



WINTER

ISSUE 2020



“There’s just something beautiful about walking on snow that nobody else has walked on. It makes you believe you’re special.”

– Carol Rifka Brunt

Holiday Greetings Participants and Caregivers!,

As this challenging year comes to a close, I have been reflecting not only on the change, but also gratitude. This year has challenged all of us in many ways, but it has reminded us of what is truly important. Health and loved ones have always been important, but never more so than now.

I am thrilled to announce that for the third year in a row PACE Southeast Michigan has been named a *Detroit Free Press* Top Workplace! This honor is awarded based on the responses from our employees. Our staff has gone above and beyond this year, adapting to rapid changes and still providing Extraordinary Care. They truly are Healthcare Heroes!

Unfortunately, we are seeing a surge in cases of the COVID virus nationally and here in Michigan, along with the annual flu season. While we cannot wait to welcome all of you back, we want to do so in a way that keeps both you and our employees safe. In the meantime, however, please continue to wear your mask over your nose and mouth, keep at least six feet distance from others, and wash your hands frequently. These steps have been proven to protect you from the COVID virus as well as the flu.

We know that the isolation has been hard and many of us are struggling, especially around the holidays. We have included an article in this newsletter with coping strategies. If there is anything PACE Southeast Michigan can do to support you, please reach out to your care team. Your safety, mental

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Holiday Greetings, continued from previous page.

health, and physical health are our top priorities and we are here for you.

We have been requesting that PACE participants have early access to a COVID vaccine. Currently, we are on the priority list. We will not require you to receive a vaccination, but we strongly encourage it when available. Until that time, continue to practice protective measures.

I am grateful for all of you and your trust in us to care for you or your loved one.

May you have a blessed and safe holiday.

Mary

MEMORIAL SERVICE AND GRIEF WORKSHOP

This year has been difficult for everyone. Even more so for those who are grieving the loss of a loved one.

Rev. Samuel White, III, and the Spiritual Care Team have filmed Memorial Service and Grief Workshop videos. The Memorial Service video is for PACE Southeast Michigan family, friends, and community members. The purpose is to honor loved ones we have lost.

The Grief Workshop video provides spiritual and emotional coping skills to help you get through the holidays and beyond.

A link to view the Grief Workshop will be available on the PACE Southeast Michigan Website.

To get link to the Memorial Service, please call Victoria at 248-791-5800 and provide her with your email. You may also request a DVD for viewing.



MEET OUR NEW TEAM MEMBERS!



Our new Scheduling Manager is **Joel Walrath!** Joel comes to us from Fox Run Senior Living where he worked in the home care department as manager of the scheduling department. Joel has a Bachelor's Degree in Sports Management from Medaille College and a Master's Degree in Organizational Leadership. Joel and his wife have two young children who keep him fully entertained while he's at home.



Meet **Amy Dresselhouse**, the new Director of Finance! Amy is a Spartan, graduating from Michigan State University with a Bachelor's degree in Finance. She has been working in the finance area for 25 years with a concentration in healthcare. Amy loves spending time with her family in their home on a lake. She is excited to join the PACE Southeast Michigan family!

PROMOTION – MOVES



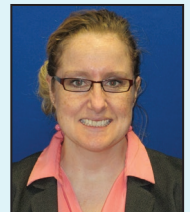
Sicily Baker
Rivertown Assistant Center Manager



Tyrone Foster
Pontiac Day Health Center Manager



Raymond Pope
Director of Human Resources



Janis Rood
Director of Pharmacy



Shonna Withers
Eastpointe Assistant Center Manager



Jason Lewis
Southfield Day Health Center Manager

STAY ACTIVE THIS WINTER

As colder weather settles in, it is important to stay engaged and active to maintain a healthy well-being. While we may spend more time indoors during the winter months, it doesn't mean we are limited in what we can do! The Life Enrichment Team is dedicated to providing meaningful leisure and ideas to keep the winter blues away.

Here are some fun indoor activities

1. Exercise

Exercise is a great way to stay healthy and keep joints moving. Be sure to exercise in a safe environment and modify your exercise routine to your comfort and abilities. Simple chair exercises can help ensure your safety while building strength, endurance, and promoting good posture.



2. Join activities through the phone

Well Connected is a free program where members can call into activities via a toll-free number. They offer bingo, music, sports talk, and much more. The Life Enrichment Teams are also hosting their own activities through the phone. Contact your Life Enrichment Team if you're interested in signing up!

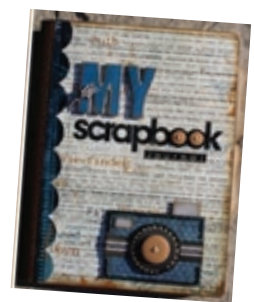


3. Complete the monthly activity kit

The Life Enrichment Team creates activity kits that are personalized to each participant's interests and abilities. Reach out to your Life Enrichment Team if you would like to receive monthly activity kits.

4. Create a collection of memories

Make a collage or scrapbook with your favorite photos from the past or present. This is a great way to preserve them for years to come.



5. Make a recipe book

Go through all your recipes and organize your favorites into a book to give to a family member as a gift.



HEALTHY HOLIDAY COPING, EVEN DURING A PANDEMIC

Mariel Martin, LMSW, Behavioral Health Specialist
Yifat Clein, LMSW, Social Worker

Reduce

Reduce your news and media consumption. How much news you consume can directly impact how you feel about yourself and the world. Limit worry and agitation by reducing the amount of time you spend listening to or watching media that you find upsetting.

Connect

Connect with someone who brings you joy. A friend, a family member, or yourself!

Engage

Engage in an activity that brings you joy. Read a good book, bake, sew, paint, play a game, write in a journal, listen to music.

Identify

Identify the things that are within your control. Get dressed and complete your self-care routine as if you were going to go out and spend time with others. Recognize the small daily accomplishments you may otherwise take for granted, such as brushing your teeth, washing your dishes, or making your bed.

Notice

Notice your thoughts and feelings. Be curious about them without judgment. It's normal to feel sad, stressed, confused, scared, or angry during this time. It's normal to grieve as well. Be kind to yourself.

Reflect

Reflect and remember. You are resilient. You have made it through 100% of your bad days. Practice healthy skills you have used in the past to manage hardships in life. Those same skills can help you manage your emotions during these challenging times.

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Tradition

The holidays are full of customs and rituals. Holiday greetings and family recipes can still be shared. Something small, like eating a familiar dish, can make your day feel special and celebratory.

Despite COVID-19, you can take the time to reminisce and think about happy memories from previous gatherings, listen to holiday music, display festive decorations or look at old photographs. It is important to keep traditions alive, even if they may look a little bit different this year!

CENTER CLOSURE DATES

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

Christmas Day – Friday, December 25, 2020

New Year's Day – Friday, January 1, 2021

Martin Luther King – Monday, January 18, 2021

Memorial Day – Monday, May 31, 2021

Independence Day (Observed) – Monday, July 5, 2021

Labor Day – Monday, September 6, 2021

Thanksgiving Day – Thursday, November 25, 2021

Christmas Day (Observed) – Friday, December 24, 2021

Remember you can call 855-445-4554 at any time day or night, weekends and holidays! We are always here for you!

Virtual Cocktail Party

In early December, we held a fundraiser to help participants with basic and emergency needs. We thank all of the sponsors and supporters of our Virtual Cocktail Party. To donate to PACE Southeast Michigan's Community Giving fund, please contact the philanthropy department at our corporate office.

THANK YOU TO OUR SPONSORS VIRTUAL COCKTAIL PARTY

BARTENDER SPONSORS

Dr. Mike and Mary Naber



STRAIGHT UP SPONSORS



ON THE ROCKS SPONSORS



Brian and Beth Carnaghi
Roger and Tammy Myers



The Teodecki Family

MUG CLUB

The finest compliment we can receive is a referral from you! That is why we have



created the Mug Club. When you refer someone to PACE Southeast Michigan that enrolls in the program, you will become a member of the Mug Club! Mug Club members receive a special coffee mug only for members of the Mug Club.

To make a referral, call 855-445-4554 and choose option **one (1)** to speak with an Intake Representative. Thank you for your trust and confidence in PACE Southeast Michigan!

WE ARE A TOP WORKPLACE

We are proud to announce that PACE Southeast Michigan has been named a Top Workplace by the Detroit Free Press for the third year in a row!

Thank you to our participants and staff for making PACE Southeast Michigan such a great place to 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

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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