

ExpertCare CHRONICLE

SEPTEMBER 2024



ExpertCare Drawing

This month ExpertCare will draw one employee at random who will win a tablet.

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Good luck, we will announce the winner in the October newsletter.



CONGRATULATIONS
TO AUGUST
WINNERS
DESTINY WRIGHT
& JAVON KOGER



Are you on social media?
Like us to stay up to date on all things
ExpertCare!

Facebook.com/ECareMichigan
Instagram: @ExpertCare

Belightful® mindfulness • movement • life coaching

From the autism spectrum to Down syndrome to developmental disabilities and even ADHD, Belightful offers group sessions and private classes for both children and adults with special needs. With a consistent mind-body practice, participants will experience improved motor skills and performance, heightened attention span, and significant strides in self-regulation and sensory integration.

By utilizing more than traditional yoga poses, Belightful chooses progressive teaching methods and a non-competitive and encouraging atmosphere to support the well-being of students. This makes it an ideal atmosphere to benefit those with special needs.

Our programs are specifically designed to ensure that every participant gets the focused attention they need and deserve. We encourage parents, caretakers, siblings, and extended family to join their loved one(s) in our classes. It's a wonderful bonding experience and a unique opportunity to spend time together. Plus, everyone benefits from movement and mindfulness!

To find out more about our Special Needs Programs, please contact us.

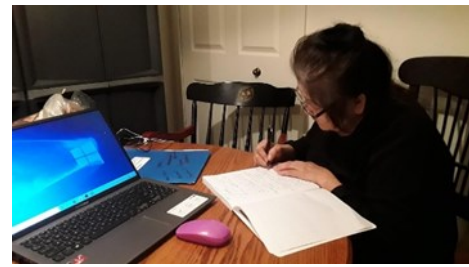
248.560.7744
info@belightfullyoga.com



**"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."**

- SOCRATES

What is a Caregiver?



Submitted by:
Jackie Gant, Daughter

What is a caregiver, and can I do the job? These were the words my mom uttered to me when I asked her to become my paid “caregiver”. Initially, my mom cared for her 3 grandchildren for years, until they became old enough to care for themselves, thus she was out of a job. But then she continued her “nama” (affectionally known as), duties and solely cared for our sweet angel, Damian, and this started her journey as a “professional caregiver”, as I would refer to her and she would smile. I remember the day when I explained to my mom how through respite care and CLS, she could be paid for all she does for him. Naturally her words were, “I don’t need pay to care for my grandson, I love caring for him”. My mom helped me raise my son, who is now 16 years of age, he was adopted out of foster care, and became our world, but caring for her special needs grandson gave her a purpose she would say to me, with tears gently streaming down her face and a smile but I saw more than a “purpose” but an awakening of her soul after the loss of my father. My mom further explained Damian came to us and now we will become his voice, his legs, and protect him from harm. My son, who is non-verbal and immobile, had a special bond with his nama-pure love no one can explain but can only feel, especially when my son looked into the eyes of his nama, it was his way of telling her he wants to be held and he would make his way over to her struggling to crawl but he would make it to her and she would help him stand up and she would praise him and hold him until they both feel asleep. My mom became an advocate for special children and would never let anyone speak negatively about any child with disabilities and she was always willing to purchase some item to help the school with fundraising efforts or visit the school to check on her grandson to see how he is in the classroom.

Sadly, my mother recently passed away prompting me to write this article in her honor. My mother was a person who cared for others first, was strong willed, never let adversity stand in her way and believed you could do and be anything you set your mind to if you work hard enough and never settle and she instilled this philosophy in her children and each of her grandchildren including Damian and her positive feedback and nama hugs when he accomplished a task she worked with him to achieve. Our mom grew up on an Indian Reserve in Canada where she was an enrolled member of the Oneida Nation of the Thames First Nation Tribal Community and faced many challenges growing up and was the only sibling of 6 in her family to graduate from high school. She married, raised 2 children who went onto college-Ivy League educated, and had 4 grandchildren where they became a doctor, lawyer and possibly a future business entrepreneur. Our mom was 83 years young at the time of her passing, enjoyed her family, friends, and going out to dance and karaoke and lived a good life she repeatedly told me. I have the memory of her always taking the time to have a cell phone chat with her special grandson no matter how ill she was feeling, she cheered him on, told him how much she loved him and told me “take care of that baby”, my response would be, yes mom. It is funny, at times I had to remind her that he was my son because she loved and cared for him so much, a deep love. I want to share with all the caregivers how much you are all valued, appreciated, and your work is not “work” but is based on love, passion, and commitment to our angels who need your love, your care and your support while we parents are resting or tending to our own mental health needs. When you have a trusted caregiver overseeing your child, as a parent, you can rest your mind for a little while and rejuvenate and come back as a stronger better parent for your child. I watched my mother struggle with technology in her job but I also saw her progress and she learned how to enter her notes, make corrections, kept up with the online trainings, attended her CPR training, and she truly loved doing the work as a caregiver. I can honestly say watching her from afar made me smile because I felt I was giving her everything she gave to me growing up-encouragement, support, and the ability to know you can succeed and overcome any challenge when it is connected to love, the love of a child for a child. Rest in peace-mom, I’ve shared your journey of purpose and love and why you should become a caregiver-to give of yourself is more rewarding and fills a void you never knew you had until you care for a loved one and see it in their eyes how much you are loved as their caregiver or nama.

First Time Homebuyer Education Webinars

**Interested in learning more
about buying a home?**

**Join us for our
Homebuyer Education
Webinars!**



**This webinar will
provide you valuable
information regarding:**

- *Credit and Personal Savings*
 - *Tax Incentives*
- *Closing and Title Work*
- *Fair Housing and Your Rights*
- *Down Payment Assistance Resources*

[Community Housing Network, Inc. - Purchase Your Homebuyer Education Webinar \(networkforgood.com\)](http://www.networkforgood.com)

Email-
housingcounseling@chninc.net
or call 248-824-7391

Please note: Registration fee is \$30 per person. CHN, Inc. reserves the right to cancel and reschedule the webinar at any time. Please contact housingcounseling@chninc.net for more information. CHN is a HUD-approved housing counseling agency. Completion of this class fulfills certain requirements of the Michigan State Housing Development Authority (MSHDA) mortgage loan program. Participants do not have to be MSHDA loan applicants to participate in the class.

August 2024

Saturday, August 10
10 a.m.-2 p.m.
Saturday, August 24
10 a.m.-2p.m

September 2024

Saturday, September 7th
10 a.m-2 p.m.
Saturday, September 21st
10 a.m- 2 p.m.

October 2024

Saturday, October 5th
10 a.m.-2 p.m.
Saturday, October 19th
10 a.m.-2 p.m.

November 2024

Saturday, November 2nd
10 a.m.-2 p.m.
Saturday, November 16th
10 a.m.-2 p.m.

December 2024

Saturday, December 7th
10 a.m.-2 p.m.
Saturday, December 21st
10 a.m.-2 p.m.



Community
HOUSING NETWORK
Opening Doors • Transforming Lives.

The first steps to renting or buying your home

Financial Literacy 101

Presented by Community Housing Network's **HUD Certified** Housing Counselors.

Who should attend:

- Individuals looking to improve their financial literacy skills.
- Young adults
- Anyone seeking to take control of their finances and build a secure future.

This webinar will cover a variety of financial topics including:

- Income
- Savings and Budgeting
- Discuss Credit repair
- Discuss Taxes
- AND Much More!

Dates and Times:

Thursday, September 12, 6-7p.m via Zoom

Thursday, October 12, 6-7p.m. via Zoom

Thursday, November 7, 6-7p.m. via Zoom

Thursday, December 12, 6-7p.m. via Zoom

Pre-register online!

Or call 248-824-7391

[Community Housing Network, Inc. - Financial Literacy 101 - Free Webinar](#)



PHONE 248.928.0111 • TOLL FREE 866.282.3119 • FAX 248.928.0122
5505 Corporate Drive . Suite 300 . Troy . MI 48098 • communityhousingnetwork.org
Community Housing Network, Inc. is a 501(c)(3) organization. Donations are tax deductible as allowable by law.





Money Mastery: Reaching Your Savings Goals Zoom Webinar September 26, 2024 • 7-8:30 PM

We all have dreams and goals for our lives. Join OLHSA for a hands-on workshop and realize how to set realistic goals and incorporate **SAVING** into your plan.

- Explore your financial dreams and goals
- Understand what **saving** is and how to use it to reach goals
- Learn different savings tools
- Practice making SMART goals

Workshop offered virtually on Zoom.

Online registration is **REQUIRED**. Must be an Oakland or Livingston County resident.

Additional details will be emailed to you once you register.

Registration closes one day prior to the class.

To register please visit: <https://www.olhsa.org/events>

Or contact housingcounseling@olhsa.org





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

**An Informative Webinar
September 19, 2024 at 12 PM**

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.

Registration will close 1 day prior to the class.

To register for this class, please visit <https://www.olhsa.org/events>
Or email housingcounseling@olhsa.org or call 248-860-7845





HUD APPROVED HOMEBUYER EDUCATION WEBINAR

September 9 & 10, 2024 • 5-8PM Both Days

Be introduced to professionals from the industry and build your team for success! Presented by OLHSA's HUD Certified Housing Counselors, a local mortgage loan officer, and a Realtor. You will learn about the entire home-buying process - including credit, budgeting, down payment assistance, and mortgage approval & closing.

MSHDA certificate provided at end of class for all who attend the entire 6 hours. Class limited to current Oakland & Livingston County residents.

Once you register you will receive a confirmation email. Registration will close and 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





Season begins September 7, 2024

Each team will be comprised of players with and without special needs

Six week season

Games will be played between
9:00am and 12:30pm

\$30 per person



For more information and to register, use this link or QR code

<https://woodsidebible.org/events/details/?id=295714>



All players must be at least 16 years old

WOODSIDE BIBLE CHURCH 6600 ROCHESTER ROAD TROY

Questions? Scottpreisler@Woodsidebible.org

OAKLAND COMMUNITY HEALTH NETWORK

16th Annual Recovery Celebration

*Celebrate recovery with Oakland Community Health Network!
This FREE family-friendly recovery celebration will include food,
games, entertainment, and more!*

WHEN:

September 20th, 2024
10 a.m. - 2 p.m.

WHERE:

5505 Corporate Dr.
Troy, MI 48098

[Click here or scan QR
code to register](#)



For questions, contact
Anna Jessup at
jessupa@oaklandchn.org
or 248-858-9098

**Featuring a performance by hip hop artist
and individual in recovery, Colicchie!**



5505 Corporate Drive
Troy, MI 48098



248-858-1210
www.oaklandchn.org



DWIHN

Your Link to Holistic Healthcare

DWIHN FIGHTS STIGMA

Labor Day
September 2, 2024
SOULS Chat
6:00 PM-7:00 PM

Join Zoom Meeting

<https://dwihn-org.zoom.us/j/81494929362>

Meeting ID: 814 9492 9362

Passcode: 1234



DETROIT PISTONS

RALLY POINT

VA MENTAL HEALTH SUMMIT

2024 DETROIT VA COMMUNITY MENTAL HEALTH SUMMIT IN-PERSON & VIRTUAL

Sept 12th

8:30am-4:30pm

**Henry Ford Detroit Pistons
Performance Center**

6201 2nd Ave, Detroit, MI

(Doors open at 7:30am)

Register for either *In-Person* or *Virtual* at
[2024 Detroit VA Mental Health Summit](#)

or



Advance registration recommended. In-person seating is limited. Questions? Email ann.usitalo@va.gov

The Summit is free and open to all – VA & community staff, providers, Veterans, families, & community partners.

AGENDA

8:30am

**Welcomes & VA Senior
Leadership Address**

Mr. Alfred Montoya

VA Acting Assistant Undersecretary

9:15am

Suicide Prevention:

*Supporting AI/AN Veterans & The
COMPACT ACT*

10:30am

**Understanding Trauma, PTSD
& Trauma Treatment**

11:30am

**Lighting the Path: *Spiritual Care
in Addressing Moral Injury***

12:30pm Lunch

1:30pm

**Homelessness: *Overcoming &
Adapting***

2:30pm

Accessing VA Care & Benefits

3:30pm

Resource Tables

**Approved for 5.5 CEs for: JA-IPCE,
ACCME/ACCME-NP, ANCC, APA,
NYSED-P, ASWB, NYSED SW, ACHE,
AOTA, NBCC (CRCC pending)**



VA

U.S. Department of Veterans Affairs
Veterans Health Administration
Detroit VA Healthcare System

9.13.24 DETROIT, ^{BELLE ISLE} MICHIGAN

CELEBRATE RECOVERY WALK & RALLY

OWN IT
LIVE IT
SHARE IT.



GUEST SPEAKER
NFL 3x ALL PRO

LUIS SHARPE



9.13.24 DETROIT, MICHIGAN CELEBRATE RECOVERY

BELLE ISLE,
SCOTT FOUNTAIN

9 AM Registration

11 AM Program

12:15 PM Recovery Walk Begins

Food & Other Activities after Walk

3:00 PM Adjourn

FREE,

FAMILY EVENT

FOOD, FUN,

GAMES & MUSIC.

If you need access
to care, contact:

County - Macomb - MCCMH

1 (855) 996-2264

County - Oakland - OCHN

1 (800) 231-1127

County - Wayne - DWIHN

1 (800) 241-4949



YOUTH MOVE DETROIT PRESENTS...



BARBIE VS KEN SKATE PARTY

Friday, September 20, 2024

Riverside Arena Skating Rink
36635 Plymouth Rd, Livonia, MI
5:30pm-7:30pm



Join Youth MOVE Detroit in a Festive
Meet & Greet Networking Experience

FREE ADMISSION

Includes: skates, pizza & drinks

Barbie vs Ken Costume Contest!

Text "SKATE" to RSVP (313) 348-1169



STATEWIDE YOUTH SUMMIT 2024

10AM-3PM
SEPT 28

NEW DATE AND LOCATION

WESTLAND CITY HALL

36300 Warren Rd, Westland, MI 48185

IT'S GIVING REAL LIFE!

Calling all youth and young adults!

Join us for our annual Statewide Youth Summit! We're hosting a day of workshops focusing on topics and skills to engage youth on realistic expectations and skills needed for the 'real world'.

Workshop Themes:

- Cultural Awareness
- Health, Wellness and Lifestyle
- Professionalism & Leadership
- Youth Empowerment & Engagement
- Youth and Young Adult System of Care

Register Today!



MOVE
Calling All Youth
MOVE

FREE SUMMIT!



ASK
FAMILY SERVICES
SHARING EXPERIENCES
STRENGTH & HOPE

Questions? Contact: wcyouthunited@dwihn.org

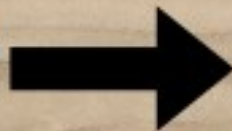
WHEELS 
IN MOTION.ORG

Disability Dune Day September 11th, 4-7pm

**EXPERIENCE THE THRILL OF RIDING ON
SILVERLAKE SAND DUNES ***

Wheels in Motion, in partnership with the DNR & Oakland County Parks, invites the Disability Community to participate in an exhilarating afternoon featuring exciting SXS, Jeep, and other four-wheeling adventures at this first-ever special event!

Register Here



Go to WheelsinMotion.org to the Events Calendar Online Registration.
Or call Wheels in Motion and ask for Billy (810) 215-9799

*Silver Lake State Park 9679 W State Park Rd, Mears, MI 49436



Call 248-858-0916 to register

Call or text 248-221-8040 for program information

For individuals 18 & older with intellectual and developmental disabilities



Wednesday, Sept. 18, 2024 6-8 p.m.



\$10/participant
\$5/caregiver

Register by Friday, Sept. 13, 2024
Preregistration with payment required; no walk-ins, no refunds.

Includes: Accessible hayrides, dinner, music and dancing

Waterford Oaks Event Center

2800 Watkins Lake Road
Waterford, MI 48328



Awesome Autumn 2024

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.

DISABILITY DIRT DAYS



OAKLAND
COUNTY PARKS

May 5, Sept. 21 and Oct. 20, 2024 11 a.m.-3 p.m.

Experience off-roading at Holly Oaks ORV Park with rides provided by volunteers.

- Ride provided for rider and one guest (No guarantee on type of vehicle for ride). Riders must be at least 10 years old. Participant waivers are required.
- For more information or questions, call or text 248-221-8040.
- A confirmation email will be sent the week prior to your registered date.

This program is held in partnership with Disability Network Eastern Michigan, Wheelchairs in Motion and Rehab & Mobility Systems



Sponsored by



LAFONTAINE
CHRYSLER DODGE JEEP RAM FENTON



For individuals
with disabilities

Scan to Register



bit.ly/DirtDays2024

Holly Oaks ORV Park 14551 Shields Road Holly, MI 48442



Call 248-858-0916 to register
 Call or text 248-221-8040 for
 program information

For individuals of all ages
 with intellectual and
 developmental disabilities

Halloween Happiness

Thursday, Oct. 24, 2024
 6-8 p.m.



Southfield
the center of it all™

Southfield Civic Center
 26000 Evergreen Road
 Southfield, MI 48076

Relax with friends or expand your
 social circle in a fun, festive and
 supportive environment

DISABILITYnetwork
 Eastern Michigan

OAKLAND COUNTY PARKS
 OaklandCountyParks.com

\$10/participant
\$5/caregiver

Register by Friday, Oct. 18, 2024
 Preregistration required; no walk-ins, no refunds.
 Music, dancing, trick or treating and pizza

Halloween Happiness 2024

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 phone numbers on check.

Check # _____

Total _____

Cardholder _____

Credit Card # _____

Expiration _____ 3-digit code _____

Signature _____

Visa, Mastercard, American Express
 and Discover accepted:

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.

WALK A MILE IN MY SHOES RALLY

Thursday, September 12, 2024

20th ANNIVERSARY!!

Capitol Building Lansing, Michigan



Join us in celebrating the 20th Anniversary of the
Walk a Mile in My Shoes Rally
at the state Capitol in Lansing, as we educate the
public about behavioral health issues and intellectual
and developmental disabilities.



(517) 374-6848

www.cmham.org

[facebook.com/CMHAM](https://www.facebook.com/CMHAM)

twitter.com/CMHAM



Employee Milestone Anniversaries

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



10 Years
Jane Elliott



5 Years
Kayla Arthur
Eartha Hubble
Zena Azo
Carrie Beaudry
Rhonda LeBeau



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



**COUNTY FISCAL
YEAR END IS
9/30/2024**

ExpertCare must receive all unpaid visits with dates worked through 9/30/2024 by Monday, October 7, 2024 at 8AM.

If we do not receive your completed visits by this time, it cannot be processed as we have very tight deadlines due to county year end.

**WE MUST RECEIVE ALL VISITS
BY MONDAY 10/7/24**

**Thank you in advance for your
cooperation!**



**Berkley Public Works Interactive
Touch-A-Truck
Saturday, September 7, 2024
Sensory Friendly Hour from 9a-10a
Berkley Community Center
2400 Robina Ave, Berkley, MI 48072**

Kids and adults can explore and learn more about the variety of Public Works, fire, and police trucks and equipment used. This hands-on experience will also feature opportunities to paint a plow and name the Public Works trucks for the upcoming year, with coloring pages and yard games onsite to entertain kids of any age. No registration is required and parking will be available at the Community Center and nearby side streets. Hosted by berkleymi.gov.

**RARA Diner's Club
Monday, September 9, 2024 from 5:15p-6:30p
(Also October 7, November 4, December 2)
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-\$8 per participant. To register, visit www.rararecreation.org.

**Adaptive Kayaking Workshop
Thursday, September 12, 2024 from 9a-3p
Independence Oaks
9501 Sashabaw Rd, Clarkston, MI 48348
248-625-0877 www.OaklandCountyParks.com**

During this free Adaptive Kayaking Workshop series, all equipment will be provided and no kayaking experience is necessary. All abilities are welcome. All workshops will be held from 9a-3p. A \$10 donation per kayaker secures a one-hour spot. Pre-registration required. Questions? Email REC-IT@DNEMichigan.org or call 586-268-4160.



Free admission every day to residents of Wayne, Oakland, and Macomb Counties.

**Detroit Institute of Arts
5200 Woodward Ave, Detroit, MI. 48202
Sunday, Sept. 1st from 10am-5pm**

**Game On Sports Center
14110 Pardee Rd, Taylor, MI. 48180
Sunday, Sept.1st from 10am-8pm**

Family Day! Free for ages 12 and under



**Henry Ford Museum & Greenfield Village
20900 Oakwood Blvd. Dearborn, MI.
Wed. Sept. 4th and Thursday 5th-
From 9:30am-5pm**

\$3 Admission for SNAP/EBT and WIC card-holders (Children 4 and under free)



AUTISM SPECTRUM BOWLING LEAGUE 2024 / OUCARES

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-plus on the autism spectrum. This opportunity will allow ASD students and adults to enhance physical activity in a social, community setting.

Please Note – this bowling league has grown very popular through the years and pre-registration is strongly encouraged by OUCARES as soon as possible.

Rochester Hills OUCARES BOWLING LEAGUE

The nine-week bowling league will begin Saturday, September 7, 2024 and runs through Saturday, October 26, 2024 on consecutive Saturdays. No bowling experience is necessary to participate. The bowling games run from 10a-noon. The cost of the bowling league is \$120.

Troy OUCARES BOWLING LEAGUE

The nine-week bowling league will begin Monday, September 9, 2024 and runs through Monday, October 28, 2024 on consecutive Mondays. No bowling experience is necessary to participate. The bowling games run from 6p-8p. The cost of the bowling league is \$120.

The \$120 Autism Spectrum Bowling League Cost Includes:

- 2 games of bowling each week
- free use of bowling ball
- free bowling shoes rental
- a pizza party

This is the 13th year for the league. Classic Lanes and OUCARES have stated that they want the new league to start small and be successful before expanding. The OUCARES vision for the bowling league is to have it eventually fill all 32 Classic Lanes bowling lanes!

Please Contact Chris Murray, Community Relations Director for Classic Lanes, with any questions at 248-852-9100.

Classic Lanes
2145 Avon Industrial Dr Rochester Hills, MI 48309
248-852-9100
Troy Lanes
1639 14 Mile Rd, Troy, MI 48083
248-588-4850
5 Star Lanes
2666 Metro Pkwy Sterling Heights, MI

For more info on these Autism Spectrum Bowling Leagues, visit www.oakland.edu/oucares/programs

**Sensory Sunday at the
Flint Children's Museum
Sunday, September 8, 2024
from 10am-noon**

**Flint Children's Museum
1602 W University Avenue, Flint, MI
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.

**Friday Frolic Dance
Friday, September 13, 2024
from 7pm-9pm
(Also October 11, December 13)
Troy Community Center
3179 Livernois Rd, Troy, MI 48083**

Dancing with DJ with a fun holiday theme and refreshments. \$10 admission via punch card. The Friday Frolic Punch Card costs \$60, is good for 6 admissions, and can only be used for Friday Frolic Dances. For more info, visit rec.troy.mi.gov.

**Sensory-Friendly Planetarium Shows
Saturday, September 14, 2024
at 11am**



**Longway Planetarium
1310 E Kearsley St, Flint, Michigan 48503 810-237-3400, sloanlongway.org**

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



OUCARES After Hours Adult Social

Tuesday, September 17, 2024 at from 6p-9p
(Also October 22, November 12)
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, September 18, 2024
(Also October 16, November 13, December 11...)
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.

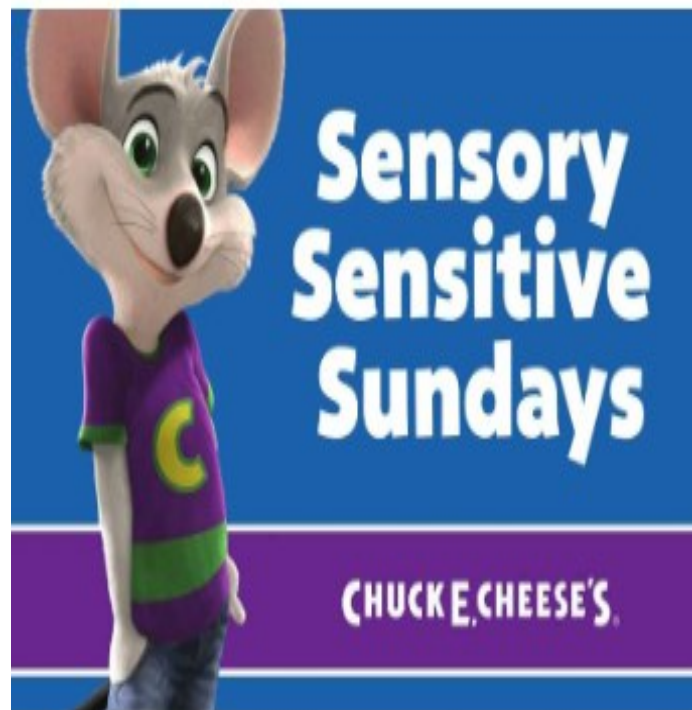
Movie/Pizza Night

Friday, September 20 from 5:30pm-7:30pm
(Also October 18, November 15, December 13)
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.



**We'll now be open from 9:00am-11:00am
on the first Sunday of every month,
specifically for children with autism and
other special needs.**

- Reduced lighting and noise
- Food and games offered
- Trained and caring staff

Go to ChuckE Cheese.com for a location near you.

**Sensory Sensitive Sundays
at Chuck E. Cheese
42001 Ford Rd,
Canton, MI. 48187
Sunday, September 1st
from 9:30am-11am**





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.

September 11th at 2pm

September 19th at 10am

September 23rd at 12pm

Please call our office to get scheduled for a refresher course. If you are unable to attend any of the sessions listed, call the office and we will answer your questions or work to schedule a different time. Keep an eye out for the training sessions for October in next month's newsletter!



HHA Tip of the Month

Happy September! For the HHA Tip this month, we wanted to go over what your Visit Text Note should include. Every shift that you work needs to have a text note that gives a detailed summary of what you did with your client during the service you provided. We recommend mentioning their mood, behavior, or trends that you are noticing with your client as well as mentioning the Plan of Care tasks that you mark off. The length of your text note should also reflect how long of a service you provided for that day. Any additional information that you feel might be beneficial for us to know about your shift should also be added.

Below is an example note for your review. We hope this example will help you when adding more details to your shift notes. These notes stand as medical documentation for your client and are the final part of completing your timesheet for payroll processing. As a reminder, all your notes should be added to your timesheets no later than by 8am every Monday morning. If you have any specific questions on how to add your notes, don't hesitate to reach out. We are here to assist you!

Visit Detail
Jane Test

Careplan **Notes**

— Text Note

Today:: May 20, 2024
Assisted Jane in getting ready for school. Jane was given 2 choices of clothes to wear. She made her choice after 5 mins. Jane brushed her hair with no prompts. Assisted her in putting toothpaste on toothbrush. Monitored Jane making her lunch. Verbal prompts to put freezer pack in lunch to keep food safe.



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 TIFFANY DOOLEY

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

Tiffany: Payroll and Billing Specialist

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

Tiffany: I love that there is always set daily tasks to complete, with great co-workers and occasional special assignments.

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

Tiffany: Rihanna

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

Tiffany: Copy and paste.

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

Tiffany: Mental audits of my work and slowing down.

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

Tiffany: Graduating from MSU because my mom started going there but had to drop out when she had my sister. So I felt like I was doing it for her.

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

Tiffany: Try your best and forget about the rest.

ECare: Have you ever met anyone famous?

Tiffany: I mean I guess that depends on your definition of famous, lol. I have met Coolio, Big Sean, and Da Brat. I also spent my summers in Canada with family and I worked as a background actor for Degraasi so I met the cast and even Drake before he was Drake.



Do you know a caregiver who consistently goes above and beyond? We want to hear from you!

Please submit your nominations for caregiver of the month by emailing twalter@expertcare.com.

Be sure to include the reasons why you believe they deserve this recognition. Whether it's their exceptional compassion, reliability, or dedication to making a difference, we want to celebrate their contributions.

Your input helps us honor those who truly make an impact!





LOOK WHO'S TALKING
AUGUST CAREGIVER
OF THE MONTH



AJA DENNIS

ExpertCare: What made you decide to become a Caregiver?

Aja: I enjoy taking care and helping others so much that I thought it would be a good idea to become a caregiver. I did try nursing but that was just a little too much for me!

ExpertCare: What was your first paying job?

Aja: Hungry Howie's.

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

Aja: Watching my client grow in areas that they struggle in.

ExpertCare: What do you do for fun?

Aja: Shop, find new hobbies, travel, and try new foods.

ExpertCare: Have you ever met anyone famous?

Aja: No, but soon lol.

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

Aja: When you feel like a task is too hard, just try to push through it. Never compare those to one another because everyone is different and expands in their own way!

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

Aja: Introvert, I'm a very shy person. I think I just enjoy my own company more than other people. You never know with other people; the world is a crazy place today.

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

Aja: Everyone is different in their own way; everyone moves at their own pace. You just have to find where you fit best and do your part in the world!

ExpertCare is excited to nominate Aja Dennis for Caregiver of the Month. Her consistent demonstration of outstanding caregiving qualities makes her a perfect candidate for this recognition.

Aja is celebrated for her compassion and commitment. She consistently exceeds expectations in her caregiver role, making sure everyone in her care feels valued, respected, and comfortable. Her talent for establishing personal connections with her recipient and others she works with fosters a nurturing and supportive atmosphere.

Her most admirable qualities are her exceptional patience and kindness. Aja consistently dedicates time to listening and understanding the needs of those she cares for, providing personalized and attentive care. Her positive attitude and gentle demeanor provide comfort and reassurance, even in the most challenging situations. Additionally, Aja is extremely reliable and dependable. She is always punctual and attentive, ensuring the highest standard of care.

We believe Aja deserves to be recognized for her extraordinary efforts and dedication to those around her.

Thank you for demonstrating ExpertCare's core values of:

Helping People Succeed
Passion for Success
Can Do Attitude

