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Let us help you with those back to school expenses!



This month we will draw 2 lucky winners at random for a \$50 gift card of their choosing (Meijer, Walmart, or Target).

Be sure to check next month's publication to see the winners.





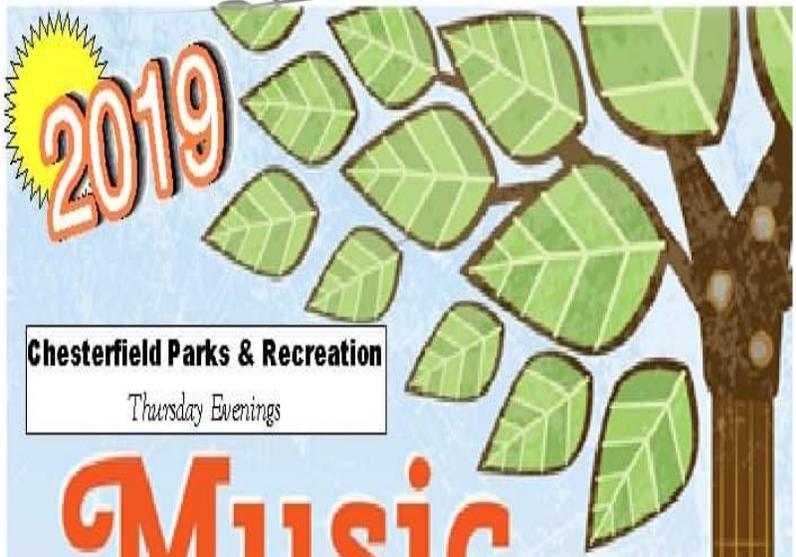
Congratulations to July Winner
Jannet Seawright!
 We hope you and your guests
 enjoy the Tigers' game!!



LET'S EAT!

Join us at **MEET UP and EAT UP**, where children 18 and younger can enjoy a tasty, healthy meal – **FREE OF CHARGE!**

TO FIND A SITE, CALL 2-1-1 OR TEXT "FOOD" TO 877-877



Chesterfield Parks & Recreation
Thursday Evenings

Music IN THE Park



BRANDENBURG PARK, 7-9PM

Dinner & Dessert at the Park NATIONAL CONEY ISLAND & KONA ICE available for purchase.

JULY 11: Rick Lieder Band
"Incomparable versatility" with 22 years of experience representing top recording artists from all decades!

JULY 18: Audrey Ray
Michigan musician with a strong country sound. She's been featured at the WYCO Hoedown & opened for Kelsea Ballerini

JULY 25: Momford & Sons
Chesterfield's very own mom & son(s) acoustic duo/trio, performing songs from all genres. It's "Wreck It Ralph 2" on the Big Screen at 8:30PM courtesy of "Park-It". Stop by as early as 6:30PM for give-a-ways and visiting with vendors!

AUGUST 1: The Invasion
For all you Beatles fans! We have an energetic tribute band specializing in British rock & roll from the 1960's & 1970's.

AUGUST 8: Jukebox Junkies
Experience some of the greatest songs ever written from the 60's to today done with the "Junkies" twist!

AUGUST 15: Ultimate 80's
Take a trip back in time as these talented musicians entertain with a perfect mix of the BEST music from the decade known for its hair bands and pop-music!

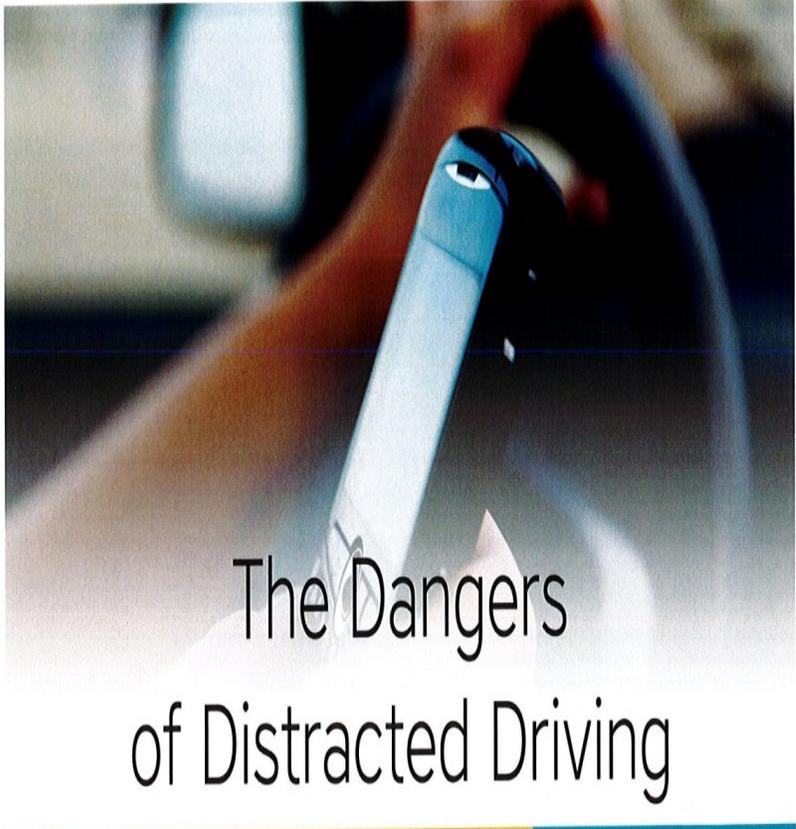


KIDS GAMES!

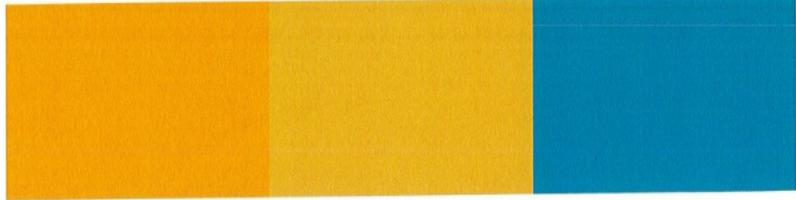
- Splash Pad
 - Playground
 - Volleyball
 - Basketball
 - Tennis
 - Horseshoes
- \$5 PER CAR PARK ENTRY**



Chesterfield Parks & Recreation 586-949-0400 ext. 4



The Dangers of Distracted Driving



Driver distraction is a factor in more than 70% of accidents.

That's more than 4,300 crashes every day.

What's more, 28% of all crashes in the U.S. each year are caused by drivers talking on cell phones and texting.*

Don't be a statistic.

- Be familiar with your vehicle's controls.
- Adjust mirrors, seat and radio before you drive off.
- NEVER use electronic devices
- — except in an emergency.
- Don't engage in distracting conversations.
- Always wear your seatbelt.
- Don't pick up or reach for a dropped or loose object.
- Avoid distractions that impair your ability to operate a vehicle safely, such as eating, drinking and smoking.

Bottom line — pay attention to the road ahead, stay focused and expect the unexpected.
Get on the Road to Safety with Accident Fund.

For more information, visit us at AccidentFund.com.

AccidentFund.com
1-866-206-5851



Accident Fund Insurance Company of America is a member of AF Group. All policies are underwritten by a licensed insurer subsidiary of AF Group.

AF Group

Part of the AF Group
Founded in 1912, AF Group (Lansing, Mich.) and its subsidiaries are a premier provider of innovative insurance solutions. Rated "A-" (Excellent) by A.M. Best, AF Group is a nationally recognized holding company conducting business through its brands: Accident Fund, United Heartland, ComdWest and Third Coast Underwriters.



Concert IN THE Park

Enjoy Sunday Afternoons at our family outdoor concerts.

Call our cancellation line for a message
(586) 752-6543 ex 6 after 1:00 pm if weather is questionable.

Sun, May 19 Washington Twp Park — 4:00 - 6:30 PM
"FOSTER & LEWIS"
New Country

Sun, Aug 4 Romeo Village Park — 5:30 - 7:00 PM
"WAYWARD WIND"
Classic Rock

Sun, Aug 11 Romeo Village Park — 5:30 - 7:00 PM
"GYPSY AND THE ROCKERS"
Current Rock & Country

Sun, Aug 18 Romeo Village Park — 5:30 - 7:00 PM
"DETROIT SOCIAL CLUB"
Blues, Motown, R&B

Sun, Aug, 25, Romeo Village Park — 5:30 - 7:00 PM
"PARKER DEVINS TRIO"
Original Blues, Classics & Country

PARKS & ROMEO-WASHINGTON-BRUCE REC
(586) 752-6543

Thanks to our Sponsors:




OUCARES Autism Spectrum Bowling League



September 28, 2019 through November 23, 2019

Saturdays from 10a-noon

5-Star Lanes

2666 Metro Pkwy, Sterling Heights, MI

OUCARES (Oakland University Center for Autism Research, Education and Support) bowling league for individuals ages 15+ on the autism spectrum. This opportunity will allow ASD students (over 16) and adults to enhance physical activity in a social, community setting. No bowling experience is necessary to participate. The cost of the bowling league is \$60.



Employee Milestone Anniversaries

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

5 Years

AHMAD ABBAS

NANCY DADO

KENDRA HAPPY

JOHN SHAW

BIANCA WRIGHT

15 years

CANDYCE ROSS

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



\$100 REFERRAL BONUS!



As a valued Caregiver, you know who of your friends, family and acquaintances have the right skills to do this job. As we try to grow our staff, we want to reward you for your help, as we look for someone like you!



Refer someone to ExpertCare and once they are hired and work 80 hours you get a **\$100 bonus!**

6th Annual Sizzlin' Summer Nights



Join us for an

INCREDIBLE night!!

Activities

- Train Rides 6:00-8:00PM
- Candy Walk 6:00-8:00PM
- Air Brush Tattoos 6:00-8:30PM
- Dunk Tank, Moon Walk, Obstacle Course 6:00-9:00PM
- Vendor Show 6:00PM
- Basket Raffle 6:00PM

Food Vendors 6:00PM

- Crazy Gringo
- Simply Fresh Catering
- Big Joe's
- Kona Ice
- Maddie Mae

Entertainment

- Meet Mr. Incredible 6:00PM
- Music by Rick & Dayna's Playground 6:30-8:00PM
- Juggler 7:00-8:00PM
- Cyr Wheel 8:00PM
- Movie (Incredibles 2) 8:30PM



**August 1, 2019
6:00PM-10:00PM
Kennedy Park**



Motor City
CO-OP CREDIT UNION





BOOKS, BUBBLES AND BALLS AT THE PARK! FREE!

Join us for our summer 2019 early literacy events for families!

- 4 park locations in Macomb County
- Stories, songs, arts and crafts, movement and fun!
- Ages: Toddlers-school aged children
- Free children's book, snack and summer goodies!

Please register at

macombparents@gmail.com with number of parents and children that will be attending.



FREE SUMMER EVENTS FOR FAMILIES!

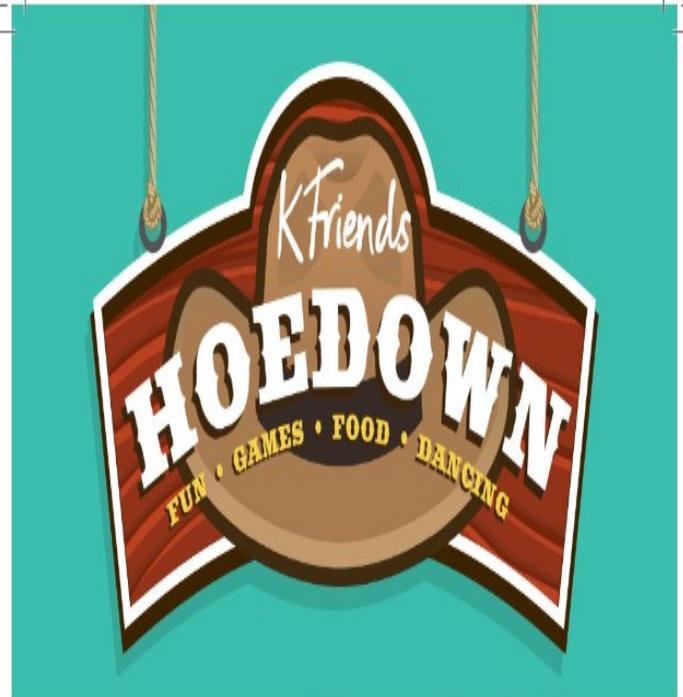
Thursday, July 18
10:00-11:30am
Spindler Park
19400 Stephens
Eastpointe, MI 48021

Saturday, July 27
10:00-11:30am
Bruce Township Park
223 East Gates
Romeo, MI 48064

Thursday, August 1
10:00-11:30am
George George Park
Memorial Park
40500 Moravian Dr.
Clinton Township, MI 48036

Saturday, August 17
10:00-11:30am
Fort Fraser
17075 Anita Ave.
Fraser, MI 48026

GREAT START MACOMB PARENT
COALITION
WWW.GREATSTARTMACOMB.ORG



6:30-9pm August 9 | Kensington Church Troy Campus
1825 E. Square Lake Rd. Troy, MI

*free for participant and one caregiver



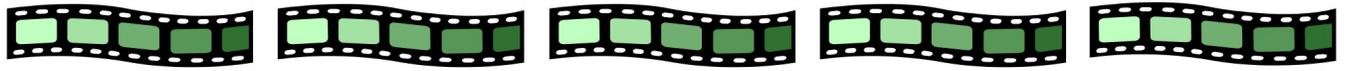
This event is especially for our friends with developmental, physical or mental disabilities, ages 16 and up.

Know Before You Go

- Buddies: We'll provide a buddy for each guest/caregiver pair who will guide you through the evening's activities. Buddies are background-checked and trained.
- Volunteers: Help us make this event a success by joining our team of volunteers – from buddies and carnival hosts to food and hospitality, we need you!

To register, volunteer, or learn more, visit kensingtonchurch.org/hoedown.

KENSINGTON
CHURCH



FREE REFRESHMENTS



MOVIE DAY



Hidden Figures
showing at
Customer Services Cinemas – FREE SNACK!
2 pm Friday, August 9, 2019
420 W. Fifth Avenue – 1st Floor
810-257-3705 or 810-257-1346 tty



Sometimes
opportunity knocks.
Other times, it rolls.

Board the Fifth Third Bank Financial Empowerment Mobile for:

- Assistance with viewing your credit report
- Financial decision tools
- Fraud awareness and prevention
- Bill payment demonstrations
- Home ownership seminars
- How to avoid foreclosure

THE eBUS IS STOPPING BY:

August 14, 2019 • 10:00 am - 2:00 pm

Oakland Livingston Human Service Agency (OLHSA)

196 Cesar E. Chavez Ave., Pontiac, MI 48342

Contact Loretta Humphrey-Cruz at loretta.humphrey@53.com for more information.

OLHSA

A Community Action Agency



Member FDIC. Equal Housing Lender.

OLHSA

A Community Action Agency

Improve Your Credit! Financial Education Workshop

Two sessions to choose from:

July 31st, 2019 – 196 Cesar Chavez, Pontiac

5:30 – 8:00 pm

August 12th, 2019 – 2300 E Grand River, Howell

6:00 – 8:30 pm

Have you applied for credit and been denied? Is your credit less than perfect? Would you like to improve your credit score? Join us for a free class to learn more about credit reporting agencies, credit reports, and what you can do to improve your credit.

Topics include:

- Identify ways to build and repair your credit history.
- Learn about Credit Scoring & Fair Credit Reporting.
- Create Saving Strategies to help reduce debt.
- Recognize how to guard against identity theft.

Registration is Required

Visit www.olhsa.org/events

Or call 517-546-8500 x4104



OLHSA is a HUD approved housing counseling agency



WAVE PROJECT

OUTREACH BBQ

AUGUST 3, 2019 | 12 PM - 2PM

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

FEATURING:
LUNCH, COMPLIMENTARY
HYGIENE KITS, AND
FREE HAIRCUTS.

IN PARTNERSHIP WITH:
BLESSING BAGS BRIGADE
& THE WELL MTC

WWW.WAVEPROJECT.ORG



Dress an Angel

Back to School Clothes & Supplies

The Salvation Army Warren Church & Community Center

24140 Mound Road, Warren, MI 48091, phone: 586-754-7400

Distribution Day:

Wednesday, August 28, 2019

1:00 pm to 4:00 pm

Distribution Day is by appointment only.

You must apply ahead of time—starting July 15.

Bring your children at your appointment time on August 28.

Kids choice! Kids shop on their own with the help of a volunteer..



One New School Outfit

*** Kids Choice ***

While supplies last:

Underwear, Socks

School Supplies & Backpack

REGISTRATION INFORMATION:

Who may apply:

Parents or legal guardians of grade school aged children. (PreK-6th)

All applicants & children must live in Warren Salvation Army service area:

Center Line (48015)

Eastpointe (48021)

Roseville (48066)

Saint Clair Shores (48080, 48081, 48082)

Warren (48088, 48089, 48091, 48092, 48093)

How & when to apply:

Apply starting July 15th
SPACE IS LIMITED TO 150 CHILDREN
We will take applications for the first 150 children who apply.

Parents or legal guardians can apply Mondays-Thursdays between 10am and 4pm at The Salvation Army, 24140 Mound Road, Warren.

Please bring ID for everyone on the application: **picture ID for adults** to show proof of address and **birth certificates for children** to show you are the parent and the child's age.

Also bring your child's clothing size and the grade they will be attending in the 2019/2020 school year.

SPACE IS LIMITED. APPLY EARLY!
APPLICATIONS WILL NOT BE TAKEN THE DAY OF THE EVENT.

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.



MACDONALD
PUBLIC LIBRARY

Starry Nights

Astronomy 101 featuring the

Warren Astronomical Society

Join us July 10th, 2019 from 6 to 8 p.m.

with an encore presentation on

August 7th, 2019 from 6 to 8 p.m.



Eating at a dangerously fast pace, putting multiple pieces or unsafe amounts of food in the mouth at a time, consuming all of a beverage at once without a break, "stuffing" food into the mouth, taking food from others or from the refrigerator/cabinets when not allowed to, and eating inedible objects (pica) are all behaviors that need to be addressed and monitored by Caregivers. Individuals who exhibit this unsafe or risky eating behavior do not require an evaluation by a skilled speech pathologist. If, however, an individual does not chew or are pocketing food in the cheeks, the individual should be referred for an evaluation, as a texture modification may be necessary for safety.

WHAT TO DO: EATING TOO FAST/STUFFING MOUTH

Sit with the individual while he/she eats and engages in conversation (even if it is one-sided).

Gently put your hand on his/her arm to remind him/her to chew the food before taking another bite. Offer that he/she take a drink.

For example: Offer the cup to prompt a drink or provide gentle verbal cues to slow down. If these are not working, the caregiver may put a hand over the dish to signal a break or gently touch the hand/arm to stop the individual from feeding oneself at a dangerously fast pace. This can also be used as a strategy if/when the individual tries to take food from others. Moving the dish out of reach is another option.

Another option is for the caregiver to ration out only a few bites at a time in front of the person. This could be 2-3 pieces of finger food or 2-3 spoonfuls of food that require a utensil. Wait for the person to chew and swallow that before offering more. The caregiver may have the entire meal in this/her possession.

Offer a snack upon return from work, school or a day program (many of our individuals eat lunch at 11 and then do not get dinner until 6 for instance)

You can prompt individuals to slow down subtly by handing the person a napkin so he/she can wipe his/her mouth or handing a glass to take a drink. This helps introduce small breaks into the meal.

You can verbally prompt individuals to slow down, put the utensil down and/or take a small drink in between bites. However, one must be very careful to use a soft and friendly tone of voice and to keep verbal prompts to a minimum since an individual can easily become very demanding.

Another good strategy is to try using a small spoon or small cocktail fork that limits the amount that can be loaded onto the utensil and therefore reduces the amount that goes into the individual's mouth.

When the individual drinks all of a beverage (for instance a full glass of fluids or even a 20 oz. bottle of pop) at one time, the risk for aspiration increases. This can be avoided by rationing out small amounts of liquid at a time. We call this the 2 cup strategy. One cup for the individual to drink from (it will contain a couple sips worth of liquid, generally about 2 ounces) and one cup for caregivers to pour from. This allows the person to finish each cup without consuming a lot of fluid at once. The more consecutive drinks one takes, the more the risk of aspiration goes up.

WHAT TO DO: TAKING FOOD FROM OTHERS

Seat the individual away from the vulnerable housemate(s) or sit between them.

Make sure the individual is not taking food because he/she is hungry – assure that snacks are offered in the late afternoon and evening.

Be aware that there are some medications, which make individuals hungrier.

WHAT TO DO: PICA

Refer to a behavioral specialist/psychologist.

Be watchful for the items the individual tends to eat and remove/pick them up.

Monitor and supervise at all times.

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 JULIE COURTNEY



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

Julie: Everything! I would clean and donate half the items in the house; read every book I could find; I would foster kittens; I would get that daily exercise in because I would have no excuse not to; I would earn another degree online – the possibilities are endless!

ECare: When you are working towards a goal, what keeps you motivated?

Julie: I try to focus on all the little things in between now and then. As much fun as instant gratification can be, there is something to be said about climbing that mountain to get to the top rather than just jumping into a helicopter. There is far more satisfaction when you achieve something by putting the work in.

ECare: What do you wish you knew more about?

Julie: Investing. It seems so overwhelming and daunting and I wish I could see the small parts that make sense of the whole.

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

Julie: Any day that I have energy and feel productive is usually a great day to me. And coffee. There must be coffee.

ECare: What do you like most about ExpertCare?

Julie: The interesting thing about working for this company, since we are not a large corporation, is seeing how the business changes or how we make decisions. In large companies, you often don't get to see that part. Every goal, project, or change has been looked at from so many different angles. Each team brings something different to the table and it makes it work. This trickles down to everything we implement in our documentation or training, etc. for our caregivers or the people we serve.

ECare: Tell us about a proud moment that happened at ExpertCare.

Julie: Having the opportunity to see an individual that used to receive services thriving. It is not an opportunity that you often get when you work in the office. It enforces the feeling that we are all here doing what we do for a reason.

ECare: Tell us one thing someone might not know about ExpertCare. (i.e. Boutique, print out T/S right from website, Special Olympics, Polar Plunge team, etc)

Julie: Did you know that we launched a new website not that long ago!? There are so many resources for caregivers and families. Make sure you scroll down the front page to check out our recent posts. We announce the Caregiver of the Month, plus local events that may not make it into the newsletter. We also announce different forums or meetings that may be of interest to the families of the people we service.



**ROAR FOR MORE DISABILITY
AWARENESS WALK and ADVOCACY DAY
AT THE
DETROIT ZOO!!**



Come join The Arc of Macomb County at the Detroit Zoo for an awareness walk and learn about the different resources available to individuals with intellectual and developmental disabilities!

**Sunday, August 11, 2019
Detroit Zoo, Royal Oak, MI**

Walk Schedule:

7:45am - 8:15am: Check-in

8:30am: Walk

11am: Walk Officially End

Enjoy the Detroit Zoo for the rest of the day!

Registration Information

Adult - \$25

Children 3-18 - \$15

Children 2 & Under - FREE

Individual W/Disability & One (1) Staff - \$10



Registration fees include the following:

Detroit Zoo Parking & Entrance

ROAR FOR MORE Walk

Post-walk Access to the Detroit Zoo for the Remainder of the Day

Amenities Available for an Additional Fee (first come, first serve)

Single & Double Strollers

Wagons

Wheelchairs

Electronic Convenience Vehicles



Visit www.arcservices.org to register
or use the reverse side of this flyer to mail your registration.
Questions? Contact AnnMarie at 586-469-1600 or aottoy@arcservices.org

LOOK WHO'S TALKING
JULY CAREGIVER OF THE MONTH

SHARON WARE



ECare: What have you gained from working at ExpertCare?

Sharon: Gains I made working at Expert Care are being patience and attentive. It is extremely rewarding to receive the beautiful smiles from the clients and their guardians each time I arrive at their residence.

ECare: What are three career lessons you've learned thus far?

Sharon: Career lessons learned are utilizing the information presented during the annual trainings that provides clear directions on how to increase my deliveries and/or skills and what is expected to be successful in performing your duties; secondly, work collaboratively promoting that we are a team that includes the client, their guardian, Expert Care staff and me (the caregiver) and Last, engaging with other caregivers.

ECare: What do you like to do in your spare time?

Sharon: In my spare time, I love sewing and embroidery for family and friends and socializing with former coworkers and friends.

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

Sharon: The one thing I cannot live without is the internet connection.

People
with great
passion can
make the
impossible
happen.

Sharon has been a hard-working caregiver with ExpertCare since 2010. ExpertCare's internal staff have acknowledged her for always being such a pleasure to work with. One of our payroll billing specialists has said she exceeds expectations when sending in her weekly time sheets and provides efficient documentation noting the goals she and her consumers are working on.

She's been providing care for the same consumer over the past 9 years and always makes sure his needs are met. Sharon has proven to always be reliable and dependable.

ExpertCare truly appreciates everything she does and is very proud to have her represent ExpertCare in the field. 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