

SEPTEMBER 2023



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SEPTEMBER GIVEAWAY

This month ExpertCare will draw 4 Caregivers at random who will each receive a \$25 gift card for Starbucks to enjoy fall drinks and treats!



We will announce the winners in the October newsletter.

CONGRATULATIONS
TO AUGUST WINNERS
GAIL ZDZINNICKI &
JANETE WEST



Are you on social media? Like us to stay up to date on all things ExpertCare!

Facebook.com/ECareMichigan

Instagram: @ExpertCare



From the autism spectrum to Down syndrome to developmental disabilities and even ADHD, Belightful offers group sessions and private classes for both children and adults with special needs. With a consistent mind-body practice, participants will experience improved motor skills and performance, heightened attention span, and significant strides in self-regulation and sensory integration.

By utilizing more than traditional yoga poses, Belightful chooses progressive teaching methods and a non-competitive and encouraging atmosphere to support the well-being of students. This makes it an ideal atmosphere to benefit those with special needs.

Our programs are specifically designed to ensure that every participant gets the focused attention they need and deserve. We encourage parents, caretakers, siblings, and extended family to join their loved one(s) in our classes. It's a wonderful bonding experience and a unique opportunity to spend time together. Plus, everyone benefits from movement and mindfulness!

To find out more about our Special Needs Programs, please contact us.

248.560.7744 info@belightfulyoga.com





"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."
- SOCRATES

Sensor FUN FESTIVAL!

MACOMB COUNTY'S LARGEST SENIOR EXPO

FRIDAY, SEPTEMBER 29 9AM - 12PM

Lorenzo Cultural Center - Macomb Community College 44575 Garfield Rd, Clinton Twp, MI 48038

- Community Resources
- Raffle
- Entertainment
- Refreshments & Snacks

Special Guest, Mark Hackel, County Executive
First 500 attendees receive a swag bag!







Proudly hosted by

macombgov.org/seniors

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Office of Senior Services

Office of Senior Services • 586.469.5228

MACOMB COUNTY

Health and liness

Creative Нарру Joy Exercise Peace Painting Journaling

Calm

Healthy Eating

Gardening

Saturday. September 23, 2023

10am-2pm

Macomb Intermediate School District 44001 Garfield Road Clinton Township, MI 48038

Explore a wellness event where families and people of all ages can maximize their emotional and physical well-being to:

- Encourage habits of wellness in physical health, mental health and substance use recovery
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to improve their health and wellness

Community Partners come together to share interactive activities that promote aspects of mental wellness. with an overarching goal to help prevent suicide, substance misuse, and promote overall health and wellness.

 Face painting • Yoga Meditation

FREE Food

FREE Health Screenings

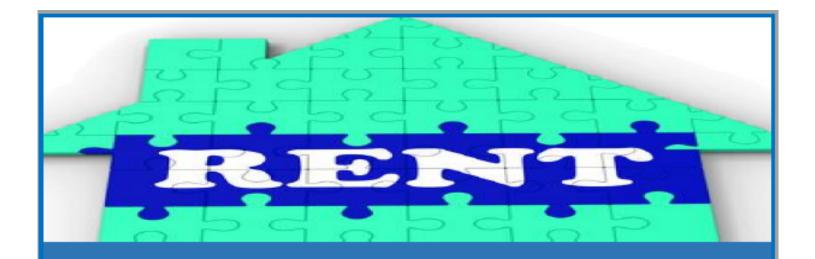
FREE Activities and resources











How to be a Reliable Renter

An Informative Workshop / Zoom Webinar September 7, 2023 • 2:00 PM

Are you a first time renter? Would you like to know how to be a tenant that gets along with their landlord? Would you just like to know what makes a reliable renter? Join us for our *How To Be A Reliable Renter* class and learn all the things that can make you one. Oakland and Livingston County residents ONLY.

Virtual: The Zoom link will be sent one day prior to the webinar date.

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

Or email housingcounseling@olhsa.org or call 248-860-7845











Walk a Mile in My Shoes Rally

Mark your calendar!
Wednesday, September 13, 2023
12 p.m. - 3 p.m
State Capitol Building, Lansing



Why we rally...

- To enhance public awareness, because legislators need to know that Mental Health Matters.
- To put an end to the stigma related to mental illness & developmental disabilities.
- To promote mental health and wellness, because we can make a difference!

Scan QR code for more information

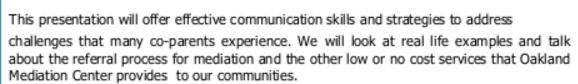


See reverse for transportation

Conflict Management Presentation: Co-Parenting and Communication

Preparing for co-parenting decision making can feel like preparing for battle and the child's needs are often overlooked. Mediation brings to focus the best interest of children and works with parents to comprise a mutually beneficial and workable agreement. These agreements can be long term or short term, and revised later to meet the needs of growing children and to accommodate the changes to the family dynamic. Highly trained and experienced domestic mediators will help you to discuss your concerns, explore various options, and find acceptable solutions to issues involving:

- Communication methods and plans
- Parenting time
- Co-Parenting
- Medical or Education decisions
- Extracurricular decisions
- Childcare
- Exchange time and/or locations
- Blended family changes
- Future planning
- Matters you feel are impacting your children that you would like to discuss



Thursday, August 31, 2023 @ 3:00pm-5:00pm
Tuesday, September 12, 2023 @ 1:00pm-3:00pm
Virtual Presentations

Oakland Mediation Center- 550 Hulet Drive, STE 102, Bloomfield Hills 48302 Please call or email to Register your spot for this FREE training: 248-338-4280 ext. 214 or email: mdennis@mediation-omc.org



Register Today! Join The Arc of Oakland County Team in the Troy Family Daze 5K Run/Walk!

NEW for 2023! We are excited to offer new and exciting ways to support The Arc of Oakland County's Annual Run Challenge! Funds raised will help support the programs and services we provide to children and adults with intellectual and developmental disabilities and their families.

How YOU can support The Arc of Oakland County Run Challenge:

- Join our Team! Join The Arc of Oakland County and participate in the Troy Family Daze 5K Run/Walk or 1K Fun Run on Sunday, September 17, 2023! Each registered participant will receive:
 - The Arc of Oakland County team t-shirt (please wear on 9/17)
 - Troy Family Daze event t-shirt (Must be registered by August 25th to be guaranteed event t-shirt)
 - o Finishers Medal
 - Post-race pancake breakfast
 - 1 day of Festival Entrance Pass (Sunday hours 12 pm-7 pm)
- Race Day Location & Schedule: Troy Community Center | 3179 Livernois Rd | Troy, MI 48083
 8:30 am: Onsite Registration & packet pick-up / 9:30 am: 1K Fun Run starts / 10 am: 5K Run/Walk starts

*Please note: Registration fees go directly to the Troy Family Daze 5k Run/Walk. You can help support The Arc of Oakland County Run Challenge 2023 by donating or creating an online fundraising page to help raise additional funds.

HELP US REACH OUR GOAL OF \$20,000!

- Create an Online Fundraiser! Anyone can create an online fundraising page, it's easy to set up, and
 we can help you get started with an online step-by-step guide! Once your page is created, you can
 share with family, friends and co-workers to gain their support through email, social media or text!
- Donate! You don't have to participate in the 5K Run/Walk or Fun Run to make a difference. You can support The Arc of Oakland County Run Challenge by making a donation. Your donation today will help make a difference and make the miles ran/walked by our team members even more meaningful!

For more information, scan the QR code below or visit www.thearcoakland.org/annual-run-challenge.







Achieve with us.



Music s Pizza Dancing
T-shirts SM-5XL \$6 • Photo Booth \$1

FRIDAY, OCT6th 6-9 P.M. Dort Federal Credit Union Event Center

Come walk the red carpet and dance the night away!

For more information please call Customer Service at 810-257-3705 or toll free 1-866-211-5455



Employee Milestone Anniversaries

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



<u>20 Years</u> Tywana Wagner

15 Years Olivia Andrews



<u>10 Years</u> Aniece Martin-Woodard Janice Callen



<u>5 Years</u> Alexis Bonds Britani Henry Willie Hamilton , Jr Autumn Okuszka Heidi Russell Marquasha Barbour Theresa Renou

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



COUNTY FISCAL YEAR END IS 9/30/2023

ExpertCare must receive all unpaid visits with dates worked through 9/30/2023 by Monday, October 2, 2023 at 8AM.

If we do not receive your completed visits by this time, it cannot be processed as we have very tight deadlines due to county year end.

WE MUST RECEIVE ALL VISITS BY MONDAY 10/2/23!

Thank you in advance for your cooperation!

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. Exploitation is a form of abuse in which an action of an employee, volunteer, or agent of a provider involves the misappropriation or misuse of a Recipient's property or funds for the benefit of an individual or individuals other than the Recipient. MCO Policy 9-780 Personal Property and Funds. Employees, volunteers, and agents of a MCCMH network provider shall not: (1) Exploit their relationships with recipients for personal advantage; (2) Accept money, good, services, or other non-monetary remuneration form a recipient or on behalf of a recipient, except for services fees paid to a MCCMH network provider for mental health services; (3) Enter into business transactions with Recipients or legal guardians of recipients. For example;
- Caregivers cannot accept money from the Recipient or a Recipient's family member in exchange for services.
- Caregivers cannot allow the Recipient/Recipient's family to buy the Caregiver's food; including taking food out of the Recipient/Recipient's family's refrigerator or requesting the Recipient/Recipient's family to buy certain foods for the Caregiver.
- ⇒ Caregivers will treat all Recipients and Recipient's family members with Dignity and Respect. Caregivers must treat Recipients and Recipient's family members with esteem, honor, politeness, consideration, and in a manner that is not condescending or demeaning. For example;
- Caregivers must maintain professional boundaries and not share inappropriate information about their personal life with the Recipient or the Recipient's family members.
- Caregivers cannot use a mean or sarcastic tone when speaking to a Recipient.
- Caregivers cannot bring sage and candles to a Recipient's home to "cleanse" the home.
- ⇒ While providing services, all Recipients shall receive services suited to his/her condition. This can include but is 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, from clock in to clock out. For example, Caregivers cannot sit in a massage chair and use their phone for personal reasons while they are on the clock.
- ⇒ 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 shall never share any confidential information with others. For example, Caregivers cannot discuss any information about a Recipient, to another Recipient and/or another Recipient's family members.

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.



On September 11, 2001, a tragic event occurred that changed the world forever. It was a terrorist attack that took place in the United States of America. This event is known as 9/11, and it is one of the most significant moments in modern history. Here are nine facts about 9/11 for kids.

- **1. What happened?** On that tragic day, four planes were hijacked by terrorists who flew them into buildings. Two planes crashed into the Twin Towers of the World Trade Center, and another plane crashed into the Pentagon. The fourth plane was headed towards Washington D.C., but the passengers fought the terrorists and the plane crashed in a field in Pennsylvania.
- **2. Why did it happen?** The terrorists were members of a group called Al-Qaeda, and they wanted to attack the United States because they disagreed with American policies and beliefs.
- **3. Who were the victims?** There were almost 3,000 people who lost their lives on 9/11, including passengers on the four planes, people inside the buildings, and first responders who tried to rescue people.
- **4. The Twin Towers**: The two towers of the World Trade Center were very tall, with 110 floors each. They were the tallest buildings in New York City, and many people worked there. After the attack, both towers collapsed, which was one reason why so many people were killed.
- **5. Heroic actions:** On 9/11, many people showed great courage and bravery. Firefighters and police officers rushed to help people in need, and many ordinary citizens became heroes by helping others evacuate the buildings.
- **6. Memorials:** After 9/11, many people wanted to honor those who had lost their lives. Memorials were built in New York City, Washington D.C., and Pennsylvania to remember the victims.
- **7. No planes in the sky:** After the attacks, all the airports in the United States were closed, and all commercial flights were grounded. This meant that there were no planes flying in the sky above the United States. It was a surreal and eerie feeling.
- **8. A global response:** The attacks on 9/11 were felt all over the world. Many countries expressed their condolences and support for the United States, and there were international efforts to track down and bring to justice those responsible for the attacks.
- **9. Remembering and honoring:** Every year, on September 11th, people all over the United States observe a moment of silence at 8:46 a.m., the time when the first plane hit the Twin Towers. It is a time to remember and honor those who were lost, and to reflect on how the world has changed since that day.

For more information about 911 please visit the following link: https://www.theedadvocate.org/9-11-facts-for-kids/



TR Pizza and Movie Night

Friday, September 8, 2023 at 6p (Also October 6, November 3, December 1)

Clintonwood Park 6000 Clarkston Road, Clarkson, MI 48348

Enjoy and evening with your friends for a favorite movie and some delicious pizza. This program is for persons, ages 14+, with cognitive disabilities, with or without physical impairments. Call 248-625-8223 to register. \$10. Hosted by Independence Twp Parks & Recreation.

Friday Frolic Dance

Friday, September 8, 2023 from 7p-9p (Also October 13 & December 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.

OUCARES After Hours Adult Social

Tuesday, September 19, 2023 at from 6p-9p (Also October 24, November 14)

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/ oucares/

Sensory-Friendly Planetarium Shows

Saturday, September 9, 2023 at 11a (Also 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.

TR Bingo Night

Friday, September 22, 2023 at 6p (Also October 20, November 17, December 15)

Clintonwood Park 6000 Clarkston Road, Clarkson, MI 48348

This program is for persons ages 14+ with developmental disabilities, with or without physical limitations. A minimum of 4 participants are required to hold the program. Call 248-625-8223 to register. \$10 includes refreshments & game prizes. Hosted by Independence Twp Parks & Recreation.

Movie/Pizza Night

Friday, September 29 from 5:30p-7:30p (Also October 20, November 17, December 15) **RARA Recreation**

500 E Second Street, Rochester, Michigan 48307

Hosted by RARA Recreation. Enjoy a movie and a pizza snack with friends one Friday a month. This opportunity is designed to support persons with special needs. Supervised event. Ages 14+. Fee is \$17 for residents and \$20 non-residents. Register via RARARecreation.org.



Saturday, September 9, 2023 at 10a – Blue Beetle Wednesday, September 13, 2023 at 7p - The Equalizer 3 Saturday, September 23, 2023 at 10a - My Big Fat Greek Wedding 3

AMC Forum 30 - 44681 Mound Road, Sterling Heights, Michigan 48314

AMC Livonia 20 – 19500 Haggerty Rd, Livonia, Michigan, 734-542-3191

AMC Star Gratiot – 35705 South Gratiot Ave, Clinton Twp, Michigan 48035 AMC Birchwood – 4350 24th Ave, Fort Gratiot, MI 48059

Sensory film showings feature lowered sound and dim lighting. Patrons can bring their own gluten-free or casein-free snacks and the kids can "dance, walk, shout or sing" or move about the aisles. No previews or advertisements will be shown before the movies. The movies are geared toward children ages 5 & up and showings begin at 10a on Saturdays. Wednesday evening movie showings may be geared to an older audience and begin at 7p. Dates and films are subject to change.

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.



OUCARES Autism Spectrum Bowling League - Oakland County

September 9, 2023 (SATURDAYS) through October 28 from 10a-noon – **ROCHESTER HILLS** September 11, 2023 (MONDAYS) through October 30 from 6p-8p – **TROY**

Classic Lanes 2145 Avon Industrial Dr, Rochester Hills, MI 48309 Bowl One 1639 14 Mile Rd, Troy, MI

Our friends at Classic Lanes in Rochester Hills have teamed up with OUCARES (Oakland University Center for Autism Research, Education and Support) to form a bowling league for individuals ages 16-plus on the autism spectrum. This opportunity will allow ASD students (over 16) and adults to enhance physical activity in a social, community setting. No bowling experience is necessary to participate. The cost of the bowling league is \$120.

RARA Diner's Club

Monday, September 11, 2023 from 5:15p-6:30p (Also 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, www.rararecreation.org.

Buddy Soccer League

Mondays September 11, 2023 through October 16 from 5:30p-6:30p Sashabaw Plains Park 5620 Maybee Rd, Clarkston, MI 48348



6 week soccer league for boys and girls ages 7-14 with cognitive disabilities with or without physical impairments. Each player will be paired with a buddy, ages 10-17, to assist as needed. Minimum of 10 players/buddies. Hosted by www.itpr.org.

Awesome Autumn

Thursday, September 28, 2023 from 6p-8p Waterford Oaks Activity Center 2800 Watkins Lake Rd, Waterford, MI 48328

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.

RARA Movie Night Out



Wednesday, September 20, 2023 (Also October 11, November 15, December 13)

Emagine Theatre Rochester Hills 200 Barclay Circle, Rochester Hills

Hosted by RARA Recreation. Enjoy a movie with your friends at the theater once 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.

Troy Adaptive Recreation Field Trips – Disney on Ice at Little Caesars Arena

Friday, September 22, 2023 from 9:30a-2p (Also,) VARIOUS LOCATIONS

Field trips for children and adults with adaptive needs. Pre-register by 9/8. Pre-registration required. For more info, visit rec.troymi.gov.

Disability Dirt Day

Sunday, September 24, 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.

Monday Mingle

Monday, September 25 from 5:30p-7p Also December 4 Troy Community Center 3179 Livernois Rd, Troy, MI 48083

Enjoy a variety of activities including: music, karaoke, games, pizza, and refreshments. All ages are welcome, however those under 14 must be accompanied by a responsible caregiver. \$12 Res, \$15 Non-Res. Pre-registration required. For more info, visit rec.troymi.gov.







WAYNE COUNTY'S FIRST ACTIVE COMMUNITY TEAM MEETING

SEPTEMBER 8TH, 12-2PM

MCKENNY CENTER

19750 BURT RD. DETROIT, MI

BRINGING TOGETHER
PROFESSIONALS AND
COMMUNITY MEMBERS
WHO SERVE &
SUPPORT VULNERABLE
INFANTS, TODDLERS,
AND THEIR FAMILIES.



Please register here:



QUESTIONS? CSPUDOWSKI@DWIHN.ORG



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 JENNIFER BROHL



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

Jennifer: Payroll & Billing Specialist.

I process payroll and billing in a timely manner.

ECare: How do you enjoy spending your time outside of work? Jennifer: I enjoy spending time with my family out on our boat.

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

why?

Jennifer: A tiny elephant because I love all elephants.

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

Jennifer: I would choose to fly like Superman.

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

last year.

Jennifer: I have learned how to play the card game, Euchre.

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

Jennifer: Having the courage to start a new job after being at the

same job for the last 13 years.

ECare: What's the best advice you have received? Jennifer: To always remember how amazing, I am.

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

Jennifer: I can juggle 3 tennis balls.

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.

9/7/23 at 12pm

9/18/23 at 10am

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 October in next month's newsletter!

August Caregiver of the Month Willie Daniels III

It is a great pleasure to announce that Willie Daniels III has been nominated for Caregiver of the Month. Over the past year, Willie has exhibited an extraordinary level of compassion, dedication, and commitment in his role as a caregiver.

His unwavering kindness and genuine care for those he serves make him a true asset to our team. Willie's exceptional caregiving skills are evident through his interactions with the recipient he works with. Willie's approach goes beyond the basics of care; he has managed to forge a deep and meaningful connection with his recipient that has had a remarkable impact on his motivation and overall well-being. His Recipient's continued positive progress is a testament to Willie's exceptional caregiving abilities.

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

Thank you for demonstrating ExpertCare's core values of:

Helping People Succeed

Passion for Success

Can Do Attitude

