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Winter 2022

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Letter from the CEO

Jim Schlaman

Dear PACE family,

As we are entering into the Holiday season and the cold winter months, I want to share my gratitude to our dedicated, compassionate team members. Each person on our team is so important to the mission of PACE. Serving our participants within their home, within our PACE buses as our transportation experts drive our participants safely, and within our PACE facility, is a high calling. The weather may be cold outside, but the hearts of our caregivers are toasty warm as we share our love and clinical care with our participants and each other. Each and every interaction we are blessed to have with a participant and family member is a wonderful opportunity to listen, encourage, and develop a positive relationship. If you have the opportunity, please share your appreciation for a PACE team member.

*Kind regards,
Jim*

Spotlight On Speech Therapy

Speech therapy is a practice used to treat speech and language disorders in people of all ages, but it can be especially beneficial to seniors. Speech therapy is also used to help people who have recently suffered from a stroke, traumatic brain injury (TBI), or minor degenerative conditions relearn how to speak and communicate effectively.

Lisa Sutton, SLP, is PACE of Southwest Michigan's on-staff speech-language pathologist and therapy supervisor. Throughout her career as a speech-language pathologist, Lisa has worked with people of all ages, and brought her many years of experience to PACE in 2021.

Part of Lisa's job is determining whether a person's recent memory problem is just a result of the natural aging process, or if something bigger is at work. "People come to me and say 'I can't remember things, how do I know if I have Alzheimer's, or is it just me getting old?'" Lisa says the biggest difference between the two is if a person can retrace their steps to recall what they can't remember.

One example Lisa gives is if somebody comes home from the grocery store and needs to do something urgent, like using the restroom, and takes their keys with them, puts them on the counter, and doesn't take the keys back with them when they're done. Someone without memory issues would - upon realizing their keys are not where they normally are - be able to retrace what they did to find the keys where they left them. "A person with memory issues or early-onset dementia would leave those keys in the bathroom, and a few hours later go back and say 'Why are my keys in the bathroom?' because they don't have any recollection of it."

Lisa says the same challenge applies to people with swallowing issues, in determining whether or not it's the result of natural aging or an actual disorder. "I get a lot of 'this person is getting food stuck in their throat.' A lot of times it has nothing to do with their throat, it's actually a reflex or right around the aortic arc in the esophagus where food oftentimes gets stuck, and a lot of times reflex medication ends up helping with that."

In order to make these determinations, Lisa will look at a participant's history to try and find any past swallowing problems, dysphagia, or other neurological symptoms that may be causing their issues. "I sometimes have to do a little digging in order to find out what the root cause of the swallowing problem is."

At PACE, Lisa and the therapy team are able to use the practice of speech therapy to improve participants' quality of life, and to help their families navigate the challenges that come with speech and language disorders. One example Lisa gives is of a participant she saw when she first joined the PACE team.

"When I first came on a year ago, this participant had had a stroke in 2018, but had never had any speech therapy. They were struggling to communicate, and it was very difficult to carry on a conversation with them. They had even been deemed non-decisional because everyone thought this participant had dementia." Lisa was eventually able to determine that the participant actually had aphasia, a communication disorder that commonly occurs after a stroke, rather than dementia. "If you were to carry a conversation with them now, they still have word finding issues, but it's not that they forgot the word, they just couldn't retrieve it at that time."

Another way Lisa explains speech and language disorders is referring to the way we find the words we use in everyday communication like a series of filing cabinets. "Everything you've ever learned in your entire life is in those cabinets. After a stroke, depending on how severe it is, it's like a little gremlin comes in, gets in some of those cabinets and starts throwing that information around. So that information is all still there, but part of speech therapy does is help you to reorganize that information, so that it's easier to find those words.

Speech therapy can also work with audiology to solve communication issues, as they might be related to hearing loss. Lisa says "sometimes it's as simple as cleaning a hearing aid or changing the battery, and that's all they need."

To learn more about speech-language pathology, you can visit the American Speech-Language-Hearing Association's website at www.asha.org.

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www.facebook.com/paceofsouthwestmichigan

Participant Story Ivis Nasir



Ivis Nasir was born in Detroit in 1928. Ivis and her baby brother were young when her father moved the family in search of work. “It was the Depression,” Ivis said. “We had no place to go, so my mother decided, since it was nice weather, we could camp.” Her father built a 6’ x 9’ trailer and pulled it with a tractor of sorts, Ivis recalls. “We had a goat with us for milk.” Ivis’ mother taught her to draw while they lived in the trailer.

They traveled West while her father made and sold blankets. A few years later, they made their way back to Michigan. “We parked at Hagar Park. My mother liked it there.” Ivis’ father went to work for the Ross Carrier Company, which produced heavy equipment in Benton Harbor. “He started as an office boy,” Ivis said. “Then they found he could do engineering work. He invented the forklift.” Ivis said her father received a bonus of one dollar for his invention. Ivis’ father later became chief engineer at Clark Equipment Co. Her parents bought land on Lake Michigan near Hagar Shores, and built the home where Ivis and her brother and two sisters grew up.

After graduating from Benton Harbor High School, Ivis studied art, French and Spanish at DePauw University in Greencastle, Indiana. “My mother was insistent that we go to college.” Ivis’ wish was to attend the Art Institute of Chicago. “But my parents were afraid I’d marry an artist and be poor.”

Ivis met her husband while working as a secretary at the American Friend Service Committee in Chicago. The couple lived in Jerusalem for three years with their children. In 1967, during the Six-Day War, the family found refuge in a hospital. “That’s where I had my fourth baby,” she said. “It was frightening. Four bombs hit the hospital.” Because of the war, they moved to Amman, Jordan, where her husband was a professor at the University of Amman. “The kids grew up in Amman,” Ivis said. “They struggled on with Arabic.”

During the years when she reared children and worked, Ivis had little time to devote to her art. “I started painting again when the kids were big. I’ve had some success,” she said of the paintings she has sold. Her art was exhibited twice in Amman, at the Jung Institute of Chicago, and at Western Michigan University where Ivis was a graduate art student at age 55.

Five years ago, Ivis left her husband in Amman. “The children finally made me come home. The hardest part about leaving Amman was leaving my friends and my paintings behind. Leaving your home is very difficult. I have managed to get over it and be happy.”

Ivis lives in one of the cottages that her parents built as rentals near their house on the lake. Her sister, nephew and his family now reside in Ivis’ childhood home. “We’re circling the wagons,” she said. “Trying to take care of each other.” Ivis’ daughter lives in St. Joe, and her three sons live out of state. Of her 10 grandchildren, Ivis says: “They are all beautiful – very nice children. I’m a very lucky person.”

Ivis is grateful to be a PACE participant. “I’m quite thrilled. They’re a very supportive bunch,” she says of the PACE staff. “I think the doctor is quite good – well-educated, well-suited for the job. Altogether, it’s worked well for me.”

“Knowing they are there is very helpful,” she continues. “They do the best they can for you. I have

never seen anyone get cross or be anything but helpful. I appreciate their kindness very much. Since I'm so old, it's a wonder that they care. I have new teeth coming. How long will I be around to chew?"

"I love to go on Friday," Ivis says of her visits to the PACE Day Center. "If I told my friends I was playing BINGO, they would laugh, but I'm enjoying it. There are so many people in need of conversation. I try to spread a little smile here and there, and it gets me out of the house." Ivis enjoyed her conversations with former PACE Chaplain Mary Beth. "I told her: 'I am not interested in Christianity, but I'm interested in you.'"

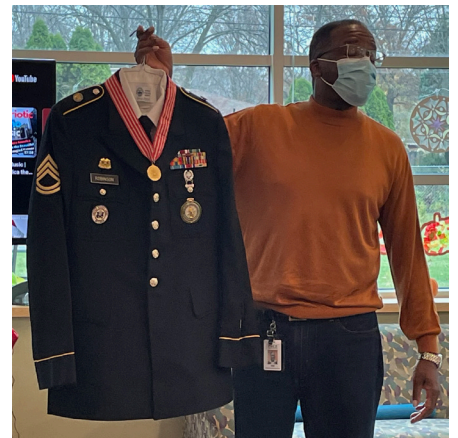
While living in the Middle East, Ivis traveled much of the region. "Turkey is so beautiful," she recalls. "Istanbul has five mountains, each with a mosque on top. It's a lovely country." Densely populated Egypt was a delight for Ivis. "I liked the Egyptians. If they didn't have such a good sense of humor, they couldn't live on top of each other like they do."

Ivis easily recalls details from an eventful past, then poses a rhetorical question: "What happens if you keep building up memories you can't remember? I hope I can keep on remembering it all," she says with a laugh. "With the help of PACE – I might make it!"

Participant *Arts + Crafts*



Day Center FUN!



New Faces *at* PACE!

Please join us in welcoming these professionals to PACE!: Erin Baxendale, PTA; Madison Binkley, Day Center CNA; Annette Chiddester, COTA; Gail Davis, Rehab Tech; Stacy Davis, PT (Contract); Rachel Ferrier, HCC LPN; Jewel Fowler, PCA; Shauna Griffin, External Scheduler; Angela Hallman, Home Care Supervisor; Jennifer Hayes, MCC MA; Sha'kia Hill, Day Center CNA; Jacob Holmes, Marketing Outreach Coordinator; Alona Jackson, PCA; Michelle Martin, Clinic Charge Nurse; Joy McDaniel, Medical Records Coordinator; Jasmine Motton, Internal Scheduler; Emily Pickney, Social Worker; Raine, Nurse Educator; Ken Robinson, Spiritual Care Coordinator; Julie Sittig, HCC RN; Julie Sunday, PT (Contract); Victoria Woederhoff, Compliance Specialist; Yvonne Wood, Home Care CNA



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PTA*



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Rehab Tech*



*Stacy Davis
PT (Contract)*



*Rachel Ferrier
HCC LPN*



*Jewel Fowler
HCC PCA*



*Shauna Griffin
External Sched.*



*Angela Hallman
Home Care Supvr.*



*Jennifer Hayes
MCC MA*



*Sha'kia Hill
Day Center CNA*



*Jacob Holmes
Marketing Coord.*



*Alona Jackson
HCC PCA*



*Michelle Martin
Clinic Charge Nurse*



*Joy McDaniel
Med. Records Coord.*



*Jasmine Motton
Internal Scheduler*



*Emily Pickney
Social Worker*



*Raine
Nurse Educator*



*Ken Robinson
Spiritual Care Coord.*



*Julie Sittig
HCC RN*



*Julie Sunday
PT (Contract)*



*Victoria Woederhoff
Compliance Spec.*



*Yvonne Wood
Home Care CNA*



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Participants may be fully and personally responsible for the costs of unauthorized or out-of-PACE program agreement services.
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