



Participant and Caregiver Newsletter

FALL 2024



“Living in a state of gratitude is a gateway to grace.” – Arianna Huffington

DEAR PARTICIPANTS AND CAREGIVERS,

As we enter the holiday season, I have been thinking about how much PACE Southeast Michigan has to be thankful for.

This year has been a milestone as our 30th year serving participants and their families! As one of the first 15 PACE programs in the United States, we have grown and changed over the years.

We started Michigan's first PACE program in 1994 with the Center for Senior Independence in Detroit. Back then, we served about 150 people at one center. We have since grown to eight centers – soon to be nine with the addition of a Westland location later this fall – and help nearly 2,000 amazing seniors stay independent in the homes they love. As we grow, our commitment to quality care remains strong as ever. Our Medical Director, Dr. Steve Katzman, was named a Top Doc by HOUR Detroit this year! I have had the joy of seeing our team's growth and commitment for 10 years, and I look forward to seeing what the future holds.

From all of us at PACE Southeast Michigan, I want to say thank you for choosing us as your healthcare provider. What sets PACE SEMI apart from others is our deeply committed and loving team. I feel blessed to work with such a caring group of people! Their dedication is the reason why I think you're in the best hands with us. As we approach open enrollment season, I encourage you to use the graph on Page 7 that highlights how all-inclusive our care is.

I hope you all have a wonderful holiday season ahead of you. We are looking forward to celebrating with all of you at our Health Centers over the next few months!

With gratitude,

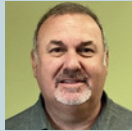
Mary Naber
President and CEO of PACE Southeast Michigan

H2318_NL29

NEW LEADERS & PROMOTIONS



Tamya Kimble
Human Resources
Manager



Danny McColl
Community Sales
Manager



Porche Thomas
Assistant Community
Living Manager

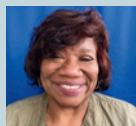
NEW CENTER LEADERSHIP STRUCTURE

In August, we changed our center leadership structure. This was done to better coordinate services to improve the quality of care for you. At each center there will be a director, center manager, and clinical manager. Transportation managers will lead two centers. These leaders will work together to enhance and personalize your care.

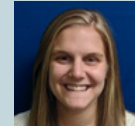
Clinton Township Center



Chris Pike
Center Director



Shela Myrick
Center Manager



Jenna Arnone
Clinical Manager



**Dr. Gerohnda
Rushton**
Physician Leader

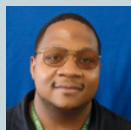


Ken Stilwell
Transportation Manager

Dearborn Center



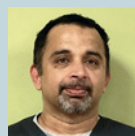
Hawra Khraizat
Center Director



Jason Lewis
Center Manager



Mary Miller
Clinical Manager



Dr. Shahzeb Khan
Physician Leader

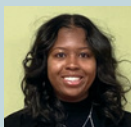


Joel Grissom
Transportation Manager

Detroit Center



Sabrina Lately
Center Director



Jalin Ogletree
Center Manager



Othman Fathel
Clinical Manager



Dr. Kelita Fox
Physician Leader



Gee Shields
Transportation
Manager



Eastpointe Center



Jozette Hughes
Center Director



Karl Hatcher
Center Manager



Ken Stilwell
Transportation Manager



Dr. Katzman
Interim Physician Leader

Pontiac Center



Bryan Dovichi
Center Director



Tyrone Foster
Center Manager



Kyla Skiffer
Clinical Manager



Dr. Kelita Fox
Physician Leader



Jacqueline Goshea
Transportation Manager

Southfield Center



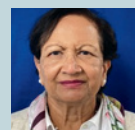
Debra Smith
Center Director



Katie Coleman
Center Manager



Cassandra Barnett
Clinical Manager

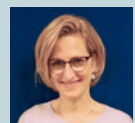


Dr. Hem Mohindra
Physician Leader



Jacqueline Goshea
Transportation Manager

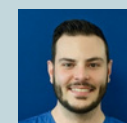
Sterling Heights Center



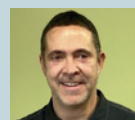
Rachel Pinkney
Center Director



Chavita Johnson
Center Manager



Jake Melvin
Clinical Manager

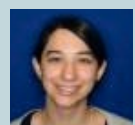


Dr. Katzman
Interim Physician Leader



Ken Stilwell
Transportation Manager

Thome Rivertown Center



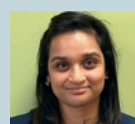
Emily Cutler-Brockway
Center Director



Sicily Baker
Center Manager



Twana Fisher-Bean
Clinical Manager



Dr. Ritu Gupta
Physician Leader



Gee Shields
Transportation Manager

Caregiver Connect

***Experts empowering caregivers
through education***

Upcoming Virtual Events:

Wednesday, Nov. 20, 5:00 - 6:00 p.m.:

Diabetes

Dr. Steven Katzman, PACE Southeast Michigan Medical Director, and Ashley Wozniak, a PACE Southeast Michigan registered dietitian

Thursday, Dec. 5, 5:00 - 6:00 p.m.:

Healing For the Holidays

Rev. Samuel White III, PACE Southeast Michigan Spiritual Care Manager and Feiga Bowick, a PACE Southeast Michigan social worker

Please email Communications@pacesemi.org to register for these virtual events, and a meeting link with details to join will be sent directly to you.

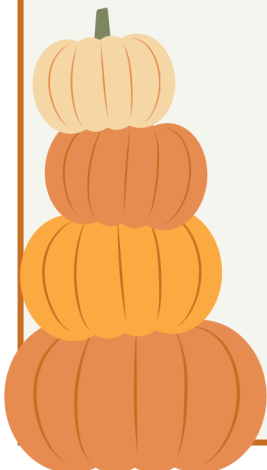


Diabetes

Our fall **Caregiver Connect** focuses on diabetes.

Did you know consuming carbs in moderation is one of the best ways to reduce blood sugar spikes?

Our dietitians recommend making sure half of every meal is made of non-starchy foods like leafy greens or squash. The other half can be split between lean proteins like chicken or fish and carbs like pasta or rice.





We loved seeing your smiling faces at our September farmers market events! Participants at each center shared their plans to use their fresh, free produce to make salads, fruity desserts and more.

Special thanks to **Ford Philanthropy** and **Enterprise Community Partners** with funding from the **Edward N. & Della L. Thome Memorial Foundation**, **Bank of America Trustee**, for making these markets possible!



Upcoming Center Closure Dates



Thanksgiving Day

Thursday,
November 28

Christmas Day

Wednesday,
December 25

New Year's Day

Wednesday, January 1, 2025

Tips for COVID-19 Season

COVID-19 and flu season has arrived!
To stay healthy, it helps to...

- Wash your hands regularly with warm water and soap
- Cover your mouth and nose when sneezing or coughing
- Get your flu and COVID-19 vaccines at one of our Day Health Centers
- Wear a mask





EIGHTH ANNUAL

BREAKFAST AMONG FRIENDS

We're thrilled to share that our eighth annual Breakfast Among Friends was a huge success!

The *Community Giving Fund* helps us provide extra services to participants like home repairs, emergency items and so much more. Thank you to everyone who supported the fund and made it to this year's event; we loved seeing you there!

DECEMBER 3, 2024 IS GIVING TUESDAY

Giving Tuesday is just around the corner on Tuesday, Dec. 3. We hope you'll consider joining us in supporting the *Community Giving Fund*!

To donate, visit www.pacesemi.org/contribute or send a check using the following address:

PACE Southeast Michigan Philanthropy Department

Attn: Holly Fine

21700 Northwestern Highway, Suite 900

Southfield, MI 48075

It's Medicare open enrollment season, and you're completely covered! There is no need to do anything! PACE Southeast Michigan's wraparound coverage includes:

PACE SOUTHEAST MICHIGAN BENEFIT	COVERAGE
Personalized Care Coordination	Included - no fee
Doctor Appointments (primary, specialty, behavioral)	Included - no fee
Transportation To and From Medically Necessary Appointments	Included - no fee (wheelchair accessible buses)
In-Home Support Services (home care, light house keeping, chores, and more)	Included - no fee
Medical Equipment and Supplies	Included - no fee
Day Health Center	Included - no fee
Spiritual Care	Included - no fee
Medications (prescriptions and over-the-counter)	Included - no fee (continues while enrolled)
Hospitalization	Included - no fee
24/7 Emergency Care	Included - no fee
Physical, Occupational, Speech Therapy	Included - no fee (continues while enrolled)
Meal Support (supplements, frozen meals, education, and more)	Included - no fee
Dental, Vision, Podiatry	Included - no fee

Corporate Office

21700 Northwestern Hwy.,
Suite 900
Southfield, MI 48075

(855) 445-4554

www.pacesemi.org

TTY: 711



Scan the QR code
to follow us on
social media!

As a PACE Southeast Michigan participant, all health care services must be provided and arranged by your PACE Southeast Michigan 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.

OUR MISSION

PACE Southeast Michigan is a unique health plan and comprehensive care provider, committed to keeping chronically ill aging adults in their home, by caring for their medical, psychosocial, and spiritual needs.

OUR VALUES

Extraordinary Care Collaborative Teamwork Accountability
Inspired Achievement Adaptive Growth

