



**PACE**  
SOUTHEAST  
MICHIGAN

keeping seniors independent



ISSUE 2022



*“Kindness is like snow – it beautifies everything it covers.”*  
– Kahlil Gibran

Holiday Greetings Participants and Caregivers!

I hope this newsletter finds you well as the year ends. Thank you for trusting us for another year to care for you or your loved one.

First, I am thrilled to tell you for the fifth year in a row PACE Southeast Michigan has been named a *Detroit Free Press* Top Workplace! This honor is awarded based on the responses from our employees. We are grateful to our amazing team because they make PACE Southeast Michigan a very special place to work and receive care!

PACE Southeast Michigan has been receiving much state and national attention. The Michigan Department of Health and Human Services Director, Elizabeth Hertel, visited our new Detroit Center in October. She came to discuss and celebrate the State of Michigan budget expansion for PACE and other older adult services.

As you know, due to the declining rate of COVID-19 cases in our centers and recommendations from the Centers of Disease Control, masking in the centers is now optional. That means you may choose whether to wear a mask in the centers unless it is medically needed. We will continue to watch cases in our area and if anything changes, we will let you know.

As the holiday season unfolds and we close another year, please know our amazing team is committed to providing Extraordinary Care to you. We want you to remain independent in the community!

May your holidays be filled with health, joy, peace, and of course much love.

Mary

## WELCOME TO OUR NEW HIRE



### **Shela Myrick – Center Manager (Eastpointe Center)**

Shela has held leadership roles in health care. She received her degree from Mercy College. She has a graduate certificate in administration from Central Michigan University. Shela loves working with older adults!

## PROMOTIONS – CONGRATULATIONS!



### **Michelle Betman – Life Enrichment Program Manager**

Since the summer, Michelle has served as our Life Enrichment Assistant Manager. She is excited to continue working in recreational therapy. When she is not at work, she is probably with her friends, family, or dog, Teddy.



### **Danielle Frontiera – Clinical Nutrition Manager**

Danielle has been a Registered Dietitian at our Rivertown Center for 5 years. She has served as a department lead since early 2022. She loves pizza and salad. Her favorite things to do are spend time with her older brothers, nieces, and nephews. .



### **Tashaniecesha (Tasha) Williams – Assistant Center Manager (Sterling Heights Center)**

Tasha started out as a Participant Care Associate (PCA) in 2014. She was then promoted to Lead PCA. She views herself as truly blessed to serve seniors. She promises to continue to do her absolute best to be of service to her PACE family, participants, and coworkers alike. Tasha serves on the National PACE Association's Diversity, Equity, and Inclusion (DEI) Committee and PACE Southeast Michigan's DEI and Justice Advisory Group.

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.



## LEADERSHIP CHANGES



As of November 21, 2022, Dr. Robert Vaidya is the Physician-in-Charge for the Dearborn and Detroit Centers. He recently stepped out of the Medical Director role. We look forward to the positive impact he will have at those two centers!



Donna Emch, our Vice President of Clinical Services, will be leading the primary care team while we search for a medical director. Donna has been our Vice President of Participant Care and Center Services since the summer of 2020. Prior to this role, she was a leader in hospital health care for almost 27 years. We are appreciative of her willingness to take on this extra role for the time being!

### Southfield Center



Caring for participants at our Southfield Center is Dr. Mohindra. Dr. Mohindra graduated from the Government Medical College of India. She completed her residency at Mt. Carmel Mercy Hospital and Beaumont Hospital. She worked for Henry Ford Health for over 40 years. Welcome, Dr. Mohindra!

### Eastpointe and Pontiac Centers



We are happy to announce that Dr. Shara Croff will be the Physician-In-Charge for the Pontiac Center! This change began on September 19, 2022. Dr. Croff will also continue to provide care at our Eastpointe Center.

Dr. Croff brings a wealth of knowledge and experience to PACE Southeast Michigan. She graduated from Wayne State University. She completed her residency at the Mid-Michigan Medical Center in Midland, MI. Her experience includes Associative Medical Director for Seasons Hospice and Palliative Care. In addition, she has founded her own practices.

### Detroit Center



Debra Smith has worked at PACE Southeast Michigan since 2017. First, as a Life Enrichment Therapist. Then, she was promoted to Assistant Manager at the Southfield Center. She went on to be promoted to Center Manager at the Eastpointe Center. Debra transferred to the new Detroit Center in September. She has a Bachelor's of Business Administration. Debra has one daughter and is the founder of Restored by Love Ministries.

## Meet our Quality and Compliance Team!

They ensure the organization meets the regulations of Medicare and Medicaid. They provide education and guidance on rules. This team monitors, studies, reports data, and leads our annual audits. Their work upholds high quality of care for our participants!



*Left to right:*  
Bridget Tokode,  
Serah Osanaiye,  
Adriana Cordero,  
Jill Wilson, Juanita  
Pitts, Susie Amato,  
Tracey Diroff,  
Jourdan Green,  
Chantae Harvey,  
David Brockway,  
and Lisa Anderson

## Breakfast Among Friends

In September, PACE Southeast Michigan hosted its sixth annual *Breakfast Among Friends*. This event supports the *Community Giving Fund*, which keeps our participants living safely in their homes. Thank you to our top sponsors!



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Dr. and Mrs. Mike and Mary Naber

## Don't Forget Your Feet!

by Angela Vettori, Physical Therapist



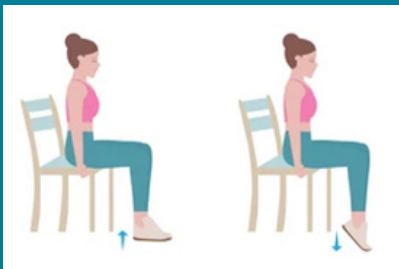
Do you have diabetes? Numb or tingly feet? Your feet may be at higher risk for injury or poor healing. What can you do to protect yourself and prevent serious problems?

**Protect your feet** - Keep the skin of your feet safe. Avoid walking barefoot; wear sturdy shoes that fit your feet well, and wear shoes or slippers with hard soles when walking inside.

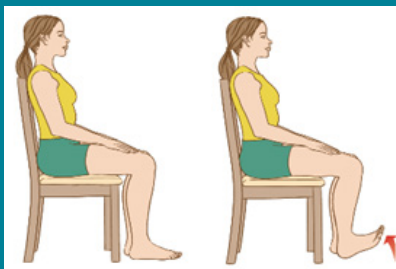
**Check your feet** - Your feet may not be sensitive enough to feel every bump or bruise. It is important to look at the tops and bottoms of your feet and between your toes. Look out for any cuts, sores, cracks, blisters, bruises, long or broken nails, red spots, etc. that may be hiding. If you cannot see the bottom of your feet you can use a mirror or have someone help you check. Let your care team know if you notice any changes or new concerns.

**Move your feet** - Strong feet are healthy feet. Move your feet and toes every day to keep your muscles strong, help improve your balance, and improve blood flow in the feet. Try the exercises below to keep your feet and ankles moving.

Start gently and slowly, stop if the exercise is uncomfortable. Sit in a sturdy chair with your feet on the ground and do each exercise 10-15 times.



Keep your toes on the ground and slowly lift your heel off the floor, then lower back down.



Keep your heel on the ground and slowly lift your toes off of the floor. Then lower back down.



Bend your toes like you are scrunching a towel, then relax and stretch out your toes.

## What's happening in the centers?



Our participants got creative with their Halloween costumes!



October is Breast Cancer Awareness Month. There were many activities held throughout the centers!



Myrtle, a participant at our Southfield Center, celebrated her 100th birthday with friends and family.

## 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 **fifth** year in a row! Thank you to our participants and staff for making PACE Southeast Michigan such a great place to work!



## CENTER CLOSURE DATES

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

### 2022

**Christmas Day (observed)** – Monday, December 26, 2022

### 2023

**New Year's Day (observed)** – Monday, January 2, 2023

**Martin Luther King Jr. Day** – Monday, January 16, 2023

**Memorial Day** – Monday, May 29, 2023

**Independence Day** – Tuesday, July 4, 2023

**Labor Day** – Monday, September 4, 2023

**Thanksgiving Day** – Thursday, November 23, 2023

**Christmas Day** – Monday, December 25, 2023

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

## 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



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