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MARCH GIVEAWAY

Spring is right around the corner so let the spring cleaning begin! We want to help two lucky caregivers with getting organized and ready for spring cleaning.



We will draw two Caregivers at random who will each get a \$50 Target gift card.



*Congratulations to February Winner
Stephen Sevonty!
We hope you enjoy the tablet.*



PAYROLL UPDATE

Electronic access to employee W2's will be available online through the payroll portal, Prism HR, by January 31, 2022. You can access Prism HR by going to <https://sree.prismhr.com/ser>. Once you are logged into your employee portal, select Payroll and then W2 Reprint to view/download/print your electronic W2. For those who have not elected electronic W2's, you will also receive a hard copy of your W2 form in the mail.

ExpertCare will accept W2 Reprint Requests beginning February 14, 2022. W2 reprint requests can be done electronically at <https://hipaa.jotform.com/ExpertCareMI/ReissueW2> or you can email HR@versicaregroup.com for a copy of the form. Reprinted W2's can only be mailed to the address provided on the request.



Movie/Pizza Night February 25, from 6:30p-9p (Also March 25, April 22)

RARA Recreation
500 E Second Street, Rochester, Michigan 48307

Hosted by RARA Recreation. Enjoy a movie and a pizza snack with friends one Friday a month. This opportunity is designed to support persons with special needs. Supervised event. Ages 14+. Fee is \$15 for residents and non-residents. Register via RARARecreation.org.

TR Pizza and Movie Night Friday, March 4, 2022 at 6p (Also – April 1, May 6)



Clintonwood Park
6000 Clarkston Road, Clarkson, MI 48348

Enjoy an evening with your friends for a favorite movie and some delicious pizza. This program is for persons, ages 14+, with cognitive disabilities, with or without physical impairments. Call 248-625-8223 to register. \$10. Hosted by Independence Twp Parks & Recreation.

RARA Diner's Club Monday, March 7, 2022 from 5:15-6:30p (Also April 4)

Select Rochester/Rochester Hills Area Restaurants
This opportunity is designed to support persons with special needs. Participants pay for their own meal, beverage, and tip. PRE-REGISTER EARLY as spots are very limited and so that we have enough assistance and space reserved in the restaurants. Exact restaurant choices will be announced at a later date. 14+ Years. \$6 per participant. To register, visit www.rararecreation.org.



Monday Mingle Monday, March 7, 2022 from 5:30p-7p (Also – April 4 & May 2)

Troy Community Center
3179 Livernois Rd, Troy, MI 48083

Come join this Adaptive Social Night to enjoy a variety of activities including: music, karaoke, games, pizza, and refreshments. All ages are welcome, however those under 14 must be accompanied by a responsible caregiver. Aides/caregivers may attend at no cost. Pre-registration is required. \$12 resident / \$15 non-resident. For more info, visit rec.troymi.gov.



LET'S GET SAP HAPPY

AT THE JOHNSON NATURE CENTER



MARCH 5, 12, & 19

9:30A - 3:00P

\$12/PERSON

(UNDER 2 ARE FREE!)

A Community Maple Sugaring Event

Learn how to identify and tap a maple tree and enjoy the sights, smells, tastes, and history of the sweet syrup-making process in our Sugar Shack and Log Cabin! Enjoy at your own pace with self-guided tours. Staff and volunteers will be on site to engage you in the joys of the season!



TO REGISTER, PLEASE FOLLOW THE QR CODE OR VISIT JOHNSONNATURCENTER.ORG!

 Friendship Circle
 **Great Bike Giveaway**

For a child with special needs, bike riding is far more than a recreational experience. Bike riding offers a source of much-needed exercise and provides therapeutic value while contributing to an inclusive environment where a child with special needs can ride a bike like everyone else.

Hundreds of children and teens with special needs require the use of an adaptive bike, yet most parents cannot afford the high costs and their children never get to experience the joy of riding a bike.

Welcome to the Great Bike Giveaway.

That's why Friendship Circle created The Great Bike Giveaway, a platform where you can win an adaptive bike. From February 16th, 2022 to March 16th, 2022, participants have the opportunity to participate in the giveaway and win the bike best suited for them.

What the Great Bike Giveaway Provides

- A simple fundraising platform to help you raise money for an adaptive bike.
- Discounted pricing on adaptive bikes making it easier to fundraise.
- The potential for matching donations to make your fundraising even easier.
- Marketing support to help you get the word out.

Visit greatbikegiveaway.com for more information.

Friday Frolic Dance
Friday, March 11, 2022
from 7p-9p
(ALSO April 8, May 13)



Troy Community Center (3179 Livernois Rd, Troy, MI 48083)
Dancing with DJ with a fun holiday theme and refreshments. \$7. For more info, visit rec.troymi.gov.

RARA Recreation Themed Dance
March 18, 2022 from 5:30p-8p
(Also May 6)

RARA Recreation
500 E Second Street, Rochester

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. Each dance has a holiday theme (St Patrick's Day / Cinco De Mayo etc)



Karaoke
Wednesday,
March 23, at 7p

Troy Community Center (3179 Livernois Rd, Troy, MI 48083)

Have fun while singing along with the latest and greatest artists. Feel free to bring your own CD to sing and dance along with. Pop and chips will be provided. Aides may purchase pop and chips for \$1. \$7. For more info, visit rec.troymi.gov.



Spring Cleaning

CHECKLIST

SUPPLIES

- Vacuum
- Steam Cleaner or Mop
- Dusting Materials
- Paper Towels
- Broom
- Boxes
- New Furnace Filter

CLOSETS

- Donate or toss old clothes and shoes
- Pack up winter clothes
- Wash/hang up spring clothes
- Dust/wipe down shelves
- Clean or replace laundry basket

KITCHEN

- Get rid of outdated spices and food
- Defrost and clean fridge and freezer
- Steam clean grout and appliances
- Polish silverware
- Clean inside of cabinets and drawers
- Dust top of cabinets and above fridge
- Steam clean microwave
- De-clutter junk drawer
- Clean oven
- Clean pantry shelves and around trash

LAUNDRY ROOM

- Move washer/dryer and clean behind
- Check dryer vent
- Clean out cabinets and drawers

ALL ROOMS

- Wipe down baseboards
- Clean air vents
- Dust blinds and windows
- De-clutter any drawers/messy areas
- Clean windows
- Vacuum/Mop Floors
- Replace HVAC/Furnace Filter

BEDROOM

- Dust ceiling fan
- Clean or replace sheets
- Vacuum mattress
- Clean and vacuum under bed
- Wash pillows

LIVING ROOM

- Dust around and behind TV
- Clean fireplace
- Clean window treatments/furniture
- Wash, vacuum, or replace dog beds
- Polish hard wood floors

OUTSIDE

- Clean light fixtures
- Wash outdoor furniture
- Clean sliding glass door tracks
- Steam clean cement/cracks
- Plant flowers
- Clean/repair gutters
- Clean and organize garage

BATHROOMS

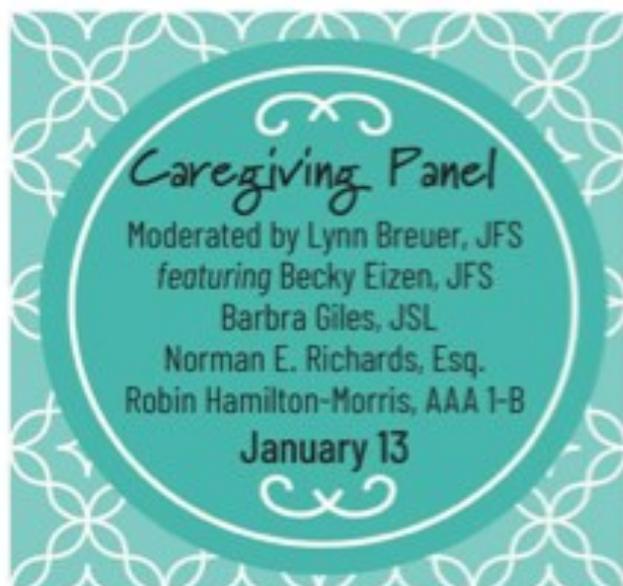
- Throw away expired cosmetics
- Steam clean mirrors, countertops, sink
- Change shower curtain
- Steam clean floors, bath tub, and toys
- Clean in, around, and behind toilet
- Unclog drains

(Care)giving and Taking: Making time for you

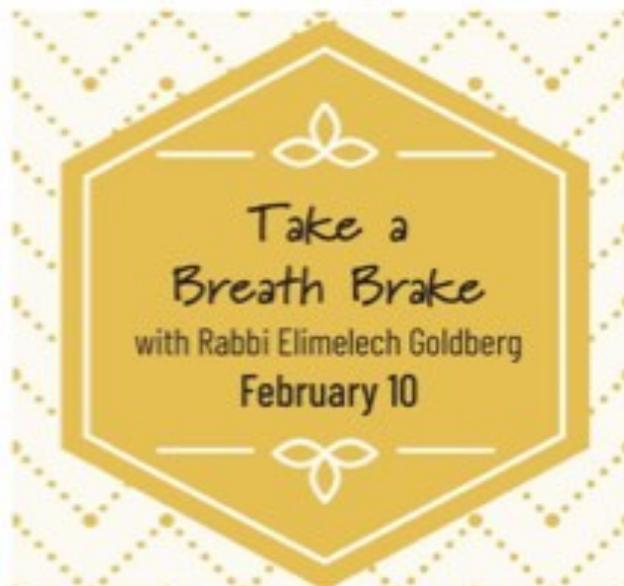
A four-part series to educate, empower, and connect family caregivers

Taking care of a loved one can be difficult. So can ensuring that your own needs are being met during this challenging time. It's easy to feel isolated but *Jewish Family Service* and *Jewish Senior Life* are here to offer family caregivers support, comfort and a sense of community.

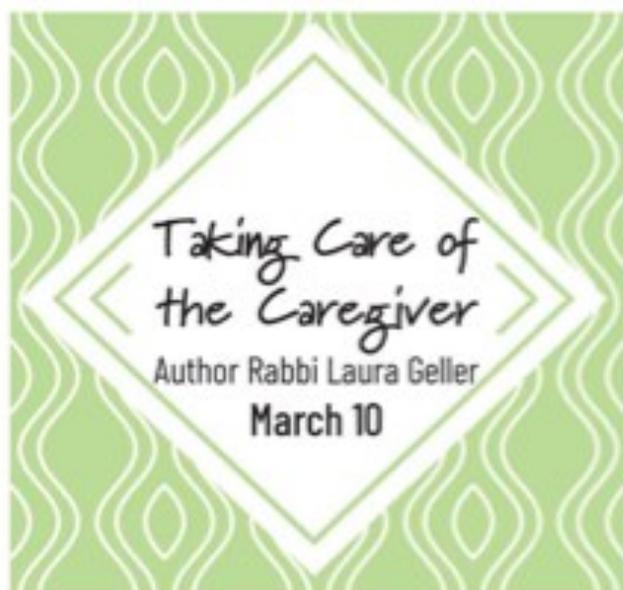
Join us for our four-part series held virtually on Thursdays at 2pm:



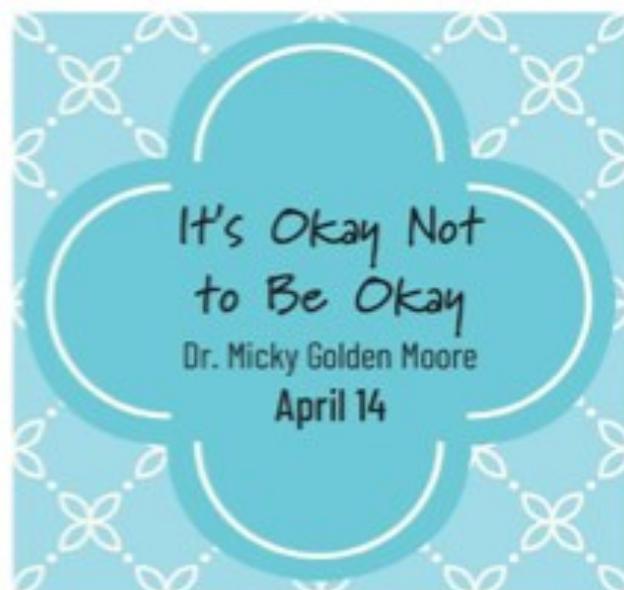
Caregiving Panel
Moderated by Lynn Breuer, JFS
featuring Becky Eizen, JFS
Barbra Giles, JSL
Norman E. Richards, Esq.
Robin Hamilton-Morris, AAA 1-B
January 13



Take a
Breath Brake
with Rabbi Elimelech Goldberg
February 10



*Taking Care of
the Caregiver*
Author Rabbi Laura Geller
March 10



*It's Okay Not
to Be Okay*
Dr. Micky Golden Moore
April 14

To learn more or to register visit jfsdetroit.org/caregiver

Questions? Contact 248.592.2313



Center on Aging
and Trauma

Jewish Senior
LIFE
Residences - Programs - Services

Jewish
**Family
Service**
OF DETROIT & DETROIT



Employee Milestone Anniversaries

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

5 Years

Mekkol Cook
Travis McKinney
Angeline Gardner

10 Years

Sherry Stewart
Robin Mullonkal
Mildred Wisniewski
Katherine Verbias

15 Years

Ashley Whitaker

20 Years

Angela Long-Montgomery
Sarah Staton

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



On February 12th ExpertCare participated in Polar Plunge for Special Olympics.

Our team was able to raise \$5,191 for Special Olympics of Michigan!

Our team also brought home the award for best themed outfit for the second year in a row.

Congrats to these wild animals!



FREE

Autism Workshop

Saturday March 12, 2022
1:30-3:00 PM

Overcoming the Hopeless Complex

Autism & Mental Health

1. Learn the cause and effects of a hopeless complex
2. Understand the motivational killers that lead to depression and anxiety
3. Discovery practical ways to develop a hope complex
4. Learn to create a healthy self-efficiency to overcome the hopeless complex
5. Understand the positive fruits of a hope complex

80% of people with ASD experience severe depression, anxiety, or other mental health issues.

During Covid 19, many of these individuals due to social isolation and a change in routine developed a *hopeless complex*. This hinders growth and independence, creates fear of the future, and can cause regression of previous learned skills.

Educators, professionals, and parents will learn practical ways to create a hope complex by developing a healthy self-efficiency mindset. Sandison shares his own journey with autism and depression and how he overcome a hopeless complex by developing self-determination. A hope complex empowered Ron to have a career in the mental health field, a family, and a national platform in the autism community.



Register Online:

therapeuticconceptsllc-mi.com

More Info:
586-722-7524

38257 Mound Rd, Bldg D
Sterling Heights, MI 48310
marynagy@therapeuticconceptsllc-mi.com



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.

ECare: What is your job title and role at ExpertCare?

Sandra: Although I spent many years as a Payroll & Billing Specialist, my current position is Staff Accountant, assisting with many financial aspects of the company.

ECare: How do you enjoy spending your time outside of work?

Sandra: Most of my free time is spent doing chores on our hobby farm, but when I can, I love spending time with my kids and grandkids.

ECare: Would you rather be a tiny elephant or giant hamster and why?

Sandra: I think I would rather be a tiny elephant. People would think I was cute and wouldn't be afraid of me.

ECare: If you could choose a superpower what would it be?

Sandra: I would love the superpower to fly. Not only would it be convenient but it would also be a lot of fun.

ECare: Share with us something new that you have learned in the last year.

Sandra: This year has truly been the year of learning new things. Not only with taking on my new role, giving me opportunity to learn new aspects of accounting, but we have added new computer software programs which has been a major learning experience.

ECare: What's an accomplishment that you're most proud of?

Sandra: My greatest accomplishment has been, with the assistance of my husband, raising two kids who have become kind, caring, responsible adults and are now raising their own kids to become kids, caring, responsible adults.

ECare: What's the best advice you have received?

Sandra: If you ever start feeling sorry for yourself, stop and do something nice for someone else!

ECare: Share with us any hidden talents that you have.

Sandra: I wouldn't say that they are hidden talents, but I can knit and crochet. (Oh, I can also say the alphabet and the Big Mac jingle backwards)!!!

DATES TO REMEMBER IN MARCH 2022

Daylight Savings

Sunday, March 13th



St. Patrick's Day

Thursday, March

17th



First Day of Spring

Sunday, March 20th



SPRING

SCAVENGER HUNT

something green



something making noise



something red



something flying



a bug



something planted



a puddle



a flower



something feathery



something yellow



a rock



smooth bark



something smelly



a tree with flowers



a bud



something brown



IMAGINATION SOUP



ParentEd Talks Detroit



LIMITED TIME: Register for ALL the ParentEd Talks!

REGISTER

You're parenting in a time like no other. And you have a village that's here to help. Welcome to Metro Parent's very first round of ParentEd Talks. This exclusive, FREE virtual speaker series features some of the nation's top parenting experts — all offering support to southeast Michigan families just like you. Their singular goal? To help you solve your toughest parenting challenges. These chats offer up some welcome perspective, along with opportunities to ask questions and hear from other parents in your community and beyond. Join us for pro insights and engaging discussions that will enrich, educate and inspire you on your parenting journey!



TOPIC

Peaceful Parenting: Solutions for Your Toughest Behavior Challenges

When: March 22, 2022

Speaker: Laura Markham, Ph.D.

REGISTER



Bring it! Are you desperately seeking that magical epiphany that will help you transform your child's specifically problematic behavior (or maybe your own)? Dr. Laura Markham of Aha! Parenting joins us for a lively Q+A to share her reassuring and empowering wisdom for handling the trickiest behavioral challenges, all in order to cultivate a more peaceful home and to raise happy, responsible and considerate kids. Markham is author of three bestselling books, including *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*.

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Henry Ford Museum offering \$3 tickets for low-income families who show EBT or WIC card



DEARBORN, MI (WXYZ) — The Henry Ford Museum has teamed up with Museums for All to offer low-income families reduced admission into the Henry Ford Museum.

Admission for SNAP/EBT and WIC cardholders, plus four guests, will now be \$3. This ticket price will give visitors access to the Henry Ford Museum of American Innovation and Greenfield Village.

In addition to the discounted price, the parking fee will also be waived.

The museum hopes this partnership will encourage all Michiganders to visit museums more frequently.

This new initiative is in effect immediately.

Caregiver of the month of February: Martell Rich

Martell has been providing great care with ExpertCare for over 4 years. He is being recognized for being a great mentor and for being reliable staff.

The mom of the recipient he works with shared how great of a job he does helping her son become more independent. He's been helping his recipient improve his communication skills by encouraging him to use his cell phone to keep in contact with others and reinforces his money skills by having him count cash or use his bank card. He continues to lead his recipient on the path to success.

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