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MARCH GIVEAWAY

We want to help one lucky Ecare employee get ready for spring. Spring is right around the corner so let the spring yard work begin!



We will draw one name at random and that individual will receive a \$100 Lowe's gift card.



Winner will be announced next month.



Congratulations to February Winners

Mary Gaiownik & Andrew Manardo

We hope you found something good to eat through Door Dash!

RARA Diner's Club

Monday, March 4, 2024 from 5:15pm-6:30pm

(Also 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 old. \$6 per participant. To register, visit www.rararecreation.org.



TR Pizza and Movie Night
Friday, March 8, 2024 at 6pm
(Also 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, March 9, 2024 at 11am

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.

THE GREAT MARSHMALLOW DROP

Great Marshmallow Drop

Friday, March 29, 2024 at 11:30a

Catalpa Oaks County Park
27725 Greenfield Rd, Southfield,
MI 48076

The annual Marshmallow Drop hosted by Oakland County Parks and Recreation offers a special Marshmallow Drop for those with adaptive needs. This is a FREE event. Call 248-221-8040 for questions and to register.



VOLUNTEER AT THE GREAT MARSHMALLOW DROP



FRIDAY, MARCH 29, 2024

8:30 A.M. - 12:30 P.M.

A HELICOPTER WILL DROP
15,000 MARSHMALLOWS

CATALPA OAKS COUNTY PARK
27705 GREENFIELD RD
SOUTHFIELD, MI 48076

- **Boundary Volunteers:** provide a safety perimeter around the park
- **Chute Controllers:** help guide participants into correct age group chutes
- **Marshmallow Marshalls:** hold the line of participants back from the field before each drop and guide them to the prize tent after they rush the field for their marshmallow
- **Prize Patrollers:** assist in distributing prizes to each participant after they collect a marshmallow from the field

GREAT OPPORTUNITY FOR SERVICE HOURS, GROUPS, AND FUN!



BE A PART OF THIS COLOSSAL COMMUNITY EVENT YOU WON'T FORGET!



Sign up:
Email volunteer@oakgov.com
Call 248-975-9717
Scan QR code

OAKLAND
COUNTY PARKS



HHA eXchange

ExpertCare is updating the process for completing missed clock in or clock out times in the HHAeXchange mobile app.

Effective 2/25/2024, if a Caregiver misses a clock in or a clock out, or both, for any visit, the Caregiver will need to contact ExpertCare to report the missed visit information. The visit information needs to be the time of the shift, date, and if the shift was CLS or Respite. Once the hours are verified with the Recipient/Recipient's guardian, ExpertCare will follow up with the Caregiver to complete the visit in the app.

The correct process for a valid visit includes clocking in at the beginning of each shift (once the Caregiver is face to face and starting service with the Recipient), clocking out at the end of each shift, completing shift notes, completing Plan Of Care (POC) tasks, and obtaining the authorized signer's signature at the time of the clock out.

We understand that maneuvering through the app and the documentation can be challenging at times, we are here to support you. ExpertCare is offering multiple HHA refresher trainings each month, March dates below. If you're interested in attending or if you have any questions, please call our office at 248-643-8900.

Tuesday, March 12th @ 12pm

Wednesday, March 20th @ 2pm

Tuesday, March 26th @ 10am

Thank you in advance to all Caregivers and Recipients/Recipient's Guardians, we appreciate your cooperation and support to ensure that we meet the MDHHS State EVV requirements. We appreciate each of you!

FREE Course: "The Science of Happiness"

Posted by Leena Hosler on Monday, Feb 12 at 10:03 AM in The Lamphere Schools

Dr. Laurie Santos, an American cognitive scientist and professor of psychology at Yale University is now offering her incredible course on "The Science of Happiness" for FREE! Offerings include one course for adults and one specifically for teens! These are courses that are completed on your own time and can be done at a pace that works for you and your schedule. We hope you'll consider taking advantage of this valuable resource!

TEENS VISIT:

https://www.coursera.org/learn/the-science-of-well-being-for-teens?utm_source=YALE&utm_medium=institutions&utm_campaign=202301-SWB-redirect-to-SWBT

ADULTS VISIT:|

<https://www.coursera.org/learn/the-science-of-well-being/lecture/1SQxW/become-happier-by-learning-applying-psychological-science>

Easter Egg Hunt + Pancake Breakfast

 Lauren Canary, Neighbor

MAR
23

NARDIN PARK UMC PRESENTS

**Easter
Egg Hunt**
+ PANCAKE
BREAKFAST
MARCH 23, 2024



FREE EVENT!
Come one!
Come all!

BOUNCE HOUSE

GAMES

CRAFTS



REGISTER ONLINE ^(A)
NARDINPARK.ORG
OR
SCAN THIS QR CODE!



**Can't wait to
see you there!**

- 8:45 • REGISTRATION OPENS
- 9:00 • BREAKFAST, GAMES, CRAFTS
- 10:00 • EGG HUNT FOR AGES 4-UNDER
- 10:20 • EGG HUNT FOR AGES 5 TO 8
- 10:40 • EGG HUNT FOR AGES 9 TO 12
- 11:00 • EGG HUNT FOR AGES 13+

Event Details

 Sat, Mar 23, 2024 at 9:00 AM

[Add to calendar](#) 

 Nardin Park United Methodist, 29887 W Eleven Mile Rd, Farmington Hills, MI, 48336

Nardin Park UMC's annual Easter Egg Hunt + Pancake Breakfast is back for another year of fun on March 23rd! Hop on over for yummy pancakes, crafts and games, and the best egg hunt yet!

St. Patrick's Day



The Chicago River (the system of rivers and canals has a combined length of 156 miles) is dyed green on this day (since 1962). However, the first year when the river was dyed green, 100 pounds of vegetable dye was released into the river. **This kept the river green for almost a week.** However, today, they use only 40 lbs of the green dye to color the river for the day to keep the environmental damages in check. Now, the dye lasts for about 5 hours.

'Blue' was the color associated with St Patrick before the adoption of green as the color for the festival. The color blue was featured both in the royal court and on ancient Irish flags. In 1798, the color green became officially associated with the day.

At the age of 16, **St Patrick was kidnapped and was taken to Ireland.** He was kidnapped by a group of Irish raiders who were attacking his family's estate. He worked there for 6 years tending sheep and then escaped and became a priest.

St Patrick's Day is also known as the 'Feast of Saint Patrick' and the 'Day of the Festival of Patrick'. Patrick studied and received his training in the religion for more than 12 years after he escaped from the captivity of the Irish raiders.

Information provided by : The fact File, 2021



You've got this!
with a free personal nurse

that can give you the support, advice and information
you need as a new mom, pregnant with your first baby.

Contact Us

CALL (586) 466-6975

TEXT (844) 637-6667

NurseFamilyPartnership.org



Health
Department



Shine On 2024

A prom like experience for adults (16+) with special needs

APRIL 27 12:00pm - 4:30pm

Woodside Bible Church
6600 Rochester Road | Troy

WHAT TO EXPECT

Lunch | Dancing | Karaoke | Bingo |
Salon | Party Bus | Crafts | Games



Register at:

<https://woodsidebible.org/shine-on/>

Or, scan here

Select 'Campus' - Troy
and scroll down to sign up



QUESTIONS?

ShineOn@WoodsideBible.org
ScottPreisler@WoodsideBible.org

FACEBOOK: SPECIAL NEEDS MINISTRIES OF WOODSIDE BIBLE CHURCH - TROY CAMPUS

INSTAGRAM: WOODSIDETROY_SPECIALNEEDS



Caring Bunny

Management Office

Caring Bunny® is back this Easter—exclusively for- children with special needs. Reserve your spot & come visit us on Sunday, March 17th from 10am-11:30am.

Reserve your spot here: [Briarwood Easter Bunny](#)

📅 EVENT DATE Mar 17, 2024

SHARE THIS OFFER



2ND ANNUAL AUTISM & SPECIAL NEEDS FRIENDLY EASTER

All ages welcome!

Adult: \$8

Child: \$12

Face painting

Picture with the Easter bunny

Easter egg hunt

Arts & Crafts

Lunch

Sunday, March 10th
12pm-4pm

Questions? Visit
GUGMISSIONS.ORG



Location:

**PLAY-PLACE AUTISM
& SPECIAL NEEDS
CENTER**

**42301 Mound Road
Sterling Heights, MI
48314**



Get help *to overcome* substance use disorder.

StartYourRecovery.org is a single source of relatable, reliable information for people who are dealing with substance misuse — and their family members, friends, and co-workers, too.

We work with leading experts to provide reputable information about conditions, treatment options, and resources for any stage of your recovery journey.



Hear stories that you can relate to.



Learn about alcohol and drug use disorders.



Find treatment, counseling, and support near you.



Visit **StartYourRecovery.org** to find information and support *that fits your needs.*

Get Help Now

911

For emergencies, including suspected overdose.

988

(National Suicide Prevention Lifeline)

For those experiencing a mental health or emotional crisis.

1-800-662-4357

(SAMHSA Helpline)

For free, confidential substance use treatment information and referrals.



Spring Cleaning

CHECKLIST

SUPPLIES

- ☐ Vacuum
- ☐ Steam Cleaner or Mop
- ☐ Dusting Materials
- ☐ Paper Towels
- ☐ Broom
- ☐ Boxes
- ☐ New Furnace Filter

CLOSETS

- ☐ Donate or toss old clothes and shoes
- ☐ Pack up winter clothes
- ☐ Wash/hang up spring clothes
- ☐ Dust/wipe down shelves
- ☐ Clean or replace laundry basket

KITCHEN

- ☐ Get rid of outdated spices and food
- ☐ Defrost and clean fridge and freezer
- ☐ Steam clean grout and appliances
- ☐ Polish silverware
- ☐ Clean inside of cabinets and drawers
- ☐ Dust top of cabinets and above fridge
- ☐ Steam clean microwave
- ☐ De-clutter junk drawer
- ☐ Clean oven
- ☐ Clean pantry shelves and around trash

LAUNDRY ROOM

- ☐ Move washer/dryer and clean behind
- ☐ Check dryer vent
- ☐ Clean out cabinets and drawers

ALL ROOMS

- ☐ Wipe down baseboards
- ☐ Clean air vents
- ☐ Dust blinds and windows
- ☐ De-clutter any drawers/messy areas
- ☐ Clean windows
- ☐ Vacuum/Mop Floors
- ☐ Replace HVAC/Furnace Filter

BEDROOM

- ☐ Dust ceiling fan
- ☐ Clean or replace sheets
- ☐ Vacuum mattress
- ☐ Clean and vacuum under bed
- ☐ Wash pillows

LIVING ROOM

- ☐ Dust around and behind TV
- ☐ Clean fireplace
- ☐ Clean window treatments/furniture
- ☐ Wash, vacuum, or replace dog beds
- ☐ Polish hard wood floors

OUTSIDE

- ☐ Clean light fixtures
- ☐ Wash outdoor furniture
- ☐ Clean sliding glass door tracks
- ☐ Steam clean cement/cracks
- ☐ Plant flowers
- ☐ Clean/repair gutters
- ☐ Clean and organize garage

BATHROOMS

- ☐ Throw away expired cosmetics
- ☐ Steam clean mirrors, countertops, sink
- ☐ Change shower curtain
- ☐ Steam clean floors, bath tub, and toys
- ☐ Clean in, around, and behind toilet
- ☐ Unclog drains



Programs for Individuals with Special Needs!



Theatre for Social Skills

Grades 5 -8

Tuesdays 6:30 - 7:30pm

March 19 - April 16

Residents: \$60

Non-Residents: \$65



Yoga

Ages 16+

Tuesdays 4:30-5:30

March 12 - April 2 June 4 - June 25

April 9 - April 30 July 9 - July 30

May 7 - May 28

Residents: \$35 per session

Non-Residents: \$37 per session

Sensory Friendly Dance Class

Ages 8-7 4:35 - 5:05pm

Tuesdays, March 5 - May 7

Ages 11-15 4:00 - 4:30pm

Wednesdays, February 28 - May 1

Ages 16+ 7:30 - 8:00pm

February 26 - April 29

Residents: \$40 Non-Residents: \$45

Playful Pals! (Parent/Child)

Ages 2-5

Saturdays 11:45am - 12:30pm

April 13, May 11, June 8, July 13

Residents: \$5 per date

Non-Residents: \$7 per date



Cheerleading

Ages 8-14

Thursdays 5:30 - 6:30pm

March 7 - April 11

April 25 - May 30

July 11 - August 15

Residents: \$75 per session

Non-Residents: \$80 per session

ASD Youth Caricature Workshop

Ages 7-12

Tuesdays 6:00 - 7:00pm

March 5 - March 26

July 9 - July 30

Residents: \$60 per session

Non-Residents: \$65 per session

rare-mi.org (586) 445-5480 18185 Sycamore, Roseville, MI 48066
Register for programs online today!

#EndTheStereotypes

End The Stereotypes theme guide



World
Down
Syndrome
Day

Join us on
21 March 2024



#EndTheStereotypes

The theme for 2024.



We are happy to share the global theme for World Down Syndrome Day 2024.



This is the message that we are asking supporters worldwide to share on and around 21 March.



For World Down Syndrome Day 2024, we call for people around the world to

End The Stereotypes.



Join us on
21 March 2024





Employee Milestone Anniversaries

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

5 Years

Jeannette Jenkins
Anna Wambaugh
Matella (Teddy) Castro
Artesha Osborne
Joe Raby III
Sharmin Akhter

10 Years

Rakesha Williams

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



Special Olympics



On February 4th ExpertCare participated in Polar Plunge for Special Olympics. Our team was able to raise \$4,933 for Special Olympics of Michigan!

Thank you to everyone that participated and donated.



ExpertCare's team also won best team costume, great job team!

PAYROLL UPDATE

All ExpertCare employees have access to their payroll information using the [PrismHR](#) Employee Portal. We encourage all employees to login to their account using the following link: <https://ser-ep.prismhr.com/>. Employees can also access the Employee Portal through the mobile app. If you don't have an account or forgot your username and password, please contact the Human Resources department at HR@versicaregroup.com.

You can find the following in the Employee Portal or App:

- Paystubs and pay history
- Personal contact information
- Benefits summary
- Direct deposit
- Tax information and W2's
- Labor law notices

We want to make sure all employees are receiving important communications and updates so it's critical that we have up-to-date information on file. Please take the time to review your Personal Information menu in the Employee Portal. You can update certain information yourself such as your address, email, phone number, emergency contact, direct deposit, and tax information right from the portal! Alternatively, you can send your new information to HR@versicaregroup.com from the email address we have on file, and we will update your information.

All **W2's** can be accessed electronically through [PrismHR](#) Employee Portal. Once you are logged in to your Employee Portal, click on 'Taxes' from the left-side menu and then W-2. Select the tax year from the drop-down menu to download/save/print your electronic W-2 form. We encourage all employees to enroll in the early W-2 program in which you only receive the electronic version of your W-2 form. If you have not enrolled, you will see the Early W-2 Election option appear at the bottom half of the screen after selecting 'W-2' from the menu. After reading the terms and conditions, select the check box to provide your consent and click on Enroll.

If you still have not received your W-2 form and believe that you should have, or are unable to retrieve from your Employee Portal, you may submit a W-2 Reprint Request using the following link: [Reissue W2](#)

Tax season is a great time to re-evaluate your finances and determine if changes need to be made to your W-4 form for the upcoming year. Unfortunately, ExpertCare cannot provide any guidance or assistance in regard to the completion of your W-4 Forms. We recommend you take advantage of the IRS Withholding Calculator which will factor in all variables specific to your tax liability and provide a recommendation on how to complete your W-4 form. You can access the IRS calculator by going to: <https://apps.irs.gov/app/tax-withholding-estimator/income-and-withholding/>. If you need more assistance or are uncomfortable using the IRS calculator, the City of Detroit offers free tax assistance. Please go to: <https://detroitmi.gov/government/tax-preparation-sites> for additional information. Thank you for your understanding.



GETTING TO KNOW THE EXPERTCARE OFFICE STAFF MEET K'MARI JOHNSON

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.

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

K'Mari: I am a Financial Planning & Analysis Analyst at VersiCare. I work very closely with Blake Dagenais on analyzing financial trends and forecasting VCG annual budget.

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

K'Mari: I enjoy going to the gym and hanging out with friends.

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

K'Mari: I would have to say a giant hamster because I do not want to be crushed being a tiny elephant lol.

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

K'Mari: The ability to be multiple places at once. I would get so much more accomplished.

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

K'Mari: I've learned a ton about Power BI which is a Microsoft data visualization program

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

K'Mari: Getting a full ride scholarship to college and being a first-generation college graduate.

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

K'Mari: Wow this is hard, but I would say "Think smarter not harder", just because I try to keep that in mind every day.

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

K'Mari: I can do a few card tricks like a magician.



DATES TO REMEMBER IN MARCH



Daylight Savings
Sunday, March
10th

St. Patrick's Day
Friday, March
17th



**First Day of
Spring**
Monday, March
19th

Easter

Sunday, March
31st



**Multiple Sclerosis
Awareness Month**

Women's History Month

National Deaf History Month





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

**An Informative Webinar
March 19, 2024 at 6PM**

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 or call 248-860-7845





DEBT

DEBT NEGOTIATION Financial Education Webinar Via Zoom

March 12, 2024 • 1 to 2PM

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.

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

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





Find Family-Friendly Fun at the Detroit St. Patrick's Day Parade

By Nikki Roberts

The annual Detroit St. Patrick's Parade returns to Corktown on Sunday, March 10. Don your finest green threads, then bring your kiddos to this fun cultural celebration.

Colorful floats, music from marching bands, pipers and drummers, and more exciting acts will march down Michigan Avenue in celebration of the Irish-American holiday. The parade's host, the United Irish Societies, invites community members, business owners and families of all cultures and nationalities to join in on the fun and celebrate the day. Date: Sunday, March 10, 2024
Start Time: 1 p.m.

Parade Route: Michigan Avenue, from Sixth Street to Fourteenth Street
Parade Day kicks off with the 41st annual Corktown Races. Littles can run a quarter-mile race before older runners participate in the Emerald Run and/or the Corktown 5K. Once all the runners have crossed the finish line, the parade festivities begin!

The parade starts at 1 p.m., but there will be plenty of family activities and cultural celebrations all day long. The Family Fun Zone is your fam's go-to destination for comfortable parade viewing, kid-friendly activities, refreshments and more.

Family Fun Zone at St. Patrick's Parade

Location: Michigan Avenue and Sixth Street

Time: 11:30 a.m.- 3 p.m.

Cost: \$12 per person or \$60 for six family members. Advance tickets are available online.

Watch the parade from comfortable, family-friendly grandstand seating in the Family Fun Zone.

Located near the beginning of the parade route near Michigan Avenue and Sixth Street, the Family Fun Zone will be open from 11:30 a.m.- 3 p.m. Stop by before the parade to kick off the day with kid-friendly festivities like Irish dance performances, step dancing lessons and face painting. Paws and Roary — the Detroit Tigers and Lions mascots — will be visiting for meet and greets and photos from 12:30-12:50 p.m.

[Detroit St. Patrick's Day Parade for Families - Metro Parent](#)



Health Effects:

What Happens to Your Body When You Quit Tobacco

Source: [MI-AmericanIndian.Quitlogix.org](#)
(Edited for Space)

One of the best things you can do for your health and the health of your family and community is to quit commercial tobacco. When you quit using commercial tobacco, your body begins repairing itself almost immediately—it's never too late to quit!

-20 Minutes: Blood pressure decreases, pulse rate drops, body temperature of hands and feet increases.

-8 Hours: Carbon monoxide level in blood drops to normal, oxygen level in blood increases to normal (if no lung disease)

-24 Hours: Chance of a heart attack decreases.

-48 Hours: Nerve endings start regrowing, sense of smell and taste improves.

-2—12 Weeks: Circulation improves, walking becomes easier, lung function improves.

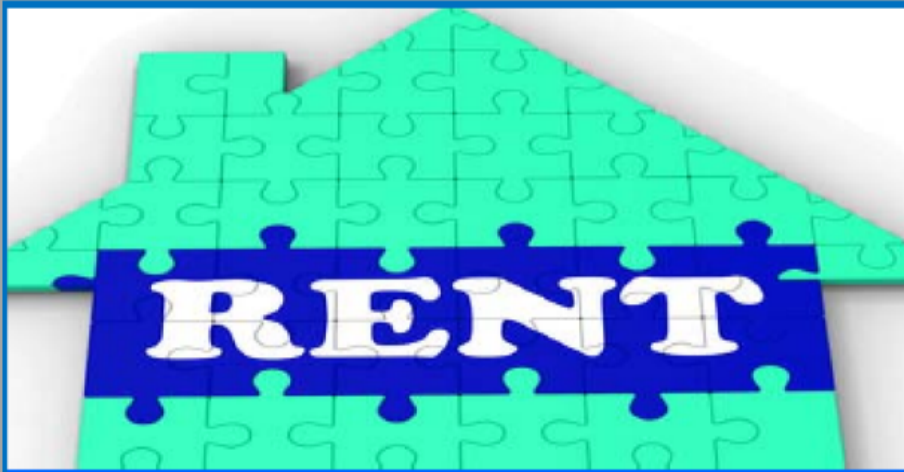
-4—36 Weeks: Coughing, sinus congestion, tiredness, and shortness of breath decrease.

-1 Year: Risk of coronary heart disease decreases to half that of smokers.

-5 Years: From 5 to 15 years after quitting, stroke risk is the same as people who never smoked.

-10 Years: Risk of cancer drops to half that of smokers, risk of ulcer decreases.

15 Years: Risk of coronary heart disease is the same as people who have never smoked, risk of death is the same as people who have never smoked.



Rental Basics

An Informative Workshop / Zoom Webinar

March 21, 2024 • 9 AM

Thinking about moving out on your own for the first time? Are you new to renting? Are you leaving a rental for the first time? Would you like to learn about the process of finding, obtaining and staying in a rental? In our Rental Basics class we will go through the process of obtaining and maintaining a rental, as well as what to do when you are ready to move on from 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



February Caregiver of the Month - Trinity Cloud

Despite her relatively short tenure of just three months with our organization, Trinity Cloud has already demonstrated an exceptional level of commitment, professionalism, and compassion in her role as a caregiver. Trinity consistently goes above and beyond to ensure that the needs of her recipients are not only met but exceeded. Her dedication to the well-being of those under her care is truly commendable, reflecting a genuine passion for the field of caregiving. Trinity has quickly become a valued member of our team, embodying the qualities that set exemplary caregivers apart. In her own words, Trinity said "I strive for perfection". This commitment is evident in the meticulous attention she pays to every aspect of her caregiving responsibilities. Trinity's recipients have expressed their admiration for her warm and caring personality, highlighting the positive impact she has on their lives. 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