

EXPERTCARE CHRONICLE

November 2018



NOVEMBER GIVEAWAY

Expertcare will draw two caregivers at random who will each receive a \$50 gift card (Meijer, Kroger, or Walmart) to help with the cost of their Thanksgiving meal.

Stay tuned next month to see who the winners were.



ExpertCare had a great time at our annual Trick-or Treat Event!



Thank you to everyone that came out; we hope you enjoyed your treats!!



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Holiday Assistance 2018



SOUTHERN MACOMB COUNTY– Call 2-1-1 for a complete listing

Apply Early! Many agencies only take registrations in October/November or until they are full.

Salvation Army (Warren)– (586) 754-7400 Warren, Roseville, Centerline, St. Clair Shores and Eastpointe residents only. In person applications accepted
M-F Nov.12-16th 10am-4pm,
M,T,W Nov 19-Nov 21st 10am-4pm
Nov 26 & 27th 10am-4pm and 5:30pm-7:30pm

Volunteers of America– Adopt a Family/Senior Program
Apply online now through November 2nd.
No phone calls.
<https://aaf.voami.org> Click on “Need Assistance”

Toys for Tots– www.toysfortots.org Select “REQUEST A TOY” click on “MICHIGAN”, then select “LOCATION”.
Complete online registration under your county’s campaign by November 15th.

Fraser Goodfellows– (586) 294-0450 Fraser residents only.
Register at the Fraser Public Library,
16330 14 Mile Rd, Fraser 48026
Nov 8th (2p-5p), Nov.14th (3:30p-5:30p) and
Nov.19th (3p-4:30p).
<https://www.frasergoodfellows.com/>

St. Clair Shores Good fellows– St. Clair Shores residents only. Call (586)980-0400 after Thanksgiving to register for an appointment. Now through early December.
<http://scsgoodfellows.webs.com/registration-info>

Eastpointe Goodfellows– Applications being accepted from **Eastpointe Schools only** after November 1st.

CENTRAL MACOMB COUNTY– Call 2-1-1 for a complete listing

Apply Early! Many agencies only take registrations in October/November or until they are full.

Salvation Army (Mt. Clemens)– (586) 469-6712
Apply in person Nov.5, 6, 7 & 8th and Dec.3, 4, 5, & 6th from 9am-11am and 1pm-3pm. Service Area: Mt. Clemens, Harrison Twp., Clinton Twp., Shelby Twp., Macomb, New Baltimore, Chesterfield, Lenox, Ray, Romeo, New Haven, Richmond, Washington, Armada, Fraser, Sterling Hgts, Utica.

Sterling Heights Community Relations Department
(586) 446-2476 Sterling Heights residents only. Walk-in registration on Tuesdays and Thursdays from 9am-11am until October 23rd. City Hall-Lower level.

Clinton Township Goodfellows– (586) 764-7618 Clinton Twp. residents only. Registration dates and additional information online at <http://www.clintontownshipgoodfellows.com> /new/Christmas-assistance

Volunteers of America– Adopt a Family/Senior Program.
Apply online now through November 2nd.
<https://aaf.voami.org> Click on “Need Assistance”
No phone calls accepted

Good Shepherd Coalition– <http://www.gscmacomb.org>
(586)307-8888 Service area: Clinton Twp,48035-48036 only, Macomb Twp. Mt. Clemens, St. Clair Shores, Sterling Heights Shelby Twp., Utica. Register in person at Family Resource Center, 196 N. Rose, Mt Clemens, MI 48043
October 1, 3, 10, 15, and 22 only from 11am-1pm.

Mt. Clemens Goodfellows– Mt. Clemens residents only.
Register in person at the Family Life Center 168 Cass Ave., Mt. Clemens.
November 7th & 8th from 9 am-4pm.

Chesterfield Goodfellows– (586) 746-4554
Chesterfield residents only. Phone line for registration instruction is active now until November 14th.

Toys for Tots– www.toysfortots.org Select “REQUEST A TOY”, click on “MICHIGAN”, then select “LOCATION”.
Complete online registration under your County’s campaign by November 15th.

NORTHERN MACOMB COUNTY– Call 2-1-1 for a complete listing

Apply Early! Many agencies only take registrations in October/November or until they are full.

Salvation Army (Mt. Clemens)– (586) 469-6712
Apply in person Nov.5, 6, 7 & 8th and Dec.3, 4, 5, & 6th from 9am-11am and 1pm-3pm. Service Area: Mt. Clemens, Harrison Twp., Clinton Twp., Shelby Twp., Macomb, New Baltimore, Chesterfield, Lenox, Ray, Romeo, New Haven, Richmond, Washington, Armada, Fraser, Sterling Hgts, Utica.

Samaritan House (586) 336-9956 Must be a registered client of Samaritan House. Service area: Shelby Twp. north of 23 Mile, Macomb Twp. north of 23 Mile, Romeo, Bruce Township, Ray Township, Armada and Washington Twp.

www.samaritanhousemichigan.org

Volunteers of America– Adopt a Family/Senior Program.
Apply online now through November 2nd
<https://aaf.voami.org> Click on “Need Assistance”
No phone calls accepted.

Good Shepherd Coalition– (586)307-8888
<http://www.gscmacomb.org>
Service area: Clinton Twp,48035, 48036 only, Macomb Twp. Mt. Clemens, St. Clair Shores, Sterling Heights Shelby Twp., Utica. Register in person at Family Resource Center 196 N. Rose, Mt Clemens, MI 48043. October 1, 3, 10, 15, and 22 from 11am-1pm.

St. Maximillian/St. Francis– In person registration Thursdays only from 4:00 pm-6:00 pm on Oct. 25th, Nov 1st, 8th and 15th. Register at the church located at 62811 New Haven Rd. Verifications required.
Service area: Northern Macomb County.

Toys for Tots– www.toysfortots.org
Select “REQUEST A TOY”, click on “MICHIGAN”, then select “LOCATION”. Complete online registration under your county’s campaign by November 15th.

Dinosaurs Unearthed at Courtland Center

Dinosaurs so big—they don't fit in Sloan Museum!

Roaring, moving, life-size dinosaurs are thundering into Sloan Museum at Courtland Center. State-of-the-art and scientifically accurate, down to the feathers on T. rex, Dinosaurs Unearthed features over 15 animatronic dinosaurs, as well as giant skeletons, fossil casts of skulls, claws, and horns, real specimens of Mosasaur and Spinosaurus teeth, an Oviraptor egg, and even coprolite (dinosaur poop). Special exhibit pricing to Sloan Museum at Courtland Center includes access to Dinosaurs Unearthed, as well as an exhibition of over 30 historic vehicles, and Wisner's Whizbang Emporium, an interactive gallery where families can play together. For more information, call 810-237-3450.



Dinosaurs Unearthed Traveling Exhibit Tickets

Genesee County Residents: \$3 per person
Members: Free
Non-Residents: \$10 adults, \$9 seniors 60+, \$7 youth ages 2-11
Children 1 and younger: Free
Other Discounts: \$3 per person for ASTC, Veterans, Military Families, and Teachers

Thanks to the passing of the Arts & Culture Millage, Genesee County residents will receive the discounted rate of \$3 to Sloan Museum's traveling exhibit Dinosaurs Unearthed at Courtland Center Mall, through January 6, 2019. Please present your driver's license or ID with your address on it to receive your discount.

Location

4190 E. Court St. Burton, MI 48509

Sloan Museum is located inside Courtland Center, accessible through the Court St. mall entrance, right next to El Cozumel Mexican Grill.

Hours

Monday-Saturday: 10 a.m.-5 p.m.

Sunday: 12-5 p.m.

Last admittance at 4:30 p.m.

Purchasing Tickets

Genesee County residents and members may call 810-237-3450 to purchase tickets in advance. Tickets are also available at the door.

IT'S FLU SEASON!

What is flu?

Flu is a respiratory illness caused by influenza viruses.

Who can get flu?

People in all age groups can get the flu. Those at high risk for developing complications include children under the age of 2, pregnant women, adults over the age of 65, and those who have a chronic disease such as cancer, heart disease, HIV, diabetes and/or asthma.

How is flu spread?

The flu virus is spread from person to person by airborne droplets produced through sneezing, coughing, and speaking. The virus can live on surfaces for up to 8 hours at room temperature. Sometimes people become infected by touching objects with the flu virus on it, then touching their mouth or nose. You cannot become infected by receiving the flu vaccine.

What are the symptoms of flu?

Symptoms usually start suddenly with fever, headache, body aches, fatigue, cough, runny nose, chills and sore throat.

How long after exposure do symptoms first begin?

Symptoms usually appear 1 to 3 days after exposure.

How long is a person contagious?

Infected people may be contagious 1 day prior to becoming ill and up to 5 to 7 days after becoming ill.

Is flu dangerous?

Flu can be life threatening. Most people have a fever for 3-4 days and other symptoms that last longer. However, some people may develop more serious complications including pneumonia.

Is there a treatment for flu?

Prescription drugs called antiviral agents can be used to treat the flu. Children and teens with flu should not be given aspirin or aspirin products because of the risk of developing Reye's Syndrome. Talk to your child's doctor about what over-the-counter medications are recommended for use. If you are sick, stay home, rest and drink lots of fluids.

How can flu be prevented?

- * Get the flu shot every year.
- * Avoid contact with sick people whenever possible.
- * Avoid touching your eyes, nose or mouth. Germs spread this way.
- * Cough or sneeze into your sleeve or a tissue. Throw the tissue in the trash after you use it.
- * Wash your hands with soap and water after coughing, sneezing or touching common surfaces like door knobs, keyboards and telephones. You can also use an alcohol-based hand cleaner.
- * Can you still get the flu even if you get a flu shot? A flu shot can protect you against the flu, but it is not 100% protective against all strains. However, your symptoms will likely be less severe if you receive the vaccine.

HAND WASHING INSTRUCTIONS:

Use soap and running water

Rub your hands vigorously for 20 seconds

Wash all surfaces, including:

backs of hands

wrists

between fingers

under fingernails

Rinse well

Dry hands with a paper towel

Turn off the water using a paper towel instead of bare hands

Visit <https://www.oakgov.com/health/information/Pages/Influenza.aspx> for more information.



MORC

Presents

Practical Advice from Top Culture of Gentleness Experts

Four professionals who have long been involved in creating Cultures of Gentleness for people who challenge the system will discuss their thoughts on these and other topics. Questions they will answer include:

1. How do you motivate staff to buy into the concept of a Culture of Gentleness (CoG)?
2. What resources do you recommend for training staff in a CoG?
3. What role do administrators play in the creation of a CoG?
4. Can you describe one of your biggest successes in working with a person who challenged you? What are a couple of the key reasons for the success?
5. What role can a supports coordinator play in the creation of a CoG?
6. Do you visual schedules for those you support? How did you get your staff to buy into using them?
7. What advice would you give to people listening in on working with a person who presents significant challenges?
8. What advice would you give to someone who feels they are the only one at their agency who wants to create a CoG? of mental health and self-determination in Michigan.

The last half hour or so will be dedicated to answering the questions of those attending the webinar.

WHEN: Wednesday November 14th, 2018

Time: 1:30pm – 3:00pm

WHERE: FROM YOUR COMPUTER OR DEVICE.

TO REGISTER CLICK HERE:

[HTTPS://ATTENDEE.GOTOWEBINAR.COM/REGISTER/4325794697430505217](https://attendee.gotowebinar.com/register/4325794697430505217)

BIOGRAPHY OF PRESENTERS

Diane Lindsay Nelles, MA, has worked for over 35 years as a psychologist specializing in supporting people with developmental disabilities and mental illness. She had a long career with MORC, Inc., where she was the Psychology Supervisor, then Clinical Supervisor. She is now a Trainer with the Center for Positive Living Supports. She has made countless presentations across the state and nationally, many of them related to a Culture of Gentleness.

Kym Juntti, BA, is the Director of Training at MORC, Inc. as well as the Director of the Center for Positive Living Supports. She started her career as a direct care professional at a workshop for people with developmental disabilities. She is recognized as a national leader in a Culture of Gentleness.

Andy Sonntag has been working with Life Centers since 1989, helping people with mental illness reintegrate into their communities. He currently serves as Life Centers' Program Coordinator for Wayne County. He is certified as a Gentle Teaching Trainer and a Master Level CPI trainer.

Aimee Davis, BS, is the Program Director for Friends and Family, a direct service provider for people with developmental disabilities, many of who have co-occurring mental illness. She has worked at Friends and Family for more than 18 years and provides leadership in a Culture of Gentleness among her peers and her agency.

*An Hour
to
Empower*

Training is 1 hour

Attend via your device

***Deaf Interpreter also available upon request**

1 Social Work CE's

Approved Provider Number:

MICEC 012218

**Get Inspired & Invite
Others!**



WWW.MORCINC.ORG

For questions call 248-276-8031 or
Email: ed.kiefer@morcinc.org

*2 week notice required for Deaf Interpreter request.

Email request to training@morcinc.org

HAZEL PARK DISTRICT LIBRARY



(AGES 12 & UNDER)

Tuesdays: 6:00-7:30 pm

Sept 25: STEM (Make a spin top, Circuits, Legos)

Oct 9: Fall

Oct 23: Halloween

Nov 13: Thanksgiving

Nov 27: Make holiday presents for your loved ones

Dec 11: Christmas Around the World

Join us for an evening of FREE

family fun! There will be crafts, games, and other activities as well as a pizza and pop dinner. Please Register in advance, so we know how much food to order.

Call 248-546-4095 to reserve a spot!



123 E. Nine Mile Rd.
Hazel Park, MI 48030
248-546-4095
<http://hazel-park.lib.mi.us/>



OAKLAND
UNIVERSITY.

CENTER FOR AUTISM
OUTREACH SERVICES

OUCARES Parent Support Program

Everyday ABA for Parents of Adolescents & Teens

For parents and caregivers of individuals with ASD ages 9-18 years

Presented by Dr. Jessica Korneder, PhD, BCBA-D
Assistant Professor at Oakland University & Director of the Oakland University ABA Clinic



Saturday, November 10, 2018

9:00am-3:00pm

Pawley Hall Room 158

Oakland University Campus

Cost: \$25 per person

Registration Now Open at oakland.edu/oucaresstore (Click on "Programs")

Learn how you can develop your adolescent's skills and reduce challenging behaviors using the principles of ABA. Topics will include:

- Understand the basic principles of Applied Behavioral Analysis (ABA)
- Learn how to implement ABA techniques at home
- Develop techniques & interventions to improve your family member's skills
- Identify methods to reduce your individual's challenging behaviors

For more information email oucares@oakland.edu or call 248-370-2424.

Register at www.oakland.edu/oucaresstore



Caregiver Milestone Anniversaries

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

5 Years

Crystal Thomas-Collins

Victoria Imseis

10 Years

Desiree Mullen

Carol Seeback

Janice Shannon



15 Years

Leslie Cota

Ghayda Hermiz

Aryah Shayota

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



Special Needs Events – Friday Frolic Dance
Friday, November 9, 2018 from 7p-9p
Troy Community Center
3179 Livernois Rd, Troy, MI 48083
Dancing with DJ and refreshments.
\$7. For more info, visit rec.troymi.gov



Special Needs Events – Movie & Pizza Night

Friday, November 16, 2018 from 6:30p-9p

RARA

500 E Second Street, Rochester, Michigan 48307

Enjoy a movie & pizza with friends.

\$11. Advanced registration required.

This event is designed for special needs individuals ages 14 and up.

To register, visit www.rararecreation.org.

Michigan Science Center Free Admission
11/6/18 and 11/11/18

Join us for free general admission on Nov. 6 and Nov. 11! General admission includes 250+ hands-on exhibits, live stage shows, lab activities and more. Space is limited and pre-registration is required visit <https://www.mi-sci.org/misci-events> to reserve your space.

SUPER SPECIAL!

Drop-In Thanksgiving Crafts for Kids

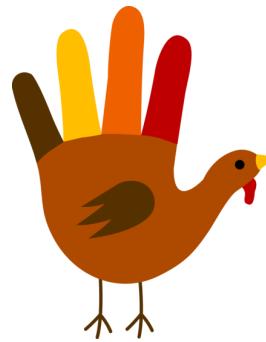
Northville District Library

Saturday, November 10, 2018 > 2:00 pm—3:00 pm

Wednesday, November 14, 2018 > 4:30 pm – 5:30 pm

Kids of all ages get creative making a fun Beaded Indian Corn magnet for Thanksgiving. No registration required, just drop in! Due to space limitations library activities cannot accommodate special groups.

<https://northvillelibrary.org>



Recipient Rights Corner

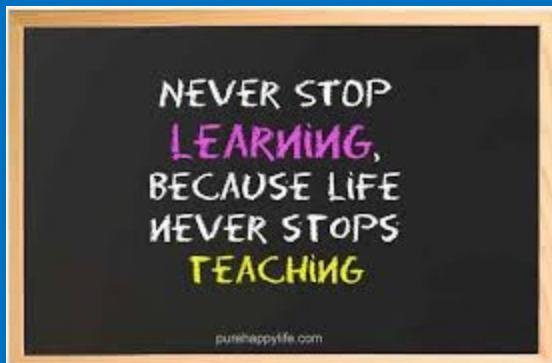
ExpertCare would like to first thank you for providing the highest quality care to your Recipient. ExpertCare wants to ensure the safety of our Recipients and continue to give you the tools to provide safe, quality care and wellbeing. Below are incidents that resulted in Recipient Rights violations. 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.

- ⇒ ExpertCare's Employee Handbook states that Caregivers are not to be sleeping during work hours. This can place the recipients at risk of physical harm.

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.



Family Fun Night

Tue, November 27, 6:00pm – 7:30pm
Hazel Park Memorial Library
123 E 9 Mile Rd, Hazel Park, MI 48030



Have some fun FREE family time at the library with crafts, games, activities, and a pizza dinner. Pizza is donated by Nicks Pizza Ferndale. Ages 12 & under and their caregivers.

Milford Annual Christmas Parade

November 24, 10:00am
Downtown Milford

A home-town favorite with all the ingredients: local dance studios offer up their festive holiday choreography, local school bands march down Main Street, and Santa closes the parade.

Wild Lights at the Detroit Zoo



November 17 – December 31
Prices will vary subject to date and time

Wild Lights nights:

November 17-18, 23-25, 30
December 1-2, 7-9, 14-16, 20-23, 26-31

Wild Lights times:

5:30 to 9 p.m. select weeknights and Sundays
5:30 to 10 p.m. Fridays and Saturdays

The Detroit Zoo will light up the night again this holiday season with Wild Lights, a spectacular light display. For 24 nights, more than five million LED lights will illuminate trees, buildings and 265 sculptures – more than 220 of which are animals – throughout the front half of the Zoo. Experience the magic of the Detroit Zoo in winter as you take in the lights and the sights and enjoy holiday entertainment and special activities for guests of all ages. Children younger than 2 are admitted free.

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 Sam Brideau



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

Sam: I grew up in Oakland Township and I still live at home with mom and dad. I graduated from Lake Orion High School in 2011 and from Oakland University in 2015 with a Bachelor of Arts. Last year my younger brother married one of my best friends since middle school and in the past few months have moved into their first home in Marlette. Prior to coming to ExpertCare I worked as a Customer CARE Advocate on the written correspondence team at Volkswagen Group of America.

ECare: What is on your bucket list?

Sam: One of the items on my bucket list is to visit every Disney park. So far I have been to Walt Disney World in Florida and Disneyland Tokyo in Japan. The newest one in Shanghai looks really exciting to me with their Tron themed roller-coaster. I also would just like to travel more in general. There are a lot of places in Europe that I would like to visit such as the British Isles, Italy, and Germany. Alaska is also on the destination list for their wildlife and snow.

ECare: What is your position at ExpertCare?

Sam: I am an Administrative Assistant at ExpertCare.

ECare: What are your job responsibilities?

Sam: My responsibilities include answering the phone, greeting individuals as they enter the front door, processing paperwork, and several other miscellaneous tasks.

ECare: How long have you been working at ExpertCare?

Sam: I have been here for just under one month.

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

Sam: If I didn't have to sleep I would probably spend more time knitting and reading.

ECare: What do you wish you knew more about?

Sam: I wish I knew more about the mechanics of cars. My brother can make most repairs to vehicles and I think it would be helpful to know how to at least perform an oil change and some of the other basic maintenance items like tire rotations on my own vehicle so I wasn't so dependent on others when those concerns arise.

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

Sam: Some things that can help me have a great day are petting dogs, hanging out with my friends, binging a good show, family dinner, funny YouTube videos, and a chance to work on the many projects I always have going on.

ECare: What do you like most about ExpertCare?

Sam: What I like most about ExpertCare is the friendly people that I get to work with every day.



Free Thanksgiving Holiday Dinner

From the Wednesday Community Supper at Grace Church

Where: Grace Episcopal Church at 115 S. Main Street
in Mt. Clemens

When: Wednesday November 14th

Time: doors open at 5:00 pm to 6:30pm

Absolutely everyone is welcome! Families, seniors, homeless, sheltered, and anyone wanting company and an awesome "home cooked" holiday dinner with ALL the fixin's!

Call Kirsten Blackburn at 810-278-0029 or 586-465-4573 if you have any questions. This is a free supper and no voucher is required.

**Congratulations to Caregiver
of the Month for October
Veronica Saine!**

Veronica has worked with ExpertCare for 2 years and in this time, she has shown what a truly dedicated caregiver represents. Veronica is always putting the needs of her consumer's first and wanting to ensure they are taken care of and are content.

The guardian of the consumer she works with contacted ExpertCare to share her appreciation of Veronica. The guardian stated that Veronica is amazing in many ways. According to the guardian, Veronica saved the consumer's life when she had to perform CPR for a medical crisis. She remained calm and professional and did everything with ease under pressure. The family shared "if not for Veronica providing her quick response they may of lost their daughter." ExpertCare is very thankful for her actions and for Veronica to be part our team. She demonstrates patience and encouragement with each consumer she works with; always looking to make a positive impact.

Veronica is a true angel among us because she effortlessly gives of herself, her time and her talent to help the needs of others.

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