



Happy Spring – a time of hope, rebirth and renewal! Let's give thanks for a mild winter and also bid it farewell! As spring arrives, we look forward to budding flowers, warm air, longer days and the sweet smell of rain showers. With the arrival of spring, we reset and refresh — and so is true with the happenings at PACE Southeast Michigan!

Last year we had amazing growth and opened a new Alternative Care Setting (ACS) in Warren. It's the first one in Michigan. We now have almost 34 participants enrolled in the Warren ACS.

And we're not stopping there! Some of you may have heard about our moving the location of the Detroit Northwest center to Southfield. While the current location has served us well for many years, we are running out of space. That's a good problem to have because it means our program is vibrant and growing.

We hope you'll love the new site as much as we do. The Southfield center will allow us to accommodate more seniors in our program in a lovely, centrally located building. And it's all on the first floor. No more waiting for the elevator! This new location will service our current participants and offer opportunities to care for seniors in Oakland County.

We expect to open our doors in Southfield in early June, pending Federal and State inspections.

As we are growing, YOU remain the center of all we do! As we continually

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**HAPPY SPRING***(continued from previous page.)*

seek ways to improve how we care for you – please share your ideas and feedback with the leaders, staff and me! We are honored to serve you and grateful for your presence in our loving PACE Southeast Michigan community!

Thank you for choosing PACE Southeast Michigan!

*Peace.*

*Mary*

**MARK YOUR CALENDARS**

Please note that PACE Southeast Michigan Day Health Centers will be closed and home care is not available on the following days:

Memorial Day – Monday, May 30, 2016

Independence Day – Monday, July 4, 2016

Labor Day – Monday, September 5, 2016

Thanksgiving Day – Thursday,  
November 24, 2016

Christmas Day – Monday,  
December 26, 2016

New Year's Day – Monday, January 2, 2017

Emergency services and dialysis are **always available**, including holidays.

Please call PACE Southeast Michigan at 855-445-4554 for assistance.

**WELCOME TO OUR NEW PHYSICIAN**

PACE Southeast Michigan welcomes Kristen E. Kingzett, M.D. She will be working part-time at our Rivertown center. Dr. Kingzett joins PACE Southeast Michigan after serving on the staff at Wayne State University. While there, she practiced and taught residents and medical students. She earned her Bachelor of Arts in Spanish at the University of Michigan. She then went to medical school at Wayne State University School of Medicine. Dr. Kingzett also finished her residency at Wayne State University / Detroit Medical Center in Internal Medicine. We're very excited to have Dr. Kingzett as part of the PACE Southeast Michigan team!

## THANK YOU FOR THE DONATIONS!

Staff and participants showed their giving spirit during the holiday season. Blankets, scarves, hats, clothing, coats, lotions and many other items were donated. Our participants who received these items are thankful for your kindness.



## TIPS FOR STAYING HEALTHY

Often the simplest steps are the most effective way to avoid common sicknesses. Below are some ways to protect yourself:

- Get a flu vaccine each year.
- Thoroughly wash your hands several times a day. You can pick up cold germs easily by touching surfaces such as doorknobs, hand rails, tables, etc.
- Avoid people with colds or the flu.
- If you sneeze or cough, use a tissue and throw it away.
- Don't touch your nose, eyes, or mouth. Germs can enter your body easily by these paths.



**THANK YOU DONORS!**  

We thank **Morrison Community Living** and **Huntington Bank** for the generous donations to help our participants! Donations to PACE Southeast Michigan help us keep seniors independent and living in their own homes for as long as possible.

As a PACE Southeast Michigan participant, all health care services are provided and arranged by your personal health care team. PACE participants may be fully liable for the costs of medical services from an out-of-network provider or without prior authorization with the exception of emergency services.

## RECREATION THERAPY DEPARTMENT

The goal of recreation therapy in our day health centers is to help maintain quality of life for our participants. We help build socialization. Our goal is to promote physical and emotional well-being.



*Sparty dances with  
Ingrid Thompson*



*Celebrating Valentine's Day*



*Thank you to team member Greg  
Gildersleeve for the donation of  
the pool table!*



*Spa days are always  
welcomed by our participants*

*Pistons' mascot, Hooper,  
enjoys visiting PACE  
Southeast Michigan  
participants*



*Board games keep our  
participants engaged*



*Our participants are making blankets which will be delivered to  
a homeless shelter for those in need*



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**REC. THERAPY DEPT.** (continued from previous page.)



*PACE Southeast Michigan Fashion Wear*

**MEET OUR SOCIAL WORK TEAM!**

From left: Sheryl Zimberg, Sonia George, Kelsey Schmeling, Katherine Lafrenz, Christiann Taylor, Teri Budny, Latrice Addison, Sandra White. Not in photo: Linda Bazzy



Everyday our team of hardworking social workers is looking out for your best interests. Each of our social workers holds a Master’s degree in Social Work. They are your PACE Southeast Michigan contact when you have non-medical needs.

Our Social Work team has expanded to keep pace with our participant growth. Each PACE Southeast Michigan participant is assigned a social worker when they join our program.

Our dedicated team works on many different issues to make sure you have what you need.

Below is a list of some of the other services they provide:

- One-on-one counseling and therapy work.
- Family counseling services.
- Help in a crisis.
- Help with end-of-life grief.
- Assist with funeral planning and costs.
- Home visits to make sure participants are safe in the community.
- Family education on disease control, legal issues and guardianship.
- Coordinate with other care providers on behalf of participants.
- Assist participants when they leave the hospital, extended-care facility and skilled nursing facility.
- Host caregiver support groups.
- Support participant rights to make sure they receive quality care.
- And much more!

Our Social Work team works hard to add to the quality of care you experience at PACE Southeast Michigan. If you have any questions or need assistance from your social worker, please call 855-445-4554.

## PACE SOUTHEAST MICHIGAN RETIREMENTS

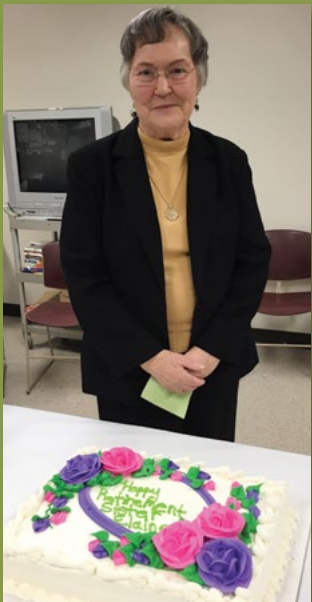


### SANDY JENKINS, DIRECTOR OF PT/OT

For over ten years, Sandy Jenkins tended to the mobility of PACE Southeast Michigan participants. Sandy stood watch to make sure participants were safe yet making progress when using new equipment. Sandy

worked with participants to help them reduce pain and remain mobile through exercise and supportive devices. This care greatly increased the quality of many lives.

We will miss Sandy's guidance and thoughtful input. We wish her health and happiness in her retirement!



### SISTER ELAINE HARTNETT, CHAPLAIN

Sister Elaine has tended to the spiritual guidance of our participants as the PACE Southeast Michigan Chaplain. For the last three years she has offered comfort and counseling to those in need. She often brought her loving dog, Abby, into the day health centers to provide pet therapy care.

We wish Sister Elaine well in her retirement. She promised that she and Abby will be back to visit us!

## HOME FITNESS

Exercising at home is a great way to stay fit!

Exercise helps the following:

- Weight control
- Prevent health problems and diseases
- Improve mood and reduce stress
- Pain relief
- Boost energy
- Promote sleep
- Improve memory

By exercising at home you can:

- Work out at any time
- Have privacy
- Work at your own pace

What to do:

- Stretching
- Walking
- Lifting light 2-3 pound hand weights or a can of soup while sitting in a chair with your feet touching the floor

See a PACE Southeast Michigan Physical or Occupational Therapist to help you design a home program that is right for you.

## PACE SOUTHEAST MICHIGAN CONTINUES TO GROW!

### SOUTHFIELD CENTER TO REPLACE DETROIT NORTHWEST

We're moving! As we have grown over the last year, we found our current space at Detroit Northwest is getting a bit small. To serve you better, we have found a bigger site that allows us to care for more seniors.



Located at 24463 West Ten Mile Road in Southfield, this center expands our service to Oakland County.

Our grand opening is set for early June, 2016 pending Federal and State review. We are so excited to have our new day health center and clinic on the first floor. It's going to be beautiful. Spread the word and invite your friends to join our program!

### WARREN ALTERNATIVE CARE SETTING

In December 2015, PACE Southeast Michigan opened an Alternative Care Setting (ACS) in Warren. The ACS is located at 30713 Schoenherr Road near 13 Mile Road. We are glad we can provide care for seniors in Macomb County. The ACS still has room to serve those who need our care so please spread the word about this lovely center.



On December 4 we held our grand opening (see photo) attended by over 100 people from the community. Thank you to **Gabriel Schuchman and Alrig USA** for providing the lunch at the event!

## A LITTLE HELP FROM OUR FRIENDS

There are times when some of our participants find they could use a little help in order to remain living in their homes. Sometimes they are in need of a wheelchair ramp, their porch needs repairing, or their furnace has broken down in the cold of winter. Special equipment may be needed to safely move around the house.

Donations made to PACE Southeast Michigan allows us to lend a helping hand to our participants in need. Any amount will help!

To make a donation, visit our website at [www.pacesemi.org](http://www.pacesemi.org) or call Laurie Arora, Director of Public Affairs and Philanthropy at 313-400-4888.

## I'M OUT OF MEDICATION. WHAT DO I DO?

For all of your medication needs, please call the  
**Henry Ford PACE-CSI Pharmacy:**

- Refills
- Prescription renewals
- Medication packaging



### PHARMACY INFORMATION:

**Henry Ford PACE-CSI Pharmacy Phone Number - 313-567-0740**

**Pharmacy Hours – Monday through Friday**

**8:30 AM to 4:00 PM**

For questions about delivery of your medications or when the pharmacy is closed, please call PACE Southeast Michigan at 855-445-4554.



Website: [www.paceseml.org](http://www.paceseml.org)

Phone: 855-445-4554

Fax: 313-543-6795

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