

ec ExpertCare

CHRONICLE

APRIL 2024



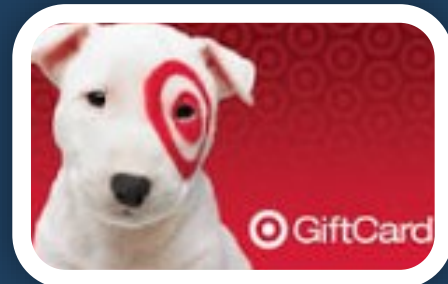
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APRIL GIVEAWAY

*Who doesn't love a run to Target!
We will draw two employees at
random who will receive a \$50
gift card for Target.*



*Stay tuned next month to find
out who the lucky winner is.*

**Congrats to March winner
Cynthia Crampton!**

*We hope the Lowe's gift card helps you
prepare for Spring!*



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



Employee Milestone Anniversaries

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



20 Years
Lawrence Hauswirth



15 Years
Lutricia Widener

10 Years
Mojisol Dixon
Daryl Phillips-Terrell
Richard Kornspan

5 Years
Mohammed Faraj
Rachel Belkowski
Kimwonna Banks
Shawana Henderson

Thank you for demonstrating a continued commitment to ExpertCare and the clients we service.

You make a difference!

APRIL IS DOG APPRECIATION MONTH



HISTORY OF DOG APPRECIATION MONTH

Dogs were the first animals to be domesticated by humans and have been man's best friend ever since. Throughout history, dogs have been used by humans for guarding property, herding stock, and hunting games. Dogs are great companions and are even considered a member of one's family in many parts of the world. Dog Appreciation Month aims to celebrate all our furry friends in any way we can!

Dogs come in all sizes, shapes, and breeds, and there's a dog out there for everyone. However, whether you like big dogs or small dogs, every pup should be celebrated during Dog Appreciation Month. This month is all about celebrating our friends on four legs, drawing attention to the number of dogs in shelters, and encouraging the adoption of those dogs that are out there on the street. During the month, you can also address issues such as animal cruelty, including inhumane practices and conditions affecting companion and farm animals, illegal animal trade, animal slaughter, and the use of animals in research and product testing.

Today, Dog Appreciation Month has grown in popularity and continues to grow every day. During this month, people from across the world celebrate by volunteering at rescue homes, donating to a dog shelter, or giving special treats to their friends along with a big fluffy cuddle. So, no matter what kind of dog you have, make sure you spend this day showing your appreciation and showering your love.

[DOG APPRECIATION MONTH \(nationaltoday.com\)](http://nationaltoday.com)

ExpertCare made a change with the HHA app to ensure we are in compliance with the upcoming state requirements for Electronic Visit Verification (EVV).

Caregivers are required to clock in and out at the start and end of any visit with a recipient using the HHA app. They must clock out, even if the guardian or authorized signer is not available to sign the visit; the Caregiver can obtain the signature from the guardian or authorized signer at their next visit.

If the Caregiver forgets to clock in, clock out, or both, they must contact ExpertCare to advise us of the Recipient's name, the date of service, the time they started providing services, the time they stopped providing services, and the service that was provided (CLS or Respite). Caregivers will no longer be able to add this time or correction after the service date has passed if they have not used the HHA app properly to clock in and out at the time of the visit.

Recipients/Recipients' families may receive an increase in communication from ExpertCare, as we will be contacting the guardian, or authorized signer, to verify the hours before advising the Caregiver to complete the visit.

Please note, if you receive a call or message from ExpertCare to verify a visit, it's important that you respond as soon as possible so the processing can take place under normal payroll deadlines and lessen the possibility of delays.

The goal is to make sure all Caregiver visits are in compliance with Electronic Visit Verification rules and regulations for Michigan, by using the HHA app correctly to clock in and out in real time during each visit.

If you have any questions, please don't hesitate to contact ExpertCare at 248-643-8900.

We appreciate your assistance in making sure this process flows smoothly.

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.

Wednesday, April 3 at 12pm

Tuesday, April 9 at 2pm

Monday, April 15 at 12pm

Wednesday, April 24 at 2pm

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 May in next month's newsletter!



OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM



Autism Provider Showcase

Join us for the Autism Provider Showcase to get to know OCHN's Autism Providers!

Medicaid eligible individuals with an Autism Spectrum Disorder (ASD) diagnosis that are under the age of 21 are eligible for the Michigan Medicaid Autism Benefit.

To register as an attendee or vendor for the event, [click here](#) or scan the QR code.



Questions? Contact
Jennifer Van Cleve at
vanclevej@oaklandchn.org

Thursday, April 25, 2024
4:00PM - 5:30PM

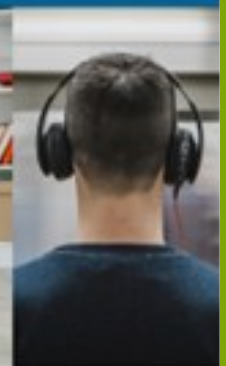
Get to know OCHN's Autism Providers
-
Discussion on how to access services
-
Resource tables



INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES



EMBRACE
DIFFERENCES



5505 Corporate Drive
Troy, MI 48098



Developmental Disabilities - Mental Health - Substance Recovery

248-858-1210
www.oaklandchn.org

Infant Massage Class

FREE Four Week Series via Zoom

Parents/caregivers and their babies will improve:

- Communication
- Relaxation
- Caregiver confidence

This virtual class is best suited for babies at least **6 weeks old and up until they start crawling.**



**Wednesdays
from 9:30–10:30 a.m.**

WEEK 1 – April 3, 2024
Leg & Feet Massage

WEEK 2 – April 10, 2024
Abdomen & Chest Massage

WEEK 3 – April 17, 2024
Arm & Face Massage

WEEK 4 – April 24, 2024
Back & Full Body Massage

**Class size is limited.
Registration required.**

REGISTER HERE



bit.ly/TGCinfantmassage

After registering you will receive
a confirmation phone call.

For questions or more information
contact Jane Reitman at 734-785-7705
x7369 or jreitman@guidance-center.org.

 **THE
GUIDANCE
CENTER**
NURTURE THE FUTURE
Family Resources & Support

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.

EMPOWERING FAMILIES: Milestones Matter

Part 2: The Preschool Years

Developmental milestones are the skills most children achieve by a certain age such as throwing a ball, holding a pencil or riding a bike. Come join us to find out more about them, as well as activities you can do to help promote your child's growth and development.

*Presented by Michelle Mertic, MSW, LMSW, EdD
Director of Early Childhood Education, Baker College*

**Tuesday,
April 9, 2024**

11am-12pm via Zoom



To register visit
www.guidance-center.org/milestones2



For questions: TGC Head Start/Early Head Start parents call Kristle Shields at 734-318-4414.
All other parents call Jane Reitman at 734-785-7705 x7369.



COOKING MATTERS®

AT THE STORE

By Share Our Strength



NKFM is partnering with The Guidance Center to provide a FREE *Cooking Matters at the Store* workshop. **Participants will receive a \$10 e-gift card after attending.** [Click here](#) to register.

Topics include:

- Money-saving tips on purchasing produce
- MyPlate food groups
- Reading nutrition facts labels
- Comparing unit prices

Must register in advance at:

<https://bit.ly/cookingmattersatthestore>



Thursday, April 11th
1:00pm - 2:00pm

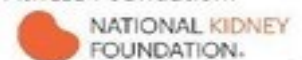
THE GUIDANCE CENTER
NURTURE THE FUTURE
Family Resources & Support

13111 Allen Rd.
Southgate
Center for Excellence
Bldg. 2

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.

COOKING MATTERS

This Institution is an equal opportunity provider.



Love & Logic

Parenting Made Enjoyable

VIRTUAL PARENTING EDUCATION SERIES

These workshops provide concrete (helpful) information needed to be a more effective parent to motivate, lead and inspire the very best in your children.

Tuesday Evenings
April 16, 23, 30,
May 7, 14, & 21, 2024
7-8:30pm

Have you ever asked yourself: *Why can't I get my child to be more responsible and make better decisions?* Come and join us!

WORKSHOP SESSIONS

- 1: Handling Misbehavior without Breaking a Sweat
- 2: Teaching Kids to Listen the First Time
- 3: Understanding and Helping to Prevent Child Abuse
- 4: Avoiding Power Struggles and Bedtime Battles
- 5: Setting Limits
- 6: What to Do When Your Kids Leave You Speechless

Certificate provided after entire series has been completed.

For more information contact Anita Rothert at arothert@guidance-center.org or 734-785-7705 x7035.



Register in advance at
bit.ly/april2024parenting
or use the QR code:



After registering, you will receive a confirmation email containing information about joining the meeting.

 **THE
GUIDANCE
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NURTURE THE FUTURE
Family Resources & Support

Therapist of the Quarter

Diana Ziolkowski



We are pleased to introduce Diana Ziolkowski, ExpertCare's Therapist of the Quarter. Diana started with us back in June of 2014 as a COTA. She received her master's in occupational therapy from Muskingum University in 2022. Diana now supervises two COTAs, has a full caseload of her own and is always flexible with scheduling. She is willing to complete evaluations when needed and is the true definition of a team player.

We're lucky to have you as part of ExpertCare for almost 10 years, Diana! Thank you for your hard work, dedication, and commitment to helping people succeed!

ECare: What is the most rewarding experience you've had as an Occupational Therapist?

Diana: When a child realizes that you are their person. It is nice when they meet goals, but I enjoy it when they have developed trust and know you are there for them.

ECare: What's something you've always wanted to try but never did?

Diana: I have never been on a cruise.

ECare: What is the most interesting experience you have had as an Occupational Therapist?

Diana: I have had many different experiences working in the community, however the most interesting to me is learning about the perceptions of others and their cultures.

ECare: What are your hobbies outside of work?

Diana: I enjoy biking, running, and hiking. I like to travel and have different experiences, mostly outdoors.

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

Diana: Coffee, coffee, and coffee.

ECare: What is the first concert you attended?

Diana: Live and Collective Soul.

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

Diana: Be patient and realistic. Understand the approaches or theory and don't be afraid to try a different one.

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

Diana: Realizing that all people have different capabilities and not everyone has the opportunity or ability to achieve the same thing.



Money Mastery: Reaching Your Savings Goals

April 11, 2024 • 12-1:30 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

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



OUCARES Autism Spectrum Bowling League
Oakland County
Saturdays through April 6, 2024



(SATURDAYS) through June 1 from 10a-noon – ROCHESTER HILLS
Mondays through April 8, 2024

(MONDAYS) through June 3 from 6p-8p – TROY

Classic Lanes (2145 Avon Industrial Dr, Rochester Hills, MI 48309)

Bowl One (1639 14 Mile Rd, Troy, MI)

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

www.oakland.edu/oucares/

RARA Diner's Club
Monday, April 1, 2024 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.

NoteABLE: Rhythm Kids
Wednesdays, April 3, 2024 through May 29, 2024 from 7p-7:50p
Troy Community Center
3179 Livernois Rd, Troy, MI 48083

Troy Recreation is working with NoteABLE Youth—a Troy nonprofit dedicated to providing inclusive and adaptive musical experiences to youth of all abilities. With nationally renowned Music Together curriculum, experience music development by drumming, singing, dancing, playing rhythm instruments, and participating in music-based games. For ages 8–12. \$110 resident / \$112 non-resident. For more info, email adaptive@troymi.gov.

TR Pizza and Movie Night
Friday, April 5, 2024 at 6p (Also 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.

Grand Slam Frenzy
Thursday, April 11, 2024
from 6p-8p
Southfield Civic Center
26000 Evergreen Road,
Southfield, MI

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.

Friday Frolic Dance
Friday, April 12, 2024 from 7p-9p
(Also Friday, May 10 July 12,
August 9)
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.



HOW TO OBSERVE #OTMonth or #OccupationalTherapyMonth

- Throughout the month, recognize an occupational therapist you know.
- If you're interested in becoming an occupational therapist, explore their educational path.
- Share your experiences as an occupational therapist and why it's the career for you.
- Use #OTMonth or #OccupationalTherapyMonth to share on social media.

Sensory-Friendly Planetarium Shows
Saturday, April 13, 2024 at 11a
(Also, June 8th)

Longway Planetarium
1310 E Kearsley St, Flint, Michigan
48503, 810-237-3400, sloanlong-
way.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.

Buddy Soccer League
Tuesdays April 16, 2024 through May
21 from 5:30p-6:30p
Sashabaw Plains Park
5620 Maybee Rd, Clarkston, MI 48348

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

OUCARES After Hours Adult Social
Tuesday, April 16, 2024 at
from 6p-9p
(Also May 21, June 11)
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/



RARA Movie Night Out
Wednesday, April 17, 2024
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.

TR Bingo Night
Friday, April 19, 2024 at 6p
(Also May 17)
Clintonwood Park
6000 Clarkston Road, Clarkson, MI 48348

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

Movie/Pizza Night
Friday, April 26 from 5:30p-7:30p
RARA Recreation
500 E Second Street, Rochester, Michigan 48307

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



What To Do When You Can't Pay Your Rent

An Informative Workshop / Zoom Webinar

April 18, 2024 • 2-3 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 or call 248-860-7845





Banking Basics

Financial Education Webinar Via Zoom

April 25, 2024 • 10-11:00 AM

Are you new to banking? Maybe you've had a bad experience, and want to try again. Our Banking Basics class will review:

- What a financial institution is
- The types of accounts they generally offer
- What the benefits of having an account are
- The most common and current banking scams

Join us for this comprehensive introduction to banking.

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



VENTURE
INC.



Human Resource NEWS!

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.

If you have any questions or need additional information, please be sure to contact ExpertCare!

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.

Michigan Mental Health Code 330.1722 Protection of recipient from abuse or neglect.

A recipient of mental health services shall not be subjected to abuse or neglect. Neglect class III is defined as:

- Acts of commission or omission by an employee, volunteer, or agent of a provider that result from non-compliance with a standard of care or treatment required by law, rules, policies, guidelines, written directives, procedures, or individual plan of services that either places or could have placed a recipient at risk of physical harm or sexual abuse.

Caregivers must ensure they know the safeguards in the Recipient's individual plan of service (IPOS) and always follow those safeguards. For example, if an IPOS states that the Caregiver will monitor the Recipient at all times while in the home and community, staff cannot leave the Recipient unattended at any time. ExpertCare Caregivers must ensure they are engaged with the Recipient at all times to ensure safety. If you have any questions about the goals or safeguards for the individual you work with, please be sure to contact our office for further information and/or training.

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.



I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



NIH National Institute of Mental Health

NIH Publication No. 20-MH-8125

www.nimh.nih.gov

Follow NIMH on Social Media @NIMHgov





*GETTING TO KNOW THE
EXPERTCARE OFFICE STAFF
MEET NICOLE FISCELLI*

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?

Nicole: Payroll and Billing Specialist

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

Nicole: I have three active children who are very involved in their school and in sports.

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

Nicole: Tiny elephant- elephants are cute hamsters no matter the size are not.

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

Nicole: Ability to learn and retain another language instantly.

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

Nicole: Took a pottery class and made a bowl. So much fun and totally recommend!

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

Nicole: Walking 10 miles Monday through Friday.

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

Nicole: Your attitude is the little thing that makes a big difference.



**It's that time of
year! Taxes are due
April 15, 2024**

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, we encourage you to consult a tax professional.

Thank you for your understanding.

ACT FEAR LESSLY FOR CHANGE

 autism speaks
world
autism
month

PLEDGE TODAY and stand fearlessly for a world where autistic individuals are recognized for their unique contributions and have the opportunities they need to reach their full potential.

[AUTISMSPEAKS.ORG/FEARLESS](https://autismspeaks.org/fearless)



 autism speaks

world
autism
month

APRIL IS World Autism Month!

Our purpose is clear: to create a world where autistic individuals are embraced, celebrated and recognized for their unique contributions and have the opportunities they need to reach their full potential.

ACT FEARLESSLY FOR CHANGE

PLEDGE TODAY and stand fearlessly for a world where autistic individuals are recognized for their unique contributions and have the opportunities they need to reach their full potential.

[AUTISMSPEAKS.ORG/FEARLESS](https://autismspeaks.org/fearless)

Handles to Know:

@autismspeaks
(Facebook, Instagram, TikTok,
Twitter and Youtube)

Hashtags:

#WorldAutismMonth
#ActFearlesslyForChange
#FearlessAutism

Social Posts:

[Click here](#)

Suggested Posts:

This #WorldAutismMonth, I PLEDGE to fearlessly stand for a world where autistic people are recognized and have the opportunities they deserve.

autismspeaks.org/FEARLESS

I stand with @autismspeaks on April 2 in celebration of World Autism Awareness Day! Join me to act fearlessly for change – check it out at:

autismspeaks.org/FEARLESS

April is #WorldAutismMonth and @autismspeaks is asking you to stand fearlessly with the autism community by donating:

autismspeaks.org/FEARLESS



LOOK WHO'S TALKING

MARCH CAREGIVER OF THE MONTH

KEITH JARVIS

ECare: What made you decide to become a Caregiver?

Keith: Since I was young, I've always had a heart for helping other people. I wanted to pursue fulfilling work in which I had a passion. Caregiving was the natural choice.

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

Keith: I would like to visit Australia's coral reefs someday and possibly help with any conservation efforts. The beauty and life of our planet needs to be preserved.

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

Keith: I've had a recipient thank me for continuing to work with them when a handful of others had given up on them. In addition to that, it would be seeing my recipients' progress towards their goals and seeing their own pride in themselves for accomplishing their goals.

ECare: What do you do for fun?

Keith: Cooking is by far my favorite. By gaining an understanding of the food we eat and how it's created—by learning to experience food through the sharpening of our senses—we enhance our eating experience and this enables us to share the passion, determination, and care we put into ourselves and what we create.

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

Keith: As someone who enjoys cooking, it's hard to narrow it down to just three. Nevertheless, in no particular order: medium-rare steak, sushi rolls, and chicken nuggets. The honorable mention would be macaroni and cheese.

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

Keith: Taking care of ourselves is what best enables us to assist others. If our own fires are burnt out, how can we expect to nurture and guide anyone else's flame? Regular mental and physical self-care allow us to be an example to our recipients and provide us with the fortitude to make the best decisions with regards to assisting them when it's most necessary.

ECare: What is the first concert you attended?

Keith: When I was a kid, I'd often go with my family to the state fairs and attend concerts. Given how young I was at the time, I could not tell you who exactly we went to go see, but I know it involved country music.

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

Keith: Helping my recipients has helped me strengthen my own understanding of the things I assist them with. I'm able to better direct my caregiving nature inward to support myself.

Keith has been an invaluable member of our ExpertCare team for the past nine months, during which he has consistently demonstrated exceptional dedication and commitment to the well-being of the individuals under his care. He goes above and beyond the call of duty to ensure that the needs of his recipients are not only met but exceeded. His compassionate and empathetic approach to caregiving creates a positive and supportive environment, fostering a sense of trust and security for those he serves.

One of Keith's standout qualities is his unwavering advocacy for the people he works with. He tirelessly champions their rights and ensures that their voices are heard. Whether navigating through healthcare systems, communicating with other service providers, or addressing individual concerns, Keith is a steadfast advocate who consistently puts the well-being of his recipients at the forefront. ExpertCare truly appreciates everything he does and is very proud to have him represent ExpertCare in the field. Thank you for your hard work and dedication in changing the lives of others.

Thank you for demonstrating ExpertCare's core values of:
Helping People Succeed
Passion for Success
Can Do Attitude

