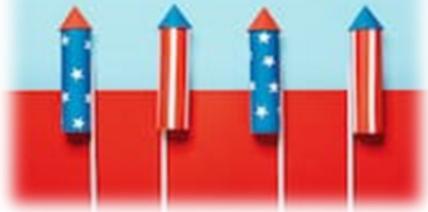


ExpertCare CHRONICLE

JULY 2020

HAPPY FOURTH
OF JULY!



Inside This Issue

- 1 July Giveaway / June Winner
- 2 HHA eXchange / Virtual Tour of American Museums
- 3 Rent Right Webinar
- 4 Livonia coffee shop workers with disabilities
- 5 Music Therapy
- 6 Voting Virtual Webinars
- 7 Drive In (Playing with Fire)
- 8 Gleaners Food Distribution
- 9 Drive In (Sonic the Hedgehog)
- 9 Anniversaries / Home Ownership Education
- 10 Helping Teens Cope / Fireworks
- 11 Homebuyer Webinar
- 12 Employee Spotlight / Story Time
- 13 June Caregiver of the Month
- 13 Jail Break Event / Battle of the Bands

JULY GIVEAWAY

Don't worry, beach happy.

This month we will draw one random winner who will receive a cooler and a gift card to fill the cooler with items of their choosing to have a great summer day!



Stay tuned next month to find out the lucky winner's name.

CONGRATULATIONS TO OUR JUNE
WINNER

Jason Kaszubski

We hope you enjoy your new Fitbit!



HHA eXchange



ExpertCare has exciting news; we have contracted with HHA eXchange to meet the Electronic Visit Verification (EVV) requirement and to assist Caregivers with submitting timesheets and notes electronically.

HHA eXchange has a variety of different tools that empower caregivers to deliver better patient care in the home.

The HHA eXchange caregiver portal is a web-based application designed for caregivers to use on a desktop or laptop computer. Using the caregiver portal, caregivers can review and plan their schedules, interface with their agencies, request broadcasted shifts, and manage their activities.

When in the field, caregivers can switch to the HHA eXchange mobile app to continue to manage their activities. Both the caregiver portal and mobile app are synchronized; therefore, any action performed on one device (computer or smart phone) is automatically reflected on the other.

ExpertCare will begin implementing HHA this month. We will be offering training and assistance with learning this new tool. We will be rolling the app out in waves and we will contact each of you directly when we are ready for you to begin using the app. We'll be talking to you soon!

Take a Virtual Tour of American Museums and Historical Sites



While life under quarantine has become challenging in many ways, one thing that has improved for many of us is our access to museums.

Institutions from sea to shining sea have thrown open their doors digitally, offering free online looks at their exhibits.

This 4th, you can celebrate the holiday by delving deeper into the history of our country with virtual visits to NASA, the Smithsonian National Museum of American History, George Washington's Mount Vernon, and the Statue of Liberty, among others.

FREE Rental Education Webinar



Rent Right— Housing Affordability and Personal Finance in a Crisis

Presented by: Madeline J. Jaks, MPA
*Housing Counseling Program Manager and
HUD-Certified Housing Counselor*

Rent Right is a free webinar designed to provide valuable information and insight for current and future renters. This webinar will give practical and useful guidance regarding rental payments during the pandemic.

Topics:

- Crisis Budgeting
- Credit maintenance
- Emergency savings
- Michigan's Eviction Moratorium
- The importance of paying rent
- Community resources
- Fair Housing and Your Civil Rights

Date and Time

Wednesday, July 22, 1-2:30 p.m. EST

Registration: please register online at
<https://communityhousingnetwork.org/register-renter-readiness-workshop/>

Or call 248-269-1333

Please note: CHN is a HUD-approved housing counseling agency. Registrants are not obligated to receive, purchase or utilize services offered by CHN to attend the course. CHN reserves the right to cancel and reschedule the webinar at any time. Completing this course does not constitute legal advice. Please contact mjaks@chninc.net for more information.



Livonia coffee shop a springboard for workers with disabilities

Candice Williams, The Detroit News Published 10:35 p.m. ET Jan. 28, 2020 |

Updated 11:16 p.m. ET Jan. 28, 2020

Livonia — Danielle Donaldson greets her coffee shop customers with a cheerful “good morning” as they walk through the door. She rings up their orders on a tablet and makes change for those paying with cash for their brewed beverages.

For Donaldson, 36, working at Anastasia and Katie's Coffee Shop and Café, is much more than a job. As a person with a disability, Donaldson said it's a way for her to learn skills as a cashier, barista and sandwich artist.

“I like the cash register because then I get to learn how to give customers their change back,” said Donaldson, who has Turner syndrome, a chromosomal condition that affects development, and scoliosis. “... (Customers) are really easy to talk to.”

Anastasia and Katie's Coffee Shop and Café is tucked inside a cozy storefront at 19215 Merriman. And its mission is to serve more than chai lattes and avocado toast. It employs workers with developmental disabilities.

The business, which held its grand opening earlier this month, was launched and is run by a group of advocates who formed two years ago to provide opportunities for those who otherwise struggle to gain meaningful employment.

In Michigan, 81% of people with intellectual and developmental disabilities are unemployed, compared to 9% of individuals without disabilities, according to an “Employment First in Michigan” report released by Michigan Developmental Disabilities Network in 2014.

“Through the coffee shop we are the employers, but that will serve as a spring board for us to be able to partner with other businesses whether they're larger corporations, mom and pop organizations,” said Kelly Rockwell, a board member of the shop's nonprofit, Mi Work Matters.

“That it will serve as something to start the conversation about what it might look like for them to hire somebody with a disability and that we can serve as a liaison.”

In addition to a lack of job opportunities, also at issue is the pay disparity between individuals with disabilities and those without. Those with disabilities are more likely to make below minimum wage, according to the “Employment First in Michigan” report.

In 2019, more than 5,000 workers with disabilities in Michigan earned about \$3.61 an hour working in sheltered workshops operated by nonprofit Community Rehabilitation Programs. This is through a waiver to the Fair Labor Standards Act.

But Anastasia and Katie's Coffee Shop and Café, the 10 employees earn the minimum wage, which is currently \$9.65 in Michigan. The coffee shop is named for two teens with Down syndrome. Rockwell's 13-year-old daughter, Anastasia, and the coffee shop's operations adviser Dan Duffy's 13-year-old daughter, Katie.

Mi Work Matters is supported through fundraising and relies on a team of volunteers. Volunteers also help run the coffee shop and provide training and support for the employees. Detailed written instructions are posted for workers to provide extra guidance.

Employees go through the traditional application process. They aren't asked about their disabilities.

“We wanted to focus on what their strengths are, what their challenges are and where they need support,” Rockwell said.

For some, this is their first ongoing employment opportunity.

Ian Edgar, 26, said he applied for his job because he wanted a comfortable environment to gain some work experience. Edgar, who has cerebral palsy, works part-time at the shop as a cashier and barista.

“I like being able to talk to people,” he said. “I could talk to people all day long.”

Working in public settings is beneficial for people with disabilities, said Yasmina M. Bouraoui, deputy director of the Michigan Developmental Disabilities Council.

“Historically, people with disabilities have been hidden away in special hospitals, facilities, schools and workshops – places where they were segregated from the general population,” she said.

“This segregation deprived them of the educational, social, and other experiences which typically developing individuals experience during their lifetimes. It also created a discomfort in accepting the contributions that people with disabilities can make.”

On a recent winter day, a steady stream of customers came into the bright and colorfully tiled shop. The menu includes a selection of breakfast and lunch sandwiches, baked goods and an assortment of coffee.

Abby Bernhardt drove from Dearborn with her 21-month-old son, Tony, after learning about the shop on Facebook. Bernhardt ordered a regular coffee while her son had a bagel with cream cheese.

“I'm all for supporting a good cause and good coffee,” she said as she held her son in her lap. “I'm also for small local businesses.”

Donaldson said she sees herself working at the coffee shop for a long time. She hopes to see other employers offering similar jobs.

“People like me that have a disability can learn more skills from it, too, and get more training for when they have to go in the work field,” she said.

cwilliams@detroitnews.com

Twitter: @CWilliams_DN



Christina Victor (center), Manager, Anastasia and Katie's Coffee Shop and Cafe, works with Danielle Donaldson, who works the front register, as she assists customers. (Photo: Max Ortiz, The Detroit News)

Virtual Special Needs Group Music Therapy

PERSONS
of all ages

MAKE SOME MUSIC!

Want a Therapeutic Activity to do with your special needs child? From the safety of your home, join licensed MUSIC THERAPIST, Patrick H. for a 40 minute video session engaging your child in the benefits and joys of music!

Bring Any in-home or make-shift instruments! Maracas (plastic eggs with popcorn seeds, bottles), Something to Drum on (pans or tupperware)!

(Tupperware: add popcorn seeds for a snare drum or rubber bands for string-instrument!)

This Therapy session will use the app "Zoom". You will receive a link & password sent to your email address after registering online.

Please sign up & pay prior to each session at:
<https://therapeuticconceptsllc.com/programming-menu/>

Questions? Contact us at
marynagy@therapeuticconceptsllc-mi.com

First Thursday
of the Month at 2pm

June 4th
July 2nd
Aug 6th

\$7 per
Monthly session



“It's time we take our focus off disabilities, and place it on capabilities, so we can see the person first.”

Robert M. Hensel



**THERAPEUTIC
CONCEPTS**

Special Needs Programming
39393 Van Dyke
Sterling Heights, MI 48313
(586)-722-7524





OCHN Voting Virtual Webinars

Voting 101

June 17, 2020

11:00 a.m. - 12:00 p.m.

To join via phone: +1 248-462-6341

Conference ID: 656 120 46#

To join via computer: <https://bit.ly/3gdOXzo>

Voting is Advocacy

July 15, 2020

11:00 a.m. - 12:00 p.m.

To join via phone: +1 248-462-6341

Conference ID: 361 303 971#

To join via computer: <https://bit.ly/3bTVdsM>

Absentee & Accessibility

August 19, 2020

11:00 a.m. - 12:00 p.m.

To join via phone: +1 248-462-6341

Conference ID: 605 581 416#

To join via computer: <https://bit.ly/2z9JN7d>

Candidate Positions & Views

September 16, 2020

11:00 a.m. - 12:00 p.m.

To join via phone: +1 248-462-6341

Conference ID: 799 835 720#

To join via computer: <https://bit.ly/2LQmr9j>

Make Your Voice Heard

★ **Your Right:** The United State’s constitution guarantees every citizen age 18 or older the right to vote.

★ **Your Reason:** You have the ability to influence, change, and make a positive difference in your life and the lives of your friends, family, and neighbors. Your voice matters. Your vote counts.

★ **Your Role:** Be an advocate for yourself. Make your voice heard.

Pledge to vote on November 3, 2020



STERLING HEIGHTS PARKS & RECREATION

Drive-In

MOVIE AT THE PARK

MYSHPR.NET/REGISTER



**Friday, July 24, 2020
8:00 P.M. – 10:30 P.M.**

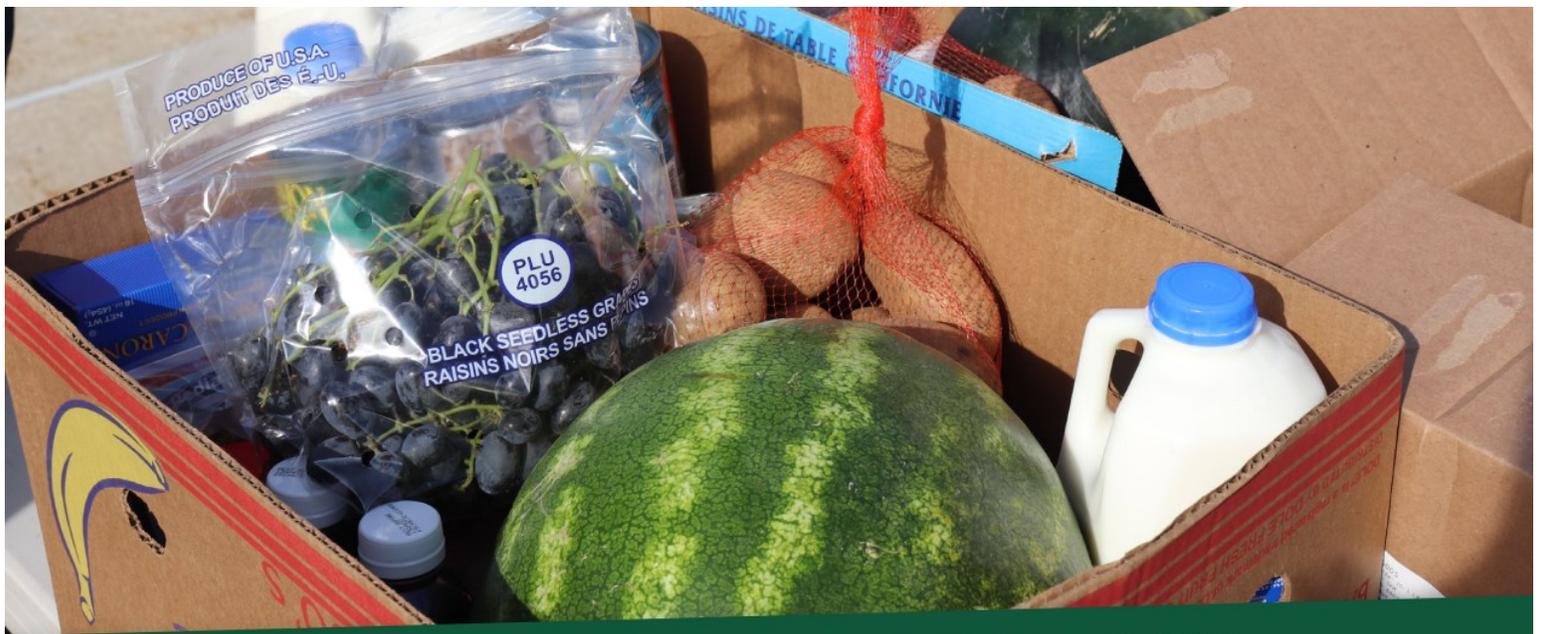
**Delia Park
3499 18 Mile Rd.
Sterling Heights, MI 48314**

Mark your calendars and get the popcorn ready!

**Sterling Heights Parks & Recreation is excited
to invite you to a drive-in movie at Delia Park!**

**July 24 - Playing with Fire @ 8:00 P.M.
Movie will start at dusk.**

**Each movie will be followed by a 20 minute
laser light show and in-car dance party!**



FREE FOOD DISTRIBUTION

for households with children



June 29; July 13 & 27
August 10 & 24



Mondays 3-5 at
OLHSA in Pontiac

196 Cesar E. Chavez Avenue, Back of Lot

HELPING OUR COMMUNITY DURING URGENT TIMES OF NEED

- Households with children who are in need of food are encouraged to attend our upcoming drive-thru food distribution sponsored by Gleaners Community Food Bank.
- Please *stay in your vehicle* to limit exposure. Please arrive with an empty trunk. Groceries will be placed into your trunk.
- Guests without vehicles are welcome to walk up, while maintaining six feet of social distancing, and should be prepared to carry 20-30 pounds or have a cart.

Together with Gleaners Community Food Bank, we are taking all necessary precautions to distribute food safely.



This institution is an equal opportunity provider.

STERLING HEIGHTS PARKS & RECREATION

Drive-In

MOVIE AT THE PARK

MYSHPR.NET/REGISTER



Saturday, July 25, 2020
8:00 P.M. – 10:30 P.M.

Delia Park
3499 18 Mile Rd.
Sterling Heights, MI 48314

Mark your calendars and get the popcorn ready!

**Sterling Heights Parks & Recreation is excited
to invite you to a drive-in movie at Delia Park!**

July 25 - Sonic the Hedgehog @ 8:00 P.M.
Movie will start at dusk.

**Each movie will be followed by a 20 minute
laser light show and in-car dance party!**



Employee Milestone Anniversaries

We would like to recognize and congratulate the employees below for reaching a milestone anniversary in June.

15 Years

Kenneth James



10 Years

Sandra Gregerson
Beverly Elledge
Tina Houston



5 Years

Porchae Borden
Clarice Anderson
Romilda Boyd
Patricia Ramsey
Jordan Mielke
Christine Rizkallah
Brenda Vance
Emily Brothers
Wardell Brown
Rachel White-Whisenton

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



A Division of TCF National Bank

Free Virtual Home Ownership Education Series

Realizing the American Dream Series

Free webinars made available with support from Chemical Bank



This 4-part webinar series will cover a wide range of topics including:

- Budgeting and personal finance
- Mortgage loan types
- Down payment assistance resources
- Credit building and maintenance - **obtain a copy of your free tri-merge credit report!**
- Financing home improvement
- Protecting your investment
- Fair Housing and the Equal Credit Opportunity Act



Dates and Times:

Friday, July 10, 2020 - 9:30-11 a.m.

Realizing the American Dream-Your roadmap to homeownership

Friday, July 17, 2020 - 9:30-11 a.m.

*Take Credit-Your guide to personal finance *free credit reports provided*

Friday, July 24, 2020 - 9:30-11 a.m.

Owner Occupied-How to maintain and increase the value of your home

Friday, July 31, 2020 - 9:30-11 a.m.

When Disaster Strikes-Preparedness for life's emergencies



***Free soft-pull credit reports will be available -attendees of all 4 sessions will also be entered to win an Amazon gift card!**

Pre-register online!

or call 248-269-1333



CHN is a HUD-approved housing counseling agency. Completion of this webinar series will include a Homebuyer Education Certificate valid from one year for the date of issue. Clients must attend all 4 sessions to be issued a certificate. Please note: this class fulfills certain requirements of the Michigan State Housing Development Authority (MSHDA) mortgage loan program. Attendees do not have to be MSHDA loan applicants to participate in the class.



PHONE 248.928.0111 • TOLL FREE 866.282.3119 • FAX 248.928.0122
5505 Corporate Drive, Suite 300, Troy, MI 48098 • communityhousingnetwork.org
Community Housing Network, Inc. is a 501(c)(3) organization. Donations are tax deductible as allowable by law.



Helping Teens Cope Mentally Through the Coronavirus Pandemic

For parents wondering how to best help their teens through an extended time away from school and their friends and family such as grandparents, here are tips from experts and parents:

Let them know their feelings are normal. It's okay to feel sad, anxious or even happy about some time off school. There's no right or wrong way to process this time emotionally. "The most important thing you can do right now as a parent is to help your kids feel safe. Help them understand this is temporary and that you're doing everything possible to keep yourself and them healthy," said Dr. Kristyn Gregory, medical director, Behavioral Health, Blue Cross Blue Shield of Michigan.

- Don't minimize fears that they or their families could become ill or say there is no possibility, because unfortunately that is not true.
- Do let them know you are doing everything possible to keep the family healthy.
- Do let them know if loved ones get sick that they will continue to do everything possible to get better and that doctors, nurses and other health care professionals are working very hard to help make sure those who do get sick will get better again.

Identify a routine that works for your family. Kids and teens might never admit it to you, but routines and a daily pattern to life can feel reassuring. You don't have to create a color-coded schedule packed with everything you plan to do during the day but setting some boundaries right now can be helpful.

Encourage daily movement. "Staying active is one of the most effective ways to stay mentally healthy and to cope with worry, sadness and isolation," explained Elizabeth Koschmann, TRAILS program director, Department of Psychiatry, University of Michigan Medical School. "If motivation feels low, set a schedule for building in physical activity at the same time every day and find ways to reward even small steps, like watching a favorite show or looking at social media only after you're done." For teens, trying an online workout with a friend over the phone or dancing to a favorite playlist could be good ways to shake out their stress.

Find ways to stay socially connected. Most teens will be savvy about how to connect through social media and other technology. "Your job as a parent is to set healthy boundaries for using technology. While connection is important, you want to make sure your teens aren't on their phone 24/7, which can also be unhealthy," Gregory explained. For tweens or younger kids without their own phone or accounts, reach out to the parents of their friends you know to set up virtual playdates if that's something they'd like. This is also a good time to work on letter writing skills. Encourage letters to grandparents, cousins, teachers and classmates to stay connected until you can see these special people in person.

Visit <https://www.mibluesperspectives.com/2020/03/27/helping-teens-cope-mentally-through-the-coronavirus-pandemic/> for more information.

The Knob Fireworks 2020 Friday, July 3, 2020 at 10pm



Pine Knob
7778 Sashabaw Rd,
Village of Clarkston, MI 48348

Clarkston had to cancel their Independence Fest due to COVID, but Independence Township will host fireworks for residents to enjoy from their homes and driving around Clarkston.

The Township will launch fireworks from the top of Pine Knob. Again, this event is to be enjoyed from home. There will be NO PARKING allowed at either the Pine Knob Ski Resort or the DTE Music Theater. All entrance gates will be locked to avoid large crowds from gathering that would put the Township, DTE and Pine Knob at risk of violating current County and State Social Distancing mandates. For more info, visit indetwp.com.





June-July



2020 Homebuyer Webinar Schedule

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process, and will teach you:

- The advantages of homeownership
- The steps in the home buying process
- The costs of homeownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment
- Certificate of completion good for one year

Completing the course and returning required paperwork fulfills the requirements for certificate of completion. This certificate can be shared with your mortgage loan officer to satisfy the homebuyer education requirement for **MSHDA loans and down payment assistance**, USDA Rural Development loans and many other lenders.

June 2 & 3	3-5pm ET	Free	Teagen Lefere leferete@msu.edu
June 9 & 11	5:30-7:30pm ET	Free	Beth Martinez mart1751@msu.edu
June 15	1-5pm ET	Free	Nancy Latham lathamn@msu.edu
June 24	9am-1pm ET	Free	Brenda Long longbr@msu.edu
July 9	9am-1pm ET	Free	Brenda Long longbr@msu.edu
July 16	4-8pm ET	Free	Beth Martinez mart1751@msu.edu
July 21	1-5pm ET	Free	Jinnifer Ortquist ortquisj@msu.edu
July 27 & 28	6-8pm ET	Free	Rob Weber weberro2@msu.edu

Webinar Pre-Registration is required.

Click the link or go to mimoneyhealth.org

Under Events, find the complete Events calendar!

Course fees are being waived for the above listed webinars during April to August 2020 due to the COVID-19 situation.

Prefer a self-paced online class? Go to www.ehomeamerica.org/msue and choose the Homebuyer Education Course. It is available in English or Spanish and has a fee (this fee is not waived). Coupon code is MSUE10. It provides a certificate of completion when finished.



MICHIGAN STATE
UNIVERSITY

Extension



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 KATIE GIAMPINO



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

Katie: I was born & raised in Clawson. I love country music and I am a concert junkie! I never regret spending money on concert tickets. I am obsessed with anything and everything TENNESSEE! I have Family in Chattanooga and it's all around my favorite place to be. The bridge tattoo I have on my forearm actually resembles the walking bridge in downtown Chattanooga.

ECare: What is on your bucket list?

Katie: Visiting Italy

ECare: What is your position at ExpertCare?

Katie: Administrative Assistant I

ECare: What are your job responsibilities?

Katie: Answer phone calls, Mail PPE, progress notes and time sheets and process new hire paperwork.

ECare: How long have you been working at ExpertCare?

Katie: My first day in the office was June 8th!

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

Katie: If I didn't have to sleep....I would probably still sleep. However, there would be more time to travel.

ECare: What do you wish you knew more about?

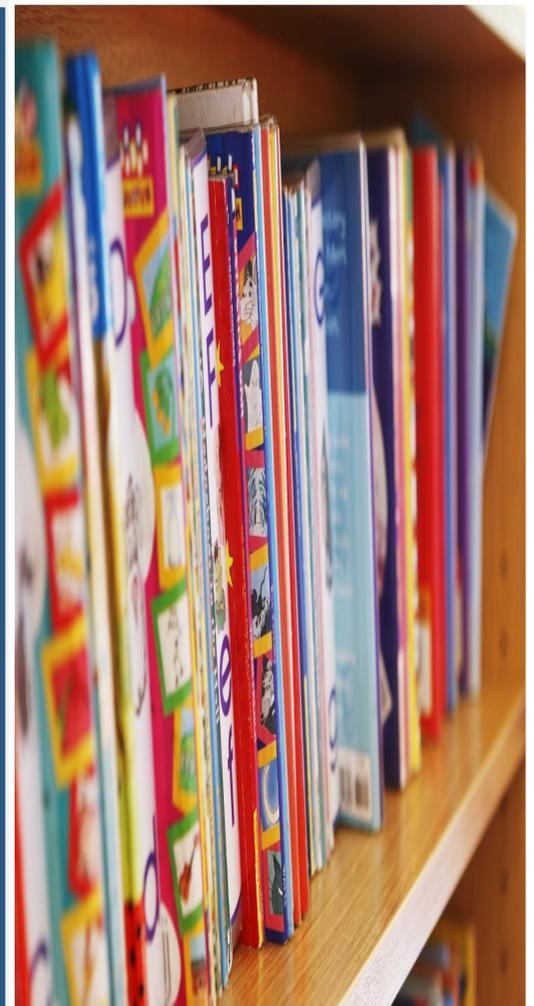
Katie: Cooking/nutrition. I can make tacos, spaghetti, mac & cheese....hopefully one day I can expand my horizons.

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

Katie: Caffeine, sunshine and being around positive, upbeat people.

ECare: What do you like most about ExpertCare?

Katie: I love how sweet and supportive everyone is! Although I have not been here long, I feel appreciated and very welcomed.



Little Bears Story Time

Hosted by Shelby Township Library

Friday, July 24, 2020

10:00 A.M. - 10:30 A.M.

Online Event

**Join us on Facebook Live to share
short stories, songs, rhymes, lap bounces,
and fingerplays with children under 3**

WANTED

FAMILY AND FRIENDS

JOIN US FOR OUR

JAILBREAK EVENT

AS WE BREAK OUT
OF QUARANTINE!

Saturday, July 11, 2020

Live Rite Recovery Resource Center
27700 Gratiot Avenue, Roseville MI
12:00PM - 4:00PM

FUN FOR THE WHOLE FAMILY!

Jail n' Bail fundraiser!

Have your friend or family member arrested!

All in fun, to benefit the

Live Rite Recovery Resource Center!

We practice social distancing.

June Caregiver of the Month: Tawauna Coleman

Over the past six months, Tawauna has been providing great service to the consumers she provides guidance and encouragement to. ExpertCare staff has nominated her because of the great feedback we received from one of the consumer families she works for. The consumer's mom raved about her staff and how amazing she is with her daughter. The mom stated to the recruiter "She is even therapeutic for me. She is a calm person and it is the best thing that has happened to us and she's a part of our family."

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

UPCOMING EVENT

Save the Date!

Live Rite
Structured Recovery Corp.

Presents

4th Annual Battle of the Bands

September 20, 2020

Come join us for a day of music, speakers, education and lots of fun!