

# ec ExpertCare

## CHRONICLE

MAY 2021



## MAY GIVEAWAY

ExpertCare plans to giveaway a new tablet every other month this year in hopes to support Caregivers with the HHAeXchange implementation.



We will announce the May winner in next month's newsletter!

HHAeXchange update; the roll out is moving at a slower speed than we anticipated, but we are preparing to get more Caregivers using the app very soon. We will reach out to each Caregiver individually prior to requiring you to use the app.

Thank you for your patience!

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*Congratulations to April Winners*

*Crystal Brown &*

*Kiaira Whiteside*

*We hope you enjoy your meal!*



# ACCEPTING REALITY

TOOLS  
2  
THRIVE



Sometimes in life we end up in situations that we just can't change. Radical acceptance is all about fully accepting your reality in situations that are beyond your control. This doesn't mean you approve of the situation, are giving up, or that it isn't painful. You are still allowed to (and should!) feel however you feel, but by accepting that it is what it is, you give the problem less power over you and you can begin to move forward.

## TIPS FOR SUCCESS



**Notice when you're fighting against reality.** The first step in accepting reality is gaining awareness that you're resisting it. It may seem like this would be easy to spot, but there are actually a lot of subtle ways that people push against reality. If you're feeling bitter or resentful, wishing things were different, or thinking about how life isn't fair, you might be fighting reality.



**Remind yourself that you can't change what has already happened.** Before you can make peace with reality, you have to acknowledge that there's no going back to the way things were. Doing this may be challenging and painful, but by identifying what you can and can't control, you can turn your energy towards coping with the things you can't change.



**Embrace your feelings.** You might still be angry, scared, overwhelmed, or lonely – that's okay. Accepting reality includes everything that you're feeling, too. When you accept these feelings and let yourself experience them without any judgement, you can work through them in a healthy way.



**Pretend that you're accepting reality.** Even if you're still struggling to fully accept reality, think about what it would look like if you *did*. How would you act if you simply accepted things as they are? What would your next step be? Changing your behaviors and actions to reflect "pretend acceptance" can help you to actually shift your thoughts.



**Relax your body.** If you're feeling stressed or are pushing against the reality of your situation, there's a good chance your body is tense. This is often associated with resistance and keeps your mind on high alert. Physically relaxing your body can help you feel more ready to accept what is reality. Try yoga, taking a hot bath or shower, deep breathing exercises, or getting a massage to help you relax.



**Use coping statements.** These are sentences that remind you that different, healthier ways of thinking are possible. Repeating them can help you get through difficult moments – you can focus on just one or make a long list of your own. Some examples are: *It is what it is. I can't change what has already happened. I can accept things the way they are. I can only control my own actions and reactions.* If it helps, write your coping statements on Post-It notes and put them in places where you will see them multiple times a day, or set an alarm/create an event on your phone with a coping statement to pop up with a reminder every now and again.



**Know that it takes practice.** Radical acceptance is a great tool to cope with hard situations that we can't control, but it can take a while before it comes easily. Don't get down on yourself if you don't master it immediately. Start by trying it out in smaller situations, like when you're stuck in traffic or your internet is acting up during a call. By practicing radical acceptance on a daily basis, it will be easier to use as a coping tool when bigger, tougher challenges come your way.

## FAST FACTS



Practicing radical acceptance has been shown to reduce feelings of shame, guilt, and anxiety.<sup>1</sup>



Acceptance coping skills are linked to lower rates of mental illness and suicide.<sup>2</sup>



Radical acceptance can reduce distress in dealing with negative thoughts or events.<sup>3</sup>

TAKING A MENTAL HEALTH SCREEN IS ONE WAY TO WORK ON YOUR MENTAL HEALTH. VISIT [MHASCREENING.ORG](http://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

- <sup>1</sup>Goerg, N., Priebe, K., Bohnke, J., Steil, R., Dyer, A., & Kleindienst, N. (2017). Trauma-related emotions and radical acceptance in dialectical behavior therapy for posttraumatic stress disorder after childhood sexual abuse. *Borderline Personality Disorder and Emotion Dysregulation*, 4(1), 15–15. <https://doi.org/10.1186/s40479-017-0065-5>
- <sup>2</sup>Ji, Ziyao, and Jie Zhang. "Coping Skills, Mental Disorders, and Suicide Among Rural Youths in China." *The Journal of Nervous and Mental Disease*, 200.10 (2012): 885–890. Web.
- <sup>3</sup>Iverson, K. M., Follette, V. M., Pistorello, J., & Fruzzetti, A. E. (2012). An investigation of experiential avoidance, emotion dysregulation, and distress tolerance in young adult outpatients with borderline personality disorder symptoms. *Personality Disorders: Theory, Research, and Treatment*, 3(4), 415–422. <http://dx.doi.org/10.1037/a0023703>

**MHA**  
Mental Health America

# TAKING TIME FOR YOURSELF



There are always a handful of roles that each of us are juggling. If you are a parent, a student, an employee, a caretaker, someone struggling with a mental health concern, or are just feeling overwhelmed with the responsibilities of day-to-day life, the idea of taking time for yourself may seem unimaginable. Sometimes it can be difficult to even take basic care of ourselves - but there are small things that can be done to make self-care and taking time for ourselves a little bit easier.

## TIPS FOR TAKING CARE OF YOURSELF



**Accept yourself as you are.** Remember that you are running your own race. Try not to compare your life and what it looks like right now to anyone else's. When you start comparing yourself to others, it's easy to feel inadequate, which makes it hard to even take the very first step in self-care. Instead, try your best to accept the person that you are and where you are in life right now.



**Focus on the basics.** Sometimes being an adult is not easy and it can feel impossible to get even the littlest things done. Taking time for yourself doesn't necessarily mean treating yourself to special things. One of the most important things you can do is focus on steps to ensure you're living a healthy lifestyle. Showering and brushing your teeth every day, eating nutrient-rich food, moving your body, and getting good sleep are all building blocks of good self-care.



**Find what makes you happy.** If you're caught up in taking care of all of your responsibilities — rather than taking care of yourself — you may not even really know what kind of self-care you need. What works for someone else may not work for you. Take time to think about what things you can do to make yourself feel happy or accomplished and include them in building the self-care routine that makes the most sense for you, your schedule, and your health overall.



**Practice mindfulness.** Mindfulness is one of the best ways to make the most out of any amount of time that you do have to care for yourself. Take a few slow, deep breaths, focus on each of your senses, and try to be fully present in whatever you're doing. Not only does mindfulness reduce stress, it also has the power to help you slow down and really take care of yourself — even in the midst of all of life's challenges and responsibilities.



**Make small goals.** Unfortunately, taking time for yourself doesn't just happen overnight, so try to be patient. Instead of putting pressure on yourself to immediately have the perfect self-care routine established, set small goals that you want to accomplish for yourself. Focus on small, daily tasks like wanting to take a 15-minute walk outside each day, or journaling for 10 minutes every night — rather than a complete overhaul of your life, all at once.



**Set some boundaries.** Sometimes, the only way to really be able to make time for self-care is to lessen the amount of time or energy that you are giving away to other people. Having the sometimes tough conversations with people that set boundaries around your time, your emotions, your things, your other relationships, your health, and your opinions can give you an opportunity to devote more time and effort to yourself and your own mental health.



**Remember that you are not alone.** Everyone struggles to take time for themselves, so try not to get down on yourself for not having everything perfectly balanced all of the time. As circumstances change, you'll probably have to rethink your routines and how you use your time many times throughout your life. There will always be people that understand where you're coming from and are willing to help. Ask your friends and family for help when you need to take some time for your mental health. They may even be able to offer you some guidance on how they manage self-care and take time for their own well-being.

## FAST FACTS



On average, people only spend 15 minutes a day on health-related self-care.<sup>1</sup>



Self-care is proven to reduce stress and anxiety levels while increasing self-compassion.<sup>2</sup>



Of people who took a depression screen at [mhascreening.org](https://mhascreening.org) in 2020, 73% felt tired or said that they had very little energy at least half of the time or nearly every day.<sup>3</sup>

TAKING A MENTAL HEALTH SCREEN IS ONE WAY TO WORK ON 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

<sup>1</sup>Yariboyglu, H., Panahi, Y., Sahraei, H., Johnston, T. P., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI journal*, 16, 1057–1072. <https://doi.org/10.17179/excli2017-480>

<sup>2</sup>Shapiro, S., Brown, K., & Biegel, G. (2007). Teaching Self-Care to Caregivers: Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training. *Training and Education in Professional Psychology*, 1(2), 105–115. <https://doi.org/10.1037/1931-3918.1.2.105>

<sup>3</sup>Proprietary data. [MHA Screening.org](https://mhascreening.org), 2020.

**MHA**  
Mental Health America



## *Employee Milestone Anniversaries*

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



### 20 Years

*Larry Trammell  
Winfrey Dudley*

### 10 Years

*China Long  
Regina Gunnells*

### 5 Years

*Ashley Bies  
Tyra Morgan  
Donzel Camacho  
Thomas Riggs*

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



# SPECIAL MOMS SPECIAL KIDS SUMMIT

## APRIL 26 - MAY 7

Are you looking for a space to learn how you can actually operate your life and family and navigate your loved one's disability without getting stressed out with more random info?

This summit will cover:

- School and Life Transitions
- Guardianship
- Communication Issues
- IEP's
- Mental Health for Moms
- Marriage and Special Needs Parenting How to Keep it Together

And so much more

Go to the link below to register for the Special Moms  
Special Kids Summit  
It's Free  
It's its Virtual

<http://thecharmedlife.me/smsksummit>

## Happy Mother's Day !

The way I love to celebrate my Mother's Day tradition is shopping for flowers. I love having a flowery entryway to my home.

Here are some of my ideas for this year.

~Amanda Gurne



## MAY HOLIDAYS

5th Cinco De Mayo

9th Mother's Day

17th Tax Day

31st Memorial Day

Let's Celebrate!



MAY 14-15 | 10AM - 3PM

# SIDEWALK SALE

RECOVERY RESOURCE CENTER  
27700 GRATIOT AVE ROSEVILLE MI

**OUR \$2 RESALE CLOTHING SHOP WILL BE OPEN!**

All proceeds to benefit Live Rite Structured Recovery Corp, a 501c3 non-profit organization



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.

# MOTHER'S DAY EVENTS 2021

## Rochester Hills Mother's Day Events

### Mommy & Me Painting Class

Thursday, May 6, 2021 from 6:30p-8:30p

Friendship Factory

1659 W Hamlin Rd, Rochester Hills, MI 48309, 248-890-7277  
thefriendshipfactory.com

Pinot's Palette Start in the VIP lounge where guests will make this very special two-piece "love you to the moon and back painting". After painting, while the masterpiece is drying, head down to the Glitter Garage where the Sparkle Squad will apply matching mommy daughter glitter tattoos and a little Galaxy Glister sparkle. Then it is time for the mommy/daughter photo shoot in the photo booth. Print out a 4x6 photo for you to remember this special day. For the remaining time guests will finish up in the VIP lounge for some mother-daughter karaoke. All ages are welcome this includes grandmas, aunties and all the special moms in your life. \$60 for mother & daughter / \$30 each additional family member. Call 248-890-7277 or email [manager@thefriendshipfactory.com](mailto:manager@thefriendshipfactory.com) to reserve your spot.

## Lake Orion Mother's Day Events

### Michigan Flower, Art, & Home Improvement Show

Saturday, May 8, 2021 from 9a-5p

Canterbury Village

2359 Joslyn Ct, Lake Orion, Michigan 48360, 248-391-5700  
canterburyvillage.com

Shop the area's largest assortment of beautiful flowers and plants from local farms, learn gardening and landscaping tips. Explore unique fine art and crafts, one-of-kind paintings by local artisans, hand-crafted ceramic pieces, woodwork, sculptures, stained glass artwork, jewelry, and more. Enjoy various food and drink options on the outdoor patio, along with live entertainment, activities and demonstrations. Admission is FREE. Parking is \$5.



## Royal Oak Mother's Day Events

### Royal Oak In Bloom

Sunday, May 9, 2021 from 7a-3p

Parking Lots (located at 600 S Main Street and 700 S Main Street as well as 7th Street between Main and Center Street in downtown Royal Oak)

Local and regional farmers bring an impressive array of annuals, perennials, herbs, hanging baskets, vegetables and more for your every gardening interest. In addition to the wonderful selection of plants, there will be an abundance of other outdoor items available, including hand-made wind chimes, stepping stones, beaded basket hangers, and even rain barrels. Royal Oak in Bloom is FREE to the public. For information on vendor spaces or attending the event, contact the Royal Oak Chamber of Commerce at 248-547-4000 or visit the Web Site at [www.royalokchamber.com](http://www.royalokchamber.com).

## Milford Mother's Day Events

### Mother's Day Walk

Sunday, May 9, 2021 from 10a-11a

Kensington Metropark

4570 Huron River Parkway, Milford, MI 48380, 810-227-8910  
metroparks.com

Hour-long guided walk to see what our resident animals and plants are up to in the spring. Wildflowers and birds will be in their spring glory. We'll look for bird's nests in the trees and on the ground and identify birds that are singing and calling to one another. This program is entirely outdoors. Social distancing and face coverings are required. \$3 per child \$5 per adult, children 2 & under are FREE. All ages. Pre-registration is required at least 1 day in advance at 810-227-8910. A Metroparks vehicle pass is required to enter any Metropark. 2021 vehicle permits are on sale NOW. You can pick one up at [metroparks.com](http://metroparks.com) OR visit your local Metropark today.



# MOTHER'S DAY EVENTS 2021

## Brownstown Mother's Day Events – Mother's Day Wildflower Walk

Sunday, May 9, 2021 from 2p-3:30p  
Lake Erie Metropark – (32481 W Jefferson, Brownstown, MI 48173, 734-379-5020, metroparks.com)

Treat Mom to a relaxing hike through the woods to discover some of the beautiful spring wildflowers that can be found along the trails. Learn some fun facts about these unique treasures and hear some of the myths and legends surrounding a few of these plants that color the woods in spring. All ages. \$3 per child, \$5 per adult, children under 2 FREE. Pre-registration 1 day in advance by calling 734-379-5020. Pre-registration is required at least 1 day in advance at 810-227-8910. A Metroparks vehicle pass is required to enter any Metropark. 2021 vehicle permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

Lake Orion Mother's Day Events – Lake Orion Flower Fair Farmer Market Friday, May 21, 2021 (11a-8p) and Saturday, May 22, 2021 (9a-8p)  
Downtown Lake Orion

Think of Lake Orion Flower and Art Fair as one-stop shopping for Mother's Day. Flowers, crafts, home improvement, and more – the perfect event for moms getting ready for Spring and Summer!

Birmingham Mother's Day Events – Art Birmingham 2021  
Saturday, May 8, 2021 10a-6p and Sunday, May 9, 2021 from 10a-5p  
Shain Park Birmingham (S Bates and W Merrill, Birmingham, MI)

175 juried artists on the beautiful grounds of Shain Park. Perfect for Mother's Day gift shopping.



The Sprouting Sunflower

## Dexter Mother's Day Events – Mother's Day Wildflower Walk & Brunch Basket

Saturday, May 8 from 9a-10a or 11a-noon (2 sessions to choose from)  
Hudson Mills Metropark  
8801 N Territorial Rd, Dexter, MI 48130, 734-426-8211, metroparks.com

Enjoy a ½ mile guided hike along the nature trails in search of spring flowers. This event is a beautiful way to begin a special weekend with Mom. Add a Brunch Box to your registration and enjoy brunch at the park. Brunch Box includes: two hard-boiled eggs, 1 vanilla yogurt, granola, 2 mini pastries, 1 cheese stick, assorted fresh fruit, napkin, spoon, salt and pepper packets, and your choice of beverage (juice, coffee, tea, or water). Brunch Boxes are available for pick-up between 9a-1p. Social distancing and face coverings are required. Pre-register by April 30 at 734-426-8211. Social distancing and face coverings are required. All ages. \$3 per child, \$5 per adult, \$8 per Brunch Box. A Metroparks vehicle pass is required to enter any Metropark. 2021 vehicle permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.



## Shelby Twp Mother's Day Events – Walk-A-Mom

Sunday, May 9, 2021 from 10a-4p  
Stony Creek Metropark – (4300 Main Park Rd, Shelby Twp, MI 48316, 586-781-4242, metroparks.com)

Bring your Mom or Grandmother out for a spring hike on the trails. Many of our visitors have been walking their Mom's each year for over 25 years. It's time to start your own family tradition. Participants will receive a certificate and all Moms and Grandmothers will receive a flower to plant in their garden. Wear comfortable shoes and bring a camera. This is a FREE event. A Metroparks vehicle entry permit is required for these events. Daily & Annual vehicle permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.



# HOMEBUYER EDUCATION WEBINAR

## Via Zoom

**Thursday, May 13<sup>th</sup>, 2021**  
**1:00 pm – 5:00 pm**

Be introduced to professionals from the industry and build your team for success! You will learn about the home-buying process - including credit, budgeting, banking, down payment assistance, and mortgage approval & closing.

MSHDA certificate provided at end of class for all who attend the entire 4 hours. Class limited to current Oakland & Livingston County residents.

**To register for this class please visit**  
<https://www.olhsa.org/events>

Questions: contact [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.org) or call  
248-860-7845



OLHSA is a HUD approved agency.



## ExpertCare Caregiver Keri Welborn-Kosnik Shares Her Story

**What:** Ice cream social and book sign

**When:** Saturday, May 15th between 4:00 PM- 7:30 PM

**Where:** Swirlz Frozen Custard

1035 Baldwin Rd  
Lake Orion

*How it all began:*

Growing up with a disability made me stand out. The daily questions were, why do you walk funny, and what are those plastic things on your legs? I was tired of justifying why I felt perfectly normal, and God made me special. At age eight, I had a surgery to help correct my curved-in foot. Fortunately, doctors only needed to operate on my right foot, and not both feet. From learning to walk, to the fight into driver's training, to achieving my dreams to getting published, I was determined I could, and I did. None of these accomplishments could have possible without a very stubborn and determined mom. Now, as an adult, my prayer for my story, *My Revealing Faith*, is for others to be encouraged, and continue to push through whatever battle(s) they're in.

Please join me at Swirlz Frozen Custard to help me celebrate being an over comer of cerebral palsy. When believing the impossible, was possible, this opened the door of many possibilities. Buy an ice cream and a book!

Hope to see you there!

*Keri Welborn-Kosnik*



The parade permit was approved and we are again moving forward with the planning for the 2021 Eastpointe Memorial Day Parade!

The parade will be Memorial Day, Monday, May 31st at 11 am. Staging will be at 10 am.

There will be a few changes this year:

**New route:** The parade will start at the military museum 16600 Stephens (Stephens & Gratiot) and end at Spindler Park (Stephens & I94) the route is just slightly longer than the old one.

Due to the uncertainties of the pandemic, we are not planning a ceremony at the end of this year's parade. To borrow a phrase from our Air Force friends, the parade will be "turn and burn". Hopefully we can bring back the ceremony and picnic in 2022.

We will give out awards as in the past, winners will be announced & contacted after the parade, trophies can be picked up at the museum.

Since this is the 30th Anniversary of Desert Shield / Desert Storm, this year's parade theme will be to remember the 9 Michigan service members who made the ultimate sacrifice in that conflict.



# Has COVID-19 made you unable to pay rent?

If so, we may be able to help.

COVID Emergency Rental Assistance (CERA) can provide rental and utility assistance for eligible renter households so that they retain their housing stability. See the other side of this flyer or eligibility info.

## How to apply

**The best way to apply is by using the online portal:**  
**ONLINE PORTAL**

(DIRECT LINK TO PORTAL: <https://ceraapp.michigan.gov/>)  
(MORE INFO: [www.oaklandhomeless.org/cera](http://www.oaklandhomeless.org/cera))

**Once you are in the portal, application language can be changed from English to Spanish or Arabic**

## Other options include:

You can call  
1-888-441-1742



OR

You can pick up a  
paper application  
and drop off



OR

You can print it  
yourself and drop  
off the application



**Paper versions of the application are in English, Spanish and Arabic. All versions can be found on the [Alliance website](http://www.oaklandhomeless.org/cera) or the [MSHDA CERA website](http://www.michigan.gov/) [www.oaklandhomeless.org/cera](http://www.oaklandhomeless.org/cera) OR [www.michigan.gov/](http://www.michigan.gov/) (search CERA)**

You can pick up and drop off your applications at the following agencies:

- OLHSA - 196 Cesar E Chavez Ave, Pontiac, MI 48342
- Community Housing Network - 5505 Corporate Dr #300, Troy, MI 48098
- Lighthouse MI - 18505 W 12 Mile Rd, Lathrup Village, MI 48076



## 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 AMY RODARMOR



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

**Amy:** Read, listen to music and workout

**ECare:** What are three words that best describe you?

**Amy:** Quiet, Hardworking and Outdoorsy

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

**Amy:** I would like to run the Grand Canyon from Rim to Rim.

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

**Amy:** Usually the people I am surrounded by and the feeling you get when you achieve a goal.

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

**Amy:** Nutrition, I am always learning something new and want to keep learning!

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

**Amy:** Early morning workout and a good breakfast.

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

**Amy:** The positive work environment.



**Recreation Themed Dance  
May 7 at 6:30pm**

**RARA Recreation  
500 E Second Street, Rochester,  
Michigan 48307**

Hosted by RARA Recreation. This dance is designed for persons who have special needs. Music and dancing with a fun theme. Refreshments will be served. Cost is \$15 for residents & non-residents. Register via [RARAREcreation.org](http://RARAREcreation.org). Each dance has a holiday theme Day (Cinco De Mayo).





# COURAGEOUS CONVERSATIONS:

## Stop Youth Mental Health Stigma

### Guest Speaker

Learn the pros and cons  
about mental health

DATE:

MAY 26TH  
2021

TIME:

4:00 PM  
TO  
5:30 PM

Virtual

[https://www.eventbrite.com/e/courageous-conversations-the-stigma-of-youth-mental-health-tickets-151837290423?](https://www.eventbrite.com/e/courageous-conversations-the-stigma-of-youth-mental-health-tickets-151837290423?aff=ebdssbonlinesearch)

[health-tickets-151837290423?](https://www.eventbrite.com/e/courageous-conversations-the-stigma-of-youth-mental-health-tickets-151837290423?aff=ebdssbonlinesearch)

[aff=ebdssbonlinesearch](https://www.eventbrite.com/e/courageous-conversations-the-stigma-of-youth-mental-health-tickets-151837290423?aff=ebdssbonlinesearch)



— *Stop Youth Mental Health Stigma*

### ExpertCare Caregiver of the Month for April was Diamond Cabil

Diamond has been a caregiver with ExpertCare for a short period but has already made a lasting impression with internal staff. She has proven to be someone with a compassionate and benevolent heart. The consumer family she is caring for has recently undergone an unfortunate and challenging event. Diamond has been there for the consumer and continues to show them unconditional support. She has gone above and beyond to make sure they are getting adequate help and has even helped the consumer get increased hours to assist during this challenging time.

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

