



WINTER

ISSUE 2021



*“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.” – Edith Sitwell*

Holiday Greetings Participants and Caregivers!

As this year ends, let us reflect on another year of many blessings despite the continuing hardships of the pandemic. I am grateful for your trust in us to care for you or your loved one. I am also thankful for our staff that are truly Healthcare Heroes for the dedication they bring to work each day.

First, I am thrilled to announce that for the fourth year in a row PACE Southeast Michigan has been named a Detroit Free Press Top Workplace! This honor is awarded based on the survey responses from our employees. We are grateful to our entire team who make PACE Southeast Michigan a special place to work and receive care.

Next, 2022 will be a big year for PACE Southeast Michigan as we prepare to open a second center in Detroit. Michigan’s aging adult population continues to grow and so does the need for PACE services. This new center will be our biggest yet, caring for up to 400 participants! We look forward to sharing more details with you soon.

Finally, our Phase 3 reopening process continues as more participants return to the centers. If you have not returned to the center yet and would like to, please contact your care team. We are here to support you!

May you have a blessed holiday season!

Mary

## CONGRATULATIONS TO OUR TEAM MEMBERS WHO RECEIVED A PROMOTION!



### **Sicily Baker – Interim Center Manager (Rivertown)**

Sicily has worked at PACE Southeast Michigan for nearly 5 years. Her favorite thing to do in the world is helping people who cannot help themselves.



### **Shonna Withers – Interim Center Manager (Sterling Heights)**

Shonna started her journey at PACE Southeast Michigan 7 years ago as a Participant Care Associate! Shonna enjoys cooking, dancing, and spending time with her husband, 3 children, and 7 grandkids.



### **Sandy Waldrip – Interim Director of Operations (Pontiac)**

Sandy has over 25 years of healthcare experience. She earned her Master's in Business Administration in 2015 at Davenport University. Sandy likes to read and go to the movies!



## **WE ARE A TOP WORKPLACE!**

We are proud to announce PACE Southeast Michigan has been named a Top Workplace by the Detroit Free Press for the fourth year in a row. Thank you to our participants and staff for making PACE Southeast Michigan such a great place to work!



### **Be sure to attend all your scheduled appointments!**

If you cannot attend, please call us to let us know and we will reschedule for you. Attending all your appointments helps to get the care you need for better health.

## Meet our Administrative Assistants!

Our Administrative Assistants do it all! They answer phones and greet visitors. They schedule meetings and keep our files up to date. They show Inspired Achievement at everything they do. Their core duties and responsibilities revolve around supporting others and support us they do! Thank you to our Administrative Assistants for everything they do day in and day out.



### ***Enjoy some fun facts about our Administrative Assistants!***

- Randi McGhee (Dearborn) – I run my own business making Jamaican Sea Moss gels.
- Brittany Rogers (Eastpointe) *Not pictured* – I have one dimple!
- Sofia Zadia (Rivertown) – I can thread eyebrows!
- Stephanie Lane (Southfield) – I make dollhouse miniatures for doll collectors.
- Pat Ruskiewicz (Sterling Heights) – I am a grandma to 8 wonderful grandkids.

### **At the Corporate Office...**

- Gregory Aaron – I am writing a children's book!
- Beverly Clayton – I am a grandmother of 2 and a great-grandmother of 3.
- Thaddeus Green – I have a pet work fish named Poseidon!
- Evelyn Canilao – I volunteer for the Michigan Humane Society.

## HOLIDAY FOOD BUDGETING AND USING LEFTOVERS

*By: Andrea Callamari, Dietetic Intern from Wayne State University*

'Tis the season! As the holidays approach, it's time to think about preparing food. There are several ways you can buy food on a budget and find creative ideas to use leftovers. The first way you can save money is to plan ahead and figure out how many people you'll be feeding. Next, you can choose a simple recipe that has fewer ingredients. Using less ingredients will make it easier to prepare and will cost less money. Make a list of food you'll need to purchase and the amount of each item. While you're shopping, look for generic or off brands. Use coupons and stick to the list!

After the festivities are over, it can be difficult to use leftover food. Here are a few simple ways to use up foods:

1. **Veggies:** Make soup! Put vegetables in a blender with water or soup stock and blend. Heat up in the microwave or over the stove. You can even add some meat after you blend!
2. **Stuffing:** Use this as a base for your eggs in the morning. Heat up your stuffing, make your eggs however you like and place eggs on top of the stuffing.
3. **Meat:** Leftover meat can be used on a hot or cold sandwich. Place your meat on bread with cheese and cranberry sauce.



If you don't want to eat all the leftovers immediately following the holidays, you can freeze food. Use a clear Ziplock bag or Tupperware and place in the freezer. By using clear storage, you can see the items, and this will help prevent food waste. Savor the holiday foods and remember, food is nourishment for your body so enjoy every bite!

# Recent Life Enrichment Activities



A happy birthday to our Dearborn participant, Ms. Forth! She celebrated her 100th birthday on October 1.



Our Olympic Games are when our centers compete against each other in a friendly rivalry. This year, the trophy went to our Rivertown Center!



Our Southfield Center was a ZOO for the day with exotic animals visiting our participants!

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.



## Don't Be Blue This Winter!

By: Lorna Burns, Katie Coleman, and Ariel Farley  
PACE Southeast Michigan Behavioral Health Specialists

If colder weather and shorter days cause you to feel the winter blues, you are not alone. During the winter, many people have serious changes in their mood, sleep, and energy. What is it about the winter months that can leave us feeling so down? More importantly, what can we do to fight the winter blues?

Before knowing how to fight the winter blues, it is important to understand the causes and risk factors that make individuals more prone to seasonal depression, otherwise known as Seasonal Affective Disorder. The causes can be traced back to our biological clock and serotonin and melatonin levels.

First, reduction in sunlight during the winter can disrupt our body's internal clock, which can lead to increased feelings of depression. Second, our serotonin levels tend to decrease in the winter. Serotonin is a neurotransmitter in our brain that has a great impact on our mood. Therefore, if serotonin levels are low, you may find yourself not feeling like yourself. The amount of sunlight we receive directly impacts the amount of serotonin our brain is releasing.

Lastly, the change in seasons can impact the amount of melatonin in our bodies, which has a role in mood and sleep. If our sleep is disrupted, there will likely be changes in your mood. Remember, getting a good night's sleep is so important to our overall health!

If we do not take action to treat our seasonal depression, we risk increasing our depressive symptoms. But don't fret! There are various treatment options to combat the winter blues that you have access to and can do right at home. This graphic includes some helpful tips and tricks to offset those winter blues!



## MICHIGAN CHOICE AND PACE OMBUDSMAN PROGRAM

The Michigan Elder Justice Initiative has a new program! This program is called the Michigan Choice and PACE Ombudsman Program. It will provide free legal help to applicants and participants of PACE.

### The program will assist individuals with issues such as:

- Enrollment and disenrollment
- Eligibility
- Quality of service
- Self-determination (when available)
- Coordination of services
- Grievances and appeals

When an individual calls the hotline, lawyers will answer the call. The lawyers may contact others to address the issue. This is only if they receive consent from you to do so.

**If this is a program you would like use, reach out to 888-746-6456. PACE Southeast Michigan can also help to answer questions. Please call 888-445-4554 and ask for your center manager or social worker.**



### 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

## CENTER CLOSURE DATES

**Mark your calendars! Our centers and clinics will be closed on the following dates:**

- 2021** Christmas Day (observed) – Friday, December 24, 2021  
 New Year's Day (observed) – Friday, December 31, 2021
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- 2022** Martin Luther King Jr. Day – Monday, January 17, 2022  
 Memorial Day – Monday, May 20, 2022  
 Independence Day – Monday, July 4, 2022  
 Labor Day – Monday, September 5, 2022  
 Thanksgiving Day – Thursday, November 24, 2022  
 Christmas Day (observed) – Monday, December 26, 2022

Remember you can call 855-445-4554 at any time – day or night, weekends, and holidays. We are always here for you!

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