



Ambrose
Care Management

Celebrating 20 Years



The Late-Summer Spotlight

Hello . Welcome to our Late-Summer Edition of the Ambrose Spotlight.

There is still a lot of summer left this year. Michigan Awesome comes alive in the summer and early fall with boundless outdoor activities, local festivals, outdoor musical events, lakeshores, and beautiful sunsets. Our Late-Summer edition invites our readers to enjoy the Michigan summer playground. It provides tips and tools on things to do and how to stay cool and safe under the hot sun. We have added a Book Nook with a recommendation for good summer reading. Don't forget to check out Sherry's Strawberry Chicken Salad for a delicious and fresh summer meal.

- Elizabeth Piner, LMSW, CCM
Case Manager, Owner

Spotlight on Staying Active and Cool in the Summer



Introducing:

AmySue Melville, CTRS

Recreation Therapist

- Owner -

**Recreation Therapy Consultants,
LLC**



Eighteen Ways to be Active in the Summer Heat

Take it Slow, Take breaks and Keep cool.

Outdoor Activities:

1. Nature walks and hiking at local trails
2. Gardening in your yard
3. Fishing at a local fishing spot
4. Birdwatching or nature photography

Water Activities:

1. Swimming in pools or any of the 11,000 lakes in Michigan
2. Kayaking, Paddle-boarding
3. Sitting on the beach with your feet in the sand or the water

Creative Activities:

1. Outdoor Art (painting rocks, nature crafts)
2. Music in the park
3. Storytelling around a campfire

Mindfulness and Relaxation Activities:

1. Yoga or stretching the the shade
2. Guided meditation or visualization
3. Gratitude journals or summer memory books

Group Games and Social Play:

1. Lawn games - Cornhole, Bocce, Giant Jenga
2. Volunteer projects - park clean-up, making care packages

At-Home Activities:

1. Outdoor movie night

2. BBQ or summer cooking class
3. Patio games and ice cream socials

[Read Full Article](#)

Tips from a Case Manager

Box your receipts! Receipts are an important record and proof of a purchase. These very important pieces of paper are very easy to ignore, lose or throw away. You may not need a particular receipt but when you do need one, you want to have it. Find a box. It can be a shoe box. And throw your receipts in there. You don't need to take the time to organize them, just throw them in the box and they will be there when you need them.

Spotlight on the Wheels in Motion organization



Wheels in Motion is a Michigan nonprofit organization built on Adaptive Adventure. Everyone is welcome! Their aim is to get people with physical disabilities out on the water, in the woods, and over the dunes - whether it's barrier-free boating, off-road hand-cycling, off-roading & SxS riding, or bow-fishing. Their mission is simple: give people a reason to move, connect, and thrive.

"Through peer mentoring, support, and a whole lot of horsepower, we are breaking barriers and building community - one ride, one story, one moment at a time." Christine McDunnough, Wheels in Motion.

[Click for More Information](#)

You won't want to miss the September 10th [Disability Dune Days!](#)

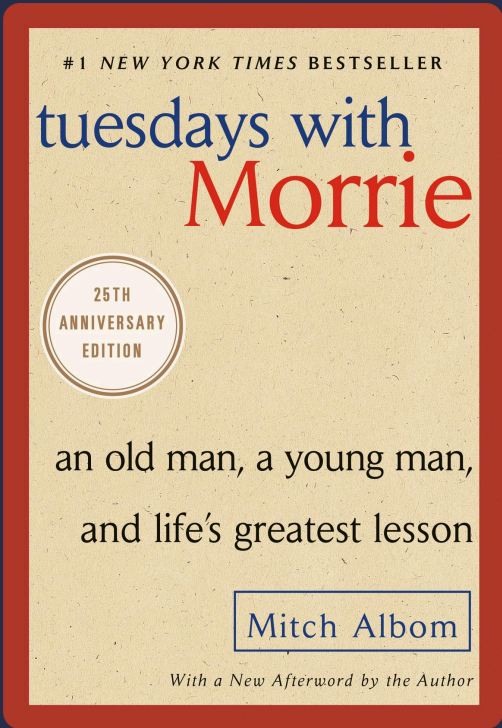
Spotlight on the Brain Injury Association of Michigan's Annual Conference



This is open to professionals and survivors of TBI. Located in Lansing, Michigan at the Lansing Center on Friday, September 12th. Click below for more information and to register.

[More Information](#)

The Book Nook



Our Choice:

Tuesdays with Morrie

Mitch Albom

The Ambrose Case Managers recommend Tuesdays with Morrie by Mitch Albom as an excellent summer read. The author tells the story of how he met with his favorite Sociology professor, Morrie Swartz, every Tuesday while Morrie was dying and the life lessons he learned from his meetings. This book is available in audio too. "The most important thing in life is to learn how to give out love, and to let it come in." Morrie Swartz.

Available in Audio

Ambrose in Dallas



The Ambrose case managers traveled to Dallas, Texas to attend the 35th anniversary of our trade association, the Case Management Society of

America (CMSA). We were with the Michigan group, CMSA Detroit. The 4-day conference was educational, inspiring and cutting edge with excellent new tools and innovations for case managers.

Sherry's Chicken Salad

By: Sherry Lott



Instructions:

Toss together 2 cups of cooked chicken (grill the chicken or buy a pre-made rotisserie chicken from a local grocery store) with:

- 4 cups of romaine lettuce
- 2 cups of strawberries
- ½ cup of dried cranberries
- ¼ cup of red onion
- ¼ cup of goat or feta cheese
- ¼ cup of sliced almonds
- Dressing (see below)

Combine 1 cup of fresh or frozen strawberries in a blender with:

- ¼ cup of balsamic vinegar
- ¼ cup of extra virgin olive oil
- 1 tbsp of dijon mustard
- 1 clove of minced garlic
- ¼ tsp of salt

Drizzle the dressing over the salad for a refreshing summer meal.

Important Resources

[BIAMI - Brain Injury Association of Michigan](#)

Educational resources and support groups for people with traumatic brain injuries

[MBIPC - Michigan Brain Injury Provider Counsel](#)

A membership organization for providers who treat people with TBI

[CPAN - Coalition to Protect Auto No-Fault](#)

Legal and Legislative advocate for the protection of Michigan Auto No-Fault insurance

[WeCantWait](#)

A grassroots client and family-driven advocacy group for the rights of people injured in auto accident in Michigan

[CMSA - Case Management Society of America](#)

Resources for Case Managers



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