



“Summer... when fireflies come out at dusk and ice melts too fast in lemonade; ice cream tastes better even though it’s the same-old flavor.”

– Nanette L. Avery

Summer is upon us and we all know what that means! Warm weather, outdoor activities, and sunshine! The first six months of 2019 have kept us busy. We opened our fifth Center in Sterling Heights in January with a grand opening for the community in March. We are very excited and honored to serve more aging adults in Southeast Michigan!

As you know, at PACE Southeast Michigan we strive to create an environment that enables our team members to give their very best care to each of you! We are grateful for how they provide Extraordinary Care each and every day! Recently, the efforts of our team earned PACE Southeast Michigan two awards – The Governor’s Award of Excellence for improved quality of care by identifying behavioral health conditions in participants, and the OneMacomb award. This award was given by Macomb County and recognized PACE Southeast Michigan for creating an environment that embraces diversity and inclusion. While these are moments of pride for PACE Southeast Michigan, the true value is in how we provide care for you!

As we approach the next half of this year, we are excited to share that we plan to replace our small Warren Center, with a larger, newer one in Eastpointe. Expected timeframe is fall, 2019. Additionally, our next new Center will be in the city of Pontiac. You may wonder why we keep adding Centers. It is because we want to offer PACE care to the many aging adults

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who can benefit from this all-inclusive care model! As of June 1st, we now care for 1030 participants!

As your summer unfolds, I hope you enjoy beautiful fragrant flowers, blue skies, the smell of cut grass, and the warmth of long summer evenings!

Gratefully,
Mary

STERLING HEIGHTS GRAND OPENING

We opened our Sterling Heights center to the community in March to celebrate its Grand Opening. We had some great speakers at our event, including our very own participant, Coddie Jones!

Other speakers included:

- Gary Peters, U.S. Senator
- Andy Levin, U.S. Congressman, 9th District
- Roger Myers, President and CEO of Presbyterian Villages of Michigan and PACE Southeast Michigan board chair
- Michael Taylor, Mayor of Sterling Heights
- Rhonda Powell, Director of Health and Community Services for Macomb County
- Coddie Jones, PACE Southeast Michigan Participant



WELCOME LYNN FLEECE OUR NEW HUMAN RESOURCES DIRECTOR AND BERNIE LOREN THE NEW CENTER MANAGER AT WARREN!



Welcome Lynn Fleece, our new Human Resources Director at PACE Southeast Michigan! She comes to us with years at multiple organizations including healthcare. Lynn has a Bachelor's degree in Business Management and has 20 years of leadership experience. Lynn is excited to be at PACE Southeast Michigan and is already hard at work.



Bernie Loren is our new Day Center Manager at our Warren center. Bernie has 37 years of health care experience. Prior to joining PACE Southeast Michigan, he was the Regional Director of Patient and Guest Relations at Ascension. Bernie joined the PACE family in late August of 2018 as the Intake Manager. He is looking forward to getting to know each and every one of our participants at Warren. He's excited to be a part of the team!

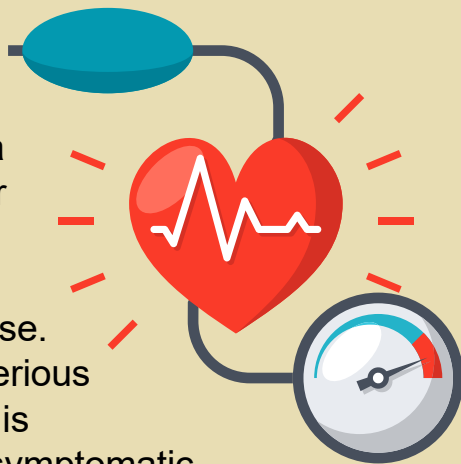
DURABLE MEDICAL EQUIPMENT SCAMS

One advantage of being part of PACE Southeast Michigan is that we are able to get you needed medical equipment for you to stay safe and healthy. Because PACE is also your insurance provider, there is no cost for you. Some companies try to take advantage of seniors by offering things like "back or knee braces that you may qualify for according to Medicare".

The government closed a number of these companies for scamming seniors and Medicare out of nearly \$2 BILLION dollars! Here at PACE Southeast Michigan, your Rehab team is the best for this type of need and will always get what is best for you. This is not some knee brace you would get in the mail. If you have any questions, ask the rehab department. Contact your PACE Southeast Michigan therapist or other care team member. They will be happy to help you.

HIGH BLOOD PRESSURE: WHAT YOU NEED TO KNOW

High blood pressure or hypertension is a condition due to increased pressure in the arteries that supply blood to your body from your heart. High blood pressure is a risk factor for heart attack, stroke, and kidney disease. It is a very serious disease that is frequently asymptomatic.



Your blood pressure consists of two numbers. The first/top number is the pressure inside your arteries when your heart is contracting. The second/bottom number is the pressure inside your arteries when your heart is relaxed.

| Level | Top Number | Bottom Number |
|-----------------|--------------|---------------|
| HIGH | 130 or above | 80 or above |
| ELEVATED | 120 to 129 | 79 or below |
| NORMAL | 119 or below | 79 or below |

Things that you can do today to lower your blood pressure and lower your risk of a heart attack or stroke:

- Lose weight (if you are overweight)
- Choose a diet low in fat and rich in fruits, vegetables, and low-fat dairy products
- Reduce the amount of salt you eat
- Do something active for at least 30 minutes a day on most days of the week
- Cut down on alcohol (if you drink more than 2 alcoholic drinks per day)
- Quit smoking

If your blood pressure remains elevated, then your doctor may prescribe a blood pressure medication. The most important part of any medication plan is to take the medication as prescribed. Tell your doctor about any side effects or concerns that you have before stopping the medication. Finally, ask your doctor if a home blood pressure monitoring device is a good idea for you.

Please contact your primary care provider at PACE Southeast Michigan for any questions.

Planning any shopping? Did you know if you shop on Amazon you can also be helping our participants? With Amazon Smile, 0.05% of your purchase will be given to PACE Southeast Michigan.

Go to smile.amazon.com and select **PACE Southeast Michigan** as your charity of choice. Then shop!



Breakfast Among Friends

On May 15, we held our third annual *Breakfast Among Friends* fundraising event at the Detroit Golf Club. We thank everyone who attended and donated. The money raised will help participants remain safe and independent in their own homes. During the event, Nancy Schlichting, retired CEO of Henry Ford Health System, spoke about her passion for PACE Southeast Michigan. We also had our own participant, Shirley Higgins, provide remarks.



Special thanks to our major Breakfast sponsors!



Mary and Dr. Mike Naber

COMMUNITY RECOGNITION

Thanks to all our staff, participants, and caregivers, we have been recognized with two awards over the past year. We received the Governor's Award of Excellence along with the OneMacomb award for our diversity practices.

Thank you for your continued support and dedication to PACE Southeast Michigan.



PACE DAY AT THE CAPITOL



Our participant and staff choir was invited to "PACE Day at the Capitol" on May 7. They sang beautifully in the Rotunda of the Capitol. They also met with legislators to show and express the value of PACE Southeast Michigan.



YEARLY Medicaid RENEWAL

Medicaid is an insurance that most PACE Southeast Michigan participants have. It is paid from state funds and monitored closely by the state.

Please note that every year it is necessary to renew your Medicaid! Without Medicaid, you are at risk for disenrollment from PACE Southeast Michigan

PACE Southeast Michigan can help you renew your Medicaid coverage each year. We ask that you provide us with the following items:

- proof of all income (Social Security income, IRAs, etc.)
- proof of assets (bank accounts)
- proof of life insurance cash value
- proof of pension(s)

The Department of Health and Human Services will send you a letter to notify you when your Medicaid needs to be renewed. You will also receive a reminder letter and phone call from PACE Southeast Michigan.

If you have any questions about Medicaid renewal, please call us at 855-445-4554 and ask for the Intake Department.

Check Out Our Life Enrichment Activities!

Prom was recently celebrated at all of our centers! Each center voted for a prom King and Queen.



Participants went on adventures at the Detroit Zoo.



We celebrated Mother's Day with all of our lovely participants.



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**

CAREGIVER DINNER AND DIALOGUE EVENTS

Our Caregiver Dinner and Dialogue events are held every four 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, and enjoy a tasty meal.

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

Here are the dates for this year's dinners:

July – Value of Advanced Care Planning

Southfield Center – **July 23, 2019**

Dearborn Center – **July 24, 2019**

Rivertown Center – **July 25, 2019**

Warren Center – **July 30, 2019**

Sterling Heights Ctr. – **July 31, 2019**

*We look forward to seeing you there!
(For addresses of each center, see back page.)*

Dinner and Dialogue is **free**, but **registration is required**. If you register and can't make it, please let us know as we purchase a meal for you. To register, please call the numbers below for each center:

SOUTHFIELD – (248) 556-9107

DEARBORN – (313) 794-9700

RIVERTOWN – (313) 288-7129

WARREN – (313) 288-7250

STERLING HEIGHTS – (586) 250-9600

MEET THE FINANCE TEAM!



You may not know the faces of our Finance Department but they are essential to the success of PACE Southeast Michigan! They do more than oversee the budget and financials. Finance also manages claims, patient pay billing, payroll, and maintains our facilities. They also oversee transportation! The Finance Team works hard to help PACE Southeast Michigan grow and run smoothly!

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.



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Website: www.pacesemi.org

Phone: 855-445-4554
Fax: 313-543-6795

Dearborn Center
15401 N. Commerce Rd.
Dearborn, MI 48120

Warren Center
30713 Schoenherr
Warren, MI 48088

Thome Rivertown
250 McDougall Street
Detroit, MI 48207

Sterling Heights Center
35501 Mound Rd.
Sterling Heights, MI 48310

Southfield Center
24463 W. 10 Mile Rd.
Southfield, MI 48033

