

FEBRUARY

THE EXPERTCARE CHRONICLE

We want to thank everyone that completed our 2016 satisfaction survey, we are reviewing all of the feedback we received. We value your input, thank you for taking the time to share it with us!

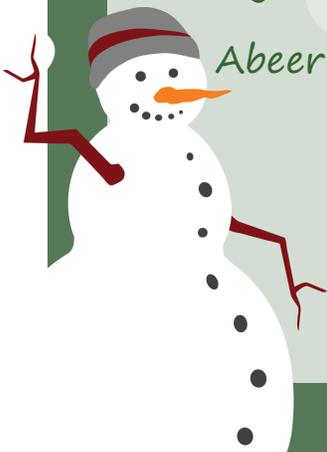


Congrats to our lucky January winner
Abeer Hijazeen



One lucky Caregiver will win a Fitbit Flex this month. We will draw a random winner at the end of the month and publish in March.

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Living Hope 2017 Training

Check out this great training opportunity that will encourage, educate and empower persons receiving public mental health services and their family members. This training is also open to core provider staff, direct care workers and anyone who supports persons with disabilities. Bring along someone you support- it will be a great time to learn together.

DARE TO DREAM: THE BEST OF PERSON 2 Continuing Education Credits CENTERED PLANNING

Presented by Sherri Rushman

Thursday February 9, 2017 10:15am-12:15pm
Clubhouse Inspiration 1350 S Lapeer Road, Oxford, MI 48371

Person Centered Planning can be a great adventure and a proven practical tool to stretch your thinking about new goals you can reach for and achieve to improve the quality of your life!

Through idea sharing and interesting exercises you will:

- Get some fresh ideas.
- Learn how to take the lead in your planning.
- Understand it's more than just paperwork.

A dream becomes a goal when action is taken toward achieving it...

HOW TO REGISTER

Visit our website at www.occmha.org then select Training/ Online Test then click calendar, select the date of the training, then enter all of your contact information or you can call Beth Jacobs at 248-858-1795 for further assistance.



This program is sponsored by Oakland County Community Mental Health Authority.

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.



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 un-

forgettable prom night experience, centered on God's love, for people with special needs, ages 16 and up, that will take place at more than 300 churches around the country simultaneously on February 10, 2017. Event time is 6:00PM – 9:15PM. Doors open at 5:30PM

Date February 10, 2017

Time 5:30pm - 9:00pm

Hosted By Troy Special Needs

Location

Woodside Bible Church Troy Campus

6600 Rochester Rd.

Troy, MI

Contact nighttoshine@woodsidebible.org



During this exhibit, January 21 - May 21, 2017, Sloan Museum will be open Monday-Saturday, 10 am-5 pm, and Sunday, Noon-5 pm.

Tickets to see *Titanic: The Artifact Exhibition* are: \$14 adults, \$12 seniors (60+), \$11 youth age 2-11, \$10 ASTC, \$5 members, free children 1 and under. Veterans/Military Families/Teachers: \$7 adults, \$6 senior (60+), \$6 youth (age 2-11).

Advance purchase is recommended. To reserve them call 810-237-3450. Sloan Museum is located at 1221 E. Kearsley Street, Flint, MI 48503.

Oakland County RICC

Meetings are held the 2nd Friday of Every Month
10am-12pm

Upcoming Tentative Speakers:

Jan. 13th- Willie Brooks, Executive Director of OCCMHA

Feb. 10th- On My Own Representative

*March 7th- Legislative Day in Lansing

Meetings are held at:

New Gateways, Inc.
Training Room
5195 Pontiac Lake Rd.
Waterford, MI 48327

Contact Lynn Maginity with questions or to confirm meeting dates/times at 248-419-2051 or email lmaginity@newgateways.org

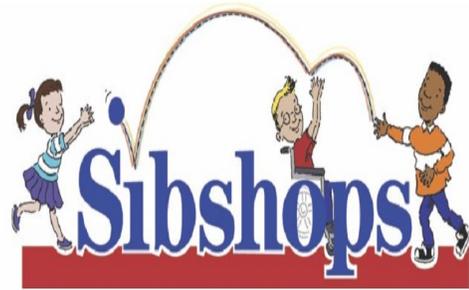
Follow us on Facebook! <https://www.facebook.com/OCRICC>

As a person with a disability (or someone who is close to a person with a disability) have you or someone you know experienced challenges in transportation, housing, employment, social opportunities, financial situations, or equal treatment? If you have, come to our next OCRICC Meeting to problem solve and find support.

Valentine's Social at Novi Parks and Recreation

Feb 9 - 6:30 pm - 8:30 pm
\$10/person, \$5/caregiver

Adults with developmental disabilities, and their caretakers, enjoy a pizza dinner, music and dancing, all in celebration of Valentine's Day. Register by Feb. 1.



Training and Treatment Innovations, Inc. is excited to announce Sibshops, a recreation based support group just for brothers and sisters of children with special needs! Sibshops is not therapy but it can be therapeutic for some children.

Sibshops acknowledges that being a brother or sister of a person with special needs is both rewarding and challenging. Sibshops strive to offer opportunities for sharing and connecting with peers who "get it". The Sibshops model is a blend of information and discussion, mixed with entertaining, exciting, and unique recreational activities, snacks and lots of fun!

Scholarships are available for siblings on a first come first serve basis!

Who? Brothers and Sisters of a person with special needs age 5-7 and 8-13

When? 3rd Friday's 5:30-7:30pm

Dates: October 21,
November 18,
December 16,
January 20,
February 17,
March 17,
April 21,
May 19,
June 16

****Come to one or come to all****

Where? Training and Treatment Innovations, Inc.
13213 E. 14 Mile, Sterling Heights, MI 48312

Registration? Call April Ceno at 586-939-4374 to register \$6 per sibling (discounts given for multiple siblings)





Adapted Art & Music Program



LightUp, a new non-profit 501(c)(3) organization, is proud to be partnering with the Hands on Museum to host an adapted music and art class for elementary school age children with disabilities. A local Ann Arbor Public School art teacher with a niche for adapted art will work with volunteers from the University of Michigan Marching Band to make this experience truly authentic!

Who: Elementary school aged children with disabilities.
Where: Hands On Museum, Ann Arbor, MI.
When: Thursdays, 02.02.17 – 03.30.17, from 4:45 – 5:45 pm.
To Register Online:
<https://www.eventbrite.com/e/masterpieces-tickets-31155978370>



Dr. Leah Ketcheson – Executive Director
Phone: 734-678-1698
Email: leah.ketcheson@lightupnow.org

Scholarships:
Available to anyone in
need.



Adapted Sports Program – Jump up to Play

Who: Preschool and elementary aged children with disabilities

What: A program that teaches the fundamental motor skills necessary for future participation in physical activity. Strong emphasis is placed on individualized skill instruction and group game opportunities.

Where: Haisley Elementary, Ann Arbor, MI.

When: Every Tuesday, 02.07.17 – 03.28.17 (except Spring break) from 4:30 – 5:30 pm.

How: Register through Ann Arbor Rec and Ed, https://apm.activecommunities.com/aareced/Activity_Search/jump-up-to-play-haisley/43640



Scholarships Available



Executive Director – Dr. Leah Ketcheson
Phone: 734-678-1698
Email: leahketcheson@lightupnow.org
Web: www.lightupnow.org

Creative Cooking

A class designed to help Special Recreation participants, 16 years old -Adults learn basic meal preparation skills. Participants must be able to follow basic directions or bring an assistant. This session we will "Travel" across the U.S. making dishes inspired by different states.

Location: Sterling Heights Recreation Center

Day: Tuesdays

Time: Choose 5:30-7:00 p.m. or 7:00-8:30 p.m.

Fee: \$8.00 Sterling Heights Resident
\$12.00 Non-Resident



Ref#	Food	Time	Date
5001.070	Texas Tex-Mex	5:30-7 pm	1/10
5001.071	Texas Tex-Mex	7-8:30 pm	1/10
5001.072	Idaho Potato	5:30-7 pm	1/24
5001.073	Idaho Potato	7-8:30 pm	1/24
5001.074	California Taco	5:30-7 pm	2/7
5001.075	California Taco	7-8:30 pm	2/7
5001.076	Iowa Corn	5:30-7 pm	2/21
5001.077	Iowa Corn	7-8:30 pm	2/21
5001.078	NC Pork	5:30-7 pm	3/7
5001.079	NC Pork	7-8:30 pm	3/7
5001.080	Vermont Breakfast	5:30-7 pm	3/21
5001.081	Vermont Breakfast	7-8:30 pm	3/21
5001.082	Kentucky Chicken	5:30-7 pm	4/4
5001.083	Kentucky Chicken	7-8:30 pm	4/4
5001.084	Virginia Ham	5:30-7 pm	4/18
5001.085	Virginia Ham	7-8:30 pm	4/18
5001.086	"All wrapped" up	5:30-7 pm	5/2
5001.087	"All wrapped" up	7-8:30 pm	5/2



MICHIGAN LAW ENFORCEMENT
POLAR PLUNGE.
FOR SPECIAL OLYMPICS MICHIGAN

EXPERTCARE IS TAKING THE POLAR PLUNGE!



What is the Polar Plunge?

You've never jumped into frigid water in Michigan in the middle of winter? Well, we can help change that!

Each year, the Law Enforcement Torch Run® Polar Plunge series challenges thousands of brave jumpers at numerous locations around the state. It's a great way for everyone - individuals, organizations and businesses - to get involved in supporting Special Olympics Michigan. All funds raised go towards year-round sports training and athletic competition for more than 23,000 children and adults with intellectual disabilities in Michigan.

Think you have what it takes? The concept is simple: participants raise a minimum of \$75 and take a dip at any one of the 25 Polar Plunge locations in Michigan. But the Plunges are so much more than that: They're the kind of fun and thrilling events that you really have to experience to understand. Grab some friends, get pumped and register today!

Join ExpertCare for the Oakland County Polar Plunge on Feb. 25, 2017 at Rochester Mills Brewing Company! Registration will take place from 9-10 am with the Plunge taking place at 10:30 am.

To get involved please visit www.firstgiving.com/polarplunge. To join ExpertCare's team search "ExpertCare", click on the team and then click "Join Team". Please contact Marisa Dinkel at our office (248) 643-8900 if you have any questions.



CENTER FOR AUTISM
OUTREACH SERVICES

OUCARES Evening Enrichment

Autism, Athletics, & Activities:

Empower Your Child to Learn Social Skills Through Engagement

Presented by Ron Sandison, adult with ASD & author of "A Parent's Guide to Autism"



Thursday, February 23, 2017

6:00-7:30pm

**Gold Room C, Oakland Center
Oakland University**

During this presentation, Ron will discuss how athletics & activities can be used as tools to assist an individual on the spectrum to increase their social skills and confidence. Topics will include:

- How parents can help a child discover new interests, sports, and hobbies
- How social skill learning can be facilitated through athletics and special interests
- Strategies to help children break free from video games and isolation
- Creating lifelong social opportunities utilizing athletics and activities
- How to locate resources available for athletics and social events in your area

This event is designed for parents and caregivers of children with autism, as well as professionals who work with people impacted by autism and anyone interested in learning about the topic.

No Cost to Attend

Please RSVP by emailing oucares@oakland.edu or call 248-370-2424.

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 KELLEY HOLMES



ECare: Tell our Caregivers a little bit about you.

Kelley: I was born and raised in Michigan. I went to Central Michigan University and studied Hospitality Management, but somehow found my way into payroll/accounting. I have a 5 month old nephew that I absolutely love to spoil. Unfortunately he lives in Pennsylvania, so I don't get to see him as much as I would like. I enjoy reading, traveling, and I have recently picked up photography.

ECare: What is on your bucket list?

Kelley: I want to travel and see as much of the world as I can. Italy is at the top of my list.

ECare: What is your position at ExpertCare?

Kelley: Payroll and Billing Specialist

ECare: What are your job responsibilities?

Kelley: My main responsibilities are processing timesheets/payroll for caregivers and submitting the hours caregivers work to the county for billing.

ECare: How long have you been working at ExpertCare?

Kelley: Almost 3 years.

ECare: Why do you like working for ExpertCare?

Kelley: It's a wonderful feeling working for a company that truly wants you to succeed and grow. Everyone is willing to help out. We have such a great teamwork environment.

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

Kelley: The most challenging part of my position is time. With the limited timeframe I have to complete and submit payroll, it is often challenging to get everything done.

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

Kelley: Take your time and triple check all of your documentation before you submit it. It could save you from getting a phone call from me!

Caregiver Enrichment Series

We are excited to inform you of our next caregiver enrichment series. We will be discussing helpful resources for working with your consumer on Tuesday March 14th at 10:00am. The course will be approximately one hour in length and will be held in the ExpertCare training room. Finding activities, events and resources for individuals with Special Needs can be challenging. We will provide different resources and strategies for Macomb, Oakland, Wayne and Genesee County. Bagels will be provided.



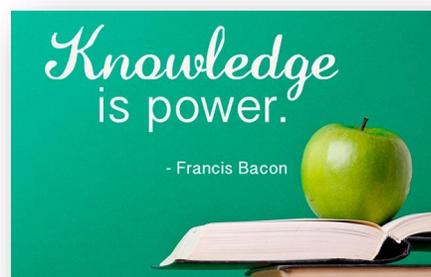
Please register by visiting www.expertcare.com

Under the training schedule please filter by "caregiver enrichment series"

This event was created for you and is voluntary.

Thank you,

Brooke Peiffer and Dan Jacey



Valentine Mason Jar Ideas



Jar of Hearts
Valentine's Gift



ExpertCare Cascading Culture

ExpertCare is excited over the next year to take an opportunity to highlight our core values and purpose. Our goal is to make all caregivers know they are valued employees of ExpertCare and to ensure all the families and individuals we serve are receiving the best quality of care.

Our core purpose at ExpertCare, "Helping People Succeed", is the foundation of all that we do. Three simple words with a big meaning. If you can say that today you helped someone succeed you are living this core purpose. We want each individual to be treated with respect and dignity every day.

We Believe:

- ◆ In the value and worth of all people; and that all people, with or without disabilities have the same inherent value and fundamental human rights.
- ◆ Community services should be individualized, flexible, and responsive to the changing needs and desires of persons served and their families.
- ◆ Community services should be designed to assist all persons, with or without disabilities, to live, work, socialize, and participate in leisure activities in typical neighborhood and community environments.
- ◆ Community services should actively promote the development of relationships and social networks between persons served and members of the community, including family, friends co-workers and neighbors.

We hope all that work with ExpertCare have a feeling of achievement and pride in helping others by providing exceptional service. We also hope that those we serve, along with their families, have a deep sense of accomplishment when goals are met and quality care is provided.

In March we will focus on our first core value, "Doing the Right Thing". We will explain what this core value means to all. In April, we will ask you to nominate caregivers that exemplify this value. We will honor the person that best delivered on this core value in our June newsletter.

LOOK WHO'S TALKING
JANUARY CAREGIVER OF THE MONTH
BRANDI GOLOMBEK



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

BRANDI: I moved here in 2013 from Missouri, we lived in the country and had 3 horses, 3 dogs, a cat and chickens. I was born in Rochester, MI and moved to Las Vegas, NV when I was 6 months old and then moved to Missouri when I was 12.

I have been doing caregiving for the last 11 years. I have a 10 year old daughter and a 8 year old son. My kids always come first and they are my whole world!

ECARE: Three words to best describe you:

BRANDI: Kind, Compassionate, and Devoted

ECARE: What is on your bucket list?

BRANDI: I would like to take my kids to Disney world one day and also visit New Orleans!

ECARE: You're happiest when?

BRANDI: I am happiest when my kids are happy and not fighting! Also, when I see someone achieve a goal they have been trying to achieve.

ECARE: What's your favorite childhood memory?

BRANDI: Traveling every summer with my grandparents, who also raised me, we would go to a different state every summer until I was about 13.

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

BRANDI: Hmmm that's a hard one! If that question was asked 10 years ago it would be Mariah Carey, but I'm happy with being just me!

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

BRANDI: My Family!! oh and Food!

ECARE: What made you decide to become a Caregiver?

BRANDI: That's all I knew how to do, from a young age my family always said I tried to take care of everything and everyone. Seeing people in need and knowing that I can help them.

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

BRANDI: Not to forget that you are appreciated! You may have a difficult case but remember if this job was easy then everyone would be doing it! So keep doing what you're doing because at the end of the day you are making a difference!

**THE CAREGIVER
OF THE MONTH
FOR JANUARY
WAS BRANDI
GOLOMBEK**

Congratulations and thank you for all your hard work and dedication!

Brandi has worked for **Expert-Care** for 2 years and in that time she has shown what a compassionate caregiver she is. She has been faced with several difficult situations and has always approached issues with an open mind. She is extremely dedicated to the services she provides and is always willing to go above and beyond. Brandi 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 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

