



Spring

ISSUE 2021



“Some old-fashioned things like fresh air and sunshine are hard to beat.” – Laura Ingalls Wilder

Greetings Participants and Caregivers!

Winter is nearly over, and brighter days are ahead! I hope that this new year has treated you well so far, and that it continues to do so as we move into springtime. This season feels like a new beginning, and we hope that is the case as the COVID-19 vaccine rollout speeds up throughout the country.

We have been working hard to get the COVID-19 vaccine to all our participants in partnership with the Henry Ford Health System. As of March 16th, 655 participants have been vaccinated across our six centers. While a vaccination is not required of PACE Southeast Michigan (PACE SEMI) participants, we strongly encourage it as your health is our top priority.

As you may know, our sixth center opened in Pontiac last September. This center’s special PACE SEMI Community Living environment is coming soon! This housing will provide care for 12 participants who would otherwise have to reside in a nursing home. We are excited about offering this service to our participants!

Lastly, an out-of-state, for-profit company is requesting the Michigan Department of Health and Human Services to allow its services in southeast Michigan. This would stretch the already scarce Medicaid dollars allotted to PACE programs. It would also favor an out-of-state program over the home-grown programs Michigan’s residents have come to love. Please know that we are working hard to advocate on your behalf to ensure we can continue to provide Extraordinary Care to you!

We are honored to care for you! We will be beside you every step of the way. My wishes for a bright and hopeful spring!

Mary

MEET OUR NEW TEAM MEMBERS!**Cassandra Barnett, Ambulatory Care Clinical Manager**

Cassandra is a Registered Nurse and spent 16 years working in the emergency department. Her family and friends are very important to her. She spends as much time with them as possible. A fun fact about Cassandra is she loves to buy sneakers.

**Sabrina Johnson, Clinical Services Manager**

Sabrina has been a Registered Nurse of 17 years. She has 6 years of management experience in long-term care. She graduated from Madonna University in 2017 where she studied Nursing Home Administration. She loves spending most weekends at the beach barbequing with friends and family.

HERE ARE THE LATEST TEAM PROMOTIONS – CONGRATULATIONS!**Keysha Barnes, Day Center Manager – Dearborn**

Keysha has her master's degree and has been working with older adults for 20 years in different settings. She considers the participants as part of her extended family!

**Mark Brettschneider, Clinical Services Manager**

Mark has been with PACE Southeast Michigan for over a year but has over 30 years of nursing experience. Mark was a dog musher in Alaska where both of his children were born. He lived there for 5 years before becoming a nurse.

**Rachel Pinkney, Clinical Pharmacy Manager**

Rachel graduated in 1992 with a degree in cello performance. She had a successful musical career until 2010 when she enrolled in pharmacy school. She worked at a hospital prior to starting at PACE Southeast Michigan.

HERE ARE THE LATEST TEAM PROMOTIONS – CONGRATULATIONS!

(Continued)



Maggie Rapai, Day Health Center Manager – Eastpointe

Maggie joined PACE full-time after graduating in 2018. While she was a student, she interned at PACE Southeast Michigan and caught the PACE “bug”. She is looking forward to continuing the great culture at Eastpointe as the center manager!



Shonna Withers, Assistant Center Manager – Sterling Heights and Eastpointe

Shonna has been working at PACE Southeast Michigan since 2014. She started out as a Participant Care Associate and is currently an Assistant Center Manager for our centers in Sterling Heights and Eastpointe. She is currently attending school to receive her degree.

CAREGIVERS CAN ATTEND APPOINTMENTS WITH PARTICIPANTS!

It is great bonding time when caregivers drive participants to appointments. They can also attend appointments with you. This way, caregivers can be more involved in your care, like asking questions directly to your doctors. This can lead to better health outcomes and togetherness for both your caregiver and you. PACE Southeast Michigan always partners with caregivers to ensure participants receive the best care possible.

If your caregiver plans to drive you to an appointment, let us know you have a ride by calling your care team.



SPRING LEISURE ACTIVITIES

By: Michelle Betman, CTRS, CDP

With spring coming and the weather warming up, there are new leisure opportunities to participate in. There is so much to do while remaining safe during COVID-19. Some of these activities are gardening, walking, going outside, and watching baseball.

Gardening has adaptations to make it tabletop so you can garden from a standing or sitting position. Gardening allows you to have light physical activity while reducing stress and building self-esteem. Gardening is also an activity that is good to do with all the generations of your household for great bonding time. Gardening is a great source of growing your own fruits, vegetables, and herbs, which is a way to eat healthier.



If it is safe to do so, walking outside is so good for you. It helps improve circulation, build bone mass, release painkilling endorphins, lose weight, and strengthen muscles. It also helps to improve sleep and breathing, and supports your joints.



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Even sitting outside is therapeutic. Sitting outside gives a change of scenery, allows you to breathe better quality air, counteract season affective disorder, and helps calm one down.

Finally, baseball season begins April 1st. Sports can offer benefits even if you cannot make it to Comerica Park. Sports build bonds with friends. Watching sports has been proven to inspire fitness. Hopefully, watching your favorite team will encourage you to do some chair exercises during the commercial breaks. It provides entertainment and stress relief. Lastly, sports build traditions and connections through your hometown, state, school, or alma mater.



As always, the PACE Southeast Michigan Life Enrichment team can send a monthly activity kit to you. This kit is customized to you with word puzzles, coloring, crafts, and more. If you are not currently receiving it, please contact your center's Life Enrichment Therapist to sign up. Each center does at least two virtual programs each month. Virtual activities are completed on a phone line. You call into the phone number with the ID number, which you can receive from the Life Enrichment team. The program times are sent in the activity kit or posted on the center's activity calendar, which can be located in your center or on PACE Southeast Michigan's website under events.

SPRING

Meet the Supply Chain Team!

PACE Southeast Michigan would not be able to function without the help of our supply chain team! This team is the connection between PACE Southeast Michigan and external suppliers to ensure we have what we need to provide Extraordinary Care. Thank you to the supply chain team for all that you do!



Fun facts about the team!

- Ardy Grayer (Supply Chain Manager) is a sports fanatic and loves traveling and writing.
- John Bryson (Southfield Supply Chain Clerk) is a published author.
- Lekesha Stone (Sterling Heights Supply Chain Lead) is a singer and is looking to record her first album soon.
- Michael Powe (Maintenance) is the Deacon at his church.
- Albert Richardson (Dearborn Supply Chain Lead) is the bass player at his church.
- Clara Miller (Eastpointe Supply Chain Lead) is an avid reader and traveler.
- Jorge Cuevas (Rivertown Supply Chain Lead) is an extremely talented artist.

Valentine's Day Cocktail Party Sponsors

In February, we held a fundraiser in celebration of Valentine's Day. Thank you to all our supporters for participating in the virtual party. A special thank you to our guests John and Mary Holland. They shared how they found love at PACE Southeast Michigan at the event. To donate to PACE Southeast Michigan's Community Giving fund, please contact the philanthropy department at our corporate office.



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

Online shopping? Did you know if you shop on Amazon you can also be helping our participants? With Amazon Smile, 0.05% of your purchase will be given to PACE Southeast Michigan.

Go to **smile.amazon.com** and select PACE Southeast Michigan as your charity of choice. Then shop!



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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