



MAY GIVEAWAY

Are you ready for sunshine and warmer weather? We hope to help get two Care-giver's outdoor space ready for enjoying the sunshine and relaxation.

This month we will draw two Caregivers at random who will each get a \$50 Menard's gift card.



Stayed tuned next month to find out who the lucky winners are!

Inside This Issue

- 1 May Giveaway / April Winner
- 2 MyStrength
- 3 Mental Health Awareness
- 4 Mental Health Awareness
- 5 Mental Health Awareness
- 6 Self-Care
- 7 Self-Care for Kids
- 8 HR News
- 9 Barrie-Free Playgrounds
- 10 Barrie-Free Playgrounds
- 11 It's a Jungle in Here
- 12 Movies / Dance
- 13 Milestone Anniversaries / Eastpointe Community Closet
- 14 Fishing for Kids / Self-Care
- 15 Children's Mental Health Awareness Day
- 16 Youth & Wisdom Bowling / HHAeXchange Training
- 17 Homebuyer Education
- 18 Property Taxes Webinar
- 19 Improve your Credit Webinar
- 20 Community Game Night
- 21 Fatherhood Forum
- 22 Drive-in Movie Night / Music on the Lake
- 23 Shelby Twp. Lions Carnival
- 24 Mother's Day Events
- 25 Employee Spotlight
- 26 April Caregiver of the Month

Congratulations to April Winner

Breanna Bart

We hope you enjoy the spa!

SPAFINDER
GIFT CARD
WWW.SPAFINDER.COM





MACOMB COUNTY
COMMUNITY MENTAL HEALTH
www.mcombh.net



You Deserve to Live Your Best Life

MyStrength helps you
manage sleep, stress,
anxiety, and much more.



**A simple place to start
getting support,** no
matter what your needs
are.



Ongoing care that
adjusts as your needs
evolve.



**A clinically based digital
assessment** so we can
create a plan designed just
for you.



**A complete range of
tools and resources**
to suit your
preferences.

Enroll Now

Online: www.mystrength.com
Use Access Code: **MCCMHComm**

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the MyStrength Terms of Service for more information.

MENTAL HEALTH AWARENESS MONTH

Advocates Educators Supporters Researchers
People with Mental Illness Peers Parents
Champions Teachers Veterans Mentors
Underrepresented Communities Organizations
Affiliates Caregivers Youth and Young Adults
Trainers Partners Groups Frontline Professionals

Mental Health Awareness Month

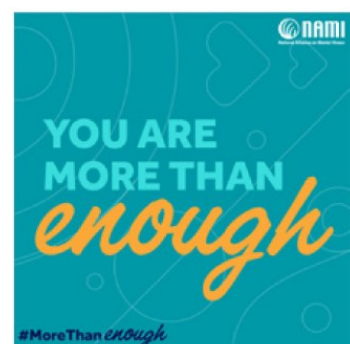
Mental Health Awareness Month has been observed in the U.S. since 1949. Each year, millions of Americans face the reality of living with a mental health condition. In May, NAMI joins the national movement to raise awareness about mental health. Each year, we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Mental Health Awareness Month provides a perfect opportunity for the NAMI Alliance to shine a spotlight on spreading helpful mental health resources and information on local programs or initiatives and content to specific populations (for example, caregivers, youth and young adults, underrepresented communities). It is also a chance to encourage people to take action.

ABOUT NAMI'S "More Than Enough" CAMPAIGN

During the 2023 MHAM, NAMI is launching the "More Than Enough" social media awareness campaign, uplifting and empowering the mental health community to feel that they are "more than enough." We want to affirm the idea that people are inherently worthy of life, love and healing — no matter what they look like, no matter where they are in their journeys, no matter what they are or aren't able to do.

This campaign is a message of hope and inclusion. Throughout the month, we will introduce several calls to action related to how people can feel empowered, combat stigma and get involved — ultimately sharing the message that all people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.



MENTAL HEALTH AWARENESS MONTH

Fast Facts

Advocates Educators Supporters Researchers

People with Mental Illness Peers Parents

Champions Teachers Veterans Mentors

Underrepresented Communities Organizations

Affiliates Caregivers Youth and Young Adults

Trainers Partners Groups Frontline Professionals

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 160 million people live in Mental Health Professional Shortage Areas
- In 2020, 1 in 5 young people reported that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experienced a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among adolescents.
- More than three quarters of Americans (77%) say they are not content with the state of mental health treatment in this country. People with a mental health condition are even more likely to say they are unhappy with mental health treatment (82%).
- 65% of Americans are concerned about the stigma around mental illness.
- Only half of Americans (52%) say they are familiar with the mental health care system.

MENTAL HEALTH AWARENESS MONTH

Ways to Engage

Advocates Educators Supporters Researchers

People with Mental Illness Peers Parents

Champions Teachers Veterans Mentors

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How to Spread Awareness in Your Community

In this partner guide, we've included many ways to help spread awareness during Mental Health Awareness Month to help start healthy mental health conversations in your community.

Events and Activities

Be sure to visit nami.org/MentalHealthMonth for further details on activities and events taking place as we get closer to May.

- **NAMIWalks:** Many virtual and in-person NAMIWalks will be taking place throughout the country during the month of May to help bring awareness and spread the message of Mental Health for All! Promote NAMIWalks events taking place in your local areas. Encourage people to use their creativity, create teams and participate however they can. Visit NAMIWalks.org for more information.
- **NAMI programs, local support groups or resources:** Promote any programs NAMI offers in your area. Use these awareness months as opportunities for getting the word out in your communities through social media or other outreach efforts about NAMI's valuable mental health resources.
- **Hold a virtual film watch party in your community:** Host a TV show or film watch party about mental health and/or discussion group following. Include a post-conversation using a guide NAMI has or we could help develop questions for a film or show you choose. For some ideas, [visit this page](#).
- **Host a book club:** Coordinate a book selection about mental health with friends (such as "You Are Not Alone" by Ken Duckworth; "Turtles All the Way Down" by Jon Green; "On Edge: A Journey Through Anxiety" by Andrea Petersen; "Crazy Is My Superpower" by AJ Mendez Brooks; "Eleanor Oliphant Is Completely Fine: A Novel" by Gail Honeyman; "The Lonely Century" by Noreena Hertz). Then host — virtually or in person — a conversation to talk about it. Consider inviting the author or a subject matter expert to moderate or ask for facilitation questions to help guide the discussion.
- **Host a NAMI DIY Fundraiser:** The [NAMI Do It Yourself \(DIY\) Fundraising](#) platform is the perfect way to take initiative and raise money for NAMI. Plan an event like bowling or a bake sale, concert or gala, celebrate a milestone, remember a loved one's legacy, undertake a physical challenge, or create something that's perfect for your unique skills or interests.

Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



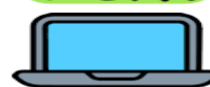
Safety
Healthy Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money Management
Paying Bills
Boundaries

Work



Time Management
Work Boundaries
Breaks

BlessingManifesting

31 DAYS OF MENTAL HEALTH!

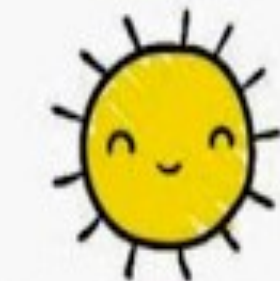
- Eat lunch in the sun!
- Cook a healthy meal for yourself.
- Treat yourself.
- Drink only water today.
- Write a letter.
- Listen to your favourite album or podcast.
- Take a one hour walk.
- Switch off.
- Self care Sunday!
- Try meditation.
- Digital detox.
- FaceTime your family or friends.
- Have lunch with a friend.
- Read a book.
- Start a conversation.
- Say no to something.
- Take a nap.
- Send a hug to a friend.
- Unfollow negative accounts.
- Rest your eyes.
- Sleep in.
- Explore your suburb.
- Put down your phone.
- Share your story.
- Have a cup of tea in the sun.
- Buy a gift for a friend.
- Go to bed 30 minutes earlier.
- Spread some kindness.
- Jot down your ideas.
- Complete a mindfulness activity.
- Compliment a stranger.

BROUGHT TO YOU BY @KASEY.RAINBOW

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Human Resource NEWS!

Resistance To Change; Getting Around Negative Emotions

Change is inevitable. Without change we would still have pagers, flip phones, 8 track tapes, manual cars and only landlines. For most people, change can be very scary. Have you ever been confronted with a change that you had no control over? Have you ever been confronted with a new idea and it left you feeling frustrated, angry, confused, or even out of control. When you recognize that feeling, it's a **sign** that you're resisting change. You maybe even be unconsciously sabotaging new opportunities for yourself.

The fix: Take some time to really think about what is causing your resistance to a particular change. Can you redirect your thought process to place a positive spin on the change? Can you use the uncomfortable feeling as a wake-up call to embrace the new and unusual? Remind yourself: You have gone through difficult changes before and life turned out ok! As the saying by Matthew Kelley goes, "People love change. They just don't like the transition."

Nobody thinks
less of the penguin
because it can not fly.
It's simply a different
kind of bird.

Different.
Not less.

Stuart Duncan



Cinco de Mayo History

Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

To see the full article by the History Chanel please using the following link: <https://www.history.com/topics/holidays/cinco-de-mayo>

10 Barrier-Free Playgrounds in Metro Detroit and Ann Arbor



Photo credit: Unsplash/Kelly Sikkema

Every child deserves to experience fun on the playground and barrier-free playgrounds offer that opportunity to kids with disabilities.

Barrier-free playgrounds, like the 10 on this list, are designed with accessibility in mind and feature various modifications that make it easier for those with physical or developmental disabilities to navigate and enjoy.

For example, walking spaces in a barrier-free playground are free of mulch or woodchips, which can get stuck in wheelchairs, and many offer sway swings sets that have backs or seat belts to protect kids who need more support than a standard swing typically offers. In addition, parking lots at these playgrounds offer ramps and the restrooms often have larger stalls or changing tables made for older people.

If you are looking for a barrier-free playground in metro Detroit or Ann Arbor to take your child to, check out these local spots suggested by Let Kids Play.

Boundless Playground at High Point School

Address: 1735 S. Wagner Road, Ann Arbor

Hours: 8:20 a.m.- 2:40 p.m.

The Boundless Playground is for students from infancy to 25 years of age. Striving for the interaction of all children, this inclusive park has teachers, therapists, and health professionals on site for a safe experience. Park is only available during school hours.

Dad Butler Playfield

Address: 2034 East Eight Mile Road, Detroit

Hours: 7 a.m.-10 p.m.

This barrier-free play area has a wood chip and rubber combination surface with climbing structures and slides. Older children and toddlers each have separate play spaces with monkey bars, musical devices, a rock wall, and more.

Delray Community Center Boundless Playground

Address: 420 South Leigh St., Detroit

Hours: 3-8 p.m. Monday-Friday (during the school year) and 10:30 a.m.-8 p.m. (during the summer)

The park has balance testers, rock walls, climbing, and an array of different swings. A tire swing and an ADA swing are included for more inclusivity.

Lodge Playground at Marshbank Park

Address: 2805 Hiller Road, West Bloomfield

Hours: 8 a.m.-dusk

There are two universally accepted playgrounds in Marshbank park with soft, padded rubber surfaces. Sensory play panels are located throughout to encourage inclusivity and normalize diverse play styles.

10 Barrier-Free Playgrounds in Metro Detroit and Ann Arbor Continued

WCCCD 300x250 Channel McKinley Barrier-Free Park

Address: 31500 Grove Street, Fraser

Hours: 9 a.m.-6 p.m.

McKinley Barrier-Free Park has a comfort station that has an adult-size changing table as well as an accessible parking lot with no curbs. The surface is wheelchair friendly and a sensory garden allows connectivity with nature.

Paradise Peninsula Playscape

Address: 1702 Scott Lake Road, Waterford

Hours: Dawn-dusk

This sweeping 13,000-square-foot park was named for its Michigan themes of lakes, dunes and forests created with colorful rubberized surfaces. They also have climbing areas, an “up north woods” cabin, raised sand play and marsh with cattails.

Play 4 All Boundless Playground

Address: 5100 Woodward St., Wayne

Hours: Dawn-dusk

Located in Soroptimist Park. With a small, rubberized toddler area combined with regulated traditional swings, this playground is accessible to children of all ages. It features a unique fish theme and sway fun for those who have difficulty with traditional swings, too.

Play Farm at Inglenook Park

Address: 20901 West 12 Mile Road, Southfield

Hours: Dawn-dusk

With farm-themed play equipment such as tractors and animal cut-outs, this park is accessible by way of design and structures. With a Sway Fun Glider and multiple swings (ADA and tire), children can climb, swing, run and slide safely.

Scarlet’s Playground

Address: 180 Commerce Road, Commerce Township

Hours: Dawn-dusk

Named after a Michigan girl living with Spinal Muscular Atrophy, Scarlet’s Playground features a ramp for accessibility as well as a foam surface. With inclusive swings, zip lines, sensory play equipment, special non-static slides and a braille wall, this park is well thought out and fun.

Wing Lake Development Center Playground

Address: 6490 Wing Lake Road, Bloomfield Hills

Hours: Contact for details

This boundless playground is a part of the Wing Lake Development Center, which prides itself on refining developmental skills and increasing independence. With the support of the W.K. Kellogg Foundation, progress is monitored through play.

Do you love any other barrier-free playgrounds in metro Detroit or Ann Arbor? Tell us about them so we can add them to our list and don’t forget to check out the Special Needs section of MetroParent.com for even more activities and resources for parents of kids with special needs.

<https://www.metroparent.com/things-to-do/guides/barrier-free-playgrounds-in-metro-detroit-and-ann-arbor/>

IT'S A JUN GALLERY IN HERE

THURSDAY, MAY 4TH

5:30 -
7:30PM

Join us for an interactive gallery exhibit at
Soul Studio!

The Friendship Circle invites you to join us at the Dresner Foundation Soul Studio for an interactive gallery event! The gallery will be transformed into a fun jungle space featuring a myriad of styles and techniques from our incredible artists. The art will feature rainforest animations, larger than life animal sculptures, ceramic potted plants, and more. Enjoy jungle treats, participate in making your own jungle projects, see art and be the first to purchase merchandise from our new launch.

Farber Center Soul Studio:

[5586 Drake Rd, West Bloomfield Township, MI 48322](#)

RSVP HERE

**BRAND NEW
JUNGLE
MERCH
LAUNCH!**

**INTERACTIVE
ACTIVITIES!**

**SPECIAL
TROPICAL
TREATS!**

Imagine Theatres Sensory Friendly Movie Screening

Saturday, May 6, 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](https://www.imagine-entertainment.com). **FEATURED MOVIE** – Are You There God, It's Me Margaret

Saturday, May 20, 2023
(first Imagine Theatre Showing of the Day)

Check theaters for showtimes. Tickets are available at the box office, online at [Imagine-Entertainment.com](https://www.imagine-entertainment.com). **FEATURED MOVIE** – Guardians of the Galaxy



RARA Movie Night Out

Wednesday, May 17,
2023 (Also June 14,
July 19, August 16)



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](https://www.rararecreation.org).

Friday Frolic Dance

Friday, May 12, 2023 from 7p-9p (Also
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.troymi.gov](https://www.rec.troymi.gov).





*Employee Milestone
Anniversaries*

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



5 Years

*Jennifer Cashen
Shonda Watson*

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



Eastpointe Community Closet

GRAND OPENING

*A free closet to anyone in the community who needs it.
Please invite anyone you may know who is in need!*

*Clothes,
shoes, bags,
toiletries, and
baby items.*

**Saturday
May 13th
12pm-5pm**

**Bake Sale
Fundraiser**

*Donations of
all kinds
appreciated!*

**24343 Phlox Ave
Eastpointe, MI**

STOP WISHING GO FISHING

FISHING

Kids come learn how to

FISH



All ages welcome! Instruction and loaner equipment sponsored by Lac. St.Claire Kiwanis Club

MAY 21ST AT THE BLOSSOM HEATH ACTIVITY PIER 10:00 AM



MENTAL HEALTH SELF-CARE ACTIVITIES



www.yourmentalhealthpal.com



Get up and move around.



Write down what's on your mind



Listen to music

Spend time with loved ones



Spend time in nature

Get enough sleep



Make time for yourself everyday



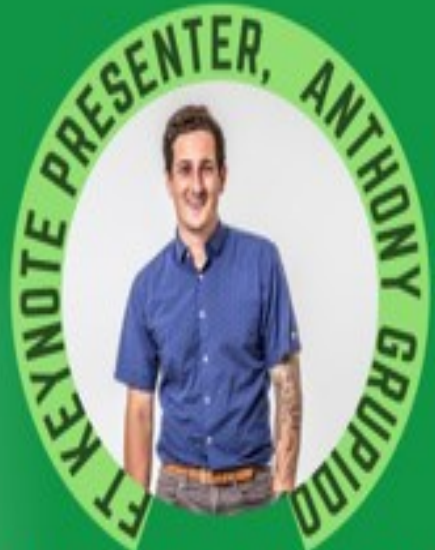
Eat well and exercise regularly



Relax and let go of stress



**YOUTH UNITED PRESENTS:
CHILDREN'S MENTAL HEALTH
AWARENESS DAY
A FREE EVENT FOR ALL**



**YOUTH AGES 12+
ARE
RECOMMENDED
FOR KEYNOTE
PRESENTATION**

**CARNIVAL GAMES
FACE PAINTING
FUN FOOD
GIVEAWAYS
MAGIC SHOW
PHOTO BOOTH
VIDEO GAME TRUCK
& MORE**

**SATURDAY, MAY 6, 2023
12 - 4 PM**

**SAY DETROIT PLAY CENTER
19320 VAN DYKE AVE DETROIT, MI 48234**

**Magic Show: 12:30-2pm
Carnival Activities begin at 2:00pm
More information is on our eventbrite!**

**REGISTER
HERE!**





DETROIT RECOVERY PROJECT INC.

Doing It Together!

Presents

YOUTH & WISDOM BOWLING NIGHT

Registration is free!

Bowling shoes & food will be Provided

ROOSEVELT LANES
JUNE 16



1:00-3:00 PM
6701 ROOSEVELT AVE,
ALLEN PARK, MI 48101

REGISTER HERE

OR



[HTTPS://WWW.EVENTBRITE.COM/E/YOUTH-AND-WISDOM-BOWLING-NIGHT-TICKETS-596058064717](https://www.eventbrite.com/e/youth-and-wisdom-bowling-night-tickets-596058064717)



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 sessions listed below.

Wednesday, 5/3/2023 @2pm

Thursday, 5/18/2023 @12pm

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



HUD APPROVED HOMEBUYER EDUCATION WEBINAR

Monday & Tuesday, May 8 & 9, 2023 • 5:30-8:30 PM

Be introduced to professionals from the industry and build your team for success! Presented by OLHSA's HUD Certified Housing Counselors, a local mortgage loan officer, and a 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



A HUD Approved Housing Counseling Agency



What To Do If You Can't Pay Your Property Taxes

An Informative Webinar

Thursday, May 11, 2023 • 11am-12:30pm

Join OLHSA's HUD Certified Housing Counselors for this informational Zoom webinar to learn what you can do if you are unable to pay your property taxes.

Topics include:

- Property tax foreclosure timeline
- Your rights and responsibilities
- Potential options available to you
- Resources for assistance

Once you register you will receive an email with additional details. Class limited to Oakland and Livingston County Residents.

**To register for this class, please visit www.olhsa.org/events
Or email housingcounseling@olhsa.org or call 248-860-7845**





A Community Action Agency



Improve Your Credit!

Financial Education Webinar Via Zoom

Thursday, May 18, 2023 • 9-10:30 am

Have you applied for credit and been denied? Is your credit less than perfect? Would you like to improve your credit score? Join us for a free class to learn more about credit reporting agencies, credit reports, and what you can do to improve your credit.

Topics include:

- Understand basics of credit reporting agencies.
- Learn about Credit Scoring & Fair Credit Laws.
- Identify ways to build and repair your credit history.
- Recognize what to do in the event of identity theft.

Once you register you will receive an email with forms to complete and sign. These must be returned 48 hours prior to the class. Must be a Livingston or Oakland County resident to attend.

To register for this class, visit [OLHSA.org/events](https://www.olhsa.org/events)

If you have questions please contact housingcounseling@olhsa.org

Or call 248-860-7845



OLHSA is a HUD approved agency.

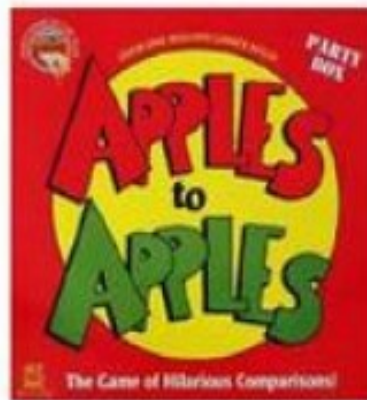




Community Game Night

JOIN US FOR SKYJO,
FIVE CROWNS, UNO,
EUCHRE, APPLES TO
APPLES, AND MORE.

ALL ARE WELCOMED,
SO BRING YOUR
FAMILY AND
FRIENDS.



GRACE
EPISCOPAL
CHURCH
115 SOUTH MAIN ST
MOUNT CLEMENS
MI 48043

March
17th
7pm-9pm
Recurring event on
the 3rd Friday of each
month





HELPING CHILDREN DREAM AGAIN



SAVE THE DATE

11TH ANNUAL FATHERHOOD FORUM

A father's involvement in his child's life is critical to the child's success in school and in life. Fathers, Grandfathers, Mentors, Coaches, Partners, Uncles, and any other male caregivers are all vitally important in the lives of all children. Join us for a day dedicated to helping dads and male caregivers become strong role models for their children and families.



If you are a male caregiver, a father, a supporter of fathers, or a professional working with and advocating for fathers, this event will provide speakers, resources and breakout sessions that every father, male caregiver, supporter and professional should attend.

When

Thursday, June 22, 2023
9:00 am - 4:30 pm

Where

Greater Grace Temple Church
23500 W. 7 Mile Rd.
Detroit, MI 48219



\$5 per car



DRIVE-IN

MOVIE NIGHT



Veterans Memorial Park Parking Lot
At Jefferson and Masonic

May 5

Showing: **MINIONS**
The Rise of Gru



Movie will start at dusk

FOOD TRUCK: POP'S SWEETS ON THE STREETS

Passes must be purchased in advance at the Civic Ice Arena (20000 Stephens, between I-94 & Little Mack)
MUST BE A ST. CLAIR SHORES RESIDENT TO PURCHASE TICKETS.

SPONSORED BY:



ST. CLAIR SHORES
ACTIVITIES COMMITTEE



Music On the Lake 2023

Get ready for some great music down by the lake at Veterans Memorial Park presented by Michelob Ultra.

St. Clair Shores Veteran's Memorial Pak
32400 Jefferson Ave.
St. Clair Shores

- Open to the public - no park passes required
- Parking & Admission is free

Time

7-8:30 PM, Wednesdays

- Wed, June 7 Family Tradition Band Country
- Wed, June 14 Atomic Radio 90's Rock
- Wed, June 21 Stone Blossoms Classic Rock
- Wed, June 28 Blue Water Kings High-Energy
- Wed, July 12 Kathleen Murray & the Groove Council Motown / R&B
- Wed, July 19 Rockstar 80's Rock
- Wed, July 26 Captain Fantastic Elton John Tribute
- Wed, August 2 Joey Vee Ban Country
- Wed, August 9 Air Margaritaville Jimmy Buffet Tribute
- Wed, August 16 Sunset Blvd. Class Rock

Sponsored by Petitpren.

SHELBY TWP. LIONS CARNIVAL

TO SUPPORT LEADER DOGS & OTHER LIONS CHARITIES

APRIL 27TH - MAY 7TH, 2023
LAKESIDE MALL, STERLING HTS, MI



MON-FRI: OPENS AT 4PM
SAT & SUN: OPENS AT NOON
MINORS NEED TO BE ACCOMPANIED BY A PARENT AFTER 4PM



FUN FOR THE WHOLE FAMILY!
MIDWAY BY: NORTH AMERICAN MIDWAY ENTERTAINMENT

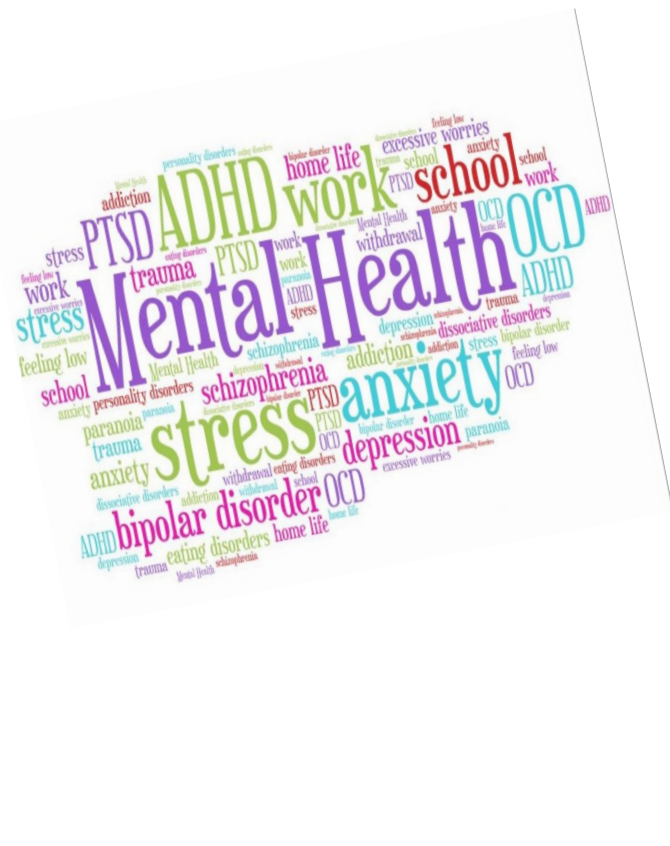
MAY HOLIDAYS

May 5th Cinco De Mayo

May 14th Mother's Day

May 29th Memorial Day

Let's Celebrate!



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MOTHER'S DAY EVENTS 2022

Pre Mother's Day Luncheon

Friday, May 5, 2023 from noon-2p
Meadow Brook Hall and Gardens
350 Estate Drive, Rochester
248-364-6200, meadowbrookhall.org)

Treat your mother to an exquisite three-course luncheon just before Mother's Day at the Great Estate. Lunch will include wine service as well as live musical entertainment, a self-guided tour of the historic mansion and a flower for Mom. This event is expected to sell out. \$75 per person. Book tickets [here](#).

Mom's Night Out Events

Friday, May 12, and Saturday, May 13
Various locations

Check out our Parents Night Out Page for fun places to drop the kids off for an evening so Mom can enjoy a date night!

Mom's Day at Canterbury Village
Saturday, May 13, 2023 from 10a-5p
Canterbury Village
2359 Joslyn Ct, Lake Orion
248-391-5700, www.canterburyvillage.com



A FREE flower for every Mom (while supplies last). Enjoy sales, shopping, flowers, and fun. Scavenger Hunt with a chance to win a family 4-pack of tickets to a Canterbury events. Every Mom will also receive 1 FREE adult ticket & 1 FREE child ticket to Canterbury Kids Fest 2023. FREE Entry. FREE Parking.

Art Birmingham 2023

Saturday, May 13, 2023 10a-6p and Sunday, May 14, 2023 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.

Royal Oak In Bloom

Sunday, May 14, 2023 from 7a-2p
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.royaloakchamber.com.



Walk-A-Mom

Sunday, May 14, 2023 from 10a-4p
Stony Creek Metropark
4300 Main Park Rd, Shelby Twp, MI 48316
586-781-4242, metroparks.com)

Bring your Mom, Grandmother or someone who is like a mom to you out for a self-guided spring hike on the trails and make some memories. Enjoy the wildflowers that are starting to bloom and share some quality time with the special person in your life. Be sure to stop by the nature center to get a certificate and a flower to plant at home. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

Wildflower Walk

Sunday, May 14, 2023 from 10a-11a
Indian Springs Metropark
5200 Indian Trail, White Lake, MI
48386, 248-625-6640, metroparks.com
Early May is the best time of year to see warblers and other songbirds as they journey through Michigan after spending the winter in the tropics. Bring a burst of color to this Mother's Day morning by viewing some of these winged jewels as well as many native wildflowers blooming in the park. All ages. \$3 per child / \$5 per adult. Pre-registration is required **online** or by calling 248-625-7280. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.



Kensington Mother's Day Wildflower Walk

Sunday, May 14, 2023 from 10a-11a or 1p-2p
(2 sessions to choose from)
Kensington Metropark – (4570 Huron River Parkway, Milford, MI 48380, 810-227-8910, metroparks.com)

Take an hour-long guided walk and discover the budding spring wildflowers, chattering birds, and rich habitats. All ages. \$3 per child / \$5 per adult. Pre-registration is required **online** or by calling 810-227-8910. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

Mother's Day Meander

Sunday, May 14, 2023 from 2p-4p
Lake Erie Metropark (32481 W Jefferson, Brownstown, MI 48173, metroparks.com)

It's Mother's Day and the perfect time to hit the trails and learn about all the moms. Join us for a guided stroll through our "Big Woods" as we look for signs of all moms everywhere. Insects, birds, mammals and everything in between. Ages 8+. \$3 per child / \$5 per adult. Pre-register required **online** or by calling 734-379-5020. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

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 CHELSEA BREWER



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

Chelsea: I am one of the Administrative Assistant II's. We provide primary support to the ExpertCare operations division by performing all assigned clerical and administrative duties.

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

Chelsea: I enjoy spending time with family and friends, trying new recipes and activities, volunteering, and attending concerts and festivals.

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

Chelsea: An elephant because Donna would take the best care of me. Elephants are Donna's favorite animal - I'm going for a comfortable/pampered lifestyle!

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

Chelsea: I would love to teleport! Imagine spending the weekend in Turks and Caicos and arriving home 15 minutes before your shift – no jet lag. Sounds like a dream!

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

Chelsea: Choose experiences over things – the impact they have over your life will last you a lifetime.

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

Chelsea: Completing my "Information Assurance and Security" program with a 4.0 GPA.

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

Chelsea: Just keep going even when it feels impossible.

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

Chelsea: I'm an awesome photographer! I've recently been gifted an expert recommended camera and cannot wait to put it to use.

LOOK WHO'S TALKING

APRIL CAREGIVER OF THE MONTH

VALERIE TROMBLEY



ECare: What made you decide to become a Caregiver?

Valerie: I always wanted to do this and when my sister became a caregiver and I saw how much her clients grew I was 100% sure I wanted to do this.

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

Valerie: I always wanted to try riding a hot air balloon.

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

Valerie: The most rewarding experience I have is seeing my clients grow and become comfortable with me and open up so much.

ECare: What do you do for fun?

Valerie: I play computer games and hang out with my friends for fun.

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

Valerie: Anything that involves chicken, ice cream, and venison.

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

Valerie: Be patient, don't get irritated, let your clients open up, don't force anything, it will happen and when it happens it's the best thing ever.

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

Valerie: Being patient and understanding how different people cope and understand things.

Valerie has been working with ExpertCare for a few months. Within this short period of time, she has already left a lasting impression. She is being recognized for being a flexible and reliable staff. She has gone above and beyond to provide great care for her recipients. Valerie swiftly completed the hiring process and started working with recipients as quickly as possible. She's been changing the lives of multiple recipients in a short period of time.

All the recipients she works with have expressed how much they love having her as staff. We are happy to have her on our team and can't wait to see her blossom more 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

