

PARTICIPANT AND CAREGIVER NEWSLETTER

Spring 2025



SPRING IS IN THE AIR

Dear Participants and Caregivers,

Are you excited spring is here? I know I am. Seeing so much new life this time of year is always refreshing and inspiring. It reminds me of all the ways we can grow.

At PACE Southeast Michigan, we'll be breaking ground on plenty of new life for our program this spring. Our centers in Sterling Heights and Clinton Township are expanding so we can better serve those communities. In Eastpointe, we're breaking ground on an exciting new living community that will make independent, affordable housing more accessible for older adults in our program who need it. And, we're looking to start working on a 10th center to serve those on the east side of Detroit. This is a season of growth, indeed!

Each week, we do our best to keep you up to date on these developments, share tips from our staff and report other news through my weekly calls to all of you. Whether it's an exciting update from our program or an explanation of the decisions coming out of the White House, these calls are our best tool to keep you up to date on news that might impact your care. Please take the time to listen to these calls! We want you to be as well-informed as possible.



With hopes of a beautiful spring,

Mary Naber
President and CEO
PACE Southeast Michigan

"Springtime is the land awakening. The March winds are the morning yawn."
– Columnist Lewis Grizzard

NEW HIRES & PROMOTIONS



Brianna Askew

Pontiac Center Manager



Dr. Elizabeth Dowers

Eastpointe Physician Leader



Dr. Sean Drake

Sterling Heights Physician Leader



RaSheda Edgar

Authorization Manager



Chantee Harvey

Home Care Manager



Nakia Hubbard

Westland Center Manager



Lisa Jeffries

Eastpointe Clinical Manager



Anita Stamatopoulos

Westland Clinical Manager

ANNUAL MEDICAID RENEWAL

Did you know Medicaid recipients must renew their membership every year? If you receive Medicaid and don't renew, it may put your PACE Southeast Michigan enrollment at risk.

The Department of Health and Human Services will send you a letter reminding you to renew soon. Please contact your eligibility care specialist if you have any questions or need assistance.

Southfield, Dearborn, Detroit, Westland and Clinton Township participants:
Vickie Johnson – (248) 804-9790

Pontiac, Rivertown, Sterling Heights and Eastpointe participants:
Romy Allan – (248) 804-9894



Our Center Directors are always here for you!
Please reach out to them whenever you need something.



Clinton Township
Chris Pike
(313) 228-7131



Dearborn
Hawra Khraizat
(313) 410-7436



Detroit
Sabrina Lately
(248) 829-9883



Eastpointe
Jozette Hughes
(586) 713-4058



Pontiac
Bryan Dovichi
(248) 556-9184



Rivertown
Emily Cutler
(313) 580-0473



Southfield
Debra Smith
(248) 561-0771



Sterling Heights
Rachel Pinkney
(248) 200-9800



Westland
Othman Fathel
(248) 914-2676

This spring, our dietitians recommend cooking up SOUTHWESTERN BLACK BEAN SALAD

Ingredients:

- 15.5 oz can black beans, rinsed and drained
- 9 oz cooked corn, fresh or frozen (thawed if frozen)
- 1 medium tomato, chopped
- 1/3 cup red onion, chopped
- Juice of 2 limes
- 1 tbsp olive oil
- 2 tbsp fresh minced cilantro
- 1 medium avocado, diced
- Salt and pepper

Instructions:

In a large bowl, combine beans, corn, tomato, onion, cilantro, salt and pepper. Stir in fresh lime juice and olive oil. Marinate in the refrigerator for 30 minutes. Add avocado just before serving. Can be served with chips or on a tortilla!



Talk to your team to see if palliative care is right for you

What is palliative care?

Palliative care is participant and family-centered care directed toward improving quality of life and relieving discomfort from chronic diseases. Palliative care addresses physical, psychological, social and spiritual needs in the setting of a serious illness.

You may want to consider palliative care if you have:

- Pain
- Cancer
- Heart Disease
- Kidney Disease
- Liver Disease
- Multiple Sclerosis
- HIV/AIDS
- Parkinson's
- Or another chronic concern

Take control of your care

It's never too early or late to customize treatment options to help address your specific care needs. Palliative care allows patients to have more control and collaboration over their care. Talk with your team to learn if palliative care, alongside the full suite of PACE Southeast Michigan services, can improve your quality of life!



PARTICIPANT SATISFACTION SURVEY

You'll receive a call soon asking you to participate in our annual Participant Satisfaction Survey. Our partner, Vital Research, will call you with questions about the quality of your PACE Southeast Michigan Care, your experience in our Health Centers and more.

Please take the time to complete the survey. It helps us make sure we're serving you the best we can!



DON'T MISS THE ANNUAL SET THE PACE 5K!

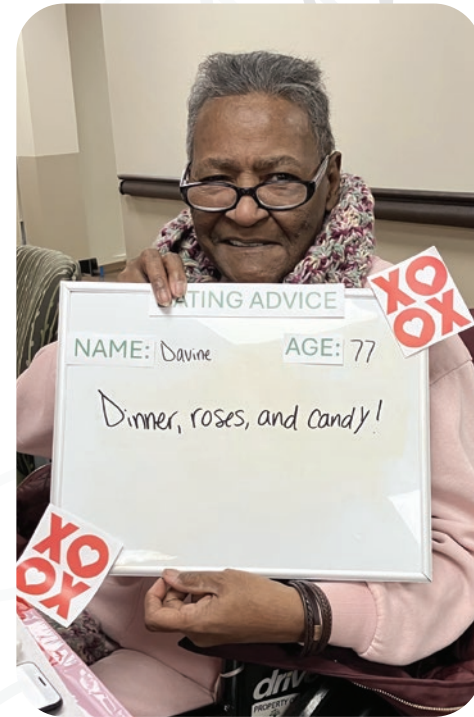
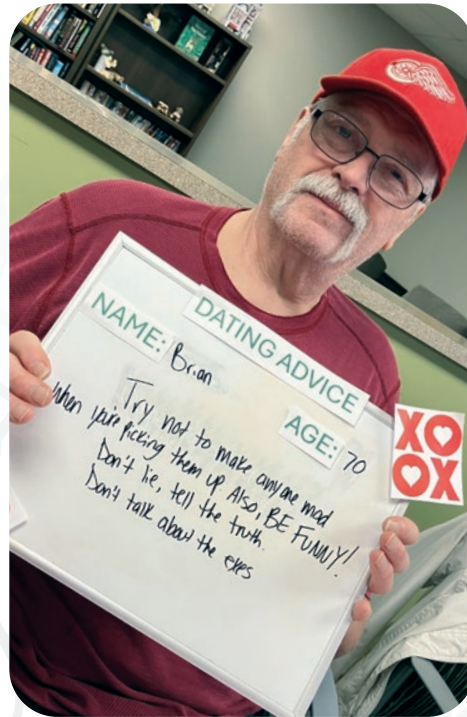
When: 9 a.m. Saturday, June 7
Where: Stony Creek Metropark
4300 Main Park Drive
Shelby Township, MI

Set the PACE 5K supports PACE Southeast Michigan's mission to help older adults live safely and independently in their homes and communities. Whether you run or walk, this is a great way to enjoy the outdoors while supporting a great cause!



To sign up, visit PACESEMI.org or call (855) 445-4554.

We loved celebrating Valentine's Day with you!



DO YOU KNOW SOMEONE WHO MIGHT QUALIFY FOR PACE SOUTHEAST MICHIGAN?

PACE Southeast Michigan uses Medicare, Medicaid and private funds to cover all medically-necessary care for our participants. To be a participant of the program at no cost, individuals must meet the income and asset limits for PACE Medicaid.

In 2025, Medicaid's income and asset limits increased. This means more people than ever can access PACE Southeast Michigan at no out-of-pocket cost!

Single people can have an income of up to \$2,901 a month and assets, excluding residences and vehicles, worth up to \$9,660. If someone is married, and both they and their spouse would like to enroll, they can each earn up to \$2,901 a month and assets, excluding residences and vehicles, can be up to \$14,470 combined.

Someone may qualify for PACE services if they...

- Are 55 years or older
- Can live safely in the community with the support of PACE Southeast Michigan
- Qualify for nursing home-level care
- Reside in Macomb County, Wayne County or Oakland County.

For more information about Medicaid's new asset limit details or for eligibility, people can call (855) 445-4554 (TTY: 711) to speak with a PACE Southeast Michigan Enrollment and Outreach Representative.



MEET THE MILTONS

Tony and Anna Milton at our Clinton Township Center have been married for 47 years!

The couple met working for Greyhound Lines in downtown Detroit and started dating after being friends. They have an adopted daughter and a grandson they absolutely adore!

Tony said the secret to a lasting relationship is always letting each other be themselves. "Don't try to control each other," he said. "If she wanted to do something and I didn't, I wasn't going to stop her."





21700 Northwestern Hwy
Suite 900
Southfield, MI 48075

855-445-4554 TTY: 711
pacesemi.org

NEED
INDICIA

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
Inspired Achievement
Accountability
Adaptive Growth



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.