

JANUARY

## THE EXPERTCARE CHRONICLE



*We are so excited to get 2017 started!*

*The one change we have made to our newsletter is that we will be drawing a winner(s) each month for the prize we announce in the newsletter; every Caregiver will be entered into the drawing. The second change is that we are now including our Consumer families on our newsletter distribution list.*

*One lucky Caregiver will win a movie and dinner gift card package this month.*



*We will draw the winner at the end of the month, stay tuned in February to learn January's winner and the prize for next month!*



**W-2's will be mailed by  
January 29, 2017**

*A new year is the best time to make fresh new beginnings*

## Rochester Fire and Ice Festival

Friday, January 20, 5:00 - 9:00 pm

Saturday, January 21, 10:00 am - 9:00 pm

Sunday, January 22, 10:00 am - 5:00 pm

Events include fireworks, TasteFest, tube sledding, snow shoeing and cross country skiing, dog sled rides, ice skating, broom ball exhibition, ice sculptures and more!

[www.downtownrochestermi.com/fire-ice-festival](http://www.downtownrochestermi.com/fire-ice-festival)

## Plymouth Ice Festival



Friday, January 6th - 5:00pm to 10:00pm

Saturday, January 7th - 10:00am to 10:00pm

Sunday, January 8th - 10:00am to 6:00pm

<http://plymouthicefestival.com/>

## Warren City Square- Cold Rush

Saturday, January 14<sup>th</sup> 11:00 am - 6:00 pm

FREE Ice Skating, 11 a.m.-10 p.m.

(Skate Rental - \$3; wristbands by the hour)

Ice Carving Show, 11:30 a.m.-5 p.m.

FREE Learn-to-Ice-Skate Clinic, 12:30-2 p.m. •

Putt-putt golf, Noon-5 p.m. •

Petting Zoo, Noon-5 p.m.

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 unforgettable 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

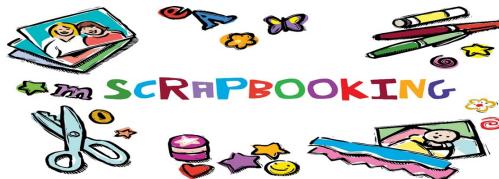
Location

Woodside Bible Church Troy Campus

6600 Rochester Rd.

Troy, MI

Contact [nighttoshine@woodsidebible.org](mailto:nighttoshine@woodsidebible.org)



Did you take a million Christmas pictures??

Join us at our first Scrapbooking Saturday!

Why do all the work alone? Come work with other scrapbooking enthusiasts and share some ideas, conversation and maybe even some supplies!

Saturday January, 21<sup>st</sup> 2017

9:00am to 3:00pm

At

Full Circle Training & Development

68560 Stoecker Ln.

Richmond, MI 48062

Call now to reserve your spot @ 586-330-5051

Cost is \$10.00 per person

Coffee and tea provided...you are welcome to bring snacks!



During the Winter months remember to check your local YMCA for indoor events and activities.

Each YMCA facility is unique; however, every one of our facilities is equipped with workout equipment, fitness classes, and programs that help you strengthen your mind, body and spirit.

#### YMCA Facility Branches:

Birmingham Family YMCA  
400 E. Lincoln Street, Birmingham  
P 248 644 9036 F 248 644 8378

Boll Family YMCA  
1401 Broadway, Detroit  
P 313 309 9622 F 313 309 3397

Carls Family YMCA  
300 Family Drive, Milford  
P 248 685 3020 F 313 308 0851

Downriver Family YMCA  
16777 Northline Road, Southgate  
P 734 282 9622 F 734 282 4935

Farmington Family YMCA  
28100 Farmington Rd, Farmington Hills  
P 248 553 4020 F 248 553 5990

Lakeshore Family YMCA  
23401 East Jefferson, St. Clair Shores  
P 586 778 5811 F 586 778 3230

Livonia Family YMCA  
14255 Stark Road, Livonia  
P 734 261 2161 F 734 261 0888

Macomb Family YMCA  
10 North River Road, Mount Clemens  
P 586 468 1411 F 586 468 5194

North Oakland Family YMCA  
3378 E. Walton Boulevard, Auburn Hills  
P 248 370 9622 F 248 370 0411

South Oakland Family YMCA  
1016 W. 11 Mile Road, Royal Oak  
P 248 547 0030 F 248 547 1372



**Jewish Family Service**

## EASY COOKING. DELICIOUS EATING.

### FREE COOKING & NUTRITION CLASSES

Sign up for Cooking Matters and you'll learn:

- Healthy cooking on a budget
- Smart shopping ideas
- Culinary secrets
- Plus, you'll receive a cookbook & groceries COMPLETELY FREE!

**WHEN** Wednesdays, 6pm-8pm  
January 11-February 15, 2017

**WHERE** Jewish Family Service  
6555 W. Maple Road | West Bloomfield, MI 48322

**SIGN-UP** For more information or to register, please contact Megan Pudlik at [mpudlik@jfsdetroit.org](mailto:mpudlik@jfsdetroit.org) or 248.592.2269



THE  
D. DAN & BETTY KAHN  
FOUNDATION



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

## Managing Your Chronic Health Condition Workshop

arthritis | diabetes | heart disease | asthma | fibromyalgia | hypertension

### Take Action On:

- Breathing difficulties
- Fatigue
- Pain
- Sleeping problems
- Loss of energy
- Anxiety and depression

### Six Week Workshop:

Tuesdays  
9:30 am to 12:00 pm  
January 10 - February 14, 2017  
\$5.00 one-time fee



**Family and Caregivers Welcome!**

### Workshop Location:



16645 15 Mile Rd., Clinton Twp., 48035

A Michigan Partners on the PATH Workshop



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

For registration, call 586-268-4160, or email [info@dnom.org](mailto:info@dnom.org)

## **SENSEational Story Time at the Bloomfield Township Public Library**

**January 14, 2017 - 2:30 pm| Free**

This sensory story time is geared to differently-abled children ages 3-10 years who have a hard time in large groups, are on the autism spectrum or have developmental delays and/or sensitivity to sensory overload. Visuals, rhythmic preschool -level stories and sensory activities will be included in this interactive story time. Siblings are welcome. Register in advance.

Bloomfield Township Public Library  
1099 Lone Pine Road  
Bloomfield Township, MI United States

### **Pomeroy Counseling**

#### **Support Groups**

##### **Women with Asperger's support group:**

Please join us as we discuss what it means to be a woman with AS, current research, employment concerns and many other timely topics! This is free of charge and meets at Autism-ASK, 4345 Meigs Ave. in Waterford, 48329. We will meet on the 1st Saturday of the month from **11:00 until 12:30**

##### **Men with Asperger's support group**

This new group is for men with HFA/AS. We will discuss what the diagnosis means to each individual, ways to communicate effectively, current research and other topics of mutual interest. This group is free of charge. We will meet on the 3<sup>rd</sup> Saturday of the month from **11:00-12:30**

##### **Parents' and caregivers' support group:**

Parents and caregivers who have a child or children with Autism Spectrum Disorder are invited to attend this support group. We will discuss the various types of interventions, IEPs and METs, diagnosis, behavioral concerns, how to help siblings and others understand the child with ASD and many other topics. This group is free of charge and meets at Autism-ASK, 4345 Meigs Ave. in Waterford, 48329. We will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month from **10-11:30**.

Call for more information or to register for one of these groups.

Bonny Pomeroy – 248-881-5236

[bonnypomeroy@gmail.com](mailto:bonnypomeroy@gmail.com)

## **The Arc of Macomb's Saturday Series**



### **A Monthly Informational Presentation**

Each month The Arc hosts a presentation for its members, as well as the community at large. Topics involve subject-matter related to services available for individuals with intellectual and developmental disabilities. Presentations for the 2016/2017 year include:

October 8, 2016 - Community Employment

November 12, 2016 - Transportation: SMART Presentation

December 10, 2016 - Social Security

January 14, 2017 - Special Needs Trust / Estate Planning

February 11, 2017 - Resume Workshop

March 11, 2017 - Assessing Community Mental Health /Early On

April 15, 2017 - Behavioral Health

May 13, 2017 - Managing Your Personal Finances

**Presentations take place:**

**10:00 am-12:00 pm**

**The Arc of Macomb County**  
**44050 Gratiot Ave. Clinton Township, MI 48036**

**FREE for all Arc Members!!**

**\$5.00 per Non-Member, payable at the door**  
**Presentations will be cancelled for less than 5 participants.**

**Light refreshments will be provided.**

**Please RSVP to: [info@arcservices.org](mailto:info@arcservices.org) by Wednesday, prior to the event**



## 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](http://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.

## 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. We hope you enjoy this new section!

### MEET STARLA HARVEY



**ECare: Tell our Caregivers a little bit about you.**

Starla: I am originally from Arkansas. I moved to Michigan in 1989 and have been married for 24 years. I have two children, my son is 16 and my daughter is 23. My daughter just finished up her service in the Navy and got married in May. I am very proud of both of my children. My son is planning on following in her foot steps and going into the Navy after school. They are the greatest.

Brooke (my partner in crime/trainer) got me interested in running. I just finished my first half marathon this year. I have been having so much fun that I am going to sign up again next year. We have been completing other runs but my proudest day so far was when I finished the international marathon.

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

Starla: I would love to go to New York and see the memorial to 911, see the Statue of Liberty, visit Niagara Falls and all of the wonderful things that New York has to offer. I also would love to go to the Grand Canyon.

**ECare: What is your position at ExpertCare?**

Starla: I am one of the trainers at Expert Care. I started working for this wonderful company 5 years ago. I actually started working as a caregiver and had 7 wonderful people that I worked with. I have been in the training department for 4 years come this February.

**ECare: What are your job responsibilities?**

Starla: I ensure that every caregiver is compliant in their trainings. This involved calls, emails, updating all trainings in the computer and training the classes. I love teaching classes and getting to know everyone. I am also on the volunteer committee and help out with volunteer events done through ExpertCare.

**ECare: How long have you been working at ExpertCare?**

Starla: 5 years all together. 1 year as a caregiver and 4 years in the trainings dept.

**ECare: Why do you like working for ExpertCare?**

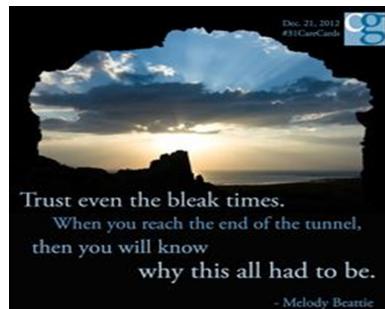
Starla: I love this company and what it stands for. This company has made me a better person at work and my personal life. This is the best job that I have ever had and I feel like I am always growing as a person. Everyone is such a positive influence and truly believes in doing what is right.

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

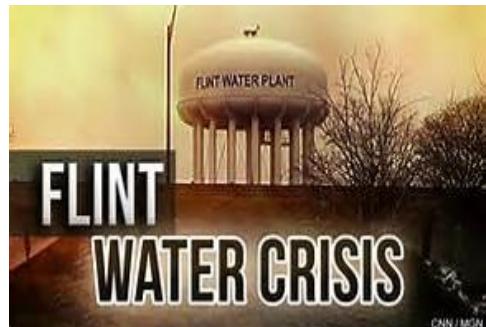
Starla: Keeping up to date with the trainings requirements from each county. There have been a lot of changes lately. Keeps me and Brooke on our toes.

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

Starla: This is one of my favorite quotes and I always try to keep this in mind when things seem dark.



## U-M researchers create helpful tool for Flint residents during ongoing water crisis



(WXYZ) - University of Michigan researchers have developed a new app aimed at helping Flint residents during the ongoing water crisis in the city.

The tool is called MyWater-Flint and it was created by a U of M team compiled from researchers on the Ann Arbor and Flint campuses. The university announced its availability in a news release on Thursday.

MyWater-Flint is available as an Android app and on the internet at [Mywater-flint.com](http://Mywater-flint.com).

The interactive guide has a number of different features.

First, it can help people pinpoint homes with a greater risk for lead - and also show where lead has been found in city water.

In terms of infrastructure, there's also a way to see where pipes have been replaced and where service lines are currently getting worked on.

Researchers say the app is full of helpful information. There's a map of water distribution centers and there's even a section explaining how to go about testing your water.

"We've developed an essential resource," said Jake Abernethy, assistant professor of computer science and engineering at UM-Ann Arbor, in a statement. "It's an independent platform that gives people information they need and want to know as they navigate this complex situation. There's no playbook for it."

<http://www.wxyz.com/news/u-m-team-creates-helpful-tool-for-flint-residents-during-ongoing-water-crisis>

# LOOK WHO'S TALKING

## DECEMBER CAREGIVER OF THE MONTH

### Nicole Beccaccio



THE CAREGIVER OF THE MONTH FOR DECEMBER WAS NICOLE BECCACCIO

Nicole has been an outstanding Caregiver since starting with ExpertCare this year. Nicole has developed such a great rapport with the individuals that she serves. The family she works with reached out to share what an amazing Caregiver Nicole truly is. The family expressed how she is always willing to help in any way possible and go the extra mile providing support. The family is in awe of how she has helped her Consumer gain confidence and stated that through all of the years they have had Caregivers, no one compares to Nicole. She exhibits such patience and encouragement while working with her Consumer and makes a wonderful and positive impact. Nicole is a shining example of what a perfect Caregiver is. Great job on your continued success!

Thank you for demonstrating *ExpertCare's* core values of:  
Helping People Succeed  
Passion for Success  
Can Do Attitude

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

Nicole: I am the youngest of 22 grandchildren and the first to attend college!

ECare: Three words to best describe you:

Nicole: Caring, loving, shy

ECare: What is on your bucket list?

Nicole: Going to Italy

ECare: You're happiest when?

Nicole: I'm with my dogs :)

ECare: What's your favorite childhood memory?

Nicole: Going to my first Wings game!

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

Nicole: Selena Gomez

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

Nicole: My family

ECare: What made you decide to become a Caregiver?

Nicole: I love helping people!

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

Nicole: Don't ever give up because you are making a huge positive impact on someone else's life.

ECare: What is your proudest moment as a Caregiver?

Nicole: When my consumer overcame a huge obstacle and when I was nominated for caregiver of the month :)

"Forgiveness is not an occasional act: it is an attitude."

— Martin Luther King Jr.