



“What you do makes a difference, and you have to decide what kind of difference you want to make.”

— Jane Goodall

Greetings Participants and Caregivers!

Spring is slowly approaching and after the Michigan winter we just experienced, I think it’s safe to say we would all enjoy some sunshine and warm air! As we welcome the season of spring, we look forward to new beginnings! One of the new opportunities for PACE Southeast Michigan was the opening of our 4th Center in Dearborn on February 12, 2018. We are very excited and proud to serve aging adults in Dearborn and the surrounding communities! To keep bus rides short and ensure that we continue to add PACE Centers closer to where our aging adults live, our next Center will be positioned in Macomb County and is scheduled for late fall, 2018.

We are proud of our team and the Extraordinary Care they provide to you each and every day! This is one of our greatest strengths. We also know we need to continually make improvements so that you consistently receive the highest quality care and service! For 2018, we set goals to improve the coordination and communication of scheduling appointments, and how our care team focuses on you! We based this goal on feedback provided by you, our Participant Advisory Committees and from caregivers and participants attending the quarterly Dinner and Dialogues. (see more in this newsletter).

As always, this newsletter is meant to keep you informed on what PACE Southeast Michigan can offer you and your loved ones! We are grateful for your trusted partnership as we continue to serve you!

Peace.

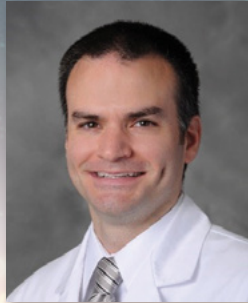
Mary

PROMOTIONS

We are pleased to announce the latest promotions of our team:



Dr. Gwendolyn Graddy-Dansby
Chief Medical Officer



Dr. Nicholas Joseph
Medical Director



Jeff Burmeister
CFO/VP of Health Plan
Management/Business
Development & Support
Services



Bryan Dovichi
Director of Behavioral
Health & Social Services



Janis Rood
Pharmacy Manager



John Elliot
Recreation Activities
Manager



Twana Fisher-Bean
Rehabilitation Manager



Rosalind Miles
Director of Clinical Services



Meet Dr. Menchl, our new physician at our Warren Center!

Dr. Rudolph Menchl is a skilled clinician who brings more than 25 years of experience and a wealth of knowledge in the caring for an aging population. Dr. Menchl graduated from Wayne State University's School of Medicine. We are excited about the expertise, leadership, and charismatic personality that he brings to the clinic in our Warren Center!



Meet Dearborn's Center Manager, Fouad (Fred) Achmar!

Fred is the Dearborn Center Manager for PACE Southeast Michigan. He will work closely with participants and their caregivers to provide them the best quality of care. Fred is a Lebanese/American citizen who moved to Michigan from Kuwait with his family. He has great leadership skills and experience with both Middle Eastern and American cultures. Fred holds a degree from Ferris

State University. He brings a lot of experience in operations and customer care. His caring attitude and creativity make him a valued member of our team.

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.



IN-SEASON FRUITS AND VEGETABLES

Spring is the time to take advantage of eating fresh fruits and vegetables. Here is a guide on what is the best choice to eat this season:



April, May

Honeydew – Low calorie; high in vitamin C

- ❑ How to Select
 - Choose melons that are nearly spherical with a waxy surface.
- ❑ How to Store
 - Store melons at room temperature. Once cut, store in refrigerator for up to 2 weeks.

Green Beans – Good source of fiber; good source of vitamin C

- ❑ How to Select
 - Choose well colored beans that snap easily when bent.
- ❑ How to Store
 - Refrigerate green beans in plastic bag for up to 5 days.

Pineapples – High in vitamin C; high in magnesium; high in B vitamins

- ❑ How to Select
 - Choose pineapples with dark green leaves, heavy for size.
- ❑ How to Store
 - Eat as soon as possible or refrigerate for up to 3 days.

Spinach – High in fiber, high in vitamin A; high in vitamin C; high in iron; good source of magnesium

- ❑ How to Select
 - Choose fresh, crisp, green bunches.
- ❑ How to Store
 - Loosely wrap spinach in damp paper towel.
 - Refrigerate in plastic bag and use within 3-5 days.

Thank You Southeast Michigan Dietetic Association!

We send our thanks to the Southeast Michigan Dietetic Association. Their donation provided our participants with fresh fruits and vegetables as well as information on the benefits of eating them.

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 aging adults 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**



MEET OUR TRANSPORTATION TEAM

The Transportation team is a vital part of our program. They provide daily trips to and from our day health centers, food and medication delivery, and much more. This team makes sure our participants get from each point in their trips safely and timely. They get to know our participants very well during transport. With our program growing quickly, the transportation team needs to grow even quicker. By providing the most organized and timely trips to each participant with new technology, the team can provide the best experience for our participants.

PACE Transportation Team by the Numbers:

- 600-700 Trips per Day
- 719 Total Participants
- 4 Centers
- 59 Drivers
- 3 Dispatchers
- 52 Buses



The Transportation Team

CAREGIVER DINNER AND DIALOGUE EVENTS

Our Caregiver Dinner and Dialogue events will continue this year. We will hold these every three months. These events give you a chance to meet our staff and learn about changes in our program. They also give you a chance to ask questions and give us feedback.

Our March Series featured a talk on the Medicare Health Outcomes survey. You will be receiving this survey in early April. Be sure to fill it out and send it back in the envelope provided.

All Dinner and Dialogue events are held from **5:00 PM – 6:30 PM**

Here are the dates for this year's remaining dinners:

June – End of Life Care

Southfield Center – 24463 W. Ten Mile Rd., Southfield –
June 12, 2018

Rivertown Center – 250 McDougall, Detroit –
June 13, 2018

Dearborn Center – 15401 N. Commerce Drive, Dearborn –
June 27, 2018

Warren Center – 30713 Schoenherr, Warren –
June 28, 2018

September – Preventing and Managing Diabetes

Southfield Center – 24463 W. Ten Mile Rd., Southfield –
September 18, 2018

Rivertown Center – 250 McDougall, Detroit –
September 19, 2018

Dearborn Center – 15401 N. Commerce Drive, Dearborn –
September 25, 2018

Warren Center – 30713 Schoenherr, Warren –
September 26, 2018

December – Holiday Happiness and Cooking Demonstration

Southfield Center – 24463 W. Ten Mile Rd., Southfield –
December 4, 2018

Rivertown Center – 250 McDougall, Detroit –
December 5, 2018

Dearborn Center – 15401 N. Commerce Drive, Dearborn –
December 11, 2018

Warren Center – 30713 Schoenherr, Warren –
December 12, 2018

Dinner and Dialogue is free, but **registration is required**. To register for the dinner please call the numbers below for each specific location:

SOUTHFIELD – (248) 556-9107

RIVERTOWN – (313) 288-7129

DEARBORN – (313) 794-9700

WARREN – (313) 288-7250

We look forward to seeing you there!





CONTACT US THROUGH EMAIL

We continue to focus on improving our communication with you. This involves both our participants and their caregivers. As a result, we established a new email account to which you can reach out. This was all based on your feedback during our Caregiver Dinner & Dialogue events.

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

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Southfield Center
24463 W. 10 Mile Rd.
Southfield, MI 48033

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

Warren Center
30713 Schoenherr
Warren, MI 48088

Dearborn Center
15401 N. Commerce Rd.
Dearborn, MI 48120

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

