

# ExpertCare CHRONICLE



February 2024



## FEBRUARY GIVEAWAY

**This month ECare will give away two \$50 Door Dash gift cards. We will draw two employee winners at random.**

### Inside This Issue

- 1 February Giveaway / January Winner
- 2 W-2 Electronic Enrollment/ Polar Plunge
- 3 Medicaid Enrollment
- 4 Cupid & Cupcakes, Movies, and HHA Training
- 5 Secretary of State Mobil Office
- 6 Teen Support Group
- 7 Resume Building
- 8 Free Recovery Transportation
- 9 Recipient Rights Corner / Facebook
- 10 Diner Club, Dancing, & More
- 11 Money Mastery Webinar
- 12 Property Taxes Webinar
- 13 Debt Reduction Webinar
- 14 Rent Webinar
- 15 Homebuyer Webinar
- 16 Extreme Weather Tips
- 19 Employee Milestone Anniversaries / Imagination Library
- 20 Employee Spotlight
- 21 January Caregiver of the Month



**Stay tuned next month to see who wins!**



**Congratulations to January winner Paul Robitaille!  
We hope you enjoy your new Fitbit!**



## 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 in 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 reprints!

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.

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>

# OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM



**EXTENDED  
OFFERINGS!**

**STOP IN TODAY!**

## Need Help with Medicaid Renewal or Enrollment?

**INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES**

### Join OCHN for free Medicaid Renewal and Medicaid Enrollment assistance!

#### **When:**

Monday-Friday  
January and February

#### **Additional Dates:**

March 20, 2024  
April 17, 2024  
May 15, 2024

#### **Where:**

1200 N Telegraph Road  
Building 32 East  
Pontiac, MI 48341

#### **Walk-In Basis**

**8:30AM - 4:00PM**

**Questions? Call 248-462-6294**

Please bring documents  
needed for renewal or  
enrollment (proof of  
income, social security  
number, identification,  
proof of address)

Scan the  
QR code to  
access MI  
Bridges



**OCHN is here for you!**

5505 Corporate Drive  
Troy, MI 48098



**Oakland Community  
Health Network**

Developmental Disabilities - Mental Health - Substance Recovery

248-858-1210  
[www.oaklandchn.org](http://www.oaklandchn.org)

Programs and websites mentioned within this newsletter are for the sole purpose of providing information of interest. Expert-Care 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.



## Cupid & Cupcakes Social

Tuesday, February 13, 2024 from 6p-8p  
Waterford Oaks Activity Center  
2800 Watkins Lake Rd, Waterford

Seasonal, social dances and events hosted by Oakland County Parks and Recreation. \$10 per person / \$5 per caregiver. Registration opens six weeks prior to each event date. Pre-registration required. Call 248-221-8040 for questions and to register.

## RARA Movie Night Out

Wednesday, February 14, 2024  
(Also March 13, April 17)  
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](http://RARARecreation.org).



## 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.

**Monday, February 5<sup>th</sup> @ 2pm**

**Tuesday, February 20<sup>th</sup> @10am**

**Wednesday, February 28<sup>th</sup>  
@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 March in next month's newsletter!





# MICHIGAN SECRETARY OF STATE **MOBILE OFFICE IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting  
**LIVE RITE STRUCTURED RECOVERY CORP**  
to provide service to

**CURRENT OR PREVIOUS PARTICIPANTS OF LIVE RITE STRUCTURED  
RECOVERY CORP RESOURCE CENTER TO APPLY FOR MICHIGAN ID CARDS**

**Date:** February 28, 2024

**Time:** 10:00 AM - 3:00 PM

**Location:** 27700 Gratiot Ave, Roseville MI 48066

**ANONYMOUS DONOR FUNDS WILL COVER SELECT  
FEES FOR THESE SERVICES WHILE FUNDS LAST**

**Book a visit to complete your Secretary of State transactions, including:**



First-time  
Michigan ID



Renew driver's  
license or ID



Transfer title



Apply for/renew  
disability placard

For more information or to schedule  
your visit during this Mobile Office  
event, contact

**Live Rite Resource Center**

at 586-217-5899,  
sarah@liveritecorp.org





27700 Gratiot Ave, Roseville MI 48066

**MCOSA**  
MACOMB COUNTY OFFICE OF SUBSTANCE ABUSE

ARPA Funds

# TEEN SUPPORT GROUP

**Peer based programming  
For ages 14-17 and 18-20**

- Art activities
- Games
- Mentorship
- Life Skills
- Yoga
- Tutoring

Offering homework help and  
tutoring on Wednesdays

**EVERY MONDAY,  
WEDNESDAY, AND FRIDAY.  
4:00-6:00PM**



**Registration  
Required for  
Tutoring &  
Support Group**

**(586)217-5899**



**SCAN HERE TO  
REGISTER**



Live Rite Structured Recovery Corp, 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

# Resume Building

WITH SARAH MATTHEWS

FEBRUARY 27TH  
5:00 PM AT LIVE RITE  
RESOURCE CENTER  
27700 GRATIOT AVE. ROSEVILLE, MI

In this class, you'll learn...

- resume fundamentals and the importance of a well-crafted resume
- effective word choice and how to quantify your past achievements
- to craft a compelling and concise summary or objective for you and your career goals
- how to design and format your resume to be visually appealing
- the use of keywords in customizing your resume for different job applications



[liveritestructuredcorp.org/events/upcoming/386](http://liveritestructuredcorp.org/events/upcoming/386)

**Scan to register:**



ENTER THROUGH THE BACK RED DOORS  
BRING YOUR CURRENT RESUME IF ABLE

**MCOSA**  
MACOMB COUNTY OFFICE OF SUBSTANCE ABUSE

LIVE RITE STRUCTURED RECOVERY CORP. 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





# FREE RECOVERY TRANSPORTATION SERVICES (SUDT)

Live Rite is now providing transportation for treatment, meetings, health and wellness, and other recovery related programming:



Treatment Programming  
and Recovery Meetings



Harm Reduction Services



Services Necessary for  
Sustained Recovery



Health and  
Wellness Maintenance



**Live Rite Structured  
Recovery Corp**  
27700 Gratiot Ave,  
Roseville

**SCHEDULE HERE**



To schedule transportation, Visit:  
[liveritestructuredcorp.com/transportation](https://liveritestructuredcorp.com/transportation)

Or Call 586-217-5899

For EMERGENCY transportation after hours to inpatient  
treatment or a hospital, please call:  
586-224-9648





ExpertCare would like to first thank you for providing the highest quality care to your Recipient. ExpertCare wants to ensure the safety of our Recipients and continue to give you the tools to provide safe quality care and wellbeing. Below are incidents that resulted in Recipient Rights violations. Please review the following Rights reminders to prevent further violations.

⇒ While providing services, all Recipients shall receive services suited to his/her condition. This can include but not limited to, treatment in the correct environment and the right setting for services. During this time, the Recipient must be working towards goals in the plan of service. Caregivers must engage and be present with the Recipient to keep them focused on their goals in the IPOS. CLS services are to maintain and support the Recipient's individual achievement, which cannot be accomplished when the Caregiver is not actively engaged with the Recipient, working on the goals in the IPOS. Caregiver cannot sleep during their shift with a Recipient, it is imperative that you remain alert and always focused on the Recipient throughout your shift.

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.

# facebook

Facebook can be a great resource to find local activities or events in your area.

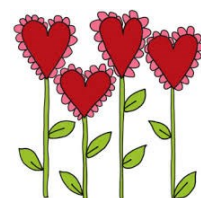
Find events you might be interested in, from your feed, click Events.

Find events in the following ways:

Discover Events, you can browse for events you may be interested in or you can filter events by categories Art, Fitness or Gardening.

You can also search for events in the search bar.

One ExpertCare Caregiver shared that she finds craft shows at local schools using facebook, the recipient she works with loves to attend to work on money management and social skills.



## **RARA Diner's Club**

Monday, February 5, 2024 from 5:15p-6:30p

(Also March 4, April 1)

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).

## **RARA Recreation Themed Dance**

Friday February 9, 2024 from 6p-8p

RARA Recreation

500 E Second Street, Rochester, Michigan 48307

Hosted by RARA Recreation. This dance is designed for persons who have special needs. Music 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, February 9, 2024 from 7p-9p (Also Friday, April 12)

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](http://rec.troymi.gov).



## **TR Pizza and Movie Night**

Friday, February 9, 2024 at 6p

(Also March 8, April 5, May 3)

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.

## **Sensory-Friendly Planetarium Shows**

Saturday, February 10, 2024 at 11a

(Also March 9)

Longway Planetarium

1310 E Kearsley St, Flint, Michigan 48503

810-237-3400, [sloanlongway.org](http://sloanlongway.org)

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

## **OUCARES After Hours Adult Social**

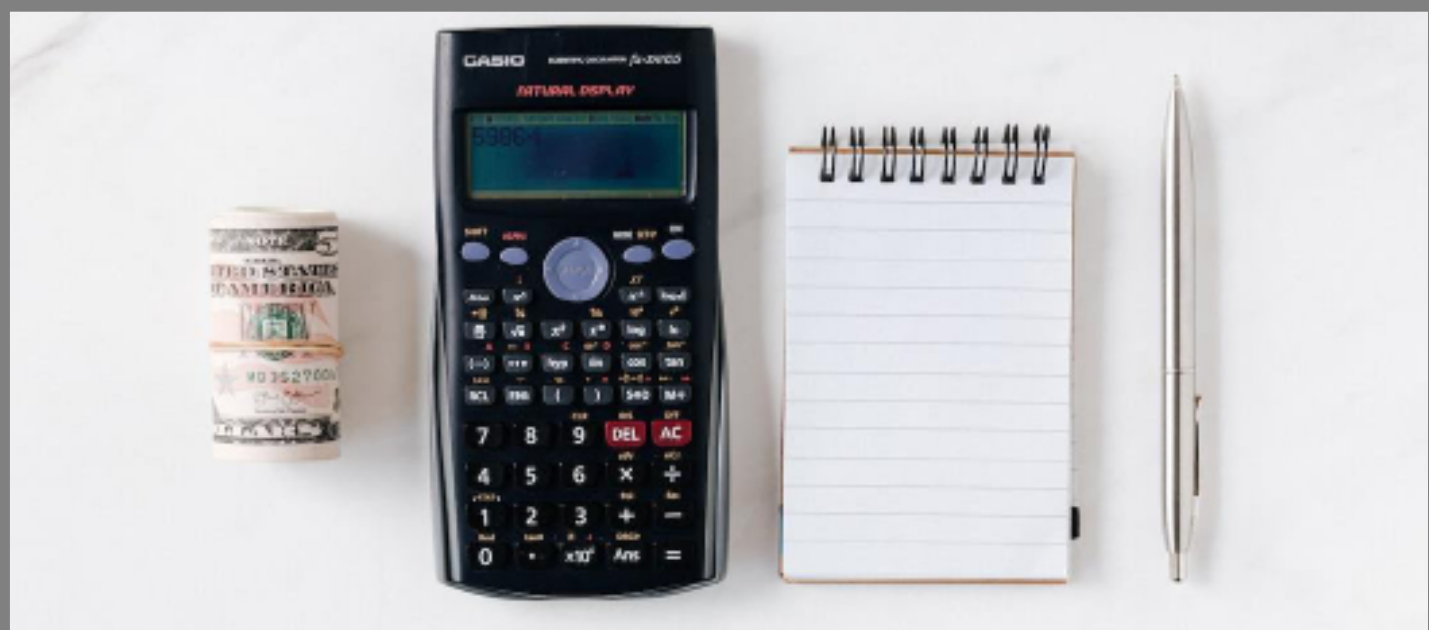
Tuesday, February 13, 2024 at from 6p-9p

(Also March 19)

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/](http://www.oakland.edu/oucares/)



## Money Mastery: Reaching Your Savings Goals

February 20, 2024 • 2-3:30 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)







# What To Do If You Can't Pay Your Property Taxes

**An Informative Webinar  
February 15, 2024 at 12PM**

Join OLHSA's HUD Certified Housing Counselors for this informational Zoom webinar to learn what you can do if you are unable to pay your property taxes.

**Topics include:**

- Property tax foreclosure timeline
- Your rights and responsibilities
- Potential options available to you
- Resources for assistance

Once you register you will receive an email with additional details.  
Class limited to Oakland and Livingston County Residents.

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





## DEBT REDUCTION

Financial Education Webinar Via Zoom

February 8, 2024 • 10AM

Do you have debt that you do not know how to get out from under? Are you struggling with large monthly debt payments? Join us for this informative webinar where we will discuss steps to properly identify all the information regarding your debt, and provide you with strategies to reduce and pay off your debt.

**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



VENTURE  
INC.



*A Community Action Agency*





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

**An Informative Workshop / Zoom Webinar**

**February 13, 2024 • 6-7PM**

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







## **HUD APPROVED HOMEBUYER EDUCATION WEBINAR**

**February 5 & 6, 2024 • 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.

**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



## **OCHN offers mental health tips during extreme weather**

**OAKLAND COUNTY, MI** (January 17, 2024) – Oakland Community Health Network (OCHN) is releasing tips for families and individuals to manage stress or anxiety during extreme weather and cold temperatures.

Severe weather can disrupt lives in significant ways, affecting both physical and mental health. It is natural to feel scared, anxious, and nervous during severe weather conditions like the current deep freeze being experienced in Oakland County. The public behavioral health agency is reminding people to take care of their mental and physical health needs. Recognize your emotions and try these tips to alleviate your anxiety.

Create a plan for overall health - a well-prepared plan for your family can help reduce anxiety and chaos before, during, and afterward.

- Ensure prescriptions are re-filled, if necessary.
- Be mindful of overexertion when outdoors, especially when shoveling snow.
- Use telehealth for non-urgent appointments.

Be informed - stay up to date on weather information and warnings. Being aware may gain a sense of control over the situation.

Talk it out - share your feelings with family members, friends, or others who can offer support to strengthen your emotional well-being.

If you are having difficulty coping, consider the following:

- Do something positive - prepare care packages, or volunteer to help others, all of which can provide a sense of purpose.
- Follow your usual daily routine as much as possible.
- Rest, get exercise, and eat properly. Seek out activities that involve both mind and body.
- Spend time with trusted loved ones or talk with others and seek support.
- Recognize that you cannot control everything.
- Talk with a relative, friend, doctor, or others about getting help, if needed.

If you or someone you know needs immediate assistance, call or text the Suicide & Crisis Lifeline at 988. Non-emergency Access services can be reached at (248) 464-6363. OCHN's school mental health navigators connect youth and families to behavioral health and substance use supports. For more information call 248-462-6294 or email [schoolnavigator@oaklandchn.org](mailto:schoolnavigator@oaklandchn.org) To learn more about OCHN, visit [www.oaklandchn.org](http://www.oaklandchn.org).

### **About OCHN**

OCHN is contracted by the Michigan Department of Health and Human Services (MDHHS) to lead a provider service network and manage care for approximately 29,000 Oakland County residents at more than 400 service sites across the county. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System / Valued People." Programs and supports provided by OCHN's service network are available at [www.oaklandchn.org](http://www.oaklandchn.org)

# Cold Weather Precautions

## *What You Need to Know*



During winter storms and cold temperatures, extra steps are needed to stay safe and warm. Frostbite and hypothermia can happen quickly in very cold temperatures. Be prepared and protect yourself and your family.

### **Take Precautions While Outdoors:**

Minimize time spent outdoors while temperatures are low. If you must be outdoors:

- Dress appropriately for the weather – wear a tightly-woven, wind and water-resistant coat, layers of warm and loose-fitting clothing, hat, scarf or knit mask to cover face and mouth, mittens, and water-resistant boots.
- Stay dry – wet clothing (even from sweat) chills the body more rapidly.
- Avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower or a generator. These materials greatly increase heat loss from the body.
- Sprinkle cat litter or sand on icy patches to prevent slipping and falling.
- Work slowly while doing outside chores to avoid excess strain on your heart and body.
- Carry a cell phone to call for help in an emergency. Notify friends and family where you will be if going hiking, skiing, or camping.
- Do not ignore shivering. It's an important first sign that the body is losing heat and is a signal to return indoors.

### **Take Precautions While Indoors:**

Maintaining a warm home is an important step in staying safe in cold weather. Set the thermostat no lower than 65 degrees Fahrenheit. Avoid unnecessarily opening doors and windows, close off unused rooms, place towels or rags in cracks under doors, and close draperies or cover windows at night.

Practice safe heating by doing the following:

- Never leave a space heater unattended.
- Locate a space heater more than 3 feet away from fire hazards such as drapes, furniture, or bedding.
- Never cover a space heater or place it on top of furniture or near water.
- Do not run a space heater cord under carpets or rugs, but make sure it is not a tripping hazard.
- Avoid using extension cords to plug in space heaters.
- Follow all manufacturer instructions for your space heater.
- Do not use unvented combustion units, generators, grills or camp stoves inside your home. Locate generators outside AND at least 20 feet from windows and doors.
- Only use fireplaces and wood stoves that are properly vented to the outside.
- Have vented combustion space heaters professionally inspected every year.
- Use proper fuel type for non-electric heating devices.
- Install a battery-operated carbon monoxide (CO) detector in your home. Leave your home and call 911 immediately if the CO detector sounds.

Extreme cold weather can cause water pipes in your home to freeze and sometimes rupture. Reduce the risk of pipes freezing by doing the following:

- Leave water taps slightly open so they drip continuously.
- Open cabinet doors beneath sinks to improve the circulation of heated air near pipes

If your pipes do freeze, do not thaw them with a torch. Instead, thaw them slowly by directing the warm air from an electric hair dryer onto the pipes. Use bottled water to drink.



## Prepare in Advance for Travel and Weather-Related Emergencies

- Keep your car's gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime fluid formula for your windshield washer.
- Keep a winter emergency kit in your car in case you become stranded. The kit should include a portable cell phone charger, blankets, food and water, and a first-aid kit.
- Be aware of current and forecast weather conditions when planning travel.
- Stock food that needs no cooking or refrigeration, and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- Have an emergency kit that contains battery-operated flashlights, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, extra batteries, a first-aid kit, and extra medicine.
- Check on elderly or homebound family and neighbors to help ensure that they have the needed supplies, food, and heat to stay safe.

## What are Frostbite and Hypothermia?

Frostbite is caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes, and can permanently damage the body. Severe cases can lead to amputation. Signs that may indicate frostbite include:

- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

Because the frozen tissue is numb, it is possible to be unaware that frostbite is happening. At the first signs of redness or pain in any area protect exposed skin, get out of the cold, and seek medical attention immediately if you suspect frostbite. Do not walk on frostbitten feet or toes, rub/massage affected areas, or use hot water/heating pads/heat lamps, as this can cause more damage.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Warnings signs of hypothermia in adults include:

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness
- In infants, signs of hypothermia include bright red, cold skin and very low energy.

Seek immediate medical assistance for hypothermia. Get the victim into a warm room or shelter, remove any wet clothing, and use blankets to warm the center of the body first—chest, neck, head, and groin.



Nurse On Call Public Health Information Hotline  
800.848.5533 NOC@OAKGOV.COM  
OAKGOV.COM/HEALTH



@PUBLICHEALTHOC

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

\\Health\Admin\Materials\_Center\HPS\_Fact\_Sheets\fs\_cold\_weather\_precautions.docx. 01/17/2020



## Employee Milestone Anniversaries

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

### 5 Years

Brandon Cliett  
Cassandra Whiteaker  
Jodi Nash  
Allison Hill  
Stephanie Meza  
Tangernekia Hannah  
Delores Johnson

Thank you for demonstrating a con-  
tinued commitment to ExpertCare  
and the clients we service.

You make a  
difference!



"YOU CAN NEVER GET ENOUGH  
**BOOKS**  
INTO THE HANDS  
OF ENOUGH  
**CHILDREN**"  
*Dolly*



## INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton's Imagination Library  
and get a **FREE BOOK** every month until their 5th birthday.

“ Our daughter **LOVES READING** and being read to,  
and the **VARIETY** she receives from the  
Imagination Library is a **SIGNIFICANT** part of this ”

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting  
books free of charge to children from birth to age five, through funding shared by Dolly  
Parton and local community partners in the United States, United Kingdom, Canada,  
Australia and Republic of Ireland.

**Imagination Library of Commerce Township**

Commerce Township Community Library  
180 E. Commerce Road  
Commerce Township, MI  
Phone: 248.669.8108 |  
arossetto@commercelibrary.info

**IMAGINATIONLIBRARY.COM**







## 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 BRITTANY STAMPER

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

*Brittany: Administrative Coordinator for our therapy services. I complete intake with our families and follow-up for the paperwork. I also handle the attendance report/letters. Currently, I am making sure our recipients have 2024 paperwork!*

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

*Brittany: I love playing video games. My favorites are role-playing, simulation and strategy games. Lately, I can't stop playing a game called Dot Age, a pixel art strategy game where you try to establish a village while random events help (or hurt) you!*

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

*Brittany: Tiny Elephant. I feel like people would be afraid of me if I was a giant hamster.*

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

*Brittany: Shapeshifting! I love being able to change my look now, but with shapeshifting I could change anything and be able to change it back effortlessly!*

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

*Brittany: I've learned that asking for help, in any circumstance, is not a sign of weakness or something to be embarrassed about.*

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

*Brittany: I am proud of where I am in my life. Like many others, I've overcome some serious obstacles over the past few years, and I am starting to see the rewards of that perseverance.*

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

*Brittany: Some advice I took from a quote: "But in the end, it's only a passing thing, this shadow; even darkness must pass." I think when we go through something bad, it can feel like it's going to last forever and we can't see an end but just like good things do, bad things will pass.*

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

*Brittany: I enjoy creating art. I love painting, drawing, makeup and nail art. I used to get really creative with my hair too!*



## LOOK WHO'S TALKING

### JANUARY CAREGIVER OF THE MONTH

#### ASHA MARTIN

*ECare: What made you decide to become a Caregiver?*

*Asha: Me pursuing a psychology major at Oakland University helped me decide to become a caregiver.*

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

*Asha: Travel to Paris.*

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

*Asha: Being able to help individuals*

*overcome obstacles and seeing them grow each day.*

*ECare: What do you do for fun?*

*Asha: Have movie nights with my family.*

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

*Asha: Chicken, burgers, and chili.*

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

*Asha: The best piece of advice I can give caregivers is to always be patient, loving, and understanding.*

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

*Asha: Queen Naija.*

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

*Asha: That you never know what people are actually going through in their head or behind closed doors.*

Asha has been an invaluable member of our team since joining ExpertCare in July of 2022. Her dedication and commitment to her role as a caregiver is truly commendable.

Asha consistently goes above and beyond to ensure that the needs of her recipients are not only met but exceeded. Her level of care and compassion is evident in every interaction she has with those under her care. Asha has been accommodating by picking up additional shifts when her recipients are in need. This willingness to step in during crucial times reflects her deep commitment to the well-being of the individuals she serves.

Asha is also being nominated due to being extremely reliable. She consistently demonstrates a strong work ethic, tackling her responsibilities with diligence and dedication. Her hardworking nature has not gone unnoticed by ExpertCare staff and the families she supports. Asha's reliability contributes significantly to the overall success of our caregiving team. 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

