



SUMMER

ISSUE 2020



"I love how summer just wraps its arms around you like a warm blanket."

– Kellie Elmor

We have missed you! The past few months have been uncertain and a bit strange for everyone during the COVID-19 pandemic. We are so grateful that so many of our loved ones have recovered from the virus and mourn those we have lost. While the world may have seemed to pause, the PACE Southeast Michigan (PACE SEMI) team has not. Our mission remains to provide Extraordinary Care to aging adults in southeast Michigan. Whether that is within our centers or within your home, we thank you for your support as we adjusted our care to meet your needs.

Please join me in thanking all of our staff for their courage, dedication, and resilience during this pandemic. They are true Healthcare Heroes!

We are excited to share other changes that have occurred at PACE SEMI over the last few months. Now, as summer is upon us and the State of Michigan is reopening, we are also slowly reopening our centers. We have already begun welcoming a small number of participants into our centers; details about our reopening are contained inside. Our corporate staff have moved out of the Southfield Center and into a separate office building allowing us to expand the Center and make it more comfortable for you. We will also be opening a sixth center in Pontiac this upcoming fall, allowing us to provide care to even more aging adults.

While we do not know when we will be back to a new "normal," we are thrilled that we can begin the process with you. As I reflect on these past few

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months, I'm even more grateful for home and family, especially my PACE SEMI family, of which I consider each of you.

May your summer be filled with long warm days, bright sunshine and much enjoyment!

Gratefully, Mary

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**



Do you have a non-emergency question or comment for PACE Southeast Michigan Staff?

E-mail: CARE@pacesemi.org

As always, you may also call us at 855-445-4554

CHANGE IN LEADERSHIP:



Sandra White, Director of Operations for Dearborn and Rivertown Centers will also oversee the operations of Southfield.

As announced in the Spring newsletter, Julie Jones, who was the former Director of Operations for Southfield, has taken on a new role – Director of Organizational Development and Training.

NEW HIRES:



Meet Donna Emch. She is the Vice President of Participant Care and Center Services, a new role at PACE Southeast Michigan. Donna has been in hospital health care systems for almost 27 years. Most of that time was leading critical care and emergency services. She is involved in community organizations and has a passion for healthcare. She has advocated to ensure that people have access to the care they need.

On a personal note, Donna enjoys golfing, motorcycle riding, fishing, and walking in the woods. She has an appreciation for life and the beauty it holds. Welcome, Donna!



Graham Sayre is the new Sterling Heights Day Health Center Manager. He spent most of his life living in Washington State and is a devoted fan of the Seattle Mariners. Graham comes to us with 10 years of experience working with older adults in memory care, skilled nursing, and day services. He is active in the Detroit Jewish community and in advocacy for older adults and health care. He is excited to be part of the PACE Southeast Michigan team!

PROMOTIONS



Dalonda Turner
Transportation Manager



Monique Couch
Transportation Manager



Tyrone Foster
*Assistant Day Health
Center Manager,
Eastpointe Center*

CENTERS REOPENING



During the COVID-19 pandemic, PACE Southeast Michigan closed its centers for safety. We have now begun to slowly welcome a limited number of participants back into our centers. Our reopening plan is to open in phases and assess as we go. Your safety is our top priority. We are currently in phase one of reopening. We have begun by allowing no more than 16 participants at each center each day. Attendance is based on need as determined by your care team. The centers are open 9:00 am – 12:00 pm, Monday through Friday. The clinics are open from 8:00 am – 4:30 pm, Monday through Friday.

All participants are tested for the COVID-19 virus before coming into the centers. To board the bus or come into the center all participants will have their temperature taken. If the temperature is 99 degrees or higher they will need to remain at home. Their care team will contact them for further assessment. All staff working in the centers or providing care in the home have their temperatures checked before entering. They also must remain home if their temperature is 99 degrees or higher.

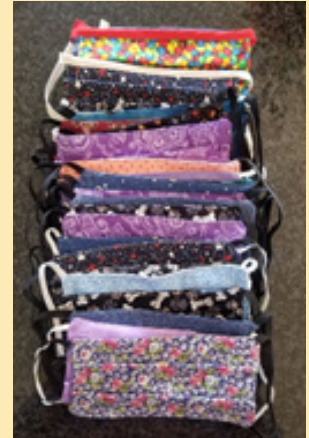
Masks are required for both participants and staff while in the centers. Participants will be provided a cloth mask before riding the bus or coming into the center. It is required to wear it at all times except while eating or drinking.

All centers, clinics, and buses have been electrostatically cleaned and are sanitized on a daily basis. To keep socially distant, tables are spaced at least 6 feet apart and only one participant is seated at each.

The clinics at all centers are open by appointment and are available for urgent issues. To make an appointment, please call 855-445-4554.

Thank You to the Community!

At the beginning of the COVID-19 pandemic, our hearts were warmed by so many. Individuals and organizations donated much-needed supplies to PACE Southeast Michigan. Over 1,500 cloth face masks were sewn for our participants. We also received donations of medical masks, face shields, and protective gowns to keep our staff safe. We even had meals donated for staff who were on the frontlines. From the bottom of our hearts, we thank these wonderful organizations which include Project Masks, Ticks, Frontline Heroes, Thyme and Honey, FIRST Robotics Team 573 Mech Warriors of Brother Rice and Marian High Schools, and many individuals who sewed cloth masks at home.



Virtual 4th Annual Breakfast Among Friends

Every year we hold a “Breakfast Among Friends” event to raise funds. These funds help participants with basic and emergency needs. We thank all of our donors and the sponsors of our event. This year the event was held online due to COVID-19. To donate to this fund, please contact the philanthropy department at our corporate office.

THANK YOU TO THE SPONSORS OF OUR
Fourth Annual Breakfast Among Friends

PRESENTING SPONSORS

Dr. Mike and Mary Naber

BREAKFAST SPONSORS



Alicia and Martin Klein

SUPPORTIVE SPONSORS



Susan and Danny Hawkins

Roger and Tammy Myers

How to Prevent Mindless Eating

By: Danielle Frontiera, RD

Do you ever find yourself eating mindlessly to the point that you do not even taste the food that is going into your mouth? Me too! One little trick is to really think about what food you are choosing to eat if you have several options. If you are mindful of what you are eating and enjoy the flavors, you are less likely to snack for the sake of snacking.

Do you ever get one of those cravings for something cold, sweet, crunchy and rich after dinner or midday? Rather than filling up on snacks that can leave you feeling low on energy, try a nutrient packed snack to fill your craving and fuel you up for the day! You can prepare this treat a day ahead and it is an appropriate snack any time of day!

“Mock” Banana Split

Prep Time: 5 minutes / Servings: 1

Ingredients

- 1 banana
- 1/4 cup greek yogurt or plain organic yogurt
- 1 tablespoon fresh fruit such as pineapple, cherries, or strawberries
- 1 tablespoon chopped nuts
- 1 tablespoon of mini chocolate chips

Instructions:

1. Cut banana in half. You may use whole banana in your banana split or only one half of the banana.
2. Top with yogurt, fruit, nuts, and chocolate chips

Note: If you don't have fresh fruit available you can use any fruit preserves you have on hand. If you are preparing this a day ahead of time, keep the nuts separate until ready to eat (it will keep them crunchy.)

ENRICHING SUMMER ACTIVITIES

By: John Elliott– Life Enrichment/Recreation Program Manager

The Life Enrichment Department brings a lot of fun and excitement to the PACE program. Our services are designed to increase the overall physical, cognitive, spiritual and social components for all PACE Southeast Michigan participants. Prior to COVID-19, we offered activities in the centers. Now we need to expand and adapt our programming to our participants' homes. Below are some summer activities to stay engaged over the next few months.



The Good Ole Summertime – Reminisce and Reflect

Pick a chair and relax, Summer is an excellent time to reflect on memories. Reminisce from the days of growing up playing summer games such as *What time is it, Mr. Clock?*; *ring around the rosy*, *hopscotch* and many more.

Gardening

Gardening is one of the most popular outdoor activities for seniors. It is a great way to stay active and maintain strength and flexibility. Flowers bloom like crazy during the summer, pick up flowers to plant to spruce up your yard. Remember to stay hydrated when working outdoors, take frequent rest and breaks.

Do a Summer Reading Challenge

Reading a book is a summer favorite. Create a list that includes five books to read throughout the summer. Challenge yourself to read them before summer ends. Make it even more fun by asking family members and friends to join in.

Bird Watching/Nature Photography

Purchase a bird feeder, add food, and place it in a desired place to attract birds. Use a camera for outstanding pictures of birds. Print and make a bird image journal to share with others.

Online 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!



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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