



JUNE GIVEAWAY

This month we will give away \$50 Amazon gift cards to help two team members get ready for summer!



We will draw two names at random and we will announce the winners in next month's newsletter.

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*Congratulations to our
May give away winner,
Chantinique Gulley!
We hope the gas card
helps at the pump.*



HHA Monthly Tip



This month we're sharing a tip that might help you find previous visits when corrections or notes are needed. If you need to revisit a previously worked shift to complete your timesheet, you will want to click on the 'Visits' tab. Here you will see a list of all the shifts that you have worked as well as unused placeholder shifts.

Here is your helpful tip: In the upper right-hand corner of your screen, you will see an icon that looks like a flashlight or a funnel. If you click on this icon, it will allow you to find a shift that was previously worked if the app doesn't show it automatically!

Thank you for all your hard work and dedication!

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.

Tuesday, June 4 @ 10am

Wednesday, June 12 @ 12pm

Tuesday, June 18 @ 2pm

Thursday, June 27 @ 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 July in next month's newsletter!





Employee Milestone Anniversaries

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



10 Years
Debra Frazier



5 Years
*Endia Beckom
Emma Hubbard*

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



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.

- ⇒ 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 Caregiver must be assisting the Recipient with working towards goals in their plan of service. Community Living Supports (CLS) are used to increase or maintain personal self-sufficiency, facilitating an individual's achievement of his/her goals of community inclusion and participation, independence, or productivity.

Caregivers must be sure to work on the goals that have been identified and written in the IPOS at all times during a shift with a Recipient. CLS services must be provided in the Recipient's home or community. For example, Caregivers cannot take Recipients to the Caregiver's home, Caregivers cannot have Recipients assist with completing the Caregiver's chores or run personal errands while working with a Recipient. Please be sure to contact ExpertCare if you have any questions about the individual's IPOS and/or the Recipient's CLS goals.

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.



TOWN HALL MEETING

Monday June 10, 2024

6pm - 8pm

Troy Community Center

Your Services Matter

Join us for an open discussion of current barriers affecting individuals and their Direct Support Professionals served by OCHN. **Your supports and services are at risk.** Share your experiences and work with community members to find solutions before it's too late.

Topics

Direct Support Professional Wages

Diminishing Supports in Oakland

Management of County Funds



Register for FREE

and receive updates



Thursday Night Live!

LIVE MUSIC - DANCING - REFRESHMENTS

5:30PM-7:30PM

APRIL 4TH

MAY 2ND

JUNE 6TH

Location :

NEW GATEWAYS GYMNASIUM

5195 PONTIAC LAKE RD.

WATERFORD

CAREGIVERS MUST STAY WITH
PARTICIPANT

\$2.00 ENTRY FEE





Sensory Friendly Mondays at Lily Pad Spring Splash Pad
Monday, June 3, 2024
from 11a-1p
(All Mondays through August 5)
Lily Pad Springs
6200 Farmington Road,
West Bloomfield, MI 48322
248-451-1900, wbparks.org

Sensory Friendly Mondays beginning June 3 from 11a-1p will offer limited capacity visits where the Big Splash Bucket and other overhead spray features are limited.

Adaptive Golf Clinic
Tuesday, June 4, 2024
from 9a-noon
Red Oaks Golf Course
29600 John R Rd, Madison Heights

FREE adaptive golf clinic. No golf experience necessary. All abilities welcome. Pre-registration required. Questions? Email REC-IT@DNEMichigan.org or call 586-268-4160.

Sensory-Friendly Planetarium Shows

Saturday, June 8, 2024 at 11a
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.

Sensory Sunday at the Flint Children's Museum
Sunday, June 9, 2024 from 10a-noon
Flint Children's Museum

1602 W University Avenue, Flint, MI 48504,
810-767-5437, flintchildrensmuseum.org

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

Free Carnival for Individuals with Developmental Disabilities and Sensory Sensitivities
Sunday, June 9, 2024 from noon-4p
Adat Shalom Synagogue
29901 Middlebelt Rd, Farmington Hills, MI 48334

Carnival rides and games, music, snacks and entertainment, alongside sensory-friendly, quiet spaces with activities to accommodate anyone with sensory needs.

Free for those with developmental disabilities; \$20/single, \$50/family. For more info, or to reserve tickets visit www.jarc.org/carnival





ExpertCare is hiring! We want you to refer your friends and family.

Have them apply today at www.expertcare.com

June 16th



RARA Diner's Club

Monday, June 3, 2024 from 5:15p-6:30p (Also July 8, August 5)
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.

Summer Sizzler

Thursday, June 13, 2024 from 6p-8p
Independence
Oaks County Park
9501 Sashabaw Road, Clarkston
248-625-0877



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.

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.

SAVE THE DATE!



TONS O' TRUCKS

SATURDAY JUNE 15, 2024

Seneca Middle School | 10:00 AM-1:00 PM

Tons O' Trucks & Wheeled Wonders

Join us on Saturday, June 15th, from 10:00am to 1:00pm at Seneca Middle School located at 47200 Heydenreich Road for our Tons O' Trucks & Wheeled Wonders event.

This is a great opportunity for the entire family to get up close and personal with almost any type of transportation you can imagine. Be sure to bring your camera so you can capture a bunch of fun photos of your kids as they marvel, climb, honk and creatively explore over 50 cool vehicles. In addition to all of the vehicles on display, kids of all ages can also enjoy inflatables, face painting, train rides, refreshments, giveaways and much more!

SUMMER SAFETY TIPS

- 1. Apply sunscreen about 30 minutes before going outside and reapply every 2 hours.**
- 2. Stay hydrated with plenty of water.**
- 3. Avoid direct sunlight and seek shade when possible.**
- 4. Take breaks between physical activity.**
- 5. Consider wearing a sunhat or sunglasses for added protection.**



How to grow lettuce

Lettuce (*Lactuca sativa*)

Family: Asteraceae

Season: Cool

Ease of growing: Easy-moderate

Fertility needs: Low

Water needs: Medium

Common propagation: Seed or transplant

Seed facts

Germination temperature: 35°F to 80°F

Germination time: 2 to 15 days

Viability: 2 to 5 years

Direct sow: 2 to 4 weeks before last frost

Transplant facts

Weeks to grow transplants: 3 to 5

Start: March to June

Plant out: April to July

Planning facts

Typical spacing: 8" to 12" in 18" to 24" rows

Plants per square foot: 1 to 2

Succession sow: every 2 to 3 weeks

Days to harvest: 25 (baby) to 60 (mature) from seed; 30 to 40 from transplants

Variety selection

Lettuce can be divided into two major categories: leaf lettuce and head lettuce. Leaf lettuce has the greatest number of varieties available and is the most popular type for home gardens. Leaves are smooth or frilly in colors ranging from light to dark green and red to brown. Common lettuce favorites include romaine, butterhead and colorful leaf lettuce mixes. For summer plantings, it is important to select varieties with heat tolerance.

Preparation and planting

Lettuce is a cool season plant that matures quickly. It will grow on a wide variety of soils but prefers a rich sandy loam or muck. Sometimes seedling emergence is a problem on mineral soils. Provide plenty of moisture early. Before planting, incorporate a balanced fertilizer or compost.

Care

Keep weeds managed when plants are establishing. Tight plant spacing will allow plants to quickly block sunlight from reaching the soil and help with weed suppression.

Major pests

Insects: Cutworms, flea beetles, aphids, leafhoppers, slugs.

Diseases: Bottom rot disease and aster yellows spread by the leafhopper insect.

Harvesting and storage

Harvest head lettuce once heads reach an acceptable size and firmness. Cut off at the stem. For loose-leaf varieties, cut the outer leaves one by one when they're large enough to use and allow the inner leaves to develop. Another method for baby lettuce is to cut all of the leaves a few inches above the soil, making sure not to cut the growing point. This process can usually be repeated one to three times at roughly 10-day intervals before quality deteriorates. Once harvested, use immediately for the best quality. You can store head lettuce for up to three weeks, although butterhead lettuce only keeps for a few days.

www.migarden.msu.edu

Developed by James Manning, Undergraduate Research Assistant, and Daniel Brainard, Vegetable Extension Specialist; MSU Department of Horticulture; Gary Heilig, MSU Extension educator.

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2024

Music IN THE PARK

KIDS ZONE



**JUN
27**

THE BACKBEATS
BEATLES TRIBUTE BAND

MAINSTREET SOUL
GREATEST HITS

**JUL
11**



**JUL
18**

MOTOWN EAGLES
EAGLES TRIBUTE BAND

FIFTY AMP FUSE
GREATEST HITS TRIBUTE

**JUL
25**



**AUG
01**

SPACE CAT
HIGH ENERGY DANCE MUSIC


MACOMB
TOWNSHIP
PARKS & RECREATION

Mark your calendars and get ready to experience (5) of metro Detroit's most popular bands. So gather your family and friends and come prepared to enjoy this fantastic concert series lineup. In addition to the concert, our Kidzone play-area will be in full swing with inflatables, organized games, toys and other equipment. The Concerts will take place on the main lawn at Macomb Corners Park so for your comfort please remember to bring lawn chairs or blankets for seating. Concessions will be available on site to purchase. Coolers and picnic baskets are allowed if you choose to bring your own.



CARNIVAL

Sponsored by The Ellen Labes 2nd Festival Series

JUNE 9 | 12-4 PM
ADAT SHALOM SYNAGOGUE

This event is **FREE** for those with developmental disabilities!

The carnival was consciously created to ensure that individuals with developmental disabilities are comfortable at an event that would normally be overcrowded and overstimulating.

Register at jarc.org/carnival or 248.940.2617

ALL KOSHER
FOOD



FREE SNACKS

RESOURCES

HOT DOGS FOR SALE

SENSORY SPACE



DEBT

DEBT REDUCTION

Financial Education Webinar Via Zoom

June 18, 2024 • 6-7 PM

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

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

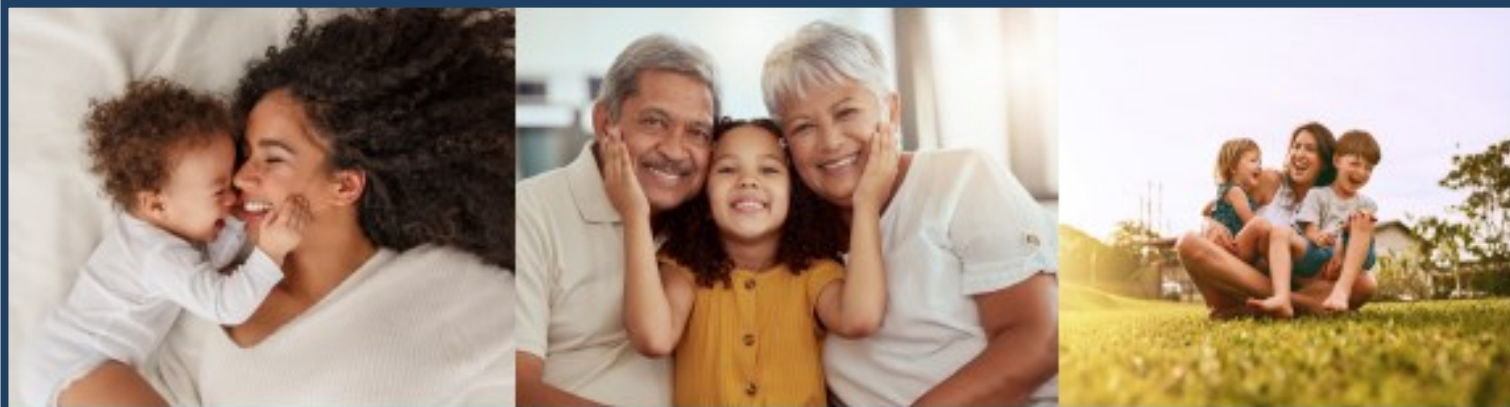


VENTURE
REALTY



A Community Action Agency





You Are Invited

2nd Annual Community Baby Shower

For pregnant women, new mothers, primary caregivers, and mothers with young children

WHEN:

Thursday, June 6, 2024
10 a.m - 2 p.m.

WHERE:

Welcome Missionary Baptist Church
143 Oneida St
Pontiac, MI 48341

Event highlights:

- Informative speakers on maternal, infant and childhood health
- Various resource tables
- Raffles and Door Prize
- Lunch will be provided

**Click here or
scan QR code to RSVP**



For questions, please contact Anna Jessup at jessupa@oaklandchn.org

INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES

248-858-1210
www.oaklandchn.org



Developmental Disabilities - Mental Health - Substance Recovery

5505 Corporate Drive
Troy, MI 48098

OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM

The RISE Center

Recovery, Information, Support, & Education



- Care Management
- Recovery Support
- Mental Health Support
- Employment Help
- Medicaid/Insurance Assistance
- Housing Information

The center is open to the community to help maintain recovery and early intervention for anyone at risk of relapse.

Assistance connecting to resources: dental, education, employment, housing, legal support, mental health services, and transportation.

Services are provided by skilled care managers and computers are available for use.

The RISE Center

1200 N Telegraph Road, Building 32 East, Pontiac, MI 48341
Phone: 248-464-6055 • Fax: 947-218-3847 • Rise@oaklandchn.org
Monday - Friday, 8:00 a.m.-4:30 p.m. (closed holidays)

5505 Corporate Drive
Troy, MI 48098



Oakland Community
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

www.oaklandchn.org
248-858-1210

Springfield Oaks County Park
12451 Andersonville Road
Davisburg, MI 48350



Thursday, July 11, 2024

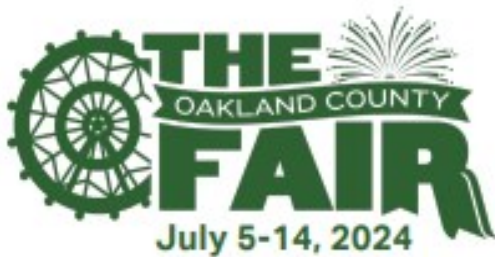
For individuals with disabilities

Reserve your spot:

Call 248-634-8830 or visit OakFair.org

Daily attractions include: Carnival rides, petting zoo, racing pigs, Miracle of Birth Barn, Sea Lion Show and horse and livestock shows.

**OAKLAND
COUNTY PARKS**
OaklandCountyParks.com



10 a.m. Sea Lion Show ^{NEW}

10:30 a.m.-Glass Blowing Demonstration

1-3 p.m.-Games and activities at the Activity Pavilion

11 a.m.-1 p.m. Free carnival rides

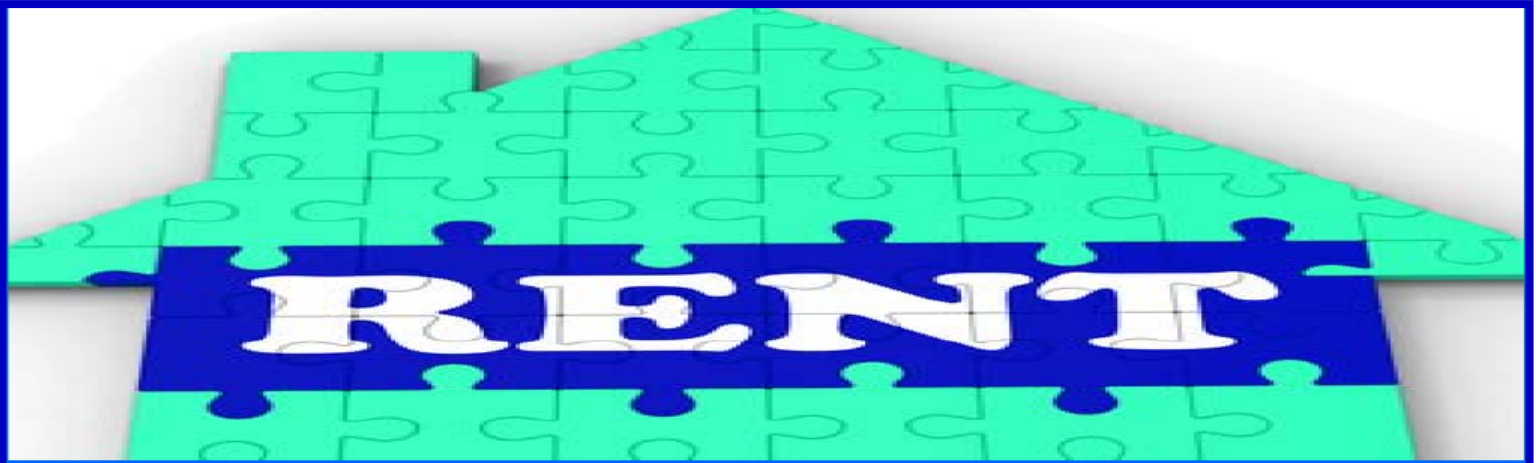
Courtesy of Big Rock Amusements

For individuals with disabilities and one caregiver.

Stop by the InFAIRmation booth to obtain ride passes.
Visit OakFair.org for more information.

Free parking with Oakland County Parks 2024
Annual Vehicle Permit. Individuals with disabilities
are eligible for a free Annual Vehicle Permit.
Visit OaklandCountyParks.com for more information.





Rental Basics

An Informative Workshop / Zoom Webinar

June 13, 2024 • 9-10 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 : Register at www.olhsa.org/events for the Zoom Webinar

Online Registration required. Must be a current client of OLHSA.

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





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

**An Informative Webinar
June 27, 2024 at 11 AM**

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





CHILDCARE



**AFFORDABLE
& Special Needs
SENSITIVE**

**1/2 day
OPTIONS**

**FLEXIBLE
SCHEDULING**

**FULL DAY
OPENINGS**



PRESCHOOL SUMMER RESPITE

**We Accept
MEDICAID**

586-254-6533 * www.autisticplayplace.org/preschool-respite

BEYOND BOUNDS SUMMER CAMP!

A summer vocational training camp focused on fundamental workplace skill-building, communication (thru our in-house speech pathologists), discovering career paths & post-secondary education options thru innovative approaches for **ENGAGEMENT, JOB SKILL DEVELOPMENT & FUN!**

www.autisticplayplace.org/Bounds



**\$350 .00/
 session**

**\$100 .00/
 Early Bird
 Registration**

Interactive environment
 Confidence Building
 Following Directions
 Work place transferable skills
 Small group collaboration projects

**Session 1
 June 24—July 5
 Mon-Fri 9am-3pm**

**Session 2
 July 8—July 19
 Mon-Fri 9am-3pm**

**Session 3
 July 22—Aug 2
 Mon-Fri 9am-3pm**

**Session 4
 Aug 5—Aug 16
 Mon-Fri 9am-3pm**

Areas of focus
 Include:
 Clerical
 Culinary
 Textured Art
 Recycling
 T-shirt Design
 Balloon Decor



This is a pilot program designed to improve social skills, build confidence, incorporate functional activities of daily living and language development through in-house speech language pathologists. BEYOND BOUNDS welcomes 14+aged campers with mild to moderate language and/or cognitive delays.

LEAP SUMMER CAMP!

\$350.00/
session

\$100.00/
Early Bird
Registration

NEW!

This summer, Play-Place is partnering with **ABC Therapy Solutions** to showcase innovative, evidence-based approaches for **ENGAGEMENT, COMMUNICATION & FUN!**

Activities Include

Creative Art
Kids Cardio
Water Play
Sensory Fun
Music
STEM
Lego Learning
And MORE!

Session 1
June 24—July 5
9am-3pm M-F

Session 2
July 8—July 19
9am-3pm M-F

Session 3
July 22—Aug 2
9am-3pm M-F

Session 1
Aug 5—Aug 16
9am-3pm M-F



NEW!

**BEYOND
BOUNDS**

Vocational
Summer Camp

Ages 16+

MORE INFO @

autisticplayplace.org/bounds



This program is designed to improve social skills, build confidence, incorporate functional activities of daily living and language development through in-house speech language pathologists. L.E.A.P. welcomes 6+aged campers with mild to moderate language and/or cognitive delays.



www.KidsBowlFree.com



[kidsbowlfree](https://www.instagram.com/kidsbowlfree)

KIDS BOWL FREE ALL SUMMER!

Kids Bowl Free, the summer bowling program that provides **FREE BOWLING** at participating bowling centers is now open for the **SUMMER OF 2024**.

Lorem ipsum

SIGN YOUR FAMILY UP TODAY!

STEP

1

Go to
www.KidsBowlFree.com
and find the
participating location.

STEP

2

Create your account.

STEP

3

Have A Summer Of Fun
With Your Family



To date, more than
40 MILLION KIDS

have enjoyed a summer of
bowling with Kids Bowl Free.

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 CHRISTOPHER ROOT



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

Christopher: I'm the technical support specialist lead and I support the technology hardware and software for all of VerisCare Group's brands across several states, with a focus on CyberSecurity.

ECare: What is the most exciting part of your job?

Christopher: Every day is something new, I never work on the same thing over and over, it's always different.

ECare: What's the best concert you've been to?

Christopher: It's really nice living near Detroit, a lot of great artists come through, a recent one that comes to mind is MEUTE, they put on a great show, I recommend the song Peace if you're going to check them out.

ECare: What's your most-used productivity hack?

Christopher: Windows Key + Shift + S for a quick screenshot, I share a lot of screenshots with people, and after I've taken it, I can highlight areas or circle buttons to help provide guidance.

ECare: What's a skill you'd like to improve on?

Christopher: There's always something new to learn in my role, and I view each day as an opportunity to grow. In my personal life, I'd love to get better at playing the guitar.

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

Christopher: My most recent one would be working with VersiCare Group and growing the technology team.

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

Christopher: Just keep swimming! -Dory (Finding Nemo)

ECare: Have you ever met anyone famous?

Christopher: If I did, they didn't tell me what they were famous for.

CTRL + ALT + DEL

Control yourself
Alter your thinking
Delete negativity



LOOK WHO'S TALKING

MAY CAREGIVER OF THE MONTH

MICHELE PIZZO

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

Michele: *When I retired from 30 years of teaching in Detroit, I knew I would miss being around my stu-*

dents and interacting with others on a daily basis. I also knew I would miss being in a role of caring and nurturing others. Working for ExpertCare was my plan before I retired to continue teaching others, caring for others and making a difference in the lives of others.

ECare: *What was your first paying job?*

Michele: *My first paying job was in 1995. It was a teaching position at St. Leo Catholic School in Detroit.*

ECare: *What is the most exciting part of your job?*

Michele: *The most exciting part about my job is being able to be a life changer while having fun and being myself!*

ECare: *What do you do for fun?*

Michele: *For fun, I like to hang out with my boys. They have become amazing young men and it's awesome to be "friends" with them now that they are grown.*

ECare: *Have you ever met anyone famous?*

Michele: *I have met a few famous people. I met Mike Tyson and David Faustino. (Bud Bundy from Married With Children)*

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

Michele: *My best piece of advice for caregivers is the same advice I give to new teachers. Make sure you establish a strong, genuine, caring relationship with your clients. Form a bond that is trusting. Be a friend.*

ECare: *Would you consider yourself an introvert or an extrovert and why?*

Michele: *I am definitely an extrovert. There are times that I love to be by myself, but I was born to teach, lead, and interact with people. I learned that from my mom at a very young age. She exposed us to different cultures and people from all over the world. I love being around diverse groups of people and learning about who they are.*

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

Michele: *Since I have become a caretaker, I am reminded daily of the simple things: Don't sweat the small stuff, be positive, be a role model and appreciate all people without judgement.*

Michele has been an invaluable member of our team at ExpertCare for the past 1.5 years, consistently going above and beyond in her role as a caregiver. One of Michele's most remarkable qualities is her unwavering dedication to advocating for the recipients she works with. Recently, she demonstrated this commitment by assisting her recipient in regaining Medicaid services, a task that required persistence and empathy. Michele's efforts not only improved the quality of life for her recipient but also exemplified her passion for ensuring their well-being.

Moreover, Michele's approach to caregiving transcends the traditional boundaries of the role. She fosters a bond with her recipient that goes beyond mere professional duty; she becomes a trusted confidante, a source of comfort, and ultimately, a member of their extended family. This level of compassion and connection is truly remarkable and sets Michele apart as an exceptional caregiver. Her dedication, professionalism, and caring nature are truly admirable. 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