

# EXPERTCARE CHRONICLE

AUGUST 2018



## \$300 REFERRAL BONUS

DO YOU KNOW SOMEONE WHO WOULD BE A GREAT CAREGIVER?

REFER them to work for ExpertCare. Once the person is hired and all background checks and trainings are completed, your referred person is ready to work with one of our amazing consumers.

Once your friend turns in their first timesheet with hours worked with a consumer....

**YOU** get \$50! It is that easy!

But wait, that's not all ..... Once your friend works 120 hours and submits completed timesheets to ExpertCare, **YOU GET AN ADDITIONAL \$250!**

Yes, that's right....\$250 after they work 120 hours.



**There is no limit to the number of people you can refer!**

Please have the person you're referring apply online at [www.ExpertCare.com](http://www.ExpertCare.com)

## \$300 REFERRAL BONUS

ExpertCare employee: \_\_\_\_\_

Name of person referred: \_\_\_\_\_ Date: \_\_\_\_\_

Office use only: Date \$50 paid \_\_\_\_\_ Date \$250 paid \_\_\_\_\_

\*Only new employees hired between July 30-December 31, 2018 qualify.

\*\* Only active, current ExpertCare employees are eligible to receive the bonus.



**Let us help you with all of those back to school expenses!**

**This month we will draw 4 lucky winners at random for a \$25 gift card of their choosing (Meijer, Walmart, or Target).**



**Congratulations Desiree Mullen & Sheri Durga July winners of the \$50 Pizza gift cards.**

# MEMPHIS FIELD DAY

Sponsored by Memphis Fire and Police

## AUGUST 2ND

Starting at Noon  
at the Fire Department



**LIVE FIRE DEMO**  
**BOUNCE HOUSE**  
**KIDS SPLASH PARK**  
**FIRE TRUCK RIDES**  
**PAWS APPEARANCE**  
**FROM 1:30-2:30**



MSU

Career Exploration  
and Workforce  
Preparation

Group presents:



MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## Build Your Future Teen Leadership

**Who:** Youth ages 11-19  
**What:** Career preparation skills workshop  
**Where:** Max Thompson Family Resource Center  
11370 Hupp Ave, Warren, MI 48089  
**When:** Wednesday, August 8, 2018 10 a.m. – 4 p.m.



Workshop will include:

- ♦ Interviews for Success
- ♦ Making Career Connections
- ♦ Pathways to Success
- ♦ Resumes that Rock
- ♦ Applying for Scholarships
- ♦ Creating Portfolios
- ♦ Real Colors/Personality Assessment



Cost: \$10 includes snacks & lunch

Registration: <https://events.anr.msu.edu/BuildYourFuture/>

For further information call: Lizz Duran 586-469-6090

**MICHIGAN STATE UNIVERSITY** | **Extension**

**AUGUST 20-26, 2018.**

Enjoy seven days of family fun featuring monster trucks and derby races, entertainment tent, 4-H horse show, Midway Carnival, Grandstand events, food, and so much more.



Genesee County Fair  
6130 E. Mt. Morris  
Mt. Morris, MI 48458  
Phone Number:  
(810) 687-0953



## August 24th

Communities First, Inc.'s Culture Shock program presents the 2018 Movies Under the Stars summer film series. The free, family event will be held on the back lawn behind Flint City Hall (1101 S. Saginaw St., Flint). The pre-party starts at 7:30pm and the movie begins at dusk.

Join us for a luau with lawn games, bounce houses and tons of family fun! Movie snacks such as popcorn, candy and water will be provided. There will also be prize drawings for T-Shirts and gift cards.

Free admission, donations are encouraged.  
**Contact:** 810-422-5358  
**Email:** [info@communitiesfirstinc.org](mailto:info@communitiesfirstinc.org)

# Sometimes opportunity knocks. Other times, it rolls.

Board the Fifth Third Bank Financial Empowerment Mobile for:

- Assistance with viewing your credit report
- Financial decision tools
- Fraud awareness and prevention
- Bill payment demonstrations
- Home ownership seminars
- How to avoid foreclosure

THE eBUS IS STOPPING BY:

**August 8, 2018 • 10:00 am - 3:00 pm**

Oakland Livingston Human Service Agency (OLHSA)

196 Cesar E. Chavez Ave., Pontiac, MI 48342

Contact Loretta Humphrey-Cruz at [loretta.humphrey@53.com](mailto:loretta.humphrey@53.com) for more information.



Member FDIC. Equal Housing Lender.

**Pathways Academy**  
 11340 E. Jefferson  
 Detroit, MI 48214

## Family Fun Day

**Pathways Academy**  
 11340 E. Jefferson  
 Detroit, MI 48214



We are a 7<sup>th</sup> – 12<sup>th</sup> grade Alternative Education High School. Our primary focus is on helping pregnant teens and young parents obtain their high school diploma.



A comprehensive program designed to improve the educational, health and social outcomes for pregnant and parenting teens. The program services adolescents 15-19 years of age and their families.



# Thursday, August 16<sup>th</sup> 10:00 a.m. – 2:00 p.m.



- Tour our school and on-site daycare facilities
- Meet our dedicated teachers and staff
- View the curriculum
- Enroll for the 2018-2019 school year
- Free Health Screenings

**Free food and entertainment for the entire family!**



For more information or if you are interested in being a vendor, contact Ms. Johnson at 313-209-3804.



## Caregiver Milestone Anniversaries

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

### 5 Years

Deanna Honiston

Marcia Rodgers

Janet Orr

### 10 years:

Angela Fleming

Maureen Kinney

Lisa Wazni

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



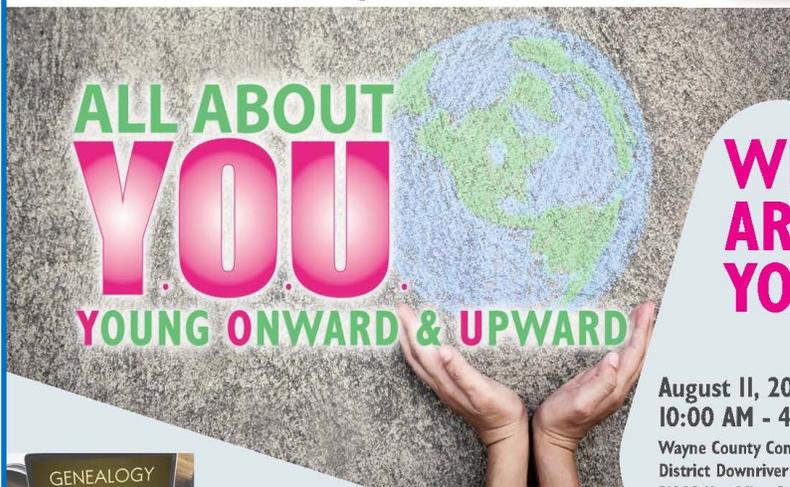
## My Chance to Dance

Dance/Exercise for Children and Adults  
with Developmental Disabilities  
Thursdays from 7-8 pm  
Troy Community Center, 3179 Livernois  
Cost: \$40 for 8 classes or \$6/drop in

First class FREE for new students! This class is ongoing.  
Please contact Peggy DiMercurio at mdimercurio@  
wowway.com or 586.801.4902, with any questions.



Wayne County Community College District  
School of Continuing Education and Workforce Development  
In Partnership with The Service Builders Foundation of  
Alpha Kappa Alpha Sorority, Incorporated,<sup>®</sup>  
Eta Iota Omega Chapter, Inkster, MI  
presents



## WHO ARE YOU?

August 11, 2018  
10:00 AM - 4:00 PM  
Wayne County Community College  
District Downriver Campus  
21000 Northline Road  
Taylor, MI 48180



### Grades K-8

Participants will  
learn and experience:

- Experience global awareness.
- Experience African Music & Dance
- Learn what makes YOU great and unique.
- Genealogy - Learning about the ancestors.
- Participate in a Historical Treasure Hunt.
- Listen to a Storyteller
- Receive a Free Backpack
- Win Prizes
- Lunch and Snacks are provided

FOR MORE INFORMATION  
PLEASE CALL (734) 441-6621



# Self Awareness Tips



## Lean into your discomfort

An obstacle in increasing self-awareness is the tendency to avoid the discomfort of seeing yourself as you really are. After leaning into your discomfort you will find it is not so bad. The surprising thing about increasing your self-awareness is that just thinking about it will help you change. Do not be afraid of mistakes. They tell us what we should be doing differently and provide the steady stream of info we need to understand ourselves.

## Feel Your Emotions Physically

Physical sensations can be your stomach muscles tightening, your heart rate increasing, your mouth going dry. Because these responses are connected to our mind, they will help us learn how to spot emotions. To better understand the physical effects of your emotions, try closing your eyes: Feel how fast your heart is beating, notice the pace of your breath, how tense or relaxed are the muscles in your arms, legs, neck and back? Now think of a couple of events from your life- ONE POSITIVE and ONE NEGATIVE that generate strong emotion. Think through one of these events in enough detail that you can feel your emotions stir. Did you feel different? Did you notice physical differences? This is like training for the real thing. As you improve physical awareness, you will become more emotionally aware.

## Know Who and What Pushes Your Buttons

We all have pet peeves or triggers that when pushed just irritate us until we want to scream. We need to start pinpointing those people or situations that trigger our emotions. It could be an environment with loud noises to certain people. A co-worker drives you crazy, the way they talk, walk etc. After analyzing the situation, you realize she reminds you of your sister who demands everyone's attention. The situations become less difficult because they do not come as a surprise and we have a greater understanding of why.

## Observe the Ripple Effect from your Emotions

Consider a stone thrown in the water. The stone's swift plummet pierces the water surface sending ripples in all directions. Your outpouring of emotion is like stones that send ripples through the people in your life. Let us say a manager loses his cool and berates an employee in front of the rest of the team. When the lashing happens, it may seem the manager's target is only the one whose feelings are bruised but the ripple effect from the manager's explosion affects all who witnessed it. They all go back to work with a pit in their stomachs. The manager thinks his tirade was good for production. Watch closely how your emotions impact other people immediately.

## Visit your Values

The plates of life are spinning above you. You juggle projects at work, never endings meetings, bills, errands, emails, phone calls, text messages, chores, meals, friends- the list goes on and on.... It takes focus to keep the plates from crashing. It is easy to lose sight of what is important to you when you are running around struggling to check your daily "to do's" off. Before you know it, you find yourself doing or saying things that deep down you do not feel good about or believe in. This could mean you find yourself yelling at a coworker who made a mistake when you normally find such hostility unacceptable. What are the values you want to live by? Is the manner I conduct myself in alignment with my values? If not consider alternatives to what you said that would make you proud of yourself or at least more comfortable.

## Check Yourself

Our outside holds many clues to how we feel; facial expression, demeanor, clothes and even our hair all say important things about our mood. Consider your moods influence on your outer appearance. Example: You meet someone for the first time and you are feeling insecure so you tend to be aloof and a bit standoffish. By checking ourselves, it may allow you to understand your mood before it sets the tone for the rest of your day.

## Seek Feedback

Everything we see including our selves must travel through our own lens. The problem is our lens is tainted by our experiences, beliefs and moods. Our lens prevents us from a truly objective look at ourselves. Often there is a big difference between how we see ourselves and how others see us. The difference in how others see us is a rich source of lessons that will build your self-awareness. When asking for feedback get specific examples and situations and notice similarities in the information. Others views can be a real revelation.

## Get to Know Yourself Under Stress

Your body speaks volumes when you push too hard. Take time to recognize these signals and recharge your emotional battery. Look for warning signs when stress is looming.

# 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.

⇒ Caregivers are to follow the Michigan Mental Health Code 330.1722 Protection of recipient from abuse or neglect. 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 results 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 placed or could have placed a recipient at risk of physical harm or sexual abuse.

⇒ Caregivers are to follow MCCMH MCO Policy 9-550. It is the policy of the MCCMH Board to ensure that the effective operation of the Recipient Rights system shall not be undermined by the action on the part of any individual which could discourage others from reporting, participation in, or cooperating with Recipient Rights investigations. Harassment and retaliation are defined as:

Harassment is unwelcome verbal or physical conduct that: Denigrates or shows hostility or aversion toward an individual; Threatens an individual; Attempts to intimidate, coerce, or inappropriately influence an individual who is involved in, or who may be involved in, recipient rights activities; Has the purpose or effect of unreasonably interfering with an individual's work performance; or creates an intimidating, hostile, or offensive environment or situation. Retaliation is unjustified negative action or actions taken against an individual in return for the individual's involvement in, recipient rights activities.

⇒ Caregivers will treat all the Recipient's family members with Dignity and Respect. Caregivers must treat the Recipient and their family members with esteem, honor, politeness, and in a manner, that is not condescending or demeaning.

⇒ Caregivers are to always treat Recipients with Dignity and Respect this includes any/ all family members. They are to always communicate in a respectful way. Communication can be verbal or written and non-threatening to all members of the Recipient's family.

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.



11:45am-1:15pm

- Aug 2 OVACiiR Jazz solo
- Aug 3 Blue Mykals Jazz solo
- Aug 6 Kevin Collins Drum Set African Drum Group
- Aug 7 Terence Grundy & Friends Contemporary Gospel
- Aug 8 Slice Jazz
- Aug 9 Musica Royale Celtic Harp
- Aug 10 Eddie Blues Barney & Bluehouse Blues
- Aug 13 Stephanie Monear & Company Jazz Singer
- Aug 14 JB III & Friends Jazz
- Aug 15 Raphael Banks Set Jazz
- Aug 16 Contemporary Music Ensemble Jazz
- Aug 17 4 Miles to the Groove Jazz

## LOCATION

Willson Park, University of Michigan, Flint Campus  
549 Wallenberg Street, Flint, MI 48502

A colorful poster for a carnival event. At the top, it says 'RECREATIONAL AUTHORITY of Roseville & Eastpointe' in a stylized font. Below that, 'CARNIVAL 5th Annual Sizzlin' Summer Night' is written in large, bold letters. The poster features illustrations of a popcorn bucket, a cotton candy cart, and a sign that says 'FUN FAIR'. It also includes the Motor City Co-op Credit Union logo and the text 'Presented by Motor City CO-OP CREDIT UNION Serving the needs of our members & communities alike.' The event date and time are 'August 2, 2018 6:00 p.m. - 10:00 p.m.' and the location is 'Kennedy Park in Eastpointe'.

**RECREATIONAL AUTHORITY**  
of Roseville & Eastpointe

**CARNIVAL**  
5th Annual  
**Sizzlin'**  
**Summer Night**

Presented by  
**Motor City**  
CO-OP CREDIT UNION  
Serving the needs of our members  
& communities alike.

**August 2, 2018**  
6:00 p.m. - 10:00 p.m.

**Kennedy Park in  
Eastpointe**

**FUN FAIR**

popcorn

**COTTON CANDY**

## Summer Sounds Concert Series at The Mall at Patridge Creek



Shows every Sunday, Monday, Thursday, Friday and Saturday through 9/3/18. The concerts are free and located in the center court. The website lists the times and genre of music playing each day.



### Outdoor Adventure Center National Friendship Day

**Date:** August 05, 2018

**Time:** 02:00 PM - 04:00 PM

**Location:** 1801 Atwater Street, Detroit, MI 48207

We all have a group of people that we would consider our friends. But as the slogan goes, "make new friends, but keep the old"... so come out to the OAC today to make new friends ... of the animal kind. We will introduce you to some taxidermy animals that you can find in your backyard and how to be better "friends" with them.

Included with the price of Outdoor Adventure Center admission.



### Armada Fair

[armadafair.org](http://armadafair.org)

August 13th to the 19th, 2018  
Carnival  
Livestock sale/show  
Motorsports  
Kids Zone  
Vendors

#### Main Events:

Aug 13th – Midland

August 14 US AUTO BUMP & RUN

Aug 15th Heidebreicht Chevrolet Demolition Derby

Aug 16th Dick Huvaere's Figure 8 Race

Aug 17th Keihin Manufacturer Rodeo

Aug 18th Renewal By Andersen Tractor & Truck Pull

Aug 19th Tractor & Truck Pull

### Chesterfield Arts & Music Festival

The Chesterfield Arts & Music Festival is once again bringing in vendors from various forms of the arts and crafts world to showcase their talents right here in Chesterfield Township at Brandenburg Park. The festival will be held August 25th and 26th. In the past three years we've showcased over 100 highly talented artists!



### Fraser Water Fun!

August 25<sup>th</sup>, 2018

12pm at Steffens Park

Bring your super soaker and some water balloons and come out to Steffens Park to join in the fun! We will have water games scheduled and water balloon stations for filling. Don't forget your towel!

## LOOK WHO'S TALKING

### JULY CAREGIVER OF THE MONTH

#### YALANDO DORSEY

**ECare: What is on your bucket list?**

**Yalando: Going back to school to become a Registered Nurse.**

**ECare: How long have you been a Caregiver?**

**Yalando: Since 2003**

**ECare: What makes you a successful Caregiver?**

**Yalando: My heart; I have a huge heart.**

**ECare: What do you like most about being a Caregiver?**

**Yalando: Helping others.**

**ECare: Tell me your best piece of advice for other Caregivers.**

**Yalando: To be very patient and caring.**

In the time since Yalando has started with ExpertCare she has constantly gone above and beyond in her role as a Caregiver.

Recently one of her consumer's guardian shared how amazing she is at engaging the consumer and providing great attention to detail when it comes to his needs. She has exemplified kindness to everyone in our office as well.

ExpertCare truly appreciates everything she does and is very proud to have her represent ExpertCare and provide services to the people we serve. 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



*“How you make others feel about themselves says a lot about you.”*

— Unknown