



ISSUE 2018



*“Fall is the time when everything bursts with its last beauty, as if nature had been saving up all year for its grand finale.”*

*- Laura DeStafano*

Greetings Participants and Caregivers!

It is hard to believe the season of fall is upon us! A time for sweaters, colorful trees, cooler days, pumpkins, and apple cider! It is also a busy time of year for PACE Southeast Michigan! As you know we continually improve, learn and grow as individuals, teams and as a company, so it is important to keep YOU updated on key events!

As we recall the summer, please join me in thanking our Life Enrichment and Food Service Teams for planning such FUN Participant events and picnics! They are always thinking of your well-being as they plan diverse events that appeal to all interests and ensure they are both safe and fun! We are blessed to have such creative and positive teams!

Our upcoming fifth Center will open in Sterling Heights at the end of the year. The reason for the growth is because there are over 20,000 aging adults eligible for PACE in Southeast Michigan. We want to ensure the PACE care model is available and closer to where they live. We are very excited to be taking another step toward realizing our vision of serving 2,500 aging adults by 2022!

We are always improving what we do and how we do it. This year we implemented “Participant Care Teams (PCT)” so that your individual care needs are more closely managed by a small team. The teams consist of the Physician, Nurse Practitioner, Nurse Case Manager, Social Worker and

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Scheduler. The goal is to proactively plan and communicate care needs with you and your loved one. To learn more about our Participant Care Teams, be sure to attend our next Dinner and Dialogue events in September.

*Peace.*

*Mary*



**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.

## LIVING THE VALUES AWARD WINNERS

We are thankful and proud of our PACE Southeast Michigan team members who continually strive to live the PACE Values as they care and serve you each and every day!

During our summer All-Staff meeting we awarded individuals who have showcased our values in their daily work and life. Congratulations to these team members who live the PACE Southeast Michigan Values!

Be sure to stop in each of our Centers and see our “Living the Values” walls. They showcase employees who model our PACE Southeast Michigan Values in their daily work.



## 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 YOUR REGISTERED DIETICIANS AND DIETARY ASSOCIATES

### Southfield

The dietary staff at the Southfield Center serves 1,125 meals to participants in the Day Health Center a week! That's 12,862 dishes to be washed! Meet the team behind all of that food: Alex, Jourdan, Jessica, Johnathan, and Veronica (she's taking classes to get a degree in theology!).

Overseeing all of our centers is Chef Caleb. Coordinating and meeting with all the Dietary Staff to develop menus and meet the participant's dietary needs. When he is not in the center, you can find Caleb cooking for friends and family, working in his garden, or going to an art show.



### Rivertown

If you hear the ukulele over at Rivertown that's the Dietician Danielle! Deborah, Maria, Brianna, and Danielle make up the dietary staff. They love to volunteer at homeless shelters when they are not spending time with our participants. They make sure the participants receive the 440 frozen meals

prepared every week—the most of the four centers!

### Warren

The dietary staff Miriam, Stephanie, and Shawnece will all tell you how much they love their participants. If you ask nicely, Stephanie might just bake you up something sweet; she dreams of opening her own bakery one day.



### Dearborn

The dietary staff at Dearborn might be the smallest but you sure can't miss their presence at the center! If you ever wonder who is making the beautiful balloon arches for social occasions, look no further than Sherry. Samantha is training to run the Detroit Marathon for the first time! These two ladies make sure that the participants receive their 440 meals in the day health center each week.



## FOOD SAFETY TIPS

Following these four simple tips at home can prevent you and your loved ones from getting food poisoning:

### **Clean:** Wash your hands and surfaces often

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Wash hands for 20 seconds with soap and water before, during and after cooking.

### **Separate:** Don't cross-contaminate

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods – unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry and seafood.
- When grocery shopping, keep raw meat and poultry, seafood, and their juices away from other foods.

### **Cook:** To the right temperature

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40-degrees Fahrenheit and 140-degrees Fahrenheit.

### **Chill:** Refrigerate promptly

- Keep your refrigerator below 40-degrees Fahrenheit and know when to throw food out
- Refrigerate perishable food within 2 hours
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

## LIFE ENRICHMENT

Our participants and staff have had their share of fun these past few months! From going on picnics, to Senior Day at Chene Park, painting, and more. Check out all of our highlights below:

### *Picnics*



### *Senior Day at Chene Park*



### *Painting and Crafts*



## CAREGIVER DINNER AND DIALOGUE EVENTS

Our Caregiver Dinner and Dialogue events will continue this fall. We hold these eve-ry 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 the remaining dinners:

**September** – *Preventing and Managing Diabetes/ Participant Care Team Model*

Southfield Center – 24463 W. Ten Mile Rd., Southfield – **September 18, 2018**

Rivertown Center – 250 McDougall, Detroit – **September 19, 2018**

Dearborn Center – 15401 N. Commerce Drive, Dearborn – **September 25, 2018**

Warren Center – 30713 Schoenherr, Warren – **September 26, 2018**

**December** – *Holiday Happiness and Cooking Demonstration*

Southfield Center – 24463 W. Ten Mile Rd., Southfield – **December 4, 2018**

Rivertown Center – 250 McDougall, Detroit – **December 5, 2018**

Dearborn Center – 15401 N. Commerce Drive, Dearborn – **December 11, 2018**

Warren Center – 30713 Schoenherr, Warren – **December 12, 2018**

Dinner and Dialogue is free, but **registration is required**. To register for the Dinner please call the numbers below for each specific location:

SOUTHFIELD – (248) 556-9107

RIVERTOWN – (313) 288-7129

DEARBORN – (313) 794-9700

WARREN – (313) 288-7250

We look forward to seeing you there!



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!

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

Thome Rivertown  
250 McDougall Street, Suite 1000  
Detroit, MI 48207

Warren Center  
30713 Schoenherr  
Warren, MI 48088

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

Phone: 855-445-4554  
Fax: 313-543-6795  
Website: [www.paceseml.org](http://www.paceseml.org)

