



ISSUE 2015

VOLUME 8 | ISSUE 9

CSI-PACE CHANGES NAME - MAINTAINS CURRENT SERVICES

CSI-PACE is proud to announce an important change. Our program is now called PACE Southeast Michigan.

This change reflects our program's close association with the highly reputable national PACE program. The inclusion of Southeast Michigan in the name calls attention to an area we have served for more than 20 years. The fresh new colors and logo for PACE Southeast Michigan are reflected in this newsletter.

The name PACE — Program of All-Inclusive Care for the Elderly — sums up the work we love to do. We provide comprehensive care that allows seniors to remain in their homes for as long as possible. This creates more hope, vitality and joy for those we serve. Our new name better describes this important work along with our close ties with the national PACE program and all it provides.

We are in the process of developing a comprehensive website (www.pacesemi.org). This will be a great tool to learn more about PACE Southeast Michigan. The website will detail our services, reach and even highlight some of our many successes.

PACE Southeast Michigan looks forward to continuing to provide our seniors with the exceptional care they expect and deserve. Together we make their golden years as bright as possible!



WARM GREETINGS TO EACH OF YOU!



I'm happy and honored to be the new President and CEO for PACE Southeast Michigan. I want to thank all of you for the warm welcome and look forward to learning more about each of you.

Just a little about me: I was born and raised in the Detroit area, the proud mother of four young adult children and married to my husband Mike for 30 years. We have spent our entire careers working in healthcare – I was an executive with a health system for many years leading many roles within the company and my husband is a doctor on the east side.

Life is funny sometimes – In May, 2013, my 81 year old mom was in need of attention and care. At the same time, I was looking to change my career and so, I started my own consulting company which gave me the time to care for my mom. During this time, I learned a great deal about senior care, and became even more drawn to PACE Southeast Michigan.

When I walk around PACE Southeast Michigan, I'm energized by the devotion of our team and for the strength, spirit and knowledge shared by our participants and families!

Lots of good things ahead in 2015!

Mary

PROTECTING SENIORS, ESPECIALLY DURING THE WINTER SEASON!

*by Tracey Williams,
DNW Center Manager*

5 ways avoid scams or fraud:

1. Do not open the door for strangers. Ask them to leave information they have in writing
2. Shred all receipts
3. Never give out any information over the phone about yourself to a stranger
4. Use direct deposit for benefit checks to prevent them being stolen or cashed without your permission
5. Plan ahead when leaving your house and entering your house, keep your keys out and be aware of what is around you at all times.

FIGHT BACK AGAINST COLDS & FLU WITH GOOD NUTRITION

by Heather Petraszko.

As temperatures begin to drop, sniffles and sneezes are on the rise. Each year, winter in Michigan brings snow and ice, as well as colds and flu. While there is no way of completely preventing the



common cold, a strong immune system gives your body a fighting chance to ward off

pesky germs. One of the simplest and most effective ways of ensuring your immune system is running on all gears is through good nutrition.



There is truth to the age-old saying “an apple a day keeps the doctor away”. Apples, as well as most other fruits and vegetables are high in vitamin C. Vitamin C is a nutrient that may decrease the symptoms and duration of the common cold. There are

endless ways to increase your intake of vitamin C.

Add some mango chunks to your cereal in the morning, or eat a kale salad with your lunch.

If budget makes it a challenge to purchase

fresh produce, consider frozen or canned varieties. Frozen fruits and vegetables contain just as much vitamin C as their fresh-counterparts. This is because they are picked and frozen at their peak. Canned fruits and vegetables are another option. Look for fruits packed in water or 100% juice, and reduced-sodium vegetables to help ensure the most nutritious choice.



TYLENOL® (ACETAMINOPHEN) SAFETY TIPS FROM YOUR CSI PHARMACISTS

Tylenol® is a medication used to treat pain or fever. It can be found in more than **600 over-the-counter and prescription medicines** and:

- It is one of the **most commonly used medicines** in the United States.
- It is **recommended by doctors** and is used in hospitals.
- It has been used for over **50 years** and is **safe** and **effective** when **used as directed**.

Acetaminophen is the generic name for Tylenol®. Here are some of the **common uses** for Tylenol®:

 Headache	 Muscle Aches
 Toothache	 Colds and flu
 Fever	 Arthritis Pain

Tylenol® is an important pain relief drug for people with any of the following problems:

 on Aspirin Heart Therapy	 with Kidney Disease
 with High Blood Pressure	 over the Age of 60
 with Stomach Problems	

Why should we ALL be concerned about taking TOO MUCH Tylenol®?

If you take a large amount of Tylenol®, or if you take it every day for a long period of time, it can harm your liver. The government has asked drug companies to **WARN** the people about the amount of Tylenol® that is safe to use daily.

- Adults should **NOT** take more than 4000 mg, or 4 grams of Tylenol® **PER DAY**. This is two Tylenol extra strength 500 mg tablets, **FOUR** times **PER DAY**.

Continued on next page.

Tylenol® Safety Tips continued...

- SENIORS (people over the age of 60), should NOT take more than 3000 mg, or 3 grams of Tylenol® PER DAY. In some cases, the staff at PACE Southeast Michigan will limit the amount to 2 or 2 ½ grams per day.

What CSI does to keep you SAFE:

The doctors, nurses and pharmacists work together to make sure you are NOT taking TOO MUCH Tylenol®. The staff does this by checking your medication list on a regular basis.

What YOU can do to help us and keep YOURSELF safe:

You should NOT use any drug products, even over-the-counter products, without telling PACE Southeast Michigan staff. Since Tylenol® is in SO MANY products, it is VERY important that you check with the staff BEFORE you take any medication that our doctors did not prescribe.

CHRONIC PAIN

by Physical and Occupational Therapy department

HOW TO DETERMINE YOUR PAIN LEVEL

Chronic Pain is pain that does not go away despite your efforts at treatment. It can disrupt your home life and work and is often misunderstood by others who cannot see the cause of your pain.

It is important to report your chronic pain to your Health Professionals or Caregivers. They will help you evaluate and control your pain.

Chronic pain changes with daily activity and during the night. Chronic pain also has different levels; Best, Worst, and Usual Pain.

When talking about your pain, it is helpful to use common language to make others understand. Working together, we can help you get control of your pain.

**Wong-Baker FACES Pain Rating Scale**

RECREATION THERAPY DEPARTMENT 2014

During the past year, the Recreation Therapy Department has been bringing a lot of fun and excitement to our participants. We have done a lot of activities and community outings. Our focus is to engage, improve, and/or maintain level of functioning and quality of life for our participants for as long as possible. Our goal is to promote physical and emotional well-being. Check out some of our fun filled activities that we have done.

Lina Cercone, C.T.R.S.
Recreational Therapist



Benny Napoleon Dances with participants



Children trick or treating with participants



Benny Napoleon and Luneata Hite Dance



Benny Napoleon presents on being Safe at Home



Annie Moye and Lina Cercone dancing



Benny Napoleon Dances with Raycene Davis and Luneata Hite



Wilda Webster



Bessie Wiggins



Clorine Sharp, Lina Cercone



Dr. Claiborne and participant



Earline Tolbert, Roary and George Winn, player for Detroit Lions



James Turnbore and Roary



John Elliot



John Martin and George Winn, player for Detroit Lions



Lina leads the choir



Lenore Edmunds, Ingrid Thompson and George Winn



Juliette Buffin and Roary



Velar Cunningham



Wilda Webster

FEELING SAD? WE CAN HELP

There are many things that can cause a person to feel depressed, but only a small number of people seek help. Many people feel that this is something that they should deal with on their own. They usually hope that it will just go away.

Women have a higher risk of depression as well as those who struggle to make ends meet. Depression can cause you feel tired, sad, hopeless and sometimes you may shut yourself off from others.

The good news is like other medical conditions, depression can be treated. Sometimes by talking to someone trained to help, sometimes with medication and often both treatments are used together for the best results.

The bottom line is that you should not suffer in silence. Let someone at PACE Southeast Michigan or at home know how you are feeling and give us a chance to help.

We experience our best health when our minds, bodies and spirits work together.

Dr. Claiborue



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

Rivertown
 250 McDougall Street, Suite 1000
 Detroit, MI 48207

Detroit North West
 7800 W. Outer Drive, Suite 240
 Detroit, MI 48235

