



“The spring wakes us, nurtures us and revitalizes us. How often does your spring come? If you are a prisoner of the calendar, it comes once a year. If you are creating authentic power, it comes frequently, or very frequently.” — Gary Zukav

Greetings Participants and Caregivers!

Spring is finally here and I think we are all ready for some warmer weather! It is not only a time of beautiful weather, but of endless possibility. Whether you are inside or outdoors, we can all enjoy what this season has to offer. To make sure of this, we have added several new spring activities within our day centers and beyond, through outings with our Recreational Therapy department. One of the highlights is the addition of our new indoor and out-door gardens. These provide an opportunity to grow and eat fresh produce as well as offer education on healthy eating. We are very grateful to be able to offer these activities through the Healthy Food Connect grant, given to us by the Community Foundation for Southeast Michigan.

Soon, we will be introducing a telehealth project that is generously funded by the Michigan Health Endowment Fund. You'll find more about that inside.

As always, this newsletter is meant to keep you informed of what PACE Southeast Michigan can offer you and the ones that you care about. We want to have strong and open communication with you, always. That is why we institute things like our Caregiver Dinner & Dialogue events. More information on our next series is included in this newsletter. We use your feedback to continually improve our operations. We are honored to serve you and we will continue to provide you with the highest quality of care year round.

Peace.

Mary

PACE SOUTHEAST MICHIGAN MISSION:

PACE Southeast Michigan - (Program of All-Inclusive Care for the Elderly) is a unique health plan and care provider, committed to keeping seniors with challenging healthcare conditions in their home, by caring for their medical, physical and social needs.

OUR VALUES:

- **Extraordinary Care**
- **Collaborative Teamwork**
- **Inspired Achievement**
- **Accountability**
- **Adaptive Growth**



MEET OUR RECREATIONAL THERAPY TEAM

The Recreational Therapy team brings a lot of fun and excitement to our program. They provide physical, mental, spiritual, and social activities for those we serve. They offer this in our centers, as well as through outings. This team strives to engage, improve, and/or maintain the quality of life for our participants for as long as possible. They help build confidence, grow coping skills, and increase socialization. Above all, they promote physical and emotional well-being.



Here are some activities they are bringing to our program this spring:

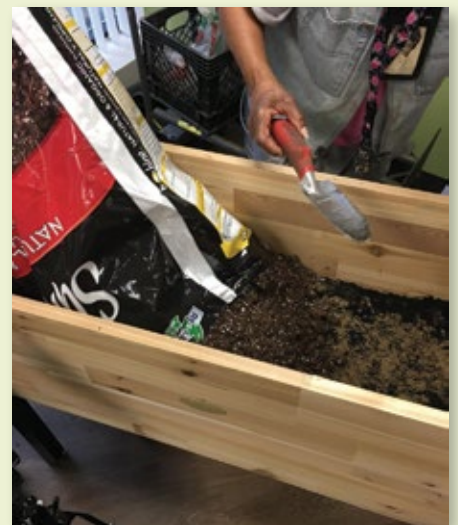
- Gardening
- Nature Walks
- Picnics
- Family Reunions
- Bird Watching
- Zoo
- Fishing
- Sporting Events
- Holiday Events

GARDENING ACTIVITIES IN OUR CENTERS

Last year, we received a Healthy Food Connect grant from the Community Foundation for Southeast Michigan. As a result, we are bringing gardening activities to all of our sites! We are having outdoor gardens built at all three locations. We also have indoor gardens for those who will be staying indoors and for growing plants year round.

Keep Growing Detroit is one of our partners in this grant activity. They have already been coming to our centers and helping our participants lay the soil for our garden beds. Our participants can even vote on what we plant for the spring season. After they plant the seeds that they decide on, they, as well as our Recreational Therapy staff, will make sure the gardens are maintained through the entire growing season.

With healthy eating being a large part of our grant, we will be using the vegetables that we grow in our cooking demonstrations, so you'll be able to enjoy what is grown. We hope that our participants have been enjoying the fresh fruits and vegetables we have been providing through the Healthy Food Connect grant.



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.

BEING OUTDOORS IMPROVES WELL-BEING

by Bryan Dovichi

Research suggests that spending time outdoors can improve our mood and self-esteem. It can also decrease our stress levels and increase vitality.

Shutting off our computers, TVs, and smart phones and getting into natural spaces helps us rest our minds. It also helps us recover from mental fatigue and mitigate our stress. These are all things that support our overall wellness.

Three simple ways to enhance our connection to nature include:

1. Building a personal relationship with the environment

Finding out what aspects of the natural world fulfill us (e.g., reading under our favorite tree) and then doing more of those things can help motivate us to increase our connection with the environment.

2. Walking barefoot

Research suggests that foot-to-surface contact with the soil, grass, or sand may be important for our health. This theory of “earthing” may be due to having direct contact with the Earth’s electrons. It has been found to promote things like improved sleep, reduced pain, decreased stress levels, and increased subjective wellbeing. (Please ask our rehabilitation staff if walking barefoot is safe for you.)

3. Living Green

Research suggests that making eco-friendly choices is linked to a personal sense of satisfaction and increased well-being.



Thank You Donors!

There are times when some of our participants could use a little help to remain living safely in their homes. The support of our donors provides basic and emergency needs to one or more seniors. Thank you for your generosity!

Alrig USA

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Ilene Weiss

Arleen Zuckerman

TELEHEALTH IS COMING TO PACE SOUTHEAST MICHIGAN

PACE Southeast Michigan was recently awarded a grant to start a remote monitoring program. This will allow us to check on your health, using new equipment, while you are at home. We hope this results in fewer visits to the emergency department and avoids hospitalizations. We thank the Michigan Health Endowment Fund for making this possible.

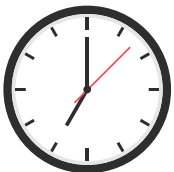
HARRY & JEANETTE WEINBERG GREEN HOUSE HOME FOR THE AGED

Green House homes for the aged are a new model for skilled nursing care. They provide personalized care in a space that resembles a real home. This gives a strong sense of well-being to those that live there, as well as their families. Presbyterian Villages recently added the Harry & Jeanette Weinberg Green House Home for the Aged to the Thome Rivertown Neighborhood.



The location allows close access to the facilities of PACE Southeast Michigan. Participants who qualify are moving into the Green House over the next few months. This is one step closer to making sure that seniors in Southeast Michigan have access to quality healthcare. It is also a step closer to giving them a comfortable and independent living situation.

CLINIC HOURS EXTENDED



Our clinic hours have changed. For your ease, the clinic's hours at each PACE Southeast Michigan site will now be 8:00 a.m. to 5:00 p.m.

We also want to emphasize the importance of your primary care assessments. These occur twice per year. Assessments are required by federal and state regulations. By seeing you in the clinic for your 6-month and annual assessments, you receive the quality care you expect from us. Please note, assessments may be scheduled on a non-center day. Transportation will be provided for you.

CAREGIVER DINNER AND DIALOGUE EVENTS

Our Caregiver Dinner and Dialogue events will continue this year. We will hold these every three months. These events give you a chance to meet our staff and learn about changes in our program. They also give you a chance to ask questions and give us feedback.

All Dinner and Dialogue events are held from 5:00 PM – 6:30 PM

Here are the dates for this year's dinners:

June – *Understanding Caregiver Stress*

Rivertown Center – 250 McDougall, Detroit – June 6, 2017

Warren Alternative Care Setting – 30713 Schoenherr, Warren – June 13, 2017

Southfield Center – 24463 W. Ten Mile Rd., Southfield – June 20, 2017

September – *Overcoming Resistance to Care*

Southfield Center – September 12, 2017

Rivertown Center – September 19, 2017

Warren Alternative Care Setting – September 26, 2017

November/December – *Fall Prevention*

Rivertown Center – November 14, 2017

Warren Alternative Care Setting – November 28, 2017

Southfield Center – December 5, 2017

Dinner and Dialogue is free, but registration is required. To register for the RIVERTOWN or WARREN dinners, please call 313-288-7129. To register for the SOUTHFIELD dinner, please call 248-556-9107. We look forward to seeing you there!

CONTACT US THROUGH EMAIL

This year, we are focusing even more on communicating effectively. This involves both our participants and their caregivers. As a result, we established a new email account to which you can reach out. This was all based on your feedback during our Caregiver Dinner & Dialogue events.

Do you have a non-emergency question or comment for PACE Southeast Michigan Staff?

E-mail: **CARE@pacesemi.org**

As always, you may also call us at 855-445-4554



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Website: www.pacesemi.org

Fax: 313-543-6795

Phone: 855-445-4554

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