideas, and learn how to take the lead in their planning.

The Power of Hope: A Breath of Fresh Air will take place on June 10th from 9:30-11:30am at MORC, 1270 Doris Road in Auburn Hill. Participants will learn how to be a Hope Giver and a Hope Receiver. A Hope Stealer will be discussed and why people don't want to become one.

Understanding Self-Determination: Is it for Me? This workshop will be presented on June 14th from 1:30-3:30pm at Training and Treatment Innovations, 1450 S. Lapeer Road, in Oxford. This workshop will be presented with Jeff Guthrie and Kim Rosario. Participants will learn the principles of Self-Determination, how to use these tools, and how to have more control over their lives. Individuals will share their experiences with Self-Determination.

Control Over Your Life will be held on June 15th from 9:30-11:30am at Community Network Services, 38855 Hills Tech Drive, in Farmington Hills. This training will discuss the importance of advanced planning in difficult times, what is an Advanced Directive and who will administer it, and how to write an Advanced Directive that can speak for you if needed.

Contact Debbie Wisser at 248-858-0929 or at RegisterMe@occmha.org to register for any of these trainings. Please leave a message with your name, the name of the training and the date. If you leave a message, you will be registered for the training.

Speechcraft Class—This eight week class will increase your confidence in speaking in front of a group or in public. Learn how to effectively “tell your story” as a presenter and “wow” the audience with your speeches, while having fun! Contact Sherri Rushman at 248-975-9531 or rushmans@occhma.org for more information.

UPCOMING EVENTS

Friends of CLS—Classic Car Show will take place on June 12th (rain date June 19th) at CLS Wayne, 35425 Michigan Ave. W., Wayne. This is a family friendly event with games and prizes for all! For more information contact Tiffany Devon at 734-467-7600.



The Michigan Peer Support Specialist Conference “The Keystone of Hope-Building Our Future Together!” will be on June 22nd and 23rd in Lansing. The

intent of this conference is to share innovative practices, and provide information on the valuable roles and services that can be provided by Peer Support Specialists and Peer Mentors. The fee for this conference is \$120. If you would like to attend, but can not afford the \$120, CLS/OC will be offering assistance with the fee to a limited number of people. Please contact Diana Kaszyca at 248-547-2668 for more information or a conference registration form.



Outdoor Fun at Camp Cavell

CLS/OC is planning another overnight camping trip to Camp Cavell in Lexington, MI for August. The camp is

located on Lake Huron, approximately 90 minutes from Detroit. This overnight CLS/OC event was a great time last year. ALL adults are welcome to attend. We will be staying in wheelchair accessible cabins. The cost including meals will be approximately \$50 per person. Watch for details in future newsletters!

THINGS TO DO IN YOUR COMMUNITY

Lyon Township Kite Festival will be held on Saturday, June 5th from 11am-5pm at James F. Atchison Memorial Park located behind the Lyon Township Municipal Center, 58000 Grand River Ave. in New Hudson.



The festival will feature kite flying of all types for all ages. Kite kits will be available for kids to decorate and assemble. Kites will also be available for purchase. The festival will have inflatable moonwalks for kids, and there will be a stand selling food and beverages. Admission and parking are free. Rain dates are scheduled for Sunday, June 6th or Saturday, June 12th. Visit website at www.lyontwp.org/152.html.

Great Lakes Guardians 2010 Duck Regatta will take place at Cranbrook's Kingswood Lake on Sunday, June 6th. Thousands of rubber ducks will flock to Kingswood Lake to raise funds for clean-water education and protection



initiatives. Activities include free entry for event & the Cranbrook Institute of Science (10am-5pm), Climbing Tower & Inflatable Play Area (2-5pm), Craft activities for children (2-5pm), and an opportunity to donate \$5 to a duck to benefit Great Lakes Guardians followed by a water race & prizes (*begins at 2pm*). Food will be available at a nominal price or bring picnic lunches.

Free transportation will be provided by Oakland County Parks & Recreation! All buses depart at 12:30pm and return at 5:30pm. For more information on the transportation and the event contact the Kulick Community Center at 248-544-6767, Hazel Park Community Center at 248-546-4092 or the Southfield Civic Center at 248-858-7596.

Art on the Grand will take place on Saturday, June 5th, 10am-7pm and Sunday, June 6th, 11am-6pm right on the main street - Grand River -in the middle of town



in Farmington Hills! Art on the Grand invites fine artists and crafts persons from across the country including paintings, sculpture, fiber, ceramics, glass, photography, and more. Other activities will include hands-on activities for children, wine and delectable food, live music, and much, much more. Visit the website for details on all activities www.ci.farmington-hills.mi.us/Services/CulturalArts/ArtOnTheGrand.asp.

Berkley Art Bash will be held on Saturday, June 12th in Berkley on 12 Mile Road from 10am to 6pm. It's not just an Art Fair - It's a Street Party! 12 Mile Road will be closed from 6am until 7pm between Tyler and Wakefield Streets. Attendees will enjoy strolling and shopping through Berkley's family-friendly, charming downtown district.



Clay, Glass and Metal Festival in Royal Oak has everything that makes summer fun. For art, food and the Royal Oak street scene, look no further than the Clay, Glass & Metal Festival on Saturday and Sunday, June 12th and 13th. Shop for jewelry, gifts, decorative



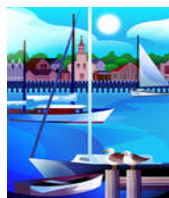
art and architectural pieces with 125 artists while kids express themselves at the Creative Arts Studio tent located at 5th & Washington Ave. On 5th Street, food and music will run from 10am-11pm on Saturday and on Sunday from 11am-5pm. Artists' tents will be open from 10 am to 7pm Saturday and from 11am to 5pm Sunday. For more info visit the website www.royaloakchamber.com/clay_glass.htm.

Log Cabin Days Festival - the Waterford Township



Historical Society will be celebrating the "Statewide" Log Cabin Day by holding a festival on June 26th and 27th from 10am-5pm at 4490 Hatchery Rd in Fish Hatchery Park in Waterford. Admission is Free. Enjoy Tours & Exhibits in the 1920'S Hatchery House, Log Cabin, Playhouse, Caboose, Print Shop, Hardware Store, Bakery, Millinery and more. Other activities include Lace Making, Rope Making, Spinning, Wood Turning, Quilting/Knitting, Alpacas, Caricature Portraits, Live Entertainment, Historic Encampments, Strawberry Social, Kids Tent & Activities, Pony Rides and a White Elephant Tent.

Bay-Rama Fishfly Festival will begin on June 23rd in



New Baltimore at Anchor Bay. The festival includes a week of laughter, games, rides, great food and family fun. Bay-Rama occurs each year when fish flies leave Anchor Bay. Admission is free. There are many activities scheduled including a parade on June 26th. For a schedule of activities and more information call 586-725-7172 or visit the websites www.bay-rama.com or www.cityofnewbaltimore.org.

