ExpertCare CHRONICLE

February 2023

FEBRUARY GIVEAWAY

This month we will draw 2 Caregivers who will each receive a $50 Etsy gift card to help spoil themselves or someone special to them.

Stay tuned next month to see who won!

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Congratulations to January winner Hunter Brown,
We hope you enjoy the Dick's Sporting Goods gift card.

PAYROLL UPDATE

Electronic access to W-2's has been turned on for the 2022 tax year. If you have opted-in for an electronic W-2, you will **not** receive a printed W-2 form and will need to retrieve your W-2 from the PrismHR Employee Portal. All employees can access their W-2 online, even if they did not opt-in for an electronic W-2.

Once you are logged in to your Employee Portal, click on 'Taxes' from the left-side menu and then W-2. Select the tax year from the drop-down menu to download/save/print your electronic W-2 form.

We encourage all employees to enroll in the early W-2 program in which you only receive the electronic version of your W-2 form. If you have not enrolled, you will see the Early W-2 Election option appear at the bottom half of the screen after selecting 'W-2' from the menu. After reading the terms and conditions, select the check box to provide your consent and click on Enroll.

Those who will be receiving physical W-2 forms can expect to receive them early next week. If you did not provide an updated address prior to Friday, January 20th, we cannot guarantee that the W-2 was mailed to the updated address.

If you still have not received your W-2 form by February 13th and believe that you should have, or are unable to retrieve from your Employee Portal, you may submit a W-2 Reprint Request using the following link: Please Click Here to Sign the Reissue W2 Request Form

2022 POLAR PLUNGE

FOR SPECIAL OLYMPICS MICHIGAN

ExpertCare is participating in one of our FAVORITE and coldest volunteering events of the year, the Polar Plunge for Special Olympics Michigan. This will be the sixth year we are taking on the plunge! Come hang out and show your support on February 4th for our Jellyfish themed Jumpers. This is a great event to bring the whole family to! We would love to see you there!

Here's what to expect:
11am-Plunge Check-in Opens & Pre-Plunge Party
12pm-Plunge into Walled Lake
After the plunge -After-Splash Bash & Awards

To learn about Oakland County's 2022 plunge location, polar plunge, and Special Olympics visit Polar Plunge - Home (plungemi.org).

Programs and websites mentioned within this newsletter are for the sole purpose of providing information of interest. Expert-Care 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.

Self Development Workshop

5 DAY:
LOVING YOURSELF BACK TO LIFE CHALLENGE

February 6, 2023 | 6-7 PM

With Destiny Coach:
Jessica Oram

27700 Gratiot Ave.
Roseville, MI 48066

Live Rite Structured Recovery Corp

Live Rite Structured Recovery Corp, a non-profit organization under 501 (c)(3) of the Internal Revenue Code, Section 170

NARCAN® (naloxone HCl) NASAL SPRAY

FREE NARCAN EVERY WEEKDAY
Monday - Friday 9 am-4 pm

FREE NARCAN TRAINING

Friday, Feb 17th
12pm-1pm

27700 Gratiot Ave
Roseville, MI 48066

For private training of 3 or more people
contact - chris.keils@liveritecorp.org

Live Rite
Structured Recovery Corp.

Live Rite Structured Recovery Corp, a non-profit organization under 501 (c)(3) of the Internal Revenue Code, Section 170

JOIN US!

FEB 18 **10- 4 PM**

MACOMB COUNTY'S

MENTAL HEALTH

Awareness Fair

FREE & OPEN TO THE PUBLIC

Please join us for an interactive, family-friendly event featuring several mental health & wellness organizations from across Macomb County to learn about various services and resources available in our community that support mental and behavior health, substance use services, overall wellness, and more!

Richmond High School Auditorium-
35320 Division Road, Richmond, MI, 48062

ARMADA Ice Breaker

Downtown Armada, MI
February 10th, 2023

Friday, February 10, 2023
4:00 - 9:00 P.M.

on Main Street between
Fulton and Burk St/Church St.

The event will feature

- **Live Ice Carving Competition,**
- **Snowy Tug-of-War for adults and kids**
- **Snowman Building Competition (if we have snow),**
- **Ice Luge Derby for the kids**

(Luge Kits can be purchased at Armade in MI, Dec. 11 – Feb. 5);

- **Live Music**
- **Street Magic**

Balloons

HOMEBUYER EDUCATION WEBINAR

Monday & Tuesday, February 6 & 7, 2023 • 9am – 12pm

Be introduced to professionals from the industry and build your team for success! Presented by OLHSA's Housing Counselors, a local mortgage loan officer, and Realtor. You will learn about the entire home-buying process - including credit, budgeting, down payment assistance, and mortgage approval & closing.

MSHDA certificate provided at end of class for all who attend the entire 6 hours. Class limited to current Oakland & Livingston County residents.

Once you register you will receive a confirmation email. You will be sent the Zoom link 2 business days prior to the class.

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

Questions: contact housingcounseling@olhsa.org or call 248-860-7845

MSHDA

OLHSA
A Community Action Agency
A HUD approved agency

VENTURE INC

OLHSA

A Community Action Agency

Get Out of Debt!

Financial Education Webinar Via Zoom

Friday, February 17, 2023 • 12 pm

Do you have debt that you do not know how to get out from under? Are you struggling with large monthly debt payments? Join us for this informative webinar where we will discuss steps to properly identify all the information regarding your debt, and provide you with strategies to reduce and pay off your debt.

To register for this webinars, please visit:
https://www.olhsa.org/events
Or call 248-860-7845 or Email housingcounseling@olhsa.org

MSHDA

OLHSA is a HUD approved agency.

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.

⇒ While providing services, all Caregivers must follow the Michigan Mental Health Code 330.1724 Fingerprints, photographs, audiotape, or use of 1-way glass.

(1) A recipient of mental health services shall not be fingerprinted, photographed, audiotaped, or viewed through a 1-way glass except in the circumstances and under the conditions set forth in this section. As used in this section, photographs include still pictures, motion pictures, and videotapes.

(2) Fingerprints, photographs, or audiotapes may be taken and used and 1-way glass may be used in order to provide services, including research, to a recipient or in order to determine the name of the recipient only when prior written consent is obtained from 1 of the following:

a) The recipient if 18 years of age or over and competent to consent.
b) The guardian of the recipient if the guardian is legally empowered to execute such a consent.
c) The parent with legal and physical custody of the recipient if the recipient is less than 18 years of age.

(3) Photographs or audiotapes may be taken and 1-way glass may be used for educational or training purposes only when express written consent is obtained from 1 of the following:

a) The recipient if 18 years of age or over and competent to consent.
b) The guardian of the recipient if the guardian is legally empowered to execute such a consent.
c) The parent with legal and physical custody of the recipient if the recipient is less than 18 years of age.

For example, you cannot record or take a picture of a Recipient with your phone without the proper written consent.

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.

Human Resource NEWS!

February is the shortest month of the year (only 28 days!), but why, oh why, does it feel SOOOOO long?

*Too many grey days - lack of sunshine
*The snow is not exciting by this time in the season
*Less outdoor time means less physical activity
*Gets dark early and is still dark when you wake up!
*No holidays (with time off from work)
*Dry skin
*Time to dry clean all of your sweaters
*Already watched all of the good Netflix shows
*Colds, flu, COVID, RSV……
My favorite…..
*Permanent hat head!! From wearing cute winter hats!

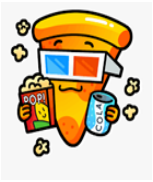
There are lots of good remedies or other ideas to help if you are needing a winter blues pick-me-up. Check out the free STAYWELL app (on the next page) called Create your Calm. United HealthCare (UHC) and our EAP provider have some great resources. Make sure to check in with friends. Go walking in warm places – IKEA, any Mall, a farmer's market. And remember, December 21, 2022, was the Winter Solstice so that means, by February, days are getting longer, flowers are thinking about Spring and we all can start dreaming about Summer!

FEBRUARY SCHEDULE

National Bird feeding Month
American Heart Month
Black History Month
February 2 – Groundhog's day (Bill Murray is always a classic!)
February 3 – The Day the Music Died (Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959.)
February 13 – Superbowl Sunday, Superbowl 56
Februry14 – Valentine's Day
Paczki Day – Yummy deep-fried dough from the Polish culture, popular in Detroit!
February 20 – Presidents Day

HR to Do:

If you are enrolled in the Flexible Spending Account (FSA) benefit for Medical or Dependent Care, make sure to submit required receipts for 2022 services by March 15, 2023.



TR Pizza and Movie Night
February 3, 2023 at 6p
Also March 3, April 14, May 5...

Clintonwood Park
6000 Clarkston Road, Clarkston

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**.

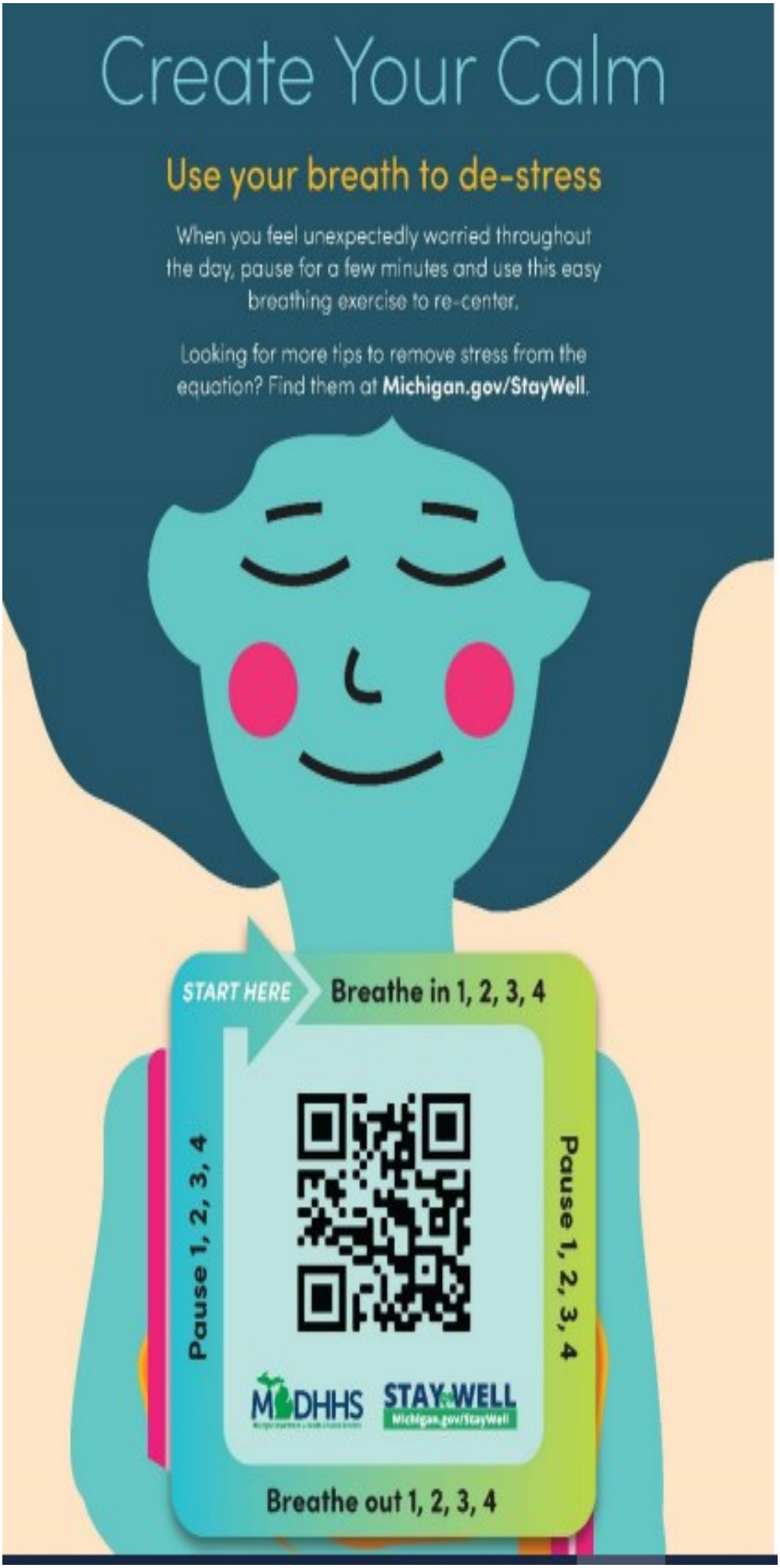
Cupid & Cupcakes Social
Thursday, February 9, 2023
from 6p-8p

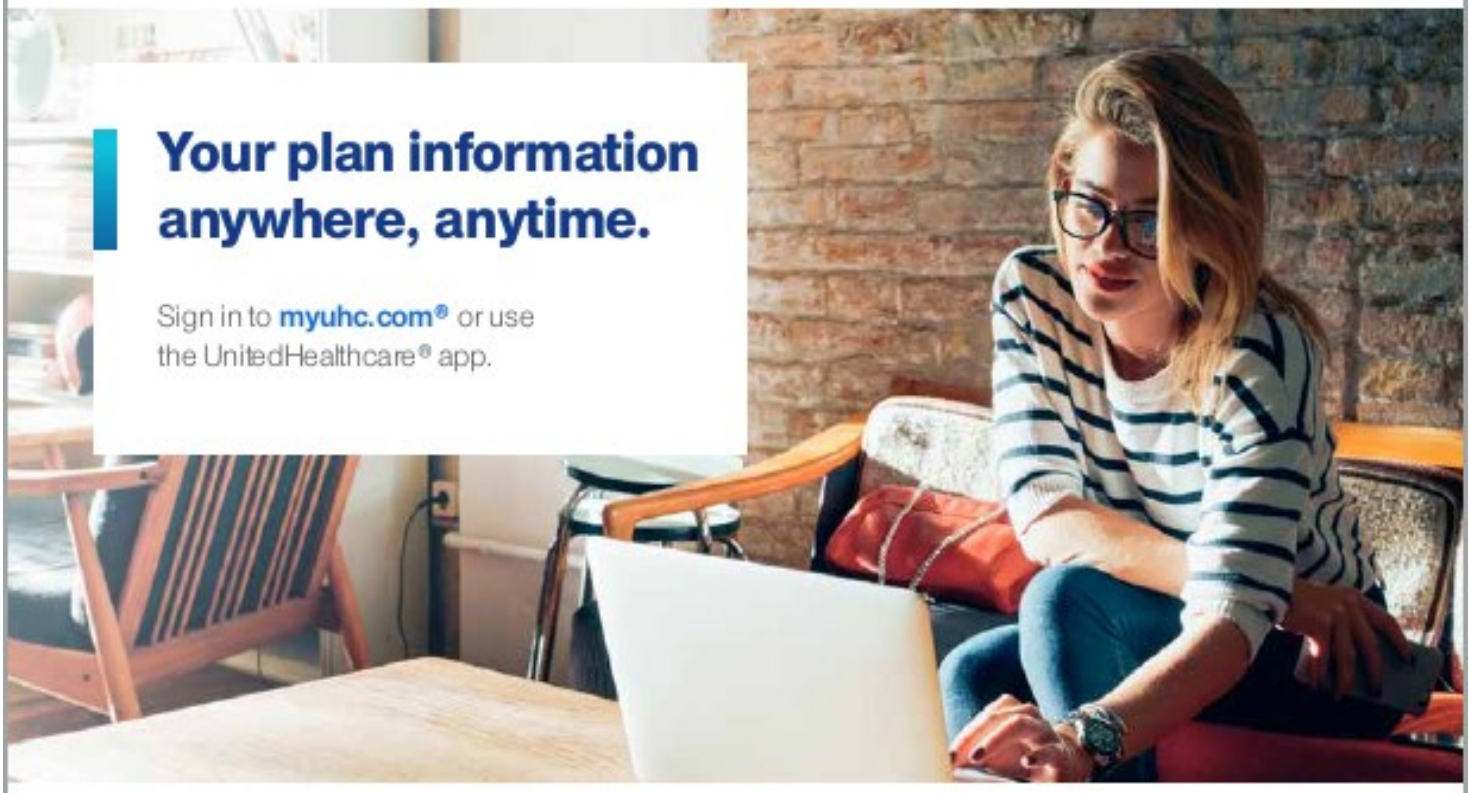
Waterford Oaks County Park
2800 Watkins Lake Road, Waterford

A program for individuals ages 18 and older with developmental disabilities, will include music, dancing, pizza and cupcakes. Cost is $10/participant and $5/caregiver. Bus transportation is available from Southfield Parks and Recreation, 26000 Evergreen Road in Southfield, for $5/person. Pick up time will be 5p and drop off by 8p. Preregister by February 3. Call 248-858-0916 to register or call or text 248-221-8040 for program questions and information. Hosted by **Oakland County Parks and Recreation**.

Friday Frolic Dance
Friday, February 10, 2023 from 7p-9p
(Also March 10)
Troy Community Center
3179 Livernois Rd, Troy

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**.





Your plan information anywhere, anytime.

Sign in to **myuhc.com®** or use the UnitedHealthcare® app.

Get your plan information anytime, anywhere.

Register at **myuhc.com** to learn what your plan covers, how to obtain care, find a network provider, and even submit an appeal, complaint or claim. Use the Coverage & Benefits page to view your Certificate of Coverage, riders and amendments, and required notices, including Member Rights and Responsibilities.

Download the **UnitedHealthcare app** * for plan information on the go. Access a digital version of your health plan ID card, find nearby care options or video chat with a doctor 24/7.

Request printed copies of your plan documents, anytime, at no charge. Call the toll-free phone number on your ID card.

To see your member benefit plan information, sign in to myuhc.com or use the UnitedHealthcare app.

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Employee Milestone Anniversaries

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

15 Years
Rhiannon Baker

10 Years
Natalie Bergsma

5 Years
Reman Al-Hadai
Kari Mayer
Javon Sims
Henry Green

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

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 TIFFANY DAVID

ECare: What is your job title and role at ExpertCare?
Tiffany: My job title is Training and Client Service Manager. I oversee our Training Department at ExpertCare. My role is to ensure ExpertCare is compliant with all of the county and Medicaid mandated trainings. I often troubleshoot unique issues that arise, change or update policies as needed as well as support my direct reports or field staff.

ECare: How do you enjoy spending your time outside of work?
Tiffany: I live in a male dominated household so often find myself camping, going to my boys' motocross races, bonfires, home projects or spending time with family.

ECare: Would you rather be a tiny elephant or giant hamster and why?
Tiffany: A tiny elephant without question! I have been bitten too many times by little hamsters. So far, I have not experienced a bite from an elephant so my opinion of them has not been tainted.

Ecare: If you could choose a superpower what would it be?
Tiffany: I wish with a blink of an eye or waive of a wand I could take away pain or suffering or cure illness or injury.

ECare: Share with us something new that you have learned in the last year.
Tiffany: In the last year I wanted to update my old ugly kitchen, that included painting my cupboards but in addition, I decided to attempt painting my counters which I have never attempted. Once I painted them, I also used epoxy on them which was a first for me. Luckily, they turned out great! I just watched some Youtube videos of this process and had a friend come over to assist. A good portion of this project was self-taught and I am happy to have learned how to do it.

ECare: What's an accomplishment that you're most proud of?
Tiffany: Raising my kids. While I am by far not the most perfect parent in the world, I am proud of the young men I am raising. They are my largest accomplishment and my heart and soul.

ECare: What's the best advice you have received?
Tiffany: Sometimes I find myself stressing out about something and a long time ago I was told that when I was stressed, something didn't go as planned etc. to essentially ask myself how long whatever is going on will affect me. I was told to ask myself, will this affect me or matter in 5 minutes? What about 5 days? 5 months? 5 years.... How long will I let the issue bother me or consume me? This has stuck with me and I find it valuable in my life.

Ecare: Share with us any hidden talents that you have.
Tiffany: I will call this a "hidden" talent I suppose since I know I am capable of doing it, I have done it but I just don't like doing it. I own a large toy hauler (oversized camper) and can tow it if push comes to shove. I just don't prefer to because it stresses me out a bit so I shrug this job off on my husband.

LOOK WHO'S TALKING

JANUARY CAREGIVER OF THE MONTH

PAMELA NOWACKI

ECare: What made you decide to become a Caregiver?
Pamela: I enjoy helping people in need.

ECare: What have you always wanted to try and never did?
Pamela: To drive a stick shift.

ECare: What is the most rewarding experience you have had as a Caregiver?
Pamela: Seeing advancement in ability to learn & the pride it brings.

ECare: What do you do for fun?
Pamela: Working out & traveling

ECare: What are three foods you can't live without?
Pamela: Protein shakes, salad, frozen yogurt.

ECare: What is your best piece of advice for other Caregivers?
Pamela: Be patient, kind & receptive.

ECare: What is the first concert you attended?
Pamela: Bon Jovi, Slippery When Wet Tour 1986.

ECare: What have you learned from your Caregiving experience that has helped you in other aspects of your life?
Pamela: Patience & Understanding.

Pamela has only been with ExpertCare for a few short months but has proven her dedication to helping others succeed. In that short time, she has shown how much she wants to make a difference in the lives of others. Pamela truly goes above and beyond to help her recipients. She gets creative in teaching them to accomplish their goals. She's passionate about finding new ways to engage with them. You can tell she loves what she does through her all of her hard work! We are happy to have Pamela 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