

# EXPERTCARE CHRONICLE

MARCH 2019

## MARCH GIVEAWAY

We know that no one likes filling up their gas tank, so we would like to help out!



We will draw two Caregivers at random this month, each winner will receive a \$50 gas gift card to help at the pump.



**CONGRATULATIONS TO GABRIELLE JACKSON!**  
*Gabrielle was the February winner of a Roku and Netflix gift card.*

## ExpertCare Polar Plunge Team



On Saturday, February 23<sup>rd</sup> ExpertCare partook in Oakland County's Polar Plunge. Polar Plunge is an event that supports Special Olympics where participants jump into a cold pool or lake during the winter months. Team ExpertCare raised \$1,196 for Special Olympics of Michigan.

SAVE THE DATE.... the Track and Field Event for Special Olympics will be held in May, more details to follow in next month's publication.

## DATES TO REMEMBER

March 10<sup>th</sup>



save the date

**BENEFITS**

Open Enrollment

February 25<sup>th</sup> – March 31<sup>st</sup>

Don't miss out on making important changes to your benefits for the 2019 plan year! Open Enrollment is held once per year and allows you to enroll or make changes to your benefit plans without a qualifying event.

Benefits in a Card (BIC) will be accepting enrollments through March 31<sup>st</sup>, 2019. Benefits through BIC are available to all working employees.

Please visit their website at [www.mybiac.com/expertcare](http://www.mybiac.com/expertcare) to view the benefit brochure for additional details. You may enroll online through the website above or via phone by contacting BIC Customer Service at 800-497-4856.

Open Enrollment for our major medical plan is now in process as well for an effective date of April 1, 2019. All eligible employees will receive an email notifying them they are eligible for the plan along with plan details. To be eligible for the major medical plan, employees must have averaged 30 hours or more per week in the previous 12-month period ending on 01/31/2019. If you did not receive information regarding your eligibility for the major medical plan and believe that you should have, please contact Lindsay Kohler at [lkohler@serpeo.com](mailto:lkohler@serpeo.com) or 248-643-8900.

As a reminder, if you do not enroll by March 31, 2019, it will be deemed you are waiving coverage and your next opportunity to enroll will be at next year's Open Enrollment unless there is a qualifying event.



**Adaptive Rec: Friday DANCE PARTIES**

Sponsored by: Knights of Columbus,  
Debra Lux-Roland & Romeo Wendy's

Themed dance parties for young adults & adults with special needs. DJ music, dance and socialize. Caregiver must stay. No registration needed, pay at door. No fee for caregiver. Snack included. Pizza/pop for purchase. (\$1 pop; \$1 pizza slice)

Fri, Feb 15 Be My Valentine!

Fri, Mar 15 St. Paddy's Day

Fri, May 17 Welcome Spring!

(4300) \$4 at Door; No charge for caregiver 6:00 - 8:00 pm

Washington Municipal Bldg, 57900 Van Dyke, N of 26 Mile Rd.



JOANNE AND TED LINDSAY FOUNDATION  
AUTISM OUTREACH SERVICES  
OAKLAND UNIVERSITY

**OUCARES**

**After Hours Adult Social**

(Lower Level of Oakland Center, Oakland University)

Tuesday Evenings 6:00pm-9:00pm

**February 26, 2019 Lake Superior Room (RESCHEDULED)**

**March 19, 2019 Lake Michigan Room**

This is a support group for adults 18+ years with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS.

Come join us for pizza, conversation, cards, games and fun!

No registration required! Come when you are able! No Cost for this program!

For additional OUCARES program information go to [www.oakland.edu/oucares](http://www.oakland.edu/oucares)



# 15th Annual Walk-A-Mile In My Shoes

Thursday, May 9, 2019



State Capitol Building, Lansing

Group Photos: 12:30 – 1:30 p.m.

Presentations: 1:30 – 2:45 p.m.

## We Walk Because...

- May is Mental Health Awareness Month
- Michigan does not have parity between mental health and physical health care coverage
- Legislators need to know *Mental Health Matters*.

## Our Goal...

- Enhance public awareness
- End mental illness, developmental disabilities, substance recovery stigma
- Promote mental health and wellness
- Make a difference!

Bus info on back!

Visit [www.oaklandchn.org](http://www.oaklandchn.org) for more information.



# Ride On The Walk-A-Mile In My Shoes Rally BUS!!

State Capitol Building, Lansing

Thursday ~ May 9, 2019

## What You Need to Know

- There are two locations where you can get on the bus:
  - North Oakland:** MORC—Auburn Hills Office  
1270 Doris Rd, Auburn Hills, MI
  - South Oakland:** Oakland Community Health Network (OCHN)  
5505 Corporate Drive, Troy, MI
- The bus ride is FREE. Space is limited
- The bus is able to accommodate a limited number of wheelchairs. Please indicate if you use a wheelchair when you call
- You **MUST RSVP** to save a spot for yourself on the bus and indicate which location you will get on the bus
- There is no smoking on the bus
- Bring your own lunch, beverages & snacks
- The buses will leave promptly at the scheduled times
- Tell your provider agency you want to attend
- All 83 counties have a designated flag carrier
- Make signs and bring them to the rally
- OCHN will provide t-shirts to represent Oakland County

## BUS SCHEDULE

9:15 a.m.	Leaving North Pickup location
10:00 a.m.	Leaving South Pickup location
12:00 p.m.	Arrive in Lansing
3:00 p.m.	Bus Leaves Lansing
4:30 p.m.	Bus arrives at South drop off
5:00 p.m.	Bus arrives at North drop off

## Reserve Your Bus Seat!

Contact Debbie Wisser  
(248) 858-0929  
Or  
[wisserd@oaklandchn.org](mailto:wisserd@oaklandchn.org)

Rally Bus Sponsored By:



Developmental Disabilities • Mental Health • Substance Recovery

For more information visit [www.oaklandchn.org](http://www.oaklandchn.org).

Walk 5,280 Feet With Us!

One Mile to.....

Hope

Equality

Understanding

## Oakland County Pride!

We will take a Oakland County group photo on the Capitol steps! Please be on the left side of the Capitol steps at 12:30 for the group photo.



## Caregiver Milestone Anniversaries

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

### 10 Years

CLAUDIA CRUZ  
PAMELA SANT

### 5 Years

ZAKARIA ALRUBAY  
DEVIN DAVIS  
KASEY KRUIZENGA  
LAURA MORGAN  
ANDREA STRICKLAND  
RAKESHA WILLIAMS  
OCTAYVIA WILLIAMS



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

# The LEGEND of Maple Syrup

Tuesday,  
March 5th  
@6pm

- Family-friendly Presentation
- See how maple syrup is made
- Learn how to identify a maple tree
- You'll even get to try some maple syrup!

To Register Call:  
586-293-2055



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.

## 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 will treat all Recipients and the Recipient's family members with Dignity and Respect. Caregivers must treat the Recipient and his/her family members with esteem, honor, politeness, and in a manner, that is not condescending or demeaning.
- ⇒ Caregivers must conduct themselves in a professional manner and model appropriate behavior. Caregivers can not be involved in any altercations with others in the Recipient's home or in the community. Caregivers can not use vulgar language in the Recipient's home or while in the community.
- ⇒ While providing services, all Caregivers must ensure they are following the Michigan Mental Health code 330.1708 Suitable Services. 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. For example, Caregivers may not bring Recipients to their place or residence or have individuals with them while working with the Recipient. Caregivers cannot have family members, visitors, friends or pets at a Recipient's home. Caregivers are the only one allowed on the premises.
- ⇒ While providing services, all Caregivers must follow the Michigan Mental Health Code 330.1724 Fingerprints, photographs, audiotape, or use of 1-way glass. A recipient of mental health services shall not be fingerprinted, photographed, audiotaped, or viewed through a 1-way glass except in the circumstances and under the conditions set forth in this section. As used in this section, photographs include still pictures, motion pictures, and videotapes.
- Fingerprints, photographs, or audiotapes may be taken and used and 1-way glass may be used in order to provide services, including research, to a recipient or in order to determine the name of the recipient only when prior written consent is obtained from 1 of the following:
  - I. The recipient if 18 years of age or over and competent to consent.
  - II. The guardian of the recipient if the guardian is legally empowered to execute such a consent.
  - III. The parent with legal and physical custody of the recipient if the recipient is less than 18 years of age.
- Photographs or audiotapes may be taken and 1-way glass may be used for educational or training purposes only when expressed written consent is obtained from 1 of the following:
  - I. The recipient if 18 years of age or over and competent to consent.
  - II. The guardian of the recipient if the guardian is legally empowered to execute such a consent.
  - III. The parent with legal and physical custody of the recipient if the recipient is less than 18 years of age.

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.

## Oakland County Parks

### Adaptive Needs Dance



Wednesday, March 6, 2019

from 6p-8p

Waterford Oaks Activity Center  
2800 Watkins Lake Rd, Waterford

Enjoy an evening of music, dancing, pizza and meeting new people in a fun, supportive environment. For individuals ages 16 to 26 with developmental disabilities. Contact 248-424-7081 or Adaptive@oakgov.com.

\$10/ participant, \$5/ caregiver. Pre-registration with payment required. no walk-ins, no refunds. Price includes dinner, drink, dancing, and fun. THEME – St Patrick's Day Social

### Movie & Pizza

March 11, 2019

from 6:30-8:30p



Troy Community Center  
3179 Livernois Rd, Troy

Caregiver may purchase pizza \$1/ slice. Please place your order when you check in before pizza is ordered. For more info, visit [rec.troymi.gov](http://rec.troymi.gov)



**Home Depot Free Kids Workshop**  
Saturday, March 2nd @ 9:00a-12:00p

All Home Depot Locations, no reservations required. Free how-to workshops for kids 5-10 years old. Kids will receive their own apron with name on it & certificate.

**Oakland County St. Patrick's Day Parade**  
March 16th @ 10:00 am  
Downtown Royal Oak

Free. Parade with floats, bagpipers and Irish music, dancing and good luck galore. Wear your green gear.

**Clarkston Maple Magic**  
March 2nd @ 1:00p-3:00p  
Wint Nature Center

9501 Sashabaw Road, Clarkston 48348

\$5 per person. Pre-registration with payment is required. 248-858-0916

Learn to identify maple trees, take a hike to tap a tree and taste the sap. Taste sweet maple treats by campfire and take home maple-based recipes.

**The Story of St. Patrick's Day at Dinosaur Hill Nature Preserve**  
March 4th @ 10:30am-12:00p  
333 N. Hill Circle, Rochester

\$5/non-member child and \$3/member child (parents/adult must attend)

Registration is required. Call 248-656-0999  
Puppet theatre show, take a walk around the preserve, and kids get to decorate own four-leaf pins

**Painting of Shamrocks**

March 9 @ 11:00am- Free Event  
2068 Michigan Ave, Detroit

Help paint shamrocks on the St. Patrick's day parade route in Detroit. Parade starts at 11:30am followed by choir performance by Most Holy Trinity School of Choir.



**St. Patrick's Mother/Son Dance**

March 10 @ 6:00p-8:00p  
Waterford Recreation Center



\$12/Resident, \$14/non-resident  
Call 248-674-5441 to register.

Enjoy refreshments and photographs while dancing the night away; DJ will be playing music for the night.



**St. Patrick's Day Family Fun & Party**

March 17th @ 1:00pm-11:00pm  
Beacon Park  
1901 Grand River Ave, Detroit

Irish dancing, Face paintings, and crafts from 1p-5p. Lawn games, and Irish-inspired eats from 5p-11p.

**Irish Music and Fun with Caper Kin**

March 17 @ 2:00p-3:00p  
Mt. Clemens Public Library  
150 Cass Ave, Mount Clemens

Kids will enjoy special day of traditional Irish music and tons of Irish-themed fun

**Corktown St. Patrick Parade Detroit**

Free Admission  
3/10/2019 12:30pm

<https://visitdetroit.com/event/corktown-st-patricks-day-parade/>

**Mother/Son Dance- Fenton**

March 15 @ 6:00p-8:00p  
Fenton Community Center  
150 S. Leroy St., Fenton 48430

Cost: \$20.00 \*\*Registration deadline is 3/11/19 by 5pm. Register online at [www.slpr.net](http://www.slpr.net)  
DJ for music and light refreshments. Professional pictures available at additional cost.

**Warren's Family Spring Carnival**

March 30 @ 10:00am-1:00pm  
Warren Community Center



Garden club seed planting, visit the Easter Bunny, Inflatables, Petting Zoo, washable tattoos and puppet show.  
Garden club seating, visit the Easter Bunny, Inflatables, Petting Zoo, washable tattoos and puppet show.



# MOVING FORWARD

Peer Support Specialist / Peer Mentor Training

## 2019 SESSIONS

You must attend each of the five training dates.

### SPRING

Friday March 1  
 Wednesday March 6  
 Friday March 8  
 Wednesday March 13  
 Friday March 15

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

### FALL

Friday Sept. 6  
 Friday Sept. 13  
 Friday Sept. 20  
 Friday Sept. 27  
 Friday Oct. 4

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

All sessions at held at:

### MORC

1270 DORIS RD.  
 AUBURN HILLS, MI 48326

The "Moving Forward" Peer Support Specialist / Peer Mentor Training is a 17-hour educational program for individuals who are receiving services and want to support others in achieving their personal goals. It is open to people with a mental illness or developmental disability.

Training topics include Role of a Peer Support Specialist, Using Your Story as a Tool, Listening, Communication, and Gentle Teaching.

## MEET YOUR TRAINERS

### PEER MENTORS

Adam Fuhrman  
 Matt Fritzen

### PEER SUPPORT SPECIALISTS

Sherri Rushman  
 Deborah Monroe

## REGISTER TODAY

Visit [www.oaklandchn.org](http://www.oaklandchn.org) and select *Training* to view the calendar. Select the date of the training and enter your information. Questions? Call Beth Jacobs at 248-858-1795.



Developmental Disabilities • Mental Health • Substance Recovery

THIS IS NOT A PEER SUPPORT  
 SPECIALIST CERTIFICATION TRAINING.

# OUTREACH BBQ

SATURDAY, MARCH 2, 2019

- Free lunch
- Complimentary haircuts
- Hygiene kits
- Coats & blankets

12 PM - 2 PM

THE WELL  
 176 N GRATIOT AVE  
 MT. CLEMENS, MI, 48043

IN PARTNERSHIP WITH:



VISIT

[WWW.WAVEPROJECT.ORG](http://WWW.WAVEPROJECT.ORG)

FOR MORE INFORMATION

☎ 248-270-8543

✉ [INFO@WAVEPROJECT.ORG](mailto:INFO@WAVEPROJECT.ORG)



The Arc of Oakland County sponsored  
**Weight Watchers Program**  
 for persons with disabilities

Come Join Us!

Big Beaver United Methodist Church  
 3753 John R Rd.  
 Troy, MI 48083

ONLY \$1 to Join & \$.50 weekly attendance fee  
 (same reduced rate also applies for anyone who attends  
 the meeting with the person with disabilities)

2 meetings every Tuesday — 5:30 p.m. & 6:00 p.m.  
 Weigh-in 30 minutes prior to meeting

For more information please contact Peg Mixer, the  
 Weight Watchers representative, at [pmixer@sbcglobal.net](mailto:pmixer@sbcglobal.net)

## 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 JASMINE VANG



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

**Jasmine:** Hi everyone! My name is Jasmine and I am part of the administrative team at Expertcare! I love working with people. Before starting, I worked for Macomb Community College as an Assistant in the Student Life department, and at KinderCare Learning Center as a toddler's teacher. I am left-handed, I like the color purple, and my favorite seasons are Spring and Autumn.

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

**Jasmine:** I want to visit Arizona. I have this mild obsession with succulents (I own a cactus named Pickle) and I would love to see wild, giant cactuses while driving down the road!

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

**Jasmine:** I am one of the Administrative Assistants at the front desk.

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

**Jasmine:** I answer phone calls, file paperwork, mail timesheets, perform light office maintenance, and provide customer support as well as team support at Expertcare.

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

**Jasmine:** I've been with the company since December.

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

**Jasmine:** I'd use the extra time to learn a new skill, such as sign language or baking.

**ECare:** What do you wish you knew more about?

**Jasmine:** I'm always curious about different cultures. I follow National Geographic and the History Channel on Youtube, and enjoy watching documentaries that highlight unique traditions, clothing, food, and cultural practices. I find it pretty fascinating!

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

**Jasmine:** I love music, so hearing a song from any of my favorite artists will always brighten up my day. That, and finding money I forgot I had!

**ECare:** What do you like most about ExpertCare?

**Jasmine:** I love the community at ExpertCare. Everyone is willing to help each other out and consistently work together to embody our mission of "helping people succeed".

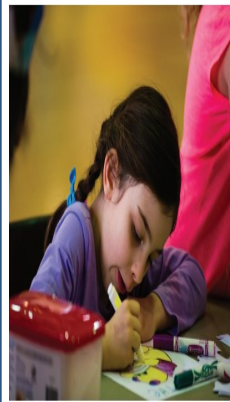


## OUCARES FAMILY fun DAY

**SATURDAY, MARCH 23, 2019**

Noon - 4pm

Oakland University, Recreation Center



Come enjoy a day full of fun for all families impacted by Autism Spectrum Disorders. All ages welcome. There is no cost to attend and no registration is needed.

### Activities include;

- an information fair with over 20 organizations
- art projects
- face painting
- bouncy inflatables
- swimming from noon - 2 p.m. (bring your own towel)
- and so much more!



### Additional information

Visit [oakland.edu/oucaries](http://oakland.edu/oucaries) or email [oucaries@oakland.edu](mailto:oucaries@oakland.edu)



**OAKLAND  
UNIVERSITY.**



March 8 7:00pm

# Father and Son Game Night Haven Place

58575 Main Street  
1-585-484-8540



Bring your  
favorite board  
game

Burgers  
and Hot  
dogs



Dad's and Son's welcome. Have a great free night out with your son! Call to register 586-484-8540. Thank you!

*Cafe' Open*

Haven Place is a non-profit 501c3 Charitable Organization.

## Cooking Matters for Adults

Free cooking and nutrition classes featuring...

- Healthy cooking on a budget
- Smart shopping ideas
- Culinary secrets
- Free cookbook
- Free groceries



**When:**

**Mondays**

**Mar. 4<sup>th</sup> – Apr. 8<sup>th</sup>, 2018**

**1:30 p.m. – 3:30 p.m.**

*Participants should plan to attend all 6 classes*

**Where:**

Maplewood Community Center

31735 Maplewood Street

Garden City, MI 48135

**Registration is required!**

**Contact:**

Megan Sheeran

734-793-1858 or

[megans@gardencitymi.org](mailto:megans@gardencitymi.org)



The Caregiver of the Month  
for February was  
Way Jean-Pierre

Way recently started working with ExpertCare and has shown what a truly phenomenal Caregiver she is. She is extremely dedicated to the care she provides and is always willing to go above and beyond to help her consumer.

Way is dependable, reliable and truly enjoys everyone she works with. 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

