

ExpertCare CHRONICLE

JUNE 2023

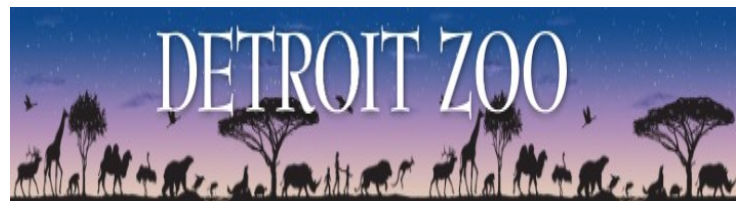


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JUNE GIVEAWAY

This month as we honor and celebrate Father's Day, what is better than a trip to the Zoo to bring families together. We will draw one Caregiver at random who will win a family membership for the Detroit Zoo.



We will announce the winner in next month's newsletter.

*Congratulations to
May Winners
Michael Vasquez &
Thomas McCloud*





Employee Milestone Anniversaries

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



10 Years

Annetra Bowman
Tony Williams III



5 Years

Kristopher Schermerhorn
Rebecca Limbaugh

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



ExpertCare is hiring! We want you to refer your friends and family.

Have them apply today at www.expertcare.com



Refer your friends and family today! If they are hired and work 80 hours, you will get a \$200 bonus.

MUST INTERVIEW BY JULY 31, 2023



JUNE teenth BOOK FAIR

SAT. JUNE 17 • 12:30P-5P

FREE ADMISSION ~ RSVP AT
<https://JuneBookFair2023.eventbrite.com>

CELEBRATING FREEDOM THROUGH LITERACY

MEET OVER 30 BLACK INDIE AUTHORS

ADULT & CHILDREN - HISTORY, ROMANCE, MEMOIRS, POETRY, SELF-HELP, SPIRITUAL

HISTORIC PEOPLE'S COMMUNITY CHURCH

8601 WOODWARD AVE. DETROIT MI 48202

THIS IS AN OUTDOOR TENT EVENT

Detroit Book City is ecstatic to host its Juneteenth Book Fair 2023 celebrating freedom through literature on Sat. June 17, 2023 from 12:30pm - 5pm. This is an outside FREE tent event held at Historic People's Community Church 8601 Woodward Ave. Detroit 48202 (at Pingree St.)

The first 100 adult door arrivals get a free SWAG bag! This is a family-friendly event, all ages welcome. Get ready to meet a fierce group of talented independent authors of adult & children books from across all genres! Fill your bookshelves up with incredible stories and knowledge written by Detroit authors...share them across generations to come.

The 2023 Juneteenth Indie Author Showcase: Kaylynn Hunt, Latosha McCauley, Michelle Anderson, Marquonda Wyatt, Francine Shaw, Lakiasha Prince, Nova Wallace, London Howard, Kinyel Friday, Dr. L.T. Revell, LaJuana Jackson, Vicki Dobbins, Kelly Duren-Jones, Valerie Wade, Sophia Perryman, Yvette Daniels, Solomon Johnson, Gwendolyn Forrest, Franklin Wilson, KBethany Wade, Stanley Brown, George Latham IV, Phillip Sample, Felicia Wright, Erin Hodges, Quentin Love, Craig Rush, Rainesha Williams-Fox and Tiniya Burney (tutoring service).
Get daily event highlights at: <https://fb.me/e/10fRGRj97>

Learn more about Detroit Book City at: www.detroitbookcity.com

Juneteenth SWAG Bag Offer! DEADLINE: Thurs. June 1, 2023. Place your promotional flyer, educational resource or tangible good in our 100 Juneteenth 2023 SWAG bags that's given out the first 100 adult attendees! Maximum size: 8.5 x 11 Cost: \$35. We must have your 100 promo inserts no later than, Sat. June 10th. Mail or drop off items to: Detroit Book City 27260 Southfield Road Ste. 201 Lathrup Village, MI 48076 Attn: Janeice Haynes. Don't wait another minute...



June 9th 6:00pm Planetarium

0209 Old Main – Wayne State University 4841 Cass Avenue Detroit, MI 48201

Join us for our free public planetarium shows at **6pm or 7:30 pm many Fridays throughout the summer!** Seating is limited to 60 people, including 10 walk-ins. Reserve seats at noon on the Sunday prior to a show. Walk-in seats are first-come, first-served, so please arrive at least 20 minutes beforehand to maximize your chances of getting a seat. WSU Students should also check the WSU Events Calendar for student-only show offerings.

Join us for a **free** public planetarium show!

Our Friday night shows are geared towards a general audience and last about 60 minutes. Join our staff for a live talk about star formation and some of the stars you can see in the current night sky over Detroit, along with a 30 minute full-dome film.

Show Dates and Times

Shows are held at 6pm and 7:30pm several Fridays throughout the summer. Shows begin promptly at their scheduled start time, and reserved ticket holders should arrive at least 10 minutes prior to show time, after which their seats will be released to walk-ins. Late arrivals will not be admitted.

Health guidelines

For the safety of the staff:

Planetarium guests are encouraged to wear a mask for the duration of the show. The planetarium is a small enclosed venue and we appreciate your assistance in keeping us all healthy.

Ticket Availability

50 seats are available for reservation here **at noon on the Sunday prior to a show.** You may reserve up to 4 seats, but please only reserve as many as you need. A handful of walk-in seats are also available- we recommend you only attempt to claim walk-in seats if you are a student or live in midtown, as they can be extremely limited. WSU Students should also check the WSU Events Calendar for student-only show offerings.

Parking Information

The nearest WSU parking garages with visitor parking are garages 6 and 8. See <http://parking.wayne.edu/visitors/index.php> for maps and fees.

On-street parking is also available; the city charges \$1.00 per hour and takes cash, credit cards, or you can use their mobile app ParkDetroit on your phone for payment. Other private cash lots are also available in the area.

Finding the Planetarium on Wayne State University's Campus

The planetarium is located on the lower lever of the Old Main building - the historic building with the clock tower on the corner of Cass and Warren Avenues in Detroit. If you enter through the main entrance on Cass Avenue, take the stairs down and walk straight ahead - you'll see the Planetarium murals and our double doors - room 0209.

For Families

On some Saturday mornings of the summer the planetarium offers a free show geared towards families with children 10 and under, our *Young Astronomers Show*. While children are welcome at Friday night shows, they may prefer the *Young Astronomer's Show* content. These shows last just about an hour, have content and a movie geared towards children, and may be best for young children who have trouble sitting quietly through a longer, more complex presentation. Please check our main eventbrite page to see if any Young Astronomers Shows are upcoming.

Interested in bringing a large group to the planetarium?

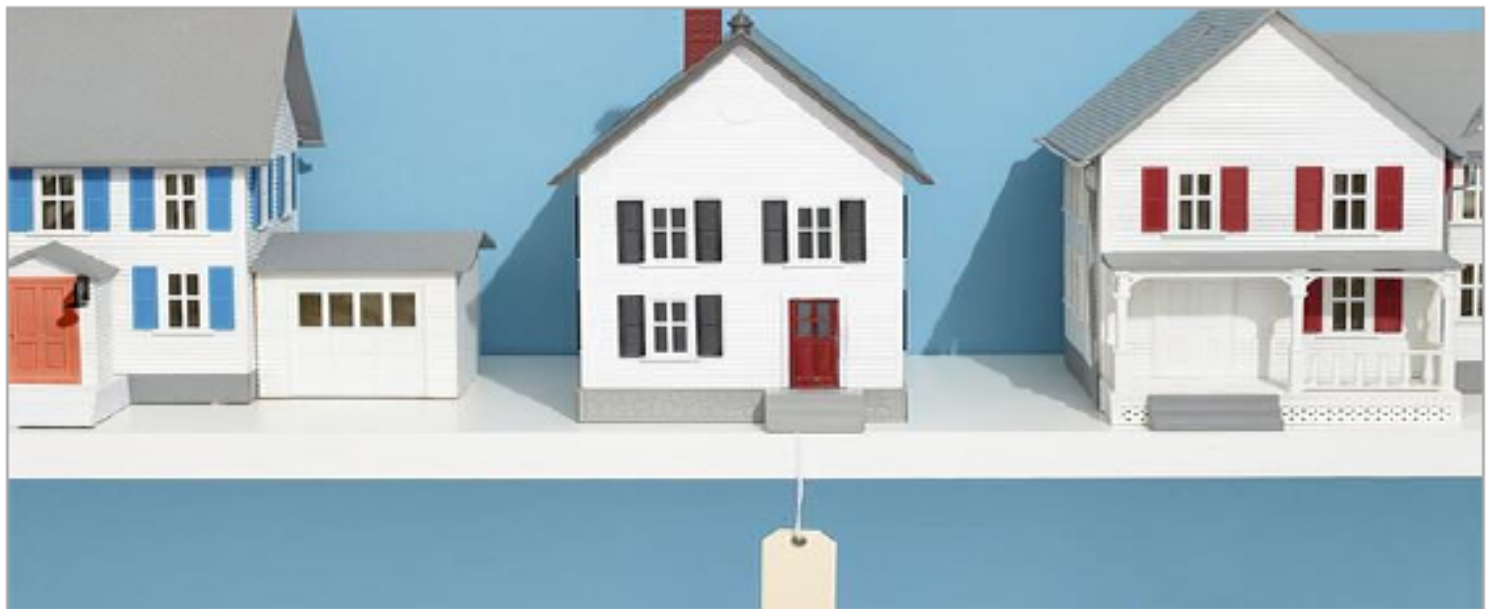
The planetarium can be reserved for private showings for school groups, scout troops, birthday parties or by other organizations for a fee. Please fill out our group reservation form for more information so we can help you design a show to meet your needs.

Unexpected closures

If the planetarium needs to close due to staff illness, bad weather or another unexpected situation, we will e-mail all registered attendees, so **please be sure our eventbrite e-mails are not hiding in your SPAM folder.** We also try to post alerts about closings on our Facebook Page and in our Facebook events, and on our website as soon as we can, but these often take a bit more time. If an event is cancelled on our end, we will offer you an alternate Friday to attend instead.

Tickets for public shows are always FREE.

Any posts you see about tickets for sale are scams. We regularly check posts on our facebook page and have never found any to be people on our registered guest list.



HOME BUYER EDUCATION WEBINAR

Tuesday, June 6, 2023 • 9am-2pm

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 5 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
www.olhsa.org/events

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



Sponsored by:





A Community Action Agency



Get Out of Debt!

Financial Education Webinar Via Zoom

June 15, 2023 • 9-10:30 am

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



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 Recipients shall receive services suited to his/her condition. This can include but not limited to, treatment in the correct environment and the right setting for services. During this time, the Recipient must be working towards goals in the plan of service. Community Living Supports are used to increase or maintain personal self-sufficiency, facilitating an individual's achievement of his/her goals of community inclusion and participation, independence, or productivity. Caregivers must be present, working one on one with a Recipient on the Recipient's goals for the entire shift, either in the Recipient's home or the Recipient's community. Caregivers cannot take a Recipient to the Caregiver's home or a Caregiver's family member's home.

⇒ExpertCare Management Services takes the privacy of personal health information (PHI) seriously. A number of laws and regulations including the Health Insurance Portability and Accountability Act of 1996 (HIPAA), Public Act 258 and the Michigan Mental Health Code protect PHI. Caregivers should never share any confidential information with others. Caregivers cannot have family, friends, or any visitors accompany them or meet them at the Recipient's home or out in the community. Caregivers are to always protect confidential information. For example, Caregivers may not take the Recipient to a Caregiver's family member's home and the Caregiver can not disclose to others that the individual they are working with is a recipient of community mental health services.

⇒Caregivers will treat all Recipients and Recipient's family members with Dignity and Respect. Caregivers must treat Recipients and Recipients' family members with esteem, honor, politeness, consideration, and in a manner that is not condescending or demeaning. For example, Caregivers cannot voice their political opinions, religious views and/or provide their opinion or recommendations regarding child discipline to the Recipient or Recipient's Guardian.

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.

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.

June 8th from 10am-11am

June 19th from 11am-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 July in next month's newsletter!



**Free Musical Theatre Dance Class Series to Learn
New Hobbies and Make Connections**

**Thursday, June 1, 8, & 15 2023 from 6:30pm-
7:30pm**

Temple Beth El

7400 Telegraph Rd, Bloomfield Hills, MI 48301

A variety of free summer class series to bring together people with and without disabilities to learn a new hobby and connect with one another. Participants will learn a dance routine from a Broadway classic. All experience levels welcome. The class is a three-part series; attendees must be able to attend all three class sessions listed above. Space is limited; sign-up is required by contacting Jessica Tierney at jessicatierney@jarc.org or 248-940-2607. Hosted by JARC.

**Imagine Theatres Sensory Friendly Movie
Screening**

Saturday, June 3, 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. FEATURED MOVIE – The Little Mermaid

Disability Dirt Day

Sunday, June 4, 2023 from noon-4p

**Holly Oaks ORV Park (13536 Dixie Hwy, Holly, MI
48442, 248-653-0710, adaptive@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. Riders must be 10 years old. For additional information or to reserve your spot, text or call 248-221-8040 or email adaptive@oakgov.com. Hosted by Oakland County Parks and Recreation.



SUMMER SAFETY TIPS

1. Apply sunscreen about 30 minutes before going outside and reapply every 2 hours.
2. Stay hydrated with plenty of water.
3. Avoid direct sunlight and seek shade when possible.
4. Take breaks between physical activity.
5. Consider wearing a sunhat or sunglasses for added protection.



**What did Baby Corn
say to Mama Corn?**

Where's Pop Corn?



Friday Frolic Dance
Friday, June 9, 2023 from 7pm-9pm
(Also July 14, September 8)
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.



Sensory-Friendly Planetarium Shows
Saturday, June 10, 2023 at 11am
(Also, July 8, August 12, September 9)
Longway Planetarium
1310 E Kearsley St, Flint, Michigan
810-237-3400, sloanlongway.org

Every 2nd Saturday, a new show at Longway Planetarium. During sensory-friendly shows, staff turn the lights up and turn the sound down to provide a safe, welcoming environment for friends with special needs.

OUCARES After Hours Adult Social
Tuesday, June 13, 2023 at from 6pm-9pm
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/oucaries/



RARA Movie Night Out
Wednesday, June 14, 2023
(Also July 19, August 16)
Emagine 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.

Emagine Theatres Sensory Friendly Movie Screening
Saturday, June 17, 2023
(first Emagine Theatre Showing of the Day)

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

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 Emagine-Entertainment.com. **FEATURED MOVIE – Elemental**

Social Scene
Saturday, June 24, 2023 from 1p-2p (Also June 24, 2023)
The HAWK FH Community Center
29995 West 12 Mile Road, Farmington Hills, Michigan
48334, 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. Direct Link to register.





HELPING CHILDREN DREAM AGAIN

FACES OF TRAUMA:

Healing Through Connection



WHERE:

**DURFEE
INNOVATION
SOCIETY**

2470 Collingwood St
Detroit, MI 48206

WHEN:

Thursday, June 1, 2023
6 pm to 8 pm

WHO:

Appropriate for children
(ages 14 and up), families,
community members

Please join us as we engage the community with resources, activities, information and conversation around individual, family and community trauma and resilience.



A Program of InsideOut Literary Arts

Join a Fireside Chat on **Healing Through Connection** with leading community voices, hear the voices of youth through dynamic spoken word provided by the **City Wide Poets** (a program of the *InsideOut Literary Arts Project*), and participate in a performance activity with our special guest **Alesha Nicole**.



Take advantage of the opportunity to connect with partner organizations that promote healing, provide resources, and build community. **Refreshments will be provided.**

Fireside Chat Panelists Include:

- **Chief Robert Dunlap**, Wayne County Sheriff's Department
- **Waymond Hayes**, Director of Early Learning and Youth Development, Focus Hope
- **Katrina Carmichael**, Author & Founder of SADA's House
- **Kelly Mays**, Program Manager at Hegira Health, Inc.

REGISTER NOW!

Click or Scan the QR Code



This event supports the transformative work of:



**CRISIS TO CONNECTION:
AN IMPERATIVE FOR
OUR BLACK BOYS**



Each team will be comprised of players with and without special needs



Six week season

Season begins September 9, 2023

Game times between 9:00am and 12:30pm

For more information and to register at this link or QR code

<https://woodsidebible.org/events/details/?id=279102>



WOODSIDE BIBLE CHURCH 6600 ROCHESTER ROAD TROY

Questions? GregMcDougall@Woodsidebible.org

Starting in the Fall. Each team made up of people with and without disabilities. Ages 15 and up.



**Madison Heights Juneteenth is at
Madison Heights Civic Center Park.**

1d · Madison Heights · 🌐

GREAT NEWS! Thanks to Oakland County Parks and Recreation, the 2023 Madison Heights Juneteenth Celebration will feature a 25-foot high Climbing Tower and two awesome bounce houses (one for younger kids and one for older kids). Please join us for this family-friendly Celebration of Freedom on Saturday, June 17 at Civic Center Park. [#JuneteenthintheHeights](#) [#Juneteenth](#) [#familyfun](#)



What do you call an angry carrot?

How do you make an egg roll?

**What did the one toilet say
to the other?**



**Sensory Friendly
Mondays at Lily
Pad Spring
Splash Pad**

Monday, June 5,

2023 from 11am-1pm

(All Mondays through August 7)

Lily Pad Springs

**6200 Farmington Road, West Bloom-
field, MI 48322, 248-451-
1900, wbparks.org**

Sensory Friendly Mondays beginning June 13 from 11a-1p will offer limited capacity visits where the Big Splash Bucket and other overhead spray features are limited.

RARA Diner's Club

Monday, June 5, 2023

from 5:15pm-6:30pm

(Also June 5, July 10, August 7)

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.

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.



Madison Heights Police Department Bike Rodeo & Open House

Saturday June 10th, 2023

10:00 am - 1:00 pm

**Police Department & Civic Center Park
280 W 13 Mile Rd**

*** BIKE INSPECTIONS**

Courtesy of American Cycle & Fitness

*** HOT DOGS**

Courtesy of The Lions Club

*** ICE CREAM**

*** K-9 OFFICER HARKO**

*** ANIMAL CONTROL**

*** POLICE & EMERGENCY VEHICLES**

*** BIKE REGISTRATION**

(Madison Heights Residents Only)

*** GUN LOCK GIVE AWAY**

*** HELMET FITTINGS**

*** BALLOON ARTIST**

*** BIKE OBSTACLE COURSE**

**FREE BIKE HELMETS TO THE FIRST
200 KIDS 12 YEARS OLD AND UNDER**

Courtesy of  *Ascension*



**FREE BIKE RAFFLE FOR KIDS 12
YEARS OLD AND UNDER**

Bikes courtesy of



JOIN THE FUN!

OVER 10 MILLION KIDS HAVE PARTICIPATED IN THE LAST 7 YEARS!

Sign Up Now... IT'S FREE!

• NATIONWIDE PROGRAM •

KIDS BOWL FREE

REGISTER YOUR CHILD FOR A
SUMMER FUN
Bowling Pass

2 FREE GAMES OF BOWLING
A DAY THIS SUMMER!

AS SEEN ON*



YAHOO!

PTO TODAY

Better Homes and Gardens

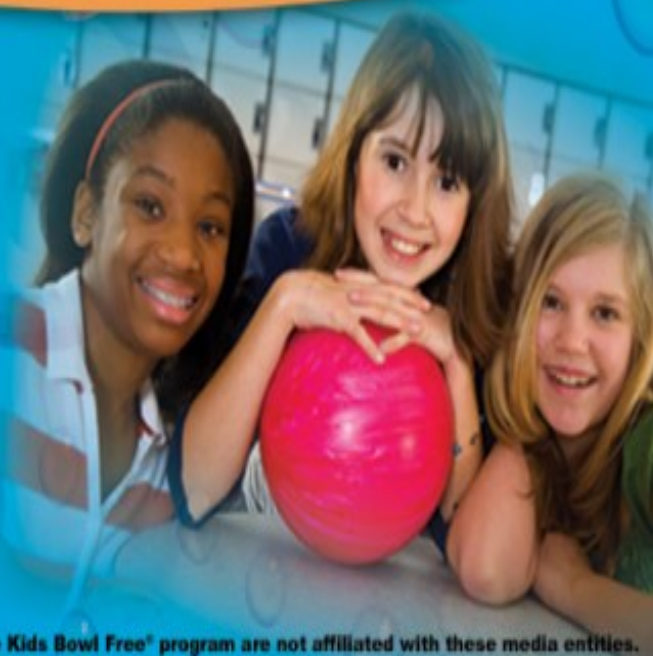
Disney FamilyFun

IT'S EASY...

1 SELECT A PARTICIPATING CENTER NEAR YOU

2 RECEIVE FREE PASSES BY EMAIL WEEKLY

3 HAVE FUN BOWLING THIS SUMMER!



AS SEEN ON*



REAL SIMPLE

Canadian Living

FamilyCircle



Google

©2014 BBBI 140614

*BBBI and The Kids Bowl Free® program are not affiliated with these media entities.

June 18th



HAPPY
Father's
DAY

JUNE 19th

REMEMBER

Juneteenth

Juneteenth

Juneteenth

CELEBRATE

RESERVE
SPACE NOW!

2nd Annual UTICA Palooza

presents

Flea Market



JUNE 17TH, 2023

9AM-12PM

10X10 Space \$15 or 2 Spaces for \$25

Grant Park Utica Michigan- Located on Hahn St



Free Telehealth Hub Services

Macomb County residents receiving treatment funded by Macomb County

Monday-Friday 9am-4pm



We offer mobile devices and private rooms to access your services remotely and manage your health care



You can receive our assistance as you navigate online health care

Call (586) 217-5899 to schedule your telehealth hub appointment

Located at: Live Rite Structured Recovery Corp



27700 Gratiot Avenue, Roseville, MI 48066

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 APRIL JONES



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

April: Senior Accountant – My main duties are reviewing accounting books and give accounting support for APT mainly but all as needed. As well as review current processes for efficiency and look for process improvements.

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

April: Off-roading and camping

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

April: Tiny elephant because their trunks are my favorite.

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

April: My superpower would be to FLY!

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

April: How to hook up an RV/trailer.

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

April: Getting my CPA license while being a mom.

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

April: "We are what we repeatedly do." Aristotle – if you want to change something, make it a habit.



Thank you to
all ExpertCare
Caregivers, we
appreciate you
and all that
you do each
day!

Dad Jokes

What did the horse say
after it tripped?



Why do cows wear bells?

LOOK WHO'S TALKING

MAY CAREGIVER OF THE MONTH

JUANITA RESZKOWSKI

ECare: What made you decide to become a Caregiver?

Juanita: I had taken care of several family members until they passed away. The last person I cared for was my Aunt, I cared for her for 5 years. When she passed away my life seemed empty, my days were now empty, I had no one to care for. I had always liked caring for others so I decided to take a college course on becoming a professional Caregiver to learn all aspects of what was required to become a caregiver of others.

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

Juanita: I have always wanted to fly in a Hot Air Balloon, but there are no Hot Air Balloon places here in Michigan that I know of.

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

Juanita: Knowing that you are helping others who are not able to care for themselves, helping them enjoy the things they otherwise would not be able to enjoy or experience.

ECare: What do you do for fun?

Juanita: For fun I like bargain shopping. Finding good deals on personal items, as well as items for my home.

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

Juanita: Three foods I can't live without would be Mexican food, Italian food and Chinese food. These are the foods I most enjoy eating.

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

Juanita: The best piece of advice I can give to other caregivers is to always have patience with the person put in your care, I know sometimes things can get hectic when caring for others and you are trying your best to give them the understanding they need, but every person put into our care is different and have different needs and we need to try our best to meet their needs and give them the care and understanding they are seeking.

ECare: What is the first concert you attended?

Juanita: The first concert that I attended was when I was in high school it was a new band called Chickorea. { Not sure of the spelling of the name } They were performing at the Pontiac Silverdome. So you can probably guess how long ago that was.

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

Juanita: What I have learned from my experience as a caregiver that I have incorporated into other aspects of my life is to be sure to take care of myself first. To be aware of my capacities for checking my own health needs first, because if I'm not able to care for myself I will not be capable of caring for others.

Juanita has been a dedicated and valuable team member of ExpertCare for the past 2 years. Her nomination is a testament to her hard work and the positive impact she has made on the people she works with. It's particularly inspiring to hear that Juanita's kindness and reliability have been recognized, as well as her flexibility with scheduling.

The parent of the recipient Juanita works with commented that she is not only dedicated to her job, but also deeply committed to providing the best possible care for her son. They went on to say that Juanita is attentive to their son's needs and is always looking for ways to engage and challenge him. This shows that she is not only meeting his basic needs, but also striving to help him grow and develop. It's especially heartwarming to learn that Juanita has helped her recipient achieve his goals, including the ability to pick up a spoon. It sounds like Juanita is not only a skilled and competent worker, but also a compassionate and empathetic person. Her dedication, professionalism, and caring nature are truly admirable.

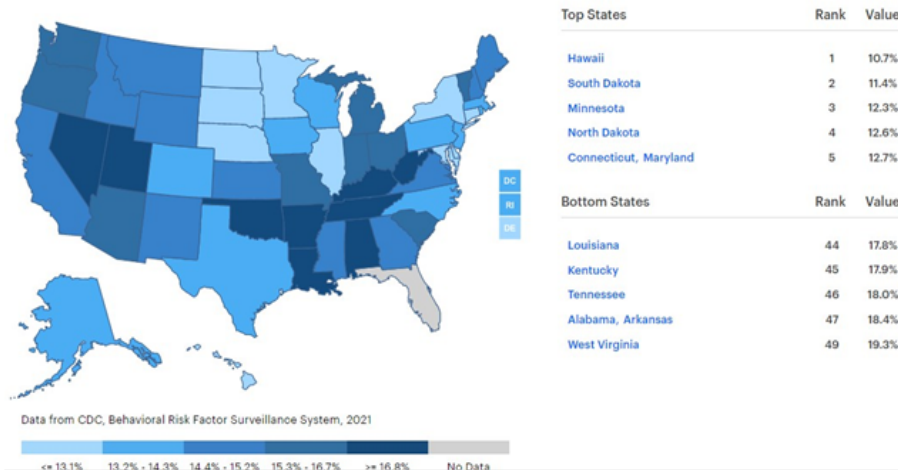
ExpertCare truly appreciates everything she does and is very proud to have her represent ExpertCare in the field. Thank you for your hard work and dedication in changing the lives of others.

Thank you for demonstrating ExpertCare's core values of:

Helping People Succeed
Passion for Success
Can Do Attitude



Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days



Research corner: Frequent Mental Distress

Why does this matter?

A healthy mental state is essential to overall positive health and well-being. In some cases, poor mental health may lead to suicide. Frequent mental distress aims to capture the population experiencing persistent, and likely severe, mental health issues, defined by 14 or more days of self-reported poor mental health in the past month. There is a strong relationship between the 14-day period and clinically diagnosed mental disorders, such as depression and anxiety. Frequent mental distress is associated with smoking, physical inactivity, housing insecurity, food insecurity and insufficient sleep.

Frequent Mental Distress

U.S. Value: 14.7%

Healthiest State: Hawaii: 10.7%

Least-healthy State: West Virginia: 19.3%

Arizona/New Mexico/California: AZ #32 – 15.4% / NM #22 – 14.5% / CA #21 – 14.4%

Definition: Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days.

Who is affected?

The prevalence of frequent mental distress is higher among:

- Women compared with men.
- Adults ages 18-44 compared with those ages 45 and older.
- Multiracial and American Indian/Alaskan Native adults compared with Hawaiian/Pacific Islander and Asian adults.
- Adults with less than a high school education compared with those with a high school diploma or GED degree and college graduates.
- Adults with an annual household income of \$25,000 or less compared with those with higher income levels.
- Adults who have a disability compared with those who do not have a disability.
- Adults who are unemployed or unable to work compared with employed adults.

Dad Joke Answers

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Joke 1: A steamed veggie.

Joke 2: You push it.

Joke 3: You look flushed.

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Joke 1: Help! I've fallen and I can't giddyup!

Joke 2: Because their horns don't work.





Implicit Bias Training

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Physical Therapists, Counselors and many more!

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Learning Outcomes

Explain the meaning of Implicit Bias.

A complete understanding of the historical basis and present basis of implicit bias.

Recognize its impact.

Your recognition of serving a diverse population, barriers and disparities in health care services.

Execute the steps to remedy Implicit Bias.

Identify and implement effective strategies to alleviate the negative impact of implicit bias by recognizing how it impacts perception, judgement, and actions.



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Interactive Experience



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This course is approved by the Michigan Social Work Continuing Education Collaborative. Approval #MICE 012218

This course meets the Implicit Bias Training requirements associated with Michigan's Department of Licensing and Regulatory Affairs (LARA) Rule 338.7001 (c)