



RISING STARS ACADEMY



A few Words from the Superintendent.....

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As we get busy with the school year, it's good to remember to slow down and enjoy the fall colors. This rotation is all about personal care. Students are learning to understand their mental, physical, and emotional health and strategies to take care of each category.

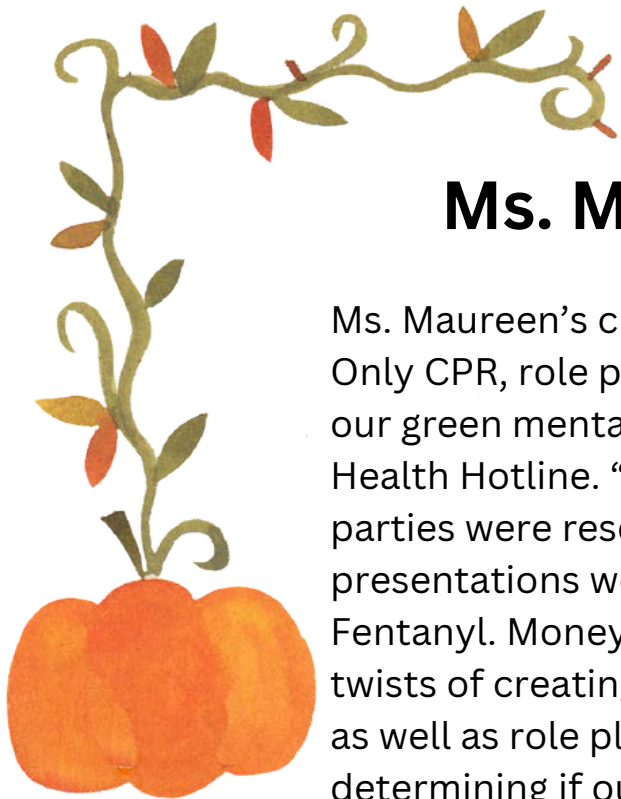
November can be difficult for some with the time change, the shorter daylight hours, and the anticipation of the holiday season. We hope everyone can find some time for personal care, realizing your health is important. We hope students will continue to utilize some of the skills they learned during their last rotation and that they take that knowledge home and share it with their families.

Often, when we think of significant days in November, we think of Thanksgiving or Veterans Day; however, November is filled with an abundance of special days of health awareness and observances to celebrate as well. Some of the days observed this month are World Kindness Day, World Diabetes Day, International Survivors of Suicide Day, National Family Health History Day, and The American Cancer Society's Great American Smokeout which encourages smokers to quit. It is also American Diabetes Month, National Epilepsy Awareness Month, and National Family Caregivers Month. Please see the resource page from the National Wellness Institute attached toward the end of this newsletter for more information.

Emily Bregier

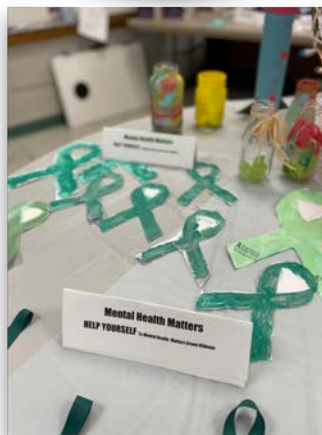
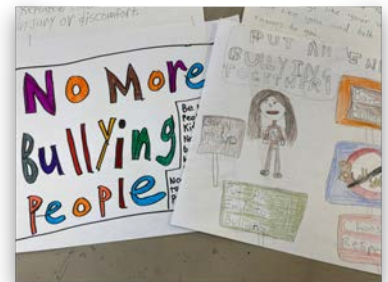


2023



Ms. Maureen's Classroom

Ms. Maureen's class has been learning and practicing Hands Only CPR, role playing calling 911 and creating awareness with our green mental health ribbons for the new #988 Mental Health Hotline. "No More Bullying" and Drug Use Prevention at parties were research topics. Additional research and presentations were given on prevalence and dangers of Fentanyl. Money management skills were focused upon with fun twists of creating a fun healthy dessert, pricing it, and eating it as well as role playing purchasing an interview outfit and determining if our budget allowed for choices made. Students walked to the local library to work on book reports. They also created "take good care of yourself" cards and pink ribbons for Breast Cancer Awareness for our staff and loved ones to help make a difference !





Ms. Heather's Classroom

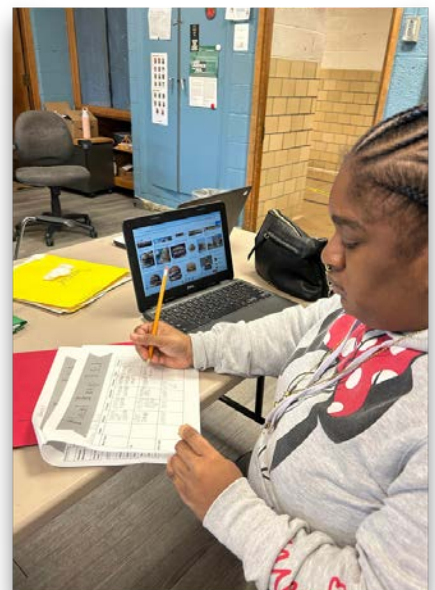
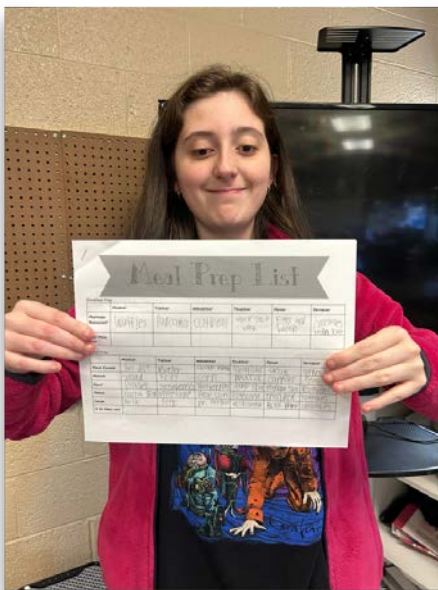
Ms. Heather's room has been planting and propagating spider plants. And planning for a new adventure for the classroom!





Ms. Sarah's Classroom

Students worked on planning healthy meals as part of our self care lessons. Students looked up healthy meals for breakfast, lunch, and dinner and marked them on their weekly schedule.





Ms. Maria's Classroom

Students had to come up with a theme for a haunted attraction. They had to budget the money needed to build the attraction and how they would make the funds back after the attraction opens. Students then built their haunted attractions.





Stand Out!

Adaptive Adult Organization

Fall Semester Schedule

October

- 10/19 - Halloween Party- Social Night 6:30-8:30pm
- 10/25 - Craft Night - The Art Shack 7:00-8:00pm
- 10/28 - Adaptive Workouts - CrossFit Freshwater 10:45-11:45am

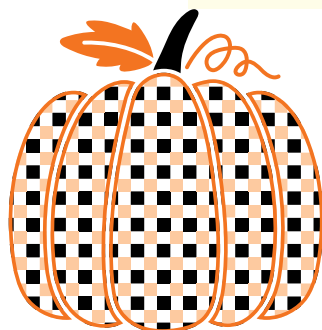
November

- 11/1 - Adaptive Yoga with Angela - Social Night 6:00-7:00pm
 • **SPECIAL CLASS!! Limited spots, first come first served. Hosted at Shores Yoga.**
- 11/08 - Craft Night - The Art Shack 7:00-8:00pm
- 11/11 - Adaptive Workouts - CrossFit Freshwater 10:45-11:45am
- 11/16 - Karaoke Night- Social Night 6:30-8:30pm
- 11/22 - Craft Night - The Art Shack 7:00-8:00pm
- 11/30 - Trivia Night- Social Night 6:30-8:30pm

December

- 12/06 - Craft Night - The Art Shack 7:00-8:00pm
- 12/09 - Adaptive Workouts - CrossFit Freshwater 10:45-11:45am
- 12/14 - Christmas Party- Social Night 6:30-8:30pm

*All Social Events will be hosted at Bruce Post VFW. All Craft Nights will be hosted at The Art Shack. All Adaptive workouts will be hosted at CrossFit Freshwater.
 Social Nights: \$15.00 per class. Craft Nights: \$15.00 per class. Adaptive Workouts: \$10.00 per class.

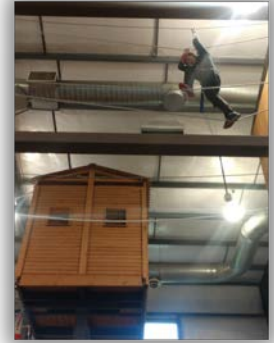




Base Camp



On October 11, 12, and 18, students had the opportunity to visit Base Camp in Flint. It provided students the opportunity to develop team problem solving skills. Transportation and lunch were also provided. Visit this link for more information: https://geneseegci.ss19.sharpschool.com/about_us/base_camp_challenge_center



Processing

The Processing Room is an important part of Rising Stars Academy. Students prepare homemade salad dressings, weigh and bag portions, and case pack for shipment.





Production

The Production Room is an internal jobsite for RSA students as well as Home Hub consumers. Students and consumers work to prepare this weeks order for Beyond Juicery and Eatery. A few students are learning a new skill - piping melted chocolate into the Gluten Friendly Cashew Cookies. Others continue to sticker bags and create trays of Peanut Butter Protein Bites. This weeks order is almost complete!

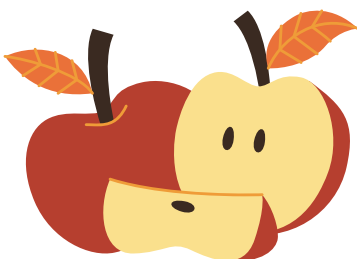




"Sterling Special" November Calendar

 NOVEMBER 						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Adaptive Yoga 5-6 p.m.	8	9	10 Veterans Day All buildings closed	11 Artist Inside "Autumn Forest Painting" 11-12:30 p.m. 
12	13	14 Adaptive Yoga 5-6 p.m.	15 Creative Community "Holiday Wreaths" 10-11:30 a.m.	16 Adaptive Basketball Practice 6-7:30 p.m.	17 50's Sock Hop Dance 6-9 p.m.	18
19	20	21	22	23 	24 All Buildings Closed	25
26	27	28 Prep like a Pro "Thanksgiving Leftovers" 6-7 p.m. Adaptive Yoga 5-6 p.m.	29	30 Adaptive Basketball Practice 6-7:30 p.m.		

This calendar is for the City of Sterling Heights, Parks & Recreation from their recent "Sterling Special" newsletter. The newsletter focuses on adaptive recreation services. For more information, please call 586-446-2700.



November Social Events

Thursday, November 16, 2023 from 6p-8p

Oakland County Parks Adaptive Needs Event – Boot Scootin’ Boogie
Auburn Hills Community Center (3350 E Seyburn Dr, Auburn Hills, MI 48326)

Social events for adaptive needs adults often include dancing, music, and fun at various locations throughout Oakland County. A new, fun theme (nearly) every month. Events require preregistration with payment for individual PLUS caregiver. Call 248-858-0916 to register or call or text 248-221-8040 for program questions and information. Hosted by Oakland County Parks and Recreation.

Rochester Avon Recreation Authority (RARE)
Monday, November 6, 2023 from 5:15p-6:30p (Also December 4)
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.

https://www.rararecreation.org/adaptive_services/social_engagement/index.php

Social Events cont'd

Diners Club

One Monday a month enjoy a meal with friends at various local 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. 14+ Years. All times are 5:00-6:30.

- November 6 Ram's Horn (Registration begins August 1)

Movie Night Out

This opportunity is designed to support persons with special needs. Enjoy a movie with your friends at the theater one Wednesday a month. You will pay for your own ticket and concessions. Movies and times are based on the current theater schedule. Spots are EXTREMELY limited, so you must pre-register so that we have enough assistance and space reserved. Movie select/times will be emailed the week of the program. 14+ years

- November 15 (Registration begins August 1)

Movie Pizza Night

Enjoy a movie and a pizza snack with friends one Friday a month. This opportunity is designed to support persons with special needs. Participants are asked to bring along a movie and the group will vote on which movie to watch. Supervised by Ms. Wendy.

- November 17 (Registration begins August 1)

Social Events cont'd

Museums for All

Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,200 museums throughout the United States simply by presenting their EBT card and a photo ID. Search below by museum name or state to find a participating museum near you! Please call ahead to verify.

<https://museums4all.org/>

Full list found here:

<https://museums4all.org/participating-museums/>

Search for Michigan

MJR Digital Cinema Sensory-Friendly Film

<https://www.mjrtheatres.com/sensory-friendly-films>



easterseals | MORC

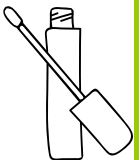


COSMETOLOGY & DENTAL SERVICES

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



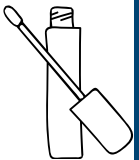
Our friends at Cutie Cuts offer haircuts, styling, detangling, and braiding for children by appointment only. They also offer a Quiet Room, which is sensory friendly for children that struggle with a sensory disorder or anxiety. This room allows children to receive salon services in a private calming 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



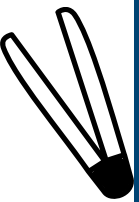
COOKIE CUTTERS - HAIR CUTS FOR KIDS



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



NOVEMBER

American Diabetes Month
American Diabetes Association diabetes.org

Native American Heritage Month
nativeamericanheritagemonth.gov

Diabetic Eye Disease Month
Prevent Blindness America
preventblindness.org

Lung Cancer Awareness Month
American Cancer Society
cancer.org

National Alzheimer's Disease Awareness Month
Alzheimer's Disease and Related Disorders Association alz.org

National Epilepsy Awareness Month
Epilepsy Foundation
epilepsy.com

National Family Caregivers Month
Caregiver Action Network
caregiveraction.org

National Healthy Skin Month
American Academy of Dermatology
aad.org

National Home Care Month
National Association for Home Care & Hospice nahc.org

National Hospice and Palliative Care Month
National Hospice and Palliative Care Organization nhpco.org

Pancreatic Cancer Awareness Month
Pancreatic Cancer Action Network pancan.org

Prematurity Awareness Month
March of Dimes Birth Defects Foundation marchofdimes.org

November 1 –December 31
Tie One On For Safety®
Mothers Against Drunk Driving (MADD)
madd.org

November 1 (first Monday in November)
Color the World Orange for CRPS/RSD Awareness
colortheworldorange.com

November 12 (same date annually)
World Pneumonia Day
stopppneumonia.org

November 13 (same date annually)
World Kindness Day
Random Acts of Kindness
randomactsofkindness.org

November 14 (same date annually)
World Diabetes Day
International Diabetes Federation
worlddiabetesday.org

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals
afpglobal.org/NPDLove

November 15 (same date annually)
America Recycles Day
Keep America Beautiful
kab.org

November 15 – 19 (week before Thanksgiving)
American Education Week
National Education Association
nea.org

November 18 (third Thursday)
Great American Smokeout
American Cancer Society
cancer.org

November 20 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
afsp.org

November 25 (always Thanksgiving Day)
National Family Health History Day
Centers for Disease Control and Prevention
cdc.gov

Charitable Funding Organizations for Children with Special Needs

The organizations below may be able to assist with equipment or services for children with special needs. In addition to these organizations, families should also consider contacting local churches or service clubs (Rotary, Kiwanis, Lions, etc.) for assistance.

Alyssa V. Phillips Foundation: Assists children with Cerebral Palsy (CP), the families of children with CP, or any individual impacted by CP in maximizing independence. <https://www.alysavphillipsfoundation.com/>

AMBUCS: Makes and gives away adaptive tricycles to individuals with special needs. There are over 150 chapters across the U.S. To find the nearest chapter, go to their website and click on Who Are We? <https://ambucs.org/>

American Mobility Project: Provides financial assistance for adaptive equipment for individuals with disabilities in the US: <https://www.americanmobilityproject.org/>

Angelman Syndrome Foundation: Provides support to individuals with Angelman Syndrome. Applications are open twice a year from April 1 – 30 and October 1 – 31. <https://www.angelman.org/resources-education/asf-family-fund/>

Cerner Foundation: Will fund up to \$2,000 towards adaptive bikes and \$2,500 toward vehicle modifications. They have some income-based restrictions. <https://www.cernercharitablefoundation.org/request-funding>

Chive Charities: Program only available to kids with rare medical conditions with parents who are first responders or veterans. <https://chivecharities.org/recipient>

Emily Ann Griffin Foundation: Will provide support for families who already have primary funding in-place. Apply to Inger Griffin at mgrif8@aol.com

Giving Angels Foundation: Awards grants for life-changing equipment, medical supplies, essential family bills, specialized camps, and therapeutic toys to lower income families. Child must be under 21; up to \$500 in assistance. <https://givingangelsfoundation.org/apply-for-help/>

Giving Songs: Provides wheelchair accessible vehicle grants to families with children who are wheelchair users. Must have a disabled child (21 years of age or under) who is a wheelchair user and live in one of the following Southeastern Michigan counties: Genesee, Hillsdale, Ingham, Jackson, Lapeer, Lenawee, Livingston, Macomb, Monroe, Oakland, St. Clair, Shiawassee, Washtenaw, or Wayne. <https://givingsongs.org/>

Help Hope Live: Crowdfunding platform geared towards medical expenses with a full team ready to support families with setting up fundraising pages and stimulating donations. <https://helphopelive.org/>

Holton's Heroes: Provides support, information and rehabilitative devices for children and their families affected by a post-birth brain injury. <https://www.holtonsheroes.org/submit-a-hero>

Jett Giving Foundation: Helps families affected by Duchenne muscular dystrophy to purchase accessibility vehicles, van conversions, and hand controls for disabled drivers. Applicants accepted into the program need to raise half of the needed amount (or more) to purchase their requested vehicle. Jett foundation then purchases the vehicle and gifts it to the family. <https://www.jettfoundation.org/giving-fund/accessible-vehicle-fund/>

Kids Mobility Network: Kids Mobility Network is a 501(c)3 non-profit organization providing children with disabilities with complex rehab technology and durable medical equipment such as wheelchairs, standers, adaptive bikes, activity chairs, and other medical equipment. Families are asked to make a donation at the time they receive their equipment to help sustain the program and continue helping families. <https://www.kidsmobility.org/families>

Laughing at my Nightmare: Non-profit with a focus on helping individuals with Muscular Dystrophy. <https://www.laughingatmynightmare.com/no-more-nightmares>



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.





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 ones 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	Topics covered will include Dispute Resolution
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
deneen.davis@arcservices.org
 586-630-3046
 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.



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.

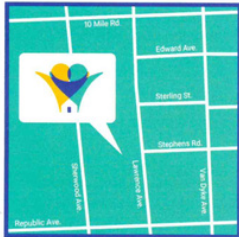
For Oakland County, call 248-464-6363. Please be aware that only Community Living Services (CLS) in Oakland County will approve individuals to attend our program.

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 they with 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 | 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 | |



Community Mental Health
 Work Skill Training



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

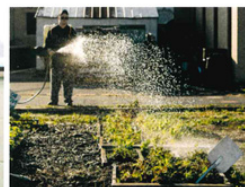
Admission Criteria:

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

OCTOBER 31

NO SCHOOL (STAFF REPORTS)

NOVEMBER 23

NO SCHOOL (THANKSGIVING)

NOVEMBER 24

NO SCHOOL

DECEMBER 25 - JANUARY 3

NO SCHOOL (HOLIDAY BREAK)

JANUARY 4, 2024

RETURN TO 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 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

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