



# Participant and Caregiver Newsletter

WINTER 2025



**“And now we welcome the new year, full of things that have never been.”** – Poet Rainer Maria Rilke

## **DEAR PARTICIPANTS AND CAREGIVERS,**

I'm always inspired by the new beginnings that come with the start of a new year. As we enter 2025, I am full of anticipation for what's to come.

Last year was full of good things at PACE Southeast Michigan. We celebrated our 30th anniversary, opened our ninth center in Westland and served more of our amazing participants, like you, than ever before. So many of you were here for those milestones, and for that I am grateful. For those of you who joined our PACE Southeast Michigan family recently, we are thankful for the opportunity to serve you and your loved ones.

We will remain focused on all of your care needs – body, mind and spirit. We will continue to grow our home care team and advance our use of technology solutions to help keep you independent in your home. Unlike any other program, our unique service model provides an entire team to care for you, with the center as the hub. It is your home away from home.

We plan to open a 10th center at the end of 2025 so we can keep serving the growing population of older adults in Michigan who benefit from the PACE Southeast Michigan care model. With another new year before us, let's be grateful for what we have and set a goal that will give purpose and a positive impact for yourself or someone you care about.

I wish you peace and joy this new year!

**Mary Naber**  
**President and CEO of PACE Southeast Michigan**

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## Welcome to the team!



**Jadwiga Reffitt**  
Director of Sales and  
Enrollment



**Alex Gaglio**  
Project Manager,  
Palliative Care  
and End of Life

## Looking to stay active during the cold months?

Our physical therapists recommend these exercises that anyone can do at home!

### **Sit and stands**

Practice standing up from a seated position in a chair, using support for balance if needed. Try doing this in sets of five or 10!

### **Overhead and forward presses**

While seated, lift a soft item like a pool noodle or pillow over your head and/or straight in front of you. Try these exercises in sets of five or 10!



Our awesome 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



**Eastpointe**  
Jozette Hughes  
(586) 713-4058



**Detroit**  
Sabrina Lately  
(248) 829-9883



**Southfield**  
Debra Smith  
(248) 561-0771



**Rivertown**  
Emily Brockway-Cutler  
(313) 580-0473



**Pontiac**  
Bryan Dovichi  
(248) 556-9184



**Westland**  
Othman Fathel  
(248) 914-2676



**Sterling Heights**  
Rachel Pinkney  
(248) 200-9800

## Weekly Call Reminder

You should receive a call from our President and CEO, Mary Naber, every Tuesday. Mary uses these calls to share important updates and helpful reminders so everyone can be in the know! If you do not receive these calls, please speak with your care team.



INCOMING CALL:  
MARY NABER

## Holiday Celebrations

We loved celebrating the holidays with you! We're looking forward to even more fun in our Health Centers in 2025.



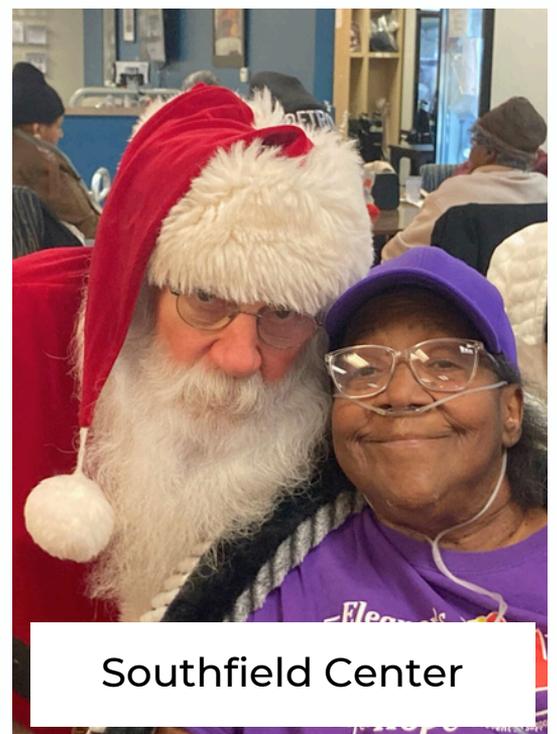
Detroit Center



Sterling Heights Center



Eastpointe Center



Southfield Center



## Westland Center Grand Opening

We are so excited that our newest Health Center in Westland is up and running! This beautiful new facility is our ninth location in metro Detroit and will serve 300 of our amazing participants in Westland and the surrounding community!



## 2025 Center Closure Dates

**Martin Luther King Jr. Day**  
Monday, January 20

*Mark your calendars for these 2025  
Health Center closure dates!*

**Memorial Day**  
Monday, May 26

**Independence Day**  
Friday, July 4

**Labor Day**  
Monday, September 1

**Thanksgiving Day**  
Thursday, November 27

**Christmas Day**  
Thursday, December 25

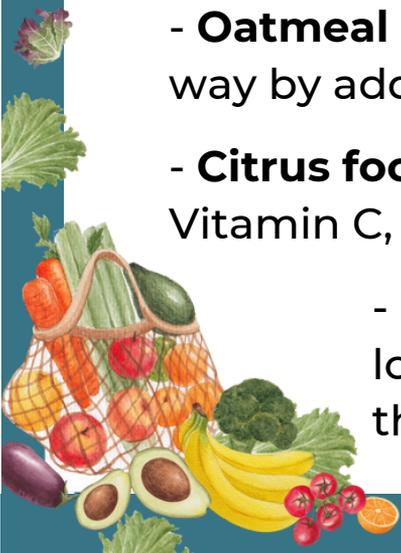


## Winter Nutrition Tips

During the cold season, food can help give us energy and feel good as we spend more time indoors.

**Here are some foods dieticians recommend:**

- **Oatmeal** is high in zinc and fiber. Spice it up in a sugar-free way by adding cinnamon and nutmeg!
- **Citrus foods** like oranges, mangos and kiwis are high in Vitamin C, which supports your immune system!
- **Root vegetables** like beets and carrots provide lots of nutritional benefits and are in season during the winter!





Sterling Heights Center Social Workers

## Meet Your Social Workers!

Our dedicated team of caring social workers are passionate about connecting you with services based on your needs. We believe in caring for the whole person, and our social workers help care for your overall quality of life!



Detroit Center Social Workers



PACE SEMI Social Work Department

## Caregiver Resources

### Did you know that PACE Southeast Michigan offers caregiver resources?

Our amazing caregivers partner with us to help the participants we all love live their best lives possible.

Talk with your care team about the educational and support resources we offer caregivers and family members!



## Corporate Office

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Suite 900  
Southfield, MI 48075

**(855) 445-4554**

**[www.pacesemi.org](http://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