



AUGUST GIVEAWAY

ExpertCare plans to giveaway two \$50 Walmart gift cards to help with back to school supplies this month.

Inside This Issue

- 1 August Giveaway / July Winner
- 2 GHS Social Club
- 3 Homebuyer Webinar
- 4 Improve Your Credit Webinar
- 5 Diabetes Path
- 6 Slice of Summer / Planetarium / Diner's Club
- 7 Bowl Free / Pizza Fundraiser
- 8 Transition Age Youth Expo
- 9 Community Street Festival
- 10 Milestone Anniversary / Back to School Bash
- 11 Mental Health Conference
- 12 Cultural Conference / Back to Scholl Festival
- 13 Free Haircut Day
- 14 Summer Food Trucks / Family Day Event
- 15 Summer Festival
- 16 Music in the Park
- 17 Sign Say & Play
- 18 Community Prevention Fair
- 19 Slice of Summer Flyer
- 20 Bowling Fundraiser / Health Fair
- 21 Walk for Friendship
- 22 Carnival / Sensory Friendly Movie
- 23 RR Corner / HHA eXchange
- 24 Employee Spotlight
- 25-26 NAMI Michigan Direct Care Professional of the Year
- 27 ECare Therapist of the Quarter



We will draw winners at random and announce the August winners in next month's newsletter!

**CONGRATULATIONS
TO JULY WINNERS
RUTH STIMAGE &
ANDREW CONWAY**

amazon

Social Club



Please secure your spot to join us for a Social Club



What: A club where adults with disabilities have a safe place to socialize with peers and the ability to have some fun!

Who: Adults ages 18+ who reside in Genesee County and have an intellectual and/or developmental disability.

When: Mondays, Wednesdays, and Fridays from 9am-12pm for the month of July 2023 • Stay tuned for August's schedule!

Where: Find us at the Community Integration Center building at 1057 E. Coldwater Road in Flint.

Registration: Individuals or legal guardians, call (810) 496-5306 to register for the first time attending and to RSVP for return visits.

Please note that staff are unable to provide any hands-on care at this time. If the individual needs assistance with personal care or daily skills, they are welcome to bring someone who can help.





HUD APPROVED HOMEBUYER EDUCATION WEBINAR

Wednesday and Thursday, August 2 & 3, 2023 • 9 AM-12 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





Improve Your Credit Financial Education Webinar Via Zoom

August 10, 2023 • 9:00–10:30 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 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





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:

Tuesdays from 2:30pm-
4:30pm

Info session:

August 8 at 2:30pm

Sessions 1-6:

August 15, 22, 29, September
5, 12, 19

To register:

Visit [www.nkfm.org/diabetes-
PATH](http://www.nkfm.org/diabetes-PATH) or call 734-222-9800

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



of Michigan



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
For other wellness programs in Michigan, visit www.mihealthyprograms.org.

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



Slice of Summer

Tuesday, August 8, 2023 from 6p-8p
Oak Park Community Center
14300 Oak Park Blvd, Oak Park, MI 48237

Social events for adaptive needs adults often include dancing, music, and fun at various locations throughout Oakland County. A new, fun theme (nearly) every month. Events require preregistration with payment for individual PLUS caregiver. Call 248-858-0916 to register or call or text 248-221-8040 for program questions and information. Hosted by [Oakland County Parks and Recreation](#).



Sensory-Friendly Planetarium Shows

Saturday, August 12, 2023 at 11a
(Also September 9, October 14,
November 11, December 9)
Longway Planetarium
1310 E Kearsley St, Flint, Michigan 48503
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.

BEING A
CAREGIVER
IS A WORK OF
HEART

RARA Diner's Club

Monday, August 7, 2023
from 5:15p-6:30p



(Also September 11, October 2, November 6,
December 4)

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.



Pizza Fundraiser

Come out and help Firefighters fighting cancer with pizza, salad, pop & good company!

Tuesday, August 22nd - 4-8pm

Tickets: \$20 in advance \$25 at the door

Neighbors United Tax ID: 35-2611345



Engine House
309 Cass Ave
Mt. Clemens, MI 48043



Neighbors United

Pre-purchase tickets <https://www.walkforthered.org/product/pizza-fundraiser/13>
or visit the fundraisers page at walkforthered.org

walkforthered.org



TO REGISTER YOUR CHILDREN TO RECEIVE
2 FREE GAMES OF BOWLING A DAY THIS SUMMER,
GO TO WWW.KIDSBOWLFREE.COM

TRANSITION AGE YOUTH EXPO

Trying to figure out the next phase in life?
College? Trade School? Jobs?
Join us for our TAY Expo to learn about these
topics and more!

Thursday, August 10, 2023
10am-2pm

Diann Banks Williamson Center
5052 Cadieux, Detroit, MI 48224

FOR YOUTH
AGES 14-25

YOUTH REGISTER HERE:
[TINYURL.COM/TAE2023](https://tinyurl.com/TAE2023)
OR SCAN THE QR CODE!



Workshops | Food | Resources | Giveaways



presents
PREVENTION IN THE PARK 2.0



COMMUNITY STREET

Festival 2.0

- Substance Use Disorder (SUD) Awareness
- Music & Entertainment
- Resources & Giveaways
- FREE Hot Air Balloon & Ferris Wheel Rides
- FREE Food, Activities, & Backpacks
- Register at <https://www.surveymonkey.com/r/StreetFest2023>

FRIDAY
18th
AUGUST

@Balduck Park
12 noon to 4pm

5271 Canyon, Detroit, MI 48236

SOUND MIND
SOUND BODY



Milestones



SCAN ME





*Employee Milestone
Anniversaries*

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



15 Years
Maureen Kinney

10 Years
Janet Orr

5 Years
*Terrell Lotts
Grace Voight
Karen Nowak
Eileen Clark*

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



SAVE THE DATE

BACK TO SCHOOL BASH

August 18, 2023

12 PM - 4 PM

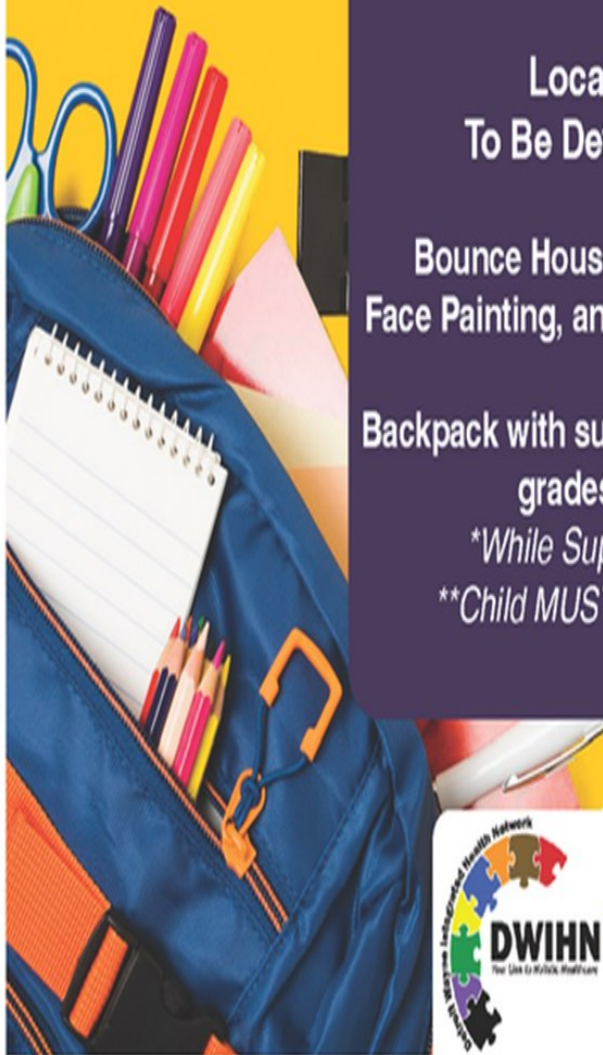
**Location:
To Be Determined**

**Bounce House, Inflatables,
Face Painting, and Craft Activities**

**Backpack with supplies for kids in
grades K-12**

**While Supplies Last*

***Child MUST Be Present*





9TH ANNUAL INTERFAITH BASED
SUBSTANCE USE DISORDERS
AND MENTAL HEALTH CONFERENCE

W.E.L.L.N.E.S.S.

- You Are Not Forgotten

8 DIMENSIONS OF WELLNESS

Thursday, August 17th and
Friday, August 18, 2023
Time: 9am-2pm



KEYNOTE DAY 1:
LAVONNE THOMAS, ESQ.



KEYNOTE DAY 2:
PASTOR GREG DELANEY



Use QR Codes or links below to register

Location:

Pelister Park The Venue
(event will be indoors)

19600 Ford Rd, Dearborn, MI 48128

[Click to register for Day 1](#)

[Click to register for Day 2](#)

Electrifying Breakouts Sessions will cover the Eight (8) Dimensions of Wellness!

SAVE THE DATE

2023 CHILDREN'S INITIATIVES CULTURAL AND LINGUISTIC COMPETENCY SUMMIT

FRIDAY, AUGUST 11TH
9:00AM - 4:00PM

@
WESTLAND CITY HALL
36300 WARREN ROAD
WESTLAND, MI 48185



READY, SET, SUCCEED! BACK TO SCHOOL Festival

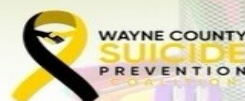
SATURDAY, AUGUST 18, 2023 | 1PM - 6PM

The Corner Ballpark
1680 Michigan Ave, Detroit, MI 48216

-FREE SCHOOL SUPPLIES-

CHECK OUT MICHIGAN'S HOTTEST NEW TALENT! FASHION SHOW, ART SHOW & MORE!

Register @ [Eventbrite.com](https://www.eventbrite.com)





LIVE RITE
 27700 GRATIOT
 AVENUE ROSEVILLE,
 MI 48066

MCOSA
MACOMB COUNTY OFFICE OF SUBSTANCE ABUSE
 ARPA Grant



Save The Date

— With Barber Jonny V &
 Beautician Jessica O —



FREE HAIRCUT DAY

MONDAY, AUGUST 21ST, 2023

FROM 2 TO 5PM

FREE & OPEN TO THE
 COMMUNITY!
 Family Event!

 **Live Rite**
 Structured Recovery Corp.
 Recovery Resource Center
 (586) 217-5899



LIVE RITE STRUCTURED RECOVERY CORP IS A NON-PROFIT ORGANIZATION UNDER 501(C)
 (3) OF THE INTERNAL REVENUE CODE, SECTION 170.

Federal, State and/or Local funding has been provided through Macomb County
 Community Mental Health/Office of Substance Abuse to support project costs



SUMMER FOOD TRUCK ROUNDUP!

EVENT DETAILS

- TUESDAYS
- JULY 11, AUG 8, **AUG 29** NEW DATE ADDED!
- BRANDBURG PARK
- 3PM TO 8PM
- FREE FAMILY EVENT, AND FREE PARK ENTRY!

Join us at Brandenburg Park for a summer food truck round up! Brandenburg Park offers a splash pad, playground, boat launch, and so much more.

Cold drinks will be sold on site by non-profit Blankets with Care. Come join this family friendly event find your new favorite truck!



IN PARTNERSHIP WITH:



SPONSORED BY:



Haven Place Family Day Event

August 12, 2023

10am-5pm

Downtown New Haven



586-484-8540

Family Fun

FREE

Carnival Rides

Foam Wars

Car Show

Live Entertainment

Talent Contest

Vendors

Food 

3RD ANNUAL



ITALIAN
AMERICAN
CULTURAL
SOCIETY

Ferragosto
Summer Festival

DJ - MAGICIAN - BALLOON ANIMALS
50/50 RAFFLE - BOCCE - SUPER SLIDE

FIREWORKS AT 10 PM

SUNDAY, AUGUST 13, 2023

ARANCINI * PIZZA * PANELLE
SFINCIONE * SEAFOOD SALAD
GELATO * AND MORE

43843 ROMEO PLANK RD
CLINTON TWP. MI 48038

5PM

FREE ENTRY | FOOD & DRINK TICKETS

**FACE
PAINTING**

**BALLOON
ANIMALS**

48th Annual

music



Every Thursday
Farmers
Market
3 - 8 p.m.

in the Park

Thursday*

7

 NIGHTS
p.m.

Dodge Park Amphitheatre
40620 Utica Road

Music in the Park Weather Hotline:

(586) 446-2692

Updated at 5 p.m. the day of the event.

myshpr.net/musicinthepark

— PRESENTING SPONSOR —



Co-sponsored by



June

- 1 **The Prolifics**
(Motown)
- 8 **Atomic Radio**
(Dance/Rock)
- 15 **Bernadette Kathryn AND THE Lonely Days Band**
(Country Rock)
- 22 **Mainstreet Soul** → **Plus!**
(Party Band)
- 29 **Simply Queen**
(Tribute)

Movie in the Park
Strange World



July

- 6 **WayBack Machine** *Cool Car Show*
(Classic Rock)
- 13 **Lazo & Exodus**
(Reggae)
- 20 **Class of '98**
(90's)

August

- 3 **Family Tradition**
(Country Rock)
- 10 **Kathleen Murray AND THE Groove Council** → **Plus!**
(Party Band)
- 17 **Magic Bus**
(Woodstock Era)
- 24 **Your Generation**
(Party Band)

Movie in the Park
DC League of Super Pets



*Musical performers and movies subject to change.

CITY COUNCIL

Michael C. Taylor
Mayor

Liz Sienkewicz
Mayor Pro Tem

Deanna Koski
Councilwoman

Michael V. Radtke Jr.
Councilman

Maria G. Schmidt
Councilwoman

Henry Yanez
Councilman

Barbara A. Zurko
Councilwoman

Mark Vandegrop
City Manager

Ryle Langlois, Parks & Recreation Director - Melanie D. Davis, Community Relations Director



A Baby Signs® Program

Wednesday's from July 12 - August 16, 2023

10:00am - 11:00am

McKinley Barrier Free Park

(31500 Grove St, Fraser, MI 48026)

Cost: No Fee

Parents/Guardians & Children Birth to age 5

Sign, Say & Play® Classes are a fun way for caregivers to engage their young children in early communication! This 6-week play series uses songs, games, books, and other interactive activities to engage families in learning sign language concepts that complement the development of young children!

Class 1
Mealtime
7/12/2023

Class 2
Bedtime
7/19/2023

Class 3
Bath Time
7/26/2023

Class 4
Getting Dressed
8/2/2023

Class 5
My Pets
8/9/2023

Class 6
At the Park
8/16/2023

SCAN TO REGISTER



COMMUNITY PREVENTION FAIR

*Connecting our neighbors to
community resources*

AUGUST 5TH, 10AM-2PM

RENEWAL CHURCH

11174 13 Mile Rd, Warren, MI 48093

**THE FIRST 150 CHILDREN TO ARRIVE
WILL RECEIVE A FREE BACKPACK**



EVENT IS OPEN TO THE COMMUNITY
ALL ARE WELCOME TO ATTEND

WHATS GOING ON:



COMMUNITY RESOURCES

Several local resources will be present to provide information regarding their organization.



FOOD AND SNACKS

Yummy food and snacks will be provided.



ALL AGES ACTIVITIES

Fun activities for children of all ages including a bounce house, slide, and more!

ABOUT THE EVENT:

The Community Prevention Fair is being held to effectively collaborate with community members, agencies, and provide resources to families.

RAISE HOPE & FOSTER DREAMS
BECOME A FOSTER PARENT

1-855-MICKIDS | MICHIGAN.GOV/HOPEFORAHOME



MDHHS
Michigan Department of Health & Human Services



Call 248-858-0916 to register
Call or text 248-221-8040 for
program information

For individuals 18 & older with
developmental disabilities

Slice of Summer

Tuesday, Aug. 8, 2023

6-8 p.m.



Oak Park Community Center

14300 Oak Park Blvd.

Oak Park, MI 48237

\$10/participant

\$5/caregiver

Register by Aug. 4, 2023

Preregistration required; no walk-ins, no refunds.

Hot dogs, music, dancing and miniature golf

Relax with friends or expand your
social circle in a fun, festive and
supportive environment

OAKLAND COUNTY PARKS

OaklandCountyParks.com

Slice of Summer 2023

Group Home or Individual _____

Address _____

City/ZIP _____

Phone _____ Email _____

Contact person during event _____

Phone _____ # of wheelchairs _____

of participants _____ @\$10/person = Total _____

of caregivers _____ @\$5/person = Total _____

Mail to:
Oakland County Parks
Adaptive Recreation
2800 Watkins Lake Road
Waterford, MI 48328

Make checks payable to Oakland County Parks. Include phone numbers on check.

Check # _____

Total _____

Visa, Mastercard, American Express
and Discover accepted:

Cardholder _____

Credit Card # _____

Expiration _____ 3-digit code _____

Signature _____

Participants agree to be photographed and their image may be used in printed or electronic materials for the purpose of promoting Oakland County Parks and Recreation programs, parks and facilities or for any purposes relating to Oakland County.

Richmond High School Band and Choir Bowling Fundraiser

Come join us for an evening of family fun!

Place: **Strikers** 30971 Armada Ridge

Date: **Thursday, August 10th, 2023**

Time: **5:30pm - 8:00 pm**



**\$20.00 per person: Includes 2 games of bowling, shoe rental, pizza and pop
50/50 & Raffle Baskets**

*Make Checks Payable to: Richmond Band Boosters
Any questions please email richmondbandboosters@gmail.com*

Free Health Fair

August 9th 1:00-6:00 p.m.

18 MARKET STREET,

DOWNTOWN MOUNT CLEMENS

Bring the Whole Family!

Kids Activities

Massage

Games

Yoga

Free Health

Local

Screenings

Vendors



Walk4Friendship is an annual community walk that raises crucial funds and awareness for Friendship Circle - a nonprofit organization for individuals with special needs.

Walk4Friendship begins with an inspirational opening ceremony followed by a one-and-a-half-mile family walk. Upon reaching the finish line, walkers will enjoy a post-walk celebration with entertainment, activities, food and much more!

Sunday, August 27th

Schedule
10:30am

Registration opens & t-shirt pickup begins.

11:30am

Opening ceremony at Farber Center.

11:45am

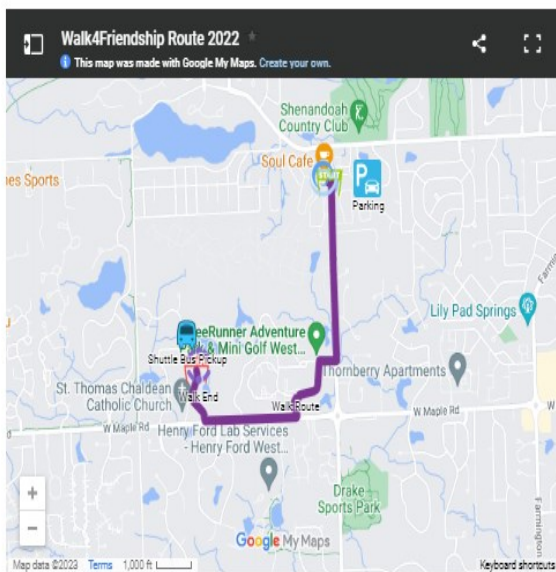
Walk begins.

12:00-3:00pm

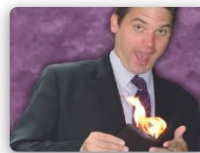
Walkers arrive at the Meer Center for fun, food, and entertainment.

Walk Route

The route starts at Friendship Circle's Farber Center and ends at Friendship Circle's Meer Center. The walk is about 1.7 miles. For those who prefer not to walk, a shuttle will be available 15 minutes after the walk starts to transport you to Meer Center.



Walk4Friendship Entertainment



Jason Abbott



Eric Scott Baker



Mega Combo Inflatable



V4 Bungee



Cyclone Swing



Zip Line



Velocity Super Slide



Zap-a-Mole



Gumball Bouncer



Bobbing for Apples



Face Painting

JARC Carnival for Individuals with Developmental Disabilities

Sunday, August 20, 2023

from noon-4p

Adat Shalom Synagogue

29901 Middlebelt Rd, Farmington Hills,
MI 48334

JARC, an organization serving adults with developmental disabilities in metro Detroit, will host a carnival specially designed for individuals with developmental disabilities and/or sensory issues complete with rides, games, music, food and snacks. Tickets are \$20 per individual and \$50 per family, with free tickets for individuals with developmental disabilities. Hosted by jarc.org.



Imagine Theatres Sensory Friendly Movie Screening

Saturday, August 5, 2023

(first Imagine Theatre Showing of the Day)

FEATURED MOVIE – TMNT – Mutant Mayhem

Saturday, August 19, 2023

(first Imagine Theatre Showing of the Day)

FEATURED MOVIE – DC League of Super Pets

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.

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.

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.

- ⇒ A Recipient of mental health services shall not be subjected to abuse or neglect. This includes, but is not limited to, the use of unreasonable force on a Recipient by a Caregiver. For example, a Caregiver can't hold back a Recipient as a form of physical management. This would be an Abuse Class II substantiation which is defined as: the use of unreasonable force on a Recipient by an employee, volunteer, or agent of a provider with or without apparent harm. Physical management means a technique used by staff to restrict the movement of a Recipient by direct physical contact in order to prevent the Recipient from harming himself, herself, or others. Unreasonable force means physical management or force that is applied by an employee, volunteer, or agent of a provider to a Recipient in one or more of the following circumstances:
- i. There is no imminent risk of serious or non-serious physical harm to a Recipient, staff, or others.
 - ii. The physical management is not in compliance with techniques approved by the provider and the responsible mental health agency.
 - iii. The physical management used is not in compliance with the emergency interventions authorized in the Recipient's individual plan of service.
 - iv. The physical management or force is used when other less restrictive measures were possible but not attempted immediately before the use of physical management or force.

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.

8/9/23 at 11am

8/24/23 at 9am

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 September in next month's newsletter!

We have included an updated HHA tip sheet attached with this email. You can also find the tip sheet on our website.

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 ELISABETH FREEMAN



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

Elisabeth: Training Coordinator. My job is to help keep everyone in compliance with trainings required by each county.

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

Elisabeth: I love shopping at local estate sales. I'm always searching for interesting vintage Halloween and Christmas decor.

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

Elisabeth: I'd want to fly so I could travel the world.

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

Elisabeth: I learned how to rewire a lamp with the help of YouTube.

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

Elisabeth: Focus on what you can control, not what you can't.

ExpertCare would like to recognize Diane Sansalone for her outstanding achievement as NAMI Michigan Direct Care Professional of the Year. Diane has overcome many challenges in the field but still provides excellent care and attention with her recipient of 3 years. She will be celebrating her 5-year milestone with ExpertCare in September. Thank you, Diane for sharing your passion of caring for others. We are so proud of your achievements and appreciate your focus on doing the right thing and can-do attitude!



LOOK WHO'S TALKING

DIANE SANSALONE

ECare: What made you decide to become a Caregiver?

Diane: A neighbor needed someone to help with his bedridden wife, after she passed, I decided to stay with it and found ExpertCare.

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

Diane: Hmmm...riding a motorcycle cross country, stopping at amusement parks, riding as many roller coasters as I can along the way or skydiving.

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

Diane: I suffer from low vision and use a long white stick to get around. I love seeing the smiles on people's faces when we walk around the community together. And winning NAMI Michigan Direct Care Professional of the Year - 2023

ECare: What do you do for fun?

Diane: Playing and chillaxing with my cat Lucy

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

Diane: Guacamole, ice cream and pasta

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

Diane: If you love what you do, the pay doesn't matter as much

ECare: What is the first concert you attended?

Diane: Aerosmith, AC/DC opened

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

Diane: Patience. No matter what is going on in my life, someone may have it worse or has more challenges than me, which makes my role that much more important.



LOOK WHO'S TALKING

EXPERTCARE THERAPIST OF THE QUARTER

CASSANDRA WHITEAKER

ECare: What is the most rewarding experience you have had as an Occupational Therapist?

Cassandra: There are a lot! Many of the most rewarding have revolved around food. I have worked with newborns who couldn't feed properly and after some oral exercises and teaching adaptations, they are successful! I love seeing the joy in parents' faces when their child can take bites of food or adds a new food to their diet.

ECare: What's something you've always wanted to try but never did?

Cassandra: I really want to try skiing or snowboarding!!

ECare: What is the most interesting experience you have had as an Occupational Therapist?

Cassandra: I was working in a sub-acute setting assessing safety during showering for an elderly gentleman. He began washing his front side, I then reminded him not to forget about his backside. He starts washing his backside and freezes. With all the concern in the world he exclaims that he is broken and needs the doctor. I quickly question what's wrong. He explains that he has a crack in his butt that was never there before! I hold it together enough to explain that it has indeed been there his entire life, everyone has a butt crack, and its necessary to poop. He doesn't buy it, but after several minutes of convincing and redirecting he does carry on washing. I walked back to the staff office, and we all died laughing!

ECare: What are your hobbies outside of work?

Cassandra: I love to be outside working in my garden, playing/ watching/ coaching sports with my 5 kids, or volunteering at my church.

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

Cassandra: Is coffee a food? it comes from a bean! My favorites change by the season, but currently I can't live without fruit (any kind), hamburgers (with lots of pickles) and chocolate peanut butter ice cream cones!

ECare: What is the first concert you attended?

Cassandra: I think it was a country concert when I was young. But the first big concert that I really remember was a whole weekend of awesome Christian concerts with Skillet and Toby Mac at Alive festival!

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

Cassandra: When you are having a hard time with a client, remember for the population we serve it is a marathon not a sprint. Big, quick change is rare, but tiny bits of change are happening if we look close enough. Also, if parents aren't doing their part of the deal, I remind them I am only with their kid 1-2 hours per week and they are with them 168 hours per week... it takes consistency to make change! 1-2 salads a week while eating junk food all the other meals doesn't help you get healthy, so why should that theory work with home program/ therapy activities?!? Repeated practice is necessary!!

ECare: What have you learned from your experience as an Occupational Therapist that has helped you in other aspects of your life?

Cassandra: Well, being an OT was a Motherhood game changer when my 2nd and 3rd kids came along. My 2nd kid had a ton of feeding issues and reflex integration issues, so I was able to do therapy at home... and with my 3rd kiddo, my love for research led me to dive into alternative ADHD treatments. Outside of that, I think it taught me more self-confidence as I got used to talking with physicians, insurance auditors, and support coordinators.



Cassie has been such a dedicated and valuable part of ExpertCare for the last 4.5 years. Our very first Therapist of the Quarter was an easy selection.

Cassie goes above and beyond for her recipients as well as the Occupational Therapy Assistants she supervises. The time and effort she puts in to teaching and educating is a demonstration of her love for OT. Her knowledge and experience make her an excellent mentor and therapist.

We could not be prouder to have Cassie out in the field representing ExpertCare in such a positive light. Thank you for your professionalism, leadership, and caring nature!