



SUMMER

ISSUE 2022



“Summer has a flavor like no other. Always fresh and simmered in sunshine.” – Oprah Winfrey

Greetings Participants and Caregivers!

What a beautiful spring we are having this year. I hope you have been able to get outside and enjoy this wonderful weather!

First, a quick COVID-19 update: We have averaged around 1 case per week for the past few months. We are holding steady with vaccines at 84% of participants vaccinated. If you have not received your COVID-19 vaccine or booster yet and would like to, just talk to your care team. You can get vaccinated right in the clinics!

I hope you are enjoying the Dinner and Dialogue sessions happening currently across the centers! These events are meant to give our caregivers an opportunity to meet the care team and ask questions. We look forward to hosting these events for you more often so we can hear your feedback.

Lastly, the preparations for the opening of our second center in Detroit continue! Renovations are wrapping up, and we plan to open the center this summer. We are extremely excited to be able to care for more older adults at this center.

Thank you for being a PACE Southeast Michigan participant. We are so grateful you have chosen us to care for you. Have a warm and enjoyable summer!

Mary

CONGRATULATIONS – HERE ARE THE LATEST PROMOTIONS OF OUR TEAM!



Adenike (Nike) Adewale – Assistant Center Manager (Southfield)
Nike was a nurse in Nigeria for 18 years. She joined PACE Southeast Michigan in 2012 and is loved by participants and staff. Nike is married with one beautiful daughter.



Michelle Betman – Life Enrichment Assistant Manager
Prior to this new role, Michelle served as one of the Life Enrichment Therapists at the Southfield Center. When she is not at work, she is probably with her friends, family, or dog, Teddy.



Dr. Shara Croff – Physician-In-Charge (Eastpointe)
Dr. Croff graduated from Wayne State University. She completed her residency at the Mid-Michigan Medical Center in Midland, MI. She is excited to use her knowledge to care for participants at the Eastpointe Center!



John Elliott – Director of Operations (Southfield & Dearborn)
John is excited to continue working with the Southfield Center and now the Dearborn Center as their new Director of Operations. John is passionate about older adults and ensuring they receive the best person-centered care possible.



Kathryn Hannah – Outreach Manager
Kathryn has a Bachelor of Social Work from Michigan State University. She has worked in multiple geriatric care settings for over 20 years. She is the mother of 3 grown sons and a grandma with a new grandson on his way!



Jozette Hughes – Clinical Services Manager (Eastpointe, Sterling Heights, & Pontiac)
Jozette has been a Registered Nurse for 22 years. She is a board-certified holistic nurse. Jozette looks forward to sharing simple modalities that can help you care for yourself which in turn helps you care for others.



Jill Wilson – Quality Manager
Jill has been a nurse with over 30 years of experience. Working at PACE Southeast Michigan has driven her to elevate her knowledge for future quality improvements. Jill also enjoys vacationing with family and friends.

Meet our Medical Records Team!

The Medical Records team maintains a complete record of participants. The team also responds to all internal and external requests for medical documentation in accordance with regulations. The team prides themselves on keeping participants' health information private and secured.



Pictured left to right: Magdalena Leos, Novie Grayer, Tamika McQueen, Sonya Travier-Frederick, & Terina Clark. Not pictured: Rosa Daniels & Jessica Porchia Adams

Rosa Daniels

I like bowling and going to concerts.

Novie Grayer

I enjoy spending time with family and international travel.

Jessica Leos

I like to tinker with electronics and learn new things.

Magdalena Leos

I am the mother of 4 beautiful children and love a good spa day.

Tamika McQueen

I like being creative with arts and crafts and spending time with my 5 grandbabies.

Jessica Porchia Adams

My favorite color is purple. I like to travel, but do not like road trips.

Sonya Travier-Frederick

I like to cook, roller skate, crochet, and spend time with my family.

GET THE MOST OUT OF SEASONAL PRODUCE!

By: Dayna Krukowski, Dietetic Intern

Shop smart by buying produce that is in season. Summer is coming, meaning that a variety of different fruits and vegetables will be stocked on the shelves at your local grocery store. Seasonal fruits and vegetables tend to be low in price and abundant in flavor, allowing you to get the most bang for your buck. Here are some tips for getting the most out of your seasonal produce:



1. Make your berries, grapes, and cherries last longer by immediately picking out any bad ones and disposing of them. Store the rest in the refrigerator in the unsealed container or bag in which they came. Rinse with water when ready to eat.
2. Allow these items to ripen on the counter, and then store in the fridge: apricots, avocado, cantaloupe, honeydew melon, mangos, kiwis, nectarines, peaches, pears, pineapple, plums, tomatoes, and watermelon.
3. Store bananas on the counter away from all other produce. Bananas release gas that can cause other fruits and vegetables to spoil, so keep them separate!
4. Freeze what you can't finish! Try cutting up unused produce and putting it into freezer storage bags to save for later use.

WHAT'S HAPPENING IN THE CENTERS?



One of our participants at the Sterling Heights Center, Ms. Dolores, had a very special day in April. She turned 100!



Participants enjoy Easter celebrations at the centers with the Easter Bunny!



Play ball! Our centers celebrated opening day for the Detroit Tigers.

SPECIALTY FEATURE



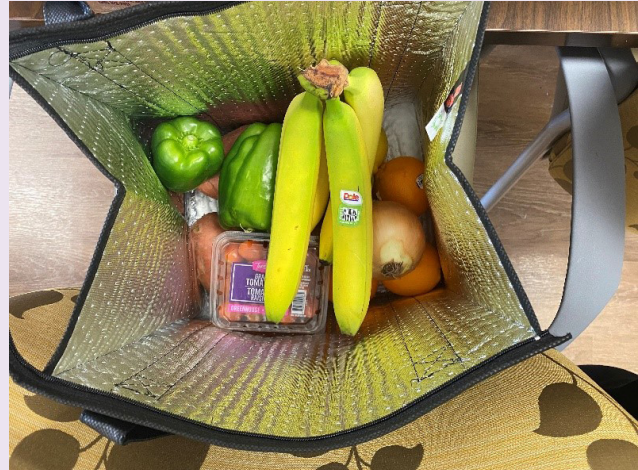
Dr. Lewis is a dentist with Mobile Medical. Since 2013, Dr. Lewis has made 1,200 dentures, 4,500 exams, and 1,100 regular cleanings. She has also done 1,400 deep cleanings and hundreds of fillings and extractions.

Dr. Lewis has been a Girl Scout troop leader for 8 years. Dr. Lewis says: "My troop and I greatly appreciate all the love and support that PACE Southeast Michigan has given us.

Thank you, Dr. Lewis, for the care you give our participants!



HEALTHY EATING FOR LIFE GRANT



PACE Southeast Michigan was honored to receive a grant from the DMC Foundation, in partnership with the Community Foundation for Southeast Michigan. This grant allows PACE Southeast Michigan to provide fresh produce to our participants.

Thank you to the funders of this grant. Additionally, thanks to our grant partners, Gleaners Community Food Bank and Peaches and Green. Be on the lookout for Farmer's Markets happening at your center this summer!

DINNER & DIALOGUES ARE BACK!

This is an opportunity for caregivers to visit the centers, meet the care teams, and ask questions about the organization. All sessions are from 5 pm – 6:30 pm. There will be more Dinner & Dialogues later this year as well. **RSVP is required.** Call 855-445-4554, option 1 to register. We look forward to seeing you there!

- **June 7:** Dearborn Center
- **June 8:** Sterling Heights Center
- **June 23:** Eastpointe Center
- **June 28:** Rivertown Center
- **June 29:** Pontiac Center
- **June 30:** Southfield Center

CENTER CLOSURE DATES

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

Independence Day – Monday, July 4, 2022

Labor Day – Monday, September 5, 2022

Thanksgiving Day – Thursday, November 24, 2022

Christmas Day (observed) – Monday, December 26, 2022

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



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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