



ISSUE 2015

OUR MISSION IS TO SERVE YOU!



With the changing of the seasons we look back to the joys of summer. We hope you enjoyed the many activities and field trips that our Recreational Therapy specialists planned for you in our Day Health Centers. Boat trips, fishing, picnics and special events were all part of the summer fun.

We now look ahead to wonders of fall. Fresh apples straight from the tree, the pretty colors of leaves, and the cool, crisp air all make fall a delightful season. It is also a time to look forward to the upcoming holidays.

The changing season reminds me of the change here at PACE Southeast Michigan. Over the last several months, we have been looking at our values and our actions in order to offer you the highest quality care, because that is what each of you deserve!

Below is a list of values we developed that guide what we do and how we serve you:

- **Extraordinary Care** – You are why we are here! We listen and provide loving, respectful care.
- **Teamwork** – We work closely to support each other to make sure you have the best care.
- **Success** – We deliver the best care in our centers and in your home.
- **Responsibility** – We tell you the truth. We do what we say. We keep our promises.

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MISSION (continued from previous page.)

- **Growth** – We continue to learn, grow, and improve in thought and practice.

Our goal is to live up to these actions every day, and we hope we do! But we know there is always room for improvement. Our plans to improve are ongoing and keep you at the center of all we do. Please let us know how we're doing!

We are honored to serve you with what we believe is the best care model available. We know there are other seniors who could benefit from our program. We are pleased to announce that we will open an Alternative Care Setting in Warren, Michigan later this fall pending State approval. The opening of this site gives us the chance to serve more seniors in the southeast Michigan area.

Finally, I'm proud to share that our Medical Director, Dr. Graddy, is the winner of a Healthcare Hero Award given by Crain's Detroit Business AND the Diversity Hero Award given by Henry Ford Health System! She is so deserving of these honors. Of course, we've always known that she is a hero! Our other award winner is Robert Flemister, one of our caring drivers. He won the Marie-Louise Ansak Award from the National PACE Association. Robert truly goes the extra mile for our participants!

Thanks for choosing to be part of the PACE Southeast Michigan community!

Mary

PACE SOUTHEAST MICHIGAN ATTENDS OLDER MICHIGANIANS DAY

On June 2, a group from PACE Southeast Michigan went to Lansing, Michigan for Older Michiganians Day. This event gives seniors a chance to talk with officials about key issues. Our PACE Southeast Michigan group enjoyed the trip!



PACE Southeast Michigan Group at the Capitol



Ingrid Thompson



Wilda Webster

PACE SOUTHEAST MICHIGAN ON THE INTERNET

PACE Southeast Michigan has a new website - WWW.PACESEMI.ORG! You can learn more about PACE Southeast Michigan, view pictures, and more. It has the Recreational Therapy calendars so you'll know what is going on in our Day Health Centers.

PACE Southeast Michigan is also on Facebook, Twitter, and LinkedIn. You can look there for daily updates on center news.



WWW.PACESEMI.ORG

COMPRESSION STOCKINGS: WHAT YOU NEED TO KNOW

By Janis Rood, Clinical Pharmacist

The main purpose of Compression Hose is to reduce swelling of the legs. They work by pressing on the legs, which helps squeeze blood up through the veins and back to the heart.

People with the following might want to consider Compression Hose:

- varicose veins
- painful, tired, and “heavy” feeling legs
- legs that swell a lot
- stand on their feet for long periods at a time
- inflammation of the veins
- sores on their legs from swollen veins
- blood clots



Please see one of our clinic or medical staff before you use Compression Hose.

Compression Hose DO NOT need a prescription. However, they are measured to fit the specific size of your leg and come in a range of pressures. It is best to talk with one of our clinic staff to measure your legs and determine how tight the hose need to be for you. When getting Compression Hose, you should be measured as early in the morning as possible, as your legs are not as swollen as later in the day.

For best results, Compression Hose should be worn every day, all day long. The hose should be put on in the morning before getting out of bed. They are easier to get on before your legs start to swell. If your legs have already started to swell, try this:

- Sit down for a few minutes with your legs propped up;
- Wiggle your toes;
- Pull on your stockings from this position.

Compression Hose will feel tight on your legs and may take some getting used to. If they feel too tight at first you may want to wear them only for a brief time each day until you can wear them all day. Compression Hose should not cause pain or cut

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COMPRESSION STOCKINGS *(continued from previous page.)*

off your circulation. If they pinch, adjusting the hose can fix this problem. The fabric should be evenly stretched out over the leg and smoothed down. Compression Hose usually stay up on their own. Make sure they DO NOT come up all the way to your knee and are completely smoothed out.

Compression Hose should be washed every time they are worn. It is best to wash them by hand in cool water with a mild soap. Allow the hose to “drip-dry.” NEVER put them in the dryer! You should replace your Compression Hose every 4-6 months to make sure they stay tight. **As always, see our clinic or medical staff before you use Compression Hose or if you have any questions or concerns.**

BRYAN DOVICH TO PRESENT AT NATIONAL PACE ASSOCIATION CONFERENCE

Did you know that PACE Southeast Michigan is among the few PACE programs across the country that has a Behavioral Health program? Bryan will talk about our program at the National PACE Association conference in October. He will highlight the need for the program and how it helps overall health. Some examples for this need are as follows:

- While depression is not a normal part of aging, almost 19% of adults over 65 years of age suffer from it.
- Mental health illnesses account for nearly 15% of all illness in this country. It is not always treated.
- As many as 70% of visits to a doctor are mental-health related.
- Adults over 65 with mental illness may double in the next 30 years.

PACE Southeast Michigan’s Behavioral Health program includes the following services:

- Overall wellbeing
- Individual therapy
- Group therapy
- Medication management

If you feel you might need behavioral health services at PACE Southeast Michigan, please inform your social worker.

HEALTHY EATING DURING THE HOLIDAYS

By Angela Abbass, Dietician

The holidays are right around the corner. As the majority of us know, healthy eating during the holiday season seems impossible. According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. This is simply due to overeating. Food and large gatherings will always be a major part of the holidays, but the main rule to remember is moderation! Here are some tips for healthy eating during the holidays.

- Stick to your typical daily meal pattern.
- Travel with pre-portioned, healthy snacks if you go out on shopping trips to avoid having to resort to unhealthy food choices.
- Have a healthy snack before going to a dinner or party to curb your appetite and decrease the chance of overeating.
- When choosing soups, stick to broth-based instead of cream-based.
- Use smaller plates and be mindful of portion sizes.
- Choose desserts that are only available during the holidays. Skip the treats that are available year round.
- Make your plate as colorful as possible.
- Keep moving! Instead of sitting to catch up with friends and family, if you are able, go for a walk around the neighborhood before or after meals. You'll still get to spend quality time together and you'll be burning calories.
- Eat slowly and take time to enjoy the meal.
- Use low-fat milk instead of whole milk or heavy cream in recipes.
- Do not go back for seconds!



Holiday foods to choose more often	Holiday foods to choose less often
<ul style="list-style-type: none"> • Turkey and chicken • Tossed salads with light dressings • Steamed vegetables • Fresh fruit and vegetables • Roasted red potatoes • Whole wheat breads and rolls 	<ul style="list-style-type: none"> • Beef • Pie, cake, eggnog • Gravy • Stuffing • Candy • Baked potatoes with butter and sour cream • Candied yams • White breads and rolls • Creamy dips



CONGRATULATIONS TO OUR AWARD-WINNING STAFF!



DR. GRADDY

We are pleased to announce that Dr. Graddy has been honored with two awards! She is the winner of a 2015 **Crain's Detroit Business Health Care Hero Award**. She has also been honored with the **Henry Ford Health System Diversity Hero Award!** Crain's, the Henry Ford Health System, and others in health care will honor Dr. Graddy at events in October. She is OUR Hero!



ROBERT FLEMISTER

Our wonderful driver, Robert Flemister, was awarded the Marie-Louise Ansak Award. This award from the National PACE Association honors hard work and going the extra mile to improve the quality of life for our participants. Robert does this on a daily basis. We are proud to have him on the PACE Southeast Michigan team!



WE'RE GROWING!

PACE Southeast Michigan will open a new center in Warren, Michigan pending State approval. Called an "Alternative Care Setting" (ACS), the new center will be ready in late fall. This center will have all of the same services as our Day Health Centers, but physical therapy and occupational therapy will be offered at Rivertown. We are opening the ACS to meet the needs of our growing program in southern Macomb and Oakland counties. We hope you'll help us spread the word about PACE Southeast Michigan by telling your friends and family.

PACE SOUTHEAST MICHIGAN STAFF



WELCOME TO OUR NEW DIRECTOR OF OPERATIONS - WEST

PACE Southeast Michigan welcomes Roger Anderson! He is our new Director of Operations for the Detroit Northwest center and all PACE Southeast Michigan clinics. Roger comes to us after working over 20 years in health care at St. John Providence where he was recently Director of Rehabilitation Services and Sports Medicine. Roger has a master's degree from Siena Heights University and also teaches there. We are excited to have Roger join our team!



MEET OUR NEW CHIEF FINANCIAL OFFICER

Meet our new Chief Financial Officer, Jeff Burmeister! Jeff joins PACE Southeast Michigan with a passion for finance. He had an 18-year career with Beaumont Health where he most recently served as Director of Business Operations and Information Services for Surgical Services. Before that, Jeff worked for many years in banking and has degrees from Walsh and Albion Colleges. Welcome to PACE Southeast Michigan, Jeff!



MEET OUR RN CASE MANAGERS

Our team of RN Case Managers helps to meet your medical needs by giving support to the clinic staff and giving care in your home. The RN case manager will respond to your calls after 4:30 p.m. to answer any medical questions you have. There is staff available 24 hours a day to offer medical help in an emergency. Each of our participants is assigned a RN Case Manager to better meet their medical needs and help manage their overall care.

Pictured from left: Roslynn Graham, Latisha Hudson, Deborah Irving-Kelley, Treva Gordon, Valda Atkinson, Edith Harris, Ebony Dailey, Duana Frazier. Not in photo: Venita Reed and Beverly Shear.

RECREATIONAL THERAPY ACTIVITIES

Our team in the Day Health Centers planned many summer activities for you to enjoy!



DNW Picnic



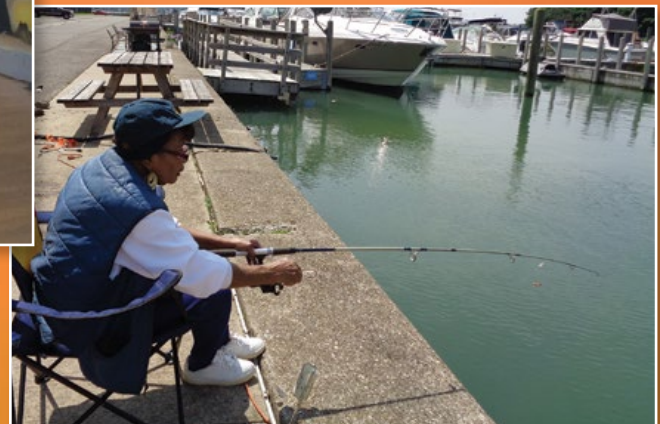
RVT Picnic



Thelma Sturgis



Congresswoman Brenda Lawrence and her staff member Jeremy Kaplan talk with Michael Stordahl and Arlene Darby



Ernestine Culbreth

NEW PACE SOUTHEAST MICHIGAN INSURANCE CARDS

By now you should have received a new PACE Southeast Michigan insurance/membership card. This card replaces the old card. Please use this card for all appointments, hospitalizations and emergency visits. If you have any questions or did not receive your card, please call 855-445-4554 to talk with a PACE Southeast Michigan staff member.



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.



NEED ANYTHING FROM PACE SOUTHEAST MICHIGAN?

In case of an emergency, call 855-445-4554 any time of the day or night. You can also use this number for non-emergency needs at any time.

855-445-4554

Phone: 855-445-4554
 Fax: 313-543-6795
 Website: www.paceseml.org

Detroit Northwest
 7800 W. Outer Drive, Suite 240
 Detroit, MI 48235

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

