



ISSUE 2020



*“Anyone who thinks fallen leaves are dead have never watched them dancing on a windy day.”*

*– Shira Tamir*

Greetings Participants and Caregivers,

I hope you are enjoying the beauty that comes with the change of seasons. As we bid farewell to summer, we welcome the glorious colors of fall in Michigan!

It's been a difficult time for so many as we learn to adapt to the challenges of the COVID-19 world-wide pandemic. The good news is that we've learned to be more deliberate about reaching out and connecting with those we love and care about. Hopefully, you've also experienced this from your PACE Southeast Michigan (PACE SEMI) care team.

At PACE SEMI, we've adapted to ensure everyone's safety by wearing masks, keeping six feet away from each other, and providing care in new and different ways, including more in your homes.

After closing our centers during the worst of the pandemic, in June we began bringing a limited number of you back into the centers. On September 30th, our centers and clinics entered Phase 2. In Phase 2 we are offering attendance in the morning and afternoon. More details about Phase 2 are inside this newsletter. For those of you who are not coming in the centers, Life Enrichment has provided some fun fall activities you can do!

We are very excited that our sixth center is opened in Pontiac! We are grateful to have this beautiful new center ready to care for more seniors in need of the PACE care model. We are also happy to announce that the Pontiac Center will also feature the PACE SEMI Community Living. This supportive housing environment will provide care for 12 participants who

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would otherwise have to reside in a nursing home.

As the weather begins cooling and we enter flu season, it is more important than ever that you stay healthy! If you have not already gotten your flu vaccine, please let your care team know. The same actions that protect you from COVID-19 also protect you from the flu. Keep washing your hands, practice social distancing, and wear your mask.

May you stay well and enjoy this beautiful fall season!

Gratefully, Mary

## 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**



## *Congratulations, Janis Rood!*



Our PACE Southeast Michigan Pharmacy Manager, Janis Rood, was recently elected to the University of Michigan College of Pharmacy Alumni Society Board of Governors! In this position, she will have an impact on the school's pharmacy education. She is one of eight people on the board. She'll serve a three-year term. We are so proud of Janis' hard work and success!

## MEET OUR NEW TEAM MEMBERS!



**Dr. Shoaib Rasheed** is our new physician at our Rivertown Center. He comes to us after completing a fellowship in Geriatric Medicine at the University of Michigan. Dr. Rasheed attended medical school at West Virginia School of Osteopathic Medicine. In his free time he enjoys studying history and languages. He also enjoys kayaking and exploring northern Michigan. He is excited to be working at PACE Southeast Michigan and getting to know our participants and their families!



**Dr. Barbara Cingel** recently joined us at our Dearborn Center as the physician. Dr. Cingel grew up in Dearborn and attended Wayne State University for both undergrad and medical school. She brings with her 25 years of experience working in a hospital setting. Dr. Cingel enjoys nature, including the activities of birdwatching and gardening. She is thrilled to join the PACE Southeast Michigan team!



**Meet Christopher Pike**, the new Rivertown Day Health Center Manager. Chris originally is from Cleveland and graduated from the University of Michigan. He enjoys gardening in his free time. He is honored to be working at PACE Southeast Michigan. Chris looks forward to getting to know and visit with participants and caregivers. Welcome Chris!



**Kim McClure** is our new Director of Clinical Care! She has a Masters in Nursing and attended Michigan State University for undergrad. Kim brings with her 30 years of healthcare experience. She is a board certified Advanced Holistic Nurse and has recently completed Reiki training. She enjoys traveling and spending time with her family. We are happy to welcome Kim to PACE Southeast Michigan!



Meet **Deb Sloss**, the Director of Operations for the Dearborn and Pontiac Centers! Deb has worked in healthcare for over 25 years. She has both a MBA and MSW with a focus on geriatrics. She believes that people are happiest when they are in their own home surrounded by who and what they love. Deb is happy to be a part of PACE Southeast Michigan, working for an organization that is a perfect fit for her personal and work passions!



### CHANGE IN LEADERSHIP:

Our Eastpointe physician, **Rudy Menchl, MD**, is our interim Medical Director. He assumed the position when former Medical Director, Nick Joseph, MD, left PACE Southeast Michigan to join another PACE program in Virginia. Dr. Menchl will remain Interim Medical Director until a national search is completed.

## PHASE 2 - CENTER REOPENINGS



The PACE Southeast Michigan COVID-19 task force has been planning Phase 2 of the reopening of our centers. Safety is a priority in all our planning! All centers and clinics entered the second phase of reopening on September 30th.

In Phase 2, we are offering center attendance for up to 25 participants in the mornings, and up to 25 participants in the afternoons. All-day attendance is available for those who need it. Attendance is based on need as determined by you and your care team.

The Day Health Centers will be open 9:00 am – 12:00 pm for the morning group. The afternoon group will be from 1:00 pm – 4:00 pm. The centers will be cleaned and sanitized between the morning and afternoon groups. Masks are required to be worn in the centers and on the bus.

Remember, not only is wearing your mask important, it is important to wear your mask correctly! Your mask should cover both your mouth and nose to be effective and to protect yourself and others. The most effective ways to avoid catching COVID-19 is to wear your mask, keep six feet of distance, and wash your hands frequently. Let your care team know if you are not feeling well.

### Our new Pontiac Center is open!



On September 28th we welcomed participants into our new Pontiac Center! This is the sixth PACE Southeast Michigan center and the second in Oakland County. The new center can care for up to 300 seniors. It is located at 823 Golf Drive. Along with the Day Health Center and clinic, the Pontiac Center will also have a Community Living area, opening later this year.

## Meet the HR Team

You may not see them in the Day Health Centers, but the Human Resources (HR) department is busy behind the scenes. Meet the HR team members who hire and take care of our staff! They recruit, welcome our new staff members, as well as ensure they are all set with benefits. We are grateful for this team!



## Election 2020! VOTE!

The Presidential Election will be held on November 3rd. During this pandemic, many of you may want to vote by mail. You can request a ballot from your city clerk. Applications are available at [Michigan.gov/SOS](https://Michigan.gov/SOS). Your PACE Southeast Michigan Life Enrichment team can help you request a ballot. To reach the team member at your center please call:

**Southfield Center** – Desiree Hamilton – 248-556-9144

**Eastpointe Center** – Gretchen Cozad – 586-362-2705

**Sterling Heights Center** – Chelsea Piper – 248-763-4611

**Sterling Heights Center** – Rachel Money – 313-410-5231

**Rivertown Center** – Tamika Brown – 248-516-4811

**Rivertown Center** – Kay Raynor – 248-514-8916

**Pontiac Center** – Jenna D’Autremont – 248-881-6546

**Dearborn Center** – Elanda Clarke – 313-794-9702



## *In the Centers*

We celebrated our very first PACE Southeast Michigan wedding! John and Mary, two participants, were married in front of staff and family at the Sterling Heights Center. They met back in the 1960s and reconnected at PACE! Their wedding was featured on WDIV, Local 4 News. Congratulations to the newlyweds!



What a milestone! Ernestine celebrated her 100th birthday at the Rivertown Center. The Life Enrichment department planned a small party for her family and friends. State Representative Tyrone Carter even stopped by to personally wish Ernestine a happy birthday!



## ENRICHING FALL ACTIVITIES

The Life Enrichment Department has been encouraging creativity, stimulation, and fun during this unconventional time. Their focus has been socialization and engaging participants who have been isolated for many months. For those not able to attend the centers, the Life Enrichment team provides daily phone calls to provide additional social support along with activity kits. The daily activities in the center have been catered to each individual participant.

Here are some fun activities that you can do this fall:

### 1) DECORATE A PUMPKIN

Decorate a ceramic pumpkin, a drawing of a pumpkin, or an actual pumpkin from your local grocery store. Make this pumpkin all about YOU! Use color, paint, glitter—whatever makes it yours!

### 2) FALL FLAVOR GAME

Add some seasonal fall flavors to your meals and favorite dishes! Add some sweet potatoes on the side for lunch. Use spices like nutmeg in your cooking, and sprinkle some cinnamon on top of your pancakes in the morning. Get creative!

### 3) LEAVES GALORE

Collect leaves that you find outside to paint or decorate with glitter. Try to find unique leaves that fit your style. If you find a lot that you like, create a collection of decorated leaves!

### 4) FALL MOVIES

Watch some fall themed movies and drink fall flavored tea. Make sure to unwind and relax while doing so!

## GET YOUR FLU VACCINE!



We are approaching flu season. This year it is especially important to receive your flu vaccine. As you know, PACE Southeast Michigan provides these free of charge. We have begun giving flu shots to those participants coming in the centers and the clinics. For those of you who are not yet coming in the centers, we are exploring ways to provide the vaccine in your home. Your care team will go over options with you.

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

## SEPTEMBER WAS NATIONAL PACE MONTH



The theme this year was *Your Care, Your Community, You're Home*. We celebrated in the centers with a PACE Spirit

Week. Thank you to Representative Doug Wozniak for sponsoring the PACE Awareness Month resolution!

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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