

MAY GIVEAWAY



This month we will draw two Caregivers at random who will each win a Roku Streaming Stick with long-range wireless and voice remote with TV controls.



Check in next month to see who wins!

Inside This Issue

- 1 May Giveaway / April Winner
- 2 May is Mental Health Month
- 3 COVID-19 and Your Mental Health
- 4 Managing Anxiety
- 5 Anniversaries
- 6 Story Time / Audible
- 7 COVID-19 Testing
- 8 RR Corner / Money Challenges Webinar
- 9 TTI Sibshops / Sib4sib
- 10 Free Feed our Kids / Peer Support
- 11 Pandemic EBT Program
- 12 Employee Spotlight / Here to Help
- 13 April Caregiver of the Month





MAY IS 2020 MENTAL HEALTH MONTH

OWNING YOUR FEELINGS



It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

TIPS FOR SUCCESS



Allow yourself to feel. Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them, regardless of gender, sexual orientation, ethnicity, socio-economic status, race, political affiliation or religion.



Don't ignore how you're feeling. Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.



Talk it out. Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.



Build your emotional vocabulary. When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



Try journaling. Each night write down at least 3 feelings you had over the course of the day and what caused them. It doesn't need to be a "Dear Diary" kind of thing. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions.



Consider the strength of your feelings. By thinking about how intense your emotions are, you may realize that what you thought you were feeling at first could better be described by another word. For instance, sometimes a person might say they are stressed when what they are really experiencing is something less severe like annoyance, alternatively anger might really be a stronger, deeper feeling like betrayal.



See a mental health professional. If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help. Some free or low cost options are also available. Your employer might have an Employee Assistance Program (EAP) that offers a limited number of free counseling sessions, and your Human Resources department can help you access this resource. If you don't have an EAP through work, the leaders of religious organizations like churches, synagogues and mosques often have experience with counseling.

FAST FACTS



The English language has over 3,000 words for emotions.¹



People who are good at being specific about identifying and labeling their emotions are less likely to binge drink, be physically aggressive, or self-injure when distressed.²



When school-aged kids are taught about emotions for 20-30 minutes per week their social behavior and school performance improves.³

IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Sources

¹<https://thesaurus.com/3000-words/topic/emotions-vocabulary-english>
²Kashdan, T. B., Barrett, L. F., & McKnight, P. E. (2015). Unpacking Emotion Differentiation: Transforming Unpleasant Experience by Perceiving Distinctions in Negativity. *Current Directions in Psychological Science*, 24(1), 10–16. <https://doi.org/10.1177/0963721414550708>
³Brackett, M. A., Rivers, S. E., Reyes, M. R., & Salovey, P. (2012). Enhancing academic performance and social and emotional competence with the RULER feeling words curriculum. *Learning and Individual Differences*, 22, 218–224.



COVID-19 AND YOUR MENTAL HEALTH

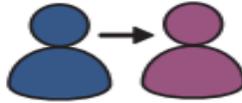
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

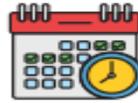
There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress



Not being able connect with friends and family the way you're used to



Shortages of certain common supplies

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE



- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



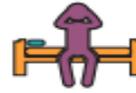
Stomach and digestion problems



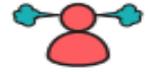
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

Mental Health Screening

If you feel like you are struggling with your mental health, visit mhascreening.org to check your symptoms.

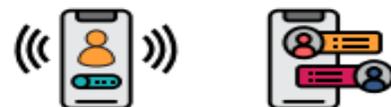


It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Crisis Hotlines and Textlines

If you are experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year.

Call 1-800-985-5990 or text "TalkWithUs" to 66746.



If you are in crisis or or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Call 1-800-273-8255 (TALK) or text "MHA" to 741741.

Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.

MHA
Mental Health America
B4Stage4

[/mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)
[@mentalhealtham](https://twitter.com/mentalhealtham)
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)
[/mentalhealtham](https://www.pinterest.com/mentalhealtham)
[/mentalhealthamerica](https://www.youtube.com/mentalhealthamerica)
www.mhanational.org



Employee Milestone Anniversaries

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



10 Years

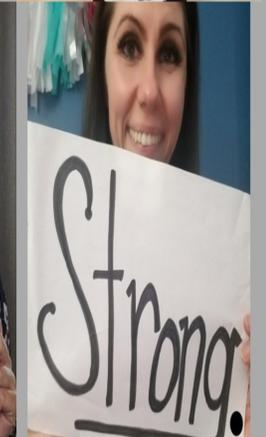
Regenia Hawkins
Sharon Ware



5 Years

Monique Holden
Marsha Young

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



STORY+TIME

Join Recreational Therapist & owner of Therapeutic Concepts, Mary Nagy, for 30-40 minutes of engaging stories for your child with special needs!

Mary will have a virtual story time using the app "ZOOM" to interact with parents & children in the safety of their homes.

Please join by downloading the app Zoom and entering Mary's Meeting ID: 3047206682 when the meeting is scheduled to begin

WEDNESDAYS STARTING APRIL 15TH | 1PM



Questions? Contact us at marynagy@therapeuticconceptsllc-mi.com

THERAPEUTIC CONCEPTS
PROGRAMMING FOR PERSONS WITH SPECIAL NEEDS

39393 VAN DYKE AVE SUITE 105 | STERLING HEIGHTS, MI 48313



GIVE YOURSELF THE SAME CARE &
ATTENTION THAT YOU GIVE TO OTHERS
AND WATCH YOURSELF BLOOM

audible
an **amazon** company



Audible is offering free streaming on some children's books to keep kids entertained while they're stuck inside.

Here's what Audible says on its website:

"For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids."



COVID-19 Drive-Up Testing

NOW AVAILABLE

Monday thru Friday 10 am - 3 pm

6790 East 10 Mile Rd - Center Line

**CALL TO GET A PRESCRIPTION
FOR TESTING BETWEEN 8:30 AM - 5 PM
586.756.7777 or 586.783.2222**

Already have a prescription?
Call 586.519.9263 to schedule your test

www.mycarehealthcenter.org

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of awards totaling \$53,568 and \$579,665 with 0% financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

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 with Dignity and Respect. Caregivers must treat Recipients with esteem, honor, politeness, consideration, and in a manner that is not condescending or demeaning. Caregivers must also ensure that the Recipient is not being treated in a demeaning manor by others. Caregivers must protect the Recipient's rights if someone else is not treating the Recipient with Respect and Dignity. For example, if someone in the Recipient's house locks the Recipient out of the house while the Caregiver is present, the Caregiver must ensure the door is unlocked for the Recipient to come back in the home.

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.

April-May

Navigating Money Challenges

This webinar will provide you with information and tools to manage your finances during COVID-19, the infectious disease caused by novel coronavirus.

- Take stock of family and community resources
- Recognize changes, even if temporary, and impacts on your household financial affairs
- Set spending priorities
- Involve the entire family
- Plan to pay creditors
- Watch for scams
- Make your Action Plan

April 9	10-11:30am ET	Brenda Long longbr@msu.edu
April 14	6-7:30pm ET	Rob Weber weberro2@msu.edu
April 22	2-3:30pm ET	Scott Matteson mattes25@msu.edu
April 29	1-2:30pm ET	Beth Martinez mart1751@msu.edu
May 6	10:30am-12pm ET	Jennifer Ortquist ortquisi@msu.edu
May 14	6-7:30pm ET	Nancy Latham lathamn@msu.edu
May 19	1:30pm-3pm ET	Brenda Long longbr@msu.edu
May 27	9-10:30am ET	Brenda Long longbr@msu.edu
June 4	6-7:30pm ET	Beth Waitrovich waitrovi@msu.edu

Webinar Pre-Registration is required.

Click on date or go to mimoneyhealth.org

Under Events, find the complete Events calendar!

Also visit the MSU Extension Remote Learning and Resource Center

<https://www.canr.msu.edu/rir/Events/>

Many topics for adults, caregivers, kids to stay healthy and active, deal with stress, etc., and learn something new!



MICHIGAN STATE
UNIVERSITY

Extension



Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

MSU Extension programs and materials are open to all without regard to race, color, national origin, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status.

VIRTUAL

support

Recreation Based Support Group

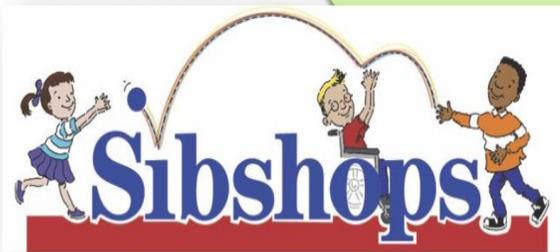
Just for brothers & sisters of children with special needs!

We all can use some support!

Training & Treatment Innovations, Inc. is excited to announce **VIRTUAL SIBSHOPS!**

Join us for all the Sibshop fun via Zoom as we:

- Play Virtual Games
- Discuss Unique Challenges of Staying Home with Siblings with Special Needs
- Connect With Others Who "Get It"



WHO: Brothers & Sisters of a person with special needs

AGES: 5-7 and 8-13 years old

WHEN: Friday, May 1st & Friday, May 15th at 3:30 pm

WHERE: Virtually via Zoom Platform

REGISTRATION: Call or email April Ceno @ 586-939-4374 or aceno@ttiinc.org



Please Share

Now more than ever it's important to stay connected. Stay up to date on all of the latest Sib4Sib and community news by subscribing to our new newsletter! Our newsletter will be emailed once a month and contain Sib4Sib updates, mindfulness activities, and community resources. Our first issue goes out May 1st! Subscribers even have a chance to win a Sib4Sib tote bag. Subscribe today at: Sib4Sib.org/join

Let's Keep in Touch!

Sign up for the



NEWSLETTER

SIB4SIB.ORG/JOIN

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.

FREE FEED OUR KIDS PROGRAM

Curbside Pick-Up
Every Monday, until further notice
1:45-3p.m. until all food is distributed

Walled Lake Western
600 Beck Road Walled Lake, MI 48390
Pick-up will be located outside the gym entrance in the parking lot and bus loop area near the athletic fields.

Walled Lake Central
1600 Oakley Park Road, Walled Lake 48390
Pick-up will be located at the main entrance.
Please follow those directing traffic.

WLCSD Families will be given shelf stable meals and/or meals that they can heat at home for their children. Children will receive 7 days of breakfast and 7 days of lunch for all children under the age of 18, and adults with disabilities 26 and under. The meals distributed are provided by the Unanticipated School Closure Summer Food Service Program (SFSP), are available to all children at no cost.

Walled Lake Consolidated School District



make
YOUR mental
Health a
Priority



NEWS RELEASE

STATE EMERGENCY OPERATIONS CENTER

FOR IMMEDIATE RELEASE
No. 130 – April 13, 2020

For more information contact:
[Lynn Sutfin](#)
517-241-2112

MDHHS Announces Peer-run Warmline to Aid Persons with Mental Health Needs During COVID-19 Pandemic

Warmline will operate seven days a week 10 a.m. to 2 a.m.

LANSING, MICH. Starting today, the Michigan Department of Health and Human Services (MDHHS) is launching a statewide warmline for Michiganders living with persistent mental health conditions. The warmline will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The warmline will operate seven days a week from 10 a.m. to 2 a.m. at **888-PEER-753 (888-733-7753)**. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

“The warmline will help individuals with long-term mental health challenges find someone to talk to – someone who has lived these challenges themselves – and do it while staying safe and staying home,” said Robert Gordon, MDHHS director. “COVID-19 is a grave threat not just to physical health, but also to mental health, and we are doing everything we can to offer supports for everyone.”

Warmlines are an alternative to traditional psychiatric crisis hotlines and are used to avoid extreme emotional distress that can lead to hospitalization or other severe outcomes that are preventable with early intervention of peer support. Warmlines alleviate the burden on crisis responders by offering a solution for non-crisis callers. The Certified Peer Support Specialist (CPSS) Warmline will offer support for individuals feeling isolated from society, and will provide referrals for outreach and assistance for those seeking critical physical and behavioral health services.

The warmline will provide particular support to underserved Medicaid beneficiaries, who often lack social connectedness and may now have increased anxiety and feelings of severe isolation during this critical time. It is available to all Michiganders, regardless of insurance status.

MDHHS is collaborating with Justice In Mental Health Organization (JIMHO) Project DOORS, Michigan's first peer-run organization. JIMHO will moderate the warmline and network with CPSS, statewide peer-run organizations, Community Mental Health Association of Michigan and MDHHS peer services unit. JIMHO has provided critical peer-support and community living skills to persons living with mental illness for 39 years and has assisted more than 15,000 residents using experienced peer-support specialists during that time.

A PROUD tradition of SERVICE through EXCELLENCE, INTEGRITY, and COURTESY since 1917

www.michigan.gov/msp

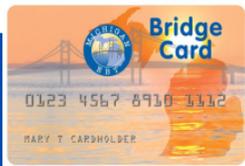


Pandemic EBT Program

Families with children who received free or reduced-cost lunches at school qualify for new program

The Pandemic Electronic Benefit Transfer Program (P-EBT) provides temporary funding to address emergency food needs for families affected by the pandemic.

P-EBT food assistance benefits will go to Michigan families with students ages 5-18 that are eligible for free or reduced-price school meals. This includes families currently receiving Food Assistance Program benefits, as well as those not currently enrolled in the program. No application is necessary for eligible families to receive P-EBT benefits.



Families currently receiving Food Assistance Program (FAP) benefits will receive additional benefits on their Bridge Card:

Eligible families currently receiving food assistance benefits will be issued additional benefits directly on their Bridge Card. These additional food assistance benefits can be used the same way as families would typically use their Bridge Card to purchase food items. P-EBT benefits can also be used to participate in the Double Up Food Bucks program.

- **March and April combined benefits: \$193.80 per eligible student** will be loaded on the family's Bridge Card **by the end of April.**
- **May and June combined benefits: \$182.40 per eligible student** will be loaded on the family's Bridge Card on a later date. Issuance schedule for these benefits still to be announced.



Families not currently receiving Food Assistance Program (FAP) benefits will receive an EBT card in the mail:

Eligible families not currently receiving food assistance benefits will receive in the mail a pre-loaded Electronic Benefits Transaction (EBT) card issued under the name of the oldest student in the household. Benefits for all eligible school-aged children in the home will be loaded onto this one EBT card. Prior to receiving the card, families will get a letter from MDHHS describing how to use their EBT card, how to set up their PIN, and other information about food assistance benefits. This EBT card can be used to purchase food items only, in-person, at any SNAP retailer. The P-EBT card may look different from the Bridge Card, but the card and benefits can be used the same way as the Bridge Card.

- **March and April combined benefits:** Families will receive an EBT card in the mail **by the end of the first week in May.** The card will come pre-loaded with **\$193.80 per eligible student.**
- **May and June combined benefits: \$182.40 per eligible student** will be loaded on the family's EBT card on a later date. Issuance schedule for these benefits still to be announced.



Material produced by the Food Bank Council of Michigan, with information provided by the Michigan Department of Health and Human Services.

This institution is an equal opportunity provider.

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 JENNIFER OSTROFF



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

Jennifer: I am very excited to be a part of the ExpertCare team. The last month has been interesting with the issues that COVID has presented, but am so impressed with the staff and the services we are still able to offer to our clients. I was born and raised in Metro Detroit. I have about 20 years of experience in the HR field. I live with my husband, three kids and a French Bulldog.

ECare: What is on your bucket list?

Jennifer: Almost any kind of traveling. We are thinking about spending time in Costa Rica next Spring.

ECare: What is your position at ExpertCare?

Jennifer: I work in the HR Department.

ECare: What are your job responsibilities?

Jennifer: My job responsibility is to support the goals and objectives of the business. Often times, this means I have the opportunity to work directly with employees to assist with general questions, benefits, payroll processing, new hire orientation, and more.

ECare: How long have you been working at ExpertCare?

Jennifer: I started working for ExpertCare in January 2020.

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

Jennifer: I would definitely do a lot more lake kayaking, with my dog, Ruby!

ECare: What do you wish you knew more about?

Jennifer: Gardening and foraging for morel mushrooms.

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

Jennifer: I am not great at gardening, but I do have a small vegetable garden. I get really excited when I can grab chives or a tomato from the garden to add to a salad.

ECare: What do you like most about ExpertCare?

Jennifer: During my short tenure with ExpertCare, I have been so impressed with how ExpertCare team members are happy to jump in and help. Especially with the COVID learning curve, employees were offering suggestions and ideas on how to work through business challenges and changes. We have a very proactive group that works hard, supports each other and has a bit of fun at the same time too!



P.O Box 480

Royal Oak, Michigan 48068

heretohelpfoundation@icloud.com

HERE TO HELP FOUNDATION ASSISTS INDIVIDUALS IN SOUTH-EASTERN MICHIGAN (WAYNE/OAKLAND COUNTY) WHO ARE FACING AN EMERGENCY AND NEED HELP MOVING FORWARD.

WE ASSIST IN THE

FOLLOWING AREAS:

- 1. CAR REPAIRS**
- 2. RENT or SECURITY DEPOSIT**
- 3. FURNITURE (coming from homelessness or domestic abuse)**
- 4. USED VEHICLE TO GET TO FULL TIME EMPLOYMENT**
- 5. UTILITY BILLS**

THERE ARE SPECIFIC REQUIREMENTS FOR ASSISTANCE, WHICH CAN BE FOUND ON THE WEBSITE: WWW.HERETOHELPFUNDATION.ORG

Please email any questions to: heretohelpfoundation@icloud.com

LOOK WHO'S TALKING

APRIL CAREGIVER OF THE MONTH

JANE ELLIOTT

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

Jane: I'm a native of Ann Arbor, lived in Florida briefly a few years back, and have lived in Macomb county for almost 7 years now.

ECare: Three words to best describe you:

Jane: Loyal, trustworthy, and kind.

ECare: What is on your bucket list?

Jane: I would like to visit more of Canada and also go to Hawaii.

ECare: You're happiest when?

Jane: When I am outside on a nice day.

ECare: What's your favorite childhood memory?

Jane: The neighborhood I grew up in was great. Lots of kids to play with and lots of good times.

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

Jane: Queen Elizabeth.

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

Jane: My cats.

ECare: What made you decide to become a Caregiver?

Jane: My consumer's mother suggested I apply when the previous caregiver retired. So glad I did!

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

Jane: Be a good listener and be helpful.

ECare: What is your proudest moment as a Caregiver?

Jane: Helping navigate confusing situations, such as at doctor's office and Social Security.

ExpertCare would like to applaud Jane for her continued effort and determination she has contributed over the past 5 years working with us.

She is being recognized by ExpertCare staff and Supports Coordination through Macomb County for always going above and beyond with her consumer.

She has proven herself to always be reliable and provide adequate support to make sure her client is getting everything he needs. Even when faced with a challenging situation, she continues to be polite and always show professionalism.

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

