



ISSUE 2016



Fall is such a beautiful time of the year – a season of change! The leaves turn bright colors, the weather gets cooler, football begins and we prepare for the holiday season. My fall favorite is Thanksgiving – a time to reflect and give thanks for our many blessings. As I think about PACE Southeast Michigan and all the changes we've experienced over the last year, I'm filled with gratitude for a talented caring team and the opportunity to serve amazing participants that inspire us to give our best work!

As we settle in to our lovely new Centers in both Warren and Southfield, please know we are working to create a new rhythm for how all three Centers operate so that we can serve you better – this also includes the Thome Rivertown Campus. Currently we serve over 530 participants, which means we must revamp many of our systems and processes so that we provide Extraordinary Care to our participants. We recognize we have work to do.

Every day, we find more seniors in need of this beautiful model of care. As we grow, know that we are focused on serving YOU in the best way possible. As I make my rounds at the Centers – please be sure to share your feedback with me!

We are grateful for your presence at PACE Southeast Michigan!

May you be surrounded by those you love during this season of Thanksgiving.

Peace.

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**



MUSIC & MEMORYSM PROGRAM AT PACE SOUTHEAST MICHIGAN

by Roger Anderson



PACE Southeast Michigan has been trained in the Music and Memory program. This national program uses customized music selections for our participants. This allows them to connect with the music of their past and tell their stories.

Here is how Music and Memory will help our participants:

- It will provide pleasure and calm to those with advanced dementia
- It will offer alternative activities for those in dialysis or with limited mobility
- It will promote involvement, socialization and memory
- It also may assist to reduce the need for some types of medication

We hope you will enjoy having your very own music list!



A RECIPE FOR HOLIDAY HEALTH AND HAPPINESS

by Bryan A. Dovichi, MA

With the holiday season approaching, it is important for everyone to take care of their health. Both physical and mental - they are related!

Though the holidays are often a time to celebrate, they can also create stress, remind us of years passed, loved ones lost, and bring about feelings of sadness and despair. The following are things you can do to cope during the holidays (as well as throughout the rest of the year):



1. Take care of yourself! Possibly the most important thing you can do. Get your rest, take time out for yourself, eat right, remember to take your medications, and exercise.
2. Be realistic. Things rarely go as planned and tend to change over time. Allow yourself to be flexible.
3. Don't avoid. Find ways to memorialize loved ones. Often, we believe that continuing traditions will be too painful or that it betrays those we have lost, but it can actually be a way to pay tribute, keep the good memories around and pass them on to younger generations.
4. Rely on social support. Connect with those close to you and share what is on your mind. Keeping it in will only make it worse in the long run.
5. Celebrate responsibly. If the holidays are a time to enjoy a cocktail with loved ones, try to minimize intake and avoid using to cope with difficult feelings.

When feelings become just too much to deal with on your own, or last longer than you think they should, let us know. PACE Southeast Michigan's Behavioral Health Services can help with issues related to sadness, worry, and other difficult feelings. Let your Social Worker or RN Case Manager know if you think you need help.

COOKING DEMONSTRATIONS FOR CAREGIVERS

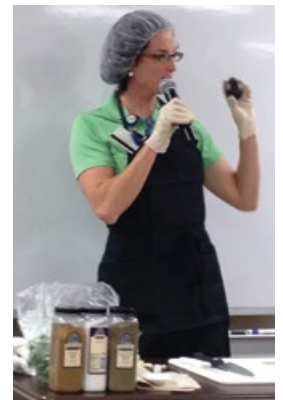
As part of the Healthy Food Connect grant (see pg. 8), we are hosting cooking demonstrations for our Caregivers. These cooking demonstrations feature fresh produce in easy-to-make meals. You'll be able to taste the dish after it's cooked! The demonstrations will be held on the following dates at **5:00 p.m.:**

Wednesday, November 9, Warren Alternative Care Setting, 30713 Schoenherr

Thursday, November 10, Rivertown Center, 250 McDougall

Tuesday, November 15, Southfield Center, 24463 W. 10 Mile Rd.

You are welcome to attend any or all of the events! Call 248-556-9199 to register.



SEEING RED AT PACE SOUTHEAST MICHIGAN

The participants of PACE Southeast Michigan's orange community are settling in to a brand new center. They have also been introduced to new visual aids at meal times.

The orange community is a secure place for our participants with advanced dementia. It is common for those in the advanced stages of dementia to have reduced appetite. This is in part because of poor eyesight and visual perception. It becomes difficult for them to interpret the world around them.

To help support our participants in the orange community, we have begun using red dishware at our breakfast and lunch services. The idea came from research that found those with advanced dementia tend to eat and drink more when their food is served on red-colored dinnerware.

Researchers believe that changes in sight make it hard for people to identify food when the plate and food are similar in color. Using a red plate makes it easier for someone with dementia to distinguish between their food and the dinnerware. Red dinnerware contrasts well with most foods.

We encourage our caregivers to use contrasting dinnerware in the home environment.

Here are a few tips to consider:

- Think about the colors of the food you will be serving and use dinnerware that is most contrasting. Other colors work too, such as orange or blue.
- Avoid using patterned plates. Patterned plates can be confusing for someone with advanced dementia.
- If using clear glassware, serve colored liquids such as juice and milk, which are easier to see than water.
- Consider using large plates rather than small plates. Researchers also found that people with dementia tend to eat more when food appears smaller on the plate.



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.

MEET OUR PHYSICAL/OCCUPATION THERAPY (PT/OT) TEAM!

Our team of Physical and Occupational Therapists are always ready to help you with any mobility issues. The assistance they provide doesn't end there! Here are some of the many services available to you in our PT/OT Department:

- Help with range of motion.
- Mobility training for getting in and out of bed, the bathtub, cars, chairs or improved dressing and bathing ability.
- Strength training.
- Pain management.
- Balance training.
- Proper posture.
- Breathing exercises.
- Safety training in the home.
- Individual and group sessions.



When you first enroll, PT/OT does a home assessment to make sure our participants can get around safely at home. After that, each participant receives two PT/OT assessments at the day health center each year.

If you would like to see the PT/OT Department before your next assessment, let your RN Case Manager or Social Worker know. They can make arrangements for you to be seen.



BECKY COMPTON RETIRES

It is with a heavy heart that we announce the retirement of Becky Compton, Recreation Assistant. She was part of the PACE Southeast Michigan team at our Detroit Northwest and Southfield centers for almost 14 years.

Becky's creativity inspired our participants. Always willing to go the extra mile, Becky made sure every event was festive and decorated like a magazine cover. Her dedication to our participants and PACE Southeast Michigan will be missed. We wish Becky health and happiness in her retirement! We hope that she will come back and visit us often.

PACE SOUTHEAST MICHIGAN HONORS GAIL L. WARDEN AT GRAND OPENING



Gail L. Warden

PACE Southeast Michigan moved into its new Southfield Center in July. We held a Grand Opening event in August for our community partners. In September, we held an Open House for our caregivers and participants.

As part of the Grand Opening, we honored Gail L. Warden, President Emeritus of Henry Ford Health System. Over 20 years ago as CEO of Henry Ford Health System, Mr. Warden recognized PACE as a unique model of care. In honor of his commitment to our program, we dedicated our clinic to his visionary leadership. It is now the Gail L. Warden Clinic at our Southfield Center. We were honored to have Mr. Warden cut the ribbon at our Grand Opening celebration.

Our emcee for the event was PACE Southeast Michigan Board Vice Chair Roger Myers of Presbyterian Villages of Michigan. The following presented at the event: PACE Southeast Michigan Medical Director, Dr. Gwendolyn

Graddy and President/CEO Mary Naber. Elected officials Congresswoman Brenda Lawrence, Southfield Mayor Kenson Siver and State Representative Jeremy Moss. PACE Southeast Michigan Board Chair, John Polanski from Henry Ford Health System presented the honor to Mr. Warden. Our own participant, Clarence Semmes, Jr. sang and played the keyboard for guests!



Ribbon Cutting at Southfield Center



Caregiver Open House

Thanks to all who were involved with these events!

WELCOME DR. JOSEPH!



PACE Southeast Michigan welcomes Nicholas Joseph, MD to our clinical staff. He will see participants at our Southfield Gail L. Warden clinic.

Dr. Joseph grew up in metro Detroit. He is a graduate of the University of Michigan-Dearborn. He received his medical degree from Wayne State University. While there, his peers elected him into the Arnold P. Gold Foundation Gold Humanism Honor Society. This was for showing outstanding care and service to the community.

Dr. Joseph is no stranger to PACE Southeast Michigan. During his residency at Henry Ford Health System, he spent a month working with our Medical Director, Dr. Graddy, at our Detroit Northwest Center.

After residency, he went to Yale University a comprehensive Geriatric Medicine fellowship. With the goal of returning back to his home in Michigan. He also knew that he wanted to come back to PACE Southeast Michigan to fulfill its mission and serve our participants.

Please stop by the Gail L. Warden clinic and welcome Dr. Joseph back to PACE Southeast Michigan!

Thank You Donors!

There are times when some of our participants could use a little help to remain living safely in their homes. The support of our donors provides basic and emergency needs to one or more seniors. Thank you for your generosity!

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Gwendolyn Graddy, MD	Schechter Benefits Advisors
Henry Ford Health System Employee Giving Program	

PACE SOUTHEAST MICHIGAN RECEIVES HEALTHY FOOD CONNECT GRANT

PACE Southeast Michigan was awarded a Healthy Food Connect grant in August. This funding supports *Grow Healthy Seniors*, an educational program designed for our participants.

The purpose of Healthy Food Connect is to increase the number of seniors and children who eat healthy foods every day. For seniors, a lack of access to enough food can complicate diseases. It also limits some daily activities and can lead to depression. The focus is to foster healthy aging for our participants.

Our participants will enjoy the following as part of the Grow Healthy Seniors program:

- Instruction on eating healthy.
- Gardening in indoor and outdoor gardens.
- Snack packs with fresh fruits and vegetables.
- Cooking demonstrations. **NOTE:** Caregivers are invited to attend all cooking demonstrations. See pg. 3 and check the activities calendars.
- Breakfast smoothies.
- Possible increase of food benefits. Your Social Worker will discuss this with you.

Healthy Food Connect is funded by the Community Foundation for Southeast Michigan and the Michigan Health Endowment Fund.



Community Foundation
FOR SOUTHEAST MICHIGAN



Website: www.paceseml.org

Fax: 313-543-6795

Phone: 855-445-4554

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Thome Rivertown
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Detroit, MI 48207

Warren Alternative Care Setting
30713 Schoenherr
Warren, MI 48088

