



Spring

ISSUE 2023



“A kind word is like a spring day.” – Russian Proverb

Greetings Participants and Caregivers!

I hope the new year is off to a good start for you. While I am grateful for this year’s relatively mild winter, I am already looking forward to springtime!

The PACE care model is unique in many ways. One way is how we build and foster relationships with you, so we become your care community – and for some, your family. We do this by knowing who you are and learning what matters most to you. Then our amazing team wraps their arms around you to provide all the care you need. We are honored to serve you in this very special and unique model of care.

Over the last couple of months, I’ve enjoyed talking with many of you when I visit the centers or at our Caregiver Dinner and Dialogue events. While there are great things that happen at our centers each day, there is always opportunity for improvement. We invite the feedback and appreciate the open conversations about how we can provide better care. Of course, you are welcome to reach out to us at any time to share your thoughts.

A referral from you is one of the greatest compliments we can receive! When you refer someone to PACE Southeast Michigan, you will become a member of the Mug Club! Mug Club members receive a special coffee mug.

To make a referral, call 855-445-4554 and choose option two (2) to speak with an Intake Representative. We would be honored to care for someone you know, just as we are honored to care for you.

Thank you for your trust and confidence in PACE Southeast Michigan. May spring bring you a renewed and lifted spirit! Spring is a lovely reminder of how beautiful change can truly be. Be blessed and take care!

Mary

WELCOME TO OUR NEW HIRE



Karl Hatcher II – Assistant Center Manager (Rivertown Center)

Karl went to Michigan State University. After, he worked with City Year Detroit. He has over 10 years of management experience. Karl looks forward to making connections with participants at the Rivertown Center!

PROMOTIONS – CONGRATULATIONS!



Jenna D'Autremont – Life Enrichment Assistant Manager

Jenna is a Certified Therapeutic Recreation Specialist. She has been a PACE Southeast Michigan Life Enrichment Therapist for almost 6 years. Jenna loves the work she does! She looks forward to gaining fresh perspectives in her new role.

LEADERSHIP UPDATES



Eastpointe and Pontiac Centers

We have an update regarding care at our Eastpointe and Pontiac Centers! As you know, Dr. Shara Croff has been the physician for the Eastpointe and Pontiac Centers for the last few months. Starting March 8, 2023, she will be the physician for the Eastpointe Center only. While we search for a permanent physician for the Pontiac Center, Dr. Shoab Rasheed will be the physician.



Dr. Rasheed is the current physician for the Rivertown Center. Dr. Rasheed received his medical degree in 2016. He completed his residency in 2019 at Henry Ford Health. Dr. Rasheed has been with PACE Southeast Michigan since 2020. He is excited to meet the Pontiac Center participants!

Meet our Home Care Team!

The Home Care Team takes care of your needs at home! They can help with meal preparation, laundry, medication reminders, light chores, and more. The team consists of a Home Care Director, Home Care Manager, Home Care Schedulers, and Participant Care Associates.



Dearborn and Pontiac Centers



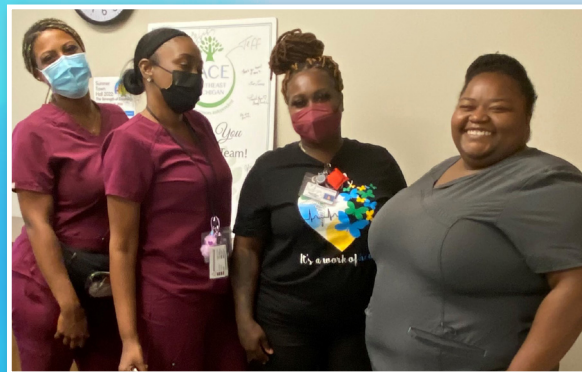
Rivertown Center



Southfield Center



Sterling Heights and Eastpointe Centers



Eastpointe Center

Discover the Benefits of a Medication Review with Your PACE Pharmacist!

by Anita Butler, Clinical Pharmacy Assistant



Do you have questions about what your medications are for? Are you concerned about medication side effects? Do you wish you could take fewer pills each day?

Your PACE Southeast Michigan pharmacist can help!

Your pharmacist can schedule a one-on-one meeting with you to review your medications and answer all your questions. This can be done in-person at your clinic, over the phone, or even on a video call. A medication review can help you live a happier and healthier life without unknown worries.

Your pharmacist can also help you manage many conditions, like diabetes or high blood pressure. For example, if you have diabetes, they can help you with your blood sugar. You can make an appointment with your pharmacist to make sure your diabetes medication is working right to lower your blood sugar. Your pharmacist will follow closely to keep everything on track.

Call your center's clinic to request an appointment with your pharmacist today!

HOLIDAY MEALS DONATION THANK YOU

Thank you to Bob Evans, Costco, and Great Lakes Landscape Design for providing meals to participants this past holiday season! Additionally, thank you to our volunteers who helped deliver the meals.



March is National Nutrition Month

by Anna Warren, Dietetic Intern

For the month of March, let's take the time to reflect on our health and focus on healthy lifestyle factors to help shape our nutrition for years to come.

One eating pattern to consider incorporating into your lifestyle is the Mediterranean Diet. The Mediterranean Diet has shown many benefits to reduce risk of chronic diseases. This diet focuses on eating more plant-based foods and healthy fats.

Eating tips for the Mediterranean Diet include:

- Eat a variety of vegetables, fruits, beans, lentils, and nuts.
- Whole grain products are preferred, such as whole-wheat bread and brown rice.
- Use plenty of olive oil as a source of healthy fat.
- Eat more fatty fish and seafood (even canned tuna or salmon) and limit red meat and poultry.
- Include a moderate amount of cheese and yogurt.
- Limit sweets and sugary drinks.

Next, be sure to Hydrate! Our bodies are mainly composed of water. So, it's important to drink enough water to stay hydrated throughout the day. Along with this diet, move your body daily, even if it's only for 10-20 minutes. All types of exercise have been shown to be beneficial to our health.

These are great tips to start your nutrition journey. For further assistance, meet with your Registered Dietitian to help support you and create a plan that's right for you.

What's happening in the centers?



The end of 2022 brought many parties to the centers. Participants celebrated Christmas, Hanukkah, and the new year with music, food, dance, and more!

Memorial Gifts

We are blessed to care for people like you. You can help PACE Southeast Michigan's mission for years to come. Please consider giving back to future PACE Southeast Michigan participants. You can choose to leave a gift in your will or designate PACE Southeast Michigan as your charity of choice.



CALL REMINDER

Reminder! Each week you should be receiving calls from the CEO of PACE Southeast Michigan, Mary Naber. These calls are meant to tell you about what is happening in our centers. Often, we have important information to share with you. Please expect a call each week. If you are not receiving these calls, please tell a member of your care team. They can get you added to the call list.

CENTER CLOSURE DATES

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

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 HEALTH CARE SERVICES

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.



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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