

The logo for PACE of southwest michigan, featuring the word "PACE" in a large, green, serif font, with "of southwest michigan" in a smaller, green, sans-serif font below it. The text is enclosed in a white, rounded rectangular box with a thin blue border.

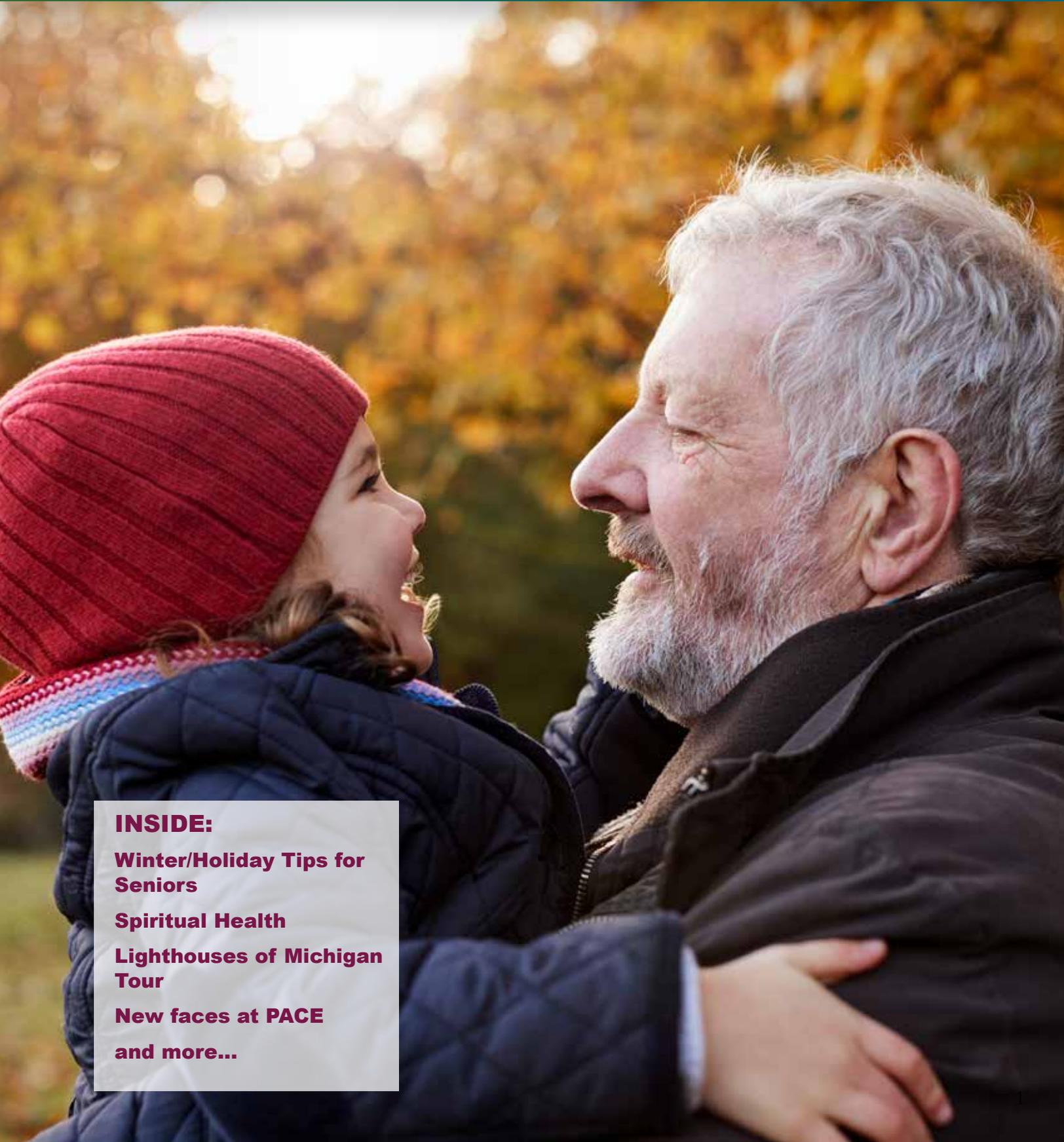
PACE

of southwest michigan

Surrounding you with the care
you need to remain in the
home you love.

Newsletter

Fall/Winter 2019



INSIDE:

Winter/Holiday Tips for Seniors

Spiritual Health

Lighthouses of Michigan Tour

**New faces at PACE
and more...**



Expanding Access to PACE Services

This year our participant satisfaction survey was completed with face-to-face interviews by an outside consultant. Our survey results were impressive, indicating a high level of satisfaction with our program overall. We feel this face-to-face process provided much better information about participant satisfaction with our PACE program. Each year we hold Town Hall meetings in the Day Center to share the satisfaction survey results. At these meetings we discuss high satisfaction areas, lower satisfaction areas and discuss specific ideas about how to make our PACE program even better. The 2019 Town Hall meetings were a great success both in

number of participants who attended and ideas shared. Thanks to all of you who took the time to attend. PACE of SWMI provides an impressive array of services and supports towards our goal to keep our participants safe and independent in their homes. Every day we work to ensure your needs are met and you are satisfied with our service delivery.

We currently provide these services to close to 215 participants. Our census cap in our current center is 250. Our goal is to ensure every eligible senior in our service area of Berrien, Cass and Van Buren County has access to PACE. We feel our unique program and coordination of care is the best long-term care for the population we serve. We want to ensure more and more seniors have access to this successful model. With that in mind, we are looking at options of opening a second center! The search is on for a building site in the Niles or surrounding area. A second center will allow PACE to serve another 200 elderly in our community. It will also provide easier access for those who live closer to the Niles area.

In this newsletter you will read about the impressive array of services we provide. You will read about dedicated staff and engaged participants who inspire each other in mind, body and spirit. Thank you for your dedication to PACE.

Peace,
Therese Saggau, CEO

Accompanying participants to spiritual health

“Faith comes more to the forefront,” during the elder years, says Reverend Mary Beth Moran-Cross, PACE Chaplain. “It manifests in new ways. My call is to journey with participants and support them in any way,” she said of her full-time role. “I accompany them to spiritual health, if possible, and further their happiness and contentment. I also support their families and PACE staff.”

A popular gathering at the PACE day center is the Monday Bible Study/Worship Service which occurs almost daily. “They talk about God. I love that,” said participant Pedie. They also share a sign of peace, and sing. “People remember hymns,” Mary Beth said. Someone initiated singing “Amen,” as participants recall from the movie, “Lilies of the Field.” Mary Beth encourages participants to take the lead with readings and discussion ideas. “I don’t

always direct. People have a need to be of service to others. I’m giving leadership back. I’m empowering them.”

Psalm 23 prompted a heartfelt talk at a recent gathering of 16 participants. “We recited the Shepherd’s psalm,” Mary Beth related. “They can say it from memory. It evoked stories of death and loss. Not only loss of a person ... loss of independence ... loss of a leg. It was very meaningful. They see how the people in the bible had their own joys and sadness. That helps them process their own feelings,” she said.

Mary Beth reviews staff notes on changes in participants’ health and well-being. She begins her workday with a visit to a participant in their home, adult foster care home, or in the hospital. “It builds



Mary Beth leading the Bible Study discussion group.

community,” she said. “It’s fun.”

Twice weekly Mary Beth gathers a small group to view videos that address contemporary culture. She offers pastoral care on the PACE patio in pleasant weather. She reaches out to bring in church groups. She is planning a Thanksgiving Community Gathering which will feature hymns, poems and prayers with the help of Elaine, a volunteer choir director from First United Methodist Church, as well as Meg Killips, Activities Coordinator.

“Whatever she does, I take advantage of,” said participant John. “She helps you develop what you’re doing,” he said of participants’ personal faith journeys. “She lets me do what I want and steers me when she thinks I would benefit from something different. I’m glad she’s here. She is a wonderful person.”

Mary Beth says participants ask her to assist them along a variety of spiritual paths. “We explore topics beyond Christianity,” she said. “Some find God in nature.” She has rapport with participants who “wouldn’t step foot in a church,” she said. “I meet people where they stand, as Jesus taught us to.”

“I’m a facilitator,” she said. “My work is my witness. I’m not an evangelist.”

To honor participants who have passed, Mary Beth holds memorial services every two or three months. She supports end of life as the participant and family members request. She might be there to simply hold a hand and read scripture. She once baptized an end of life participant, as they wished.

Religious Studies was a focus of Mary Beth’s undergraduate degree from the University of Notre Dame. She earned a Master’s in Divinity at the Chicago Theological Seminary in her hometown. Ordained in 2005, Mary Beth served at United Church of Christ congregation for five years in Nebraska and for three years in suburban Chicago. She was trained as a Chaplain for Covenant Healthcare in Saginaw, and for Palliative Care/Hospice at Borgess Hospital in Kalamazoo.

“My training in healthcare chaplaincy, background as a parish minister, and board certification in Chaplaincy provides a unique skill set to support the unique PACE model of care.

Mary Beth relates one-on-one with participants about 20 percent of her time. “Sometimes they just want to tell me how their life is going,” she said. “It’s amazing to be with people who have had such rich lives, and learn where they stood in their communities. I’m grateful to be here.”

The virtual lighthouse tour of Michigan exercise challenge!



Little did PACE participants know they were destined for a place in the Upper Peninsula, Seul Choix, that translates as, “only choice.” The Seul Choix (“Sis Shwa”) Point lighthouse was the final lighthouse visited on their latest virtual journey on the NuStep machine.

Exercising on the NuStep “bike” is a favorite choice for participant Ron. He was celebrated as top rider on the Lighthouse tour. “I look forward to physical therapy and riding,” Ron said. “I wish I could go longer.”

“We usually stop him at 40 minutes,” said Karen Hill, physical therapy assistant. “He wants to keep getting stronger and likes to be active. He keeps on going.” One virtual mile equals 2,000 steps on the NuStep machine.

“The NuStep is an amazing tool,” says physical therapist Heidi Harrell. The reduced weight-bearing exercise promotes excellent strengthening and cardiovascular benefits, she added. It “not only improves muscle strength and joint mobility,

but also brain health!”

As NuStep riders “arrived” at the next lighthouse, the journey’s progress was marked on a large display of Michigan’s lighthouses.

PACE arts and crafts also took on a lighthouse theme. Participant Barbara was inspired to draw lighthouses freehand in her drawing book. Since enrolling in PACE, Barbara has been reunited with her earlier enjoyment of creative expression drawing, related Meg Killips, PACE Activities Coordinator. Other participants colored or painted pre-drawn canvas lighthouses. Meg engaged them in reminiscing about their visits to lighthouses. Participants researched lighthouses on the IN2L (It’s Never Too Late) picture touchscreen. Michigan has the most lighthouses of all the states in the U.S.

The Lighthouse trip was the eighth PACE therapy challenge. For their next trip, participants will travel the Underground Railroad in February, in honor of Black History Month.

5 winter safety tips for seniors and their caregivers

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses

1. Avoid slipping on ice

Icy, snowy roads and sidewalks make it easy to slip and fall. “Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months,” says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, CA. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

Make sure to wear shoes with good traction and non-skid soles. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and can lead to slippery conditions inside.

2. Dress for warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So, don’t let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

3. Prepare for power outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply



of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around as much as you can to raise your body temperature.

4. Eat a varied diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits—especially Vitamin D deficiency—can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Warm beverages like tea and coffee can help warm you up too.

5. Prevent carbon monoxide poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don’t hesitate to ask a family member or neighbor. Don’t be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Day Center fun!



New Faces at PACE!

We are excited to welcome new staff members to PACE since our last newsletter. New staff members are, Roshawna Clark, Raykisha Crayton, Kanaya Joseph, Michelle Kuramochi, Paige Lanham, Lila Mancera, Heather McDermott, Jennifer McDermott, Lisa McLaren, Whitney Norman, Naomi Prahoveanu, Raffaella Santaniello, Donnavon Simmons, Donna Weberg, Grace Westfall, Alecia Williams and Dana Willis.



Roshawna Clark, PCA



Raykisha Crayton, RN



Kanaya Joseph, PCA



Michelle Kuramochi, OT



Paige Lanham, SW



Lila Mancera, CNA



Heather McDermott, Clinic Clerk



Jennifer McDermott, RN



Lisa McLaren, SW



Whitney Norman, CNA



Naomi Prahoveanu, PT



Raffaella Santaniello, EMR Specialist



Donnavon Simmons, CNA



Donna Weberg, Staff Accountant



Grace Westfall, COTA



Alecia Williams, CNA



Dana Willis, SW

Where there's a will, there's a way!

Ron Neuman achieved so much in 2019 – fueled by his “can do” attitude.

“This participant is a huge success story,” said Heidi Harrell, PACE physical therapist.

Ron’s new hip replaced the one fractured by a fall in December 2018. After his surgery, intense pain and immobility aggravated several other serious health issues. And depression threatened. “It was hard coming back,” said Ron, who is legally blind.

When Heidi assessed Ron’s condition after his surgery, she found that he was only able to walk about six feet – with great assistance. And his pain was still debilitating. “The pain was running a 10 most of the time,” Ron said. “You just had to bear it ... take deep breaths.”

Yet he “verbalized a strong motivation to rehabilitate,” said Heidi. Heidi visited Ron at Pine Ridge Rehabilitation Center to work on his walking. Mutual inspiration blossomed between Ron and PACE staff, including Karen, Physical Therapy Assistant. “It was amazing how he kept on going,” said Karen.

The benefits of pain medication and physical therapy took root, nurtured by a big dose of determination on Ron’s part. He wanted to return home.

“He began to show excellent progress in strength and mobility,” said Heidi. The positive result and continued encouragement by his therapy team fed Ron’s determination. “I try to do what I can to be a more independent person,” he said. After two months at Pine Ridge, Ron was strong enough to return home. Heidi and Karen chose the medical equipment for his safe mobility. They have given Ron the thumbs up to walk at home – where he lives alone.

At PACE, Ron still rides the NuStep machine in the physical therapy gym as much as he can. “He wants to keep getting stronger and likes to be active,” Karen said. “He keeps on going.”

“I try to do the best I can, with the help of the Lord. The people I need to work with, and the people



who need to work with me – He will send.”

Karen visits Ron weekly to reassess and work on his safe mobility at home. She has also helped him meet a recent advanced goal of walking up the steps on the bus, so he can transport without the wheelchair, Heidi said.

PACE home health aides assist Ron twice daily. “I have a morning helper at the crack of dawn,” he said with a smile of appreciation. “Most of the time I’m home alone. I listen to the radio, and I meditate.” Ron can see only shadows. After he lost his sight when he was in his 30s, Ron says he became more perceptive in other ways. “All my spiritual senses have opened up.”

“And he cares about everyone. That’s the sweet thing,” Karen said.