

### **NOVEMBER 2023**



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### NOVEMBER IS A TIME FOR GIVING

In the spirit of giving, ExpertCare will draw three employees at random who will each get a \$50 gift card to a grocery store of their choosing to help with holiday groceries.



We would like to express our gratitude for each and every one of you! Our hope is that every single one of you has a wonderful Thanksgiving with your family, friends, and loved ones.



CONGRATULATIONS TO OCTOBER WINNER LINDSAY KILBOURN





EXPERTCARE'S HOLIDAY OFFICE HOURS

### Thanksgiving Holiday Hours:

The office will be closed starting at 4pm on Wednesday, November 22nd and we will reopen at 8am on Monday, November 27th.

### <u>Christmas Holiday Hours:</u>

The office will be closed starting at 12pm on Friday, December 22nd and we will reopen at 8am on Tuesday, December 26th.

### New Year's Holiday Hours:

The office will be closed starting at 12pm on Friday, December 29th and we will reopen at 8am on Tuesday, January 2nd.

### National Chicken Soup for the Soul day



Chicken Soup for the Soul began publishing in 1993 with its headquarters in Cos Cob, Connecticut. The first book, as most subsequent titles in the series, was of true stories written by ordinary people about their own lives and soon became a bestseller. Since then, they have published approximately 250 books full of thousands of stories and inspiring all ages.

### Why is chicken soup so good for you?

When we're sick, there are a number of things we do that help to speed up the healing process. Chicken soup does several of those things in one, steaming hot bowl. First, it helps to replenish much-needed fluids. It also contains vital nutrients that give our bodies a boost. The ingredients are easy to digest, soo our bodies can focus on healing. The broth is usually made from boiling the chicken bones which contain other healing components that help us to repair and reduce inflammation. Last, but not least, chicken soup feels and tastes good.

### How to observe this national day? #ChickenSoupForTheSoulDay

Celebrate you! Have some chicken soup and read an inspiring story! Other ways to celebrate the day include:

• Tell an inspiring story to a friend or family member. It will lift their spirits and remind them that you care about them.

• Try a new recipe and make it a double batch. Then share it with someone who needs some cheering up.

- Do something wholesome for yourself.
- Listen to some soulful music.
- Watch a movie with an uplifting message.
- Take a walk in nature.
- Reach out to a family member or friend to catch up.

• Spend extra time snuggling with a loved one— significant other, child, friend or pet!

# HHA eXchange



Have questions regarding the HHA app? Each month Expert-Care 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 11/8@12pm

Tuesday 11/14@1pm

### Thursday 11/30 @ 11am

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 December in the December newsletter!



## Anastasia and Katie's Coffee Shop

Be sure to check out this coffee shop in Livonia......

Anastasia and Katie's Coffee Shop & Cafe opened in December of 2019 and was immediately embraced by our employees and our community. It was started to create a place where people with and without disabilities can work in an inclusive and supportive environment. Employees receive training, onsite supports and a paycheck, while giving back to the community. Anastasia and Katie's Coffee Shop & Cafe serves good, strong coffee, assorted non-coffee drinks, breakfast, lunch and baked goods. The coffee shop is an employment program of the nonprofit Mi Work Matters.

Through the coffee shop and Mi Work Matters' Employment Ambassadors advocacy program we are starting the conversation about what it might look like for businesses to hire somebody with a disability. The coffee shop was named after the daughters of 2 of the nonprofit's cofounders. Anastasia and Katie are both teen girls and rockin' an extra chromosome.



19215 Merriman, Livonia, MI, United States, Michigan https://www.anastasiaandkatiescoffee.com

# REBUILD RESTORE REFOCUS with ENBERS

A 12-week trauma informed skills and support program SERVING YOUNG WOMEN 14-18 YEARS OF AGE

Embers is a safe space that focuses on healing & thriving. Selfcare, real "girl-talk" on relationships & healthy boundaries, goal setting, and forward thinking <3

- 🔥 Mindfulness Exercises
- 🔥 Healthy Coping Skills
- 🔥 Therapeutic Drumming
- 🔥 Vocational Exploration
- 🔥 Expressive Art

Connect Now



Or email Kelly Garcia kgarcia@peckham.org

find your

HEALING. EXPRESSION. POWER

**ALHAMBRA BRAGA CARAVAN #114 INVITES YOU!** 

# **Christmas Party**

# "Breakfast with Santa"

## Saturday, December 23, 2023

### 9:30 a.m. - 12:00 p.m.

## Mirage Hall 16980 18 Mile Road

(Just East of Garfield Road in Clinton Township)



Invitation to Individuals served by Easterseals MORC living in Macomb and Oakland Counties!

Festivities include: Breakfast, Pictures with Santa and Gifts!

Reservations are limited!

Please RSVP by December 1, 2023

to: LCalcatera@eastersealsmorc.org

or call (586) 303-6866



# HUD APPROVED HOMEBUYER EDUCATION WEBINAR

### November 6 & 7, 2023 • 9AM-12PM Both Days

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. Online registration is REQUIRED.

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







A Community Action Agency

# GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



## A new series begins each month!





This online 15-week weight management program offers one-on-one coaching to help participants find a healthier path and think differently about eating and exercise from the comfort of their own home. Topics covered in the workshop are mindfulness, practical strategies for adopting a healthier lifestyle, and modified physical activity.

- All classes led by a registered dietician
- Online classes meet once per week
- Many class time options are available by visiting www.esmmweighless.com
- No cost to attend, but donations are appreciated
- Tablets can be lent to participants for the length of the program

To register, call (833) 262-2200 or email wellnessprograms@aaa1b.org

Programs are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Bureau of Aging, Community Living, and Supports through the Area Agency on Aging 1-B.



# **Reach Your Financial Goals!**

Does the word "budget" give you anxiety? Do you make enough money but have no savings? Are you struggling to meet your monthly financial obligations? Would you like to learn more about how to create a budget you can stick to?

# Your Two Cents Workshop Tuesday, November 14, 2023 10-11:30 am

If you answered yes to any of those questions, this class is for you. We will look at how to calculate your income and expenses, how to track your expenses, how to create a crisis budget, and how to create a realistic budget that will be easier to adhere to because it incorporates what is important to YOU.

This workshop is hybrid. Once you register you will receive an email with additional details. The link to the Zoom webinar will be emailed 2 business days prior to the webinar. The in-person workshop will be held at 2300 E. Grand River Ave. in Howell. Must be a Livingston or Oakland County resident to attend.

To register please visit: https://www.olhsa.org/events Or call 248-860-7845









Meet Andrew, ExpertCare's Therapist of the Quarter! Andrew started with us just over a year ago as a Clinical Fellow. He completed his CF year and has decided to stay on as a fully licensed Speech Language Pathologist!

Over the last year, Andrew has proven to be an incredible asset and employee. He goes above and beyond for the families he serves such as celebrating birthdays and milestones. He is a kid at heart who loves to sing songs and play games with his kiddos. Andrew is very responsive to the entire therapy team and is willing to take on anything we throw his way. Even though he is an NSYNC fan, he's still an excellent therapist! Thank you for all your hard work and dedication, Andrew! We're lucky to have you as part of ExpertCare!

### LOOK WHO'S TALKING

### EXPERTCARE THERAPIST OF THE QUARTER

### ANDREW MANARDO

ECare: What is the most rewarding experience you have had as a Speech Therapist? Andrew: When I see that moment of therapy start to click with any of my clients!

ECare: What's something you've always wanted to try but never did? Andrew: Hang gliding. I might be a little too scared of

heights for it!

ECare: What are your hobbies outside of work? Andrew: Golfing, working out, cooking, along with spending time with my nieces and nephew.

ECare: What are three foods you can't live without? Andrew: Nachos, nachos, and nachos! (Wait, did I mention I love nachos? (2))

ECare: What is the first concert you attended? Andrew: New Kids on the Block as a baby!

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

Andrew: Always take and work off what the client gives you. So many times, I go into a session expecting how I would like things to play out or how they should. My best therapy sessions come when I leave all expectations at the door and work off from the client with what they can give me for that particular session.

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

Andrew: I would not be the therapist that I am now or wanting to be without the support of my friends, family, SLP mentors and most importantly the support staff here at ExpertCare. They have helped me immensely and truly cultivated an environment and culture to allow me to grow, and be my silly self, day in and day out!





Employee Milestone Anniversaries

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

> <u>20 Years</u> Ghayda Hermiz Aryah Shayota

> > <u>15 Years</u> Carol Seeback

<u>10 Years</u> Victoria Imseis

<u>5 Years</u> Ingrid Hayes Shaniedra Johnson Abdalla Almani Imani Hayes Richara Booker Rekymdria Vaughan Judith Barker

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



## How to be a Reliable Renter An Informative Workshop / Zoom Webinar November 16, 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.

Online Registration required. RESIDENTS of Livingston or Oakland County only.

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

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







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### **Sensory-Friendly Planetarium Shows**

Saturday, November 11, 2023 at 11a (Also 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.

### Movie/Pizza Night

Friday, November 17 from 5:30p-7:30p (Also 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**.

### **TR Bingo Night**

Friday, November 17, 2023 at 6p (Also 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 Screening**

Saturday, November 18, 2023 (first Emagine Theatre Showing of the Day)

ALL Metro Detroit Emagine Theatre Locations

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** – Trolls Band Together





TR Pizza and Movie Night

Friday, November 3, 2023 at 6p (Also December 1...)

### **Clintonwood Park**

6000 Clarkston Road, Clarkson, MI 48348

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



**RARA Diner's Club** 

Monday, November 6, 2023 from 5:15p-6:30p (Also 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**. RARA Movie Night Out Wednesday, November 15, 2023 (Also December 13)

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**.



OUCARES After Hours Adult Social Tuesday, November 14, 2023 at from 6p-9p

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/



Thursday, November 16, 2023 from 6p-8p

Auburn Hills Community Center (3350 E Seyburn Dr, Auburn Hills, MI 48326)

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**.

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.



### 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 KEEGAN WILHELMSEN







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

Keegan: I am a Junior Staff Accountant. I am responsible for a variety of duties. I primarily handle accounts payable for our different entities. This means submitting invoices into our accounting software, selecting bills for payment each week, and then printing/mailing out checks. In addition, I also currently post accounts receivable payments that we receive from the various Michigan counties that we provide services in, reconcile our billing amounts to what was paid out for payroll each week, and reconcile a couple of credit cards each month. I will be taking on more as I continue to train in my role.

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

Keegan: I listen to a lot of sci fi/Fantasy novels on audio book. Usually while playing video games. I also enjoy going to the movies and the gym.

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

Keegan: I would choose to be a tiny elephant. They are very smart animals, and there are lot fewer of them around than hamsters.

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

Keegan: Teleportation. It just sounds really convenient, plus you could travel the world whenever you wanted.

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

Keegan: I recently learned that more than half the bones in our bodies are located in the hands and feet. Fun fact.

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

Keegan: I should probably say graduating college, but honestly, I was much more proud of myself when I received my Black belt in Brazilian Jiu-Jitsu. It took about 10 years of consistent practice, and I think required considerably more fortitude and dedication on my part than school did.

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

Keegan: "If you can't laugh at yourself then everyone else will do it for you." I heard this a long time ago as a kid and the lesson I took away was to always be humble, remember not to take yourself too seriously, and learn to roll with the punches.

Ecare: Share with us any hidden talents that you have. Keegan: I am pretty alright at whistling a tune.



### DEBT NEGOTIATION Financial Education Webinar Via Zoom Tuesday, November 28, 2023 • 6PM

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

### Topics Include:

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

Once you register you will receive a confirmation email. You will be sent the Zoom link 2 business days prior to the class.

Online registration required. Must be resident of Oakland or Livingston County.

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

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











LOOK WHO'S TALKING

### OCTOBER CAREGIVER OF

THE MONTH

### MALISSIA HOBSON



ECare: What made you decide to become a Caregiver? Malissia: I have a genuine passion for helping people, in any way that I can. This is why I became a caregiver.

ECare: What have you always wanted to try and never did? Malissia: Something I've always wanted to do and never did was travel to Africa. I just know it's beautiful.

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

Malissia: The most rewarding experience I've had as a caregiver is the constant recognition from my employer and the admiration from my clients. It means everything!

#### ECare: What do you do for fun?

Malissia: I like to spend time with my kiddos for fun. Family time is key, laughter is key!

ECare: What are three foods you can't live without? Malissia: Bacon, crab legs, and tuna are 3 foods I can't live without.

ECare: What is your best piece of advice for other Caregivers? Malissia: The best piece of advice that I have for other caregivers is to not dive into this field without patience. No two people are alike!

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

Malissia: The first concert I attended was in church, and I was a part of it! I sang in the choir as a young one so concerts were a norm, but no celebrity ones though.

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

Malissia: My dream is to become a nurse and immediately following, a physician. I need my presence to impact people in a positive way. Caregiving is a great place to start because you get to work with a diverse group of people. I'm just ready to go further in life I have a couple more odds to beat : ) We are pleased to nominate Malissia Hobson for the Caregiver of the month of October. Malissia consistently goes above and beyond in her role, demonstrating unwavering dedication and a remarkable ability to connect with her recipients in a way that fosters personal growth and well-being.

One of Malissia's outstanding qualities is her willingness to step in and assist in various cases when needed. Her flexibility makes her an invaluable member of our caregiving team. Malissia understands that caregiving is not just a job, but a calling, and her willingness to fill in for cases when she can is a testament to her commitment to the well -being of our recipients.

Malissia's impact is particularly pronounced in her waiver case. She has demonstrated an exceptional ability to maintain boundaries while still engaging with her recipient in a loving and empathetic manner. Her approach is one that inspires trust and openness, creating a safe space for her recipient to share their thoughts and feelings.

Malissia's dedication, compassion, and commitment to her role as a caregiver are truly commendable. She embodies the values and qualities we hold dear at ExpertCare and her impact on the lives of our recipients is immeasurable. 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

> > What are you

Thanklul

for today: