

Celebrating
— 10 YEARS —



RISING STARS

ACADEMY

A few Words from the Superintendent.....

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Students and staff came back rejuvenated after a short mid-winter break. The reopening of the All-Star Cafe' inside of the school has been a great success! Please continue to check our Facebook page for menu and hours and make a reservation for lunch soon.

Mondays are a little brighter around the building now that electives are back. Students are enjoying some new additions to our electives list like sewing, podcast, Spanish, first aid, and talent show.

We have introduced a new program on Fridays called Move, Taste, Learn. This is a 10 week program provided by a registered dietitian with Henry Ford Macomb School and Community Wellness. The program is an interactive nutrition education and physical activity promotion program. Each Friday the dietitian comes into each classroom for half an hour and does a lesson followed by a healthy food sampling and a physical activity.

RSA's bowling fundraiser has SOLD OUT for this Sunday, March 5th. See you there!

Ms. Emily

2023



Ms. Maureens's Classroom

Taking care of our Brains & Bodies:

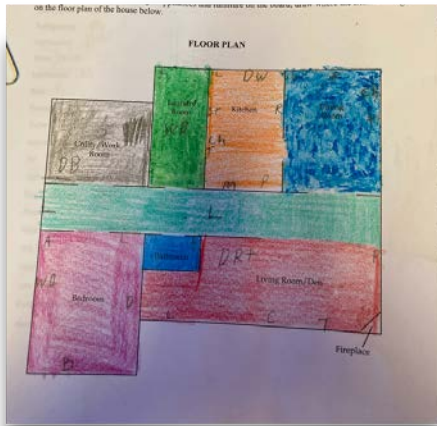
We learned analogy of the good care we take of our cars and how we need to take the same good care of filling our bodies with 'fuels' such as natural outdoor light, movement, and fresh oxygen. We continue to track our steps indoors/outdoors. We learned the term "neurogenesis" as well as how to activate our parasympathetic nervous system to release endorphins and enkephalins (feel good chemicals) and how we can 'uplift' through humor. We collected a series of jokes to use when necessary!

We reviewed the use of the National Mental Health Crisis Help Line (chat or text 988) for mental health care as an extra resource to help yourself or a friend/loved one.



We learned elements of how to properly set a table including the positive and negative practices of a server. We created visually appealing placemats, role played taking orders, practiced creating a beautiful snack, and role played properly serving.



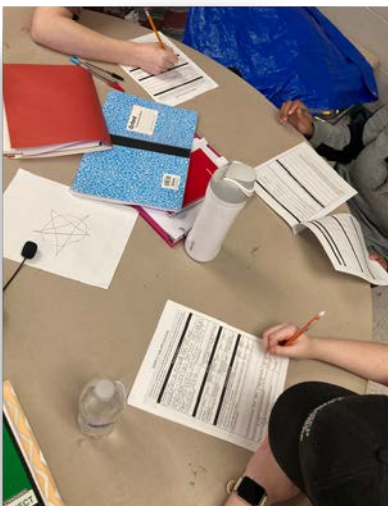


Life Skills:

We are focusing on planning, managing, and goal setting. We researched buying a home as well as selecting a location and furnishings. Selections were presented and students shared why some choices were made.



Another lesson we learned was understanding the etiquette of saying "thank you" for a gift we may not have wished for or didn't care for which can apply to other life scenarios. We practiced wrapping a gift and role played receiving a gift.



Life Skills PLUS Job Skills:

Another lesson helped students learn the elements of positive and negative job interviewing skills. We practiced filling out job applications as well as role played interviewing skills.

Social Emotional:

National Kindness Month provided us with the opportunity to practice giving a small gift anonymously, hoping to lift spirits of those in need. We researched jokes and created fun cards that we gave anonymously to one of our classes.



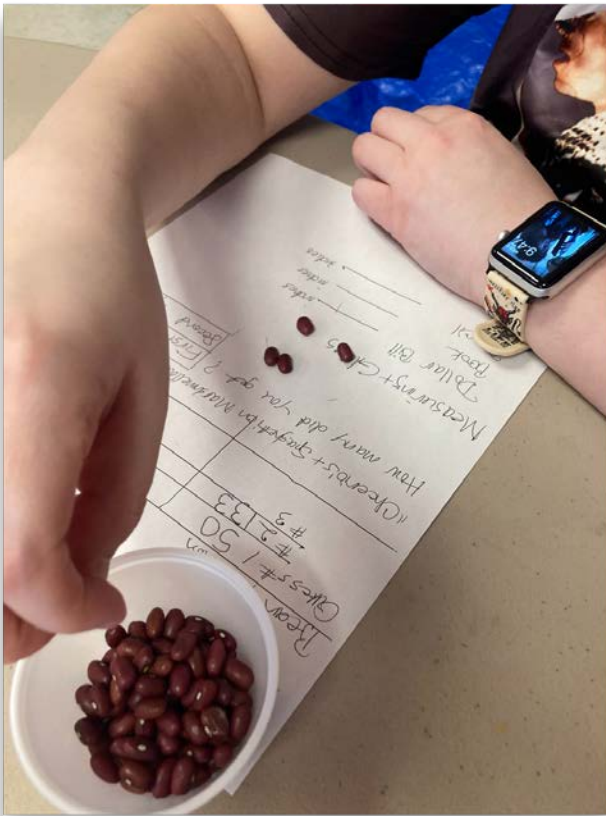
National Black History Month and Science Experiments:

We researched and selected meaningful quotes to create bookmarks which we gave to staff as keepsakes. We honored chemist and developer of medications for illnesses, Carol Ball, as we role played being chemists, watching how simple combinations of chemicals create reactions.

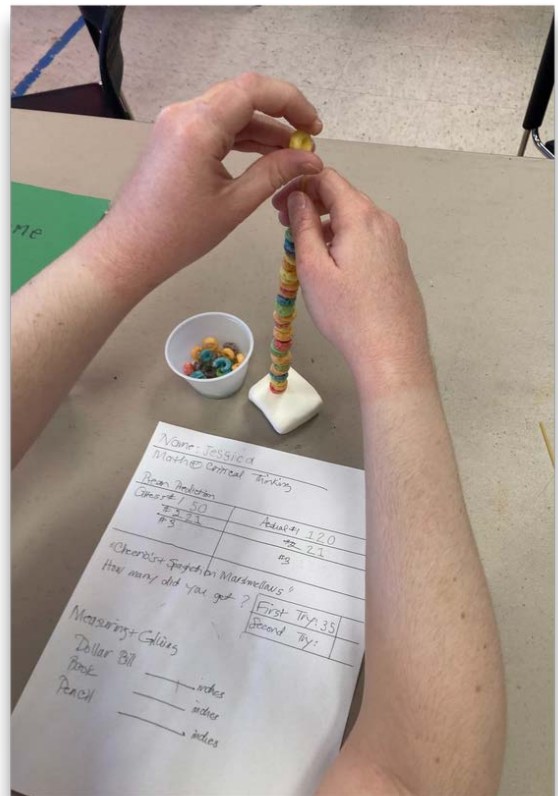


Critical Thinking Skills & Working Towards Goals:

As the Super Bowl approached, we explored predictions using materials to help us visualize predicting versus actual outcomes. This has many applications to scenarios involving measurement. Personal goal achievement occurred as everyone put initials on our Super Bowl squares board, doing random acts of kindness, helping at home, and/or working on one of their goals.



Critical Thinking



Critical Thinking

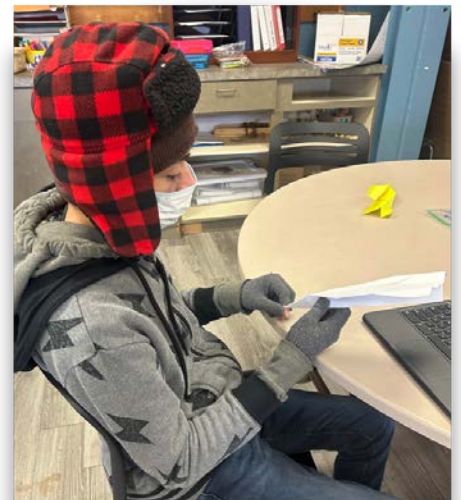
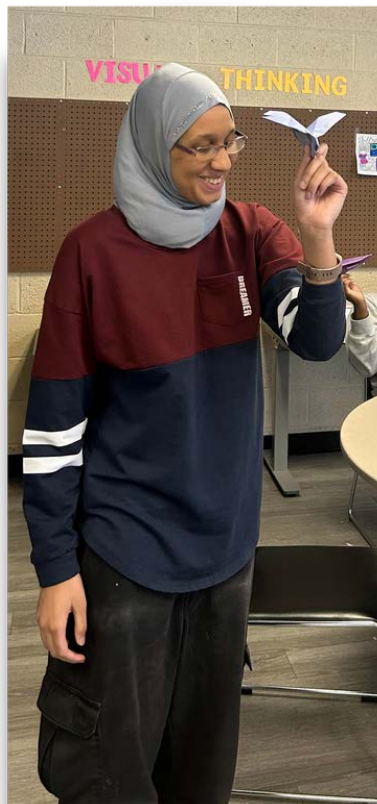
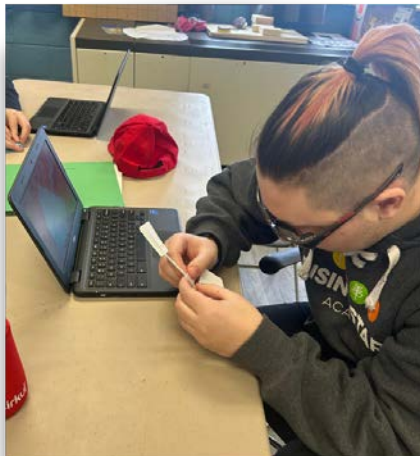
Ms. Jenni's Classroom

In Ms. Jenni's class we took a day to focus on strengthening our team building skills. We worked together in several relay races and enjoyed supporting each other and cheering for our team. The students did a wonderful job demonstrating good sportsmanship and perseverance.



Ms. Sarah's Classroom

The students did a fun STEM activity to get them thinking and moving! They were challenged to make a paper airplane that would fly the farthest. They researched different ways to make one that would fly the farthest and then made one themselves. Students then tested their airplane multiple times and made adjustments. Once they were happy with their paper airplane, we tested them all out to see which design flew the farthest!



Ms. Maria's Classroom

Ms. Maria's class learned about an array of African American people who changed the world. They celebrated by creating a paper "quilt" of the people and their achievements. The students learned about the struggles the people showcased on the quilt experienced in order to make their dreams come true. Students enjoyed learning about the individual stories and saw how anyone can have the opportunity to change society.



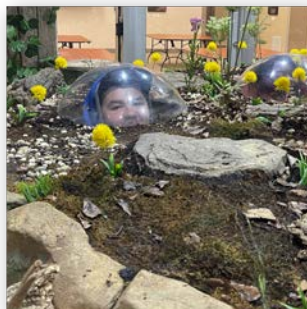
Community Based Instruction

On Friday, February 3, 2023 students visited the Detroit Institute of Arts. Students enjoyed the artwork and the company of their friends!





Ms. Jenni's class took a CBI to Belle Isle Aquarium and Nature Center on 2/17/23. The students practiced their skills of friendship by planning a "Day out with Friends." Students chose Belle Isle, enjoying the day spending time with friends while demonstrating the skills they have been learning. They also learned about many different animals that are found in and around Detroit and SE Michigan as well as many interesting marine animals from around the world.



Ms. Maureen's CBI was a visit to Hockeytown Cafe. Students were able to taste the fine creations of Chef Christian as well as provide him with helpful feedback on presentation, taste, and quantity of dishes served. Students enjoyed practicing social interaction with each other. This group shared conversation and laughter - a fun way to end our rotation together!





ASK THE ADVOCATE

Estate Planning

Join us for our upcoming session of Ask the Advocate to learn more about Estate Planning. Lisa Lepine will discuss creative ways to plan for your future including the benefits of Special Needs Trusts, Powers of Attorney, Patient Advocate, Wills, and Letters of Intent

MARCH 14, 2023
6:00 PM - 7:30 PM

44050 N. GRATIOT AVE
CLINTON TOWNSHIP, MI 48036

REGISTRATION:

586-469-1600 x120
www.arcservices.org/asktheadvocate

PLEASE REGISTER BY MARCH 11TH

STAY TUNED FOR
INFORMATION ABOUT THESE
UPCOMING TOPICS:

- SPECIAL NEEDS TRUSTS
- CREATIVE HOUSING
OPTIONS

Registration required. Sessions with less than five registrants will be cancelled



**LISA LEPINE B.A.,
J.D.**

The Arc of
Macomb

As a community service organization, donations from supporters like you, are what allow us to continue to offer free events such as this! A donation is welcomed, but never required.



STAND OUT! 2023 EVENT SCHEDULE

FEBRUARY

<p>Thursday, February 16th 6:00pm-8:00pm</p>	<p>Social Night - Fan Fav's Bingo/Bango EOS Cafe and Coffee House</p>
<p>Wednesday, February 22nd 6:00pm-7:00pm</p>	<p>Craft Night The Art Shack</p>
<p>Saturday, February 25th 11:00am-12:00pm</p>	<p>Adaptive Crossfit CrossFit Freshwater SCS</p>

MARCH

<p>Thursday, March 2nd 6:00pm-8:00pm</p>	<p>Social Night - Karaoke EOS Cafe and Coffee House</p>
<p>Wednesday, March 8th 6:00pm-7:00pm</p>	<p>Craft Night The Art Shack</p>
<p>Saturday, March 11th 11:00am-12:00pm</p>	<p>Adaptive Crossfit CrossFit Freshwater SCS</p>
<p>Thursday, March 16th 6:00pm-8:00pm</p>	<p>Social Night - St. Patrick's Day Party EOS Cafe and Coffee House</p>
<p>Wednesday, March 22nd 6:00pm-7:00pm</p>	<p>Craft Night The Art Shack</p>
<p>Saturday, March 25th 11:00am-12:00pm</p>	<p>Adaptive Crossfit CrossFit Freshwater SCS</p>
<p>Thursday, March 30th 6:00pm-8:00pm</p>	<p>Social Night - Decades Bingo/Bango EOS Cafe and Coffee House</p>

APRIL

<p>Wednesday, April 12th 6:00pm-7:00pm</p>	<p>Craft Night The Art Shack</p>
<p>Saturday, April 15th 11:00am-12:00pm</p>	<p>Adaptive Crossfit CrossFit Freshwater SCS</p>
<p>Thursday, April 20th 6:00pm-8:00pm</p>	<p>Social Night - Spring Fling EOS Cafe and Coffee House</p>



Living With A Disability Get Together Hangout Group



**A group for all individuals with disabilities
to get together, make friends and have fun.**

**Eat Well Café
44635 Schoenherr
Sterling Heights, MI 48313**

Tuesday December 6, 2022 - 6:30 P.M. - 8:30 P.M.

Tuesday January 3, 2023 - 6:30 P.M. - 8:30 P.M.

Tuesday February 7, 2023 - 6:30 P.M. - 8:30 P.M.

Tuesday March 7, 2020 - 6:30 P.M. - 8:30 P.M.

Tuesday April 4, 2023 - 6:30 P.M. - 8:30 P.M.

Tuesday May 9, 2023 - 6:30 P.M. - 8:30 P.M.

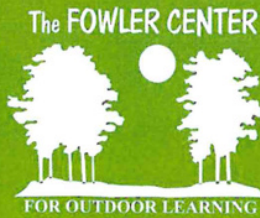
Free to attend. Bring money if you want to purchase food.

Feel free to bring family, friends and caregivers.

For more information, contact Anthony Zehnder, (586) 216-7994.



Register online at
thefowlercenter.org



THE FOWLER CENTER

Summer Camp

2023

ACCESSIBLE Recreation
Independence
Community
Friendship
Memories
Growth



**2315 Harmon Lake Road
Mayville, MI 48744**



Adventure Activities,
Horseback Riding, Crafts,
Nature Exploration,
Boating, Fishing,
Swimming, Campouts,
Picnics, Theme Nights,
Dances, & more.

Classic or Skill Based
Camps



**The Fowler Center is a program
of MCHS Family of Services**

fowlercenterinfo@mchsmi.org | Call Us 989-673-2050

Detroit & Surrounding Counties Coming Soon



If we sent a monthly publication with purpose to celebrate, connect, support & impact the special needs community, would you want to be on the RECEIVING end for this FREE publication? Coming April 2023

Will you join us?

Stories from families and individuals with special needs, giving hope to others

Highlights of supportive organizations.

Events where families can connect, build relationships & community

Tips, upcoming events, valuable information & so much more!



REGISTER TODAY:

<https://form.jotform.com/222635365026049>

**ONCE WE HAVE 500 ON OUR MAILING LIST,
WE'LL BE ONE STEP CLOSER TO PRINTING**

ENGINEERED BY A PROUD MOTHER TO A NON-VERBAL, AUTISTIC, EPILEPTIC SON



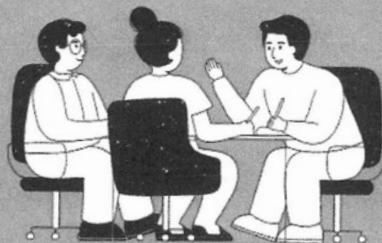
SCAN ME

Teen Through Adult Program

17 years of Age and Up

SOCIAL SKILLS

Specialized classes focusing on teaching and practicing specific social skills in a clinic setting



Wed March 22nd 6pm-7pm

FRIENDSHIP SKILLS

Active listening skills, Identifying good qualities in a friend, Assertive communication with a friend, Safety awareness when making new friends

Mon May 22nd 6pm-7pm

UNDERSTANDING/SETTING BOUNDARIES

Identifying appropriate & healthy communication in relationships as well as inappropriate and unhealthy communication in relationships (friendships, co-workers, parents, caregivers).

COST: \$28.00 per Class

Register Online: TherapeuticConceptsllc-mi.com



St. Clair Shores Adaptive Playground Program

JUNE 19 - AUGUST 18, 2023

8:30AM - 4:30PM

VETERANS MEMORIAL PARK

AGES 5 - 26

Residents: \$205/week

Non-residents: \$230/week

NO REFUNDS!

Activities

Weekly field trips to places such as: the Detroit Zoo, Chuck E. Cheese, Red Oaks, Etc.! Trips to the City pool twice a week, and many arts, crafts, sports and games while at the park!

***SMALL EXTRA CHARGE FOR FIELD TRIPS**

FOR REGISTRATION INFORMATION

CONTACT THE ST. CLAIR SHORES

PARKS AND RECREATION DEPARTMENT



586-445-5350



snppscs@gmail.com



www.scsmi.net

MacombCenter
for the Performing Arts

Magical Journey

Sensory Friendly Performance

Saturday | **APRIL 1, 3pm**



Fly on musical wings

on a journey of the most beloved and cherished songs for the young and young at heart. Grab your crowns and royal gowns and join us for an evening of music, merriment, magic and mirth. Sing along, and meet some of your all-time favorite characters from stage and screen. You don't want to miss this delightful event, filled with charm and enchantment for the entire family.

Our sensory-friendly performance will include the following accommodations:

- Lower sound and house lights throughout the performance.
- Audience members are welcome to bring their own manipulatives, seat cushions, comfort object, headphone, electronics, special snacks, and other support items.
- Audience members are welcome to stand, move around, and leave the theatre as needed.
- Designated quiet and calm spaces.



Therapy dogs will be available.



A Sign Language Interpreter.

TICKETS NOW ON SALE!
 Online. By Phone. At the Box Office.
 MacombCenter.com
 586.286.2222
 Box Office Hours:
 Monday–Friday | 10am–4pm



THANK YOU FOR YOUR SUPPORT



The Lonyo Family Endowment Fund for Macomb Community College

Oliver Dewey Marcks Foundation



MACOMB COMMUNITY COLLEGE BOARD OF TRUSTEES
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 Kristi Dean, Secretary | Roseanne DiMaria, Treasurer
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 James O. Sawyer IV, Ed.D., College President

GRAP17413



FOUR CIRCLES STORE & CAFE

PHONE: 586-806-6455 X133 (CAFE)

STORE HOURS

TUESDAY-THURSDAY

9 A.M. - 1 P.M.

**CASH, CREDIT, AND CHECKS
ACCEPTED**

**BREAD CAN BE PURCHASED IN THE
STORE. CARRY OUTS FOR LUNCH ARE
ALSO AVAILABLE.**



IMPORTANT DATES

MARCH 5:	RSA BOWLING FUNDRAISER 3:30 PM – 5:30 PM
MARCH 16:	BOARD OF EDUCATION MTG 6:30 PM – CAFE'
MARCH 17:	NO SCHOOL FOR STUDENTS/STAFF REPORTS
MARCH 25–26:	ROBOTICS COMPETITION
MARCH 31–APRIL 1:	ROBOTICS COMPETITION
APRIL 3–7:	SPRING BREAK
APRIL 20:	BOARD OF EDUCATION MTG 6:30 PM – CAFE'
MAY 18:	BOARD OF EDUCATION MTG 6:30 PM – CAFE'
MAY 26–MAY 29:	NO SCHOOL – MEMORIAL DAY WEEKEND

Semester 2 News

Semester 2: From January 30, 2023 through June 16, 2023, RSA's day ends at 2:15 p.m. Smart Transportation is aware as well. Thank you.

RISING STARS ACADEMY WISH LIST:

Rising Stars Academy now has a wish list for supplies! The list can be found on Amazon.com. To access, please visit the following link:
https://smile.amazon.com/hz/charitylist/lc/3Q8I48FVSLSW/ref=smi_ext_lnk_lcl_cl

Thank you to all who donate their time, supplies, and/or have contributed monetarily. All support is appreciated and vital to our students' success!

Thank you!

AMAZONSMILE

RSA NOW PARTICIPATES WITH AMAZONSMILE. A PERCENTAGE OF YOUR PURCHASES WILL BE DONATED BACK TO RSA. PLEASE UTILIZE THIS LINK WHICH IS CONNECTED TO RSA: [HTTPS://SMILE.AMAZON.COM/CH/46-0834143](https://smile.amazon.com/ch/46-0834143) ONCE YOU ENTER THROUGH THE ABOVE LINK, YOU CONTINUE TO SHOP AND CHECKOUT AS YOU NORMALLY WOULD. YOUR SUPPORT IS APPRECIATED!



Resource Page

The ARC - <https://arcmi.org>
44050 Gratiot Avenue
Clinton Township MI 48036
586-469-1600

Advocate organization for those with developmental disabilities.



Social Security Administration - www.ssa.gov
Toll Free: 1-800-772-1314



New Horizons Rehabilitation Services, Inc. - www.newhorizonsrehab.org
Ms. Elizabeth Foradori
Social Security Specialist



Macomb County Community Mental Health - www.mccmh.net
586-948-0222 Access Center

Offers a variety of supports and mental health services to meet the needs of those with developmental disabilities, coordinated by a therapist or case manager.



Think Big