

PARTICIPANT AND CAREGIVER NEWSLETTER

Summer 2025



SUMMER REFRESH

Dear Participants and Caregivers,

I don't know about you, but I always feel a greater sense of optimism in the summer. The days are longer and the sun seems to shine brighter. It has been so wonderful seeing so many of you enjoy more time outdoors at our centers and on trips. I'm looking forward to the many bright days ahead of us.

As many of you know, we are always working hard to educate our federal, state and local lawmakers about how unique and life-changing PACE is. Most recently, we have focused on helping lawmakers understand the importance of Medicaid – a program that makes PACE care possible for many of our participants. One of the ways we've done this is to bring some of our participants and team members to the annual PACE Day at the Capitol in Lansing, which you'll see more about on page six, to meet state lawmakers. So many of you have joined us in advocacy this year by contacting your representatives, and I'm incredibly grateful for that.

As always, I will keep you updated with the facts and other important news about our program in my weekly calls, so please be sure to listen in.

We have many more opportunities for education and fun ahead of us this season. I hope to see all of you in our health centers taking advantage of these offerings.



I hope this is an especially bright summer for all of you.

Mary Naber
President and CEO
PACE Southeast Michigan

"In summer, the song sings itself." – poet William Carlos Williams

PROMOTIONS & NEW HIRES



Erika Brant
Assistant Community
Living Associate Manager



Dr. Elena Gupta
Westland
Physician Leader



Stephany Powell
Director of Quality
and Education



Tanya Wilson
Detroit and Rivertown
Transportation Manager



Krescenzia Winston
Detroit
Clinical Manager

STAY IN TOUCH WITH US!

Want to stay connected with the latest news about PACE Southeast Michigan? We'd love to add you to our email list!

If you'd like to receive news about our program, volunteer opportunities and upcoming events, send an email to communications@pacesemi.org and we'll add you to our email list.




COMING SOON TO YOUR MAILBOX

You may receive a letter at home asking you to participate in the Center for Medicaid and Medicare Services' annual Health Outcomes Survey. This survey asks how you think your overall health would be **without** the support of PACE Southeast Michigan.

Please take time to complete the survey and be as honest as possible about your need for the services PACE provides. Your honest assessment of your needs helps the government understand what resources we need to serve you best.


CENTERS FOR MEDICAID & MEDICARE SERVICES
c/o DSS Research
P.O. Box 985009
Fort Worth, TX 76185-5009




Dear Medicare Beneficiary:
The Centers for Medicare & Medicaid Services (CMS), the federal agency that runs Medicare, monitors the quality of care Medicare health plans provide. One way CMS does this is to ask people with Medicare about their health to see if their health plan's care keeps them as healthy as possible.
CMS conducts a survey called the "Medicare Health Outcomes Survey." This survey asks about your physical and mental health. Your name was randomly selected for the survey. (For some health plans with few enrollees, all members with Medicare are asked to take it.)
Please fill out this survey and return it to us in the postage-paid envelope. CMS may ask you to take the survey again in two years. CMS will compare both surveys to learn how well your health plan maintains or improves the health and well-being of people over time. The results will be used to improve the quality of care for people with Medicare.
The accuracy of the survey depends on answers we get from you and others. Your answers are protected by the Privacy Act and will not be shared. **You do not have to participate in this survey. Your help is voluntary and your decision to participate or not participate will not affect your Medicare benefits.**
Because your answers can help others with Medicare, we hope you will help.
If you have questions about the survey, please call DSS Research toll-free at 1-800-2-0696 extension 4183 or email hos2019@dssresearch.com. Thank you for your help in this important survey.
Sincerely,
Austin
Vice President
Research

GO TIGERS!

We are having so much fun cheering on our hometown baseball team with all of you!



OUR CENTER DIRECTORS ARE ALWAYS HERE FOR YOU!

Our amazing center directors are dedicated to giving you the best possible care.
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



Thome 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

STAY SAFE IN THE SUMMER HEAT

Avoid overheating or experiencing heat stroke this summer by:



Drinking plenty
of water



Wearing light,
loose-fitting clothing



Going outside in the
morning or evening
when it's cooler

If you're experiencing heat stroke symptoms like fatigue, dizziness or nausea,
call us at (855) 445-4554. We are always here for you, no matter the day or time!

THANKS FOR HELPING US SET THE PACE!

Our fourth annual Set the PACE 5K was a wonderful morning of running and walking to help our participants stay safe and independent in the homes they love.

Special thanks to presenting sponsor Henry Ford Health and donors Jeff and Mary Burmeister, Mary and Dr. Mike Naber, St. Joseph Assisted Living and Santoro Inc., Kroger, Vital Research, The Arbor Inn, Dragonfly Health, Laurie and Shail Arora, Rick Young Insurance Services, Total Fleet Imaging, James and Donna Emch, and Dr. Elizabeth Dowers for their support!



INTERESTED IN GETTING MORE INVOLVED?

We're always looking for volunteers and are currently hiring for roles like drivers, nursing assistants and home care workers.

If you're interested in joining or volunteering with our team, visit www.pacesemi.org/careers.





ADVOCATING WITH OUR STATE LAWMAKERS

The 10th Annual PACE Day at the Capitol was a success! We had a wonderful day of educating lawmakers about the importance of PACE and programs like Medicaid alongside the other 13 PACE programs in Michigan.

Thanks to everyone who came with us to support these advocacy efforts, and special thanks to the many staff volunteers who made this day possible!

More ways we're advocating for PACE:

- Opinion article in the Detroit News from CEO Mary Naber
- Letters from participants to lawmakers
- Letters from staff to lawmakers
- Meeting lawmakers in Washington D.C.



ENJOY FRESH FRUIT SALSA THIS SUMMER

This summer, our dieticians recommend making this fresh fruit salsa as a healthier dessert.

Ingredients:

- Two peeled and diced kiwis
- Two peeled, cored and diced apples
- Two peeled and diced bananas
- One cup diced raspberries
- Two cups diced strawberries
- One cup halved blueberries
- Three tablespoons of any jam
- Juice of one lemon or lime
- Optional: One tablespoon sugar

Directions:

- Combine diced fruit, jam and sugar.
- Cover and chill in the fridge for 15 minutes
- Enjoy with graham crackers or cinnamon chips
- For best results, serve the same day it's made



HEAR ABOUT PALLIATIVE CARE FROM OUR EXPERT

A new educational video on our website features our medical director and palliative care expert Dr. Steven Katzman talking all about our palliative care program. If you've ever wanted to learn more about the program, Dr. Katzman shares everything you need to know.

Visit www.pacesemi.org/video for more.



21700 Northwestern Hwy
Suite 900
Southfield, MI 48075

855-445-4554 TTY: 711
pacesemi.org

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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.