

# ExpertCare CHRONICLE

SEPTEMBER 2022

## SEPTEMBER GIVEAWAY

We are all feeling the pain at the pump this year! Expert-Care hopes to help ease that burden for two lucky Caregivers this month. We will draw two winners at random, each will receive a \$50 gas gift card.



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CONGRATULATIONS  
TO AUGUST WINNERS  
KATHERINE ZIOMEK &  
MELISSA HERTZ



## Are you on social media?

Like us to stay up to date on all things  
ExpertCare!

**Facebook.com/ECareMichigan**

**Instagram: @ExpertCare**



FREE Yoga at Grand Circus Park

Sunday, September 4, 2022

from 9:45a-10:45a

Grand Circus Park Detroit

101-157 Witherell St, Detroit, MI 48226

Bring your yoga mat and enjoy a physical-ly distant yoga class. This is a FREE event but you must pre-register. Weather permitting.

<https://www.citizenyogastudio.com/studios/detroit/detroit-schedule/>



"THE SECRET OF  
CHANGE IS TO FOCUS  
ALL OF YOUR ENERGY,  
NOT ON FIGHTING THE  
OLD, BUT ON BUILDING  
THE NEW."

— SOCRATES

# PATH

## Personal Action Toward Health

800-482-1455 | [nkfm.org/PATH](http://nkfm.org/PATH)

[PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

Chronic Pain **P**ersonal **A**ction **T**oward **H**ealth (PATH) is a no-cost, six-week workshop led by certified leaders designed to help people living with chronic pain manage their health conditions and live a healthier, more enjoyable life.

### What will you gain from Chronic Pain PATH?

- Challenge myths about dealing with pain
- Master techniques to deal with frustration, fatigue, isolation and poor sleep
- Pace yourself around activity and rest
- Exercise to improve strength and endurance
- Use medication wisely - and more!

NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org).



### Fall 2022 Workshops

Access upcoming workshops either virtually (Zoom) or in person:

#### Chronic Pain PATH (Virtual)

Mondays at 6:00 - 8:00pm

Info Session: September 19

Sessions 1-6: September 26 - October 31

Location: Zoom Video Conference

To register contact Beaumont: 800-633-7377

<http://classes.beaumont.org>

#### Chronic Pain PATH (In Person)

Thursday's 12:30 pm-3:00 pm

Sessions 1-6: October 6 - November 10

Location: Providence Park Hospital

Conference rooms AB, Southeast Entrance

47601 Grand River Ave, Novi, MI 48374

To register contact Ascension: 248-849-5752

#### Chronic Pain PATH (In Person)

Wednesdays at 3:30pm-6pm

Info Session: October 5

Sessions 1-6: October 12 - November 16

Location: Western Wayne Family Health Center,

2700 Hamlin Blvd, Inkster, MI 48141

To register contact Beaumont: 800-633-7377

<http://classes.beaumont.org>

**Workshops offered at no cost  
to participants.**



National Kidney Foundation of Michigan | 2022 | 800-482-1455 | [www.nkfm.org](http://www.nkfm.org)  
For other wellness programs in Michigan, visit [www.mihealthprograms.org](http://www.mihealthprograms.org).

This workshop was supported, in part by grant number 90CSSG0051, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



We have all felt the pain of the high gas prices recently.

ExpertCare would like to remind families to please be mindful of this when scheduling community events and activities for the Recipient to participate in during CLS hours. Activities should be close to home and in the Recipient's community.

As a reminder, Caregivers can not accept any funds from the Recipient or Recipient's Guardian, including money for gas.

Please contact our office at 248-643-8900 if you have any questions .



## How to Beat High Gasoline Prices

- ◆ While the prices seem to have spiked recently, the issues leading to the increase have been decades in the making. Our nation's refining capacity has been stagnant for thirty years, we have limited our options to increase domestic supply, and we depend more and more on foreign sources of oil that are becoming increasingly scarce because of rising demand in other countries like China and India.
- ◆ The energy bill just signed by the president last summer has helped us start to turn the corner and lead us in the right direction. The energy bill supports development of more oil and gas reserves here at home and in addition, and will help us develop new technologies to fuel our transportation needs like hydrogen fuel cell cars.
- ◆ In the coming months, we may continue to see high prices due to increased demand as the summer driving season begins, the switch from winter to summer gasoline blends, and the phase-out of the gasoline additive MTBE in favor of ethanol.
- ◆ There are a number of things that American families can do to improve their fuel efficiency and help them save money. Taken together, these efficiencies can equal up to a dollar of savings per gallon.

### **Some of these steps include:**

#### **1. Slow down.**

- \* Each 5 mph you drive over 60 mph is like paying an additional \$0.15 per gallon for gas.
- \* Aggressive driving (speeding, rapid acceleration and braking) wastes gas.
- \* Equivalent Gasoline Savings: \$.12-\$0.82/gallon

#### **2. Keep your car maintained and running smoothly.**

- \* Tune ups
- \* Clean air filters
- \* Tires properly inflated
- \* Proper grade of oil

#### **3. Use your engine wisely.**

- \* Avoid Excessive Idling
- \* Use Cruise Control and overdrive gears

#### **4. Be smart about driving.**

- \* Plan errands to do them together, rather than separate trips
- \* Carpool
- \* Mass transit
- \* Telecommute

#### **5. Keep your car light.**

- \* Too often a car become long-term storage facilities

## Advocate for Opposition to Privatization of Services

Sign the Online Petition Opposing Privatization Bills by visiting the site below. As you may know, Senate Majority Leader Mike Shirkey recently introduced two new bills – Senate Bills 597 & 598, which attempt to reboot and expand the failed “Section 298” effort of several years ago. This legislation would privatize all Medicaid mental health services by giving full financial control and oversight or decision making to for-profit insurance companies. Supporters of Senate Bills 597 & 598 make a lot of false promises, do not be fooled these bills are a shell game, just shifting who pays the bills for a small fraction of people in the Medicaid program. Sen. Shirkey has ignored the voice of the people served by continuing to push this dangerous idea. The Community Mental Health Association of Michigan has launched an online petition opposing these bills, please join us and sign the petition by visiting:

[Advocacy - Action Alert & Petition • CMHAM - Community Mental Health Association of Michigan](https://cmham.org/advocacy)—<https://cmham.org/advocacy>

The bills are being falsely portrayed as improvements to the state's public mental health system. If passed into law, these bills will severely damage Michigan's Community Mental Health system and cause significant harm to the 320,000+ Michiganders who rely on its stability. Senator Shirkey's bills also hand Michigan's funds and local decision-making to out-of-state insurance companies. This legislation will allow our local mental health care decisions to be made in corporate board rooms in Missouri, California, Minnesota, Arizona and Indiana. Thank you in advance for your tireless support, our strength is our numbers, and we need to show it – please go to [CMHAM.org/Advocacy](https://cmham.org/Advocacy) and sign our petition AND please forward this message to your board members, staff, and your community partners and ask them to sign and share the petition.



# Oakland Community Health Network Wellness Center



## About the Center:

The Wellness Center is now open to people who receive public mental health services in Oakland County.

Tuesday & Thursday from 9:30 a.m. - 2:30 p.m.

[Select to view Wellness Center video \(YouTube\)](#)

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## Location:

Oakland Community Health Network  
5505 Corporate Drive, Troy, MI 48098

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## How to Participate:

Visit the OCHN website at [www.oaklandchn.org](http://www.oaklandchn.org)

Select Resources / Wellness Center

View Wellness Center video and complete the waiver



Oakland Community  
Health Network

Developmental Disabilities • Mental Health • Substance Recovery



*Employee Milestone  
Anniversaries*

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



10 Years  
*Latanya Kaigler*

5 Years  
*Rachel Greer  
Pamela Gonser  
Norman Johnson Jr  
Ohid Uddin  
Martell Rich  
Michele Underwood*

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



**COUNTY FISCAL  
YEAR-END IS  
9/30/2022**

**ExpertCare must receive all un-  
paid visits with dates worked  
through 9/30/2022 by  
Monday, October 3, 2022 at 8AM.**

If we do not receive your completed  
visits by this time, it cannot be pro-  
cessed as we have very tight deadlines  
due to county year-end.

**WE MUST RECEIVE ALL VISITS  
BY MONDAY 10/3/22**

Thank you in advance for your  
cooperation!

### TR Pizza and Movie Night

Friday, September 9, 2022 at 6p

Also – October 7, November 4, & December 2

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.

### Friday Frolic Dance

Friday, September 9, 2022 from 7p-9p

Also, October 14, November 11, and December 9

Troy Community Center

3179 Livernois Rd, Troy, MI 48083

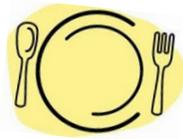
Dancing with DJ with a fun holiday theme and refreshments. \$6 admission via punch card. The Friday Frolic Punch Card costs \$36, is good for 6 admissions, and can only be used for Friday Frolic Dances. For more info, visit [rec.troymi.gov](http://rec.troymi.gov).

### RARA Diner's Club

Monday, September 12, 2022

from 5:15-6:30p

Also October 3, November 7, & December 5



### 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](http://www.rararecreation.org).

### Monday Mingle

Monday, September 26

from 5:30p-7p

(Also December 5)

Troy Community Center

3179 Livernois Rd, Troy, MI

48083



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. \$12 Res, \$15 Non-Res. Pre-registration required. For more info, visit [rec.troymi.gov](http://rec.troymi.gov).

### OUCARES After Hours Adult Social

Tuesday, September 27, 2022 at from 6p-9p

(October 18 & November 15)

Oakland University Oakland Center

(Lake Michigan Room)

This is a support group for adults with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Come join us for pizza, conversation, cards, games, and fun! No registration required, come when you are able. Ages: 18+ yrs. No cost for this program. For more info, visit [www.oakland.edu/oucares/](http://www.oakland.edu/oucares/)

### Movie/Pizza Night

Friday, September 30, from 5:30p-7:30p

(Also October 21, November 18, December 16)

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 \$17 for residents and \$20 non-residents. Register via [RARAREcreation.org](http://RARAREcreation.org).



### Awesome Autumn

Thursday, September 22 from 6p-8p  
Waterford Oaks County Park  
2800 Watkins Lake Rd, Waterford, Michigan 48328

The event will feature festive fun, including accessible hayrides, dinner, music and dancing. Cost for Awesome Autumn is \$10/participant and \$5/caregiver and preregistration is required by Sept. 16. Ages 18+. Hosted by Oakland County Parks and Recreation. Call 248-858-0916 to register or call or text 248-221-8040 for program questions and information.

**OUCARES Autism Spectrum Bowling League**  
September 24, 2022 through November 12, 2022  
(SATURDAYS) from 10a-noon  
Classic Lanes  
2145 Avon Industrial Dr, Rochester Hills, MI 48309

Our friends at Classic Lanes in Rochester Hills have teamed up with OUCARES (Oakland University Center for Autism Research, Education and Support) to form a bowling league for individuals ages 16-plus on the autism spectrum. This opportunity will allow ASD students (over 16) and adults to enhance physical activity in a social, community setting. No bowling experience is necessary to participate. The cost of the bowling league is \$100.

**Disability Dirt Day**  
Sunday, September 25, 2022 from 11a-3p  
Holly Oaks ORV Park  
13536 Dixie Hwy, Holly, MI 48442, 248-653-0710  
hollyoaksorvpark@oakgov.com

Disability Dirt Days is a series of off-roading events for individuals with disabilities. Rides are provided by volunteers and there is music and family activities to enjoy. Lunch is provided and each rider receives a free T-shirt. For additional information or to reserve your spot, text or call 248-221-8040 or email [adaptive@oakgov.com](mailto:adaptive@oakgov.com). Hosted by Oakland County Parks and Recreation.

## RETURNING LABOR DAY WEEKEND 2022

Soaring Eagle Arts, Beats & Eats features 200 musical acts! It's Oakland County's Favorite Summer Festival Celebrating Art, Music, Cuisine & Community!

Soaring Eagle Arts, Beats & Eats presented by Flagstar Bank is Oakland County's celebration of art, music, food and community that take place in Downtown Royal Oak on Labor Day Weekend. Scheduled for **September 2-5, 2022**, the festival attracts hundreds of thousands for an end of summer celebration not to be missed!

Admission to the festival is \$5 before 3pm and \$10 after 3pm.

### EVENT HOURS

FRIDAY SEPTEMBER 2  
11AM-11PM

SATURDAY SEPTEMBER 3  
11AM-11PM

SUNDAY SEPTEMBER 4  
11AM-11PM

MONDAY SEPTEMBER 5  
11AM-9PM





## 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 HALEY CUTTER

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

Haley: I am a Recruiter! Some of my main focuses are sourcing new Caregivers, phone screening and interviewing them, then following up to ensure they complete all required trainings after they've been hired. Once the foundation is set, I help pair them with a

Recipient and provide support all the way from their first meet & greet to the start of their first shift, and beyond! I also work closely with the Recipient families. I feel it's crucial to build a relationship with them and let them know they are my utmost priority!

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

Haley: If it's summer/warm out, you can find me on the lake with my fiancé and his amazing family. We love to swim, tube, wakeboard - all the water sports! In the cooler months, I enjoy baking seasonal treats, watching True Crime documentaries, and snuggling up with my fur babies (our 2 cats!).

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

Haley: Giant hamster. I'm 5ft tall, so I feel like it'd be good to get a change of scenery. See the top of someone else's head for once.

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

Haley: I'm not sure if it's a superpower, but I'd love having the ability to time travel. I love classic rock music and would love to see some of my favorite bands back in their prime, and when they were still performing!

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

Haley: It's been a little over a year, but last summer, I started learning how to do my own gel manicures at home!

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

Haley: Adulting! Not sure if I can consider it an accomplishment as I'm still doing it, but man has it been hard. So, I'm proud of myself!

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

Haley: Let it goooo, let it gooooo! No, seriously. I can't stress enough how truly short life is, and sometimes, it's easier to just let something go.

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

Haley: Maybe not a hidden talent, but my fiancé calls me a "Disney Princess" because I'm an animal whisperer. I'm actually besties with a deer that lives in our neighborhood and acquaintances with a muskrat that lives on our lake (we'll be besties too, just wait)!

## HHA eXchange



**Please remember to always "Log-Out" of HHA. This will help the app run smoother.**

Did you know that your HHA app has updates to make it run smoother. These updates can fix issues you might be experiencing.

To update your iPhone or Android please follow the steps below.

### **Update your apps manually**

1. Open the App Store.
2. Tap your profile icon at the top of the screen. Scroll to see pending updates and release notes. Tap Update next to an app to update only that app, or tap Update All.

### **How to update an Android app**

1. Open the Google Play Store app .
2. At the top right, tap the profile icon.
3. Tap Manage apps & device. Apps with an update available are labeled "Update available." Tap Update.

## LOOK WHO'S TALKING

### AUGUST CAREGIVER OF THE MONTH

#### DELORES HAWKINS



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

*Delores: I love helping people.*

*ECare: What have you always wanted to try and never did?*

*Delores: Write a book.*

*ECare: What is the most rewarding experience you have had as a Caregiver?*

*Delores: Saving people's lives.*

*ECare: What do you do for fun?*

*Delores: Write poems.*

*ECare: What are three foods you can't live without?*

*Delores: Chicken, Pasta and spinach.*

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

*Delores: Leave your problems at the door. Greet others with a smile and your days will get better.*

*ECare: What is the first concert you attended?*

*Delores: Sesame Street on Broadway in 2021.*

*ECare: What have you learned from your Caregiving experience that has helped you in other aspects of your life?*

*Delores: Being kind to others and also being caring and loving make life much better. You don't know what people go through and being a caregiver will set you free just being a stranger's friend. Patience is the key.*

For the past 2 months, Delores has proven her dedication to helping others succeed. Even though she hasn't been with ExpertCare for very long, she has shown how much she wants to make a difference in the lives of others.

Delores always goes above and beyond to help her recipient. She's altered her personal schedule to accommodate the needs of her recipient and is consistently reliable. The case she's on can be a challenge, but she's handled every obstacle with a positive can-do attitude. She goes to work every day with a smile on her face, regardless of any challenges there may be! It is evident that she puts her heart and soul into every task that she completes.

We are happy to have Delores on our team and be able to watch her continue to shine in her career! 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

