

THE HAPPENING

COMMUNITY
Living SERVICES

OAKLAND COUNTY DIVISION
CITIZENS' ADVISORY
COMMITTEE NEWSLETTER



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

MARCH 2011

NATHAN MITZELFELD-LIVING HIS LIFE TO THE FULLEST



Nathan Mitzelfeld is an energetic, vibrant guy who loves to be busy and involved in many things. Nathan graduated from Rochester High School in 2008. He has a love for sports, and especially enjoys all things Michigan State - GOOO Spartans!

While in high school, Nathan was very proud of his role as the Assistant Junior Varsity Girl's Basketball Coach. Nathan has MANY friends and family in the Rochester area, so when planning for his move out of his parent's house it was very important for him to have his friends and family nearby.

Nathan found exactly what he was looking for in the Danish Village Apartments in Rochester Hills. He loves living there and has already made many connections with his neighbors. This is evident by the fact that Nathan had only lived at Danish Village for one year before he was elected "President of the Resident Association". His duties include organizing events, being a sounding board for residents' concerns, and generally being the face of Danish Village. Nathan is particularly proud of organizing the Thanksgiving Dinner in November, which was hugely successful with over 80 residents in attendance.



Nathan works at a local McDonald's and loves his job. He has worked there for over three years and has developed many friendships with his co-workers and customers. Nathan indicates that he enjoys making his own money and is proud to be a valued McDonald's employee.

When Nathan is not working or organizing events at his apartment complex, he volunteers his time every week at the Sunrise Nursing Home in Rochester.

Nathan serves in the role of Assistant to the Activities Director at Sunrise. In addition to being a smiling face, friend, and confidant for the residents, Nathan also assists with organizing trips to the mall, restaurants and local senior center. Nathan indicates it feels good knowing his volunteer time helps brighten peoples' day, some of whom may not have any other routine visitors.

In his spare time, Nathan enjoys writing music, watching movies, and taking classes at Oakland Community College. He loves to sing, and he indicates he is the group Rascal Flatts' #1 Fan.



Those of you who enjoy CLS/OC's Open Mic nights at AJ's Café should thank Nathan, as several years ago he proposed the idea of coordinating a group gathering at a trendy location to enjoy music and talent to his Independent Support Coordinator, Ken Veenstra. Together, the two of them made it happen! Nathan enjoys both co-hosting and performing on AJ's stage, and is an integral part of the AJ's Café events - Thank you Nathan!

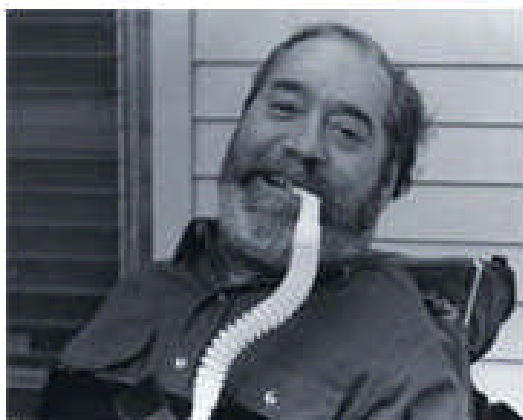
Nathan is a true believer in Self-Determination. He was a keynote panel speaker at the 2010 American Association on Intellectual and Developmental Disabilities Conference, where he discussed his successes, contributions to his community, dreams of someday getting married and having a family, and how he utilizes the power of Self-Determination in his life. Nathan indicates that he would like to be a speaker at more events in the future, as he loves sharing his personal motto with others: ***Live Life to the Fullest!***

QUOTE OF THE MONTH

"We know not where our dreams will take us, but we can probably see quite clearly where we'll go without them."

- Marilyn Grey

ED ROBERTS – PIONEER IN THE DISABILITY RIGHTS MOVEMENT



Ed Roberts is a leader and educator that began the Disability Rights Movement 40 years ago. He fought for all people with disabilities to fully participate in their communities and society, and is often referred to as the “Father of Independent Living.”

In the early 1950’s, while Ed Roberts was a teenager, he contracted polio. He spent much of his time in an iron lung, even after he left the hospital. Ed began advocating for disability rights when he was in high school after a school administrator threatened to deny him his diploma because he hadn’t completed driver’s education or physical education.

Ed Roberts was the first student with a significant disability to attend the University of Berkeley in California. He received both his BA and MA in Political Science and went on to teach at the University for six years. He was the founder of the University’s Physically Disabled Students Program, which became the model for Berkeley’s Center for Independent Living and other independent living centers across the country. He led the way in the development of the Independent Living Philosophy that has changed disability policy and attitudes about living with a disability worldwide. Ed’s vision opened the American Dream to many people with disabilities.

Ed Roberts had a long time involvement with the Minnesota Council and was a key presenter at Partners In Policymaking. Ed helped Partners In Policymaking expand from Minnesota to an international model of teaching people with all kinds of disabilities, families, and ultimately communities to advocate for a better quality of life. During his life, Ed became the first person with a significant disability to head the then world’s largest vocational rehabilitation

program, the California Department of Rehabilitation. He was honored with a MacArthur Fellowship for his achievements in changing disability policy and changing the way people with disabilities look at themselves.

Sadly, Ed Roberts passed away in 1995. Shortly after his death, the idea of the Ed Roberts Campus began. The Ed Roberts Campus is a nonprofit corporation formed by disability rights organizations involved in the Independent Living Movement. These organizations joined together to plan and develop a universally designed, transit-oriented International Center for people with disabilities located in South Berkeley.

In July of 2010, the state of California honored Ed Roberts with Governor Arnold Schwarzenegger signing a bill creating “Ed Roberts Day,” and encouraging schools and other institutions to educate the public about the disability rights advocate every year on Ed’s birthday, January 23rd. On December 15, 2010, Ed Roberts was honored by Congress in Washington DC, when Representative George Miller introduced a bill to declare the House of Representatives’ support of a national “Ed Roberts Day”. The bill passed the House that day. Representative Miller went on to say, “Having known Ed and being able to call him a friend was an honor and a gift for me, as was working with him back in 1977 at a civil rights protest in San Francisco.”

In January, 2011, Micah Fialka-Feldman (a self-advocate from CLS/OC) and his family were fortunate when they were able to attend one of the grand openings of the Ed Roberts Campus in California. When Micah entered the front door, he smiled and said, “This is so cool to be here. I am happy and proud. Ed Roberts opened doors for me and other people with disabilities. Now, it is my turn to keep opening doors for other people.”

Micah and his family went on to describe their visit, saying, “It was a thrill for us to walk through this beautiful, bright, fully accessible building...it is located at a fully accessible transit hub, and is a national and international model dedicated to disability rights and universal access.” They went on to say, “Ed Roberts believed in the strength of collaborative efforts; He called it *working toward our preferred future*.”

Thank you Ed Roberts!

Please take a minute and visit this tribute to this great American, <http://www.mnddc.org/ed-roberts/index.html>.

CLS/OC'S NEW HOME IN FERNDALE



As our newsletter readers already know, Community Living Services Oakland County Division recently relocated our office to the City Ferndale. We are all very excited about working in this fantastic new town and thought sharing some interesting information with The Happening readers would be fun.

Ferndale encompasses almost four square miles along Woodward Avenue. In the 1800s, farmers began cultivating the land, but it wasn't until 1820 that a tavern sprouted up along Woodward in what would eventually become known as Ferndale. The area surrounding the tavern was filled with bogs and swamps and sported more than 40 varieties of indigenous ferns - hence the name "Fern"dale. After the development of the automotive industry, the population of Ferndale increased rapidly. Ferndale was incorporated into a village in 1918. It was then incorporated into a city on March 7, 1927 by vote of the citizens of the village.

Today, Ferndale is a "Happening" city. It is eclectic with a variety of establishments that make up its downtown or business district. Surrounding the intersection of Woodward Avenue and 9 Mile Road you will find a unique selection of privately owned shops, storefronts, dance clubs, bars and numerous restaurants that serve a unique variety of food. Also, for music and a great cup of coffee, you can visit AJ's Café; home of CLS/OC Open Mic Night events and the upcoming Friends of CLS fundraiser and world record breaking event "Assembly Line Concert, Third Shift, Operation Give Back."

Throughout the year you can enjoy several fun events including the Woodward Dream Cruise with unique Ferndale Dream Cruise activities, the Ferndale Funky Art Fest, Ice Festival, Memorial Day Parade, Ferndale Blues Festival, Relay for Life, plus much more.

You can check out Ferndale when you come to check out CLS/OC's new office at our Open House on March 16th. You will get a tour of the new office, enjoy some snacks, participate in fun and interesting activities, be a part of the ribbon cutting ceremony,

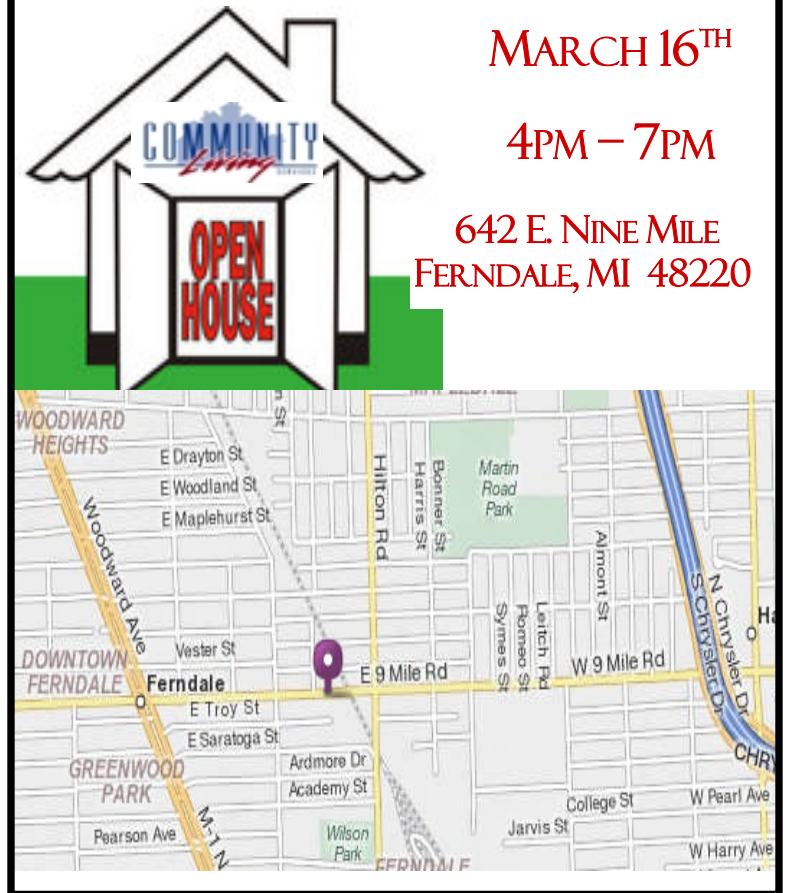
and have lots of opportunities to connect and socialize with friends. We are looking forward to seeing you there; our address is 642 E. Nine Mile Road, between I-75 and Woodward Ave.

COMMUNITY LIVING SERVICES OAKLAND COUNTY DIVISION OPEN HOUSE

MARCH 16TH

4PM - 7PM

**642 E. NINE MILE
FERNDALE, MI 48220**



INSPIRATIONAL ARTWORK NEEDED FOR THE NEW OFFICE

How would you like your artwork framed and displayed in the new CLS/OC building? We are seeking artwork from the people we support to be donated for potential framing and display in our new building. We will consider any tasteful art submitted, but would mostly like to see art submitted that contains inspirational words, phrases, or symbols. So, think about words such as Freedom, Empowerment, Inclusion, Community, Self-Determination and what they mean to you. Then, get your creative juices flowing and paint, draw, or create something inspirational. If you have any questions contact Karen Edwards at 248-547-2668.



“GOOD NEIGHBORS”



The City of Ferndale’s slogan is “Good Neighbors,” and Luxury Lanes Bowling Alley, CLS/OC’s new next door neighbor is definitely a “good neighbor”. Luxury Lanes Bowling Alley is hosting a “bowling for jobs” charity event. They are one of ten bowling alleys in the Detroit area participating in this fundraiser.

Each participating bowling alley participating will accept monetary donations and gently used clothing or other items through March 6th. Items donated that are in good condition will be sold at Goodwin Industries of Greater Detroit’s new resale store in Canton. Everyone making donations will receive a coupon for one free game of bowling with the purchase of another game. The bowling alley will also raise funds through 50/50 raffles during routine league bowling. All money raised will support Goodwill’s employment training and education programs.

Luxury Lanes is located at 600 E. Nine Mile Road in Ferndale. For more information call 248-544-0530 or visit www.luxurylanes16.com.

MICHIGAN PARTNERS FOR FREEDOM IS LOOKING FOR LOCAL LEADERS



Michigan Partners For Freedom is always looking for more people to become Local Leaders. Local Leaders are paid self-advocates who go out into the community and promote Self-Determination. In order to become a Local Leader, you

must first go through training. CLS/OC is willing to host the training at our new office in Ferndale, but Michigan Partners for Freedom would first like to get an idea of how many people are interested in participating.

If you are interested in becoming a paid public speaker and promoter of Self-Determination through Michigan Partners for Freedom, contact Leigh Hilbert at 248-547-2668 or by e-mail at LHilbert@comlivserv.com.

If you would like to learn more about Michigan Partners for Freedom you can visit their website at <http://mifreedom.org>.

YOU CAN CALL ME RAY



My name is Ray Schuholz and I am a Peer Support Mentor and a Spirit of Support Trainer.

I am proud to be able to use my life story and the things I have been through to help inspire others to pursue their dreams and never give up on themselves.

I like to be called by my name, “Ray”. I don’t like to be called a client or a consumer. I feel like I am being unfairly labeled when people call me these things. I don’t like it when my friends are labeled either. That is why I always push for People-First language. It is my passion and I believe we can stop the use of labels if we all work on it together.

If someone refers to you as their client or consumer, you can politely tell them that you’d rather they call you by your name. It might be difficult to speak up at first, but it gets easier each time you do it, and people will listen to you. Try it!

I do presentations about the importance of using respectful language. If you know of a group that could benefit from hearing my People-First Language presentation, please contact Diana Kaszyca at 248-547-2668 to work out the details.



Thank you, and remember that Language Shapes Attitudes, so the words we choose are important!

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Oakland County Division

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THE MICHIGAN ROUNDTABLE FOR DIVERSITY AND INCLUSION



The Michigan Roundtable for Diversity and Inclusion is a non-profit civil rights organization. They work to overcome discrimination and racism by crossing racial, religious, ethnic, and cultural boundaries. They bring community leaders together to understand different points of view and take action to overcome structural impediments to inclusion and equity. Their mission statement is: “*We work to address inequity throughout our region through a process of recognition, reconciliation and renewal. We strive to build relationships that create social justice and build sustainable inclusive communities.*”

The Michigan Roundtable Regional Youth Interns are now presenting Social Justice Workshops. The topics include Disability Rights, Sexual Orientation, Structural Racism, and Immigration. These workshops are youth-designed, youth-led workshops. If you are interested in scheduling a workshop for your group or want to find more information about the workshops and the Michigan Roundtable For Diversity and Inclusion, visit their website at www.miroundtable.org. Also, for more information about the workshops you can email Theresa Tran at ttran@miroundtable.org.

MARCH IS DEVELOPMENTAL DISABILITIES MONTH



March is Developmental Disabilities Awareness Month in Michigan.

Michigan residents are asked to make an extra effort this month to recognize the contributions and commitments of people with developmental disabilities and celebrate the diversity people with disabilities bring to the community.

“A Community that excludes even one of its members is no community at all.”

- Dan Wilkins

A NEW YOUTH INCLUSION CAMPAIGN



You may ask: Who is Norm? If you go to the “I Am Norm” website you will see the answer; “EVERYONE!”

The group reminds us everyone has at least one thing in common: we are all different, unique people. Their website states, “We think that people should not have to fit into a mold in order to fit into a classroom or a community. We want the world to abandon its outdated perceptions of normalcy and learn to embrace and appreciate diversity among individuals. We want people to see that real inclusion can only happen by bringing together diverse groups of people and ensuring that everyone is supported, understood, and respected.”

Their mission: *We are united in our commitment to a world where people of various abilities have equal opportunities. We believe that diversity makes us stronger and that discrimination breaks us down. We know that hatred is a learned behavior and that we can all strive to rise above fear and prejudice. We understand firsthand what we gain when everyone is included in our schools and our communities, and how much we lose when anyone is left out.*

The I Am Norm Campaign is a youth-led, national campaign for inclusion and disability rights. In January 2010, this group comprised of young people, with and without disabilities from diverse backgrounds and places around the country, flew to meet each other for the first time in Washington, DC. They want to see change and promote this campaign in hopes of bringing about that change. They hope to raise awareness about inclusion, provide opportunities for youth to share their ideas, and promote inclusion in schools and communities. They also want to encourage the acceptance, respect, and full inclusion of all youth. The campaign is expanding rapidly, with recent presentations at TASH, as well as the National Inclusion Project and Kids Included Together conferences.

If you are interested in the I Am Norm Campaign, you can look them up on Facebook or visit their website www.IamNorm.org. Here, you will be able to watch their video, download free educational guides, create and upload your own video, and receive more information. You can also contact the I Am Norm Campaign manager, Katherine Vroman, at katherinevroman@iamnorm.org for more information.



THE NEXT CAC EVENT

Attention all you Bowlers out there!!!! We will be going bowling on Monday, February 28th from 4:30-6:30pm at Luxury Lanes, 600 E. Nine Mile Rd. in Ferndale. Please join us for a great time and shake off the winter blahs!! The cost is \$2.50 per game, plus \$2 for shoes. Bowlers of all ability levels are welcome. The bowling alley is fully accessible. Feel free to come by and say hello even if you don't want to bowl. Luxury Lanes sells pizza and has a full snack bar, so bring extra money if you want snacks. If you have any questions please contact Matt Buck at 248-547-2668. We hope to see you on the 28th.

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.

Hope Givers, Hope Receivers, & Hope Stealers will take place on March 8th from 9:30-11:30am at Easter Seals-Michigan Collaborative Solutions, 269 Summit Drive in Waterford. In this class, you will learn the double-edged strategy of how to grasp a hold of Hope when you don't have it, and how to keep it when you do! Sherri, "the Hope Master," will show you why you must become a Hope Receiver and exactly how to become one, how to become a Hope Giver and how it helps you and others, and what a Hope Stealer is and why you don't want to become one.

Gambling: The Hidden Addiction will take place on March 22nd from 9:30-11:30am at Training & Treatment Innovations, 1450 S. Lapeer Road in Oxford. The consequences for problem gamblers are devastating. This workshop will provide you with information such as problem gambling definitions and clinical terms, phases and types of problem gambling, who could be at risk and questions to ask, studies, statistics, and the impacts of problem gambling, plus information about Michigan Problem Gambling Helpline and ongoing counseling services.

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. Leaving a message will automatically register you for the training.



Don't miss the next CAC Meeting on February 28th from 2pm-4pm at the CLS/OC office in Ferndale.

UPCOMING EVENTS

Last chance for Red Wing Tickets



Only one more game available for the Evening with Friends Red Wing Ticket fundraiser. Get your Wings tickets at a discounted rate, **ONLY \$35**, plus a food voucher. The last fundraiser game is on Wednesday, March 9th vs. the LA Kings. Please follow the link below to order and get you all of the information you need. <https://www.formstack.com/forms/?1016221-S1whlNKunt>

"Moving Forward" Peer Specialist Training -

Training is available for persons who have an interest in potentially working in a Peer Support Specialist role. The "Moving Forward" Peer Support Specialist Training is a 15 hour training for individuals receiving services who have an interest in learning about the Peer Support Specialist role. The training is open to persons with developmental disabilities or mental health issues.



Training topics include: *Role of a Peer Support Specialist, Using Your Story as a Tool, Listening and Communication, Gentle Teaching*, and others.

The training is one day a week for five weeks, 9 am-12:30 pm. You must be able to attend all five training days. The Spring Session will take place on February 28th, March 7th, 14th, 21st and 28th. The Fall Session will take place on September 12th, 19th, 26th and October 3rd, and 10th. Both the spring and fall sessions will take place at MORC, 1270 Doris Rd. in Auburn Hills.

For more information or to sign up for the training, please contact Sherri Rushman at 248-858-1210.

The "Assembly Line Concert, Third Shift, Operation Give Back"



will take place March 19th– April 3rd.

Friends of CLS has partnered up with AJ's Café of Ferndale to kick off an amazing fundraiser. The Assembly Line Concert will be attempted to break the Guinness World Record of a non-stop concert for over 360 hours. This event will be heightening awareness of the domestic auto industry, *plus* it will also put the spotlight on Friends of CLS to raise funds for transportation for people supported by CLS.

A Day and Time to Celebrate-Save The Date:



March 24th. Join the celebration of Michigan's Freedom from Institutions. Celebrate, recognize, and memorialize this momentous achievement and thank those who made it possible. The organizers of this event, The Arc of Michigan, are still working on the details. Visit their website for updated information on place and time at www.arcmi.org.

Healthy Relationships Training



The Developmental Disabilities Institute at Wayne State University and the UCP of Metropolitan Detroit, in partnership with the Oakland Regional Interagency Consumer Committee, is offering a learning opportunity for men with disabilities who live in Oakland County. This free training assists men with disabilities to build strong and healthy relationships.

The training will take place on April 14th, from 9:30am to 2:00pm at Macomb Oakland Regional Center, 1270 Doris Road in Auburn Hills.

A free lunch will be provided. If you are interested in participating in this event, please contact Angela Martin at 888-978-4334 or Paul Landry at 248-557-5070.



The Michigan Annual AAIDD Conference and Annual Developmental Disabilities Conference – Save the date April 19-20, 2011, at the Kellogg Center in East Lansing.



Walk A Mile In My Shoes Rally - Save the date May 11, 2011.

THINGS TO DO IN YOUR COMMUNITY

The 3rd Annual Taste of Ferndale Event will take place on March 8th from 6-9pm.



Over a dozen local restaurants will be presenting their signature dishes for you to sample. Plus, you can participate in a silent auction and enjoy some live music. The Ferndale Community Foundation says that this event will be bigger and better than ever.

The Ferndale Community Foundation is a non-profit charitable foundation. Their mission is to service the people of Ferndale through charitable contributions in the area of health, education, the arts, and other civic, human, and community services. They promote growth locally within the city of Ferndale and take an active role in improving the city.

For more information about event and the Ferndale Community Foundation visit their website at www.ferndalecommunityfoundation.org.

Lettuce Rock! 2011 Event will take place on Saturday, March 26th, from 5pm-



11pm at the Royal Oak Farmers Market, 316 E 11 Mile Rd. in Royal Oak. At this event you will enjoy live entertainment by several featured bands, food from Cacao Tree Cafe and several local restaurants, kid's activities including Face Painting, Caricatures, Scavenger Hunts, and tons of crafts, plus much more. Admission is only \$5 and children under five are free.

This is a fundraising event presented by The Royal Oak Community Farm. The Royal Oak Community Farm is a nonprofit that provides significant benefits for Royal Oak students, schools, businesses, residents and community as a whole. They offer students exposure to the educational experience of farming, utilize vacant land, and provide the community with access to locally grown vegetables and herbs.

For more information about this event and the Royal Oak Community Farm visit their website at www.royaloakcommunityfarm.com. Also, for more information about this event you can contact Jordana Lück at 313 377-7506.