Ambrose Care Management

Real People. Real Support. Real Recovery.



Hello . Welcome to the Fall Edition of the Ambrose Spotlight.

As we transition from the warmth of summer to the beautiful autumn season that Michigan is known for, we look forward to vibrant colors, crisp morning air, and spectacular sunsets. Sit back with your pumpkin spice coffee while you enjoy reading our Fall Edition sure to offer education, helpful tips, a heart warming book about our canine companions, and a delectable meal for your grill before it retires for the season.

At Ambrose Care Management, our mission is to provide information, support, and empowerment during life's most challenging times—especially for individuals and families recovering from motor vehicle accidents. Through this newsletter, we hope to offer practical guidance, recovery tips, helpful resources, and encouragement along the way, with a touch of humor to brighten the journey. We are grateful for the opportunity to serve our community and hope you find this edition informative, inspiring, and uplifting.

Wishing you a safe, healthy, and enjoyable fall season.

Inside, you'll find:

🌎 Ambrose in the community

🌟 A provider spotlight to connect you with trusted care and advice

💡 Helpful tips from a case manager: Building resilience after a brain injury

📚 Reading inspiration from our Book Nook

🍤 A delicious recipe recommended by one of our Ambrosians

🌎Ambrose in the Community🌎

Case Managers Attend BIAMI Annual Fall Conference



In September, our Case Managers had the opportunity to attend the Brain Injury Association of Michigan (BIAMI) Annual Fall Conference at the Lansing Center.

More than 800 brain injury professionals, survivors, educators, families, caregivers and advocates came together and it was an incredible day of education, connection and inspiration! Our Case Managers participated in discussion, case studies, networking, exhibits and lectures. As always, it was a great learning experience.

More About BIAMI

Coming Soon From Ambrose

Ambrose Case Managers are excited to announce the development of a new educational video series designed to share valuable information, practical resources, and professional insights with the communities we serve called **Case Management Tips and Resources.**

Our Case Managers will bring their knowledge and experience directly to you through engaging, informative videos covering topics that matter to individuals, families, caregivers, and our community partners.

📺 Where can you find them?
Our videos will be featured across Ambrose social media platforms and

on our official YouTube Channel, making it easier than ever to access helpful information whenever you need it.

We're looking forward to expanding our digital resources, strengthening connections, and creating new opportunities to educate and empower our community.

Follow Ambrose and stay connected—our first video will be coming soon!

🌟 Provider Spotlight 🌟



Introducing:

Sarah Gibbs

- President and CEO -

Rehab Pathways Group

PATHWAYS
REHAB PATHWAYS GROUP

For our fall newsletter we highlight Rehab Pathways Group, Inc. (RPG).

They have a hands-on approach to community support services for the Aging Population, those with Traumatic Brain Injuries and those with Special Needs. They are also known for their Semi-Independent Residential Program providing community rehabilitation, residential care, and support services to those with traumatic brain injuries. RPG understands that just like each and every TBI is different, so is the treatment that each client will need. They use this understanding with the treatment of their clients – client care is individualized to each client.

RPG has four residential apartment sites in Michigan (Farmington, Grand Blanc, New Baltimore and Shelby). They are also able to service clients off-site in their own home.

RPG's team consists of Physical Therapists, Speech Therapists, Occupational Therapists, Nurses, Vocational Counselors, Recreational Therapists, Certified Brain Injury Specialists, Job Coaches, Care

Coordinators and Rehab Assistants. Working in coordination with family, physicians, case managers, insurance adjusters, employers, schools and

teachers, and any other professionals involved with a client. The goal is problem resolution and the best possible outcome for their clients.

RPG celebrates over 30 years of service, and they have proven to be successful in being an integral part of their clients' lives, assisting them to be as independent as possible.

If you have questions or would like to learn more about RPG, please

contact Cheryl Brill, Director of Marketing and Business Development,

(586) 295-9903, cbrill@rehabpathwaysgroup.com.

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10 Reasons Community Participation is Valuable for Recovery

1. Promotes Independence and Dignity
Helping individuals access and participate in their community builds the skills necessary to live as independently as possible. At Rehab Pathways Group, we design an individualized care plan including medication assistance/management for each client.

2. Develops Daily Living Skills
Community activities provide opportunities to practice shopping, using public transportation, managing money, navigating public spaces, scheduling appointments, and making decisions.

3. Supports Recovery Goals
Participation in meaningful activities can directly support an individual's established recovery and person-centered goals by increasing confidence, motivation, and engagement.

4. Prevents Isolation
Assisting someone in developing social connections and participating in community activities helps reduce isolation and encourages healthy relationships and support systems.

5. Builds Natural Supports
Community involvement allows individuals to develop relationships outside of paid services, creating sustainable supports that can continue as professional assistance decreases.

6. Improves Community Integration
The goal of SIL is not simply to help someone remain in their home, but it is to help them successfully live and function within their community.

7. Provides Opportunities to Practice Skills in Real-Life Settings
Skills learned should be practiced in community environments. Staff support can help individuals generalize those skills to everyday situations.

8. Encourages Meaningful and Purposeful Activities
Participating in recreation, volunteering, employment-related activities, education, community events, or hobbies can provide purpose and improve quality of life.

9. Supports Safety and Successful Community Living
Staff can provide appropriate prompting, coaching, and skill-building while an individual learns to safely navigate their community and make appropriate choices.

10. Moves the Individual Toward Greater Self-Sufficiency
Community-based support should ultimately help the individual require less assistance, not more. Teaching someone how to independently access resources, activities, transportation, and social opportunities is a measurable component of recovery and independence.

When provided within the individual's person-centered plan and tied to their goals, community-based support is an opportunity for skill development, recovery, independence, socialization, and successful community integration. Staff are providing coaching, prompting, modeling, safety support, and opportunities for the individual to practice skills in real-life environments and manage long-term health conditions. These interventions directly contribute to the individual's ability to maintain stability and live as independently as possible in the community.

More about Rehab Pathways Group

💡 Tips From a Case Manager 💡

7 changes that can make everyday tasks more manageable with a Traumatic Brain Injury (TBI)

1. Conserve your energy:

- Sit down while getting dressed and grooming.
- Use a shower chair if standing during the shower is unsafe.
- Break up tasks into small steps and take rest breaks.

2. Reduce sensory overload:

- Adjust lighting to a comfortable level.
- Reduce background noise or use noise canceling headphones.
- Limit clutter in the home.
- Create a calm, predictable space for rest and recovery.

3. Create Simple Systems

- Keep frequently used items in the same place.
- Organize belongings.
- Use labels, sticky notes or visual reminders.
- Keep important items such as keys, wallet and medications in a consistent location.

4. Use External Reminders:

- Write down tasks as you think of them.
- Use a paper planner, phone app or calendar.

- Check off completed tasks so you can keep track of your progress.

5. Simplify Cooking

- Gather ingredients and tools before you begin.
- Follow one step at a time when using a recipe
- Take breaks during longer cooking tasks.

6. Pace your activities

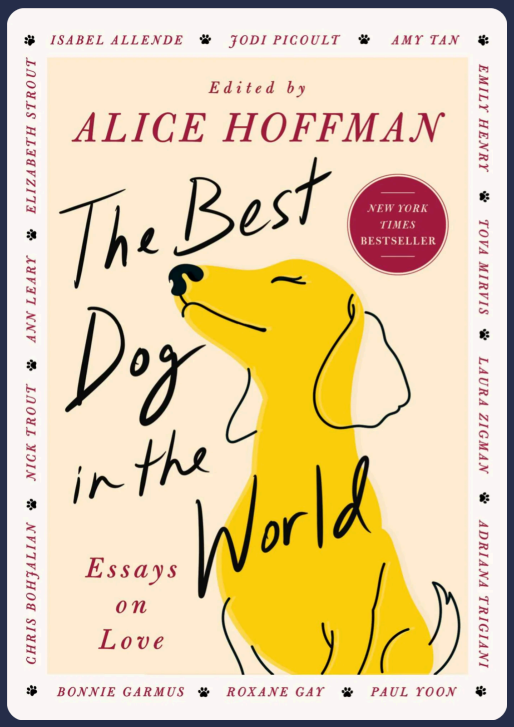
- Alternate activity with rest.
- Use a timer to remind yourself to take breaks.
- Focus on one task at a time.
- Stop or modify the activity if symptoms are increasing.

7. Make your routine more efficient:

- Group related tasks together when your energy allows.
- Keep commonly used supplies close to where you use them.

More about Ambrose Care Management

📚 The Book Nook 📚



Our Choice:

The Best Dog in the World

By: Alice Hoffman

In this New York Times Best Seller fourteen beloved authors celebrate the life changing bond with their canine companions in this heart warming essay collection by Alice Hoffman.

Anyone who has ever been fortunate enough to share their life with a dog knows the experience is both profound and transformative.

Here, in this charming collection of essays, fourteen celebrated authors share unforgettable tales of the dogs who left their pawprints on their hearts.

With contributions from Isabel Allende, Chris Bohjalian, Bonnie Garmus, Roxane Gay, Emily Henry, Ann Leary, Tova Mirvis, Jodi Picoult, Elizabeth Strout, Amy Tan, Adriana Trigiani, Nick Trout, Paul Yoon, and Laura Zigman, *The Best Dog in the World* captures the full range of the canine-human connection, from the joy of welcoming a new puppy to the heartache of saying goodbye to a beloved friend.

A love letter to the loyal companions who enrich our lives and teach us about empathy, joy, and unconditional love, this anthology is the perfect gift for dog lovers everywhere, offering a blend of laughter, tears, and inspiration that will resonate with anyone who has been fur-ever touched by the love of a dog.

🥩Surf & Turf Kabobs🍤

By: Makaveli Williams



Ingredients

- Steak, cut into cubes
- Shrimp, peeled and deveined
- Bell peppers
- Red onion
- Pineapple chunks (optional)

Seasoning

- Light amount of Slap Ya Mama seasoning
- Lawry's Seasoned Salt

- Garlic Powder
- Black Pepper

Additional

- Melted garlic butter

Instructions

- Preheat the grill to medium-high heat
- Cut steak into bite-sized cubes and prepare shrimp
- Season steak and shrimp with:
    - Light Amount of Slap Ya Mama
    - Lawry's Seasoned Salt
    - Garlic powder
    - Black pepper
- Assemble kabobs with steak, shrimp, peppers, onions, and optional pineapple
- Brush kabobs generously with melted garlic butter before grilling
- Grill kabobs for approximately 7 minutes per side
- Flip once and brush additional garlic butter after flipping
- Remove from grill once steak reaches desired doneness and shrimp are fully cooked
- Brush with final layer of garlic butter before serving

Enjoy this feast with family and friends!

Important Resources

BIAMI - Brain Injury Association of Michigan

Educational resources and support groups for people with TBIs

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

WeCantWait

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

CMSA - Case Management Society of America

Resources for Case Managers

Ambrose Care Management

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