

SPRING/SUMMER 2024

A MESSAGE FROM OUR **PRESIDENT & CEO**

Mary Naber



Dear Participants and Caregivers,

As the sunshine and warmth of summertime bring new life to flowers and plants, and our daylight hours are extended, I am reminded that rejuvenation is the key to well-being. Every day is a new chance to take care of ourselves and celebrate our achievements along the way.

Summer is a wonderful time to focus on our mental health and well-being. If you are feeling down, overstressed, or don't want to do things you once enjoyed, please reach out to your PACE care team. Remember, it's OK not to be OK and to ask for help.

Self-care can be as simple as doing light exercises to improve muscle strength, mobility, and mental clarity. Or maybe it's time to get a haircut, play some nostalgic music, and think about a special moment in your life. It could also mean asking for help if you are feeling sad or depressed.

Finally, I'm always excited to celebrate successes. Recently, we conducted our semi-annual participant feedback survey, and I am pleased to share our most recent findings. Since 2023, we have increased overall participant satisfaction. Some of the specific areas of improvement included life enrichment, meals, medical care, home care, and social work services.

Thank you for participating in our survey. We can't enhance the care we provide without your honest feedback. We are grateful for the opportunity to serve you.

In good health,

Mary Naber
President and CEO PACE Southeast Michigan

**"Summertime is
always the best of
what might be."**

Charles Bowden

H2318_NL27

Welcome Dr. Steven Katzman!



Dr. Steven Katzman joined PACE Southeast Michigan on Monday, May 13 as our new Medical Director. He is board certified in internal medicine, hospice, and palliative care. Dr. Katzman is especially experienced in providing care for people with serious illness by focusing on their quality of life.

Over the last 20 years, he has practiced medicine, and serving as the national medical director for Heart to Heart Hospice and conducted clinical research. Dr. Katzman leads our primary care team to make sure you get the right care, at the right time, in the right place. You may see him around your center, so be sure to say hello!

Promotions



Jenna Arnone

Social Work Manager



Kathryn Coleman

Behavioral Health Services Manager



Joel Grissom

Asst. Transportation Manager

Welcome New Leaders



Melissa Bryan

Clinical Intake Manager



Dana Jaffe

Director of Home Care



Lisbeth Lim

Sr. Director of HR and Organizational Development



Jalin Ogletree

Asst. Rivertown Center Manager



Ginger Petrat

Director of Public Affairs and Philanthropy



Deborah Waldo

Home Care Services Manager

Weekly Call Reminder

Every week, you should receive a call from the CEO of PACE Southeast Michigan, Mary Naber. These calls are meant to tell you about what is happening in our centers. Please expect a call weekly. Additionally, we use these calls to notify our participants if we are having a change in our services, like when a center is closed, or dangerous weather means we cannot transport participants to the centers.

If you are not receiving these calls, please tell a member of your care team.



Meet our Facilities Team!

These hardworking individuals keep our centers safe and well-maintained.



Our maintenance technicians handle repairs, fix equipment, and keep buildings in top shape. Their efforts allow us to provide a comfortable and safe environment for our participants and staff. We deeply appreciate their skills and dedication.

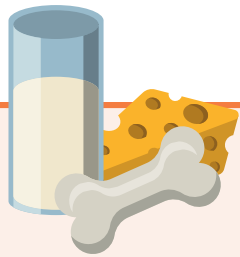
From left to right: Robert Alexander, Jorge Cuevas, Kelly Satterfield (manager), and Paul Gornowicz.

Summer Nutrition Tips

from our
Registered Dietitian Students



Maintaining a nutritious diet is important for our health, especially as we age. Adding foods with **essential nutrients** like Vitamin D, Calcium, and Vitamin B12 can improve happiness, health, and well-being.



CALCIUM supports bone health

Find it in dairy products, leafy greens, and canned fish



VITAMIN B12 helps maintain energy and improves brain health

Find it in meat, fortified cereal, and eggs



VITAMIN D is critical for a healthy immune system

Find it in sunlight, milk, and salmon



**DID YOU
KNOW?**

The foods we eat can impact chronic pain!

Chronic pain happens when part of our body is inflamed for over three months. It can impact our emotional health and daily activities.

Studies show that eating more unsaturated fats, fruits, and vegetables can help reduce pain. Avocados, nuts, fatty fish, and olives are excellent sources of unsaturated fats. Berries, apples, dark leafy greens, tomatoes, and carrots are rich in antioxidants.

Fight inflammation with omega-3 fatty acids, B vitamins, vitamin D, magnesium, and zinc!

Mark your calendars!

2024 Center Closure Dates

Independence Day Thursday,

July 4, 2024

Labor Day

Monday, September 2, 2024

Thanksgiving Day

Thursday, November 28, 2024

Christmas Day

Wednesday, December 25, 2024

Remember, you can call

(855) 445-4554

at any time – day or night, weekends, and holidays. We are always here for you!

PACE ANNUAL COOKOUT



Please contact your
Life Enrichment
Therapist for time and
event details.

Clinton Township

August 13 & 14

Lake St. Clair Metropark
31300 Metro Parkway
Harrison Township, MI 48045

Detroit

September 4 & 5

Detroit Day Health Center
17330 Greydale
Detroit, MI 48219

Pontiac

August 14

Detroit Day Health Center
17330 Greydale
Detroit, MI 48219

Sterling Heights

August 13 & 14

Lake St. Clair Metropark
31300 Metro Parkway
Harrison Township, MI 48045

Dearborn

August 14 & 15

Detroit Day Health Center
17330 Greydale
Detroit, MI 48219

Eastpointe

July 15 & 16

Belle Isle Park
99 Pleasure Dr.
Detroit, MI 48207

Southfield

September 11 & 12

Detroit Day Health Center
17330 Greydale
Detroit, MI 48219

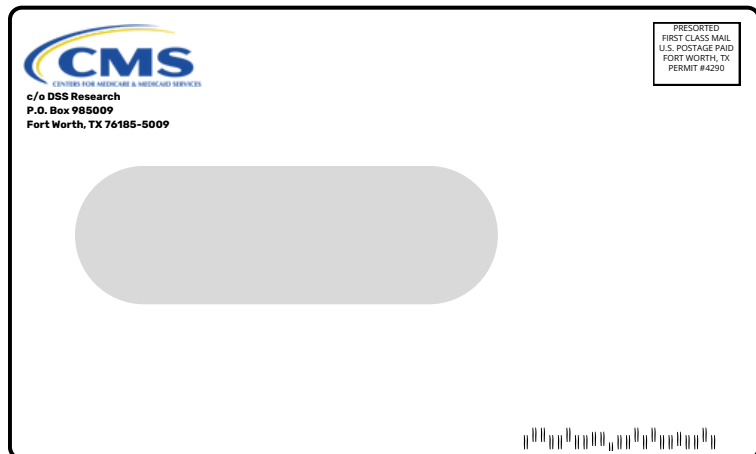
Thome Rivertown

August 1 & 2

Belle Isle Park
99 Pleasure Dr.
Detroit, MI 48207

Watch your mail!

You'll receive an envelope like this...



and a survey!

The Centers for Medicare and Medicaid Services will send you a survey by mail. They want to know how you complete daily tasks.

Please complete the survey and mail it back using the envelope provided. The postage is already paid.

Important Dates

July 15, 2024 - Postcard Notification

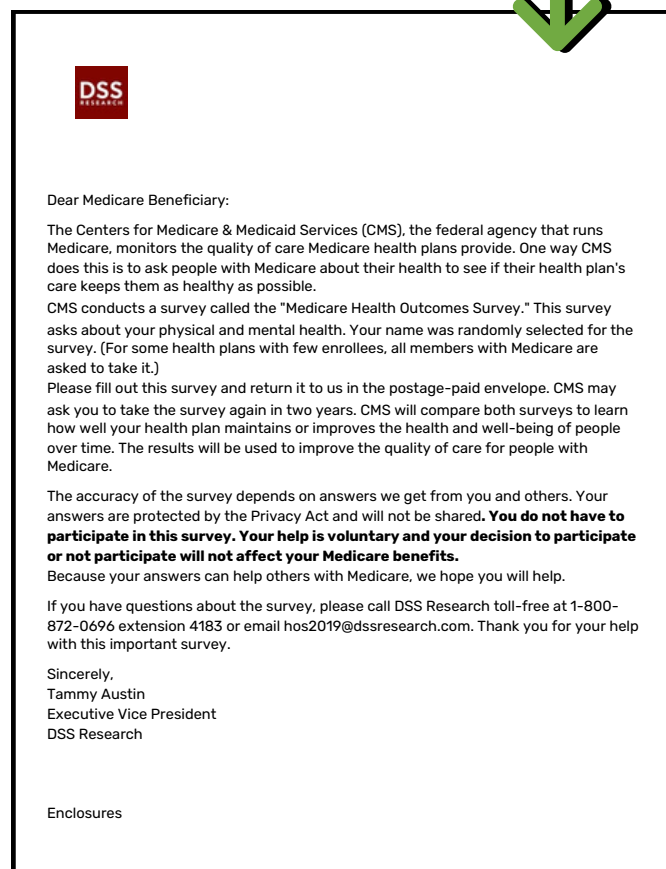
July 22, 2024 - Survey Mailed

August 26, 2024 - Reminder Survey Mailed

September 16, 2024 - Telephone Interviews

Our participants' honest feedback is essential because it directly influences how we enhance and tailor our services to best meet our participants' needs.

with a letter like this...



What are daily tasks?

- Brushing your teeth
- Getting up from a chair
- Getting dressed
- Using the toilet

If you're having trouble doing daily tasks, we need to know so we can help you! Please answer the questions based on your ability to do them. It's OK to indicate you're having difficulty or you're unable to do a particular task on your own.

We are here to help answer questions!

PACE Day at the Capitol

Our President and CEO, Mary Naber, received the Lifetime Achievement Award from the PACE Association of Michigan at PACE Day at the Capitol! This award honors people who have made great contributions to PACE in Michigan. Mary's hard work and leadership have greatly improved PACE organizations. She has made PACE better for older adults all over the country. Please join us in celebrating Mary!



OUR MISSION

PACE (Program of All-Inclusive Care for the Elderly) 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

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.



Scan the QR code to

Follow us on social
media!

(855) 445-4554 TTY: 711

www.pacesemi.org

21700 Northwestern Hwy., Suite 900
Southfield, MI 48075

