



MAY GIVEAWAY

Are you ready for sunshine and warmer weather but dreading the summer gas prices? We hope to help to help at least one employee with the gas pump blues by giving away a \$100 gas gift card this month.



Stayed tuned next month to find out who's the lucky winner !

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April Winners

Alexis Zambo-Peabody &

Huda Abdul-Kadir

We hope you enjoyed shopping with your gift cards!

→ WHERE TO START ←

4 THINGS LIKELY AFFECTING YOUR MENTAL HEALTH, AND 4 THINGS YOU CAN DO ABOUT IT

Relationships or the pressures of performing at work or school are things we all know can have an impact on mental health, but sometimes it's less obvious when the world around you is what's causing problems. Whether you realize it or not, one or maybe all of these four things are probably affecting your mental health in some way right now.

CURRENT EVENTS

Violent events impact people across the world. Maybe you have family in a conflict zone, are worried about increases in identity-based hate, or have no personal ties to a particular news event but are constantly seeing graphic images online. A 2022 study found that 73% of American adults reported being overwhelmed by the number of crises going on in the world.

LONELINESS

Recent survey data show that more than half of U.S. adults (58%) are lonely, with those who are low income, young adults, parents, part of an underrepresented racial group, or living with a mental health condition experiencing even higher rates of loneliness. Loneliness increases the risk of developing anxiety and depression, and has been associated with psychosis and dementia. A low level of social interaction was found to have an impact on lifespan equivalent to smoking nearly a pack of cigarettes a day or alcoholism, and was twice as harmful as being obese.

TECHNOLOGY

Having the internet at your fingertips can be a fantastic thing — you can learn, connect with healthcare providers, keep in touch with friends and family — but it isn't without its downfalls. Exposure to constant [bad] news coverage and contentious political campaigns can make anyone's mood sour and cause anxiety about what lies ahead. In fact, almost 60% of young people (ages 18-25) expressed considerable worry about the future of the planet. Social media can cause FOMO (fear of missing out), depression, and reduced self-esteem as a result of comparison. Furthermore, the lines between work and personal time are blurred by working from home and after-hours email notifications on your phone, increasing the likelihood of burnout.

SOCIAL DRIVERS

Social drivers (also called social determinants) of health are the conditions in which you live, work, learn, and play. These include economic status, education, your neighborhood, access to resources (nutritious food, health care, green space, transportation, etc.), and social inclusion, and can have a far-reaching impact on not just your physical health, but also your mental health. One social driver that seems to be on everyone's mind is the economy.

Research shows a strong connection between worrying about money and mental distress, and for many people, salaries can't seem to keep up with rising inflation and cost-of-living expenses. A 2023 Gallup poll found that 42% of Americans are worried that they don't have enough money to pay their normal monthly bills.



WHAT CAN YOU DO IF THE WORLD IS WEIGHING ON YOU?

FIND YOUR SUPPORT SYSTEM

Having people around you to support your mental and emotional health can make all the difference. Finding those who lift you up, provide a listening ear, and help you through stressful times can make all the difference for your mental health. There are many places to seek support, including friends and family, online support groups, or community spaces. Therapy and counseling can also provide you with an extra layer of support. Seeking out groups where you have similar interests, such as a book club, running group, crafting class, or spiritual community, can offer comfort and connection. Ultimately, you want a support system that suits your needs and provides a safe space for healing.

SET TECH LIMITS/BOUNDARIES

You can create space for a healthier relationship with technology by setting boundaries. Do some research to figure out what works best for you to limit screen time. Some things to try are blocking social media use between certain hours, putting time limits on apps, checking your phone settings, or downloading a website/app blocker. Decide your reason for logging on before you do, and sign off when you've finished doing what you need to do.

CHANGE WHAT YOU CAN

With the state of the world, life can feel overwhelming, and as if nothing you do will make a difference. The good news is there are some things you can do. Taking action and advocating for causes important to you can be therapeutic in its own way. Advocacy and action as a form of healing can be powerful. Knowing you are doing what you can to make a difference can give you hope for the future. Try getting involved in causes near you, join advocacy groups, get out and vote, do your part in helping the planet, or stay informed and speak up on topics that need support.

FIND HEALTHY COPING SKILLS

It can be tempting to ignore your feelings or numb them with substances, but this doesn't help anyone in the long run. Invest some time into figuring out what works best to help you manage your feelings. You may have to try a bunch of things until you find something that works, but it will be worth it. Check out MHA's list of coping skills in our [Building Your Coping Toolbox article](#).

Sometimes trying to manage your mental health by yourself is too much. Seeking professional help shows strength and can provide you with the support you need to manage life's stressors. Talking to a counselor or therapist can help you identify what might be affecting your mental health and how to best cope.

If you're taking steps to help yourself but still feel like you're struggling, take a mental health test at mhascreening.org, and check out MHA's book "Where to Start" for tips on how to take action.

In crisis? Help is available! Call or text 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting HELLO to 741741.

The **PATH** to Calm

1

PAUSE

Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.

ACKNOWLEDGE FEELINGS

For example: Are you mad at someone, or are you sad because you were hurt by their actions? Whatever it is you're feeling, it's okay to feel that way.

2

THINK

Now that you've taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

3

HELP YOURSELF

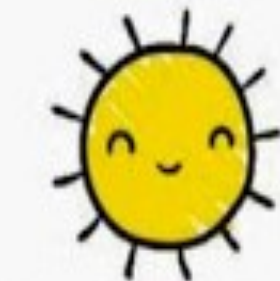
Take an action to help yourself based on what you came up with in the "Think" step.

4

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself to set the standard.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Spring into LEARNING

you're
INVITED



TOTAL SPECTRUM'S
NORTHVILLE ABA LEARNING CENTER

sensory-friendly

OPEN HOUSE and Ribbon-Cutting

 TOTAL SPECTRUM



Tuesday • May 14th | 3:00-5:00 pm
Ribbon-Cutting Ceremony • 3:30 pm



We invite you to the grand opening of the new Northville Learning Center hosted by Total Spectrum—Michigan's premiere *contemporary* ABA provider. This event is set to be a memorable celebration marking the start of a new journey in the Northville region. You can look forward to an exciting lineup of activities, including an official ribbon-cutting ceremony with the Northville Chamber of Commerce, guided tours of our state-of-the-art facility, the opportunity to meet and greet the Northville leadership team, and sensory-friendly springtime activities for the entire family to enjoy.

43334 West Seven Mile Road | Suite 200 | Northville, MI 48167 | 844.263.1613



Trisha Evans | Senior Clinical Director | trisha.evans@totalspectrumcare.com
Erica Boreczky | Assistant Clinical Director | erica.boreczky@totalspectrumcare.com

**Adaptive
Recreation**

Call 248-858-0916 to register

Call or text 248-221-8040
for program information

For individuals 18 & older with
intellectual and developmental
disabilities

TOTALLY TACOS

Thursday, May 9, 2024 6-8 p.m.

**\$10/participant
\$5/caregiver**

**Waterford Oaks County Park
Activity Center**

Dance along with music, laugh with
friends and have fun in a festive,
supportive environment.

Register by Friday, May 3, 2024

2800 Watkins Lake Road
Waterford, MI 48328

**OAKLAND
COUNTY PARKS**

Preregistration with payment
required; no walk-ins, no refunds.

Includes: Dinner, dessert, music and
dancing. Tacos served until 6:30 p.m.

Group Home or Individual _____

Address _____

City/ZIP _____

Phone _____ Email _____

Contact person during event _____

Phone _____ # of wheelchairs _____

of participants _____ @\$10/person = Total _____

of caregivers _____ @\$5/person = Total _____

Mail to:
Oakland County Parks
Adaptive Recreation
2800 Watkins Lake Road
Waterford, MI 48328

Make checks payable to Oakland County Parks.
Include driver's license and phone numbers on check.

Check # _____

Total _____
Visa, Mastercard, American Express
and Discover accepted:

Cardholder _____

Credit Card # _____

Expiration _____ 3-digit code _____

Signature _____

Participants agree to be photographed and their image may be used in printed or electronic materials for the purpose of promoting Oakland County Parks programs, parks and facilities or for any purposes relating to Oakland County.

Totally Tacos 2024



DNEM's RecConnect: Inclusive Recreation & Wellness Adaptive Biking Program Launch Party!

Join us for an evening of outdoor biking fun!



May 16, 2024

4:00 pm to 7:00 pm

Independence Oaks County Park

- We will have handcycles, trikes, recumbent bikes, and e-bikes for you to try. All bikes are adult sizes.
- All riders must wear a helmet. Bring your own or wear one of ours.
- Water and granola bars provided.

Register Online

Scan this QR code:



tinyurl.com/AdaptiveBiking



**Questions or
Accommodations?**

Contact the RecConnect Team

REC-IT@DNEMichigan.org

586-268-4160

Serving Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola Counties

www.DNEMichigan.org



Adaptive Golf Clinics



Learn to golf with us!

- Free! All equipment is provided.
- No golf experience is necessary.
- All abilities are welcome.

May 29, 2024

10:30 am – 12:00 pm

Fern Hill Golf Course, Clinton Township

June 4, 2024

9:00 am – 12:00 pm

Red Oaks Golf Course, Madison Heights

Register Today!

tinyurl.com/DNEMgolf



Volunteer!

tinyurl.com/DNEMvolunteers



Questions? Email REC-IT@DNEMichigan.org or call 586-268-4160.

Please contact DNEM with accommodation requests.

Medicaid Renewal Assistance

Medicaid Renewal & Enrollment Assistance is Available.

Resources are available if you or someone you know needs assistance with Medicaid Redetermination.

- Visit [Michigan.gov/mibridges](https://www.michigan.gov/mibridges) to manage your case, explore resource, or apply for benefits.
- Get ready for redetermination by updating your contact information, checking your mail, and completing the renewal packet if you receive one.
- Contact your case manager or supports coordinator for assistance.

If you receive notice that you or a family member are no longer eligible for Medicaid or MIChild benefits, other options are available:

- Purchase a plan on the Health Insurance Marketplace. To shop and compare available health plans, visit [HealthCare.gov](https://www.healthcare.gov) or call 800-318-2596 (TTY: 855-889-4325). For free local help, visit [LocalHelp.HealthCare.gov](https://www.localhelp.healthcare.gov).
- Enroll in Medicare. To enroll in Medicare or shop for a Medicare Advantage or Medicare Supplement plan, visit [Medicare.gov](https://www.medicare.gov) or call 800-772-1213 (TTY: 800-325-0778). Michigan Medicare Assistance Program counselors also are available to provide free help with Medicare enrollment. For more information visit [MMAPInc.org](https://www.mmapinc.org) or call 1-800-803-7174 to speak with a counselor.
- Enroll in employer-sponsored health coverage through your employer.

Additional Resources:

- Medicaid Phone Renewal Helpline
 - Phone #: 1-833-599-6444, press 1
 - Monday - Friday from 8 am to 7 pm
 - Medicaid Phone Renewal Helpline can assist with:
 - Finding out if a Medicaid renewal packet was mailed out to an individual,
 - Assist with filling out a renewal packet if and when an individual received one, or
 - Reapply for Medicaid because an individual missed their renewal deadline.
 - The helpline can also help with:
 - New Applications,
 - Enroll an individual into a Health Plan,
 - Give an individual plan Information, and
 - Send out replacement Medicaid cards if needed
 - *The helpline does not determine eligibility and cannot tell folks if their renewal will be approved or not.*
- Medicaid Application Helpline
 - Phone #: 1-855-276-4627
 - The phone application assistance line is for people who DO NOT have Internet Access
- MiBridges Helpdesk Tech Support
 - Phone #: 1-844-799-9876 (TTY: 833-285-5910)
 - Tech Support can:
 - Assist with helping people create a MiBridges account,
 - Coach them on how to create an email if they don't have one,
 - Help them with lockouts and/or renewing their password,
 - Guide them to links on MiBridges, etc.
 - Provide information about Community Navigators/Partners
- Community Navigator/Partners
 - Helps clients apply for benefits, find resources, and use MiBridges.
 - Visit [Michigan.gov/mibridges](https://www.michigan.gov/mibridges).

MDHHS launches application tracker to allow Michiganders to easily monitor benefits status in MI Bridges

March 25, 2024

The Michigan Department of Health and Human Services (MDHHS) is announcing the release of a new function to the [MI Bridges website](#) where Michiganders apply for benefits like Medicaid, food assistance and more. The new application tracker will allow residents to follow the progress of their benefits application online rather than waiting for a determination letter or having to call into a local office.

Similar to popular trackers used on restaurants and retail websites, residents will be able to log in through their phone or other device to see when their application is received, if an appointment has been scheduled, if additional documents are required and if a decision has been made. At each step, applicants will have quick links available to view more information on what is required for the application to move forward.

“This innovative tool will allow residents to know the exact status of their benefits application 24/7 and help them prepare for any next steps,” said Elizabeth Hertel, director. “In addition to helping Michiganders feel more involved and empowered in their application process, we are hopeful it will also result in lower call volumes to local offices and employee success.”

When an applicant logs into their MI Bridges account, the application tracker will be easily viewed on their client dashboard. For privacy and security, application and benefits information are only shown to residents who are identity-proofed and listed as head of household on the account.

The new benefit tracker will be available on [MI Bridges](#) starting today. There will be information prompts available to provide residents with more information about the tracking options available to them. Applicants can also receive assistance through the MI Bridges virtual assistant chat or by calling the MI Bridges help desk at 844-799-9876.

<https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2024/03/25/mi-bridges-application-tracker>



Fitness Classes | Sports Programs | Strength Training

Team GUTS

Team GUTS is a 501(c)(3) non profit organization dedicated to improving the lives of the special needs community. We provide one-on-one training, fitness classes, strength training and sports camps for children and adults with special needs. No family will be turned away, but, rather, we provide scholarships to all those in need of financial assistance.

Team GUTS Day Camp

Team GUTS Fun & Fitness Camp is a day camp opportunity for those with special needs. Our experienced, caring staff work with campers to help them build self confidence, create lasting friendships and try a variety of fitness activities. Our goal is to provide a safe and inclusive place where fitness is fun and campers can be themselves.



Team GUTS Fun & Fitness Camp

Team GUTS is offering a summer day camp experience for children, teens and adults with special needs. Our Team GUTS Fun & Fitness Camp will feature a variety of fitness activities including athletic fitness training, sports skills, obstacle courses, martial arts, dance, daily nature walks and more. Additionally, we will have nutritional activities where campers learn how to prepare tasty, health-conscious snacks to enjoy! Come be a part of Team GUTS Fun & Fitness Camp to make friends and have lasting memories.

Who:	Those with special needs ages 7 - adult
When:	June 17 - 21 June 24 - 28 July 8 - 12 July 15 - 19
Time:	9:00AM - 12:00PM
Where:	Hunter Community Center 509 Fisher Court, Clawson, Michigan 48017
Cost:	\$275/week Attend three (3) weeks and get a fourth (4) week free

Registration is now open!

Contact Team GUTS at info@teamgutsmichigan.com or if you are current Team GUTS member register online at www.teamgutsmichigan.com



HELPING TEENS SAY GOODBYE TO TOBACCO



NOT ON TOBACCO® (N-O-T)

Free, 5-week education program that encourages **voluntary change** for youth ages 14 to 19.

What is N-O-T?

Not on Tobacco® (N-O-T) seeks to **address adolescent tobacco use** by giving all teens the resources they need to break nicotine dependency and find healthier outlets.

Receive incentives for participating!

New session forming soon!
REGISTER TODAY!

To register:
Call 586.541.2273 or visit www.careofsem.com

Program developed by the American Lung Association



CARE
SOUTHEASTERN MICHIGAN

31900 Utica Rd., Fraser, MI 48026 | 586.541.2273
www.careofsem.com | Follow us on social





Celebrating Military Service Members and their Families!

Veterans & Community Resource Event

When:

Saturday
May 11th, 2024
10 a.m. - 2 p.m.

Where:

UWM Sports Complex
867 S Blvd E
Pontiac, MI 48341

Event Highlights:

- Onsite VA medical exams
- Lunch provided
- Raffles
- Face painter & balloon animals
- Pickleball
- Free technology “how-to” workshop
- Community townhall



Veterans, community members, and vendors can register at the QR code above or by [clicking here](#)

Questions?

Contact OCHN Veterans Navigator
Chaka McDonald at 248-764-4443 or
mcdonaldc@oaklandchn.org



5505 Corporate Drive
Troy, MI 48098



Developmental Disabilities · Mental Health · Substance Recovery

248-858-1210
www.oaklandchn.org

FREE COMMUNITY WORKSHOP

What Parents Need to Know About Vaping

Presented by: Kayla Dadswell, LMSW, CPC

Objectives:

- *Understand the effects of youth tobacco use and the process of addiction.*
- *Gain awareness of the tobacco marketing strategies towards adolescents and reasons youth might begin vaping.*
- *Be equipped with resources and strategies to discuss vaping with youth and offer their support to teens who have the goal to quit vaping.*

May 9, 2024

6:30 - 8 p.m.

Workshop will be held virtually

**VISIT WWW.OAKLANDCHN.ORG
OR SCAN QR CODE TO REGISTER**



Eligible for FREE 1.5 MCBAP CEU

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

How to grow peppers

Peppers are popular in Michigan gardens, partially because there are so many varieties available from sweet to very hot. They are tropical plants grown as warm-season annuals here. Peppers are often harvested in the immature green stage for use in salsas, salads, for stuffing, roasting, and for added flavor in many cooked dishes. Most peppers ripen slowly to red or other colors at maturity.

How to grow peppers

Pepper plants grow best in warm, well-drained soils of moderate fertility. The plants are not particularly sensitive to soil acidity, but best results are obtained in the 6.0 to 6.8 pH range. Adjust soil fertility as indicated by soil test results. Fertilizers of a 1-2-2 ratio, such as 5-10-10 or 8-16-16 are often used for growing peppers. A soil enriched with plenty of compost or other organic material will require less fertilizer. Peppers may also be grown very successfully in [containers](#).

Peppers thrive when temperatures are warm. Being sensitive to the cold, planting should be delayed until the danger of frost is past in the spring. Ideal temperatures are 70°F to 80°F during the day, and 60°F to 70° F at night. A tip for helping the soil warm up more quickly is to use black plastic mulch to cover the soil around the peppers.

Extremely high temperatures (90°F or above) during flowering often results in blossom drop. Fruit that sets when temperatures average above 80°F may be small and poorly shaped due to heat injury to the blossoms. Temperatures below 60°F at night will also result in blossom drop. At temperatures below 40°F, peppers may show some chilling injury.

A shortage of water at bloom time can also result in blossom drop or failure to set



fruit. The plants produce the best crops when temperatures are between 65°F and 80°F and the soil is regularly supplied with moisture (approximately one inch per week), as the fruit and blooms may die with transplanting.

Peppers are usually grown in home gardens as transplants rather than by direct seeding. If you are buying transplants at a local garden center, select stocky, sturdy plants that have three to five sets of true leaves. Avoid plants that already have flowers and fruit as the fruit and blooms may die with transplanting.

In a traditional garden layout, space plants 18 inches apart in rows 24 inches apart or more. Water soil in the ground and transplant container thoroughly before and just after transplanting. Avoid planting under conditions that will stunt the plants and lead to poor production, such as cold weather, lack of sufficient soil moisture or lack of sufficient fertilizer.

Tips for an abundant crop

After the plants are well established, apply approximately an inch of organic mulch to conserve soil moisture, prevent soil compaction and help suppress weed growth.

www.migarden.msu.edu

Once fruits have begun to set, an additional side-dressing of fertilizer will help promote larger fruit. Use a 12-12-12 analysis fertilizer or other high nitrogen fertilizer at the rate recommended on the package.

Control weeds by hand-pulling or lightly hoeing to avoid injury to the plant roots. Avoid disease problems by properly watering early in the day so leaves dry quickly. If possible, use soaker hoses to water just the roots and not the leaves.

Harvesting and storage

Bell peppers are usually picked green and immature but when they are full-sized and firm. If they are allowed to ripen on the plant, they will be sweeter and higher in vitamin content. Other peppers are usually harvested at full maturity.

Be careful when breaking the peppers from the plants as the branches are often brittle. Hand clippers, scissors, a sharp knife or pruners can be used to cut peppers from the plant to avoid excessive stem breakage. Use gloves or wash hands immediately when harvesting hot peppers to prevent burning skin. Avoid touching eyes or



mouth after harvesting peppers so the capsaicin oil doesn't burn these sensitive areas.

The number of peppers per plant varies with the variety. Bell pepper plants may produce six to eight or more fruit per plant.

In general, peppers have short storage life of only one to two weeks. Cool, moist conditions (45°F to 50°F and 85 to 90 percent relative humidity) are ideal for storing peppers. Another option is to wash, cut and freeze the peppers.

Suggested varieties

The choice of variety is important and depends on the gardener's preference. Many excellent heirloom and hybrid varieties are available. Some suggested varieties are:

- ✓ Green (sweet) – California Wonder, Bell Boy, Lady Bell, Purple Belle or Chocolate Bell.
- ✓ Yellow (sweet) – Gypsy or Summer Sweet.
- ✓ Small Red (sweet) – Cherry Pick or Sweet Cherry.
- ✓ Banana – Sweet Banana.
- ✓ Hot – Cayenne, Jalapeno, Hungarian Wax or Red Cherry.
- ✓ Pimento – Sunnybrook or Early Pimento.

For those who like their peppers hot: Bhut Jolokia, sometimes called the ghost pepper, is considered the hottest pepper. It has one million SHU (Scoville heat units) on the [Scoville Scale](#), a measurement of the spicy heat of a chili pepper according to its capsaicin content. Remember that growing very hot peppers may present a danger of painful burns to children or pets, and when harvesting consider wearing disposable gloves.

10 Barrier-Free Playgrounds in Metro Detroit and Ann Arbor



Photo credit: Unsplash/Kelly Sikkema

Every child deserves to experience fun on the playground and barrier-free playgrounds offer that opportunity to kids with disabilities.

Barrier-free playgrounds, like the 10 on this list, are designed with accessibility in mind and feature various modifications that make it easier for those with physical or developmental disabilities to navigate and enjoy.

For example, walking spaces in a barrier-free playground are free of mulch or woodchips, which can get stuck in wheelchairs, and many offer sway swings sets that have backs or seat belts to protect kids who need more support than a standard swing typically offers. In addition, parking lots at these playgrounds offer ramps and the restrooms often have larger stalls or changing tables made for older people.

If you are looking for a barrier-free playground in metro Detroit or Ann Arbor to take your child to, check out these local spots suggested by Let Kids Play.

Boundless Playground at High Point School

Address: 1735 S. Wagner Road, Ann Arbor

Hours: 8:20 a.m.- 2:40 p.m.

The Boundless Playground is for students from infancy to 25 years of age. Striving for the interaction of all children, this inclusive park has teachers, therapists, and health professionals on site for a safe experience. Park is only available during school hours.

Dad Butler Playfield

Address: 2034 East Eight Mile Road, Detroit

Hours: 7 a.m.-10 p.m.

This barrier-free play area has a wood chip and rubber combination surface with climbing structures and slides. Older children and toddlers each have separate play spaces with monkey bars, musical devices, a rock wall, and more.

Delray Community Center Boundless Playground

Address: 420 South Leigh St., Detroit

Hours: 3-8 p.m. Monday-Friday (during the school year) and 10:30 a.m.-8 p.m. (during the summer)

The park has balance testers, rock walls, climbing, and an array of different swings. A tire swing and an ADA swing are included for more inclusivity.

Lodge Playground at Marshbank Park

Address: 2805 Hiller Road, West Bloomfield

Hours: 8 a.m.-dusk

There are two universally accepted playgrounds in Marshbank park with soft, padded rubber surfaces. Sensory play panels are located throughout to encourage inclusivity and normalize diverse play styles.

10 Barrier-Free Playgrounds in Metro Detroit and Ann Arbor Continued

WCCCD 300x250 Channel McKinley Barrier-Free Park

Address: 31500 Grove Street, Fraser

Hours: 9 a.m.-6 p.m.

McKinley Barrier-Free Park has a comfort station that has an adult-size changing table as well as an accessible parking lot with no curbs. The surface is wheelchair friendly and a sensory garden allows connectivity with nature.

Paradise Peninsula Playscape

Address: 1702 Scott Lake Road, Waterford

Hours: Dawn-dusk

This sweeping 13,000-square-foot park was named for its Michigan themes of lakes, dunes and forests created with colorful rubberized surfaces. They also have climbing areas, an “up north woods” cabin, raised sand play and marsh with cattails.

Play 4 All Boundless Playground

Address: 5100 Woodward St., Wayne

Hours: Dawn-dusk

Located in Soroptimist Park. With a small, rubberized toddler area combined with regulated traditional swings, this playground is accessible to children of all ages. It features a unique fish theme and sway fun for those who have difficulty with traditional swings, too.

Play Farm at Inglenook Park

Address: 20901 West 12 Mile Road, Southfield

Hours: Dawn-dusk

With farm-themed play equipment such as tractors and animal cut-outs, this park is accessible by way of design and structures. With a Sway Fun Glider and multiple swings (ADA and tire), children can climb, swing, run and slide safely.

Scarlet’s Playground

Address: 180 Commerce Road, Commerce Township

Hours: Dawn-dusk

Named after a Michigan girl living with Spinal Muscular Atrophy, Scarlet’s Playground features a ramp for accessibility as well as a foam surface. With inclusive swings, zip lines, sensory play equipment, special non-static slides and a braille wall, this park is well thought out and fun.

Wing Lake Development Center Playground

Address: 6490 Wing Lake Road, Bloomfield Hills

Hours: Contact for details

This boundless playground is a part of the Wing Lake Development Center, which prides itself on refining developmental skills and increasing independence. With the support of the W.K. Kellogg Foundation, progress is monitored through play.

Do you love any other barrier-free playgrounds in metro Detroit or Ann Arbor? Tell us about them so we can add them to our list and don’t forget to check out the Special Needs section of MetroParent.com for even more activities and resources for parents of kids with special needs.

<https://www.metroparent.com/things-to-do/guides/barrier-free-playgrounds-in-metro-detroit-and-ann-arbor/>



Overcoming a Problematic Past

An Informative Workshop / Zoom Webinar

May 9, 2024 • 5:30 PM

Are you faced with finding a rental with challenges in your background? We will explore the complexities of securing housing with issues such as:

- Bad credit
- Criminal history
- Past evictions

We will equip you with essential tools and strategies for overcoming challenges and hurdles while in the rental process.

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 www.olhsa.org/events

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





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

**An Informative Webinar
May 16, 2024 at 10 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





TR Bingo Night
May 17, 2024 at 6pm
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.

Monday Mingle
May 20, June 24 from 5:30pm-7pm
Troy Community Center
3179 Livernois Rd, Troy, MI 48083

Enjoy a variety of activities including: music, karaoke, games, pizza, and refreshments. All ages are welcome, however those under 14 must be accompanied by a responsible caregiver. \$12 Res, \$15 Non-Res. Pre-registration required. For more info, visit rec.troymi.gov.



TR Pizza and Movie Night
Friday, May 3, 2024 at 6pm
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.

Disability Dirt Day at Holly Oaks ORV
Sunday, May 5, 2024 from 11a-m3pm
Holly Oaks ORV Park
13536 Dixie Hwy, Holly, MI 48442
248-653-0710

Individuals with disabilities are invited to experience off-roading at Holly Oaks ORV Park with rides provided by volunteers. This is a FREE event. Rides are provided for the participant, who must be at least 10 years old, and one guest. To register, scan the QR code on this page. Hosted by Oakland County Parks and Recreation.

RARA Diner's Club
Monday, May 6, 2024 from 5:15pm-6:30pm
(Also June 3, July 8, and 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.

TR Prom
Friday, May 10, 2024 at 6pm
Bay Court Park
6970 Andersonville Road, Clarkston
248-625-8223, www.indtwp.com

Invite your friends for this can't miss night of music, fun and dancing. Cost is \$15 per person and caregivers are FREE. "Fancy attire is optional". \$15. To register, visit itpr.org.

Hosted by Independence Twp Parks & Recreation.

Friday Frolic Dance
Friday, May 10, 2024 from 7pm-9pm
(Also Friday, July 12, and 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.

Adaptive Field Trip / Detroit
Outdoor Adventure
Thursday, May 16, 2024
from 9:30am-2pm
VARIOUS LOCATIONS

Field trips for children and adults with adaptive needs. Pre-register by 5/9. Pre-registration required. For more info, visit rec.troymi.gov.

OUCARES After Hours Adult Social
Tuesday, May 21, 2024 from 6pm-9pm
(Also 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/



Mexican Fiesta
Thursday, May 9, 2024 from 6p-8p
Waterford Oaks Activity Center
2800 Watkins Lake Rd, Waterford, MI
48328

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.





Employee Milestone Anniversaries

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



10 Years
Theresa Dudek
Markel Bowden



5 Years
Sandra Brown
Sharon Ockleberry
Kristina Mills

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



FREE IN-STORE KIDS WORKSHOPS



In-Store Kids Workshops

Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.

[Sign Up](#)

To sign up visit:

<https://www.homedepot.com/workshops>



Blooming Picture Frame – May 4, 2024



The Arc

Northwest Wayne County

www.thearcnw.org

DO YOU LOVE ANIMALS?

You're invited to an Exotic Animal PETTING ZOO!

Families and children up to age 12
children with disabilities encouraged to attend

Thursday, May 9, 2024 4-6 PM

The Arc of Northwest Wayne County
7170 N. Haggerty Road, Canton

Visit with The Animal Guy from

WILDLIFE SAFARI



RSVP to Lana 313-532-8524
by April 26



OUR APPROACH

Everyone should have the opportunity to pursue a healthy lifestyle, a pursuit that must always include an exercise regimen. Inclusively Fit firmly believes this pursuit should also include members of the special needs community. When we learn how to move correctly and to engage in new or novel physical activities, our bodies and brains reap the benefits of those new experiences and new skills. Many of the physical skills we develop as infants and toddlers cross over or “generalize” to daily life activities when we are older. However, for those with special needs, it is often more challenging to reach physical goals and harder to generalize these goals into the community.

The Centers for Disease Control and Prevention, and the National Center for Chronic Disease Prevention and Health Promotion agree, and even suggest, that local organizations should be providing, “Community-based programs to meet the needs of persons with disabilities.” Their research offers the following instructions, “Parents of special needs children should encourage participation in sports and physical activity in general. Don’t approach sports as something they can’t do, but rather guide them toward participating in sports in which they can succeed and have fun doing so.” This is great advice, but where does a family go?

Inclusively Fit fills the void. Inclusively Fit offers Adaptive Fitness.

In simple terms, Adaptive Fitness instruction is basically the welcoming of special needs and disabled individuals into healthy exercise and fitness programs that are ‘custom adapted’ on an individual basis to meet the specific needs and circumstances of each person, while considering any individual limitation there may be.

Inclusively Fit is a unique fitness center that offers one-on-one training to individuals who have special needs. Anyone with a physical or developmental disability belongs in our nurturing community: this is our core competency, and it has always been our focus. As our name – Inclusively Fit – suggests, we welcome all individuals of all capabilities.

OUR FACILITIES



CALL US

(586) 850-5004

Located in Sterling Heights, Inclusively Fit is a fully equipped fitness facility designed with the special needs community in mind. In addition to an open obstacle course and basketball court, we provide professional-grade training equipment, including ellipticals, treadmills, arc trainers, stair masters and more.

Our facility also includes strength training equipment from, as well as free weights and dumbbells. We have a professional and caring staff that works with each client as well as caregivers when appropriate to design individual programs that meet their unique needs and circumstances.

With over 5,000 square feet of space, Inclusively Fit is able to offer all of the resources required to design and implement fitness and wellness routines to meet the needs of every person, from entry-level rehabilitation to more robust fitness regiments. All guided by our highly skilled trainers in a welcoming and accepting environment.



OUR ADDRESS

37980 Commerce Dr #1002
Sterling Heights, MI 48312



We have received news that the HHA eXchange App has a new update available now in your App Store! If you have been experiencing issues with doing your Plan of Care tasks or receiving a notification about the GPS/EVV, this update resolves those issues. Please make sure that you all update your app before your next shift.

If you experience any issues following this update, please let us know so we can work to resolve them.

MAY HOLIDAYS

May 5th Cinco De Mayo

May 12th Mother's Day

May 27th Memorial Day

Let's Celebrate!

HHA eXchange



Have questions regarding the HHA app? Each month, Expert-Care 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.

Thursday, May 2nd at 2pm

Wednesday, May 8th at 12pm

Tuesday, May 14th at 12pm

Thursday, May 23rd at 10am

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 June in next month's newsletter!

**Free
Event**

C.M.H.A.D.

HOSTED BY:

CHILDREN'S MENTAL HEALTH AWARENESS DAY

Randi Rosario



Fest @

DETROIT SAY IT
PLAY CENTER
AT LIKKE PARK

05.11.2024 11-3pm

19320 Van Dyke Ave.
Detroit, MI 48234



Headlining Events

CZYHOP Silent Disco

Healing with Horses HUSTLE LESSONS

SPINNOVATION

Yoga

Breakout Activities

Chempreneurist GUIDED PRINTING

BOWLING & VIDEO GAME TRUCKS

Free Food &
Refreshments

Register
Here >>



Resources Provided by

ACCESS ASSURED FAMILY SERVICES BLACK FAMILY DEVELOPMENT, INC.
CALEB'S KIDS CARE OF SOUTHEASTERN MICHIGAN THE CHILDREN'S CENTER
C.L.A.S.S. AGENCY ECHO DETROIT INSIGHT FAMILY AND YOUTH SERVICES
THE GUIDANCE CENTER MISIDE NAMI DETROIT/DYAG PARENT SUPPORT PARTNERS
S.H.E. DBA L.U.F.E. UMOJA DEBATE LEAGUE WAYNE RESA WSU CHAMPS & MORE



Faces of Trauma

Learn, Laugh & Heal

When:

Thursday,
May 16, 2024
5:30 to 8:00pm

Where:

14061 Lappin Street
Detroit, MI 48205

svsf St. Vincent and
Sarah Fisher Center

Join The Children's Center for our 10th annual Faces of Trauma event!

The evening will include creative activities, resources, and a light-hearted comedy show about healing trauma through laughter. Let's come together to promote healing, share resources, and build community.

Who:

This program is recommended for community members ages 14 and up.

Event includes:

- Healing jars and journaling
- Resource tables
- Free 10-minute massages
- Food provided

Don't miss our main event!

Comedy set by
Detroit local,
T. Barb!

tbarbisfunny.com



Register using the QR code!

The Children's Center
79 Alexandrine West, Detroit, MI 48201
313.831.5535 | www.thechildrenscenter.com

SUBMERGED



Dive into the immersive world of **'SUBMERGED'** at Soul Studio's latest exhibit, where the captivating beauty of the ocean comes to life through a diverse array of artworks. From vibrant coral reefs to serene seascapes and intricate marine life, each piece invites you to explore the depths of creativity and imagination.

THURSDAY, MAY 2ND | 5PM - 7PM

Dresner Foundation | Soul Studio | 5586 Drake Rd. | West Bloomfield Township, MI 48322

For more information visit:

https://www.friendshipcircle.org/locations/soul_studio



CLINTON TOWNSHIP NOW OPEN

BOOK WESTLAND

BOOK CLINTON

Yoyo's Fun Center Offers Indoor Play Space for Families
Check out their website for more information

<https://www.yoyosfuncenter.com/>

CLINTON TOWNSHIP:
35615 S Gratiot Ave
Clinton Township, MI 48035
(586) 948-8225

WESTLAND:
8044 N Middlebelt Rd
Westland, MI 48185
(734) 956-5500

MOTHER'S DAY EVENTS 2024

RARA Moms Night Out
Friday, May 3, 2024 from 6:30p-9p
RARA Recreation
500 E Second St, Rochester, MI 48307

Enjoy wine & cheese pairings, creative painting session, and rounds of Bingo. Each participant will have the opportunity to paint a beautiful 8x10 canvas featuring two wine glasses, which can be either stemmed or stemless. Registration fee covers your wine-tasting experience, but additional glasses and bottles will be available for purchase to enhance your evening. \$68 resident / \$82 non-resident. Hosted by RARA Recreation.

Mom's Night Out Events
Friday, May 10, and Saturday, May 11
Various locations

Check out our Parents Night Out Page for fun places to drop the kids off for an evening so Mom can enjoy a date night!

Art Birmingham 2024
Saturday, May 11, 2024 10a-6p and Sunday, May 12,
2024 from 10a-5p
Shain Park Birmingham
S Bates and W Merrill, Birmingham, MI

175 juried artists on the beautiful grounds of Shain Park. Perfect for Mother's Day gift shopping.

Canterbury Village Dino & Dragon Stroll Moms Rock Weekend
Saturday, May 11 & Sunday, May 12 from 10a-4p
Canterbury Village
2359 Joslyn Ct, Lake Orion, Michigan 48360
248-391-5700, canterburyvillage.com

Canterbury Village will be transformed into the Mesozoic Era with prehistoric dinosaurs throughout. Guest will stroll through this outdoor Dinosaur adventure and get up close and personal with almost 100 life-like creatures, reptiles and life-size dinosaurs. Moms & Grandmothers get FREE admission Mother's Day Weekend! Tickets are just \$11.99 until 4/29/24. After, they will increase to \$14.99. Tickets purchased at the door will be \$20. Parking is FREE. Purchase Tickets Online. Hosted by www.canterburyvillage.com.



National Mini-Golf Day at Cranbrook on the Green
Cranbrook on the Green Mini Golf Course
Saturday, May 11 and Sunday, May 12, 2024
from 10a-5p
39221 Woodward Ave, Bloomfield Hills, MI 4303

Every year the second Saturday in May is National Miniature Golf Day, and this year it falls on the same weekend as Mother's Day. In honor of both holidays, Cranbrook is offering free admission to one special adult in your life on Saturday, May 11 and on Sunday May 12. To receive the complimentary ticket, please purchase all tickets for your group on-site. The last tickets will be sold 45 minutes before closing. Admission to the Art Museum is free with mini-golf admission. Enjoy making in the Art Lab, visit the Graduate Degree Exhibition or enjoy a snack and a latte at our FIKA Café. Hosted by cranbrook.edu.

Mother's Day Walk
Saturday, May 11, 2024 from 10a-11a
Hudson Mills Metropark
8801 N Territorial Rd
Dexter, MI 48130
734-426-8211, metroparks.com



Bring out your mom, stepmom, grandmother, or other special role model in your life for a spring hike on the trails and make some memories. Enjoy the wildflowers that are starting to bloom and some quality time with your chosen person or people! After the walk, drinks and light refreshments provided. \$3 Child / \$5 Adult / Children under 2 FREE. Pre-register required online or by calling 734-426-8211. A Metroparks daily or annual vehicle pass is required to enter any Metropark.

Royal Oak In Bloom
Sunday, May 12, 2024 from 7a-2p
Parking Lots located at 600 S Main Street and 700 S Main Street as well as 7th Street between Main and Center Street in downtown Royal Oak.

Local and regional farmers bring an impressive array of annuals, perennials, herbs, hanging baskets, vegetables and more for your every gardening interest. In addition to the wonderful selection of plants, there will be an abundance of other outdoor items available, including hand-made wind chimes, stepping stones, beaded basket hangers, and even rain barrels. Royal Oak in Bloom is FREE to the public. For information on vendor spaces or attending the event, contact the Royal Oak Chamber of Commerce at 248-547-4000 or visit the Web Site at www.royaloakchamber.com.

MOTHER'S DAY EVENTS CONT. 2024

Mother's Day Hike

Sunday, May 12, 2024 from 10a-11a
Indian Springs Metropark
5200 Indian Trail, White Lake, MI 48386
248-625-6640, metroparks.com

A guided hike along the nature trails to learn about the blooms and wildlife we see along the way and appreciate their beauty up close as we celebrate the holiday together out in nature. \$3 Child / \$5 Adult. Pre-registration required. Advanced pre-registration required online or call 248-625-7280.

Kensington Mother's Day Wildflower Walk
Sunday, May 12, 2024 from 10a-11a or 1p-2p
(2 sessions to choose from)
Kensington Metropark
4570 Huron River Parkway, Milford, MI 48380
810-227-8910, metroparks.com

Take an hour-long guided walk and discover the budding spring wildflowers, chattering birds, and rich habitats. All ages. \$3 per child / \$5 per adult. Pre-registration is required online or by calling 810-227-8910. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

Imagine Theatre Mother's Day Brunch & A Movie
Sunday, May 12, 2024 at 11a
Imagine Royal Oak
200 N Main Street, Royal Oak, Michigan 48067
888-319-FILM, www.emagine-entertainment.com

Enjoy Mother's Day Brunch AND a Movie with Mom this Mother's Day. \$50 per person includes movie admission and includes the luxurious buffet and ticket to Mamma Mia, Kingdom of the Planet of the Apes, The Image of You, The Fall Guy (people can select other available titles). Menu options include – Crudit  Platter, Charcuterie Platter, Main Course (featuring peach and strawberries crepes with whip cream, mini quiches: Lorraine, garden vegetable broccoli, & 3-Cheese, hash brown potatoes, scramble eggs, maple sausage patties, chipotle brown sugar candied bacon, and assorted fruit. Desserts include – chocolate and strawberry parfait cake, cookies, and assorted muffins. Drinks include unlimited coffee and fountain beverages.

MOM

Walk-A-Mom

Sunday, May 12, 2024 from 10a-4p
Stony Creek Metropark
4300 Main Park Rd, Shelby Twp, MI 48316
586-781-4242, metroparks.com

Bring your Mom, Grandmother or someone who is like a mom to you out for a self-guided spring hike on the trails and make some memories. Enjoy the wildflowers that are starting to bloom and share some quality time with the special person in your life. Be sure to stop by the nature center to get a certificate and a flower to plant at home. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

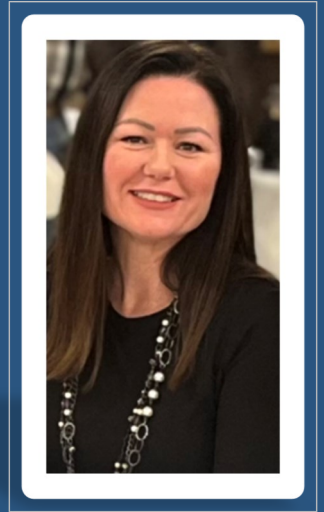
Mother's Day Meander
Sunday, May 12, 2024 from 2p-4p
Lake Erie Metropark
32481 W Jefferson, Brownstown, MI
48173, metroparks.com

It's Mother's Day and the perfect time to hit the trails and learn about all the moms. A guided stroll through our "Big Woods" as we look for signs of all moms everywhere. Insects, birds, mammals and everything in between. Ages 8+. \$3 per child / \$5 per adult. Pre-register required online or by calling 734-379-5020. A Metroparks daily or annual vehicle pass is required to enter any Metropark. Permits are on sale NOW. You can pick one up at metroparks.com OR visit your local Metropark today.

Food Trucks & FREE Family Fun
Saturday, May 13, 2023 at noon
The Village of Rochester Hills
104 S Adams Rd, Rochester, MI 48309

The event features a variety of Food Trucks and Free entertainment for the family including stilt walkers, magicians, balloon twisters, and music in the Festival Park. Paint Creek Center for the Arts will be in Festival Park giving out complimentary take-away potted flower plants, to decorate at home, to the first 100 kids in attendance. Additionally, a variety of stores will be featuring specials & sips throughout the day while offering assistance as you look to find that perfect gift for mom. Telly's Greenhouse will be selling hanging baskets and porch pots onsite. Food trucks include – Don Armando's Taqueria, Little Donut Factory, General Dogs, D'Vine Cookies. This is a FREE event. Hosted by TheVofRH.

GETTING TO KNOW THE EXPERTCARE
OFFICE STAFF
MEET ANGELA PISASALE



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?

Angela: HHA Billing & Support Specialist. I do billings for CLS Oak, CLS Wayne, Genesee, Easter Seals, and Oakland Family. I also, support the HHA Specialist by leading the Digital Timesheet Training classes for Caregivers and assist Caregivers with the HHAExchange App, when needed.

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

Angela: I really enjoy the ability to work independently while having deadlines that I know I must meet to ensure payroll is processed on time.

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

Angela: PINK!

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

Angela: Write down a daily to do list.

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

Angela: I'd like to become an Excel wizard.

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

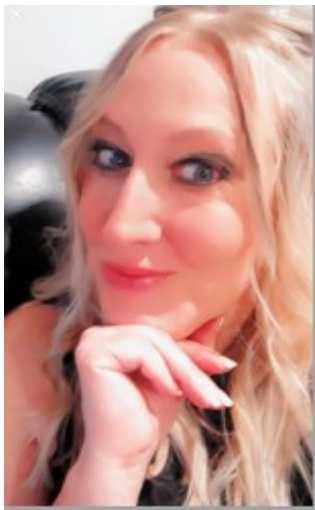
Angela: My family

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

Angela: Take one day at a time.

ECare: Have you ever met anyone famous?

Angela: NASCAR Driver Richard Petty



LOOK WHO'S TALKING
APRIL CAREGIVER OF THE
MONTH
CYNTHIA DAVIS

ECare: What made you decide to become a Caregiver?

Cynthia: I love making a difference in someone's life. Being there when family members were not well and helping them out made my passion for the field greater.

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

Cynthia: Skydiving

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

Cynthia: Being appreciated for all you do and have done.

ECare: What do you do for fun?

Cynthia: Hang with my 4 dogs, bowling, love crafts , and fishing when I can.

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

Cynthia: Tacos, Burgers, and Baked potatoes

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

Cynthia: Sometimes your kindness can transform someone's dark days to a rainbow 😊

ECare: What is the first concert you attended?

Cynthia: New Edition I was 14

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

Cynthia: PATIENCE with more love and patience nothing is impossible. Also to be humble and thankful for your all your blessings.

Cynthia has been an invaluable member of our team at ExpertCare for the past 2.5 years, demonstrating unwavering dedication to her recipient. Cynthia's commitment to her work is evident through her long-standing relationship with the same recipient family since she joined ExpertCare.

Recently, during a quality check with the parent, it became abundantly clear just how much Cynthia's presence means to the family. The parent expressed heartfelt appreciation for the strong bond Cynthia has cultivated with her son, highlighting Cynthia's outstanding performance in her role. Upon receiving feedback about her exemplary service, Cynthia responded with humility and gratitude. She took the opportunity to express her deep appreciation for her job and the support she receives from ExpertCare. Cynthia's passion for helping others shines through her words, as she emphasized how meaningful this role is to her and how much she values the recognition and support provided by our company. 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