

# ExpertCare CHRONICLE

JUNE 2020

## JUNE GIVEAWAY

**Extra time on your hands?**

This month we will literally put the time on one Caregiver's hand. We will draw one Caregiver at random who will win a fitbit!



**Stay tuned next month to see who wins!**

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CONGRATULATIONS TO OUR MAY WINNERS

TOBY FOX & TYIESHA SCOTT





Presents

# Coping with COVID

A 4-Part Series with Karyn Harvey, PhD.

**1. Coping with COVID-19 for Direct Support Professionals**

Held: Tuesday, June 2<sup>nd</sup> from \*1:30pm – 3:00pm

To Register Click [Here](#)

This webinar is designed for direct support professionals supporting people with intellectual disabilities (ID). It will explore the psychological effects of the COVID-19 pandemic. Ways to cope with these stressors and find ways to still thrive will be explored.

**2. Coping with COVID-19 for People Receiving Supports**

Held: Monday, June 8<sup>th</sup> from \*1:30pm – 3:00pm

To Register Click [Here](#)

In this session we will talk about how hard things are because of COVID-19. What is true and not true will be talked about. There will be time for questions and comments and some fun as well.

**3. Coping with COVID-19 for Families**

Held: Monday, June 15<sup>th</sup> from \*1:30pm – 3:00pm

To Register Click [Here](#)

This webinar will explore the unique stressors of COVID-19 and their particular impact on families of children of all ages with disabilities. Coping strategies will be explored and stories shared.

**4. Dealing with Grief and Loss**

Held: Monday, June 22<sup>nd</sup> from \*1:30pm – 3:00pm

To Register Click [Here](#)

The impact of COVID-19 has been devastating. This webinar will explore the effects of the loss and honor those who have lost their lives. Materials for such honoring will be shared.

*\* Karyn will dedicate last half hour of each presentation to your questions*

Biography of our Presenter

Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 30 years. She has a master's degree in Clinical psychology and a Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. Her first book, Positive Identity Development was published in 2009 and Trauma –Informed Behavioral Interventions, published in 2011. She is currently consulting with the developmental disabilities departments of Connecticut and Maryland. In addition, she is the Director of Program Development and Training for the Park Ave Group practice. In 2016 she received the Earl Loschen Award from NADD for Excellence in Clinical Practice. Karyn has been presenting nationally on the topics relating to the pandemic. Karyn also presented at MORC's 2019 Culture of Gentleness Conference.

This series is free to you and generously co-sponsored by



MORC's Webinar Series

## Hour to Empower

**Trainings are 1.5 hours**

Last ½ hour for your Q&A

**Attend via your  
computer or device**

**\*ASL Interpreter also  
available upon  
request**



Karyn Harvey



**MORC**

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

For questions call 248-276-8031 or  
Email: [ed.kiefer@morcinc.org](mailto:ed.kiefer@morcinc.org)

**\*2 week notice required for Deaf Interpreter request.**

Email request to [training@morcinc.org](mailto:training@morcinc.org)

To test your computer or device's compatibility with the webinar platform click [HERE](#).



*A Community Action Agency*

# **Foreclosure Prevention Webinar**

## **Foreclosure Prevention Among COVID-19**

**May 28<sup>th</sup>, 2020 – 1:00-2:00 pm**

**June 11<sup>th</sup>, 2020 – 1:00-2:00 pm**

**June 25<sup>th</sup>, 2020 – 1:00-2:00 pm**

Are you struggling to pay your mortgage? Are you curious how mortgage forbearances work, or what a GSE is? Join us for a free foreclosure prevention webinar to learn about foreclosure prevention options available during this COVID-19 National Emergency.

Topics include:

- CARES Act protections
- MiMortgage Relieve Partnership
- Credit Implications
- Scam Prevention

***Please register at the following link:***

<https://www.olhsa.org/events>

Or contact Tammy Shire at 517-546-8500



OLHSA is a HUD approved housing counseling agency





## Easy, Cheap and Fun Sensory Bin Ideas

Kids with special needs or sensory processing disorders will love these fun and simple sensory bin ideas.

For instructions on how to create each bin please visit:

<https://www.metroparent.com/daily/parenting/special-needs-resources/sensory-bin-ideas/>

Dinosaur Archaeology Sensory Bin



Ice Sensory Bin



Insect Sensory Bin



Rainbow Pasta Sensory Bin



Shaving Cream Sensory Bin



Ice Cream Sensory Bin





## *Employee Milestone Anniversaries*

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



10 Years  
*Maurice Buck*



5 Years  
*Donna Nalls  
Connie Righi  
Tracy Odle*

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



In these uncertain times, we're hoping to spread some much-needed cheer as we continue to figure out how to navigate life on our end.

Since you can't come

to the zoo, we've decided to bring the zoo to YOU. Get some #VirtualVitaminZ by following us on Facebook, Twitter (@DetroitZoo) and Instagram (@DetroitZoo) for live streams, educational content and more.

To access our live feeds and other videos, visit <https://detroitzoo.org/virtual-vitamin-z/>

Our animal care staff is hard at work, making sure all of the animals at the Detroit Zoo and Belle Isle Nature Center are well fed and protected. If you'd like to help us help animals, consider making a donation to the Detroit Zoological Society. We appreciate your support in our mission of *Celebrating and Saving Wildlife*: <https://bit.ly/2QPSDwx>. We can't wait to see you again!







**[WWW.HERETOHELPPFOUNDATION.ORG](http://WWW.HERETOHELPPFOUNDATION.ORG)**

**[heretohelpfoundation@icloud.com](mailto:heretohelpfoundation@icloud.com)**

**HERE TO HELP FOUNDATION ASSISTS INDIVIDUALS IN WAYNE OR OAKLAND COUNTY WHO ARE FACING AN EMERGENCY AND NEED HELP MOVING FORWARD.**

**WE ASSIST IN THE FOLLOWING AREAS:**

**CAR REPAIRS**

**RENT OR SECURITY DEPOSIT**

**FURNITURE (coming from homelessness or domestic abuse)**

**USED VEHICLE TO GET TO FULL TIME EMPLOYMENT**

**UTILITY BILLS**

**THERE ARE SPECIFIC REQUIREMENTS FOR ASSISTANCE, WHICH CAN BE FOUND ON OUR WEBSITE:  
[WWW.HERETOHELPPFOUNDATION.ORG](http://WWW.HERETOHELPPFOUNDATION.ORG)**

**Please email any questions to:  
[heretohelpfoundation@icloud.com](mailto:heretohelpfoundation@icloud.com)**



**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."

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.

# The Workspace for Children

## Five tips for helping children get used to face masks



May 25, 2020 Lizzie Assa

<http://www.workspaceforchildren.com/blog/five-tips-for-helping-children-get-used-to-face-masks>

The CDC recommends wearing cloth face coverings in public to help stop the spread of COVID -19. In my opinion, wearing a mask has nothing to do with freedom and everything to do with hygiene. If my family can do one small thing to help stop the spread of this terrible disease, we will do that.

\*Wearing masks does not replace the need for social distancing.

\*No masks for children under 2

It looks like masks may become a way of life for the foreseeable future. With that in mind, I put together a few tips when introducing masks with young children. Wearing a mask or face covering is a new feeling for children. Go slow and practice wearing them in small doses. Invite your children to ask questions and answer honestly.

### FIVE TIPS FOR HELPING CHILDREN ADJUST TO LIFE WITH FACE COVERINGS:

1. Acknowledge how different it feels to be wearing this covering: "This is a new feeling, wearing a mask. We've never done this before." AND/OR "We are practicing wearing a mask so we can get used to this new feeling."
2. Acknowledge that it feels very different to see people wearing masks: "It feels so different to see kids and grown ups wearing masks. We are used to seeing their whole face and now we only see their eyes."
3. Remember that children often rely on facial cues when communicating. Masks make that challenging : "When we see people wearing a mask it feels harder to tell how they are feeling! We are used to being able to see if their mouth looks happy, sad, angry or confused. Hmmm, I wonder if we can tell how someone is feeling with just eyes."
4. Be playful with your mask: Lately, my kids have been playing a game where they guess what the other's mouth is doing under the mask by watching their eyes. This kind of child-led, made-up games are so valuable in assimilating mask wearing into the every day. Encourage this kind of play by leaving masks around, and by being playful with your own.
5. Show your child that you are still yourself, even you have a mask on: It might seem obvious, but young children need this reassurance. Here is how to do it: "I am going to try on my new mask. I am still me when I wear my mask and when I take my mask off."

Make some face coverings for your child's stuffies or dolls so that they can play about this new experience. Playing will help them work out feelings and gain mastery over the experience.

Let them practice wearing masks in the mirror. Leave a mask in front of a low mirror and invite them to see how they look with it on and off. Children don't have a frame of reference for mask wearing. They do not see children in masks in their picture books or in their favorite tv shows. Remember how new this is for them.

The good news? My children have been practicing wearing their masks for a few weeks now. In the beginning it felt impossible! It took time, but you know what? Now it is barely an issue. It has become part of their routine.

I highly recommend experimenting with different masks and find what is most comfortable for your child. You can even make masks from old soft t-shirts. You absolutely do not need to buy face coverings. There are so many resources online for no-sew face coverings.

Navigating parenting during COVID-19 is challenging, at best. Please give yourself grace. Approach the use of face coverings in public in a way that works for your family.



# You Can Grow Your Benefits!



Did you know that SNAP\* benefits can be used to purchase **seeds** and **plants** to grow food?

**\*In Michigan, SNAP is also known as the Food Assistance Program (FAP) and benefits are received on a Bridge Card.**



The Bridge Card can be used to purchase seeds and food-producing plants at any store or farmers market that accepts SNAP benefits.

If your local grocery store or farmers market also participates in the Double Up Food Bucks (DUFEB) program, DUFEB can be used to purchase seeds and food-producing plants as well.

Did your household recently receive a Pandemic EBT (P-EBT) card? P-EBT food assistance benefits were sent to Michigan families with students that are eligible for free or reduced-price school meals.

P-EBT benefits can be used the same way as the Bridge Card, to purchase food items, seeds, and food-producing plants. P-EBT benefits can also be used to participate in the DUFEB program.



**food**  
**BANK**  
COUNCIL OF MICHIGAN

To apply for the Food Assistance Program, visit:

[www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

Material produced by the Food Bank Council of Michigan.



# June-July

## 2020 Homebuyer Webinar Schedule

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process, and will teach you:

- The advantages of homeownership
- The steps in the home buying process
- The costs of homeownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment
- Certificate of completion good for one year

Completing the course and returning required paperwork fulfills the requirements for certificate of completion. This certificate can be shared with your mortgage loan officer to satisfy the homebuyer education requirement for **MSHDA loans and down payment assistance**, USDA Rural Development loans and many other lenders.

<a href="#">June 2 &amp; 3</a>	3-5pm ET	Free	Teagen Lefere <a href="mailto:leferete@msu.edu">leferete@msu.edu</a>
<a href="#">June 9 &amp; 11</a>	5:30-7:30pm ET	Free	Beth Martinez <a href="mailto:mart1751@msu.edu">mart1751@msu.edu</a>
<a href="#">June 15</a>	1-5pm ET	Free	Nancy Latham <a href="mailto:lathamn@msu.edu">lathamn@msu.edu</a>
<a href="#">June 24</a>	9am-1pm ET	Free	Brenda Long <a href="mailto:longbr@msu.edu">longbr@msu.edu</a>
<a href="#">July 9</a>	9am-1pm ET	Free	Brenda Long <a href="mailto:longbr@msu.edu">longbr@msu.edu</a>
<a href="#">July 16</a>	4-8pm ET	Free	Beth Martinez <a href="mailto:mart1751@msu.edu">mart1751@msu.edu</a>
<a href="#">July 21</a>	1-5pm ET	Free	Jinnifer Ortquist <a href="mailto:ortquisj@msu.edu">ortquisj@msu.edu</a>
<a href="#">July 27 &amp; 28</a>	6-8pm ET	Free	Rob Weber <a href="mailto:weberro2@msu.edu">weberro2@msu.edu</a>

**Webinar Pre-Registration is required.**

Click the link or go to [mimoneyhealth.org](http://mimoneyhealth.org)

Under Events, find the complete Events calendar!

**Course fees are being waived for the above listed webinars during April to August 2020 due to the COVID-19 situation.**

Prefer a self-paced online class? Go to [www.ehomeamerica.org/msue](http://www.ehomeamerica.org/msue) and choose the Homebuyer Education Course. It is available in English or Spanish and has a fee (this fee is not waived). Coupon code is MSUE10. It provides a certificate of completion when finished.



**MICHIGAN STATE**  
UNIVERSITY

**Extension**



## 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 DONNA SCARBROUGH



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

Donna: I would go on much, much longer bike rides and hikes.

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

Donna: Reminding myself each day is different and the best version of myself varies day to day, sometimes even hour by hour. Success is a moving target and isn't achieved only once in your life, so gently reminding myself of that keeps my head up.

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

Donna: Speaking of goals, I'm learning new skills on working on my car. I've achieved the basic synthetic oil change and tire rotation. My next big task is learning to change my brakes and rotors!

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

Donna: Taking a meditative walk, yoga, hugging my daughter, and if all else fails, peanut butter cups.

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

Donna: The empathy and the amount of team work that takes place throughout the organization. I'm thrilled to be in a team focused on tackling issues and promote success internally and in the field.

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

Donna: Hearing from Consumer families how amazing their Caregiver is for them is always rewarding. I feel most proud when I'm able to make that match and assist Caregivers in any hiccups along the way.

**ECare:** Tell us one thing someone might not know about ExpertCare.

Donna: Special Olympics is a joy to volunteer in and it's open to Caregivers in the field too! Consider joining us for the next Special Olympics event!



one small  
positive  
thought  
in the morning can  
change  
your  
whole day.

**LOOK WHO'S TALKING**  
**MAY CAREGIVER OF THE MONTH**  
**ANDREW MIDDLETON**



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

**Andrew:** I am a full-time teacher and have been working as a direct care worker for 10 summers.

**ECare:** Three words to best describe you:

**Andrew:** Enthusiastic, funny, passionate

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

**Andrew:** To go hiking in the Rocky Mountains

**ECare:** You're happiest when?

**Andrew:** I am happy when I'm playing with my 2 kids, Hunter (5) and Lucy (2).

**ECare:** What's your favorite childhood memory?

**Andrew:** Spending all day outside and not having a care in the world.

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

**Andrew:** I would like to be a professional wrestler for a day. Super exciting!

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

**Andrew:** My family

**ECare:** What made you decide to become a Caregiver?

**Andrew:** Making an impact on others; that is also the reason I became a teacher.

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

**Andrew:** Connect with your consumer.

**ECare:** What is your proudest moment as a Caregiver?

**Andrew:** Staying with the same consumer for 10 years. I am so connected, I cannot leave.



For almost 10 years, Andrew has been working with ExpertCare, providing care for his consumer. He has been nominated by ExpertCare staff for always being dependable and hard working.

The family he works for has said Andrew is very motivating and engaging with their son. He assists his consumer with his physical health, always follows the goals in his plan of service and goes above and beyond to make sure his consumer succeeds.

ExpertCare truly appreciates everything he does and is very proud to have him 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