DECEMBER

EXPERTCARE CHRONICLE

DECEMBER GIVEAWAY

This month ExpertCare will randomly draw two lucky Caregivers who will each win an Echo Dot!

We will announce the winners in next month's newsletter.

Congratulations to Phyllis Armstead & Keith Sadowski for winning the $50 gift cards in November!

MICHIGAN LAW ENFORCEMENT
POLAR PLUNGE
2018
FOR SPECIAL OLYMPICS MICHIGAN

Saturday, February 23, 2019

Rochester Mills Brewing

Join us for the Oakland County Polar Plunge on Feb. 23, 2019 at Rochester Mills Brewing Company! Registration will take place from 8-9 am with the Plunge taking place at 9:30 am. The After Splash Bash will immediately follow the last plunger.

Visit https://www.firstgiving.com/team/382972 to join Team ExpertCare!

Not interested in jumping? Feel free to come and cheer along those who are.

Woodside Bible Church Troy
Live Nativity

November 29th-December 2nd
and
December 6th-9th

If you are looking for a great family friends (and free!) event - Live Nativity is all of that. Already more than 16,000 have signed up to attend.

This is outdoors (including the petting zoo) and is about a 20-25 minute walk. Some of the spots are not smooth, but overall, pretty accessible. Visit https://woodsidebible.org/nativity/ for more information.

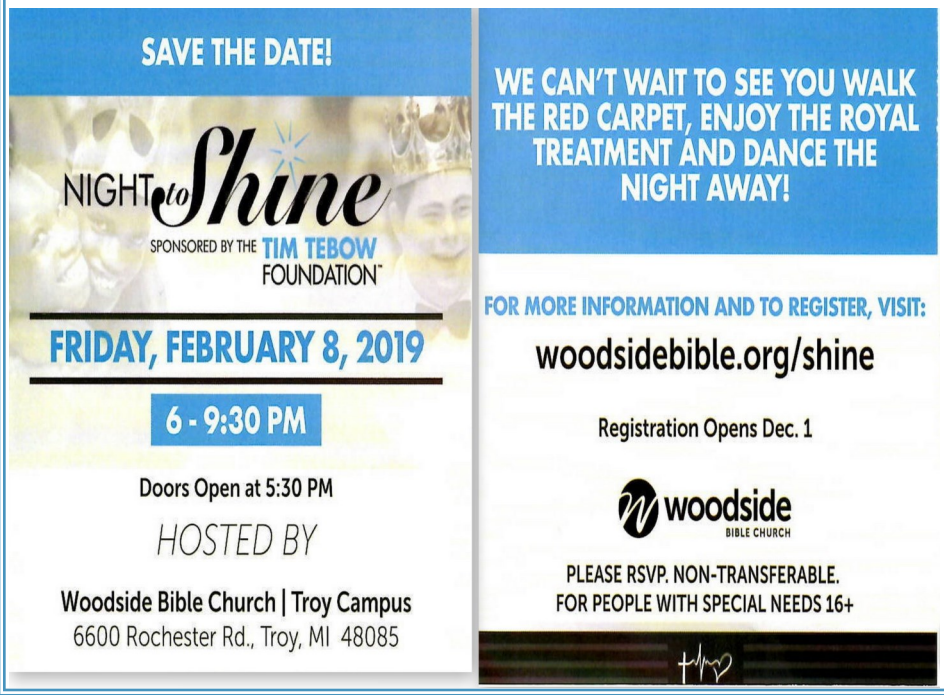
Dance Party – Christmas Party
Friday, Dec 14, 2018
6:00 pm – 8:00 pm
Washington Municipal Building
57900 Van Dyke Ave
Washington, MI 48094

This is a themed dance party for individuals with special needs. We are inviting you to come out and enjoy some music with DJ, dance and socialize. Caregiver needs to stay during event. Registration is not required. Fee is paid at dance. No fee for caregiver. Snack included. Pizza/pop available to purchase ($1 pop/ $1 pizza slice).

$4.00 pp/no charge for caregiver
Contact Name: Stacey Peake
Contact Phone: 586-752-6543

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 15 and up.

This event will take place at more than 500 churches around the country simultaneously on February 8, 2019! Event time is 6:00PM – 9:15PM. Doors open at 5:30PM. Look forward to celebrating with you!



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.

ALHAMBRA BRAGA CARAVAN #114 INVITES YOU!

Christmas Party

"Breakfast with Santa"

Saturday, December 15, 2018

9:30 a.m. - 12:00 p.m.

Mirage Hall 16980 18 Mile Road

(Just East of Garfield Road in Clinton Township)

Invitation to MORC Consumers living in Macomb - Oakland Counties!

Festivities include: Breakfast, Pictures with Santa and Gifts!

Reservations are limited!

Please RSVP by December 7, 2018

to: Lindsay.calcatera@morcinc.org

or call (586) 263-8701

As the Michigan government works to finalize their Fiscal Year budget for 2019, it is imperative that your voice be heard regarding the services provided to your loved one. With minimum wage increasing in 2019, there needs to be additional funding to support a $0.75/hour wage increase for Direct Care Workers.

Our Legislatures need to be contacted and informed of the crucial care that Direct Care Workers provide, enabling people with disabilities to live productive lives. Direct Care Workers receive wages which are inadequate and often below the starting wages offered by fast-food restaurants and large retail stores. However, the work performed by Direct Care Workers is at a higher level and their wages should be at a higher level.

People with developmental disabilities and mental illness rely on Direct Care Workers for essential supports which enable them to access their community, work, and live full, meaningful lives. Direct Care wages are tied to Medicaid funding and are too low. We are in a staffing crisis with finding Direct Care Workers for the most vulnerable population and need to offer competitive wages that are above minimum wage.

Please contact your State Representative in the next week so your voice can be heard and make an impact.

http://house.michigan.gov/mhrpublic/frmFindaRep.aspx

http://www.senate.michigan.gov/fysbyaddress.html

Berkley Hometown Holidays
Saturday, December 1, 2018
Downtown Berkley

Holiday lights, parade, and tree lighting at 5:30pm; Santa Claus visits following parade, petting zoo, and pony rides

---

Birmingham Carriage Rides
Saturday and Sunday
11/24 through 12/24
10:30am-2pm

Shain Park, corner of Henrietta and Merril street

Free; first come, first served

Birmingham Santa House
Saturdays and Sundays
10am-2:30pm
Shain Park

BLUE WATER ANCHOR

Mindfulness Workshop

With Blue Water Anchor
&
The Arc of Macomb County

The Arc of Macomb County

Take a moment for yourself to mentally prepare for the busy holiday season!

Learn:

- Mindfulness strategies to relax & recharge
- Techniques to help reduce not only holiday stress, but chronic stress
- Methods to help reduce your child's anxiety

User-friendly manual available for purchase, to guide you in continuing your practice.

Additionally, a multitude of sensory and other items available for purchase include:

Stress balls
Crazy Aaron's Thinking Putty
Fidgets
Journals

Gift Card Raffle!

Light Refreshments

Tuesday, December 4th
6:30 pm to 8:30 pm
Macomb Intermediate School District (MISD)
Room 103 B
44001 Garfield Road
Clinton Township, MI

Register for this event: https://arcservices.org/event/mindfulness-workshop/

Email us: bluewateranchor@gmail.com or
Call us: 586-405-4755 with additional questions
bluewateranchor.weebly.com

All donations and proceeds allow us to continue to provide programs and services to the community.

Saturday, December 8th
9am and 11 am
1st United Church
1116 W. Hill Rd., Flint, MI 48507

Join us for breakfast with Santa! Santa will be stopping by. Your child will have the opportunity to write a letter to Santa and sit with him to tell him what they want for Christmas. We will also provide a FREE photo of your child with Santa. You will also have a free breakfast and tasty goodies. One of Santa's elves will even have a story time with all the kids. Start you Christmas season with us. You will want to make this a part of your Christmas tradition. Trust us, your kids will love it and so will you.

There will be 2 sessions, 9:00am & 11am. Get here early because seating is limited. All seating is first come, first served.

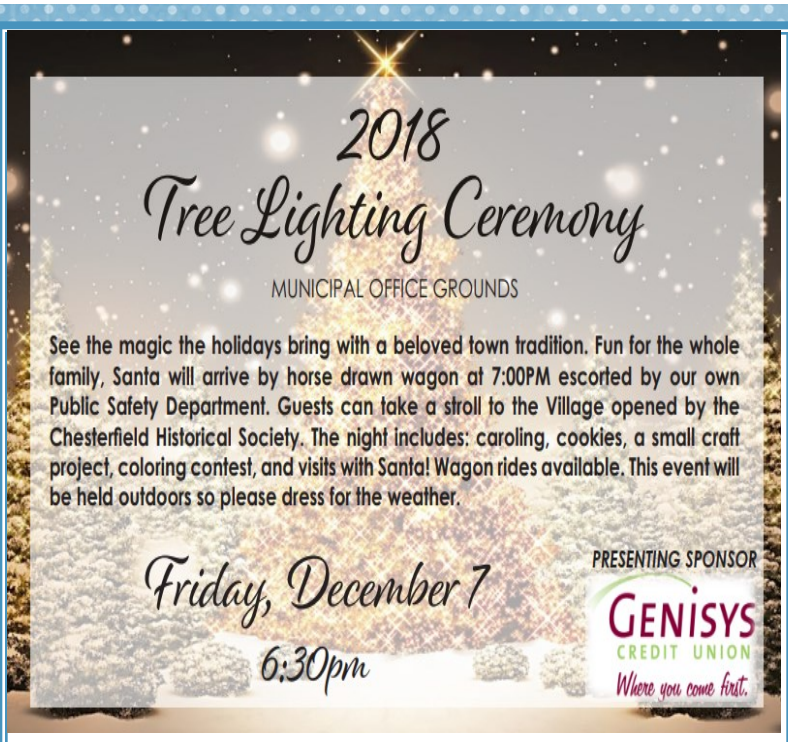
Detroit-Noel Night
Saturday, December 1st
11a-5pm at cultural center &
5p-10p midtown district

Free event: horse-drawn carriage rides, holiday shopping, family craft activities, and entertainment.

Ferndale Holiday Ice Festival
Saturday, December 8th
10am-4pm
Downtown Ferndale
Ice sculptures and Santa visits

Flint Cosmic Christmas Light Show
Thursday– Saturday @7pm
Sunday @3pm
through December 31st
Longway Planetarium

Purchase tickets at longway.org or 810-237-3400
Adults $6; Seniors $4; Children 2-11 $4; children under 2 free



Crafts with Santa
Hazel Park Library
Saturday, December 8th, 1-3 pm

***Visit with Santa**
***Presents for all children**
***Cookie decorating, crafts, music, snacks, candy canes**

Crafts begin at 1pm and Santa arrives from the North Pole promptly at 2pm.

Holiday Walk 2018
www.flintcultural.org
Longway Planetarium
Tuesday, December 4th, 5:15-8:00 pm
Tree lighting at 5:15 pm in Durant Plaza

Visit Santa Claus and enjoy caroling, festive live music, planetarium shows, arts and crafts, fun holiday activities, refreshments, and more!

This is a FREE community event; however, we ask those who can to bring personal care items, clothing, and non-perishable food that will be donated to the Food Bank of Eastern Michigan.

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.

All Recipients shall receive services suited to his/her condition.

⇒ This can include but not limited to, treatment in the correct environment and the right setting for services. Caregivers may not perform their own personal shopping, chores/laundry, or work at a another job while providing services to a Recipient.

⇒ Services may only be provided in the Recipient's home or community. Caregivers may not bring anyone to work with them or take the recipient to their home, this is a direct violation of the Recipient's right to confidentiality.

⇒ Caregivers are to always protect confidential information. Caregivers shall never share any confidential information with others such as; name, age, address etc.

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.

Caregiver Milestone Anniversaries

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

5 Years

Yaser Hassan
Sonia Yousif
Shonte Houston
Carllisle Whitfield
Bashar Yousif

15 Years

David Cross

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

MOBILE PANTRY
STARTS @ 1 PM
CALL TO REGISTER
586-945-7090
27151 GRATIOT AVE.
ROSEVILLE, MI 48066

MACOMB FEEDING the NEED

DATES

NOVEMBER 19, 2018
DECEMBER 17, 2018
JANUARY 21, 2019
FEBRUARY 18, 2019
MARCH 18, 2019