



RISING STARS

ACADEMY

A few Words from the Superintendent.....

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What a wild February in Michigan! Mother Nature isn't sure if it should be Winter or Spring. With the midwinter break and our week of warm weather, last month flew by! Let's welcome March and start taking small steps into Spring.

Students have been lively and engaged over the past month at Rising Stars. They have been enjoying their electives, engaging in new work training, getting ready for the robotics competitions, and participating in multiple Black History Month activities. We also brought back MOVE, TASTE, LEARN, which is a 10 week long interactive nutrition education and physical activity promotion program. Please keep an eye out for an update including photos of the program in next month's newsletter.

If you haven't already, please sign up for the bowling fundraiser on March 17th to secure your spot. We hope to see you all there!

Emily Bregier

March

2024



Ms. Maureen's Classroom

Highlights: Job skills included a wide variety of experiences and lessons.

Students tapped into creativity as well as measuring potential consumer demand for hand crafted aromatherapy infused Shower Bombs, Sugar Scrubs and cereal infused Bird Feeders by placing products in the school store which are currently for sale!

Learning was followed by role playing how to make a good first impression for a job interview as well as socially.

Life skills: students learned about and role played how to make appointments and the acceptable and non acceptable reasons for calling an absence into work. Looking one's best for a job interview and working at a job included a life skill of learning how to mend a hole in a garment as well as replace a missing button.

A budgeting lesson using the basic "envelope" system helped the students learn about balancing needs and wants with money management.

Visiting the Maybelle Burnette library gave the students opportunity to do research on Black History Month and helped the students learn about the variety of resources the library has to offer as well as it is a cool place to read!

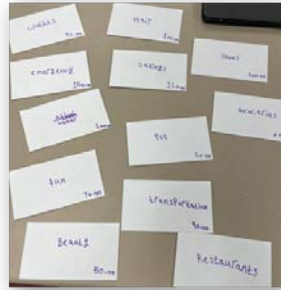
Social- emotional skills included visiting RSA's coffee shop, Gather + Grounds, trying their signature Lavender Lemonade while chatting and playing games in the fun and relaxing coffee house!





Ms. Maureen's Classroom

(continued)





Ms. Heather's Classroom

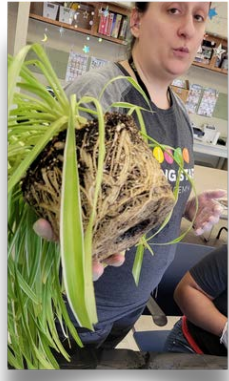
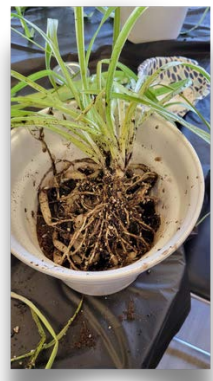
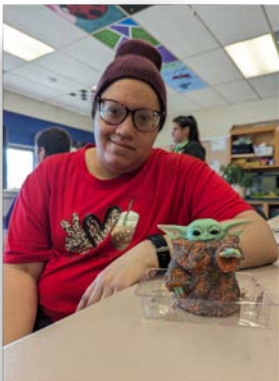
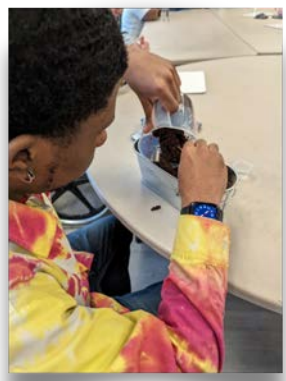
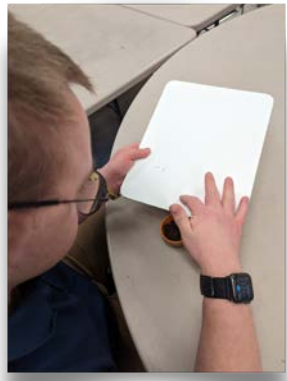
Along with discussions on Black History, inventions, nutrition, and more, plants and crafts have been our focus for activities this month. We have repotted Happy, our spider plant, and Beastie, our umbrella plant. We learned a little bit about roots and compacted roots. Poor Happy was completely root bound and it took 2 hours to separate them! We started String Pea sprouts, planted some cucumber seeds and lavender seeds, and started a Chia pet! Lots of growth happening here in class. We also made some hanging plant pots with twine. We are hoping to have some Spider Plant babies and new decorations ready for the school store soon! Our class fish tank is still full of babies and they are growing every day. We have taken a couple walks and even stopped for a quick dance session in the sunshine, too! Looking forward to warmer weather!

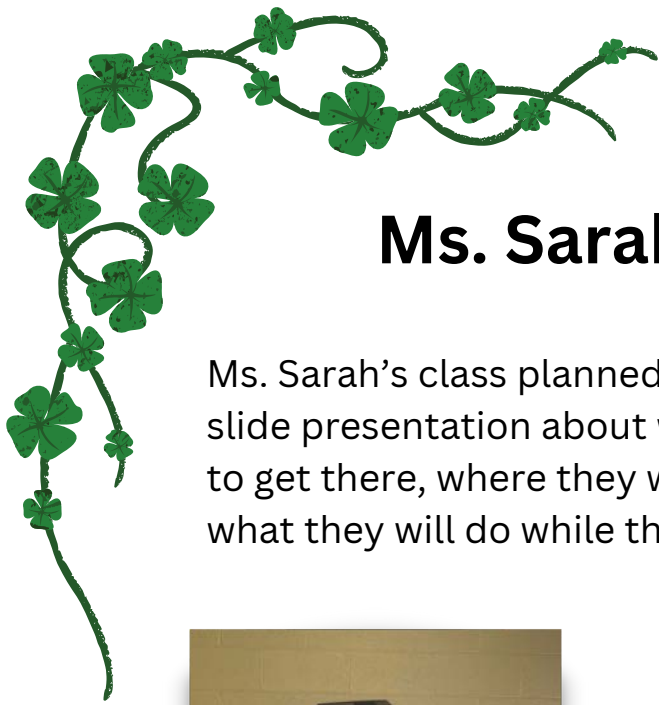




Ms. Heather's Classroom

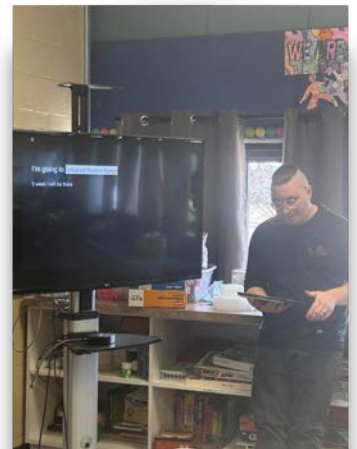
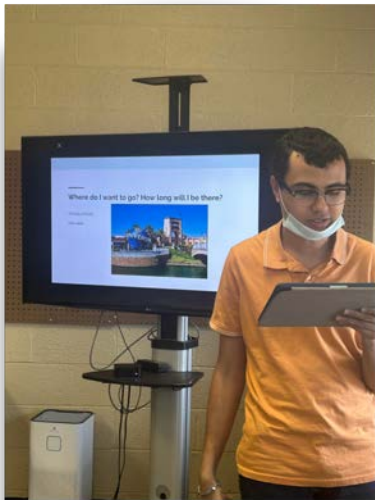
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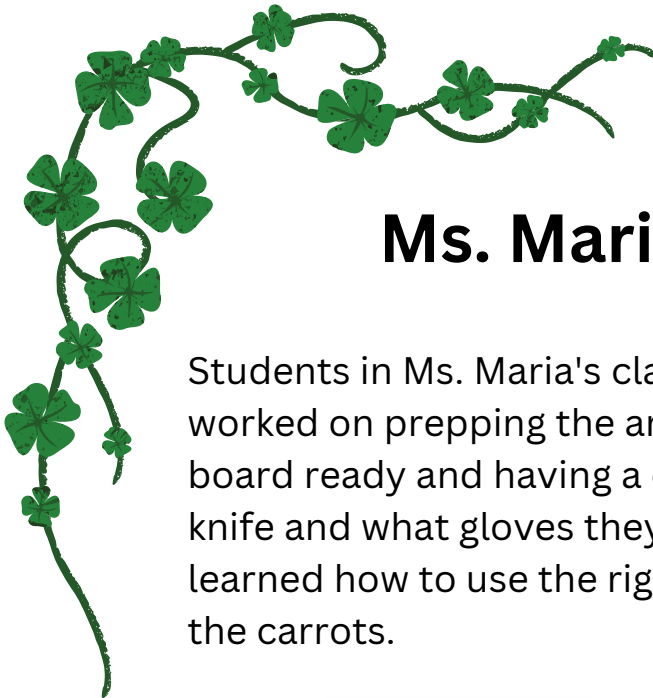




Ms. Sarah's Classroom

Ms. Sarah's class planned their dream vacation! They made a google slide presentation about where they were going, how they were going to get there, where they will stay, how long they will be there, and what they will do while there!





Ms. Maria's Classroom

Students in Ms. Maria's class worked on knife skills this month. They worked on prepping the area to cut. This included how to get a cutting board ready and having a clean space. Students learned how to hold a knife and what gloves they need to wear. They peeled carrots and learned how to use the right motions. They had a lot of fun cutting all of the carrots.





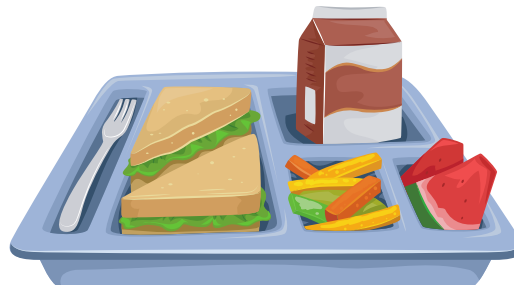
MARCH 2024 LUNCH MENU



LUNCH Menu MARCH 2024

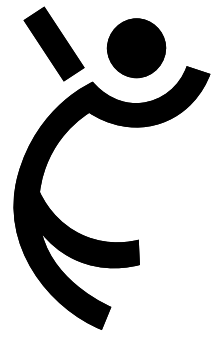
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|-----------------------------------|--|--|--|
| | | | | FIELD DAY Bag Lunch: Turkey Sandwich Goldfish Fruit 1 |
| Calzone 4 Marinara Sauce Salad | Chicken Pot Pie 5 Peaches | Bean Burrito 6 Refried Beans Salad | Chicken Tenders 7 Tater Tots Green Beans | Bag Lunch: 8 Turkey Sandwich Goldfish Fruit |
| Corn Dog 11 Casserole | Eggroll in a Bowl 12 | Nachos 13 Refried Beans | Pasta w/Meat 14 Sauce Salad | Bag Lunch: 15 Turkey Sandwich Goldfish Fruit |
| Chef's Salad 18 | Corn Dog 19 Tater Tots Corn | Pizza 20 Salad | Meatloaf 21 Mashed Potatoes Peas | FIELD DAY 22 Bag Lunch: Turkey Sandwich Goldfish Fruit |
| SPRING BREAK 25 | SPRING BREAK 26 | SPRING BREAK 27 | SPRING BREAK 28 | SPRING BREAK 29 |

Salad Dressings: Low-cal Ranch
Low-cal Italian
Salad includes: 1 cup Greens and ½ cup Tomatoes
Daily Fresh Fruit: Apples, Bananas, Grapes, Oranges, Peaches, Pears
Milk Options: 1% White, Fat Free Chocolate, Soy





SPRING



Troy Inclusive Music & Movement Class

Tuesdays (6 weeks)

February 20 – March 26, 2024

11:00 am – 12:00 pm

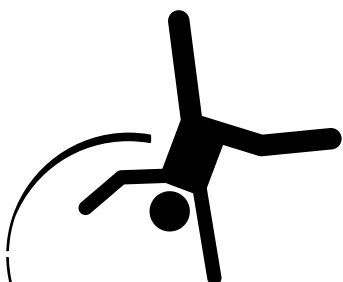
DNEM Troy Office or via Zoom

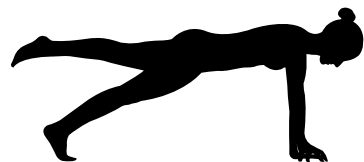
Register:

tinyurl.com/DNEMmusic

586-268-4160

REC-IT@DNEMichigan.org





YOGA

Ages 16+

Residents: \$35

Non-Residents: 37

Session 1: February 6 -

March 5 (no class 2/27)

Session 2: March 12 - April 2

Session 3: April 9 - April 3

Session 4: May 7 - May 28

Session 5: June 4 - June 3

Session 6: July 9 - July 30

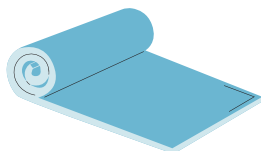
TUESDAYS 4:30-5:30 PM

Come and experience a form of yoga that works to improve balance, focus, coordination and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor sensory areas of the brain. Wheelchair accessible, all levels of mobility are welcome. If you're able to utilize floor movements and poses, please bring a yoga mat to class. Support persons, at no cost, are required to assist individuals with limited cognitive and/or mobility challenged who need one-on-one assistance.



Recreation Authority of Roseville & Eastpointe
18185 Sycamore, Roseville (586)445-5480

www.rare-mi.org





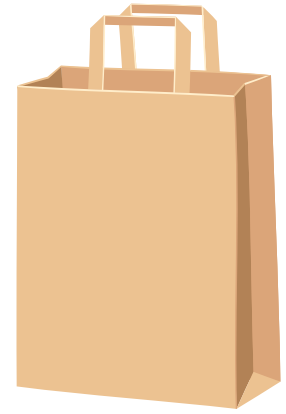
Michigan State Fair - 2024



2024 Eastern Michigan State Fair: Special Needs Day
July 25, 2024 from 10 a.m. to noon with lunch to follow.

Please visit the link below for more information in the upcoming months.
<https://www.emsf.org/general-information/special-needs-program>





BAGS

Rising Stars Academy is seeking donations of gift bags. Regardless of the holiday, any gently used bag in good condition or new bags will be accepted and appreciated. Donations can be brought to the main office. Thank you.



**HELLO
SPRING**

March 19, 2024



Stand Out Special Needs Adult Organization Spring 2024



The Art Shack

Art Night at The Art Shack
One Hour Get Together to create art and be with
friends!

Location:
23707 Jefferson
Just south of 9 Mile next to Kroger Gas Station

Cost: \$15

Visit the link to see upcoming dates, times, and
payment options.

Register by visiting this link:
[https://app.getoccasion.com/p/n/9jFDNxss?
fbclid=IwAR1gHmPZVijpDNW6F2Hj34wFp-
VYWXAkdvBlxTEo_GuFP9vOK-pB8PV7D-c](https://app.getoccasion.com/p/n/9jFDNxss?fbclid=IwAR1gHmPZVijpDNW6F2Hj34wFp-VYWXAkdvBlxTEo_GuFP9vOK-pB8PV7D-c)



Michigan Alliance for Families Events

March 2024 - Michigan Alliance for Families

<https://www.michiganallianceforfamilies.org/upcoming-events/>

March 4 Transition: Employment Expectations with Karen Wang from 9:30am-11:00am. Register at <https://tinyurl.com/yesukd5c>

March 5 Mental Health is Essential! And Key to Success at School with Terri Henrizi. For the 12:00pm-1:30pm webinar, register at <https://tinyurl.com/yu82eeuj>. For the 6:30pm-8:00pm webinar, register at <https://tinyurl.com/4j2pmv37>

March 8 Moving On from Early On[®] with Stephanie Nicholls from 12:00pm-1:00pm. Register at <https://tinyurl.com/44hzraze>

March 12 Positive Behavioral Intervention and Support Overview with Stephanie Nicholls from 12:00pm-1:30pm. Register at <https://tinyurl.com/csa5jt87>

March 13 Brighton Understanding IEPs with Kelsey Biswanger at Arc Livingston at 7:00pm. Register by March 6.

March 14 The Power of Notice with Michelle Driscoll from 6:30pm-7:30pm. Register at <https://tinyurl.com/bdk32wcc>

March 19 Exploring Behavior Supports with Stacie Rulison from 12:00pm-1:30pm. Register at <https://tinyurl.com/hjntdzp7>

March 19 IEP: A Closer Look with Andrea Beachnau from 1:00pm-2:30pm. Register at <https://tinyurl.com/hu3j96rv>

March 21 Collaborative Communication in Special Education with Beth Kohler from 12:00pm-1:00pm. Register at <https://tinyurl.com/dh92te2k>

April 2024 <https://www.michiganallianceforfamilies.org/upcoming-events/>

April 12 Inclusion: FAPE in the LRE with Stephanie Nicholls from 12:00pm-1:30pm. Register at <http://tinyurl.com/bd55xkyt>

April 16 Assistive Technology: More than Checking a Box with Sara Pericolosi from 6:30pm-7:30pm. Register at <http://tinyurl.com/bdzz3wt4>

April 19 and 26 Behavior is Communication with Sally Burton-Hoyle from 1:00pm-2:30pm. Register at <https://tinyurl.com/39vrhapp>

April 23 How to Have Collaborative Assistive Technology Conversations with Sara Pericolosi from 6:30-7:30pm. Register at <http://tinyurl.com/yjsbkchb>

April 25 Self-Determination in the IEP with Karen Wang & Stephanie Nicholls from 12:00pm-1:30pm. Register at <http://tinyurl.com/yeyuc7zh>

April 29 IEP: A Closer Look with Andrea Beachnau from 12:00pm-1:30pm. Register at <http://tinyurl.com/mry8yykz>

May 2024 <https://www.michiganallianceforfamilies.org/upcoming-events/>

May 1 Transition: What You Need to Know with Karen Wang from 9:30am-11:00am. Register at <http://tinyurl.com/d99kkupy>

May 16 Promoting Literacy Success with Noel Kelty from 12:00pm-1:00pm. Register at <http://tinyurl.com/52yuzvac>

May 22 Transition: Beyond IDEA with Karen Wang. For the 12:00pm-1:30pm webinar, register at <http://tinyurl.com/yfnh8zub> For the 6:30pm-8:00pm webinar, register at <http://tinyurl.com/yfy4nndx>

May 30 Building Blocks of Self-Advocacy with Karen Wang from 6:30pm-7:30pm. Register at <http://tinyurl.com/bpp9tebt>

May 31 IEP: A Closer Look with Stephanie Nicholls from 9:30am-11:00am. Register at <http://tinyurl.com/2vhwjkr6>

Macomb County Adaptive Recreation Opportunities

Please visit the following link for a list of adaptive recreation opportunities in Macomb County:

<https://www.macombgov.org/departments/move-more-macomb/adaptive-recreation>

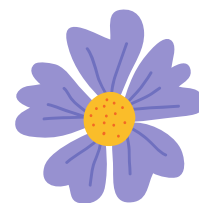
Disability Network of Michigan

March Events:

Please visit this link and click on the event you are interested in attending:

<https://www.dnswm.org/events/month/2024-03/>





Oakland County Adaptive Needs Calendar

<https://www.oaklandcountymoms.com/adaptive-needs-events-calendar-26620/>

Monday, March 4, 2024 from 5:15p-6:30p (Also April 1)

Special Needs Events – RARA Diner’s Club

Select Rochester/Rochester Hills Area Restaurants

This opportunity is designed to support persons with special needs. Participants pay for their own meal, beverage, and tip. PRE-REGISTER EARLY as spots are very limited and so that we have enough assistance and space reserved in the restaurants. Exact restaurant choices will be announced at a later date. 14+ Years. \$6 per participant. To register, visit www.rararecreation.org.

Friday, March 8, 2024 at 6p (Also April 5, May 3)

Clarkston Adaptive Needs Events – TR Pizza and Movie Night

Clintonwood Park (6000 Clarkston Road, Clarkson, MI 48348)

Enjoy an evening with your friends for a favorite movie and some delicious pizza. This program is for persons, ages 14+, with cognitive disabilities, with or without physical impairments. Call 248-625-8223 to register. \$10. Hosted by Independence Twp Parks & Recreation.

Saturday, March 9, 2024 at 11a (Also...)

Flint Adaptive Needs Events – Sensory-Friendly Planetarium Shows

Longway Planetarium (1310 E Kearsley St, Flint, Michigan 48503, 810-237-3400,

sloanlongway.org) Every 2nd Saturday, a new show at Longway Planetarium. During sensory-friendly shows, staff turn the lights up and turn the sound down to provide a safe, welcoming environment for friends with special needs. Purchase tickets [here...](#)

Friday, March 29, 2024 at 11:30a

Oakland County Parks Adaptive Needs Events – Great Marshmallow Drop

Catalpa Oaks County Park (27725 Greenfield Rd, Southfield, MI 48076, 248-424-7081)

The annual Marshmallow Drop hosted Oakland County Parks and Recreation offers a special Marshmallow Drop for those with adaptive needs. This is a FREE event. Call 248-221-8040 for questions and to register.





easterseals | MORC



COSMETOLOGY & DENTAL SERVICES

Easterseals MORC is proud to present some of our favorite Michigan businesses offering cosmetology or dental services for individuals with disabilities and/or sensory needs.

HAIRCUT HUT

Located inside Autistic Play Place (39337 Mound Road, Sterling Heights, MI 48310) Offers kid-friendly salon services by professionally licensed stylists, themed stylist chairs, and TV or movie selections. Their hour-long haircuts are designed to accommodate meltdowns or panic attacks. Haircut Hut provides fingernail clipping too!
For pricing and availability, call: 586-254-6533.

CUTIE CUTS

13435 Hall Rd. Utica, MI 48315

Our friends at Cutie Cuts offer haircuts, styling, detangling, and braiding for children by appointment only. They also offer a Quiet Room, which is sensory friendly for children that struggle with a sensory disorder or anxiety. This room allows children to receive salon services in a private calming environment. The Quiet Room is designed with calming colors and equipped with a television, tablet, and tactile sensory toys. Whether your child has a sensory disorder, fear of receiving a haircut, or would simply like their own space, the Quiet Room is available upon request. Learn more at www.cutiecuts.com

COOKIE CUTTERS - HAIR CUTS FOR KIDS

Located throughout the United States. Michigan locations include Royal Oak, Northville, and Canton.

Cookie Cutters is a children's hair care salon with over 25 years of experience. Each location includes an in-store playground, televisions at each station for the children to watch shows or play video games, along with fantasy cars to sit in. At Cookie Cutters, they specifically train their stylists to work with a child's individual needs. Stylists have even been known to give haircuts walking around the salon. Whatever it takes to make a child most comfortable, they will work around. Learn more at: www.haircutsarefun.com



Rising Stars Academy

**BOWLING
FUNDRAISER**

Date: Sunday, March 17, 2024

Location: Sterling Lanes

33200 Schoenherr Rd

Sterling Heights 48312

Time: 3:30 p.m. to 5:30 p.m.

Tickets: \$20.00 each

(includes two games, shoe rental, pizza and pop)

50/50 Raffle

Basket Raffle (seeking donations)

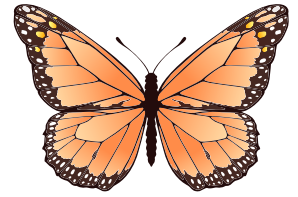


Please fill out this form and return it by Monday, March 11, 2024.

Please include cash or check payable to "Rising Stars Academy".

of Bowlers x \$20.00 for each bowler: _____

Names of Bowlers (maximum of 5 bowlers per lane):



4 CIRCLES

STORE & CAFE

@RSA

4 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.

HELLO
Spring



ASK THE ADVOCATE

2023-2024 SCHEDULE OF SESSIONS



Ask The Advocate is a training series to help families and caregivers to prepare for the future of their loved ones who have disabilities. The topics covered will help you better navigate through the Special Education and Community Mental Health systems, help you to prepare financially while preserving government benefits, and give you the information you'll need to plan for your loved one's future goals.

| | | |
|----------|-------------------------------|--|
| Sep 12th | Supported Decision Making | Topics covered include person-centered planning, Power of Attorney, Patient Advocates, and Guardianship |
| Oct 10th | Creative Housing Options | Learn about the variety of ways to support individuals to lead a healthy life in a home of their choosing. |
| Nov 14th | Special Education Services | Hear representatives from Michigan Alliance for Families discuss skills that parents can use to become more effective advocates for your child with a disability. |
| Jan 9th | Navigating Medicaid Supports | Topics covered include how to apply for Medicaid and other benefits through Department of Health and Human Services, what Medicaid covers and how to access those services. |
| Feb 13th | Social Security Benefits | Topics covered include SSDI and SSI Benefits, qualification for benefits, and what is needed to apply |
| Mar 12th | Estate Planning | Learn creative ways to plan for your future including, wills and Letters of intent |
| Apr 9th | Special Needs Trusts | Learn how Special Needs Trusts differ from typical trusts, but can be an excellent addition to your Estate Plan. A Special Needs Trust can help to prepare for your loved one's future while ensuring they are eligible for government benefits. |
| May 14th | Community Employment Services | Learn about options for skill building, employment options, and ways to preserve benefits while working. |

*Registration is mandatory, minimum of five registrants needed to hold all sessions

For more information:

www.arcservices.org/asktheadvocate

info@arcservices.org

586-439-5367

All sessions are 6:00 PM - 7:30 PM

The Arc of Macomb

44050 North Gratiot Ave

Clinton Township MI, 48036

The Arc is dedicated to securing for all people with intellectual and developmental disabilities the opportunity to choose where and how they learn, live, and work throughout their lifetimes in the community we share.

SPRING

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 Ms. Michelle Davis-Poeder at 586-806-6455 X2. Below is information regarding the process. Please note that a supports coordinator is required.

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

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 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:

Home Hub Manager:
Michelle Davis-Poeder
 586-806-6455 X2
 mdavis-poeder@rsaonline.org

10 Most Important Traits for Successful Employment

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



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



IMPORTANT DATES

MARCH 17

MARCH 25-29

APRIL 5

MAY 24-MAY 28

JUNE 14

RSA BOWLING FUNDRAISER

SPRING BREAK - NO SCHOOL

NO SCHOOL FOR STUDENTS

STAFF REPORTS FOR PROF DEVELOPMENT

NO SCHOOL - MEMORIAL DAY WEEKEND

LAST DAY OF SCHOOL



RISING STARS ACADEMY WISH LIST:

Rising Stars Academy now has a donation list for supplies! The list can be found on Amazon.com. To access, please visit the following link: <https://a.co/6pSISYQ>

Thank you to all who donate 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
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