

EXPERTCARE CHRONICLE

April 2017



APRIL GIVEAWAY

We hope to help a Caregiver with timesheet submission by giving away a brand new All-in-One Printer with scanning and copying capabilities.



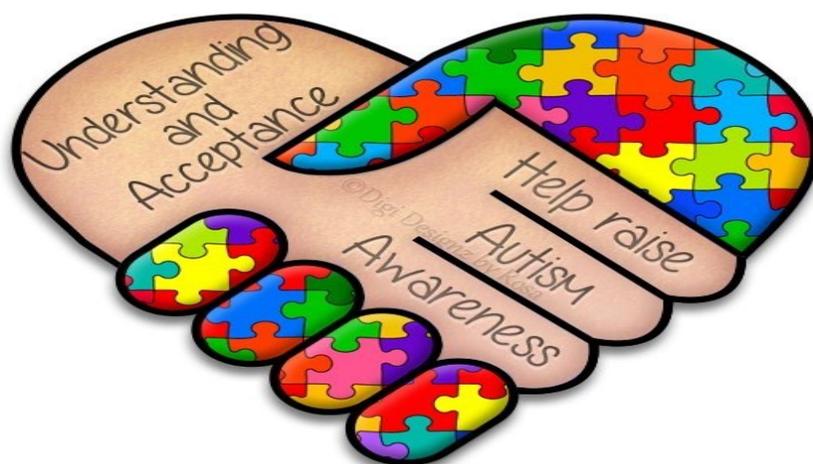
ShiKaira Burrell
The March winner

We hope you find the perfect event to attend using your StubHub gift card, you deserve it!



“When you are a caregiver, you know that everyday you will touch a life or a life will touch yours.”

- Anonymous



Check out the informational PowerPoint on our website expertcare.com for money saving tips!



Easter Egg Hunt

Sat. April 8th 10:00am - 12:30pm

Woodside Bible Church

Location
Woodside Bible Church - Troy Campus
6600 Rochester Road
Troy, MI 48085

Woodside is excited to be hosting an egg hunt for children with special needs, ages 10 and under. We will be offering a quiet hunt and also an interactive hunt for children in wheelchairs. Games, crafts, face painting, and more!

Free event, but space is limited, so sign up now.
 Parents/Families please be sure to stay with your child during the hunt.
 Questions?

Contact Nancy Mosey at NancyMosey@woodsidebible.org



Free Easter egg hunt with games and prizes for the community.
Children from 0 to 12 years of age
Sat, April 8th, 2017 1pm-3pm
behind Atherton Elementary School
3444 South Genesee Road, off Bristol Road
City of Burton

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.

Camps and Recreation

Check out the following websites for information about Michigan Special Needs Summer camps and Recreation.

www.asws.org/resources/campsandrecreation.aspx

www.veryspecialcamps.com/Michigan/Special-Needs-Summer-Camps.shtml



Kiwanis Club Of Woodhaven

Invites . . .

*Children with Autism
to the Movies*

Saturday, April 1, 2017

*Kid Friendly Movie
Lights On • Sound Low
Theatre Doors Open*



**Place: Emagine Theatre, Allen Road,
(near King Road) in Woodhaven**

**Time: Movie begins at 10 am
Doors open at 9:15 am**

**Who: Children with Autism
and immediate family members are welcome!**

**Cost: Admission to movie is FREE!
Concession stand will be open to
purchase snacks**

**To Register by e-mail to jerobbins45@comcast.net
or call 734.676.9396**



EXPERTCARE
VOLUNTEERS
AT SPECIAL
OLYMPICS

Please contact our office if you are interested in volunteering as part of the ExpertCare team assisting with the Special Olympics Softball Throw. The event takes place on May 6th, we will post more details on our website and Facebook page



April 14, 2017 | 9:00 a.m.

Elizabeth Park, Trenton

A blizzard of 20,000 marshmallows will hit Trenton on Friday, April 14, 2017 at 9 a.m. in Elizabeth Park for the annual Marshmallow Drop!

Once the marshmallows have safely landed, eager children can redeem a marshmallow for a special prize!

Put on your boots and come to Elizabeth Park to laugh and enjoy the company of your neighbors. Be sure to watch for the helicopter! Great photo opportunity! Don't be late; the helicopter flies at 9 a.m. sharp!

Good Day ALL!



MONDAY = YOGA 6pm - 7pm
(WEATHER PERMITTING-BRING YOGA MAT)



AND

Workout Wednesdays
FUN FITNESS alternating with **ZUMBA**



6:00 pm - 7:00 pm

Every Wednesday (weather permitting)

Western Wayne Family Health Centers
2700 Hamlin Blvd.
Inkster, MI 48141

Wear Comfy clothes, bring water bottle and your Energy and work it out!



American Red Cross of Michigan
Home Fire Campaign:
FREE Smoke Alarms & Installs



Please join the American Red Cross and our local community partners in this important effort!

BE SAFE!

The Red Cross responds to a home fire or other disaster every eight minutes. Our **Home Fire Campaign** aims to reduce the number of fire-related deaths and injuries by 25 percent by 2020. Since its launch, the Red Cross and our partners have saved 118 lives, installing over 450,000 smoke alarms in 6,700 communities in all 50 states.

Both homeowners and renters qualify!

U.S. Home Fire Facts:

- * Home fires kill at least 7 people each day
- * Every 40 minutes, a fire injury is reported
- * Fires cause 2,500 deaths and \$7 billion in damages



To schedule an appointment, visit:

www.redcross.org/local/michigan/home-fire-campaign



American Red Cross
Michigan Region

Great Marshmallow Drop 2017



This year's free Marshmallow Drop event takes place at Catalpa Oaks Park in Southfield on Friday, April 14, 2017.

The marshmallows are set to drop via helicopter at 10am!

15,000 marshmallows will be dropped from a helicopter to be turned in for a prize. You only need to exchange one marshmallow to receive a prize—this is not a competition. The Great Marshmallow Drop 2017 will host 3 age groups for separate marshmallow drops... 4 and younger (plus individuals with disabilities), ages 5-7, and ages 8-12.

Behavior is Communication

Sally Burton-Hoyle, Associate Professor, Eastern Michigan University,
Department of Special Education, Autism Spectrum Disorders



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 U.S. Department of Education, Office of Special Education Programs (OSEP).

The information expressed during this presentation is the opinion of the individual presenter(s) and may not reflect the opinions of Michigan Alliance for Families, Michigan Alliance-PTI, Michigan Department of Education, or U.S. Department of Education Office of Special Education Programs.

Friday, April 28th, 2017
12:00 pm – 3:00 pm
Sign-in opens at 11:30 am.
Light lunch provided.

FREE

Walled Lake Church of Christ
1403 North Pontiac Trail
Walled Lake, MI 48390

All behavior is communication. We know that children who exhibit unacceptable behavior do so for a specific reason.

This workshop will help you determine what they are saying with their behavior and how to substitute a more acceptable way to communicate that message.

Who should attend? Families of children/young adults with disabilities/ learning challenges, school staff, community members, and organizations.

Register with Kanika Littleton by 4-21-17.

(248) 557-5070 ext 115 or kanika@michiganallianceforfamilies.org

Or online at 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.**

ATTENTION DOWNRIVER* FAMILIES OF CHILDREN ON THE AUTISM SPECTRUM **NEW PROGRAM!**

PUZZLE PARENTS

SOCIALIZING ✨ SUPPORTING ✨ SOLVING
A UNIQUE SUPPORT GROUP FOR PARENTS OF CHILDREN ON THE AUTISM SPECTRUM
1st & 3rd Monday Each Month ✨ 6-8pm ✨ Starting Feb.6

WHAT IS IT?
A PARENT-DRIVEN SUPPORT GROUP WITH **PRACTICAL SOLUTIONS** TO INDIVIDUAL, EVERYDAY CHALLENGES

HOW DO I JOIN?
VISIT & JOIN OUR FACEBOOK GROUP FOR UP-TO-DATE INFORMATION
facebook.com/groups/DownriverPuzzleParents

St. Stephen's Church
2803 1st St • Wyandotte

MEETINGS WILL INCLUDE:

- DINNER
- VOLUNTEER CHILD CARE
- HELPFUL CONVERSATION
- INTERACTIVE DEMONSTRATIONS

EXAMPLES: Recipes for special diets, resources for affordable solutions, activities to do with and for your children

This is YOUR group. We are here to listen to your needs as parents and help solve everyday obstacles.

*Downriver includes the communities of: Allen Park, Brownstown Charter Township, Escarp, Flat Rock, Gibraltar, Grosse Ile Township, Huron Charter Township, Lincoln Park, Melvindale, River Rouge, Riverview, Rockwood, Romulus, Southgate, Taylor, Trenton, Woodhaven, Wyandotte

PROOF OF RESIDENCY MAY BE REQUIRED.

Mimi's Mission
—mimimission.org—



DETROIT TIGERS OPENING DAY

On April 7, 2017 the Tigers will be facing the Boston Red Sox in their home opener.

Fun Opening Day Facts:

- ◆ The Tigers have won their last eight opening day games.
- ◆ The team's record for opening day over the past 116 years includes 65 wins, 50 losses and one tie (in 1904).
- ◆ The most runs scored by the Tigers in an opening day game is 20, when they beat the Oakland Athletics in 1993.
- ◆ The Tigers have drawn over 120 million fans to home games in their history and are the only American League team to have drawn over 1 million fans each year since 1964.
- ◆ The Detroit Tigers were charter members of the American League (along with Chicago and Cleveland) in 1901.
- ◆ Since then, Tigers have won 10 American League Championships and 4 World Series (1935, 1945, 1968, 1984), while producing 12 Hall of Famers, 9 AL MVPs and 3 Cy Young Award Winners.



April 2 2017
11:00am to 5:00pm

Detroit Historical Museum

5401 Woodward
Detroit, MI 48202
P. 313.833.1805

Metro Detroit is wonderfully diverse and full of unique stories. Whether you are curious about the cultural history of our great city or interested in the art of storytelling, we invite you to join us for our fourth annual Storytellers Festival on Sunday, April 2. Admission is FREE!

During the Storyteller's Festival, representatives from several of Detroit's ethnic communities will share their heritage through storytelling and traditional song and dance, highlighting their customs and unique storytelling traditions. Throughout the day, you will hear stories about Detroit's dynamic innovators of past and present, the everyday people who overcame obstacles to make a difference in Detroit and our region. Explore creative ways to share your own stories through crafts and activities, or attend a storytelling workshop. This free program is ideal for families looking for a fun way to explore the diversity and rich cultural traditions that make up Detroit!



FREE ADMISSION TO CRANBROOK INSTITUTE OF SCIENCE

Courtesy of the MASCO Corporation Foundation, admission to Cranbrook Institute of Science is FREE after 5pm the first Friday of every month through June, 2017.

Discover the wonder of the natural world and develop a better understanding of the ways in which science impacts our lives each day at Cranbrook Institute of Science.

Interactive exhibits, a world-class collection of objects and artifacts, special events, a planetarium and observatory, lecture and educational programs both changing exhibitions offer something for every member of the family. Stand beneath a T.rex, feel a mastodon's fur, or touch a meteorite.

Cranbrook Institute of Science
39221 Woodward Avenue
Bloomfield Hills, MI 48303-0801
Friday: 10am-10pm

Phone: 248.645.3200 (always call to ensure these free events have not been cancelled)

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 SHANNON CUMMINGS



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

Shannon: I am originally from Pittsburgh, PA and moved to Michigan when I was 15. (Not much of a hockey person though, so Red Wings Fans, don't worry about me fraternizing with the Penguins.) I graduated from Michigan State University with a degree in Secondary Education. After teaching, I transitioned to healthcare. I love teaching, helping others, meeting new people, traveling, dogs, and of course food.

ECare: What is on your bucket list?

Shannon: Participate in a hot wing eating contest (I think I could win!), become a Farmers Market vendor selling baked goods, participate in a chili cook off (told ya'll I love food), and travel to Europe!

ECare: What is your position at ExpertCare?

Shannon: Trainer.

ECare: What are your job responsibilities?

Shannon: Teaching courses to our caregivers, ensuring our caregivers' trainings are up to date, providing assistance and support to our caregivers and consumers.

ECare: How long have you been working at ExpertCare?

Shannon: Since March 6th, 2017.

ECare: Why do you like working for ExpertCare?

Shannon: I really enjoy working for a company whose focus is serving its community. I am also happy to say I have wonderful co-workers and a work environment that fosters positivity, encouragement, and support.

ECare: What is the most challenging part of your position?

Shannon: Learning all of the nuances of each county! There are so many.

ECare: What's a good piece of advice for Caregivers?

Shannon: Don't be afraid to ask questions! Feel free to ask questions to your trainers, staffing consultants, ExpertCare, client's families, etc. We are here to help.

Free Community Workshop

Childhood Trauma: Its Effects and Potential for Misdiagnosis

The workshop goal is to provide a deeper knowledge of the long reaching effects of trauma in childhood. To build deeper insight into the manifestations of trauma and potential signs of trauma that can be misleading. To gain a better understanding of the stigma created with diagnosis, to be more diligent to ensure misdiagnosis due to trauma is not the true cause of the symptomology. The workshop will also look into how individuals who suffer from trauma use ineffective coping skills such as; maladaptive behaviors, substance use and acting out.

(Eligible for FREE 1.5 MCBAP CEU)

Date: Wednesday, May 10, 2017
Time: 6:30 p.m. — 8:00 p.m.
Location: Oakland County Resource & Crisis Center
1200 N. Telegraph Rd., Bldg. 32 East
Pontiac, MI (use side entrance)

Register online at www.occmha.org/index.php/Training

Meridian Health Services, and OCCMHA's Office of Substance Abuse Services are proud to provide this series of educational presentations to both professionals in the substance use disorder treatment field and the general public. Workshops are being held the 2nd Wednesday of every month.



Meridian Health Services, 1255 N. Oakland Blvd. Waterford, MI 48327 Phone: 248.699.8999 www.meridian-hs.org

EGGCELLENT Egg Hunt

HOSTED BY
Rockpointe
community church



Saturday, April 8

For kids with special needs ages 12 and under
Adaptive hunt for kids in wheelchairs
Quiet hunt for kids with sensory concerns
Siblings are welcome to join the fun!

- ✓ Crafts
- ✓ Games
- ✓ Face Painting
- ✓ Photo Opportunity
- ✓ Wheelchair-Accessible

Where

Rockpointe Community Church
38100 Utica Road (between Hayes and Schoenherr)
Sterling Heights, MI 48312

When

10 a.m. - 12 p.m.

Contact

Sondra 248.506.3115 (texts welcome)
Jessica 586.292.9166 (texts welcome)



Register Online

SpecialNeedsHunt2017.eventbrite.com
Space is limited.

**This event is INDOORS so we'll
see you RAIN or SHINE!**

Attendance : Absences: Tardiness

ExpertCare recognizes that absences may occur for a variety of reasons. Each employee plays a vital role to the success of our company's core purpose. When an employee does not report to their shift, someone is at risk of not receiving services. ExpertCare depends on our employees to be at work at the times and locations scheduled.

In the event you will be late or unable to work your scheduled shift, please contact ExpertCare as soon as you know the absence/tardiness will occur but no later than 30 minutes prior to your scheduled start time. If your Staffing Consultant is not available, you may notify another available Staffing Consultant or the Human Resources department.

If an absence is related to an illness or injury, a doctor's note will be required before you can resume working. All absences along with a reason for the absence need to be reported to your Staffing Consultant as soon as known. If you are uncomfortable discussing your absence or leave request with your Staffing Consultant, you may also contact Lindsay Kohler in the Human Resources department.

Please remember the importance of communicating all attendance issues with ExpertCare in a timely manner.

EXPERTCARE CASCADING CULTURE-CAREGIVER NOMINATIONS

For the month of April we would like to hear from our consumer families about stories of their caregivers exemplifying ExpertCare's core value of "Doing the right thing".



Doing the right thing can mean giving of ourselves and being compassionate to those we serve. As care providers, there are a variety of ways to demonstrate doing the right thing. This may include adapting service delivery to meet the communication needs of our consumers, being an advocate for our consumers, and putting our consumers before ourselves.

We will be accepting nominations through April 21st. You may submit your stories to events@expertcare.com or fax to (248) 740-3505. Each nominated caregiver will be entered into a drawing to win a \$50 gift card of their choice to either Target, Walmart or Meijer. We will highlight this caregiver in the May newsletter. Thank you in advance for your participation and we look forward to hearing all your wonderful stories.



MSU Extension is offering two FREE spring-themed classes April 4

The Spring Garden program where participants will learn what plants will grow in Michigan's cool spring weather. There are a variety of vegetables and flowering bulbs as well as trees and shrubs that will bring life to the garden even before the snow melts! The Spring Garden will be offered from 1 p.m. to 2:30 p.m. on Tuesday, April 4 at the Max Thompson Family Resource Center, 11370 Hupp Avenue, Warren, 48089.

The Lawn Care program with Keven Frank, a Michigan State University turf educator. He will share ideas on the proper care and maintenance of our lawns. This program will be held from 6:30 p.m. to 7:30 p.m. on Tuesday, April 4 at the Macomb MSU Extension VerKuijen Building, entrance E, 21885 Dunham Road, Clinton Township, 48036.

Both of these programs are FREE but seating is limited. Register by Monday, April 3 by calling (586) 469-6440.

LOOK WHO'S TALKING

MARCH CAREGIVER OF THE MONTH

CHERYL MURRAY

ECare: Tell us something about yourself that others find interesting:

Cheryl: I have been in many plays and comedy skits. I have also written comedy skits.

ECare: What are three words to best describe you?

Cheryl: Fun-loving, caring, everybody's friend

ECare: What is on your bucket list?

Cheryl: Finish writing the books and stories I have started.

ECare: You're happiest when?

Cheryl: I am hugging or petting a dog.

ECare: What's your favorite childhood memory?

Cheryl: I organized and directed a show with all the neighborhood kids. We had the show in a garage with a curtain, dressing room and everything.

ECare: If given a chance, who would you like to be for a day?

Cheryl: Jennifer Aniston

ECare: What's the one thing you can't live without?

Cheryl: Chapstick

ECare: What made you decide to become a Caregiver?

Cheryl: I love people, I can find the humor in any situation and have empathy for other people.

ECare: What is your best piece of advice for other Caregivers?

Cheryl: You will never work for a more happy, uplifting, and amazing group of individuals. You help and teach them things, but they also teach you.

ECare: What is your proudest moment as a Caregiver?

Cheryl: When I was told by my consumer's guardian that my consumer hasn't been this happy in a long time and she has been more confident.

Cheryl has proven herself to be very reliable and a dedicated Caregiver since starting with ExpertCare.

She works diligently to get to know the Consumers better so she can help enrich their lives. She goes above and beyond and will spend time outside of work researching ways to assist her Consumers to gain further independence; which has made a huge impact!

One of her Consumer's guardian shared that Cheryl has helped her Consumer gain more confidence in completing his daily living and socialization skills. She follows the plan of service for each of her Consumers and works to achieve the goals set in place. She exhibits patience and encouragement; always looking to make a positive impact.

Thank you for your hard work and dedication towards changing the lives of others.

Thank you for demonstrating ExpertCare's core values of:

"Can Do" Attitude

Helping People Succeed