

# ExpertCare CHRONICLE

APRIL 2023



## Inside This Issue

- 1 April Giveaway / March Winner
- 2 Photos with Bubby
- 3 Milestone Anniversaries / HHAeXchange
- 4 Easter Egg Hunt
- 5 Diabetes Path
- 6 Shine on Prom / Social Scene / Spring Fling Dance
- 7 Roseville Easter Egg Hunt / #Shine A Light
- 8 Movies, Dance, Marshmallow Drop & More
- 9 Community Autism Event / Autism Class / OT Month
- 10 Get out of Debt Webinar
- 11 Detroit Public Health Week
- 12 Disability Resource Fair / Women's Resource Fair
- 13 RARE Programs
- 14 Human Resource News
- 15 Homebuyer Education Webinar
- 16 Flint Spring Craft Market
- 17 Flint Adult Easter Egg Hunt
- 18 Employee Spotlight / Tax Time
- 19 Autism 101 / Autism Awareness
- 20 March Caregiver of the Month



## APRIL GIVEAWAY

*Who doesn't need spa treatment!  
We will draw one Caregiver at random who will receive a \$100 gift card for Spa Finder to use on a treatment of their choice.*



*Stay tuned  
next month to  
find out who  
the lucky  
winner is.*

**Congrats to March winners  
Antoine Braxton & Nikolas Salinis**



# Photos WITH BUNNY

**MARCH 17 - APRIL 8**

**CABIN AT THE CREEK**

Located between Sola Salon Suites & Versona

Monday-Friday 11am-7pm

Saturday 10am-7pm

Sunday 12-6pm

The bunny takes a carrot break Monday-Saturday 2-3 pm and Sunday 2:30-3 pm.

THE MALL AT  
PARTRIDGE CREEK

[ShopPartridgeCreek.com](http://ShopPartridgeCreek.com)





## *Employee Milestone Anniversaries*

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



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



## **HHA eXchange**



Have questions regarding the HHA app?  
Each month, ExpertCare will be holding  
open HHA training sessions. If you need  
any help navigating the app or have  
questions, please attend one of the ses-  
sions listed below.

Thursday, 4/6/2023 1pm-2pm

Friday, 4/21/2023 12pm-1pm

Please call our office to get scheduled for  
a refresher course. If you are unable to at-  
tend any of the sessions listed, call the of-  
fice and we will answer your questions or  
work to schedule a different time. Keep  
an eye out for the training sessions for May  
in next month's newsletter!







PICTURES  
WITH THE  
EASTER BUNNY



Live  
rite



Easter

EGG HUNT



- AGES 12 AND UNDER -

**SUNDAY, APRIL 2ND**

HUNT STARTS **PROMPTLY** AT 2PM

**WHILE SUPPLIES LAST**

27700 GRATIOT AVE. ROSEVILLE, MI 48066

REGISTRATION AT 1:30PM

BRING YOUR OWN BASKET

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



# DIABETES PATH

Helping you take charge of your diabetes!

## *Distance Learning*

Diabetes PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with type 2 diabetes and their support system live a healthier life. It is a fun, interactive, six week workshop led by certified leaders.

### **Where:**

Zoom Video Conference  
(requires a computer or device with internet access)  
*Meeting link will be sent to registered participants*

### **When:**

Mondays from 1:00 - 3:00pm

### **Info session:**

April 3 from 1:00 - 2:00pm

### **Sessions 1-6:**

April 10, 17, 24,  
May 1, 8, 15

### **To register:**

Visit [classes.beaumont.org](https://classes.beaumont.org)  
or call 800-633-7377

This workshop is offered at no cost to participants.

### **Learn how to:**

- Manage everyday activities by making an action plan
- Avoid complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy



NATIONAL KIDNEY  
FOUNDATION.  
of Michigan



Corewell Health<sup>™</sup>  
East



MICHIGAN Partners on the  
**PATH**

During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

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

This workshop was supported, in part by grant number 90CSG0051, 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.

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.



## Shine On | Troy

APRIL 22, 2023

12:00 PM - 4:30 PM

TROY CAMPUS

## Troy Special Needs Event – Woodside Bible Church Shine on Prom

Saturday, April 22, 2023  
from noon-4:30p

Woodside Bible Church

6600 Rochester Rd, Troy, MI 48085

A prom like experience for special needs adults – 16 and over. Lunch, dancing, karaoke, bingo, crafts and more. This is a **FREE** event. Pre-registration required.

## Farmington Hills Special Needs Events – Social Scene Saturday, April 29, 2023 from 1p-2p Also May 6, and June 24, 2023

The HAWK FH Community Center  
29995 West 12 Mile Road, Farmington Hills,  
Michigan 48334, [fhgov.com](http://fhgov.com)

Program for children/adults ages 5+ with special needs meets online or in-person on Saturday afternoons for 8 weeks. Children and adults participate in a variety of social and recreational activities such as art projects, physical activities, cooking activities, musical activities, and so much more. A fun theme each week. Sign up for 1 week, or all 8. Hosted by the **Farmington Hills Special Services (Parks & Rec) Department**. Pre-registration required.



## Spring Fling Dance Saturday, April 29, 2023 Time: 2-4pm and 6-8pm

Celebrate Mother's Day in a special way. Moms, Aunts, Grandmothers, and more are welcome for an evening of dancing and memory-making. There will be light refreshments and a popular balloon-drop finale! Souvenir photos will be available for an additional cost at the dance. Make this a tradition with the special little person in your life! **NEW THIS YEAR:** The dance theme is Pirates and Princesses! Adult and child participants are encouraged to dress the part. All ages require a ticket.

Location: Summit on the Park

Fee: \$13R/\$17NR per person Ages: All Ages  
Registration: Pre-registration is required and opens March 14



# FREE! *Community Easter Egg Hunt*

Saturday, April 8 | 10 am

18945 Frazho Road | Roseville, MI 48066

*Also includes crafts, story time, cupcake decorating!*



This April, shine a light on the importance of  
**ORGAN, EYE AND TISSUE DONATION.**

# #ShineALight



## RARA Movie Night Out

Wednesday, April 12, 2023 (Also)  
Imagine Theatre Rochester Hills  
200 Barclay Circle, Rochester Hills

Hosted by RARA Recreation. Enjoy a movie with your friends at the theater one Friday a month. You will pay for your own ticket and concessions. Plans are based on the current theater schedule. You must pre-register so that enough assistance is provided and space reserved. Ages 14+. Fee is \$6 for residents & non-residents. Register via [RARARecreation.org](http://RARARecreation.org).



## Friday Frolic Dance

Friday, April 14, 2023 from 7p-9p  
Also May 12, June 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.troy.mi.gov](http://rec.troy.mi.gov).

## TR Pizza and Movie Night

April 14, 2023 at 6p  
Also April 14, May 5  
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, April 3, 2023 from 5:15-6:30p

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).

## Great Marshmallow Drop Easter Egg Hunt for Special Needs Children Friday, April 7, 2023 at 10am Catalpa Oaks County Park 27725 Greenfield Rd, Southfield, MI 48076, 248-424-7081

15,000 marshmallows are dropped from a helicopter. Participants then need to collect only one marshmallow that can be exchanged for a prize. There are four drop zone groups: Children ages 4 years and younger; children ages 5-7; and children ages 8-12. **The drop for individuals with disabilities will begin at 11:30a.** For more information, call 248-858-0916. Hosted by [www.OaklandCountyParks.com](http://www.OaklandCountyParks.com)



## Imagine Theatres Sensory Friendly Movie Screening Saturday, April 8, 2023 (first Imagine Theatre Showing of the Day)

The Following Imagine Movie Theatres  
(Imagine Birch Run, Imagine Canton, Imagine Hartland,  
Imagine Macomb, Imagine Novi, Imagine Rochester  
Hills, Imagine Saline, Imagine Woodhaven, Quality 10  
Powered by Imagine)

This movie is open to friends, families, children and teens with sensory needs along with their supporters. Lights up a bit, sound down a bit. If your child needs to get up, move, dance, sing.... No problem. Guests are welcome to bring a safe snack for any food allergies or food avoidance/restrictions. First Showing of the Day. Check theaters for showtimes. Tickets are available at the box office, online at [Imagine-Entertainment.com](http://Imagine-Entertainment.com). **FEATURED MOVIE - Shazam! Fury of the Gods**



## Pontiac's Second Annual Community Autism Event

Saturday, April 29, 2023 from noon-8p  
Oakland Park  
392 E Mountcalm St  
Pontiac, MI 48340

This is a FREE event. Donations are accepted. The event will consist of over 15 different activity stations for the children to make, create and play however they'd like. The event will provide food and snacks, gift bags, raffles, bounce houses, face paintings, live performances etc. For more info, email [joyallen22@gmail.com](mailto:joyallen22@gmail.com).

## Informational Autism Class in Oakland County:

Thursday, April 20 at 1 PM  
Main Library Meeting Room  
Autism 101 with the Autism Alliance of Michigan  
Location: West Bloomfield Township Public Library | 4600 Walnut Lake  
West Bloomfield, MI 48323

This is geared towards those who would like to learn more about and increase their understanding of autism in the educational and professional setting. This course will cover: information on the core features of autism, red flags and early warning signs, medical and mental health comorbidities, variability and presentation of behaviors associated with autism, evidence-based educational and medical treatments available, and resources for families.

No registration is required.



## HOW TO OBSERVE #OTMonth or #OccupationalTherapyMonth

- Throughout the month, recognize an occupational therapist you know.
- If you're interested in becoming an occupational therapist, explore their educational path.
- Share your experiences as an occupational therapist and why it's the career for you.
- Use #OTMonth or #OccupationalTherapyMonth to share on social media.



*A Community Action Agency*



# Get Out of Debt!

Financial Education Webinar Via Zoom

## Debt Negotiation

**Monday, April 10, 2023 • 6-7:30 PM**

Do you have collections or large, unaffordable debt you want to pay off, but do not know where to start? Join us for this informative webinar where we will discuss strategies to negotiate collections and other debts to help you afford your payments and improve your credit.

### Topics Include:

- Identify strategies to address debts in collection
- Identify strategies to address high interest debt or unaffordable credit card debt
- Understand financial implications of Debt Forgiveness

**Must be a Livingston or Oakland County resident to attend.**

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

**If you have questions please contact [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.org) or  
Call 248-860-7845**



OLHSA is a HUD approved agency.





**DETROIT HEALTH DEPARTMENT**

# Public Health Week



## GENERAL HEALTH SCREENINGS

Blood Pressure, Diabetes, Cholesterol,  
Kidney Function Screening, HIV  
Testing, CPR Training, Narcan Training,  
STI Kits, Medicaid Enrollment, COVID  
19 Vaccinations (Ages 5+), Dental  
Screenings, Resources and More

No ID, Appointment or Insurance  
Needed

### APRIL 3

**11 a.m. – 3 p.m.**

**Farwell Recreation Center**

2711 E. Outer Dr., Detroit, MI 48234

### APRIL 4

**1 – 5 p.m.**

**Adams Butzel Complex**

10500 Lyndon St., Detroit, MI 48238

### APRIL 5

**11 a.m. – 3 p.m.**

**Detroit Police 4th Precinct**

4700 W. Fort St., Detroit, MI 48209

### APRIL 6

**11 a.m. – 3 p.m.**

**Detroit Police 6th Precinct**

11450 Warwick St., Detroit, MI 48228

**11 a.m. – 3 p.m.**

**Heilmann Recreation Center**

19601 Brock Ave., Detroit, MI 48205

### APRIL 8

**11 a.m. – 3 p.m.**

**Detroit Police 11th Precinct**

5100 Nevada Ave., Detroit, MI 48234

\*Easter Egg Hunt, Hustle Lessons, and Yoga\*



**For more information, call  
313-876-4000**



*Family Alliance Network 2nd Annual*



FAN

# **DISABILITY RESOURCE COMMUNITY FAIR**

*Resources for Everyone*

**THURSDAY  
APRIL 20, 2023  
3:00 P.M. - 7:00 P.M.**

**JOIN US AT  
REDFORD TOWNSHIP LIBRARY  
25320 W. 6 MILE, REDFORD, MI 48240**



**DISABILITY  
IS NOT ALWAYS VISIBLE**

This free event is an opportunity to share and connect individuals with disabilities to the community and government agencies who can assist in day to day life activities and planning for the future.

**FOR MORE INFORMATION OR TO BECOME A VENDOR CALL 313.450.9088  
REGISTER AT [FAMILYALLIANCENETWORK@EMAIL.COM](mailto:FAMILYALLIANCENETWORK@EMAIL.COM) OR  
[FAMILYALLIANCENETWORK.NET](http://FAMILYALLIANCENETWORK.NET)**

*Family Alliance Network is a 501 (c) (3) nonprofit organization.*



Chairwoman Alisha Bell & the  
Wayne County Women's Commission  
present

# Women's Resource Fair ♥

**THURSDAY, APRIL 27, 2023  
10 AM - 4 PM**

📍 Wayne County Community College District,  
Northwest Campus  
8200 W. Outer Drive, Detroit, MI 48219

*Free to the public!*

For vendor information or questions:  
[womensresourcefair@gmail.com](mailto:womensresourcefair@gmail.com)

## **REMEMBER!**

If you need help, or know anyone who needs assistance, always  
remember our 24-hour access number:

**800-241-4949**

# FUN PROGRAMS AT THE REC!



**FREE !!  
EGG HUNT**

**Saturday, April 1  
10:00am SHARP  
Huron Park, Roseville  
Event will have an  
adaptive only area  
for all ages!**

**FREE !!**

**DROP-IN CLUBS, ages 6+**

These are staff lead activities with a constant rotation of new activities! Anyone that needs 1 on 1 assistance following directions must bring someone to assist them.

Craft Club - Tuesdays

Sports/Games Club - Thursdays

From 4:00-5:00pm weekly!

\*Email Sara for monthly calendar\*

[sfrederick@rare-mi.org](mailto:sfrederick@rare-mi.org)



Recreation Authority of  
Roseville & Eastpointe  
18185 Sycamore, Roseville, MI

**For More Information**  
please contact Sara Frederick  
at [sfrederick@rare-mi.org](mailto:sfrederick@rare-mi.org) or at  
586-445-5480 [rare-mi.org](http://rare-mi.org)



# Human Resource NEWS!

## April Fun Fact:

The month of April gets its name from the Latin word aperio, meaning “to open [bud],” because plants (hopefully) begin to grow this time of year! Many of us are keeping our fingers crossed that this April sticks to its name sake! Bring on those early bloomers: yellow-sunshiny Daffodils, Trilliums (illegal to pick in Michigan), Snapdragons (a kid favorite), Purple & Yellow Iris and bubbly penonies.

## Driving safety tips:



### Deer Safety Driving Tips

During the breeding season bucks will be chasing does across roads and highways, and hunters often push Deer into moving across roads. The time period between early October and December, includes not only hunting season, but when crops are being harvested. These activities may result in deer being displaced from their fields.

The fall months will bring a number of vehicle collisions with deer. More than 20,000 vehicle collisions can be expected this year. These types of collisions can result in fatalities, multiple injuries and millions in total insured losses.

Deer are most often seen crossing roads in the evening and early morning, particularly around dusk and dawn. As you drive during this deer traffic season, it is important that you prepare yourself by anticipating the problem and paying special attention to your surroundings. Below are ten driving tips that will help you avoid hitting a deer or minimize the dangers associated, if a collision occurs.

#### Ten Safety Driving Tips:

- Wear seat belts and drive at the posted speed limits.
- Drive with extreme caution in areas where deer crossing signs are posted.
- Dusk and dawn are high risk time periods.
- If you see one deer on a road or highway, expect that there will be more.
- Don't totally rely on deer whistles and high-beam headlights to deter deer.
- Driving with high-beam lights on will illuminate the eyes of the deer to allow for maximum response time.
- Don't swerve your vehicle to avoid hitting a deer. (Although this may be odd; but if a collision with a deer is inevitable, it is important to maintain control of the vehicle.)
- Avoid braking at impact, this does not preclude braking before impact. (Some experts say that this will make the car go down, so that the deer is more likely to pass under the car as opposed to hitting the windshield.)
- Report any deer-vehicle collisions to local authorities
- Stay alert, awake and sober.

**Remember:** Deer are unpredictable especially when frightened—drivers always need to stay alert.

#### Want to know more?

Accident Fund is committed to providing our policyholders unrivaled WorkSafe Consulting Services and online safety materials.

For more information visit us at [AccidentFund.com/worksafe](https://www.AccidentFund.com/worksafe).





## **HOMEBUYER EDUCATION WEBINAR**

**Monday and Tuesday, April 17 & 18, 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 for both days 2 business days prior to the class.**

**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



Sponsored by:





**SWEET 16**

# SPRING CRAFT MARKET

**SATURDAY APRIL 29 2023**  
**10am until 4pm**

**FLINT FARMERS' MARKET**  
**FREE ADMISSION ▼ LIVE MUSIC**

This program is sponsored in part by the Greater Flint Arts Council Share Art Genesee Grant Program made possible by the Genesee County Arts Education and Cultural Enrichment Millage funds. Your tax dollars are at work!  
 This activity is supported in part by an award from the Michigan Arts & Culture Council and the NATIONAL ENDOWMENT FOR THE ARTS.

**LIVE MUSIC SPONSORS**  
 100 MOTT COMMUNITY COLLEGE  
**ADMISSION SPONSOR**  
 GHS Genesee HEALTH SYSTEM  
 ROSEY MANKANALA, M.D. AND RITA KULKARNI, M.D.

## Flint Handmade 16th Annual Spring Craft Market

Flint Handmade is pleased to present our 16th Annual Spring Craft Market on Saturday, April 29, 2023 at the Flint Farmers' Market from 10am-4pm. Admission is FREE!

Featuring 20+ local artisans with modern handmade goods such as hand-poured candles, vintage-inspired jewelry, natural bath and body products, stylish home décor, gorgeous knit and crocheted items, unique greeting cards and much more.

Live music by Erik McIntyre and Shannon Wade.





## **Flint Adult Easter Egg Hunt**

### **Who said Easter is just for the kids**

Bring a flashlight and a basket to this adults-only, after-dark egg hunt at a popular Flint location . Have fun hunting for more than 3,000 eggs hidden around the park grounds, each holding a special prize such as gift certificates, coupons from local businesses , adult beverages, treats, and cash. This is a competitive event, the harder you hunt the more you find. Food trucks and a photo station will be available

Tickets can be purchased online prior to event!

The exact location is emailed out closer to the date.

**MUST BE 21+ TO PARTICIPATE !!!**

No Refunds

TIGHT SECURITY

<https://allevents.in/flint/flint-adult-easter-egg-hunt/10000526072997497>



## 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 MATTHEW KATSCHOR



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

**Matthew:** Trainer – Helping Caregivers stay compliant with trainings and training/teaching New Hire Orientation and CPR/First aid in the near future.

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

**Matthew:** Outside of work I spend my time doing a lot of different things. I usually have some sort of project going on related to pop-culture that I'm trying to finish up for my personal collection. Most recently I finished up a life-size Grogu (baby yoda) from the show The Mandalorian.

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

**Matthew:** I would be a tiny elephant, more brain power!

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

**Matthew:** If I could choose a super power it would be either super-speed (no more traffic jams) or time travel, so I could relive all the happy moments through out my life, but I wouldn't change anything.

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

**Matthew:** In the last year I have learned how to cook traditional Italian food, which has been a lot of fun!

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

**Matthew:** That's a tough question, I've done a lot of things in my life that I'm proud of, no matter how large or small. I think waking up everyday and being able to help provide for my family is what I'm most proud of.

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

**Matthew:** The best piece of advice I've ever received is "Do what is right, not what is easy."



## Tax Update:

**It's that time of year!  
Taxes are due April  
18th, 2023!**

Tax season is a great time to re-evaluate your finances and determine if changes need to be made to your W-4 form for the upcoming year. Unfortunately, Expert-Care cannot provide any guidance or assistance in regard to the completion of your W-4 Forms. We recommend you take advantage of the IRS Withholding Calculator which will factor in all variables specific to your tax liability and provide a recommendation on how to complete your W-4 form. You can access the IRS calculator by going to: <https://apps.irs.gov/app/tax-withholding-estimator/income-and-withholding/>. If you need more assistance or are uncomfortable using the IRS calculator, we encourage you to consult a tax professional.

Thank you for your understanding.

# Autism 101

*presented by the Autism Alliance of Michigan*



**West Bloomfield Township Public Library**

**Thursday, April 20  
at 1 PM**

**Main Library Meeting Room**

This is geared towards those who would like to learn more about and increase their understanding of autism in the educational and professional setting. This course will cover: information on the core features of autism, red flags and early warning signs, medical and mental health comorbidities, variability and presentation of behaviors associated with autism, evidence-based educational and medical treatments available, and resources for families.

No registration is required.

## AUTISM Awareness



### What is Autism?

- Autism is a bio-neurological developmental disability that generally appears before the age of 3.
- Autism impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. Individuals with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.
- Individuals with autism often suffer from numerous co-morbid medical conditions which may include: allergies, asthma, epilepsy, digestive disorders, persistent viral infections, feeding disorders, sensory integration dysfunction, sleeping disorders, and more.
- Autism is diagnosed four times more often in boys than girls. Its prevalence is not affected by race, region, or socio-economic status. Since autism was first diagnosed in the U.S. the incidence has climbed to an alarming one in 44 children in the U.S.
- Autism itself does not affect life expectancy, however research has shown that the mortality risk among individuals with autism is twice as high as the general population, in large part due to drowning and other accidents.
- Currently there is no cure for autism, though with [early intervention and treatment](#), the diverse symptoms related to autism can be greatly improved and in some cases completely overcome.

### Autism Facts & Stats

- Autism now affects 1 in 44 children; over half are classified as having an intellectual disability or borderline intellectual disability.
- Boys are four times more likely to have autism than girls.
- About 40% of children with autism do not speak. About 25%–30% of children with autism have some words at 12 to 18 months of age and then lose them. Others might speak, but not until later in childhood.
- Autism greatly varies from person to person (no two people with autism are alike.)
- The rate of autism has steadily grown over the last twenty years.
- Comorbid conditions often associated with autism include Fragile X, allergies, asthma, epilepsy, bowel disease, gastrointestinal/digestive disorders, persistent viral infections, PANDAS, feeding disorders, anxiety disorder, bipolar disorder, ADHD, Tourette Syndrome, OCD, sensory integration dysfunction, sleeping disorders, immune disorders, autoimmune disorders, and neuroinflammation.
- Autism is the fastest growing developmental disorder, yet most underfunded.
- A 2008 Danish Study found that the mortality risk among those with autism was nearly twice that of the general population.
- Children with autism do progress – early intervention is key.
- Autism is treatable, not a hopeless condition.

For more information visit <https://nationalautismassociation.org>

## LOOK WHO'S TALKING

### MARCH CAREGIVER OF THE MONTH

#### DWANNA JOSEPH



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

*Dwanna: I decided to be a caregiver because I have always had the desire to care for and help others. It just feels so rewarding when you do something you genuinely enjoy.*

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

*Dwanna: I have always wanted to become a business owner and never did.*

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

*Dwanna: The most rewarding experience as a caregiver is having the ability to make a difference in someone's life and being appreciated for it.*

*ECare: What do you do for fun?*

*Dwanna: I enjoy decorating and creating personalized art projects.*

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

*Dwanna: The three foods I can't live without are Seafood, Pasta, and Turkey wings.*

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

*Dwanna: The best piece of advice I can give other caregivers would be to do everything in love. Others are counting on you.*

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

*Dwanna: The first concert I ever attended was New Edition.*

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

*Dwanna: The one thing that I learned from my caregiving experience that has helped me in other aspects of my life is to never take anything for granted. Many things that I once took for granted I have learned to appreciate a whole lot more.*

Dwanna has been working with ExpertCare for just shy of six months and has already left a lasting impression. She is being recognized for always demonstrating compassion and for being flexible and reliable staff.

Dwanna completed the training process in a timely manner and hit the ground running. She quickly created a strong bond with the recipient she started with and has done an excellent job providing him with great care. She's been assisting him with living independently and is on the track to transition him to living 100 percent independently soon. The family recognized the progress their son has made with Dwanna's help, so they started having her provide care for their daughter too.

ExpertCare truly appreciates everything Dwanna 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

