



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.”

– Edith Sitwell

Holiday Greetings Participants and Caregivers!

As we approach this beautiful holiday season and the close of 2019, let us reflect on another year of many blessings and the love of family, friends and the PACE Southeast Michigan caregivers.

As many of you know, Michigan’s aging-adult population continues to grow and so does the need for PACE care and services. We strive to meet the demand by adding Centers and staff to serve this need. There are many seniors to be served in Macomb County. By the end of this year, we will replace our small Warren Center with a larger one in Eastpointe. This new Center will provide care for up to 250 participants. In early 2020, we will open a center in Pontiac followed by a second Center in Detroit in 2021.

We are proud to announce that we received two significant grants to help with the cost of our centers! The Harry and Jeannette Weinberg Foundation gave us a \$500,000 grant for our Sterling Heights Center. And the Edward N. and Della L. Thome Memorial Foundation gave us a \$1,000,000 grant for our upcoming Pontiac Center. We are grateful for this support as it allows us to care for more seniors!

PACE Southeast Michigan has much to celebrate. Our Chief Medical Officer, Dr. Gwendolyn Graddy, was once again named a Top Doc in Hour

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Detroit Magazine's annual list. We are also proud to announce that for the second year in a row, PACE Southeast Michigan is a Detroit Free Press Top Workplace! We are grateful to our entire team who make PACE Southeast Michigan a very special place to work and receive care!

We are deeply grateful for your trust, understanding, support and partnership as we care for you or your loved one!

May you enjoy a blessed and joyful holiday season surrounded by those you love!

I wish you Peace.
Mary

TRIVIA NIGHT

On October 24th we held a Trivia Night Fundraiser! This was a fun event where teams competed against each other testing their knowledge. All proceeds from the night went to the PACE Southeast Michigan *Community Giving Fund*, which goes towards items and services that keep participants safe and comfortable in their homes. We are thankful for our sponsors for their support of PACE Southeast Michigan and our participants. We could not do it without them!

Genius Sponsor



Brilliant Sponsors



Susan Hawkins

Dr. Manu Malhotra

Dr. Mike and Mary Naber

Intelligent Sponsors



Dr. Nicholas and Lindsay Joseph

Lorna and Jud Utley

NEW EMPLOYEES AND PROMOTIONS



Welcome Shannon Gatti, our new Director of Transportation at PACE Southeast Michigan! She joins us after serving ten years in the Army as a transportation logistics officer. Before that, she worked in the trucking and school-bus industries. Shannon received a Masters of Public Health from Loyola University Chicago. We are thrilled to have her on the PACE Southeast Michigan Team. She looks forward to helping enrich the lives of our participants.



Dr. Orest Sowirka is the new Physician at our Sterling Heights Center. He brings with him over 20 years of experience. Dr. Sowirka's focus is in geriatric medicine. He received his medical degree from Michigan State University. Dr. Sowirka is a skilled doctor whose priority is that all participants receive high-quality care!



Jason Lewis is serving as the interim Day Health Center Manager at our Dearborn Center. Jason has over 20 years of experience in healthcare and has been at PACE Southeast Michigan for over six years. His previous position was as a Home Care Coordinator. The participants at Dearborn are in good hands!



We have a new interim Human Resources Manager, Ray Pope. Ray has been a HR Business Partner at PACE Southeast Michigan for the last year and has over 15 years of experience working in Human Resources. Ray attended school at Ferris State University where he was on the basketball team. On a personal note, he is a huge fan of Transformers. We appreciate the experience and passion he will bring to the role!

**TOP
WORK
PLACES
2019**

Detroit Free Press

WE ARE A DETROIT FREE PRESS TOP WORKPLACE

We are proud to announce that we have been named a Detroit Free Press Top Workplace for the second year in a row! Thank you to all the participants, caregivers, and staff for helping us accomplish this Inspired Achievement!

CAREGIVER BURNOUT



Your role as a caregiver is very important. You put a significant amount of time and effort into caring for your loved one. Have you been spending the same amount of time and effort on yourself? Are you feeling tired? Are you feeling drained? Are you feeling overwhelmed? Have you noticed a change in mood or attentiveness in your level of caring towards your loved one? Have you been neglecting your own needs? Are you feeling helpless or hopeless? Maybe you're experiencing caregiver burnout.

Caregiver burnout is defined as a state of physical, mental, and emotional exhaustion. Caregiver burnout isn't always preventable but it's treatable and we have the tools to help. Here are 10 tips to avoid burnout from occurring:

1. **Learn about the disease.** Find out the needs of your loved one. Ask as many questions as you need to in appointments. All questions are important.
2. **Take care of yourself.** You can't pour from an empty cup; you have to take care of yourself as well.
3. **Practice healthy living.** To perform your best, eat healthy, exercise regularly, get enough sleep, and be involved in your own interests.
4. **Stay social.** Connect with others in similar situations and maintain important relationships with others.
5. **Accept help.** You don't have to do it all. People often want to help, just ask. All your care team members at PACE Southeast Michigan are willing and able to help!

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Caregiver Burnout, continued from page 4.

6. **Allow yourself to have emotions.** It's okay to feel hopeless, worthless, helpless, sad, anxious, or fearful at times. These are all normal feelings to have in your situation.
7. **Communicate your emotions with each other.** It's important to share the emotions you are feeling. It may help others understand you better.
8. **Give yourself breaks.** Take time just for you. Connect with your family to provide support. Reach out to your social worker to see what resources are available for you in your situation.
9. **Encourage independence.** Encourage your loved one to come to the PACE Day Health Center to socialize and receive services in-house.
10. **Seek help from local organizations.** PACE Southeast Michigan has lots of resources and tools to help you! For example, we now have certified Alzheimer's Association group leaders who will be offering services to our caregivers.

Remember, you don't have to do it all on your own. PACE is available 24/7 to support your loved one and your needs. We can be reached at 855-445-4554. We appreciate all caregivers and we want to support you, as well as your loved ones, as much as possible.

Adapted from Sullivan, A. B., & Miller, D. (2015). Who is taking care of the caregiver? *Journal of Patient Experience*, 2(1), 7-12.

Thank You!

PACE Southeast Michigan has been awarded a grant of \$500,000 from the Harry and Jeanette Weinberg Foundation! The funding is to help expand PACE services with our Sterling Heights center. The center opened back in January and serves 212 seniors.

The Edward N. and Della L. Thome Memorial Foundation has awarded PACE Southeast Michigan a grant of \$1,000,000! These funds are to expand PACE services with a center in Pontiac. The new center will serve 300 seniors and will open in the spring of next year.

Thank you to the Weinberg and Thome Foundations! We appreciate the support of our program and participants!

News From Our Life Enrichment Team

Halloween in the centers



Pink out for Breast Cancer Awareness Month



The best day of the year – Dog Day!



Holiday 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!

amazonsmile

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**



CAREGIVER SUPPORT GROUPS

Build a support system with people who understand

PACE Southeast Michigan will be holding regular caregiver support groups at the centers. These are in partnership with the Alzheimer's Association. They are a safe space to speak with others who are in a similar situation.

If you have any questions, please reach out to Dominique Dent at (248) 508-7009.

The groups meet as follows:

Sterling Heights Center – First Tuesday of each month, 4:00 p.m. – 5:00 p.m.

Dearborn Center – First Wednesday of each month, 4:00 p.m. – 5:00 p.m.

Rivertown Center – Second Tuesday of each month, 4:00 p.m. – 5:00 p.m.

Southfield Center – Second Wednesday of each month, 4:00 p.m. – 5:00 p.m.

CENTER CLOSURE DATES

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

Christmas Day –
Wednesday, December 25, 2019

New Year's Day –
Wednesday, January 1, 2020

Martin Luther King –
Monday, January 20, 2020

Memorial Day –
Monday, May 25, 2020

Independence Day (Observed) –
Friday, July 3, 2020

Labor Day –
Monday, September 7, 2020

Thanksgiving Day –
Thursday, November 26, 2020

Christmas Day –
Friday, December 25, 2020



DR. GRADDY TOP DOC

Our very own Dr. Gwendolyn Graddy has been named a 2019 Top Doc in Hour Detroit

Magazine! This award is voted on by fellow doctors. This is the 10th time Dr. Graddy has been named an Hour Detroit Top Doc! Dr. Graddy is the Chief Medical Officer at PACE Southeast Michigan and she has been with us for 18 years. Dr. Graddy recently went on a mission trip to Kenya. We are thankful to have such a wonderful leader at PACE Southeast Michigan!

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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Website: www.pacesemi.org

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Fax: 313-543-6795

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

Warren Center
30713 Schoenherr
Warren, MI 48088

Thome Rivertown
250 McDougall Street
Detroit, MI 48207

Sterling Heights Center
35501 Mound Rd.
Sterling Heights, MI 48310

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

