



ExpertCare

CHRONICLE

January 2026

2026



Inside this Issue:

January Giveaway / December Winner

W2 Mailing / Polar Plunge

HHA Tip of the Month / HHA Refresher

Upcoming Events

Winter activities

Employee Milestone Anniversaries

Recipient Rights Corner

How to make Playdough & Slime

Transitioning into a new software: Paylocity

Employee Spotlight

Caregiver Spotlight

FYI Flyers

JANUARY GIVEAWAY

We're drawing two winners for January!

Each will get a \$50 Amazon gift card!

Find out who won in next month's

Newsletter!

DECEMBER GIVEAWAY

Congratulations to December
2025 Giveaway Winners:

Lesslie Branch Pickens and
Jasmine Clinton!

*Cheers
to a
New Year*

W-2 Electronic Enrollment

IRS Form W-2 will be mailed by the end of January to the mailing address we have on file for any employee not enrolled in our Early W-2 program.

Please review your address and update it if needed to prevent delivery issues.

Address changes must be made through the PrismHR Employee Portal or submitted in writing. We can accept updates by email or text from the contact information on file. Email updates may be sent to HR@versicaregroup.com.

It's not too late to opt in for electronic W-2s! The Early W-2 program adds an extra layer of identity protection, since your W-2 (which includes your SSN and annual earnings) stays securely stored in the Employee Portal rather than being sent through the mail. You'll also get immediate access once it's available, along with unlimited reprints.

To enroll, go to "My Taxes" in your Employee Portal, click on W-2, and select the Early W-2 Election option if it appears.

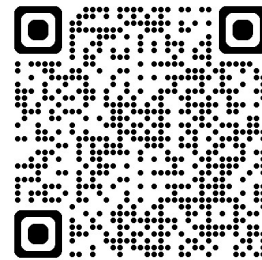
Polar Plunge

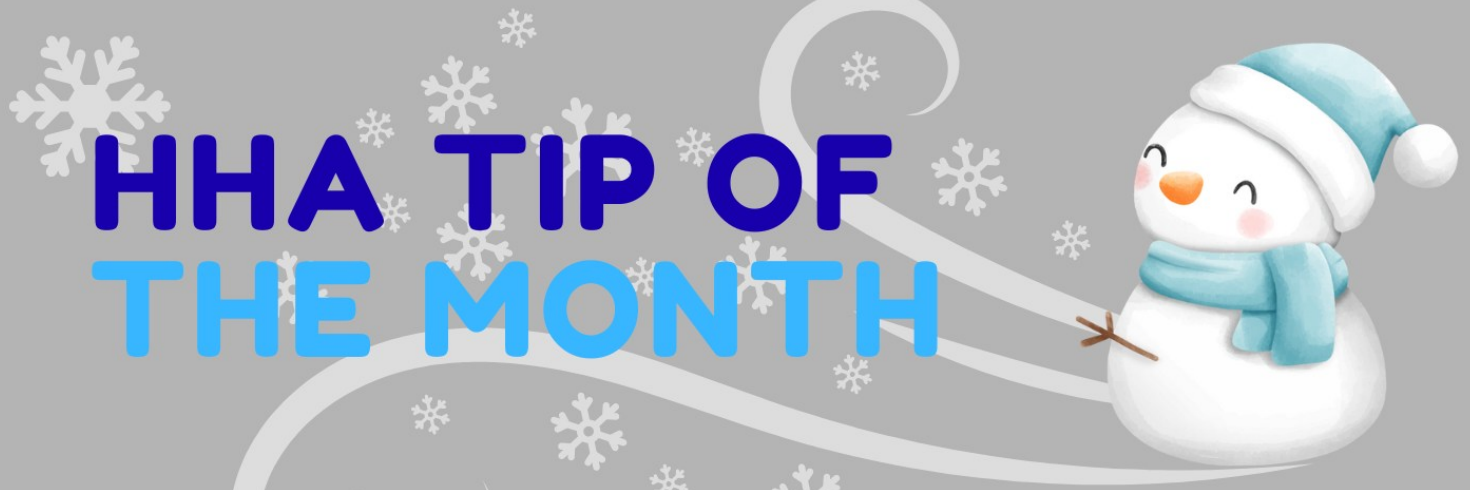
Winter is here, and that means **Polar Plunge 2026** is right around the corner!

ExpertCare will once again be *taking the plunge* to support an incredible cause...

Special Olympics Michigan!

This will be our 9th year participating. Please scan the QR below for the website!





HHA TIP OF THE MONTH

HHA Tip for January

For the HHA tip of the Month for January, we are going to go over how to correctly "X" off your Plan of Care Tasks completed during your shift.

For each shift you must complete the Plan of Care tasks for your timesheet. The Plan of Care tasks will automatically populate during the clock-out process.

The Plan of Care tasks will populate with a check mark and an "X". It is important that you mark off each task completed during that shift by clicking on the "X", you will not utilize the check mark.

Once you have clicked on the "X" you will get a drop-down box that will populate under that task. In this drop-down box you will select the progress that your client has made on that task; such as 'increased', stayed the 'same', or 'decreased' progress since your previous shift. You will complete this process for each task completed during that shift, all other non-completed tasks will be left blank. We know that each shift is going to be different and some days you will complete more tasks than others. Please remember to only "X" off the tasks completed during that shift and adjust the clients progress accordingly.

Have Questions?

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.

Session times:

Friday, January 2 @ 12pm

Thursday, January 8 @ 3pm

Wednesday, January 21 @ 10am

Tuesday, January 27 @ 2pm

If you have any questions regarding the Plan of Care Tasks process for your Timesheet or if you are experiencing any issues . Please reach out and we can assist you.
Thank you for all that you do!





Upcoming Events



Candyland at Beacon Park

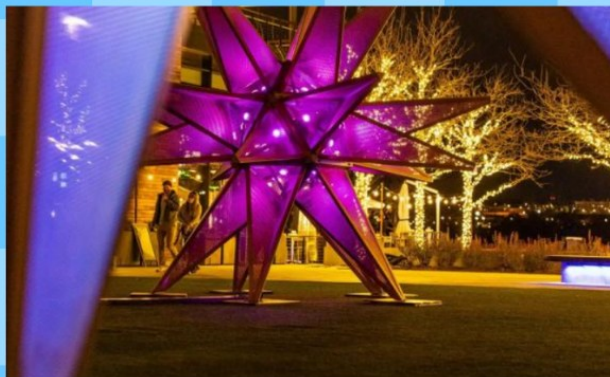
FREE!

January 1, 2026 @ 6:00 am - 10:00pm

1901 Grand River Ave

Detroit, MI 48226 United States

A whimsical, winter light installation with a giant gingerbread house, candy-cane arches, snowflake displays, and more holiday-style backdrops.

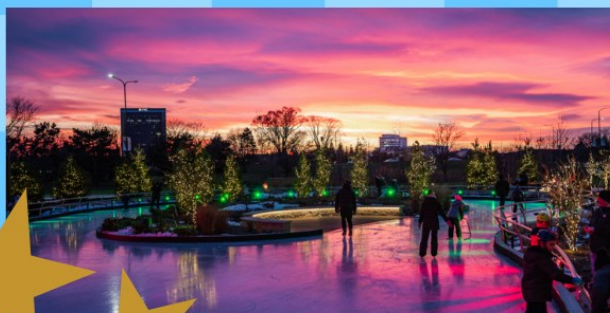


Dearborn Wanderlights

Free! From Nov. 20, 2025 - Feb. 20, 2026.


22271 W Village Dr, Dearborn, MI 48124

A walk through art installation!



Ice-Skating in Troy

Two free skate-night dates in January 2026: Friday Jan 9 (Disney Hits theme) and Friday Jan 23 (Decades Night theme), from 6 p.m. – 9 p.m. 241 Town Center Dr, Troy, MI 48084





Upcoming Events

BRRmingham Blast

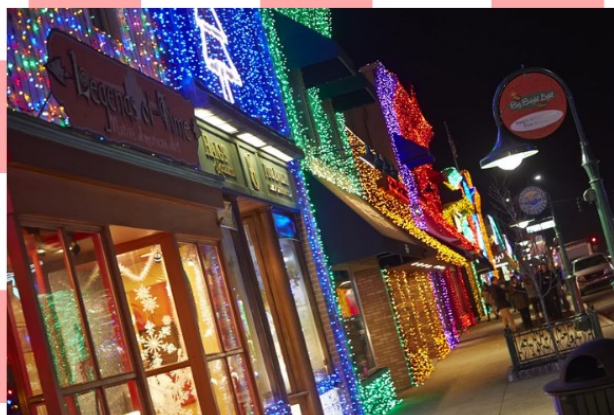
**Saturday, Jan 24, 2026 • 10am-6pm
Downtown Birmingham**

Enjoy the BRRmingham Blast with free entertainment, a 300-ft zip line (ages 6+) marshmallow roasting, a warming tent, and family-friendly activities. Food trucks available for purchase, plus plenty of downtown dining and shopping. Free parking at Pierce and Peabody structures.



The Big, Bright Light Show!

The buildings in downtown Rochester will be covered with glimmering holiday light. The display will be lit every evening (5 pm - Midnight) November 24 through January 18, 2026. Most stores are open Monday - Saturday, until 9 pm.





Upcoming Events

Oakland University Adult Soical Club

Tuesday, January 13, 2026

6p-9p

(Also February 10, March 10)

**312 Meadow Brook Road,
Rochester, MI 48309**

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.



**Scan the QR with your
camera for more info!**

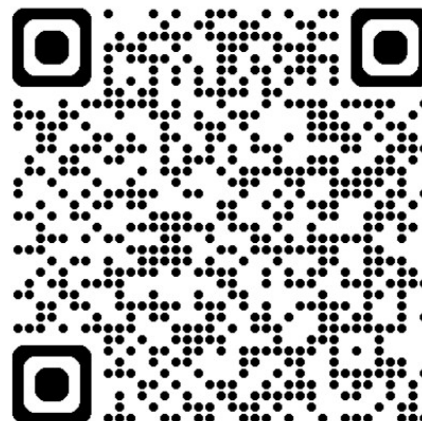
Adaptive Bingo

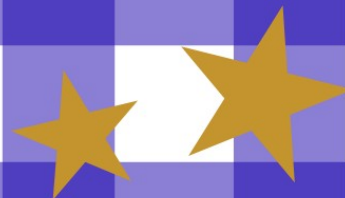
Wednesday, January 14

5p-6p

**Troy Community Center (3179
Livernois Rd, Troy, MI 48083)**

Enjoy good company, fun prizes, and a welcoming space for all. Ages 14+; under 18 must have a caregiver present. Cost: \$7 residents / \$10 non-residents. Pre-registration required.





Free Indoor Activities

Go to the Local Library

Most libraries offer free indoor programs such as:

1. Movie afternoons
2. Coloring & craft stations
3. Adult workshops
4. Teen gaming lounges
5. Puzzle tables
6. Book clubs
7. Storytimes

At home

1. Rearranging a room
2. Baking with ingredients you already have
3. Free YouTube workouts
4. Coloring
5. Puzzles
6. Journaling session
7. DIY spa night
8. Create a 2026 vision board
9. Digital declutter (phones, photos, apps)

Volunteer!

1. Forgotten Harvest – Help sort and pack food for families in need.
2. Oakland HOPE – Support their food pantry or thrift store in Pontiac.
3. Royal Oak Animal Shelter – Assist with pet care, cleaning, or adoption support.
4. Macomb County Senior Services – Deliver meals or help at senior meal sites.
5. Gleaners Community Food Bank – Volunteer in the warehouse, pantry, or distributions.
6. Humane Society of Macomb – Help with animal care, laundry, and cleaning tasks.
7. The Salvation Army – Support community meals, shelters, and donation sorting.
8. Local Libraries – Many branches need help with shelving, events, or children's programs.



January Bucket List Ideas



Make homemade soup (National Soup Month)

Try out a new hobby (National Hobby Month)

Try a new tea flavor (National Hot Tea Month)

Make overnight oats for breakfast (National Oatmeal Month)

Learn a creative lettering technique (National Handwriting Day)



Set goals and priorities for the new year

Bundle up for a winter walk

Make a workout playlist

Try a new type of workout

Create a 30-day workout calendar

Work on a home improvement project

Whole-30 challenge

Have a fondue dinner

DIY facial

Play a new board game

Declutter your closet

Clean out your junk drawer

Start a 365-day devotional

Start a list-a-day journal

Make a snowflake craft

Declutter apps on your phone

Make homemade bread

Do a jigsaw puzzle

Make a reading list

Plan a spring getaway

Volunteer in the community

After-Christmas sale shopping

Family winter photo shoot

Drink a white hot chocolate

Have a snowball fight

Go skiing

Try snowboarding

Go sledding or tubing

Snowshoe hiking

Cross-country skiing

Take a snowmobile ride

Try a 30-day challenge

Go ice-skating

Make snow angels

Watch a hockey game

Virtually visit a winter wonderland

Visit a museum

Winter scavenger hunt

Enjoy a hot tub or sauna

Give hot chocolate to someone outside

Organize Christmas decorations for next year

Make a vision board

Participate in a polar bear plunge

Watch a winter movie

Go to an indoor waterpark

Read a productivity/self-improvement book

Make a batch of chili

Go bowling

Wear a frosted nail polish color

Inventory the pantry

Watch funny penguin videos

Listen to a motivational podcast

Get cozy socks or slippers

Complete a winter coloring page

Knit a scarf

Crochet a hat

Make a winter wreath

Paint a winter landscape

Make play dough

Do a winter science project

Spend an afternoon reading magazines

Organize a bookshelf

WINTER BUCKET LIST

- ☐ Wear pyjamas all day
- ☐ Make paper snowflakes
- ☐ Knit a hat or scarf
- ☐ Go for a scenic drive
- ☐ Start a gratitude journal
- ☐ Sing karaoke
- ☐ Take a snowshoe hike
- ☐ Have a family game night
- ☐ Have an indoor picnic
- ☐ Eat fondue
- ☐ Reorganize books or toys
- ☐ Pick out a new mug
- ☐ Make real snow cones
- ☐ Do some creative writing
- ☐ Light a winter bonfire
- ☐ Paint on ice
- ☐ Craft a winter wreath
- ☐ Drink hot apple cider
- ☐ Mail a letter to a friend
- ☐ Play charades
- ☐ Do a science experiment
- ☐ Make a snow volcano
- ☐ Do a puzzle
- ☐ Watch a hockey game
- ☐ Have a spa day at home
- ☐ Play hide-and-seek
- ☐ Make homemade chili
- ☐ Have a tea party
- ☐ Bring the snow indoors
- ☐ Go ice skating
- ☐ Snuggle up by the fire
- ☐ Wear a cozy sweater
- ☐ Make a winter playlist
- ☐ Help out a neighbor
- ☐ Learn about winter animals
- ☐ Make ice ornaments
- ☐ Do a family photoshoot
- ☐ Make fake snow
- ☐ Camp out in the living room
- ☐ Read a winter story
- ☐ Drop off homemade treats
- ☐ Build a snowman
- ☐ Light scented candles
- ☐ Spend the afternoon reading
- ☐ Wear fuzzy socks
- ☐ Build an igloo or snow fort
- ☐ Make peppermint bark
- ☐ Start a new family tradition
- ☐ Bake and decorate cookies
- ☐ Shovel snow
- ☐ Go for a winter nature walk
- ☐ Build a gingerbread house
- ☐ Make hot chocolate bombs
- ☐ Make pipe cleaner snowflakes
- ☐ Make a winter craft
- ☐ Have a holiday movie marathon
- ☐ Make a snowflake garland
- ☐ Do a random act of kindness
- ☐ Enjoy a candlelit evening
- ☐ Make a winter sensory bin
- ☐ Build a blanket or pillow fort
- ☐ Visit an indoor water park
- ☐ Eat pancakes for breakfast
- ☐ Try a new podcast or audiobook
- ☐ Grow some crystals
- ☐ Go skiing or snowboarding
- ☐ Catch a snowflake
- ☐ Have a screen-free weekend
- ☐ Make a photo album
- ☐ Have a snowball fight
- ☐ Go bowling
- ☐ Make a winter bird feeder
- ☐ Visit a museum
- ☐ Blow frozen bubbles
- ☐ Have hot soup
- ☐ Visit a winter festival
- ☐ Bake a pie
- ☐ Make a snow angel
- ☐ Learn a new skill
- ☐ Eat a cinnamon roll
- ☐ Decorate your windows
- ☐ Make some potpourri
- ☐ Make winter slime
- ☐ Go ice fishing
- ☐ Take a bubble bath
- ☐ Make a sock puppet
- ☐ Paint the snow
- ☐ Take photos in the snow
- ☐ Make a collage
- ☐ Collect pinecones
- ☐ Play in the snow
- ☐ Go tubing or sledding
- ☐ Drink hot cocoa
- ☐ Have a dance party
- ☐ Volunteer
- ☐ Donate food or toys
- ☐ Bake some bread
- ☐ Make DIY snow globes
- ☐ Try a new recipe
- ☐ Make snow ice cream
- ☐ Go to the library
- ☐ Give out candy canes



Winter Word Search



WINTER

SNOW

BLIZZARD

COLD

HOT COCOA

DECEMBER

CHRISTMAS

COAT

GLOVES

BOOTS

EARMUFFS

ICE

SKI

SLED

SNOWBOARD

S	P	O	R	B	S	Y	L	T	A	O	C	S	U	S
N	N	A	R	D	R	E	A	R	M	U	F	F	S	P
U	H	O	P	C	I	O	E	A	S	M	P	O	N	P
L	A	L	W	E	H	G	W	A	C	S	V	R	P	W
J	N	N	I	O	R	A	G	N	H	L	E	C	I	I
U	K	P	E	C	O	L	D	I	O	E	L	F	C	N
P	S	N	S	R	O	T	E	V	S	D	T	O	E	T
R	G	R	O	V	C	H	A	T	E	S	A	O	X	E
O	I	C	E	A	S	O	D	E	C	E	M	B	E	R
T	V	S	U	L	R	O	A	T	H	E	T	B	T	R
R	I	S	N	O	W	B	O	A	R	D	N	A	R	O
A	N	Y	P	U	M	P	K	I	I	R	E	L	Y	T
W	G	S	N	E	R	O	D	H	S	E	H	L	B	F
H	O	T	C	O	C	O	A	U	T	N	D	R	A	A
L	H	O	W	E	L	T	E	R	M	O	C	R	B	L
L	S	O	O	G	I	A	D	R	A	Z	Z	I	L	B
E	O	B	E	M	K	E	E	W	S	L	L	A	H	L
Y	A	C	K	P	S	C	H	P	O	L	A	I	C	E

Winter Bingo



Wore a cozy sweater	Drank hot cocoa with marshmallows	Build a snowman	Go ice skating	Have a snowball fight
Read a book by the fireplace	Bake holiday cookies	Visit Christmas Market	Make a gingerbread house	Take a Winter Hike
Watch a Holiday Movie	Decorate a Christmas Tree		Write a Letter to Santa	Host a Winter gathering or party
Make Winter Craft or Decoration	Try a New Winter Recipe	Listen to Holiday Music	Visit a holiday light display	Enjoy Winter Sunrise or Sunset
Have a Lazy day in Pajamas	Make Handmade Gifts	Have a Cup of Hot Tea	Go to Winter Sports Events	Take Winter Themed photos

Happy Anniversary

18 Years:

Krystal Leslie, Julia Martin & Jordan Odom

15 Years:

Nancy Idol

10 Years:

Peggy Yurkunas

11 Years:

Sparkle Debose & Tommy Clark

9 Years:

Saffiyah Abdulghan & Joshua Racziewicz-Sparks

8 Years:

Jacqueline Manzie, Beulah Davis, Kadesha Banks, & Anthony Dasaro-Semaan

7 Years:

Raymond Solomon

6 Years:

Tameka Sherman, Sadaf Rafiq, Lyann Hatoum, Giovanna Ficicco, & Tyron Scott

5 Years:

Ahlam Al-Himiari, Deidre Burch, Sekou Nantambu, Richard Page, Angelica Gauna, & Deanna Couser

4 Years:

Darrell Williams, Wanda Larkins, Pamela Morgan, Dagen McDougal, Wendy Cheek, & Utibe Ekpo

3 Years:

Asala Albazo, Hanan Albazo, Suhad Alnoor, Maria Vela, Michelle Santos, Ajnai Taylor & Pamela Foley

2 Years:

Patricia Singleton, Dezirre Mitchell Dickerson, Kejuan Houston, Renee Spaust, Malak Alzandani, Wafa Musid, Megan Whitlock & Michele Underwood

1 Year:

Mayra Urista, Joseph Weaver, Asia Brown, Kasey Farner, Christine Breckels, Shailyn Norris, Torie Burton, Rose Fritsch, Alyxa Sobak, Alicea Swann, Anita Robinson, Molly Neal, Benito Romero & Amber Talley



Recipient Rights Corner



ExpertCare would like to first thank you for providing the highest quality care to your Recipient. ExpertCare wants to ensure the safety of our Recipients and continue to give you the tools to provide safe, quality care and wellbeing. Below are incidents that resulted in Recipient Rights violations. Please review the following Rights reminders to prevent further violations.

ExpertCare, along with the Office of Recipient Rights, was recently informed of an incident involving a Caregiver who requested and allowed a Recipient to purchase lunch for the Caregiver during a community outing.

We would like to take this opportunity to remind all staff of the following Michigan Mental Health Code 330.172:

A recipient of mental health services shall not be subjected to abuse or neglect.

Michigan Department of Community Health Administrative Rules 330.7001 states:

(b) Abuse class II means ...

(v) Exploitation of a recipient by an employee, volunteer, or agent of a provider.

(h) Exploitation means an action by an employee, volunteer, or agent of a provider that involves the misappropriation or misuse of a recipient's property or funds for the benefit of an individual or individuals other than the recipient.

Additionally, ExpertCare employees shall not enter into any business transactions with recipients or their legal guardians. Caregivers are prohibited from borrowing, taking, or requesting funds from a recipient or a recipient's family members for their own benefit or for the benefit of another individual. Accepting money, goods, or services from a recipient for any purpose other than to meet that recipient's needs constitutes exploitation and is strictly prohibited.

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.



HOW TO MAKE SLIME

Homemade Slime:

Instructions

- Begin by pouring the 1/2 cup of glue into a bowl.
- Stir in 1/2 teaspoon of baking soda.
- Then add in the 3 tablespoons of water, one tablespoon at a time.
- Stir in any food coloring or glitter.
- Pour in one table-spoon of the contact solution, while stirring.

Knead the slime until it's a good consistency.



How to make Playdough

Homemade Playdough:

Makes 1 colored ball

Prep 10 minutes

You will need

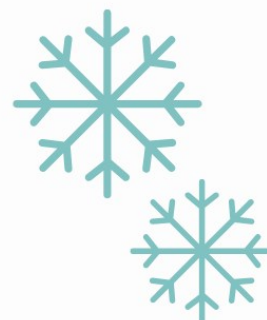
- 8 tbsp plain flour
- 2 tbsp table salt
- 60 ml warm water
- food coloring
- 1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food coloring and the oil.

2. Pour the colored water into the flour mix and bring together with a spoon.

3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense color you can work in a few extra drops of food coloring.



Exciting News: We're Moving to Paylocity!

We're thrilled to announce that we are transitioning to **Paylocity** as our new payroll system provider! This change represents a major step forward in streamlining our payroll processes and enhancing your employee experience.

Why We're Making the Move to Paylocity

This transition is part of our ongoing commitment to improving the employee experience and modernizing our internal systems. Here's why we chose Paylocity:

•**Enhanced Employee Experience**

Paylocity offers a more intuitive and mobile-friendly platform, making it easier for you to access your pay stubs, update personal information, and manage benefits—all in one place.

•**Streamlined Processes**

With Paylocity, we can automate and simplify many of our payroll and HR tasks, reducing errors and saving time for both employees and administrators.

•**Scalability for Growth**

Paylocity provides the flexibility and the tools to support our evolving needs.

•**Modernization**

•Paylocity offers a modern, user-friendly platform that empowers you with:

⇒**Easy access** to your pay information

⇒**Mobile-friendly tools** for on-the-go convenience

•**Enhanced self-service features** to manage your profile, benefits, and more

What's Next

We'll be sharing more details soon via txt & email, including:

- Key dates for the transition
- Support resources to help you get started





MEET THE EXPERTCARE STAFF

MEET JEN MARVIN



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

Jen: Compliance Coordinator. My role is to help make sure ExpertCare stays compliant with all state and federal requirements. I work closely with leadership, act as a point of contact with various agencies, and provide coaching, corrective action, or retraining when needed to help improve compliance.

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

Jen: Every day brings something different, and I enjoy the challenge of problem-solving and navigating new situations as they arise.

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

Jen: I have been to quite a few concerts, but some of my favorites were: Billy Joel, Garth Brooks, and Post Malone (Eminem was a surprise guest).

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

Jen: I generally use checklists and group similar tasks together to stay organized and focused.

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

Jen: I hold myself to a very high standard. I'd like to improve on finding a balance between high standards and efficiency.

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

Jen: I'm proud of how I've adapted to this new and challenging role at ExpertCare. I have the opportunity to interact with both internal and external staff, as well as the individuals we serve. It's very rewarding to work for a company that provides exceptional care and truly makes a difference in people's lives.

ECare: Have you ever met anyone famous?

Jen: I've been lucky enough to meet several famous people but the one that I've spent the most time with is Red Wing legend Chris Chelios. I was tasked with assisting Chris for an entire day during a community meet and greet / autograph signing, he was very down to earth and kind.

LOOK WHO'S TALKING
DECEMBER CAREGIVER OF THE MONTH
KAY BINDER

ECare: What made you decide to become a Caregiver?

Kay: I decided to become a caregiver for a different change of pace from my full-time job.

ECare: What was your first paying job?

Kay: Hollywood video, when I was 16 years old! Long, long ago...

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

Kay: The excitement that shows on the face of my friend, every time I pull up and walk in for a shift.

ECare: What do you do for fun?

Kay: I like to travel with my daughter! Preferably to tropical places.

ECare: Have you ever met anyone famous?

Kay: Ben Wallace! His hand was almost as long as my forearm!

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

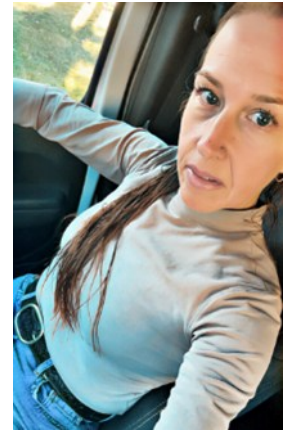
Kay: Be patient. Put yourself in others shoes and imagine things from their perspective.

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

Kay: Personally, I would consider myself an extrovert! I love to be out and about, having fun and interacting with others!

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

Kay: To never judge a book by its cover. Every individual has a different way of living, thinking, acting, etc. No one is perfect and everyone deserves respect no matter what.



ExpertCare is honored to nominate Kay Binder for Caregiver of the Month! Kay consistently goes above and beyond, working all approved hours for her recipients and meeting their needs with reliability and dedication. She is known for her hardworking, kind, and polite nature, which makes her an invaluable support to the families she serves and to our entire team.

Kay has also taken the lead in helping resolve an authorization issue for one of her families. Her efforts make a meaningful difference in the recipient's daily life, and the positive impact she brings is truly appreciated.

Congratulations, Kay, and thank you for your outstanding service and compassion!

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



MICHIGAN ACTIVITY PASS

Presented by

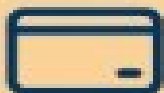


Your library card can get you access to Michigan's
finest parks, museums, and activities throughout
the state!

Try it with 3 easy steps:

1

Get your
library card



2

Go to
miactivitypass.org



3

Choose your
activity and date
to get a pass!



MICHIGAN STATE UNIVERSITY

Macomb County Events



JANUARY 2026 EVENTS

Smart Food Choices: To Help Prevent & Manage Type 2 Diabetes

January 2, 2026 | 2:30 p.m. - 3:30 p.m.

Learn practical ways to plan healthy, budget-friendly meals to help prevent and manage Type 2 diabetes.

Address: Virtual / Online (no physical location)

4-H Meets Wolcott Farming 101: Poultry

January 11, 2026 | 1:00 p.m. - 3:00 p.m.

Youth program teaching proper poultry care. Free and open to ages 5-19.

Address: Wolcott Mill Metropark Farm Center

65775 Wolcott Road

Ray Township, MI 48096

4-H Meets Wolcott Farming 101: Rabbits

January 25, 2026 | 1:00 p.m. - 3:00 p.m.

Youth program focused on basic rabbit care. Free and open to ages 5-19.

Address: Wolcott Mill Metropark Farm Center

65775 Wolcott Road

Ray Township, MI 48096

Diabetes Simplified: Chaldean Community Foundation

January 23, 2026 | 12:30 p.m. - 1:30 p.m.

Overview of diabetes terminology, types, how it affects the body, and diagnosis.

Address: 3601 15 Mile Road

Sterling Heights, MI 48310





Sweet Dreamzzz

Helping Your Child Build Healthy Sleeping Habits

Wednesday, January 7, 2026
5-6:30pm



All are welcome at this FREE family event
for caregivers and children
3-8 years old! Join us for:

READY Bedtime Routine presentation
and handout materials

Pizza dinner served

Crafts and giveaways

Free blanket and teddy bear
for every registered child ages 3-8

Siblings welcome. Registration recommended.
Walk-ins welcome if space is available.

www.guidance-center.org/dreamz



Romulus Public Library
11121 Wayne Rd, Romulus, MI 48174

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



NURTURE THE FUTURE
Family Resources & Support



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.

Thursday Evenings
January 15, 22, 29,
February 5 & 12, 2026
7-8:30pm

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

WORKSHOP SESSIONS

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

Certificate provided after entire series has been completed.

Full participation required.

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



Register in advance at
[bit.ly/
jan26parenting](https://bit.ly/jan26parenting)
or use the QR code:



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

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

Make Your Own Winter Adventure at Oakland County Parks



Cross-Country Skiing

Strap on a pair of cross-country skis for some snowy fun at Independence Oaks County Park. The park offers groomed trails and restroom facilities for those with their own cross-country equipment. Please remember to follow the signs for winter trail usage.

Independence Oaks County Park is located at 9501 Sashabaw Road, Clarkston; 248-625-0877

Hikers and those with their own cross-country or snowshoe equipment can enjoy ungroomed trails at Addison Oaks, Highland Oaks, Lyon Oaks, Orion Oaks and Rose Oaks county parks.

Sledding

The Family Sledding Hill and the adjacent Sled Library with sleds available to borrow are open daily from sunrise to sunset or as posted at the gate at Waterford Oaks County Park. Portable restroom facilities are on site.

Waterford Oaks County Park is located at 1702 Scott Lake Road, Waterford; 248-858-0916



Fat Tire Biking

Cycling doesn't have to stop in winter! Enjoy flurries of fun this season with fat tire biking at Addison Oaks County Park. The park offers more than five miles of groomed, multi-use trails, including a 6-foot-wide trail loop with scenic views and challenging hills.

Addison Oaks County Park is located at 1480 W. Romeo Road, Leonard; 248-693-2432



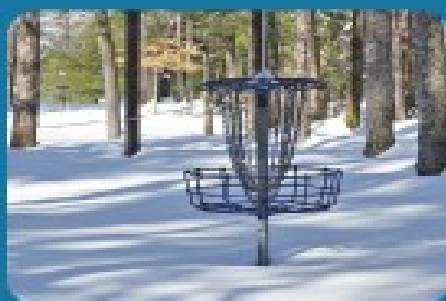
Birdwatching

Winter is a wonderful time for layering up and looking for feathered friends at Red Oaks and Wint nature centers and Pontiac Oaks County Park. These spots of nature close to home make stepping out the door for a brisk walk and birdwatching easy —keep an eye out for Pine Siskins, Snow Buntings, Red-breasted Nuthatches or other migrating species visiting Michigan for the winter!

Red Oaks Nature Center 30300 Hales St., Madison Heights; 248-585-0100
Wint Nature Center 9501 Sashabaw Road, Clarkston; 248-625-0877
Pontiac Oaks County Park 1400 Telegraph Road, Pontiac; 248-858-0906

Snow Bunting

Learn more about local birds at audubon.org



Disc Golf

Looking for a healthy, economical outdoor sport this winter? Enjoy disc golf at Pontiac Oaks and Addison Oaks county parks. Competitors can play a round as conditions permit on unique, 18-hole courses in wooded, serene settings. Addison Oaks County Park has that "up north" feel while still being a short drive from home while Pontiac Oaks County Park offers an easily accessible location, making it a great spot for friends to meet.

Addison Oaks County Park 1480 W. Romeo Road, Leonard; 248-693-2432
Pontiac Oaks County Park 1400 Telegraph Road, Pontiac; 248-858-0906



ADULTING 101



2026 Schedule

- FRAUD FIGHTERS - JANUARY 21 AT 6:30 PM
- INFORMED RENTER - FEBRUARY 19 AT 5:00 PM
- SLEEP WELLNESS - MARCH 4 AT 5:30 PM
- EAT SMART: HEALTHY MEALS ON A BUDGET - APRIL 13 AT 5:00 PM
- COOKING WITH CONFIDENCE - MAY 18 AT 6:30 PM
- AI AND YOU: SMART, SAFE & SAVVY - JUNE 11 AT 6:00 PM
- THINK BEFORE YOU CLICK - JULY 8 AT 6:00 PM
- ROADMAP TO A SMART USED CAR PURCHASE - AUGUST 12 AT 5:00 PM
- ARE YOU READY? - SEPTEMBER 23 AT 5:00 PM
- MENTAL HEALTH TOOLKIT - OCTOBER 7 AT 6:00 PM
- REALITIES OF ANIMAL CARE - NOVEMBER 12 AT 7:00 PM

***ALL TIMES LISTED ARE EASTERN STANDARD TIME**



Free on Zoom

<https://events.anr.msu.edu/adulting2026/>

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