

*Celebrating*  
— 10 YEARS —



# RISING STARS ACADEMY

## *A few Words from the Superintendent.....*

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It has been an exciting month here at Rising Stars! Everyone has been excited about the opening of our Gather + Grounds, brought to us by the Rising Stars Foundation. Students have visited the new site and look forward to utilizing the space in the future!

This past month students have been learning about food and nutrition during their life skills unit. They have been exploring growing and harvesting food, and learning how to eat a healthy and balanced diet.

Now that we are enjoying all that spring has to offer, students are outside working in the garden. If you haven't already, we recommend students bring in an old pair of shoes and extra clothes to keep in their locker to change into when it's time to go into the garden if they wish to not get their school clothes dirty.

If you have any questions or concerns, please feel free to call the school or email me at [ebregier@rsaonline.org](mailto:ebregier@rsaonline.org).

Emily Bregier

**2023**



# Ms. Maureen's Classroom

Combining Mindful Eating and synergy of food groups working together via the Nutrition unit was done by making simple, creative, economical, and nutritious healthy snacks such as a Sweet Snail with celery stalks and Nacho Apples with healthy toppings. Using our senses, we did a blindfold taste test to identify various fruits and vegetables. Another fun way we explored nutrition was by painting dice, rolling them, and sharing our favorite food groups.



Visiting Ms. Anne in the vegetable hoop, the outside garden boxes, and learning how to feed the chickens exposed us to the wonders of RSA gardening and food growth.



Other activities included budgeting our money by selecting a trip and determining cost; identifying vaping health concerns; accessing mental health crisis help via the 988 number; triggering our neurochemistry with "DOSE" (dopamine, oxytocin, serotonin, and enkephalins) activators to assist with managing emotions; dealing with difficult job scenarios; and critical and creative thinking skills by way of designing a Disney Ride, Go Cart, Time Machine, and Jack in the Box out of marshmallows and toothpicks.



Our CBI was to the Maybelle Burnett Library.



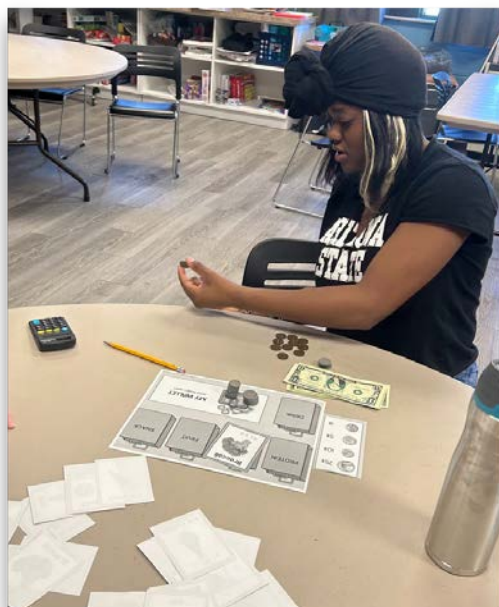
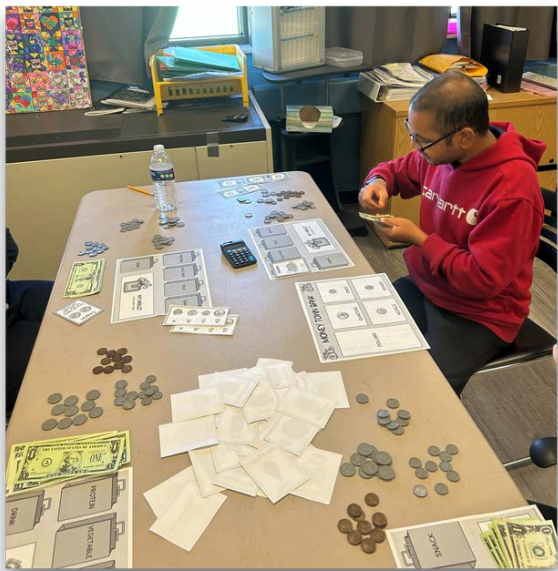
# Ms. Jenni's Classroom

The students enjoyed using our Glowforge to create beautiful gifts for the Mother's Day Tea that is being held at Gather & Grounds on May 6th.



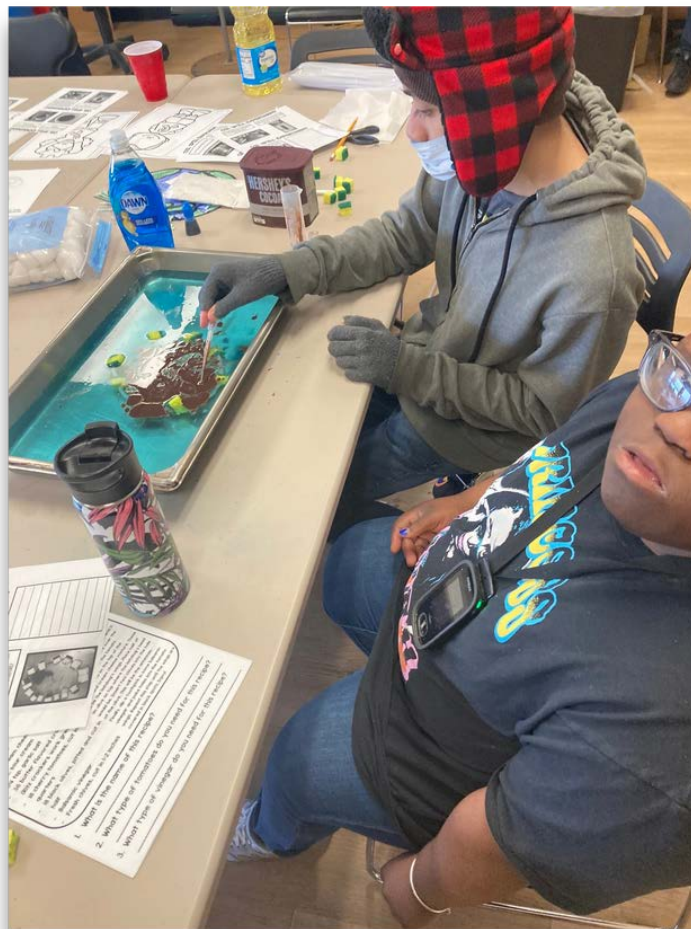
# Ms. Sarah's Classroom

The students have been learning about the food groups along with shopping for groceries! The students had to shop from a grocery list to get all of the food items they needed. They also played a fun game that required them to get one item from each food group. They had to pay for each item they wanted and at the end whoever had the most money left over won!



# Ms. Maria's Classroom

Students learned about how oil spills affect the environment. They used techniques that the clean up teams use after an oil spill. They found that it was not nearly as easy as they thought it would be. They also had to remove oil from a feather to see how difficult that was. Students did this while celebrating Earth Day.



# Taste, Move, Learn

Amanda, a registered dietician from Henry Ford Macomb School and Community Wellness, has been visiting classrooms on Fridays for the last ten weeks. She has been speaking to students about healthy snacks, how much to eat, portion sizes, measurements, etc. Students have been able to try new foods such as papaya, blood orange, watermelon slushies, and cucumber sandwiches, just to name a few. Students also play games such as tossing a stuffed fruit or vegetable in a certain color to each other and then having to name a fruit or vegetable that is the same color. We thank Amanda and Henry Ford Macomb School and Community Wellness for this opportunity!



# Home Hub Information

If your student is interested in attending Home Hub during the summer as well as when the Academy is closed, please contact Mr. Ryan Moir at 586-806-6455 or 248-508-1651 (cell). Below is information regarding the process. Please note that a supports coordinator is required.

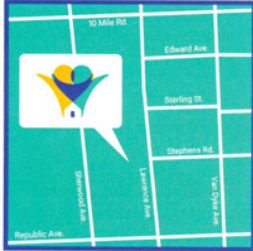
For Macomb County, call Access Center if you do not already have a supports coordinator at 586-948-0222.

For Oakland County, call 248-464-6363. Please be aware that only Community Living Services (CLS) in Oakland County will approve individuals to attend our program.

Once that is set up, tell them you would like to go to the RSA Foundation for skill building. Your student will need 22 units per day that they wish to attend our program.



**h** Honor Yourself  
**o** Observe Your Surroundings  
**m** Manifest Your Dreams  
**e** Explore Your Opportunities



Limited transportation assistance is available.

**Training Location:**

Rising Stars Academy  
 23855 Lawrence  
 Centerline, MI 48082

**When:**

Monday through Friday  
 8:30-1:00pm

**Contact Information:**

Ryan Moir  
 586-806-6455 Ext. 2  
 rmoir@rsaonline.org

**10 Most Important Traits for Successful Employment**

1. Honesty/Integrity/Morality
2. Adaptability/Flexibility
3. Dedication/Work Ethic
4. Dependability/Responsibility
5. Loyalty
6. Positive Attitude/Motivation
7. Professionalism
8. Self-Confidence
9. Self-Motivated/Ability to work with little or no supervision
10. Willingness to learn



H.O.M.E. Hub is an innovative work-based learning program that promotes success in the workplace and in life.

Our day program and workshops provide structure that will suit each person's needs while promoting self-advocacy skills and personal independence.

Program components include learning about employment processes, career exploration, hands-on experience and personal/professional skill building. Additionally, on-site and off-site internships may be available.

We are committed to a safe, equitable and diverse learning environment where high achievement and lifelong success can be achieved through various learning opportunities, hands-on experience and through the development of personal skills.

**Workshops provide opportunities to learn about & broaden skills in the following areas:**

- Culinary
- Hospitality
- Retail/Sales
- Janitorial
- Agricultural
- Clerical
- Money Management
- Independent Living
- Do-It-Yourself
- The Employment Process
- Healthy Eating
- Personal Advocacy

**Admission Criteria:**

Our goal is to provide quality work-based/skill-building learning opportunities that produce outcomes desired by program participants. Intake staff will consider all applications and try to be flexible in meeting individual needs. Applicants MUST meet the following criteria to begin the intake process:

- Age 18+
- Medicaid beneficiary
- Macomb County resident

**Admission Process:**

Referral of applicants should be made to the H.O.M.E. Hub support coordinator/intake staff by calling (586) 806-6455 and by completing application. The intake staffing consists of the support coordinator, program staff, the applicant and referring party. At the intake meeting, the applicant will receive an overview of the H.O.M.E. Hub program and expectations.





**MAY 9, 2023**  
**6:00 PM - 7:30 PM**

44050 N. GRATIOT AVE  
CLINTON TOWNSHIP, MI 48036

REGISTRATION:

**586-469-1600 x120**  
**[www.arcservices.org/asktheadvocate](http://www.arcservices.org/asktheadvocate)**

PLEASE REGISTER BY MAY 7TH

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



## ASK THE ADVOCATE

### Creative Housing Options

Join us for the upcoming session of Ask the Advocate to learn more about Creative Housing Options. Executive Director Lisa Lepine will discuss a variety of options for people with I/DD to have the support needed to live happy and healthy lives in homes of their choosing.

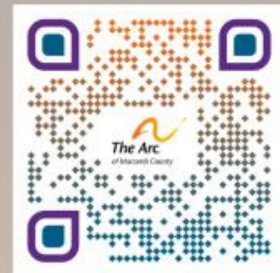
Information will be provided about housing options through Community Mental Health and DHHS as well as Self Determined arrangements.



**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.





## FOUR CIRCLES STORE & CAFE

**PHONE: 586-806-6455 X133 (CAFE)**

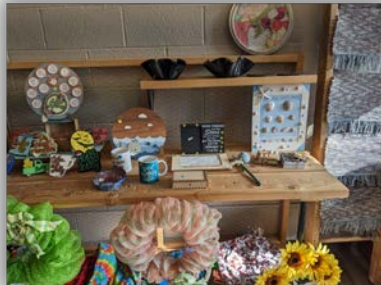
**STORE HOURS**

**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.**



# Community Based Instruction

On Wednesday, April 19 students in Ms. Sarah's and Ms. Jenni's classrooms took a trip to Kensington Park. They enjoyed viewing a variety of animals in their natural settings as well as the sunshine!





# 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**

Grab your finest Derby Hats  
for our Pre-Derby.....

## Mothers Day Tea

Saturday, May 6, 2023  
11:00 a.m. - 1:00 p.m.

Gather+Grounds  
25709 VanDyke  
Center Line, MI 48015

*\*Coffee, tea, tea sandwiches, pastries*

**TICKETS:**  
**20.00/ADULT**  
**10.00/CHILDREN UNDER 10**  
To Purchase Tickets visit  
[gather-grounds.com](http://gather-grounds.com)  
[rising-stars-academy.org](http://rising-stars-academy.org)

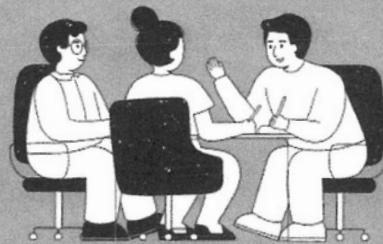


# Teen Through Adult Program

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](http://TherapeuticConceptsllc-mi.com)

# 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*



# COMMUNITY OPPORTUNITIES

## OAKLAND UNIVERSITY

For information about teen and/or adult programs offered through Oakland University for those with special needs, please visit:

<https://www.oakland.edu/oucares/programs/seasonal-programs/>

## ROCHESTER AVON RECREATION AUTHORITY

For information about adult programs offered through RARA, please visit:

<https://www.rararegistration.org/CourseActivities.aspx?id=5&cat=8>

## LET'S RIDE, DETROIT - Adaptive MoGo

Opening for the 2023 season in May, this company offers different cycling options for those with special needs. You can rent and ride in Detroit or Ferndale. Please visit the following link for more information:

<https://mogodetroit.org/mogo-for-all/adaptive-mogo/>

## SEA LIFE MICHIGAN

Visit Sea Life Michigan in Auburn Hills at Great Lakes Crossing during an upcoming Sensory Friendly Morning session. Move through the aquarium one hour before it opens to the general public. Distracting stimuli (bright lights, louds noises, music, etc.) will be disabled. Visit the following link for more information and to purchase tickets:

<https://www.visitsealife.com/michigan/what-s-inside/events/sensory-friendly-mornings/>

## BOWLERO LANES

Love to bowl? Bowlero Lanes offers low sensory hours for those with special needs. Please visit the following link for more information:

<https://bowlerodetroit.com/special-needs>

## AUTISTIC PLAY PLACE

Autistic Play Place offers a Weekend Respite Day Camp for those with special needs, ages 3-26. For more information, please visit the following link:

<https://autisticplayplace.org/respite/>

Autistic Play Place offers L.E.A.P. Summer Camp 2023 for those with special needs, ages 6-26. For more information and/or to register, please visit the following link: <https://autisticplayplace.org/leap/>

**WEEKEND RESPITE DAY CAMP**

**Because you deserve a break.**

Scheduling for Fridays, Saturdays, and Sundays!

Awesome Enrichment and Social Opportunities

Ages 6 to 26

5 Hours for \$75

**WHAT WE OFFER:**

- Creative and Sensory Art
- Social Group Interactions
- Cooking Creations
- Fitness Fun
- Life Skills
- Lego Learning

Autism & Special Needs Center  
**Play-Place**  
All ages. All diagnoses. All cognitive levels.

Call 586-254-6533 or go to:  
[www.autisticplayplace.org/respite](http://www.autisticplayplace.org/respite)  
for details and registration

# Upcoming Webinars

## Building Blocks of Self-Advocacy

with Stephanie Nicholls and Karen Wang

Tuesday, May 2,  
2023 12:00pm-  
1:30pm

Register at <https://tinyurl.com/4h8p2txm>

Families have a unique opportunity to support self-advocacy. Supporting youth and young adults with disabilities to develop and use self-advocacy skills can have a positive impact throughout their life.

This workshop will provide participants a framework for encouraging self-advocacy.

- The importance of knowing their disability
- Expressing their thoughts
- Knowing their rights

**Who should attend?** Families with a teen or young adult with disabilities or learning challenges, school staff, other community members.

Questions? [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)



# Transition from School to Adulthood

with Karen Wang

**Tuesday, May 16, 2023**  
**12:00pm-1:30pm**

Register at <https://tinyurl.com/mvnmaw7c>



**This free, online workshop will teach participants how the IEP transition plan can be used along with community resources to make a smooth transition from school to adulthood.**

This workshop will help you:

- Understand the legal requirements of IEPs regarding transition planning and why it's important
- Understand the different parts of your student's transition plan
- Learn about options for life after school
  - Access community resources for adult life

**Who should attend?** Families with middle and high school aged children, and members of the community who support these students.

**Questions?** [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)



## Transition Beyond IDEA with Michelle Driscoll

Transition planning sets the goals and activities that will help a teenager achieve their post-high school plans. This online workshop will provide an overview of supports that can assist young adults with the transition from school to adult life.

- Understand the transfer of parental rights at the age of majority
- Learn the basics of guardianship and alternatives to guardianship
- Gain an understanding of public benefits that may be available
- Understand the principles of person centered planning and self-determination
- Learn about adult services that assist individuals with employment, accessing community resources, and independent living

**Who should attend?** Families of teens/ young adults with disabilities, school staff and other community members.

**Questions?** [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)

**Tuesday, May 23, 2023  
12:00pm-1:30pm**

**[Register at https://tinyurl.com/4bkkyhsk](https://tinyurl.com/4bkkyhsk)**



## **IMPORTANT DATES**

- MAY 18:** BOARD OF EDUCATION MTG – ROOM 134 – 6:30 P.M.  
**MAY 26–MAY 29:** NO SCHOOL/MEMORIAL WEEKEND  
**JUNE 2:** NO SCHOOL  
**JUNE 15:** BOARD OF EDUCATION MTG – ROOM 134 – 6:30 P.M.  
**JUNE 16:** LAST DAY OF SCHOOL

## **Semester 2 News**

Semester 2: From January 30, 2023 through June 16, 2023, RSA's day ends at 2:15 p.m. 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://www.amazon.com/hz/wishlist/ls/1G1H3LPUZ7N?](https://www.amazon.com/hz/wishlist/ls/1G1H3LPUZ7N?ref_=wl_share)

[ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1G1H3LPUZ7N?ref_=wl_share)

**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!*



# 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](http://www.ssa.gov)

Toll Free: 1-800-772-1314



**New Horizons Rehabilitation Services, Inc.** - [www.newhorizonsrehab.org](http://www.newhorizonsrehab.org)

Ms. Elizabeth Foradori

Social Security Specialist



**Macomb County Community Mental Health** - [www.mccmh.net](http://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