JANUARY

EXPERTCARE CHRONICLE

JANUARY GIVEAWAY

This month ExpertCare will randomly draw two lucky Caregivers who will each receive a movie theater gift card!

We will announce the winners in next month's newsletter.

MICHIGAN LAW ENFORCEMENT
POLAR PLUNGE
2018
FOR SPECIAL OLYMPICS MICHIGAN

Saturday, February 23, 2019

Rochester Mills Brewing

Join us for the Oakland County Polar Plunge on Feb. 23, 2019 at Rochester Mills Brewing Company! Registration will take place from 8-9 am with the Plunge taking place at 9:30 am. The After Splash Bash will immediately follow the last plunger.

Visit https://www.firstgiving.com/team/382972 to join Team ExpertCare!

Not interested in jumping? Feel free to come and cheer along those who are.

Congratulations to

Ann Garska & Danyalle Conley

for winning the

echo dots!

⇒ Employees should review their current federal and state withholding status. A change in status may be appropriate due to marriage, divorce, birth or adoption of a child or a change in the dependent status of a child. They should consult a tax professional for assistance in determining their correct federal and state withholding status.

⇒ Employees who claim exempt status are required to submit a new W-4 by February 15, 2019. If they do not submit a new W-4, their withholdings will be automatically adjusted to Single Zero until they submit a form for the 2019 tax year.

⇒ IRS form W-2, Wage and Tax Statement, will be mailed by the 31st of January to the mailing address we have on file for each employee. Please review your active mailing address and update if necessary. This will avoid W-2's going out to incorrect addresses.

⇒ W-2's will be mailed to you unless an employee has elected an electronic delivery of their W-2. Then there will not be a W-2 to mail to them.

Community HOUSING NETWORK
Opening Doors • Transforming Lives.

MSHDA
MICHIGAN STATE HOUSING DEVELOPMENT AUTHORITY

Free Financial Education Workshops

*Financial Capability & Self Sufficiency Series**

This four hour workshop will cover a wide range of financial topics including:

- Mastering Money Management
- Banking Basics
- Developing a Spending Plan
- Debt Reduction
- Improving Credit Ratios & Savings
- Insurance
- Consumer Protection
- Student Loans
- Fair Housing and Fair Lending

Dates and Times:

Saturday, January 19, 2019 10 a.m.-2 p.m.
Location:14800 East 9 Mile Rd. Eastpointe MI 48021
Saturday, February 23, 2019 10 a.m.-2 p.m.
Location: 333 Auburn Ave. Pontiac, MI 48342
Saturday, March 23, 2019 10 a.m.-2 p.m.
Location: 22001 Republic Oak Park, MI 48237

Please Note: Unity Park tenants can contact the UP office at (248) 481-9465 to schedule transportation pickup. A minimum of 24-48 hours notice is required.

Pre-register online!

https://communityhousingnetwork.org/services/financial-capabilities-self-sufficiency-workshops/

or email **mjaks@chninc.net** or call **248-824-7392**

*CHN is a HUD-approved housing counseling agency. Completion of this 4-hour workshop will satisfy scholarship requirements for the HUD and MSHDA-approved Homebuyer Education course, please contact mjaks@chninc.net for more information.

EQUAL HOUSING OPPORTUNITY

570 Kirts Blvd . Suite 231 . Troy . MI 48084
PHONE 248.928.0111 . TOLL FREE 866.282.3119 . FAX 248.928.0122
www.communityhousingnetwork.org

03/17

Programs and websites mentioned within this newsletter are for the sole purpose of providing information of interest. ExpertCare Management Services does not endorse these websites, the content, and/or programs mentioned. ExpertCare takes no responsibility for loss or damage suffered as a result of using the information contained in these websites or participation in the aforementioned programs and events.

Night to Shine

Woodside Bible Church is proud to be an official host church for Night to Shine sponsored by the Tim Tebow Foundation. Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs, ages 15 and up.

This event will take place at more than 500 churches around the country simultaneously on February 8, 2019! Event time is 6:00PM – 9:15PM. Doors open at 5:30PM. Look forward to celebrating with you!

Healthy You

wellness group

Wayne Hope Clinic will be holding its next

Healthy You Group

Tuesday Jan. 8– Feb. 12, 2019 6:00-8:00 pm

Location: Adams Upper Elementary School

33475 Palmer Westland, MI 48186

(We will be meeting in the cafeteria)

Each week we will be getting fun and helpful health information,

Cooking/recipes, crafts, and fun-easy movement

Space is limited, so please pre-register at:

(734)710-6688

HOPE CLINIC
A Haven of Help + Healing

Motown Winter Blast Weekends 2019

Motown Winter Blast has expanded to 4 weekends with all of your favorite activities – including recurring activities such as ice skating, ice sculptures, marshmallow roasting, food trucks, family activities and live music, as well as rotating activities including Boyne City Slopes, The Winter Slide, zip lining down Cadillac Square, carnival rides, and the opportunity to skate for free all weekend long at Campus Martius Park. See schedule below to learn which weekends host your favorite activities.

Admission for Motown Winter Blast Weekends is now FREE.

WEEKEND I – January 19-21 – 11a-11p
Saturday / 11a-9p Sunday / 11a-8p Monday
Free ice skating at Campus Martius Rink (normally $10 per adult), Food truck rally, Marshmallow roasting, Ice sculptures, Family activities, Local music showcase, Saturday night only – DJ Showcase

WEEKEND II – January 25-27 – 4p-11p
Friday /11a-11p Saturday / 11a-8p Sunday
City Slopes (skiing and snowboarding exhibition), Food truck rally, Family activities, Marshmallow roasting, Strolling entertainment, Local music showcase

WEEKEND III – February 8-10 – 4p-11p
Friday /11a-11p Saturday / 11a-8p Sunday
Special Olympics Polar Plunge, Food truck rally, Ice sculptures, Family activities, Marshmallow roasting, Winter slide, Local music showcase

WEEKEND IV – February 15-17 – 4p-11p
Friday /11a-11p Saturday / 11a-8p Sunday
Free skating at Campus Martius Rink, Ice sculptures – courtesy of US Ice, Marshmallow roasting – courtesy of the DDA, Zipline, Local music showcase, Family activities, Strolling entertainment

To inquire about becoming a sponsor, vendor or performer of Meridian Winter Blast, please call 248-541-7550.

No one under 18 will be admitted without parent or guardian over the age of 30 after 5p. All guests under 18 must remain with parent or guardian at all times. No dogs are allowed at Winter Blast.

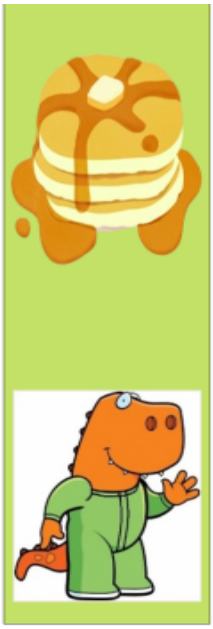
Downtown Rochester
East Third Street and Water Street
Rochester, Michigan

Fri. 5 p.m.-9 p.m.
Sat. 10 a.m.-9 p.m.
Sun. 9 a.m.-5 p.m.

ADMISSION
Free

Oakland County, Oakland County Parks, the City of Rochester and Downtown Rochester come together to host the Fire & Ice Festival, a winter festival in downtown Rochester.

Events include fireworks, TasteFest tent (with food & beverage for sale), tube sled-ding, snowshoeing and cross-country skiing, dog sled rides, ice skating, horse-drawn carriage rides, figure skating exhibition, pet adop-tions and ice sculptures. In addition, there will be fire pits for s'mores. Also, Porta-Johns are available.



PANCAKES AND PAJAMAS!

TUESDAY
JANUARY 8th
6:00-7:00 pm Ages 3-8

CHILDREN CAN WEAR THEIR PAJAMAS TO THE MILLER LIBRARY AND ENJOY DELICIOUS STORIES, CRAFTS, AND PANCAKES FOR DINNER!

Registration is required; please call 586-751-5377 to register.

WARREN PUBLIC LIBRARY

MILLER BRANCH LIBRARY
5460 Arden Ave.
Warren MI 48092
(Inside the Warren Community Center)
586-751-5377
warrenlibrary.net

Michigan Alliance for Families
information, support, and education

Skills for Effective Parent Advocacy

With Andrea Sargent

FRIDAY, JANUARY 18, 2019
10:00AM – 11:00AM
9:30AM Meet and Greet

SHELBY PUBLIC LIBRARY
189 N Maple Street, Shelby 49455

FREE

This workshop explores skills parents can use to become more effective advocates for their child with a disability.

- Understand your child's disability
- Know your school district
- Know your rights and responsibilities
- Clear and effective communication
- Understanding the special education process
- Know the dispute resolution process

Who should attend? Families with a child with disabilities or learning challenges, school staff, other community members

RSVP with Andrea Sargent by January 11, 2019

(231) 794-1297 or andrea@michiganallianceforfamilies.org
Register online www.michiganallianceforfamilies.org/rsvp

Please note: To be good stewards of our funding resources, we need a minimum number of participants registered by the registration deadline for the presentation to be held. If it is after the deadline and you haven't registered, please call or email to check the status of the event. If you require accommodations or materials in an alternative format, please let us know one week before the workshop.

Coordinated by the Michigan Alliance for Families. All workshops are free and open to the public. Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education, and Michigan's federal Parent Training and Information Center (PTIC) funded by the U.S. Department of Education, Office of Special Education Programs (OSEP).

Michigan Adaptive Sports (MAS) is a chapter of Disabled Sports USA, a non-profit, tax-exempt educational organization established for the purpose of providing sports, recreation and physical fitness opportunities for persons with disabilities.

We offer a competitive aspect as a part of our program for those seeking a higher challenge. We host many annual clinics and events which provide ample challenges and opportunities for fun and excitement. We are able to provide these sports and activities to a very wide range of people.Our participants are of all ages, from young children to adults, and their disabilities include amputation, paralysis, multiple sclerosis, cerebral palsy, developmental disabilities, head injuries, and many others.

Learn to ski clinics
January 5, 12 and 26, 2019 - Pine Knob
February 2, 9 and 23, 2019 - Pine Knob
March 2 2019 - Crystal Mountain
March 3, 2019 - Crystal Mountain

Cost is $35/session for members and $50/session for non members. Membership is $25

For further information please visit https://www.michiganadaptivesports.com/

Genesee County Residents Seeking Energy Assistance

The **Genesee County Community Action Resource Department (GCCARD)** has recently been awarded funds through the Michigan Energy Assistance Program (MEAP) to assist Genesee County residents with their Consumers Energy bills. MEAP affords Genesee County residents, **who have a current SER approval from MDHHS**, eligibility for assistance of up to $2,000.

Documents needed for the application process include:

- Valid picture I.D. for every household member 18 and older
- Social Security card(s) for everyone in the household
- Health Insurance Card(s) for everyone in the household
- Notice of Case Action showing the amount received in food stamps for the current month/the past 30 days (If applicable)
- Proof of Income, for each household member for the past 30 days (Pay Stubs, Letter from Social Security Administration, Printout from FOC) OR No Income Statement (Available from the Reception desk at GCCARD)
- Shut-Off Notice from Consumers
- **Approved Decision Notice from MDHHS**
  Receipt for Late fee payment from Consumers Energy (If applicable)

Genesee County residents seeking assistance should contact GCCARD's Neighborhood Services Center hotline at **(810) 768-4675** to apply.

Friday Frolic Dance

Friday, January 11, 2019

from 7p-9:30p

Troy Community Center
3179 Livernois Rd, Troy, MI 48083

Dancing with DJ and refreshments. $7.
For more info, visit rec.troymi.gov

TR Pizza and Movie Night

Friday, January 4, 2019 at 6p

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. Cost $6

Monday, January 28, 2019 from 7p-8:30p

Troy Community Center

Prizes will be given to the winners and we will break for refreshments. Aides may purchase pop and chips for $1.

For persons 13 & up. Cost $7

For more info, visit https://rec.troymi.gov/

The
Sterling Heights Public Library
Proudly Presents

Adaptive Storytime

A small group storytime designed for children ages 3 to 10 who have special needs. The rhythm, movement, and sensory-friendly activities at this program are especially suited for children with autism or other sensitivities.

Saturdays from 10:30 to 11:30 a.m.

Jan. 5 Feb. 2 Mar. 2 Apr. 13

Please call (586) 446-2640 to register.

City of Sterling Heights LIBRARY

40255 Dodge Park Road
Sterling Heights, MI 48313
(586) 446-2665 • www.shpl.net

GETTING TO KNOW THE EXPERTCARE OFFICE STAFF

We thought it would be nice to introduce ourselves and tell you a little bit about each of our office staff. Each month we will feature a new interview with someone from our office.

MEET
Noelle Fulton

ECare: Tell our Caregivers and Consumer families a little bit about you.

Noelle: *I've been bowling since I was 3 years old. My husband and I went to school together but actually officially met at a bowling alley on a league we were both on. He proposed to me at a bowling alley right out on the lanes in front of a full league that was going on. We actually considered getting married at the bowling alley we met at but it was sadly torn down. We've been together for almost 9 years, married for 1 ½ years. I'm a huge animal lover. I have 1 dog, 3 cats (two of which are kittens that we just adopted in October), 3 birds and a fish. I am not a Christmas baby (despite my name) but I do love the holiday season. I'm obsessed with candles, specifically ones from Yankee Candle and Bath & Body Works.*

ECare: What is on your bucket list?

Noelle: Visiting an elephant sanctuary to specifically cuddle with a baby elephant! They are such beautiful animals. Also, I would love to someday be able to visit different countries. France and Ireland are probably my top choices.

ECare: What is your position at ExpertCare?

Noelle: Payroll and Billing Specialist

ECare: What are your job responsibilities?

Noelle: *I'm currently processing payroll and billing for Macomb County. When going through time sheets, I reach out to caregivers as needed for any corrections that may need to be submitted or if there were any forms missing. I post billings each week and process any payments that may come in. There are also various little projects that get worked on as well.*

ECare: How long have you been working at ExpertCare?

Noelle: My first day with ExpertCare was November 12th, 2018

ECare: If you didn't have to sleep, what would you do with the extra time?

Noelle: Honestly, I would spend a lot of that extra time with my animals. I consider their time with us precious as they don't live as long as we do. Also, I'd go bowling more. It's harder to get some practice time in during the actual bowling season.

ECare: What do you wish you knew more about?

Noelle: *Cooking. I love food but you typically will not catch me in the kitchen making something unless it's easy. Thankfully my husband loves to cook and is good at it so he tells me to just stay out of the kitchen.*

ECare: What are some things that help you have a great day?

Noelle: Staying positive – I try to always look at the positive, even in negative situations. There's no sense in making a situation worse by getting yourself worked up over things, not to mention it throws off the rest of your day. Smiling – Although, I often catch myself not doing this. When I'm focused on something, I tend to look angry without even realizing it. Music – Sometimes all it takes is a good tune to shift your mood around.

ECare: What do you like most about ExpertCare?

Noelle: *The atmosphere and culture here is amazing. Right when I stepped through the doors on my first day, everyone from the start was so welcoming which is a huge plus for me. No one hesitates to help one another. It takes the nervousness of starting a new position away. Coming from having worked at a home improvement company, working here is a whole new 'world' for me. Also, I love how ExpertCare encourages its employees to go out and volunteer/help the community. It says a lot about the company in a positive way. I'm very excited for what's to come!*

Recipient Rights Corner

ExpertCare would like to first thank you for providing the highest quality care to your Recipient. ExpertCare wants to ensure the safety of our Recipients and continue to give you the tools to provide safe quality care and wellbeing. Below are incidents that resulted in Recipient Rights violations. Please review the following Rights reminders to prevent further violations.

All Recipients shall receive services suited to his/her condition.

- Employees, volunteers, and agents of a MCCMH network provider shall not: 1. Exploit their relationships with recipients for personal advantage; 2. Accept money, good, services, or other non-monetary remuneration from a recipient or on behalf of a recipient, except for service fees paid to a MCCMH network provider for mental health services; 3. Enter into business transactions with recipients or legal guardians of recipients. An example: Caregivers cannot borrow, take, or ask a recipient/ recipient's family members for funds to benefit them or another individual. Caregivers are not to ask, take, or borrow money for gas from the recipient or a recipient's family member.

- A recipient of mental health services shall not be subjected to abuse or neglect. Neglect class III is defined as:

  > Acts of commission or omission by an employee, volunteer, or agent of a provider that result from noncompliance with a standard of care or treatment required by law, rules, policies, guidelines, written directives, procedures, or individual plan of services that either places or could have placed a recipient at risk of physical harm or sexual abuse.

- While providing services, all recipients shall receive services suited to his/her condition. Caregivers may not bring anyone to work with them or take the recipient to their home. Caregivers are to support recipients' while in the community/ home, focusing on safety, boundaries, and positive interactions. This support cannot be provided when the recipient is not with the Caregiver or if the Caregivers focus is directed towards anyone rather than the recipient. This is placing the recipient at harm for safety.

When providing care to a Recipient there are many rules that need to be followed and at times these can be difficult to remember. If you have questions or concerns about your case or do not fully understand the IPOS, please call ExpertCare. We are here to help you better understand the Recipient's Rights before it becomes a violation. We appreciate your attention to this matter. If there are any questions or concerns, please feel free to contact ExpertCare at (248) 643-8900.

Caregiver Milestone Anniversaries

We would like to recognize and congratulate the following Caregivers for reaching a milestone anniversary in December.

5 Years
Laura Phair

10 Years
Ann Garska

Thank you for demonstrating a continued commitment to ExpertCare and the clients we service. You make a difference!

LOOK WHO'S TALKING

DECEMBER CAREGIVER OF THE MONTH

PATRICIA SINGLETON

ECare: Tell us something about yourself that others find interesting:
Patricia: I like to participate in walk-a-thons. I have raised over $10,000 for the Leukemia foundation and American stroke foundation.

ECare: Three words to best describe you:
Patricia: Compassionate, Creative, Dedicated

ECare: What is on your bucket list?
Patricia: I have always wanted to travel to Dubai. In March of 2019 I am going with Little Rock Church.

ECare: What's your favorite childhood memory?
Patricia: My mom attending my high school swim meet, and having her come and watch me.

ECare: If given a chance, who would you like to be for a day?
Patricia: Ernestine Shepard, she is an 80 year old female bodybuilder.

ECare: What's the one thing, you can't live without?
Patricia: Smiling and this is the universal language.

Since Patricia started with ExpertCare over 7 years ago, she has shown what a truly dedicated and compassionate caregiver she is with the people she supports. She truly has a heart of gold and it shows with her work ethic and the care she provides for each and every consumer.

Over the years, ExpertCare has received feedback from families about how attentive, kind and caring Patricia is when working with their loved ones. She is always willing to help out anytime she is available if someone calls off a shift. Patricia always goes above and beyond and ExpertCare truly appreciates everything she does and is very proud to have her represent ExpertCare in the field. Thank you for your hard work and dedication in changing the lives of others.

Thank you for demonstrating *ExpertCare's* core values of:

Helping People Succeed

Passion for Success

Can Do Attitude