

Jardon Vocational School Parent Newsletter From The Principal



April 26th, 2024

Dear Jardon/Webb Community,

Thank you to all of the parents and guardians who were able to attend Parent Teacher Conferences. It was great to see so many of you in person. We are grateful to have the opportunity to educate your children and appreciate your partnership in this process.

On Friday, April 19, the Jardon Adult Transition Programs took a community based instruction trip to the Emagine Theatre to watch the movie *Migration*. A lot of planning and preparation took place to make this a successful trip for everyone. Students learned about appropriate movie theater behavior as well as the choices that would be offered to them, as far as concessions, prior to the trip. It was a very exciting time and an event that everyone looks forward to each year.

We have many exciting activities coming up in the next month so stay tuned to the weekly newsletter for the most updated information.

Please make sure to join us on social media! Find us on Facebook by searching for Jardon Vocational School. You will see regular updates posted there about what's going on at Jardon! Please feel free to contact me at heidi.kunz@myhpsd.org or 248-658-5953, if you have any questions or concerns.

Thank you,

Heidi Kunz

May

May 15th- Spring Formal- 6-9P.M.
at Club Venetian

May 16th- NO School-
Teacher PD Day

May 24th- Half Day
11:00 Dismissal
Holiday Recess Begins

May 28th- School Resumes

May 30th- Graduation
6:00 P.M.

A promotional poster for a school prom. The poster is a white diamond shape with a black border, centered on a background of blue-tinted ice and icicles. The text on the poster reads: "JARDON VOCATIONAL SCHOOL PROM", "FIRE & ICE", "A Fabulous Evening of Dinner & Dancing Wednesday, May 15th", "6:00-9:00 PM", "Club Venetian Banquet & Conference Center 29310 John R Rd. Madison Heights, MI 48071 248.399.6788 Tickets are \$20.00", and "RSVP with Money by April 30th". There are small decorative dots above and below the text.

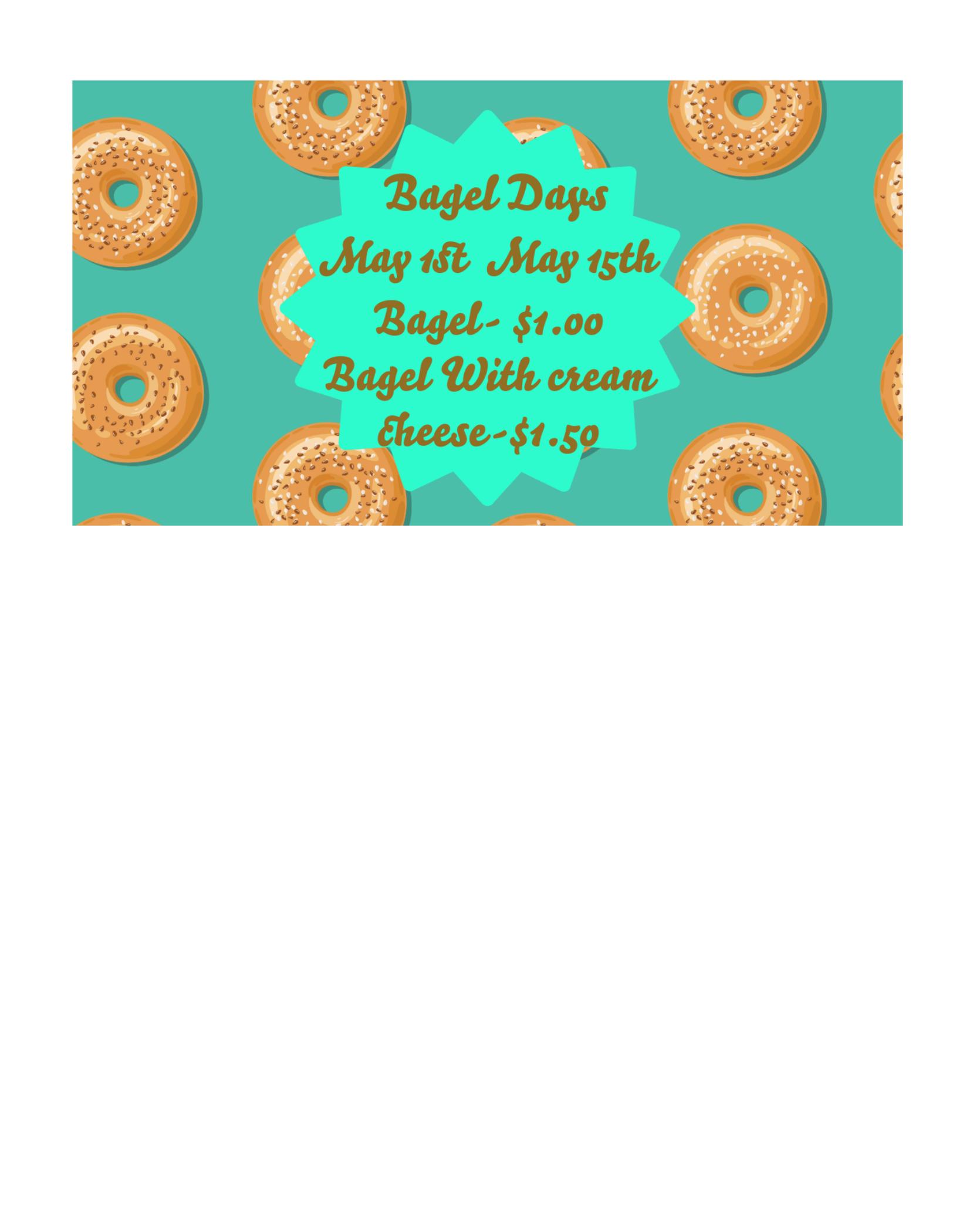
JARDON VOCATIONAL SCHOOL
PROM

FIRE & ICE

A Fabulous Evening of
Dinner & Dancing
Wednesday, May 15th

6:00-9:00 PM
Club Venetian Banquet & Conference Center
29310 John R Rd. Madison Heights, MI 48071
248.399.6788
Tickets are \$20.00

RSVP with Money by April 30th



Bagel Days

May 1st - May 15th

Bagel - \$1.00

Bagel With cream

Cheese - \$1.50



Jardon MoCI Community-Based Instruction for the Upcoming Week:

Monday- 4/29- P.M. - Kroger

Thursday- 5/02- P.M. - Madison Heights Library

Jardon ASD Community-Based Instruction for the Upcoming Week:

Monday- 4/29- P.M.- Kroger

Thursday- 5/02- P.M.- Red Oaks Nature Center

(All CBI locations are subject to change due to weather etc.)





Jardon Flower Sale

Tuesday, May 8th-8:30 - 6:00 P.M.
May 9th-11th 8:30-3:30 P.M.

Hanging Baskets
Porch Pots
Flats
Herbs

Vegetables
Succulants
Foliage

And so much more.....



Autism Acceptance T-Shirts S-XL \$ 10 XXL \$ 12





**SXI
FAR
Recreational
Therapy**





**APRIL 19TH
JARDON AT
THE MOVIES**

DIRECTOR
CAMERAMAN

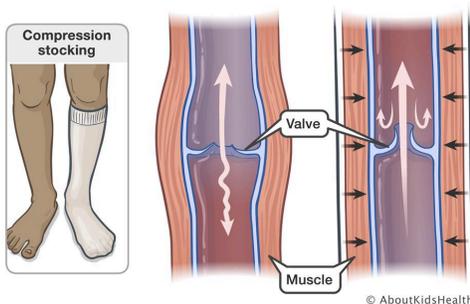


Compression Socks: Not Just for Athletes

We've all seen the bright, colorful socks worn by skiers, basketball players, runners, and other athletes during workouts and competitions. What do these socks do, and why do athletes favor them?

Compression socks (and sleeves) apply gentle pressure to the lower legs, improving blood flow back to the heart and increasing oxygenation to the muscles. This helps reduce swelling and soreness during post-exercise recovery.

Non-athletes can benefit from compression socks or stockings as well. Compression - specifically, *graduated* compression - helps keep blood flowing, rather than pooling, in the lower extremities of persons with varicose and/or spider veins, and those who sit for long periods of time (travelers, seated office workers, and those who use wheelchairs or are bed-bound). They also benefit those who experience muscle fatigue from being on their feet all day (medical professionals, teachers, retail/food service/factory workers, to name just a few!). Typically, compression ranges from 10 - 20 mm Hg (millimeters of mercury), where the highest level of pressure is around the ankles, and gradually decreases toward the top of the sock.



Compression stockings are also sometimes prescribed after surgery and for individuals at risk of blood clots. They are also helpful in preventing venous ulcers. These stockings are knee- or thigh-high, and have a higher degree of compression than other garments; often 30-40 mm Hg.

Lower compression socks/stockings are found at sporting goods stores, pharmacies, and online retailers, in a variety of sizes, colors/patterns, and price points. Higher compression garments, especially thigh-high stockings, may need to be specially ordered.

If you think graduated compression socks would be helpful for you, speak with your doctor first. Some stockings may need precise measurements for an effective fit. Also, if you have eczema or other skin conditions, your doctor may have different suggestions for you.

In health,

Nurse Stephanie

McGowan's Corner
From The
Transition Coordinator



Judson
Center

100
YEARS



SKILL BUILDING

*Working together to develop successful lives from
youth to adulthood.*

Skill building services are intended to develop and/or maintain general skills for community engagement and future employment where that goal is identified by the individual. Specific skills training may entail attire, etiquette, communication, problem solving, safety, and socialization. These services are largely delivered in community based settings that encompass a diversity of persons without disabilities.

Soft Skills Training

In today's working environments, we have seen that employment success and longevity often is not merely one's ability to perform the essential functions of a job (i.e., technical or "hard" skills). Many times "soft" skills are critical determinants in a sustained employment. Soft Skills would include the following: interpersonal relationships, basics of communication (both verbal and non-verbal), time management, managing priorities, and teamwork.

Judson Center has developed a 15 hour curriculum that covers 10 critical soft skills and is delivered in a small class environment; the curriculum will be a combination of teaching and interactive participation. These trainings have been provided in schools, community settings, and on our campus.

Vocational Skills

These are delivered for work preparatory purposes. Services are provided in community settings and involve both non-profit and for profit employers. The objective is to build skills that contribute to one's readiness to pursue and obtain employment in the future.

Non-Vocational Skills

These services support one's goal to be fully active and engaged in their community. Socialization, interpersonal abilities, and safety are examples of the skills training within this service offering. While some brief training material may be covered in a facility setting, the settings are predominantly in the general community where skills can be utilized and practiced.

For more information:

Please contact Jenipher Guerin at [248-837-2079](tel:248-837-2079) or jenipher_guerin@judsoncenter.org

COMMUNITY CONVERSATIONS

with The Arc of Oakland County's Executive Director — Dawn Calnen



VIRTUAL EVENT

Thursday, May 9, 2024

6:00 — 7:00 p.m.



SCAN QR CODE

JOIN US for an engaging Community Conversations virtual event.

Please scan the QR Code or visit The Arc of Oakland County's website at www.thearcoakland.org to register for this FREE event. Once you are registered, you will receive an email with the Zoom login information.

We look forward to collaborating with our members and friends!





Fun + Fitness Camp

SESSIONS AVAILABLE FROM 06/17/2024 - 07/19/2024

Team GUTS™ Fun and Fitness Camps

Team GUT Fun & Fitness Camp is a day camp opportunity for children and teens with special needs. Our experienced, caring staff work with campers to help them build self confidence, create lasting friendships and try a variety of fitness activities. Our goal is to provide a safe and inclusive place where fitness is fun and campers can be themselves.

The cost is **\$275** for a one week session.

Sessions available from 06/17/2024 - 07/19/2024



The Family Center for Children and Youth with Special Health Care Needs, Michigan Family to Family, and Michigan Family Voices are collaborating on our very first Virtual Resource Fair!

The Virtual Resource Fair will take place on **May 7th, 2024, from 11:30 am to 1:00 pm**. The event will be hosted on Microsoft Teams.

[Family Center for Children and Youth with Special Health Care Needs Resource Fair](#)

SUMMER CAMP

All new campers require an intake.
To schedule yours,
contact intakes@llecmi.org

Join us for an enriching program designed to foster social connections and empower you with essential life skills. Embrace the thrill of learning, the warmth of new friendships, and the excitement of exploring our expansive 12-acre property!



CAMP LOTUS

For teens and young adults with disabilities.
For those more independent. Ages 11+.

Price: \$475 per week
Monday - Thursday: 9:00 AM - 4:00 PM
June 24th-August 15th 2024

CAMP WILLOW

For teens and young adults with disabilities.
For more support. Ages 11+.

Price: \$525 per week
Monday - Thursday: 10:00 AM - 3:00 PM
June 24th-August 15th 2024

Living  *Learning*
Enrichment Center

Already a member? Enroll in camp by contacting programs@llecmi.org or by calling 248-308-3592

801 Criswold Street Northville, MI 48167 Livingandlearningcenter.org



**Free
Admission**

SPECIAL NEEDS FAMILY EXPO

A community event open to individuals of
all ages and abilities.
Invite other families with special needs!

**Saturday, April 27, 2024
12pm - 3pm**

**1742 CROOKS ROAD,
TROY, MI 48084**

**VENDOR FAIR, DANCE PARTY,
MAKE AND TAKE, GAMES,
DOOR PRIZES AND MORE!!**

Event Image Disclaimer

You agree that the event you have decided to attend is a public event, and your appearance and actions inside and outside the location where the event occurs are public, and you have no expectation of privacy with regard to your actions or conduct at the event. You grant permission to us to utilize your name, image, likeness, acts, poses, plays, appearance, movements, and statements in any live or recorded audio, video, or photographic display or transmission, exhibition, publication, or reproduction made of, or at, the event for any purpose, in any manner, in any medium or context is now known or hereafter developed without further authorization from, or compensation to you or anyone acting on your behalf. By attending this event, you hereby consent to have your photo/likeness/recordings posted and on social media.

Bocce Ball at Jardon



Bocce Ball will be on Tuesdays afterschool until parent pick-up at 4:00 pm starting on April 2nd until May 28th.

Matches scheduled:

April 30 at Berkley High School

HP will transport to Berkley HS, parents pick up from Berkley HS

May 21 Berkley comes to Jardon

May 28- HP Administration comes to Jardon

All: 2:45 pm - 4:00 pm

Families can come watch all matches

We will be playing on Jardon's front lawn unless it is an away match

If your student is not signed up and is interested in playing,
please call the Jardon office- 248-658-5954

Already signed up, please join us on
the Remind App
for any news related to Bocce Ball





Hazel Park Schools Administration Building

1620 E. Elza Hazel Park



Distribution Dates Are Fridays beginning at 9 am unless noted

October 6, 2023
November 3, 2023
December 1, 2023

January 5, 2024
February 2, 2024
March 1, 2024

April 5, 2024
May 3, 2024

The food goes very quickly, so please come early to get in line. We cannot distribute items until the milk truck arrives and the setup is done.

Hazel Park Schools has partnered with Gleaners Community Food Bank to bring the School Mobile Food Pantry to our students and their families. ***Food distributions deliver 20-30 lbs of food, including milk, lean meats, fresh fruits, vegetables, and dry goods every month.***

Please line up in your car in the parking lot, going down Elza in front of the school. Please do not block any driveways. Food dates are explained from Gleaners on the back of this flyer.

A form MUST be filled out every time food is picked up with your full name and address. Food pick-ups can only be for YOUR family. We are sorry, but you cannot pick up food for friends that could not make it. The USDA and Gleaners set up these rules and regulations.

Gleaner's information will be sent by email and voice messages as reminders when you sign up for communications through your children's school.

Sign up for communications may be done through your Parent Portal on MiStar or the school district website, www.hazelparkschools.org/parents/resources--quick-links, then click on Alert Sign up.

Contact your Community Representative to help your family with resources for things such as bill pay, eyeglasses, local food pantries, and other resources. We want to make sure that all the needs of our students are addressed to the best of our abilities.

Gleaners Mobile School Pantry Site Coordinators:

***Dr. Amy Kruppe - Hazel Park Schools Superintendent
(248) 658-5521 amy.kruppe@hazelparkschools.org***

This institution is an equal opportunity provider.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch • Chicken Tenders • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	2 Lunch • BBQ Pulled Pork • Chicken Nuggets • Turkey Ham & Cheese Sandwich	3 Lunch • Grilled Chicken Patty • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	4 Lunch • Beef Nachos • Crispy Chicken Breast Sandwich • Turkey Ham & Cheese Sandwich	5 Lunch • Personal Cheese Pizza • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
8 Lunch • Cheese Lasagna Rollup • Bacon Cheeseburger • Turkey Ham & Cheese Sandwich	9 Lunch • Chicken Corn Dog • Chicken Nuggets • Turkey and Cheese Sandwich	10 Lunch • Breaded Chicken Drumstick • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	11 Lunch • Toasty Cheese Sandwich • Crispy Chicken Breast Sandwich • Turkey Ham & Cheese Sandwich	12 Lunch • Fiestada Pizza • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
15 Lunch • Mini Cheese Ravioli with Marinara Sauce • Classic Cheeseburger • Turkey and Cheese Sandwich	16 Lunch • Chicken Corn Dog • Chicken Nuggets • Turkey and Cheese Sandwich	17 Lunch • Popcorn Chicken • Macaroni & Cheese • Turkey and Cheese Sandwich	18 Lunch • Beef Hot Dog on Whole Wheat • Crispy Chicken Breast Sandwich • Turkey and Cheese Sandwich	19 Lunch • Cheesy Italian Pull Apart • Classic Pepperoni Pizza • Turkey and Cheese Sandwich
22 Lunch • Sweet & Sour Chicken • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	23 Lunch • Totally Taco MaxSnax • Chicken Nuggets • Turkey Ham & Cheese Sandwich	24 Lunch • BBQ Oven Roasted Chicken Drumstick • Macaroni & Cheese • Turkey Ham & Cheese Sandwich	25 Lunch • Beef Hot Dog on Whole Wheat • Crispy Chicken Breast Sandwich • Turkey and Cheese Sandwich	26 Lunch • Cheese Stuffed Breadsticks • Classic Pepperoni Pizza • Turkey Ham & Cheese Sandwich
29 Lunch • Chicken Tenders • Classic Cheeseburger • Turkey Ham & Cheese Sandwich	30 Lunch • BBQ Pulled Pork • Chicken Nuggets • Turkey Ham & Cheese Sandwich			

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

This institution is an equal opportunity provider. Layout & Design © Nutrislice, Inc. Printed on 3/21/2024 at 11:34 am



ADAPTIVE APRIL 2024

● INDICATES REGISTRATION REQUIRED ● INDICATES PROGRAM IS FULL

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes Act #7327-A2	2 ● Daytime Friendship Club 10 am-3 pm @ TCC	3 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC ● Fun W/Music 6-6:50 pm @ TCC Act #7306-A2	4 ● Daytime Friendship Club 10 am-3 pm @ TCC		
7	8 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	9 ● Daytime Friendship Club 10 am-3 pm @ TCC	10 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC ● Fun W/Music 6-6:50 pm @ TCC	11 ● Daytime Friendship Club 10 am-3 pm @ TCC	12 ● Friday Frolic Spring Fling 7-9 pm @ TCC Act #7375-B1	13
14	15 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes	16 ● Daytime Friendship Club 10 am-3 pm @ TCC	17 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC ● Fun W/Music 6-6:50 pm @ TCC	18 ● Daytime Friendship Club 10 am-3 pm @ TCC	19	20
21	22 ● Monday Mingle 5:30-7 pm @ TCC	23 ● Daytime Friendship Club 10 am-3 pm @ TCC	24 ● Ensemble 6-6:50 pm @ TCC ● Beginners Clinic 6-6:50 pm @ TCC ● Fun W/Music 6-6:50 pm @ TCC	25 ● Daytime Friendship Club 10 am-3 pm @ TCC	26	27
28	29 ● Adaptive Bowling 4-5:30 pm @ 5 Star Lanes Act #7327-B2	30 ● Daytime Friendship Club 10 am-3 pm @ TCC				

Troy Community Center • 3179 Livernois Rd. • 248.524.3484 • rec.troy.mi.gov



MORE DETAILS & INFO AT:
rec.troy.mi.gov/guide

QUESTIONS? EMAIL US:
adaptive@troy.mi.gov

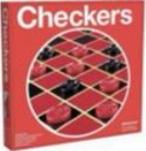
CONNECT WITH US:
 ● INSTAGRAM: @troyrecmi
 ● FACEBOOK: @troyrecreation
 ● E-NEWSLETTER: rec.troy.mi.gov/adaptiveconnection



Southfield Special Forces
April Activities 2024



These activities are adaptive programs for individuals 16 and older. A caregiver is required if one-on-one attention is needed. Activities meet at the Arts & Activities building, next to the Civic Center Tennis Courts unless otherwise indicated.

Date	Activity/Price/Time	
4-05-24	<p>Game Night - \$10/person 6:00 pm - 8:00 pm Join us for checkers, x-box, uno, etc. Light snacks will be provided. Link for online registration: https://anc.apm.activecommunities.com/southfieldparks/activity/search/detail/5018?onlineSiteId=0&from_original_cui=true</p>	
4-07-24	<p>Sunday Funday - \$20/person 2:00 pm – 5:00 pm Birdhouse decorating and other spring crafts! Light snacks will be provided. Link for online registration: https://anc.apm.activecommunities.com/southfieldparks/activity/search/detail/5019?onlineSiteId=0&from_original_cui=true</p>	
4-19-24	<p>Come Dance With Us - \$10/person 6:00 pm – 8:00 pm Join us for some exercise through dancing with friends! Light snacks will be provided. Link for online registration: https://anc.apm.activecommunities.com/southfieldparks/activity/search/detail/5020?onlineSiteId=0&from_original_cui=true</p>	
4-28-24	<p>Sunday Funday - \$25/person 2:00 pm – 5:00 pm Join us for a movie and pizza for a late lunch/early dinner. Please let us know by registration deadline if you have any dietary restrictions. Link for online registration: https://anc.apm.activecommunities.com/southfieldparks/activity/search/detail/5021?onlineSiteId=0&from_original_cui=true</p>	
	<ul style="list-style-type: none"> • Do not come to activity if you are feeling sick. You will be sent home if you are ill. • Caregivers attending must pay if consuming food. • Register by deadlines online, in person at Southfield P&R, 26000 Evergreen or mail in registration form with credit card payment. We accept all major credit cards and cash. Activity Staff is unable to take payments for activities. • For cancellations, call (248) 796-4604. 	



Individuals with special needs who plan to attend these activities should contact the Parks and Recreation Department at 248-796-4620 if auxiliary aids or services are needed. Reasonable advance notice is required.

