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## DECEMBER GIVEAWAY

This month we will draw one ExpertCare employee at random who will receive a \$100 Amazon gift card.



Winner will be announced in the January Newsletter.

**Congratulations to November gift card winners Terri Gibbons, Sarah Al-Turki, & Scott Elwood!**

**We hope you had a wonderful Thanksgiving with your family and friends.**



## W-2 Electronic Enrollment

IRS form W-2, Wage and Tax Statement, will be mailed by the end of January to the mailing address we have on file for each employee who has not enrolled our Early W-2 program. Please make sure to review your listed mailing address and update as necessary. This will avoid W-2's being delivered to incorrect addresses.

All address changes must be done through the PrismHR Employee Portal or in writing. We will accept an email or text message from the contact information we have on file. If sending updated address information via email, please send to [HR@versicaregroup.com](mailto:HR@versicaregroup.com).

It's not too late to opt-in for electronic W-2's! What are the benefits of enrolling in the Early W-2 program? Identity protection! This legal document contains your social security number and annual earnings which may be compromised in the event it is lost in the mail or misplaced.

Electronic W-2's are stored in the Employee Portal which has additional safeguards in place making sure your information is protected. You will also have immediate access to your electronic W-2 form as soon as it is available with unlimited re-prints!

Go to "My Taxes" in your Employee Portal and click on W-2. If you are not currently enrolled in the Early W-2 program, you will see the option to accept Early W-2 Election.



ExpertCare will be taking the plunge to support Special Olympics on Saturday, Feb. 3, 2024 @ The Beach Tiki Bar + Boil in Walled Lake. This will be ExpertCare's 7th year taking the plunge.

The Polar Plunge is the biggest fundraiser for Special Olympics Michigan. All funds raised by Plungers help Special Olympics Michigan provide year-round training and services to over 23,000 athletes with intellectual disabilities across the state.

Last year our group of volunteers raised \$3,000! We are hoping to make this our biggest and best group yet and would love to surpass last year's fundraising goal. If you or your loved one would like to join our fundraising team to support Special Olympics, please let us know by Friday, December 1st.

Special Olympics Michigan would not be able to serve individuals with intellectual disabilities without you. Your support means everything to us. You can visit our group fundraising page by visiting:

<https://www.classy.org/team/539822>

# TDN The Disability NETWORK

## *Holiday Party*

Presented by: Financial Plus Credit Union

December 6, 2023

The Dort Mall

3600 Dort Hwy Flint, MI 48507

5-7 pm

Join us for FREE & Inclusive  
Dinner, Dancing, Crafts,  
Photo Booth, and Santa  
made possible by

Financial Plus  
Credit Union



## *Holiday Hours*

### EXPERTCARE'S HOLIDAY

#### OFFICE HOURS

#### Christmas Holiday Hours:

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.



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## WINTER HEALTH & SAFETY TIPS



**Dress Warmly** Wear dry, loose-fitting layers that will hold your body heat and cover exposed skin, like your face and hands.

- **Prevent Falls** Watch out for slips on ice and snow by wearing sturdy shoes and walking at a slow pace.



**Winterize Your Home** Install insulation, weather stripping, storm windows, and check your heating systems.

**Watch Your Shoveling**  
If you have snow to shovel, take breaks often.

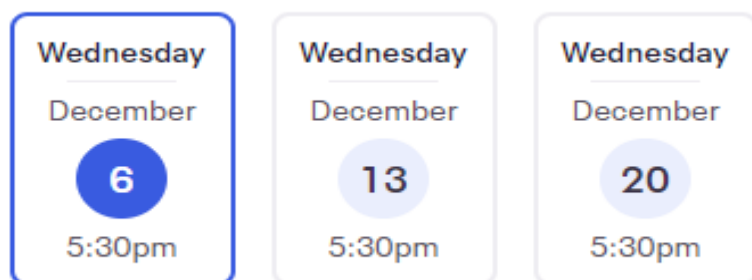


**Be a Winter Buddy** Check on family, friends and neighbors, especially older adults, to make sure they have heat and are safe inside.

Wednesday, December 6

# Fall into your Wednesday Night Free Youth Art Camp

Come to our library to participate in our arts program. The classes are for grades K-5.



## Location



Pontiac Public Library

60 East Pike Street Pontiac, MI 48342

## About this event

**Wednesdays, September through December, 5:30-7pm, Youth Room:** Come to our library to participate in our arts program. **The classes are for grades K-5.**

**Every first Wednesday: Do-It-Yourself Activities** (Instructional guidance)

**Every second and fourth Wednesday: Painting with style** with Artist Tiffany

**Every third Wednesday: Sounds of music for beginners (7 and up): Learn how to play the recorder** (Instructional guidance).

**Every third Wednesday: Spanish Sing Along**

**Every fourth Wednesday: Creative Chefs: Learn how to make cool items** with Chef Fox. No-bake cooking!

*ExpertCare Office Staff wanted to share some holiday recipes with you.*

*You will find a couple recipes sprinkled throughout the newsletter.*

*Enjoy!*



# Grandma's Banana Bread

by Amanda G.



## INGREDIENTS:

1 cup sugar  
1/3 cup butter  
2 eggs  
1 ½ cups mashed bananas  
1/3 cup milk  
1 and 2/3 cup flour  
1 tsp baking soda  
½ tsp salt  
¼ tsp baking powder  
½ cup nuts (optional)  
1 cup chocolate chips (optional)

## DIRECTIONS:

Preheat oven to 350.  
Grease and flour pan. Put flour, sugar, baking soda, baking powder, and salt in small bowl and mix well. Mix butter, eggs, milk, and sugar in large bowl and mix well. Blend with powdered mixture into large bowl. Add mashed bananas, nuts, and chocolate chips.

Baking:  
8" loaf pan bake for 1 ¼ hour  
9" loaf pan 55-60 mins  
Mini loaf pans 40-50 mins







## 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.

12/12/23, Tuesday at 12pm

12/22/23, Friday at 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 January in next month's newsletter!



### **TR Pizza and Movie Night**

Friday, December 1, 2023 at 6p  
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.

### **Emagine Theatres Sensory Friendly Movie Screening**

Saturday, December 2, 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](http://Emagine-Entertainment.com).

**FEATURED MOVIE** – Wish

### **RARA Diner's Club**

Monday, December 4, 2023 from 5:15p-6:30p  
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](http://www.rararecreation.org).



### **Adaptive Needs Santa Claus Visits Great Lakes Crossing Sensory Santa**

Sunday, December 3, from 10a-11:30a. By reservation only  
Great Lakes Crossing Outlets at Santa's Flight Academy

Sensitive Santa has dimmer lights and softer music, creating a welcoming, sensory-friendly environment for children with sensory, physical, or other special needs. Plus, reserve online for your time slot and avoid long lines. Visit [GreatLakesCrossingOutlets.com](http://GreatLakesCrossingOutlets.com) to find the reservation links.

### **Adaptive Needs Santa Claus Visits at Twelve Oaks Mall – Sensory Santa**

Sunday, December 3, 2023 from 10a-11:30a  
Twelve Oaks Mall  
27500 Novi Road, Novi, MI 48377

Families with special needs can experience the time-honored tradition of a visit with Santa during an event created just for them. Must pre-register. Pre-registration required. For more info, visit [shoptwelveoaks.com](http://shoptwelveoaks.com).

### **Brighton Special Needs Santa Visits**

Tuesday, December 12, 2023 from 9a-5 and Wednesday, December 13, 2023 from 1p-7p  
Oxford Recovery Center  
7030 Whitmore Lake Rd, Brighton, MI 48116

Sensory Friendly Santa and Mrs Claus event. This event is completely FREE. Participants must register for a date and time at [oxfordrecoverycenter.com](http://oxfordrecoverycenter.com).





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

Saturday, December 9, 2023 at 11a  
Longway Planetarium  
1310 E Kearsley St, Flint, Michigan 48503  
810-237-3400, [sloanlongway.org](http://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. Purchase tickets here...

### **OUCARES Holiday Party**

Saturday, December 9, 2023 from 1p-4p  
Oakland Center at Oakland University

Ages 15+. This party is for Teens and Adults with Autism Spectrum Disorders ages 15 and up. Join us for DJ, dancing, games, pizza, a photo booth and more! Come to have a great time and meet friends. This program is to encourage independence. A parent or caregiver is permitted to register only if the participant requires 1:1 support. There is a \$15 registration fee for any parent or caregiver attending. To register, visit [www.oakland.edu/oucares](http://www.oakland.edu/oucares).

### **Sensory Sunday at the Flint Children's Museum**

Sunday, December 10, 2023 from 10a-noon  
Flint Children's Museum  
1602 W University Avenue, Flint, MI 48504  
810-767-5437, [flintchildrensmuseum.org](http://flintchildrensmuseum.org)

Quality quiet family time at the Children's Museum with a calm space, foam pit, bubble tubes, soft lighting and marble wall. Admission is \$8. For more info, visit [flintchildrensmuseum.org](http://flintchildrensmuseum.org).



### **Jingle Bell Ball**

Tuesday, December 12, 2023 from 6p-8p  
Waterford Oaks Activity Center  
2800 Watkins Lake Rd, Waterford, MI  
48328

Jingle Bell Ball, an event for individuals ages 18 and older with developmental disabilities, will include music, dancing, a visit from Santa and pizza. Each participant will also receive a gift. Cost is \$12/participants and \$6/caregiver, Preregistration with payment required by Friday, Dec. 8. Call 248-858-0916 to register. Call 248-221-8040 for program questions. Hosted by Oakland County Parks and Recreation.

### **RARA Movie Night Out**

Wednesday, December 13, 2023  
Imagine Theatre Rochester Hills  
200 Barclay Circle, Rochester Hills

Hosted by RARA Recreation. Enjoy a movie with your friends at the theater one Friday a month. You will pay for your own ticket and concessions. Plans are based on the current theater schedule. You must pre-register so that enough assistance is provided and space reserved. Ages 14+. Fee is \$6 for residents & non-residents. Register via [RARARecreation.org](http://RARARecreation.org).



### **Sensory Santa Visits**

Friday, December 15, 2023  
from 9a-5p  
Oxford Recovery Center  
165 Kirts Blvd Ste 500, Troy,  
MI 48116

Sensory Friendly Santa and Mrs Claus event. This event is completely FREE. Participants must register for a date and time at [oxfordrecoverycenter.com](http://oxfordrecoverycenter.com).

### **Movie/Pizza Night**

Friday, December 15 from 5:30p-7:30p  
RARA Recreation  
500 E Second Street, Rochester, 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](http://RARAREcreation.org).

### **TR Bingo Night**

Friday, December 15, 2023 at 6p  
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.

### **Almost New Year**

Wednesday, December 27, 2023  
from 6p-8p  
Royal Oak Community Center  
3500 Marais, Royal Oak, MI 48073

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.



### **Almost New Year**

Thursday, December 28, 2023  
from 6p-8p  
Waterford Oaks Activity Center  
2800 Watkins Lake Rd, Waterford,  
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.



Live Rite Structured Recovery Corp + USMC

# CHRISTMAS PARTY



Sunday, December 17th  
1:30-3 PM

Live Rite Recovery Resource Center

586-217-5899

27700 Gratiot Ave.

Roseville, MI 48066

FREE TREATS  
& GIFTS  
WHILE  
SUPPLIES  
LAST!

SANTA & MRS.  
CLAUS WILL BE  
HERE TO TAKE  
PICTURES WITH!

Live Rite Structured  
Recovery Corp, a non-  
profit organization  
under 501 (c)(3) of the  
Internal Revenue  
Code, Section 170

JOIN US FOR A SPECIAL  
VISIT FROM SANTA  
DELIVERING GIFTS FROM A  
HELICOPTER AT 2:00PM







## **Improve Your Credit Financial Education Webinar Via Zoom**

**December 12, 2023 • 6:00 – 8:00 PM**

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.

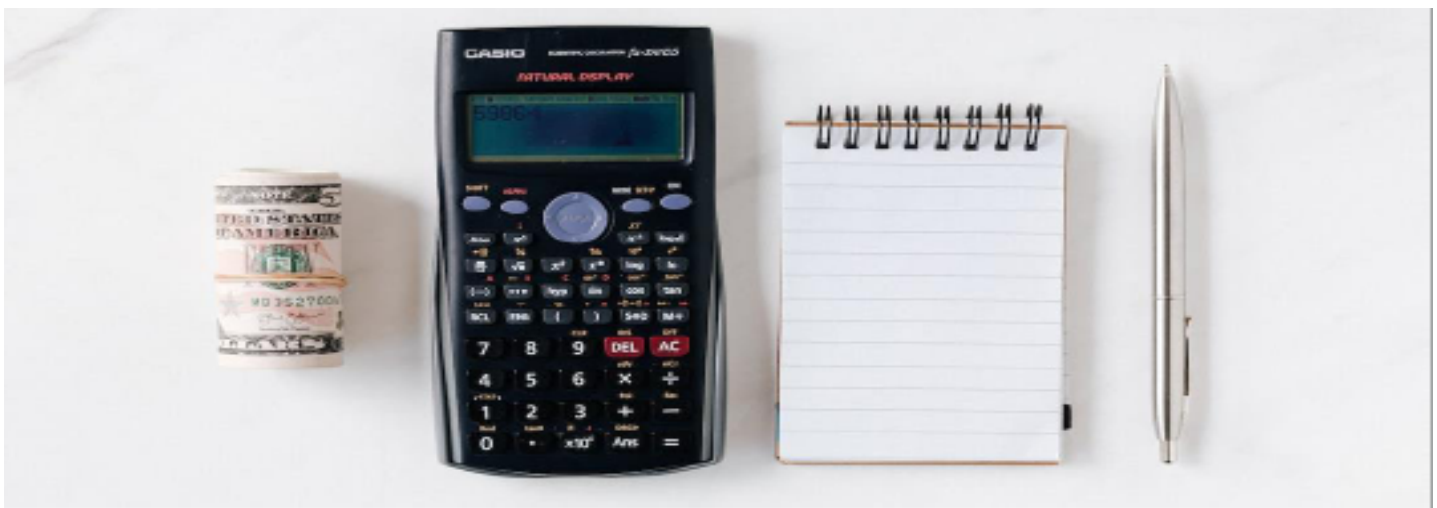
**Once you register you will receive a confirmation email. You will be sent the Zoom link 2 business days prior to the class.**

**To register for this class please visit**  
[www.olhsa.org/events](http://www.olhsa.org/events)

Questions: contact [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.org) or call 248-860-7845







## Money Mastery: Reaching Your Savings Goals

Monday, December 11, 2023 10:00 AM – 12:00 PM

We all have dreams and goals for our lives. Join OLHSA for a hands-on workshop and realize how to set realistic goals and incorporate **SAVING** into your plan.

- Explore your financial dreams and goals
- Understand what **saving** is and how to use it to reach goals
- Learn different savings tools
- Practice making SMART goals

Workshop offered in- person and virtually on Zoom.

In-Person Workshop at Livingston County East Complex Building in Howell, MI.

Online registration is **REQUIRED**. Must be an Oakland or Livingston County resident. Additional details will be emailed to you once you register.

To register please visit: <https://www.olhsa.org/events>  
Or contact [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.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.





# BABKA

by Jennifer O.

## INGREDIENTS:

### Babka Dough:

1 ¼ cup warm water  
1/2 cup sugar  
1 tsp vanilla (or 1-2 tsp vanilla sugar)  
4 1/2 tsp instant Yeast (or 2 packets of yeast)  
2 Large eggs  
1 1/2 stick (12 tbsp) salted butter, softened to room temperature  
4-5 cups bread flour or all purpose (start with 4 and add as needed)

### Babka Fillings :

4 oz chocolate (any type works, it's preference)  
¾ sticks Butter  
1/4 cup sugar  
1/4 cup baking cocoa

### Babka Crumble Topping:

¼ cup sugar  
½ light brown sugar  
1 stick butter  
1 ½ cup all purpose flour  
Pinch of salt

## INSTRUCTIONS:

### Dough:

Step 1 - Mix water with yeast, vanilla sugar and sugar until yeast bubbles.

Step 2 - Add eggs, yolks, flour, margarine then the salt. If you are using a stand mixer with the dough hook on the bottom, add the softened butter before the flour. Mix on medium until dough is combined adding flour as needed. Start with less and add as needed. Once the dough comes together, turn off the mixer and allow the dough to rest 2-3 minutes. Turn the mixer back on and continue mixing 3-5 minutes, adding flour as needed. The dough should have slight stickiness to it which will lessen as it rises and rests.

Step 3 - Divide into 3-4 portions of 14-16oz each to rise. Wrap each ball of dough tightly in plastic wrap or place in a Ziploc bag. Gently press our air from bags before closing. As the dough rises it releases carbon dioxide which will create air in the bag. If you have too much air in the bag chances are the bag will pop open. Refrain from using sandwich size Ziploc bags, they will be too small and will pop open as the dough rises.

Step 4 - Remove from the refrigerator approx 10- 20 min. before you begin working with your dough. it should be cool but not ice cold that it's not rollable.

Made with PosterMyWall.com

### (Instructions continued)

### Babka Fillings:

In a microwave safe bowl, melt chocolate and butter on low. Check every 20 seconds to avoid scorching. Once melted stir until completely blended. Add sugar and cocoa until smooth, set aside to cool for a few minutes.

### Babka Crumble Topping:

Melt butter, add sugars and flour. Mix until well combined and crumble. Set aside.

### Let's Make Babkas:

Preheat oven for 350 degrees

Spray you pans with Pam spray. (I also lay a stirp of parchment along the pan for easy removal.)

Step 1 - Take dough from the refrigerator. Dust your counter with a little flour and roll out your dough in a rectangle. You want to roll the dough about ¼ inch thin. If the dough keeps bouncing back let it warm up a little and roll out again. I try to get mine to a 20 X 10 inch rectangle.

Step 2 - Once the dough is rolled out, take a knife or your offset spatula and spread a layer of topping all over the top of the dough. Go all the way to the edges. Do not spread a very thick layer, just enough to cover the dough.

Step 3 - start to roll your dough the long ways into a tight roll. I always work back to front. Place the seam down and with a sharp knife cut the log into two equal pieces.

Step 4 - With your sharp knife, slice each log in half through the length of the log. You will see the layers and filling you have created. Gently turn the logs inside out. Take both logs and twist them gently. Place in your pans.

Step 5 - Let finished bakas rise in the pans covered with a dish towel in a warm dry place for 30 minutes.

After the 30 minutes, top generously with your crumble topping and place the pan on a cookie sheet to avoid dripping.

Step 6 - Bake the Babkas for 25 Minute and then rotate and check. I usually need about 10 minutes. If your babkas are browning too soon place a piece of parchment over the top to avoid over browning. Babkas should be golden brown, solid on the top and hollow to the tap. I use a thermometer to check mine. They should be internally around 180 degrees. Let cool completely. Brush with simple syrup.



Meredith Buckley, ECare Payroll and Billing Specialist, makes this Gingerbread Cookie recipe and candied pecans (on the next page) each year around the holidays.



## BEST Soft Gingerbread Cookies

★★★★☆

Author

[Katie](#)

### Ingredients

- 2 1/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- 3/4 cup butter softened
- 1 cup white sugar
- 1 egg
- 1 tablespoon water
- 1/4 cup molasses
- 4 tablespoons white sugar

### Instructions

1. Preheat oven to 350F.
2. Mix together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.
3. In a large bowl, cream together the butter and 1 cup sugar until light and fluffy.
4. Beat in the egg, then stir in the water and molasses.
5. Gradually stir the sifted ingredients into the molasses mixture.
6. Shape the dough into walnut sized balls, and roll them in the remaining 4 tablespoons of sugar.
7. Place the cookies 2 inches apart on an ungreased cookie sheet. You don't need to flatten them.
8. Bake for 10-12 minutes in the preheated oven.
9. Allow cookies to cool on the cookie sheet for 5 minutes before removing to a wire rack to cool completely.
10. Makes approximately 30 cookies. Store in an airtight container.



## Slow Cooker Candied Pecans

It's not the holidays without candies pecans.

[www.delish.com](http://www.delish.com)

| YIELDS: | PREP TIME: | TOTAL TIME:   |
|---------|------------|---------------|
| 10      | 10 mins    | 3 hrs 10 mins |

### Ingredients

1 c. sugar  
1/2 c. brown sugar  
1 tbsp. cinnamon  
1 tsp. cloves  
1 tsp. kosher salt  
2 egg whites  
1 tsp. vanilla  
Cooking spray, for slow-cooker  
6 c. pecans

### Directions

 [SAVE TO MY RECIPES](#)

#### Step 1

In a medium bowl, whisk together sugars, cinnamon, cloves and salt. Set aside.

#### Step 2

In another medium bowl, combine egg whites and vanilla. Whisk until frothy.

#### Step 3

Spray slow-cooker with non-stick cooking spray. Add pecans to the Crock-Pot. Pour egg white mixture over pecans and stir until coated. Pour sugar mixture over and stir again until pecans are fully coated.

#### Step 4

Cook on low for 3 hours, stirring every half hour. If sugar isn't dissolving, add water 1 tablespoon at a time. When finished, remove nuts from slow-cooker and cool in a single layer. Serve.

# Northern Macomb Prevention Coalition Blanket Drive

You can donate new blankets, hats and gloves to the coalition so we can delivery to the homeless in the month of January & February Throw size only please



Contact Lisa Boska @ 586-601-6097 or  
[lboska@macombfamily.org](mailto:lboska@macombfamily.org)

**Macomb**   
Family Services, Inc.



EXPERTCARE  
WOULD LIKE  
TO WISH YOU  
HAPPY  
HOLIDAYS!



We hope  
everyone  
enjoys time  
with their  
loved ones  
this holi-  
day season.





# Happy Holidays



## Save OUR Date

To: Youth Ages 14-25  
Friday Dec. 15th  
79 W. Alexandrine  
Detroit, MI 48201  
5-7pm

Join Youth MOVE Detroit for the Winter Wonder Bash! This event is FREE to the community, so be sure to bring friends and family! Get ready for some food and fun activities to bring in the holiday season the best way—together!

**YOUTH UNITED AND DWIHN PRESENT:**

# GAME NIGHT



**DECEMBER 1ST**

**MICHIGAN SCIENCE CENTER  
5020 JOHN R ST, DETROIT, MI 48292**

**FREE EVENT**

**5PM-8PM**

**GAMING TOURNAMENT, CHALLENGES, AND MORE**

**KIDS 18 YEARS AND UNDER MUST BE ACCOMPANIED BY A PARENT**



**INFORMATION AND  
REGISTRATION**





THE ARC DETROIT PARTICIPATES IN:



49TH ANNUAL  
**NOEL  
NIGHT**  
2023

THE ARC WILL HOST A  
WARMING STATION IN  
OUR COZY SITTING

FREE POPCORN  
HOT COCOA &  
WARM CIDER

AREAS  
JOIN IN OUR LIVE  
CHRISTMAS KARAOKE  
SINGALONG

**SATURDAY DECEMBER 2ND 2023**

**FROM 5:00PM TO 10:00PM**

**THE ARC DETROIT**

**51 WEST HANCOCK STREET**

**DETROIT MICHIGAN 48207**

**SHOP GIFTS FROM OUR VENDORS AND  
PURCHASE HOLIDAY ITEMS FOR A  
WORTHY CAUSE:**

**SUPPORTING PEOPLE WITH  
DEVELOPMENTAL DISABILITIES**

**FOR MORE INFORMATION PLEASE CALL:**

**LOREN GLOVER: (313) 478-0302**

**OR DEMEEKO WILLIAMS (586) 371-0133**





## Wayne County Active Community Team Meeting



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

### *Lunch & Learn!*

Understanding Tantrums: A Trauma-  
Informed Approach to Helping  
Young Children Regulate Emotions



12/8/23, 12-2PM



Elmhurst Home, Inc.  
245 Pitkin St.  
Highland Park MI 48203

Please register by 11/22



Lunch will be provided!

[DWIHN.ORG](https://dwihn.org) | [cspudowski@dwihn.org](mailto:cspudowski@dwihn.org)



The Arc Detroit Presents:

*Special Appearance  
by Santa Claus*



# *Christmas On Hancock Street*

The Arc Detroit  
51 West Hancock Street  
Detroit Michigan 48201

FRIDAY  
DECEMBER 17, 2023

4:00PM TO  
7:00PM

CHRISTMAS HOLIDAY MUSIC BY  
DJ CAPTAIN KIRK



- ADMISSION IS \$5.00 PER PERSON
- ENJOY DINNER, FUN & FELLOWSHIP
- CELEBRATE THE HOLIDAY SEASON

*Spread the Joy!*

For More Information  
Please Contact Loren Glover:  
(313) 478-0302  
or Demeeke Williams  
(586) 371-0133







**The Arc Detroit Presents:  
Art & Art Microenterprise  
Workshop with  
Janis Kaufman**

**Every Tuesday and Thursday  
During the Month of December  
Except Christmas Holiday Week  
and New Years Holiday Week**

**From 1:00pm to 4:00pm  
The Arc Detroit  
51 West Hancock  
Detroit Michigan 48201  
FREE & Open to the Public**

**Come Join our  
group in making  
holiday art and  
celebrating  
friendship, good  
tidings and cheer  
for the holiday  
season**

**For More Information  
Contact Loren Glover  
(313) 478-0302**





# **What To Do When You Can't Pay Your Rent**

**An Informative Workshop / Zoom Webinar**

**December 7, 2023 • 4:00 - 5:30 pm**

Are you behind on rent? Struggling to make your rent payment? Going through an eviction? This class will give you an overview of how to budget when you can't pay your rent, how the eviction process works in MI, how to have a conversation with your landlord, and provide community resources that may be able to assist you. Online Registration Required. Livingston or Oakland County residents only.

**Virtual:** The Zoom link will be sent after you register.

To register for this class, please visit <https://www.olhsa.org/events>

Or email [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.org) or call 248-860-7845







## Employee Milestone Anniversaries

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

### 5 Years



Brandon Edwards  
Paul Nored Jr

### 10 Years



Shonte Houston

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



## Monday Mingle

Monday, December 4 from 5:30p-7p  
(Also...January 29, February 26, March 25, April  
22)

Troy Community Center  
3179 Livernois Rd, Troy, MI 48083

Enjoy a variety of activities including: music, kar-  
aoke, 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](http://rec.troymi.gov).

## RARA Recreation Themed Dance

Friday December 8, 2023 from 6p-8p

RARA Recreation

500 E Second Street, Rochester, Michigan 48307

Hosted by RARA Recreation. This dance is de-  
signed for persons who have special needs. Mu-  
sic and dancing with a fun theme. Refreshments  
will be served. Cost is \$20 for residents & \$24  
non-residents. Register via [RARAREcreation.org](http://RARAREcreation.org).  
Each dance has a holiday theme (St Patrick's  
Day / Cinco De Mayo etc)



## Friday Frolic Dance

Friday, December 8, 2023 from 7p-9p  
(Also Friday, February 9, April 12...)

Troy Community Center  
3179 Livernois Rd, Troy, MI 48083

Dancing with DJ with a fun holiday theme and re-  
freshments. \$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](http://rec.troymi.gov).

## 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 MYCHAE HORAK



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

Mychael: I am the HHA Specialist and Payroll Support for Expert-Care!

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

Mychael: I'm very into fitness and spend a good amount of my time outside of the office teaching spin and strength classes at local studios. I also enjoy watching a lot of reality tv and spending time with my fiancé and fur babies.

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

Mychael: I would rather be a tiny elephant than a giant hamster. The fur I would have to clean if I was a giant hamster would be too much for me to deal with. Hamsters are also nocturnal and I would want to see the sunshine as much as I could.

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

Mychael: If I could choose my superpower, I would want it to be Shapeshifting. I think the ability to adapt and change my appearance to fit into any mold like characters Loki or Jafar would be a fun one to have.

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

Mychael: This last year I've learned to not give up. Sometimes life throws a curveball or two (or three, or four) at you, and you must find that inner strength and power to keep pushing. Whether it be to chase your dreams or to do something that makes you happy, don't stop and keep going.

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

Mychael: My proudest accomplishment has been finding my true self and making sure that I am happy at the end of each day.

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

Mychael: The best advice I have received was from Kelly Cutrone and it was "normal gets you nowhere." Everyone is unique and we don't need to fit the mold that others tell you to be in. Being your true authentic self and standing outside of the box is always the best option to move forward.

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

Mychael: One of my hidden talents is that I'm pretty good at sewing. I used to have my own clothing line where I would design a collection and sew all my own apparel and sell it online and at local 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 bear hug 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.

## NOVEMBER CAREGIVER OF THE MONTH JENNIFER CASHEN

Jennifer has been an invaluable member of our team at Expertcare since 2018. Her dedication and unwavering commitment to the well-being of her recipients are truly commendable. She consistently goes above and beyond in her duties as a caregiver. She is not only fulfilling a job requirement; she is wholeheartedly devoted to ensuring that the needs of her recipients are met to the best of her abilities.

One of Jennifer's outstanding qualities is her exceptional punctuality when submitting her payroll and promptly addressing any necessary corrections. Her attention to detail and commitment to her role helps ensure the seamless operation of our caregiving services.

Jennifer's communication skills are also exemplary. She connects with her recipients on a deep level, effectively understanding and addressing their needs. The guardian of her recipient had expressed their admiration for Jennifer's exceptional communication skills. As they put it, "Jennifer communicates with the recipient so effectively, even more so than we do," highlighting the significant impact she has on the lives of those she cares for. 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**

