

# ExpertCare **CHRONICLE**



February 2025

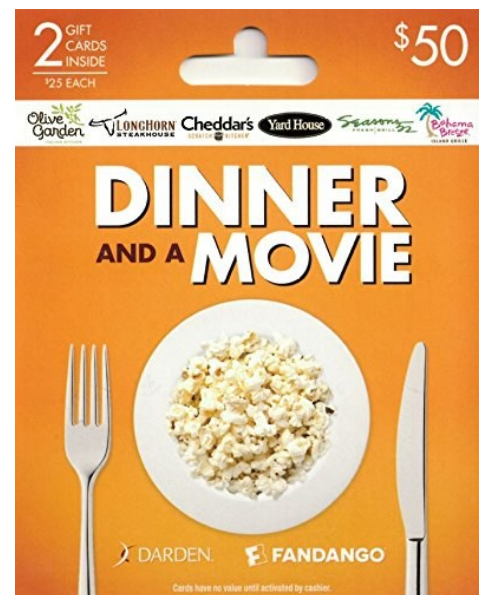


## **FEBRUARY GIVEAWAY**

**This month ECare will give away two \$50 Dinner and a Movie gift cards. We will draw two employee winners at random.**

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**Stay tuned next month to see who wins!**

**Congratulations to January winners Michael Probst & Tonia Brown!**  
**We hope you enjoy your gift cards !**



## W-2 Electronic Enrollment

IRS form W-2, Wage and Tax Statement, has been mailed to the mailing address we have on file for each employee who has not enrolled in our Early W-2 program.

Electronic W-2's are stored in the Employee Portal which has additional safeguards in place making sure your information is protected.

Go to "My Taxes" in your Employee Portal and click on W-2. If you are not currently enrolled in the Early W-2 program, you will see the option to accept Early W-2 Election.

All address changes must be done through the PrismHR Employee Portal or in writing. We will accept an email or text message from the contact information we have on file. If sending updated address information via email, please send to [HR@versicaregroup.com](mailto:HR@versicaregroup.com).

If you wish to update your tax information, please submit an updated form using the following link: [MI-W4](#).

ExpertCare cannot provide any guidance or assistance in regard to the completion of your W-4 Forms. We recommend you take advantage of the IRS Withholding Calculator which will factor in all variables specific to your tax liability and provide a recommendation on how to complete your W-4 form. You can access the IRS calculator by going to: <https://apps.irs.gov/app/tax-withholding-estimator/income-and-withholding/>.

If you need more assistance or are uncomfortable using the IRS calculator, the City of Detroit offers free tax assistance. Please go to: <https://detroitmi.gov/government/tax-preparation-sites> for additional information. Thank you for your understanding.

## POLAR PLUNGE



Winter is just around the corner, which means Polar Plunge 2025 is fast approaching! This year, ExpertCare will be taking the plunge for a great cause—supporting Special Olympics Michigan. Mark your calendars for Saturday, February 22, 2024, at The Beach Tiki Bar + Boil in Walled Lake. This will be ExpertCare's 8th year participating in this incredible event!

The Polar Plunge is Special Olympics Michigan's largest fundraiser, and every dollar raised helps provide year-round training and services for over 23,000 athletes with intellectual disabilities across the state.

Last year, our group of volunteers raised an impressive \$4,933 and won Best Themed Costume! Let's top that this year! We are hoping to make this our biggest and best group yet and would love to surpass last year's fundraising goal. If you or your loved one would like to join our fundraising team to support Special Olympics, please let us know.

Special Olympics Michigan would not be able to serve individuals with intellectual disabilities without you. Your support means everything to us. You can visit our group fundraising page by visiting:

<https://www.classy.org/team/621733>



## **HUD APPROVED HOMEBUYER EDUCATION WEBINAR**

**February 6, 2025 • 9am – 2pm**

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 5 hours. Class limited to current Oakland & Livingston County residents.

**Once you register you will receive a confirmation email. Registration will close Feb. 4<sup>th</sup> 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](http://www.olhsa.org/events)

Questions: contact [housingcounseling@olhsa.org](mailto:housingcounseling@olhsa.org) or call 248-860-7845



VENTURE  
INC.

**OLHSA**  
*A Community Action Agency*



Programs and websites mentioned within this newsletter are for the sole purpose of providing information of interest. Expert-Care 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.



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

**An Informative Webinar  
February 20, 2025 • 3-4 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.  
Registration will close 1 day prior to the class.  
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](mailto:housingcounseling@olhsa.org) or call 248-860-7845



Love & Logic

# Parenting Made Enjoyable

## VIRTUAL PARENTING EDUCATION SERIES

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

**Tuesday Evenings**  
**January 14, 21, 28,**  
**February 4 & 11, 2025**  
**6:30–8pm**

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

### WORKSHOP SESSIONS

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



Register in advance at  
[bit.ly/jan25parenting](https://bit.ly/jan25parenting)  
or use the QR code:



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

Certificate provided after entire series has been completed.

For more information contact Anita Rotherth at [arotherth@guidance-center.org](mailto:arotherth@guidance-center.org) or 734-785-7705 x7035.

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

Nurture the Future & Pride in Downriver  
present

Teen Pride  
Alliance



Parent &  
Caregiver  
Alliance

### Two groups, one purpose

**Teen Pride Alliance:** 14-18 years old

- New friends
- Community connections
- Fun activities
- Group-led topics

**Parent & Caregiver Alliance**

- Connections with other parents
- Community support
- Learning and sharing resources

**Youth and family members from the community may attend together or on their own.**

Food/Refreshments will be provided.

**Monthly Groups: 3rd Thursday from 6pm-7:30pm**

*Next Meeting Dates:*

January 16, 2025 🌀 February 20, 2025 🌀 March 20, 2025

Location: The Guidance Center's Center for Excellence

13111 Allen Rd., Building 2, Southgate MI 48195



Contact: Karen Hoffman-Herin  
at [khoffman-herin@guidance-center.org](mailto:khoffman-herin@guidance-center.org)

or

734-785-7705 x 7331





Celebrate abilities, advancement, and advocacy in recognition of Disabilities Awareness Month in March!

**SAVE** *the* **DATE**

**WHAT:** Abilities Awareness Event

**WHEN:** Wednesday, March 5, 2025  
1 - 3 p.m.

**WHERE:** 5505 Corporate Drive  
Troy, MI 48098

To register, scan the QR code or visit [oaklandchn.org/calendar](http://oaklandchn.org/calendar)



For questions, please contact Suzanne Weinert,  
[weinerts@oaklandchn.org](mailto:weinerts@oaklandchn.org) or 248-758-1991





## Portable Generators & Carbon Monoxide Poisoning

Portable generators are popular with homeowners, campers and hunters in Michigan. Generators are very convenient, but they can also be very dangerous. All fuel-burning appliances and equipment release a poisonous gas called carbon monoxide.



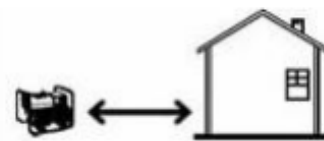
Carbon monoxide (also known as CO) can be dangerous for humans and pets, even in small amounts, because it blocks oxygen from getting into your body. Carbon monoxide poisoning can lead to death in a very short time. It is odorless, tasteless and invisible, so you may be exposed without knowing it. That is why carbon monoxide is sometimes called “the silent killer.”

Fortunately, there are a few simple steps that you can take to ensure that you and your family will remain safe during your next vacation up north or during the next power outage by following these tips for safe generator usage:

- **DO** read and follow all of the instructions that come with ALL of your fuel-powered appliances, including generators.
- **DO NOT** use your generator indoors.
- **DO** use an extra long extension cord with your generator. Be sure that your generator is secured several feet from your home and is away from all open windows, doors and air intakes.



No



Yes!



- **DO** pay attention to flu-like symptoms, especially if more than one person has them. Headache, dizziness, confusion, fatigue and nausea are all common symptoms of carbon monoxide exposure.

- **DO** move outside to fresh air immediately if a carbon monoxide leak is suspected.
- **DO** go to the emergency room or call 911 if you feel sick. Tell them that you suspect carbon monoxide poisoning. Carbon monoxide poisoning can be determined by a quick blood test done soon after exposure. The faster you are treated, the better your chances for a quick recovery.



**DO NOT ignore symptoms. You could DIE within minutes if you do nothing. Call 911 or go to the nearest emergency room as quickly as possible if you suspect carbon monoxide poisoning.**



# Need to warm up?

## *Find a Macomb County warming center near you.*



### **Warming Centers for Winter Weather**

As we move further into winter, Michigan residents face the increased likelihood of dangerously cold temperatures. Those without shelter, stranded, or living in poorly heated homes are particularly at risk for health emergencies like hypothermia and frostbite. Following are the warning signs of hypothermia and frostbite as well as information regarding warming centers in Macomb County.

**Hypothermia** is when the body begins to lose heat faster than it can be produced when it is exposed to cold temperatures for a long period of time.

Warning Signs:

- Adults might display shivering, memory loss, or drowsiness
- Children might display bright red skin, low energy, or cold skin

**Frostbite** happens when skin and underlying tissues freeze from prolonged exposure to extremely cold weather. It most often affects body parts such as the nose, ears, cheeks, chin, fingers or toes.

Warning signs:

- A white or grayish-yellow skin area
- Redness or pain
- Skin that feels unusually tight
- Numbness

**Warming Centers** can provide temporary relief, and a place for the community to gather during the day in extreme weather conditions. Warming centers are generally located in heated buildings such as libraries, senior centers and town halls and are open to the public.

A listing of warming centers in Macomb County [can be found here](#).

# WINTER DRIVING SAFETY TIPS



## DON'T BLAME THE WEATHER! DRIVE SLOW ON ICE & SNOW

Most winter driving crashes are not caused by the weather, but by drivers' failure to adjust to road conditions. "Drive slow on ice & snow" is the theme for our winter driving safety program, and our #1 tip for staying safe on wintry roads. Here's why:

- ❖ Most winter driving crashes can be attributed to drivers going too fast for the roadway conditions. When this happens, drivers can lose control, leave their lane, or even leave the roadway.
- ❖ On snowy and/or icy roads, it can take up to **ten times longer** to stop your vehicle. Slowing down and allowing more room between your vehicle and the one ahead of you gives you more time to react and brake, thus reducing your crash risk.
- ❖ Michigan speed limit laws require drivers to move at a speed that is "reasonable and proper" for the road conditions. This means that even if you are driving at or under the posted speed limit, you could still get a speeding ticket if the road conditions make that speed unreasonable for safe driving.
- ❖ By making adjustments in speed and handling when road conditions are bad, you can take charge of your winter driving safety.
- ❖ Don't use cruise control on ice and snow. If your car skids, the cruise control will accelerate to maintain a constant speed – spinning your wheels even faster and increasing the chance you will lose control of your vehicle.



## BE PREPARED

Before you go, take the time to prepare your car for safe winter driving.

- ❖ Keep your car well maintained. Have a mechanic check fluid levels (oil, wiper fluid, antifreeze, etc.), as well as your battery, ignition system, lights, brakes, heater/defroster, wipers and tires.
- ❖ Remove all snow and ice from your vehicle, especially from all windows, the windshield, mirrors, headlights and taillights. Snow and ice can dim the beams of lights and reduce visibility.
- ❖ Always keep your gas tank at least half full to avoid fuel line freeze-up.
- ❖ Check both current and forecasted weather conditions along your route.
- ❖ Stock your car with winter driving supplies:
  - [Auto Emergency Kit](#)
  - Flashlight with extra batteries
  - Shovel
  - Snow brush and scraper
  - Booster cables
  - Bag of sand or kitty litter for traction under tires
  - Cell phone charger
  - Bottled water, food, necessary medicine



## FOLLOW THESE WINTER TIRE SAFETY TIPS

**Winter tires** are made of a softer rubber compound than summer or all-season tires, with thin cuts in the tread. This gives them a better grip on the road, which makes them **the safest choice for driving in winter**. In fact, winter tires can help you stop up to 50% faster on snowy or icy roads.

- ❖ **Regularly check your tire pressure in winter.** Tire pressure drops as temperatures do, so it's important to make sure your tires are adequately inflated.
- ❖ **Use the penny test to check tire treads.** Insert a penny, Lincoln's head down, into the tread of your tire. If you can see Abe's entire head, there's not enough tread left to drive safely. (Tires should have at least 1/8" of tread for safe driving.)
- ❖ **Get tires rotated every 5,000 to 8,000 miles** to help them wear more evenly.



## KEEP PEDESTRIANS & PASSENGERS SAFE

Drivers aren't the only ones at greater risk in winter weather.

- ❖ Stopping distances can be up to 10 times greater on ice and snow, so drive slowly and stay alert for pedestrians, especially at intersections and crosswalks.
- ❖ Be aware that pedestrians can be obscured by snowbanks, or can be difficult to see in low-light winter weather.
- ❖ Don't shovel or plow snow into sidewalks. This can force pedestrians to walk in the road.
- ❖ Make sure you and all your passengers wear their seat belts. In 2017 alone, seat belts saved an estimated 14,955 lives in the U.S. and could have saved an additional 2,549 people — if they had buckled up.
- ❖ The lap and shoulder belt should be snug across the hips and chest. Never put the shoulder belt behind your back.
- ❖ Children should be buckled into car seats or booster seats until they are at least 4' 9" tall. Even when they are big enough to use the adult seat belt, they should ride in the back seat until they are 13 years of age or older.

For car seat guidelines, visit <https://www.nhtsa.gov/equipment/car-seats-and-boosters-seats>

- ❖ Don't dress infants or toddlers in puffy coats or snowsuits. The extra bulk keeps the harness straps from fitting tight enough against baby's chest. Dress your little one in lighter layers to keep the straps snug, then cover them with a blanket or coat.





## DRIVE SAFELY NEAR SNOWPLOWS

When sharing the road with a snowplow, here are ways to stay safe.

- ❖ Be aware that snowplows move slowly, make wide turns, and stop frequently.
- ❖ It's illegal in Michigan to pass a snowplow on the right. And while it's not illegal to pass on the left, you should do so with extreme caution.
- ❖ If you are driving behind a snowplow, maintain 6 to 10 car lengths between your vehicle and the snowplow. If you follow too closely, the driver may not be able to see you. Your vision could also be obstructed by a "snow cloud" created by the plow.
- ❖ A snowplow is considered an authorized vehicle for purposes of Michigan's Move Over law. If you see a stationary snowplow on the side of the road, you **must reduce your speed** to at least 10 mph slower than the speed limit and move over to an open lane. If this is not possible, slow down and pass, allowing as much room as possible.



## KNOW HOW TO HANDLE EMERGENCIES

Despite all your precautions, you find yourself stopped or stalled on the road. Don't panic. Follow these safety rules:

- ❖ Stay with your car and don't overexert yourself.
- ❖ Put bright markers on the antenna or windows and keep the interior dome light turned on.
- ❖ If you must run your car's engine to keep warm, be certain the exhaust pipe is clear of snow, ice or dirt, and check it periodically. Run the vehicle for only 5–10 minutes each hour and be sure to open the windows slightly for ventilation. Keeping the car running continuously could lead to asphyxiation from carbon monoxide poisoning.





## Circle of Men Chat

Every third Monday

from

6:00 PM to 7:00 PM

with

**Dwight Harris, Peer Agent/Mental Health Advocate**

at

**Detroit Wayne Integrated Health Network.**

Join Zoom Meeting

<https://dwhn-org.zoom.us/j/87924880120>

Meeting ID: 879 2488 0120

Passcode: 1234

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## HHA TIP OF THE MONTH

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!

Click the Funnel at the top right.



This can also be found in the HHA Tip Sheet. If you need a copy or have any additional questions about the HHA eXchange app, please reach out to us!

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.

**Wednesday, February 5<sup>th</sup> at 10am**

**Tuesday, February 18<sup>th</sup> at 12pm**

**Wednesday, February 26<sup>th</sup> at 2pm**

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



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.

**A. MCO Policy 9-780 Personal Property and Funds.**

Employees, volunteers, and agents of a MCCMH network provider shall not:

1. Exploit their relationships with recipients for personal advantage;
2. Accept money, good, services, or other non-monetary remuneration from a recipient or on behalf of a recipient, except for services fees paid to a MCCMH network provider for mental health services;
3. Enter into business transactions with Recipients or legal guardians of recipients.

As a recap, it is an ExpertCare policy violation to accept money, goods, services, or other non-monetary remuneration, except for service fees paid by ExpertCare, from Recipients in exchange for services.

**B.** In addition to we would like to remind all employees that ExpertCare is a drug and alcohol-free workplace. Employees are prohibited from being impaired or under the influence of alcohol or drugs while reporting to work, while on ExpertCare premises, or while engaged in any work-related activity. It is the policy of ExpertCare Management Services not to assign or retain any individuals who possess, use, sell and/or distribute illegal drugs, controlled substances, or alcohol. This includes marijuana, ExpertCare cannot make an exception for the use of marijuana, both medical or recreational. All marijuana products are strictly prohibited.

**C.** While providing services, all Recipients shall receive services suited to his/her condition. During this time, the Recipient must be working towards goals in the plan of service. Caregivers must engage and be present with the Recipient to keep them focused on their goals in the IPOS. CLS services are to maintain and support the Recipient's individual achievement, which cannot be accomplished when the Caregiver is not actively engaged with the Recipient, working on the goals in the IPOS. During your shift you may only use your cell phone for ExpertCare business purposes or in case of extreme personal emergency. Outside of that, no calls or texts are to be made or received during working hours. Employees must turn all communication devices to vibrate or off during working hours. It is vital that you remain vigilant and engaged with the Recipient throughout your entire shift, for the Recipient's safety and yours.

**D.** Recipients have the right to be treated with dignity and respect at all times. This includes protecting the Recipient's privacy. Caregivers cannot introduce a Recipient to the Caregiver's family, friends, or pets. As a reminder, your family, visitors, friends, or pets are not allowed to go to work with you, even if the Recipient/Recipient family says it's okay; it is not permitted. This includes being dropped off or picked up for your shift. Caregivers cannot have a friend or family member drop them off at a Recipient's home, the Recipient's address is protected under HIPAA.

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.





## RARA Diner's Club

Monday, February 3, 2025 from 5:15 pm -6:30 pm

(Also March 3<sup>rd</sup> and April 7<sup>th</sup>)

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](http://www.rararecreation.org)

## Bowers Farm Winter Park Weekends

At Bowers School Farm weekly on Fridays from 4p-10p, Saturdays from noon-10p, and Sundays from noon-9p. (248-341-6475, [schoolfarm.org](http://schoolfarm.org)) Admission is FREE. Activities at Winter Park include browsing the farm store, dining at the farm kitchen, and snow tubing down the sled hill. Pre-registration is required for tubing.

## Warren Winter Cold Rush Festival

February 8 @ 2:00 pm - 8:00 pm

At Warren City Square (Van Dyke just north of 12 Mile Road). This is a FREE event. Enjoy free ice skating all day, food trucks, bonfire & smores, and more. For more info, visit [www.cityofwarren.org](http://www.cityofwarren.org)

## Royal Oak Try Hockey for FREE

At John Lindell Ice Arena Royal Oak  
248-246-3950, [www.royaloakicearena.com](http://www.royaloakicearena.com)  
"Try Hockey for Free" Clinics are a great way for boys and girls ages 12 and under to try out the sport of hockey without having to make the investment into equipment. There's no experience necessary – Suburban Ice provide the instructors and the equipment for you to use. Pre-registration required to save your child's spot at [www.royaloakicearena.com/try-hockey-for-free](http://www.royaloakicearena.com/try-hockey-for-free). Hosted by Royal Oak Ice Arena / John Lindell Ice Arena.

## Waterford Fireworks and Flannels

At Waterford Oaks County Park Bundle up for Fireworks and Flannels, an event that features a 1K/5K Flannel Fun Run, illuminated walking path, The Art Experience, general activities, food trucks, live entertainment, beer tent, horse drawn wagon rides and fireworks. Cost for the 1K Kids Run is \$15 and 5K Fun Run/Walk is \$25. All fun run participants receive a medal and a T-shirt while supplies last. Hosted by Oakland County Parks and Recreation.

## Imagine Winter Kids Movies

\$3 movies for kids AND adults ALL WINTER LONG. Each week will feature a new kids movie. The special doesn't stop at just tickets. Magic Packs are also available starting at \$5 and includes popcorn and small drink.

- \* Kids Movie Series FINE PRINT – Imagine Winter Kids Movie Series Dates and Showtimes may change – Limited availability – Not offered to groups over 30 people
- \* January 31 – February 6 – Flintstones
- \* February 7 – February 13 – Cat in the Hat
- \* February 14 – February 20 – Babe
- \* February 21 – February 27 – Babe 2
- \* February 28 – March 6 – Beethoven
- \* March 7 – March 13 – The Great Muppet Caper
- \* March 14 – March 20 – Hop

## Imagine Metro Detroit Locations Participating in Imagine Winter Kids Movie Series January, February, & March

**Imagine Palladium – Birmingham** – 209 Hamilton Rd, Birmingham, MI 48009, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine – Canton** – 39535 Ford Rd, Canton, MI 48187, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**The Riviera Powered by Imagine – Farmington Hills** – 30170 Grand River Ave, Farmington Hills, MI 48336, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine – Macomb** – 15251 23 Mile Rd, Macomb, MI 48042, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine – Novi**, 44425 West 12 Mile Road, Novi, Michigan 48377, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine – Royal Oak** – 200 N Main Street, Royal Oak, Michigan 48067, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine – Rochester Hills** – 200 Barclay Circle, Rochester Hills, Michigan 48307, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)

**Imagine Woodhaven** – 21720 Allen Rd, Woodhaven, MI 48183, 888-319-FILM, [www.imagine-entertainment.com](http://www.imagine-entertainment.com)



**RARA Sweetheart Dance  
Rochester / Rochester Hills Daddy Daughter  
Dances**

Tuesday, February 4 & Wednesday, February 5, 2025  
from 6p-8:30p  
Rochester Hills Banquet Center  
1919 Star Batt Dr Rochester Hills, MI 48309

Hosted by RARA Recreation. You'll enjoy a child and adult friendly buffet dinner as well as be able to dance the night away listening to our DJ spinning favorite dance hits. Photo staff will be available for you to purchase pictures. Raffles and goodie bags will close out the night. This dance will be semi-formal/formal. Contact RARA 947-886-0007 for cost info and to register or register online. Hosted by RARA Recreation.

**Cupid's Family Shuffle  
Troy Daddy Daughter Dances**

Saturday, February 8, 2024 from 5p-8:30p  
Troy Community Center  
3179 Livernois, Troy, MI 48083, 248-524-3484

Family Valentine's Day dance for kids ages 4+ with their parents, guardians, or someone special. Live DJ, photo booth on site, pizza, drinks, and dessert. Ages 4+. \$25 per couple / \$10 additional person. Pre-registration required. Online registration. Hosted by Troy Recreation.

**Clarkston Daddy Daughter Dances**

Saturday, February 8, 2025 from 4p-6p or 7p-9p  
(2 sessions)  
Clarkston High School  
6093 Flemings Lake Road, Clarkston, MI 48346

Cookies, punch, a DJ, and dancing. Professional photos are available for purchase. Call 248-623-4326 for cost info and to register. Ages 5+. Pre-registration is required. This event usually sells out. Hosted by Independence Twp Parks, Rec & Seniors.

**Farmington Hills Daddy Daughter Dances**

Saturday, February 8, 2025 from 7 pm-8:30 pm  
The HAWK FH Community Center  
29995 West 12 Mile Road, Farmington Hills, 48334 fhgov.com

Dads, Grandpas, Uncles, and others are welcome to accompany their special girl. Snacks and refreshments will be provided. Professional photos will be available for purchase. \$9 residents / \$14 non-residents. This event fills up fast, register early. Hosted by the Farmington Hills Special Services (Parks & Rec) Department. Pre-registration required.



**Adaptive Field Trip**

**Disney on Ice**

Friday, February 14, 2025

at 11:30a

[Troy Community Center](#)

3179 Livernois, Troy

248-524-3484

Field trips for children and adults with adaptive needs.

Pre-registration required.

For more info, please visit

[rec.troymi.gov](http://rec.troymi.gov).



## Employee Milestone Anniversaries

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

10 Years  
Sarah Kim



5 Years  
Brittany Jackson  
Jennifer Labarge



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

You make a  
difference!



### RARA Mother Son Date Night Dance

Wednesday, March 5, 2025 from 6p-8:30p  
Rochester Hills Banquet Center  
1919 Star Batt Dr Rochester Hills, MI 48309

You'll enjoy a child and adult friendly buffet dinner as well as be able to dance the night away listening to our DJ spinning favorite dance hits. The Photo staff will be available for you to purchase pictures as well. Raffles and goodie bags will close out your night. This dance will be semi-formal/formal. Contact RARA 947-886-0007 for cost info and to register or register online. Hosted by RARA Recreation.

### Sweetheart Dance / Parent Child Dance

Friday, February 7, 2025 from 7p-8:30p  
Gillham Recreation Center  
26363 Scotia Rd, Huntington Woods, MI 48070

Register by January 31. HW residents only. Cost: \$18/ person for residents. Hosted by Huntington Woods Recreation.

### Hazel Park Daddy Daughter Dance

Saturday, February 8, 2025 at 6p  
Hazel Park Recreation Center  
620 W Woodward Heights Blvd, Hazel Park, MI 48030

Includes dinner (pizza), refreshments, dancing, a commemorative photo. Pre-registration required. Contact 248-547-5535 for cost info and to register. Hosted by the City of Hazel Park Recreation Department.

### West Bloomfield Parks / Farmington Hills Daddy Daughter Dances

Saturday, February 14, 2025 & Sunday, February 15, 2025  
from 6 pm-8:30 pm  
Glen Oaks Golf Course  
30500 W 13 Mile Rd, Farmington Hills, MI 48334

Upscale dinner includes an entrée of smoked ham and/or herb baked chicken paired with macaroni and cheese, along with a salad bar, beverages and dessert. Enjoy a night of dancing with your special girl. Create memorable moments with tons of photo opportunities, a tattoo station and onsite sales of spa creations and 4x6 photo frames. Semi-formal attire requested. \$40/resident, \$45/nonresident. Pre-registration required. Hosted by WB Parks.



## 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 KAITLYN HOWARD



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

*Kaitlyn: My title is Administrative Assistant I!*

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

*Kaitlyn: Getting to meet new caregivers during their 19 appointments and build rapport with them. It helps to have some knowledge about each person if they ever call us or need assistance in any way!*

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

*Kaitlyn: This is a hard one. It's a tie between Van Halen and Twenty One Pilots.*

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

*Kaitlyn: Once you start, it'll be easier to keep going! Some projects might seem daunting, but if you give it your all and jump right in, it helps a lot!*

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

*Kaitlyn: Fine details. I want to work on my attention to detail in my tasks.*

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

*Kaitlyn: I have owned four cars in my life, and I am proud that I have paid for all 4 by myself! It took a lot of work, but it was worth it.*

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

*Kaitlyn: Honestly, a quote from Headmaster Albus Dumbledore in Harry Potter. "It does not do to dwell on dreams and forget to live"*

*ECare: Have you ever met anyone famous?*

*Kaitlyn: I auditioned and got a chance to dance with Kid Rock at the Lion's Thanksgiving Halftime show when I was in high school. I got to meet Calvin Johnson, and he was AMAZING. He gave me a high five, and his hand was bigger than my head!!*

# LOOK WHO'S TALKING

## THERAPIST OF THE QUARTER

### TAYLOR MATT

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

**Taylor:** When my kid shines with motivation, excitement and confidence through reaching a goal or just by completing a challenging task. It's amazing to hear from parents or kids that the child was able to independently do something for themselves for the first time.

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

**Taylor:** I have always wanted to travel to another country, specifically Thailand. The nature there and temples are so beautiful. Elephants are also my favorite animal so I would love to stay at a sanctuary and learn more about them and help care for them.

**ECare:** What are your hobbies outside of work?

**Taylor:** I love working out, any activity outdoors, eating out at my favorite restaurants, indoor plants/gardening, crafting, and cuddling with my dog.

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

**Taylor:** Crab legs, cheese, and eggs.

**ECare:** What is the first concert you attended?

**Taylor:** Jonas Brothers

**ECare:** What is your best piece of advice for other COTA's?

**Taylor:** Never be afraid to try new things and always stay creative when thinking of new activities. Anything can be turned into a game, or a fun and motivating task!

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

**Taylor:** Observational skills, patience, learning about other cultures on a deeper level, and getting creative with thinking outside of the box. Occupational therapy has also pushed me out of my comfort zone and continues to push me every day, making it easier to push myself in all areas of my life to reach my own goals.



We are pleased to introduce Taylor Matt, ExpertCare's Therapist of the Quarter. Taylor started with us back in April of 2024 as a Certified Occupational Therapy Assistant. Taylor has exemplified what it means to be a therapist with ExpertCare. She has fostered so much growth within the individuals she works with. We have received nothing but outstanding feedback regarding Taylor and her skills. We are lucky to have her as part of the Therapy Team and are looking forward to many more years with her on the team.

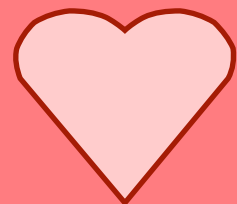
Thank you for all your hard work, dedication & commitment to helping people succeed.

Thank you for demonstrating ExpertCare's core values of:

Helping People Succeed

Passion for Success

Can Do Attitude



## LOOK WHO'S TALKING

### JANUARY CAREGIVER OF THE MONTH

#### DELANEY WILSON

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

*Delaney: I decided to become a caregiver because I found a passion in helping others and giving back to the community.*

*ECare: What was your first paying job?*

*Delaney: My first paying job was working at my township recreation center helping with HR tasks.*

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

*Delaney: The most exciting part of my job is getting to work with young kids and teaching them things as they grow up.*

*ECare: What do you do for fun?*

*Delaney: For fun I enjoy snowboarding and shopping with my friends during my free time.*

*ECare: Have you ever met anyone famous?*

*Delaney: I have never met anyone famous.*

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

*Delaney: A piece of advice I have for caregivers is to be patient and kind to your patients when helping them through a difficult time.*

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

*Delaney: Introvert. I enjoy staying around people who I am familiar and comfortable with to be the fullest version of myself.*

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

*Delaney: I have learned that there are some tough battles that come along the way and to take it one step at a time and everything will eventually work out in the end. Patience is key.*



ExpertCare is honored to nominate Delaney Wilson for Caregiver of the Month! Delaney goes above and beyond to make a meaningful impact. Her commitment to fostering independence in the individual they care for is truly inspiring. Whether it's through patient guidance or thoughtful support, she consistently empowers the recipient to thrive in their daily life.

Not only does Delaney excel in her caregiving role, but she also works seamlessly with fellow caregivers, demonstrating exceptional teamwork and adaptability. Her willingness to travel from college to provide care highlights her dedication and reliability. We are proud to recognize Delaney's extraordinary efforts and celebrate her unwavering compassion and professionalism. Thank you, Delaney, for your incredible commitment!

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