



Spring

ISSUE 2019



*"Where flowers bloom so does hope."
– Lady Bird Johnson*

Greetings Participants and Caregivers!

As we anticipate the shift from winter to spring, we reflect on the impact of this winter so far. We express our deep appreciation for your understanding as we adjusted services to keep everyone safe!

This year marks PACE Southeast Michigan's 25th Anniversary. As the pioneer PACE program in Michigan, we are honored to care for seniors in southeast Michigan. We are grateful to have you in our program as we prepare for the next 25 years of caring for the community.

At PACE Southeast Michigan, we are grateful because we can now serve more participants with our new fifth center in Sterling Heights. With the addition of each new center, we are able to serve more seniors, shorten bus rides for current participants, and provide Extraordinary Care! We hope you'll visit our new center at the next Dinner & Dialogue event. By fall of this year, we will open a center in Pontiac.

We also know we need to continually make improvements so that you always receive the highest quality care and service! Based on feedback from 2018, we will offer our Dinner and Dialogue events three times a year. We do this with the hope of increasing participation. To see further details on this year's Dinner and Dialogue events please see the article inside this newsletter.

Continued on next page.

Greetings, continued from previous page.

As I reflect on another year gone by, I'm struck by the amazing progress and commitment of our deeply caring and talented team! I think we'd agree that at PACE Southeast Michigan, we are blessed and grateful to have such a remarkable and special team!

My warmest wishes for a spring that fills your spirit!

Mary

PACE SOUTHEAST MICHIGAN CELEBRATES 25 YEARS IN THE COMMUNITY!

This year we are celebrating 25 years of caring for seniors in southeast Michigan! We opened our very first center in 1994 under the name *Center for Senior Independence*. We were one of the first PACE programs in the country and the very first in Michigan! Over the years we have opened five centers and changed our name to PACE Southeast Michigan. We created a special logo to mark the milestone and will be celebrating all year long!



MEET OUR NEWEST TEAM MEMBERS!



Meet **Tamara Myles**, the new Day Health Center Manager for our Southfield Center! She comes to us with lots of leadership experience and she is a Certified Assisted Living Director. Before joining our team, she was a leader in a group home and a retirement community. Welcome to PACE Southeast Michigan, Tamara!



Meet **Bernie Loren**, PACE Southeast Michigan's new Intake Manager! We were fortunate to have him recently join the PACE Southeast Michigan family. He is excited to be a part of a team that continuously strives to care for the whole person – body, mind and spirit. He is looking forward to a great 2019!

OUR NEWEST CENTER: STERLING HEIGHTS

We are proud to announce that our new PACE Southeast Michigan center in Sterling Heights is open! The new center has the capacity to serve 250 seniors in the community. It is our fifth center and the second center located in Macomb County. We hope you'll come and see the center at our March 13th Caregiver Dinner & Dialogue event.



LIFE ENRICHMENT

See what the Life Enrichment team has been up to with our participants! Life enrichment activities provide fun and education at our Day Health Centers.



Casino Day



Life Enrichment Week with theme "Oh the places you'll go"

SEASONAL ALLERGIES

Quick Facts:

- Also called Hay Fever or Allergic Rhinitis.
- Affect about 20% of people of all ages.
- *Seasonal* allergies are caused from allergens such as pollens from trees, grass, or weeds.
- *Perennial*, or year-round allergies, are caused from dust mites, animal dander, mold, or cockroaches.
- Not to be confused with a sinus or respiratory infection that may cause body aches or fever.

Prevention is vital:

- Stay indoors on dry, windy days
 - The best time to go outside is after heavy rain, which helps clear pollen from the air.
- Shower before bedtime
 - Try using this time to create a quiet and meditative space for yourself.
- Vacuum and dust frequently
 - Good for exercise too 🧘
- Wear a mask while outdoors
- Use a HEPA (high-efficiency particulate air) filter

Symptoms:

- Sneezing
- Nasal congestion
- Runny nose
- Itchy, watery eyes
- Postnasal drip



**HAND WASHING IS
ALWAYS APPROPRIATE**

Medication options:

Oral antihistamines for an itching, sneezing, and runny nose.

Nasal steroid sprays to reduce swelling and production of mucus in nasal passages.

Eye drops - Antihistamine drops for itching or irritation

Decongestants - Oral and intranasal products (not appropriate for patients with high blood pressure)

Please see your primary care provider before taking over-the-counter medications or if symptoms persist.

HEART HEALTH



What is atherosclerosis? — Atherosclerosis is a condition in which fatty deposits called “plaques” build up inside the arteries in the body. Arteries are the blood vessels that carry blood away from the heart out to the body. Atherosclerosis is the reason most people have a heart attack or a stroke.

Who is at risk for atherosclerosis? — A person has a higher chance of getting atherosclerosis if he or she:

- Has high cholesterol or triglycerides (triglycerides are a type of fat found in blood)
- Has high blood pressure
- Has diabetes
- Smokes
- Has an unhealthy diet
- Is overweight or does very little physical activity
- Has a mother or father who got atherosclerosis before the age of 50 years

Can the problems caused by atherosclerosis be prevented? — Yes! To reduce your chances of having a heart attack, stroke, or related problem, do the following:

- Take the medicines your doctor prescribes to treat high blood pressure, high cholesterol, and to prevent clots.
- Lose weight (if you are overweight).
- Choose a diet rich in fruits, vegetables, and low-fat dairy products. Don't eat a lot of meats, sweets, or refined grains.
- Do something active for at least 30 minutes a day on most days of the week.
- Quit smoking (if you smoke). Ask your doctor for help.
- Limit the amount of alcohol you drink. Have no more than 2 drinks a day if you are a man. Have no more than 1 drink a day if you are a woman.

Source: uptodate.com

YEARLY Medicaid RENEWAL

Medicaid is an insurance that most PACE Southeast Michigan participants have. It is paid from state funds and monitored closely by the state.

Please note that every year it is necessary to renew your Medicaid! Without Medicaid, you are at risk for disenrollment from PACE Southeast Michigan

PACE Southeast Michigan can help you renew your Medicaid coverage each year. We ask that you provide us with the following items:

- proof of all income (Social Security income, IRAs, etc.)
- proof of assets (bank accounts)
- proof of life insurance cash value
- proof of pension(s)

The Department of Health and Human Services will send you a letter to notify you when your Medicaid needs to be renewed. You will also receive a reminder letter and phone call from PACE Southeast Michigan.

If you have any questions about Medicaid renewal, please call us at 855-445-4554 and ask for the Intake Department.

PACE SOUTHEAST MICHIGAN MISSION:

PACE Southeast Michigan - (Program of All-Inclusive Care for the Elderly) is a unique health plan and care provider, committed to keeping seniors with challenging healthcare conditions in their home, by caring for their medical, physical and social needs.

OUR VALUES:

- Extraordinary Care
- Collaborative Teamwork
- Inspired Achievement
- Accountability
- Adaptive Growth



CAREGIVER DINNER AND DIALOGUE EVENTS

Our Caregiver Dinner and Dialogue events are held every four months. These events give you a chance to meet our staff and learn about changes in our program. They also give you a chance to ask questions and give us feedback, and enjoy a tasty meal.

*All Dinner and Dialogue events are held from **5:00 PM – 6:30 PM***

Here are the dates for this year's dinners:

March – Hypertension Management

Sterling Heights Ctr. – **March 13, 2019**
Warren Center – **March 14, 2019**
Southfield Center – **March 26, 2019**
Dearborn Center – **March 27, 2019**
Rivertown Center – **March 28, 2019**

July – Value of Advanced Care Planning

Southfield Center – **July 23, 2019**
Dearborn Center – **July 24, 2019**
Rivertown Center – **July 25, 2019**
Warren Center – **July 30, 2019**
Sterling Heights Ctr. – **July 31, 2019**

November – Topic TBD

Southfield Center – **November 6, 2019**
Rivertown Center – **November 7, 2019**
Dearborn Center – **November 12, 2019**
Warren Center – **November 13, 2019**
Sterling Heights Ctr. – **November 14, 2019**

Dinner and Dialogue is **free**, but **registration is required**. If you register and can't make it, please let us know as we purchase a meal for you. To register, please call the numbers below for each center:

SOUTHFIELD – (248) 556-9107

DEARBORN – (313) 794-9700

RIVERTOWN – (313) 288-7129

WARREN – (313) 288-7250

STERLING HEIGHTS – (586) 250-9600

We look forward to seeing you there! (For addresses of each center, see back page.)

Planning any shopping? Did you know if you shop on Amazon you can also be helping our participants? With Amazon Smile, 0.05% of your purchase will be given to PACE Southeast Michigan.

Go to **smile.amazon.com** and select **PACE Southeast Michigan** as your charity of choice. Then shop!



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.



130844 2/19



Website: www.pacescmi.org

Phone: 855-445-4554
Fax: 313-543-6795

Dearborn Center
15401 N. Commerce Rd.
Dearborn, MI 48120

Warren Center
30713 Schoenherr
Warren, MI 48088

Detroit, MI 48207
250 McDougall Street
Thome Rivertown
Sterling Heights, MI 48310
Sterling Heights Center
35501 Mound Rd.
Southfield, MI 48033
Southfield Center
24463 W. 10 Mile Rd.

