



State of Michigan,) ss  
County of Genesee)

Dawn Suttorp being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Flint Journal is a public newspaper published in the city of Flint, with general circulation in Genesee county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):  
Flint Journal 01/09/2022

Dawn Suttorp  
Principal Clerk of the Publisher

Sworn to and subscribed before me this 10th day of January 2022

Teasha R Payne  
Notary Public

TEASHA R. PAYNE  
NOTARY PUBLIC, STATE OF MI  
COUNTY OF MECOSTA  
COMMISSION EXP FEB 24 2026  
ACTING IN COUNTY OF hent

**Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
NOTICE OF PUBLIC HEARING  
January 28, 2022  
9:00 a.m.**

Location: 611 W. Ottawa Street, Conference Room UL 4  
Lansing, Michigan 48909

The hearing is held to receive public comments on the following administrative rules:

**Social Work—General Rules (MOHR #2021-53 LR)**

**Authority:** MCL 333.16145, 333.16148, 333.16287, 333.18516, and 333.18518, and Executive Reorganization Order Nos. 1991-9, 1996-2, 2003-1, and 2011-4, MCL 338.3501, 445.2001, 445.2011, and 445.2030).

**Overview:** The amendments to the rules clarify definitions, update educational standards, and update the training standards for identifying victims of human trafficking. The amendments also clarify the requirements for registration, registration by endorsement, and reregistration and amend the registration by endorsement and reregistration rules to require an applicant to disclose each license, registration, or certification in a health profession or specially issued by any other jurisdiction or entity and require the applicant to demonstrate that no disciplinary proceedings are currently pending and that any prior sanction has been satisfied. The amendments add the requirements for a Canadian-licensed applicant to apply for licensure by endorsement as a bachelor's or master's social worker, and they require an applicant for licensure by endorsement or relicensure as a bachelor's or master's social worker to disclose each license, registration, or certification in a health profession or specially issued by any other jurisdiction or entity and require the applicant to demonstrate that no disciplinary proceedings are currently pending and that any prior sanction has been satisfied. Amendments have also been made to the requirements for relicensure as a bachelor's or master's social worker to reduce the number of hours of supervised work experience hours needed for those applicants whose license has been lapsed for more than 3 years but less than 7 years. The amendments also clarify the requirements for license renewal and the accumulation of continuing education credit hours.

The rules will take effect immediately upon filing with the Secretary of State, unless specified otherwise in the rules. Comments on the proposed rules may be presented in person at the public hearing. Written comments will also be accepted from date of publication until **5:00 p.m. on January 28, 2022**, at the following address or e-mail address:

Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing— Boards and Committees Section  
P.O. Box 30670  
Lansing, MI 48909-8170  
Attention: Policy Analyst Email: BPL-BoardSupport@michigan.gov

A copy of the proposed rules may be obtained by contacting Board Support at (517) 241-7500 or the email address noted above. Electronic copies also may be obtained at the following link:

**Social Work - General Rules**

**<https://ars.apps.lara.state.mi.us/Transaction/RFRTtransaction?TransactionID=1311>**

To allow for broad public attendance and participation, including for persons with disabilities, members of the public may access this meeting by both web and phone and provide either oral or written comments. Closed captioning will be provided, when available. Members of the public who are speech or hearing impaired may also attend and participate in this meeting by dialing 7-1-1 and using the Michigan Relay service. More information about this service may be found at [https://www.michigan.gov/mpsc/0,9535,7-395-93308\\_93325\\_93425\\_94040\\_94041-,00.html](https://www.michigan.gov/mpsc/0,9535,7-395-93308_93325_93425_94040_94041-,00.html).

People with disabilities requiring additional accommodations (such as materials in alternative format) in order to participate in the meeting, or those that have questions should contact the department at [BPL-BoardSupport@michigan.gov](mailto:BPL-BoardSupport@michigan.gov).

10200455-01



State of Michigan,) ss  
County of Kent)

Dawn Sutorp being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Grand Rapids Press is a public newspaper published in the city of Grand Rapids, with general circulation in Kent county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):

Grand Rapids Press 01/09/2022

*Dawn Sutorp*  
Principal Clerk of the Publisher

Sworn to and subscribed before me this 9th day of January 2022

*Teasha R Payne*  
Notary Public

TEASHA R. PAYNE  
NOTARY PUBLIC, STATE OF MI  
COUNTY OF MECOSTA  
COMMISSION EXP FEB 24 2026  
ACTING IN COUNTY OF Kent

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10200455-02

# The Mining Journal

Upper Michigan's Largest Daily Newspaper

249 W. Washington St., P.O. Box 430, Marquette, Michigan 49855. Phone (906)228-2500. Fax (906)228-3273

AFFIDAVIT OF PUBLICATION

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STATE OF MICHIGAN

AFFIDAVIT OF PUBLICATION

For the County of: **MARQUETTE**

In the matter of: Notice of Public Hearing  
Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Social Work – General Rules  
January 28, 2022

Size: 4 x 12

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State of **MICHIGAN**, County of Marquette ss.

**GERALD NEWHOUSE**

being duly sworn, says that he is

**CIRCULATION MANAGER**

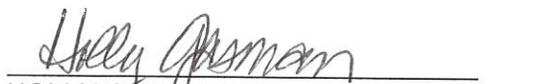
of **THE MINING JOURNAL**

a newspaper published and circulated in said county and otherwise qualified according to Supreme Court Rule; that annexed hereto is a printed copy of a notice which was published in said newspaper on the following date, or dates, to-wit

January 7, 2022

  
**GERALD NEWHOUSE**

Subscribed and sworn to before me this 10th day of January, 2022.

  
**HOLLY GASMAN**  
Notary Public for Marquette County, Michigan  
Acting in the County of Marquette  
My commission expires: May 25, 2025

# Good advice

Dear Annie

## She can't continue being a caregiver

**D**ear Annie: Our son has been married to a lovely girl for over 20 years. She is a daughter-in-law everyone should have. She cares for us; she keeps a gracious home; she is a good mother.

My problem is with her mother. We see them two or three times a year. Her mother will get me alone and start to share things about our son and his wife that we do not know and don't need to know. Always negative. And I am pretty certain that they are not true, as other things would be manifest if they were.

Last time, at a graduation, she shared money troubles she felt they were having. Before that, her daughter's troubles with depression — which I



ANNIE LANE

knew because our daughter-in-law had spoken with me, but I did not want to talk about it behind her back. Her mother has tried to talk about difficulties with the grandchildren and what she thinks ought to be done.

Now, I recognize that my daughter-in-law may have shared something with her mother, but our son has not shared them with us, so I am unwilling to talk about it with them not present.

How do I handle this without offending someone whom I need to keep a relationship with? — Mom-in-Law Who Wants to Keep Her Ears Clean

Dear Clean Ears: There are lots of reasons people gossip: entertainment, insecurity, loneliness, pure boredom. If this woman has something productive to say about her daughter or your son, she should bring it up with them — and you should feel free to tell her that.

Dear Annie: I need some advice. My mother-in-law,

who is 93, lives alone in her home. My wife and I and my sister-in-law and her husband have been her caregivers going on 20 years now. Her husband passed away years ago.

She does not drive. We do her laundry, run her to doctor appointments, shop for her groceries, etc. Her house is filthy. She doesn't bathe at all, just "washes up" in the sink. Her doctor has told her to go to assisted living, but she refuses.

I am nearing 70. My wife is 69. My in-laws are in their 70s and in poor health. We have told her we can't continue doing this. She refuses any home care or any house cleaning and gets mad when we do it. We take turns making sure she takes her pills

three times a day. I have told her to at least look at a place, but she refuses. We feel like hostages. We can't force her to go to assisted living, but she is not safe at home alone. Short of going to a lawyer and getting guardianship, I don't know what else we can do. Any advice? — Tired in Ohio

Dear Tired: Your mother-in-law is very fortunate to have the four of you in her life, watching out for and taking care of her. But taking everything into consideration, it's unfair to expect that you, your wife and your in-laws can continue as you have for the last two decades.

Though she is stubborn and likely scared, now is the time to confront your mother-in-law with her options, once and for all. If

she is dead set against leaving her home for a facility, she must accept the help of an in-home aid. This is a compromise she'll need to make in order to remain in her own space and without giving up any legal rights — for now — to her own care and life choices.

This kind of change is hard for any older person to undergo, but ultimately, it's one she must accept for her own safety and well-being and for that of your family.

**EDITOR'S NOTE:** "How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology — featuring favorite columns on marriage, infidelity, communication and reconciliation — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

Hints from Heloise

## Fraud alert: Be careful of online bargains

**D**ear Heloise: I saw an ad for a cat tree on a social media site, and since the price was so good (in fact, TOO GOOD!), I decided to buy it. Even at a bargain price it still wasn't cheap, but the picture looked so nice that I decided to splurge.

About a month later it arrived. Instead of a cat tree that my pets could use, it was the size of dollhouse furniture. It was less than 3 inches tall! I had just paid nearly \$70 for a useless knickknack. When I contacted them, I was told that the ad did not lie (no dimensions were given in the ad) and that if I assumed it was a full-sized cat tree that was my fault! Then they refused to refund my money, and within a week they closed down their site and were gone.

I know nothing can be done now, but I've learned my lesson. Buy with a credit card, not a check or gift card. Read the ad very carefully, and if it seems too good to be true, it's probably a scam.

Don't buy on social media, and investigate the company by typing in the name of the company with the word "scam" and/or "fraud" and see what pops up. — Ellen J., Fresno, California

Ellen, we received a number of letters much like yours. Readers, please re-



HELOISE

search a company and their products very carefully before ordering online. — Heloise

**THREATENING PHONE CALLS**

Dear Heloise: Nearly a week ago I got a call from someone claiming to be from my utility company. They claimed that I was behind on my electric bill and someone would be out to disconnect my electricity unless I paid them by debit card or credit card then and there. I knew I was up to date on all my bills and owed no one a dime. I figured it was a scam, and sure enough it was. I hung up on them after a few choice words. Apparently, these low-life scammers are calling people all over the country. So please ask your readers to be aware of this latest scam and not to pay them. — Joseph A., Temple, Texas

**WATCHES**

Dear Heloise: I have several lovely watches I wear with various outfits. To keep the batteries from running down sooner than they should, I just pull out the stem and place it in a drawer when not in use. — Valerie N.,

Arden Hills, Minnesota

**NO MORE SORE THUMB**

Dear Heloise: I found that if I use a pair of needle-nose pliers in my left hand to hold a nail while I hammer it into the wall with my right hand, I can save my-

self from hitting one of my fingers or my thumb. The last time I tried to hold a nail while hammering it I hit my thumb and my nail turned black!

I love reading your column in the San Antonio Express-News. — Anne T.,

San Antonio, Texas

**EDITOR'S NOTE:** SEND A GREAT HINT TO: Heloise, P.O. Box 795001, San Antonio, TX 78279-5001. Fax: 1-210-HELOISE. Email: [Heloise@Heloise.com](mailto:Heloise@Heloise.com)

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To Your Good Health

## Blood pressure medication caused terrible leg cramps

By Keith Roach, M.D.

DEAR DR. ROACH: I have high blood pressure, and I hope that you can advise me. For 10 years, I have suffered with terrible leg cramps in one or both calves. I visited numerous doctors in order to learn what the cause was. Not one practitioner questioned the blood pressure medicine that I had been taking: amlodipine. My research showed that in very few cases cramping resulted. My cardiologist won't believe that amlodipine causes this cramping and he is insisting that I go back to using amlodipine....

I began to experiment. Very gradually, I cut down this medication, and almost immediately, the cramping disappeared. Each time I went back to the amlodipine, the cramping returned. I also use benazepril, which causes me no problems. My doctor added carvedilol, and is increasing the dosage, but so far it isn't helping the blood pressure go down.

Have you ever heard of this happening? — H.S.

**ANSWER:** Muscle cramps are extremely common in people with or without blood pressure problems, and I have not had a person with cramps that went away on stopping amlodipine. The fact that they came back when you restarted it, however, is pretty strong evidence that the amlodipine may be causing it in you.

The cardiologist still has many other options. Amlodipine as a calcium channel blocker and is generally very effective at lowering blood pressure. There are other calcium blockers that might not have the same side effect, and the cardiologist might try one related to amlodipine (like nifedipine) or unrelated (like diltiazem).

There are other classes of medicines, such as diuretics, which can also be used.

**EDITOR'S NOTE:** Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu) or send mail to 628 Virginia Dr., Orlando, FL 32803.