



## PACE: A PROGRAM DESIGNED JUST FOR YOU!

# Spring is in the Air!

As the weather begins to change, we welcome more time to enjoy the outdoors with longer sunlight and warmer temperatures. Along with the weather, we are welcoming changes and new opportunities at PACE Central Michigan.

Within this newsletter you will find introductions, provider updates, program updates, important announcements, activities, and more.



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# THERAPEUTIC RECREATION

Did you know that February was National Therapeutic Recreation Month?

PACE Central Michigan has our very own Recreational Therapist, Sara, who works to improve quality of life through activities in the day center.

We are proud to be able to offer the day center as a meeting place for our participants. This could include, a warm meal, a hot cup of coffee, an engaging activity, or a friendly smile, our day center has something to offer for everyone who attends.

Interested in learning more about our RT? Keep reading for introductions to Sara and her assistant, Kelsey.

## Get to Know Sara!

I graduated from CMU with a degree in Therapeutic Recreation and have worked as a CTRS (Certified Therapeutic Recreation Specialist) in healthcare for 10 years. Working with older adults, mostly those with dementia, is important to me and something I enjoy. One day I would like to work on teaching more people about this disease and helping families who have loved ones with dementia. I love that PACE is able to have services, support and teaches people about dementia, while allowing independence for older adults.

## Get to Know Kelsey!

Kelsey graduated from CMU with a degree in Communication Disorders and a minor in American Sign Language. She has worked with preschool age children all the way to the older adult population. Her passion in life is to be able to help and advocate for those who cannot for themselves. She feels the best part about being at PACE is we can advocate for every facet of their lives.

THANK YOU,  
Sara and  
Kelsey,  
for all  
you do!



# WELCOME TO OUR NEW EXECUTIVE DIRECTOR

PLEASE JOIN US IN SAYING OUR GOODBYES AND WELL WISHES TO EXECUTIVE DIRECTOR, DAYNA ALTOM, WHO WILL BE CONTINUING HER CAREER IN AGING SERVICES WITH A PROGRAM CLOSER TO HER HOME.

ALSO, PLEASE HELP US WELCOME OUR NEW EXECUTIVE DIRECTOR.



HELLO PACE CENTRAL MICHIGAN, I AM LISA MINNS.

I AM A REGISTERED NURSE AND I'VE SPENT THE LAST 20 YEARS CARING FOR PEOPLE WITH A VARIETY OF HEALTH CARE NEEDS IN HOSPITALS, NURSING HOMES, AND IN THE COMMUNITY. I EARNED MY MASTER'S DEGREE IN NURSING AND LEARNED A LOT DURING THAT TIME ABOUT HEALTHCARE AND HOW TO ORGANIZE FUN, SAFE, AND HELPFUL PROGRAMS FOR PEOPLE OF ALL AGES. WHEN I FOUND OUT ABOUT PACE CENTRAL MICHIGAN, I KNEW IT WAS THE PERFECT PLACE FOR ME.

MY HUSBAND AND I LIVE ON THE SOUTH SIDE OF GRATIOT COUNTY ON RAINBOW LAKE. WE HAVE 3 GROWN CHILDREN. OUR OLDEST DAUGHTER IS A NURSE, OUR SON WORKS IN CRIMINAL JUSTICE, AND OUR YOUNGEST DAUGHTER IS A COMMUNITY ADVOCATE. I'LL TELL YOU MORE ABOUT OUR YOUNGEST DAUGHTER WHEN WE MEET IN PERSON AND HOW SHE INSPIRED ME TO BECOME A NURSE. WHEN I AM NOT WORKING, MY FAMILY ENJOYS DOING JUST ABOUT ANYTHING OUTDOORS.

MY JOB IS TO MAKE SURE YOU ALL REMAIN AS HEALTHY AS YOU POSSIBLY CAN, HAVE A GREAT TIME, AND STAY SAFE. AS WE SPEND OUR DAYS TOGETHER, REMEMBER, I'M HERE TO ENSURE PACE CENTRAL MICHIGAN IS THE BEST PLACE IT CAN BE FOR YOU. I'M LOOKING FORWARD TO MANY FUN TIMES, SHARING STORIES, AND CELEBRATING EVERYTHING WE ACHIEVE TOGETHER.

I CAN'T WAIT TO SEE ALL THE AWESOME THINGS WE'LL DO TOGETHER!

# SPRING INTO MOBILITY



- TIPS FOR GETTING OUTDOORS THIS SPRING-
- WEAR GOOD SHOES: IT MAY BE TEMPTING TO WANT TO WEAR STRAPPY SANDALS. THE BEST TYPE OF FOOTWEAR FOR OUTDOORS IS A SOLID SHOE WITH A SUPPORTIVE SOLE.
- WEAR OR PACK A LIGHTWEIGHT JACKET: IT'S GOOD TO HAVE A JACKET ON HAND IN CASE THE WEATHER CHANGES. HAVING A JACKET CAN DECREASE THE NEED TO RUSH TO GET INDOORS, WHICH CAN HELP TO PREVENT A FALL.
- BE AWARE OF WHERE YOU ARE GOING: IT'S GOOD TO THINK ABOUT YOUR ROUTE SO YOU CAN GET WHERE YOU ARE GOING SAFELY. BE CAUTIOUS OF CRACKS IN SIDEWALKS, SOFT GROUND, PUDDLES, AND OTHER OBSTACLES THAT MAY CAUSE YOU TO LOSE YOUR BALANCE.

## WEAPONS POLICY UPDATE

**EVER NOTICE THE SIGNS ON THE DOORS THAT SAY NO FIREARMS OR WEAPONS ALLOWED ON THIS PROPERTY? A WEAPON IS NOT JUST A GUN OR KNIFE, BUT IT CAN REALLY BE ANYTHING THAT COULD BE USED TO HARM OR THREATEN ANOTHER INDIVIDUAL.**

- TO MAKE SURE PACE IS SAFE FOR STAFF, PARTICIPANTS AND VISITORS, WE DON'T ALLOW WEAPONS OF ANY KIND ON THE PROPERTY, EVEN IF THE PERSON HAS A PERMIT.
  - PACE HAS THE RIGHT TO LOOK ANY PLACE WE THINK THERE MAY BE A WEAPON.
  - ANYONE WHO HAS A WEAPON MAY BE ASKED TO GIVE IT TO STAFF UNTIL THEY GO HOME OR LEAVE PACE. SOMETIMES IT MAY EVEN BE REPORTED TO THE POLICE.
  - WHEN STAFF ARE PROVIDING SERVICES IN PARTICIPANT HOMES:
  - PARTICIPANTS SHOULD NOT TALK ABOUT OR THREATEN STAFF WITH WEAPONS IN ANY WAY.
  - WEAPONS SHOULD NOT BE OUT IN ANY AREA OF THE HOME WHERE STAFF MIGHT SEE THEM WHILE PROVIDING CARE. IF YOU DO NOT AGREE TO PUT THE WEAPON(S) AWAY, THE STAFF MEMBER WILL NOT BE ABLE TO PROVIDE CARE AND WILL LEAVE.
  - IF A STAFF MEMBER HAS LEFT DUE TO SAFETY CONCERNS, THEIR SUPERVISOR WILL CONTACT YOU AND LET YOU KNOW THAT YOUR VISIT WILL NOT BE RESCHEDULED UNTIL THE WEAPON IS PUT AWAY OR REMOVED FROM THE HOME.
- IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT THE QUALITY MANAGER AT PACE.

# FOOD FOR THE SOUL

## Strawberry Jello Cottage Cheese Salad

WHIP UP THIS STRAWBERRY JELLO COTTAGE CHEESE SALAD, WITH COOL WHIP AND PINEAPPLE IN 10 MINUTES.

COURSE: DESSERT	PREP TIME 10 MINUTES	TOTAL TIME 10 MINUTES
SERVINGS: 4	AUTHOR: MEL LOCKCUFF	

1. IN A LARGE MIXING BOWL, MIX TOGETHER COTTAGE CHEESE AND DRY JELLO MIX.

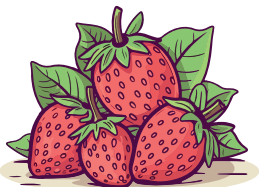
2. NEXT ADD THE CRUSHED PINEAPPLE AND DICED STRAWBERRIES (BE SURE TO SAVE A FEW STRAWBERRIES FOR THE GARNISH)

3. STIR IN THE MINI MARSHMELLOWS

4. FOLD IN THE COOL WHIP.

5. COVER THE BOWL AND LET IT CHILL FOR AT LEAST AN HOUR BEFORE SERVING.

Only 157Kcals , 28 Carbs and has  
6g of protein



### Equipment needed

LARGE MIXING BOWL

RUBBER SPATULA

### Ingredients

3/4 CUP SMALL CURD COTTAGE CHEESE

1.2 OUNCES STRAWBERRY JELLO

3.2 OUNCES CRUSHED PINEAPPLE (DRAINED)

1/2 CUP DICED STRAWBERRIES

3/4 CUP MINI MARSHMALLOWS

3.2 OZ COOL WHIP



# CLINIC REMINDERS

## NEED

## WHAT TO DO

## WHAT TO EXPECT

### MEDICATION REFILLS

- NOTIFY CLINIC 3 DAYS PRIOR TO NEEDING MEDICATION(S)
- TELL US IN PERSON AT DAY CENTER
- CALL US/SPEAK TO A MEDICAL ASSISTANT LEAVE A DETAILED VOICEMAIL

- ALLOW UP TO 3 DAYS FOR RETURN PHONE CALL CONFIRMING REFILL(S)



### QUESTIONS ABOUT SCHEDULING OUTSIDE APPOINTMENTS

- PHONE PACE (989-953-5800) AND ASK THE RECEPTIONIST
- WHILE IN THE DAY CENTER, ASK PCA OR MEDICAL ASSISTANT

- UNLESS THE APPOINTMENT IS IN THE VERY NEAR FUTURE, ALLOW UP TO 3 DAYS FOR A RESPONSE

### REQUESTING CLINIC APPOINTMENTS

- COMPLETE REQUEST WITH DAY CENTER STAFF.
- PHONE AND SPEAK TO MEDICAL ASSISTANT OR NURSE
- LEAVE A DETAILED VOICEMAIL FOR THE CLINIC

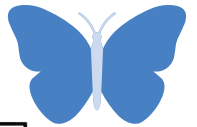
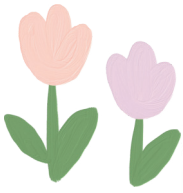
- URGENT MEDICAL CONCERNS WILL RECEIVE A CALL BACK THE SAME DAY.
- NON-URGENT MAY RECEIVE A CALL BACK ON THE NEXT BUSINESS DAY.

### ON-CALL / AFTER HOURS

- PHONE ON-CALL DURING AFTER HOURS, WEEKENDS AND HOLIDAYS FOR URGENT MEDICAL OR SAFETY CONCERNS.
- PHONE FOR QUESTIONS REGARDING NEXT DAY APPOINTMENTS

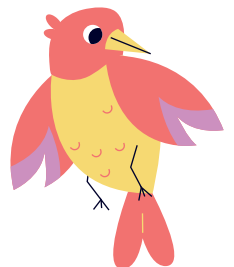
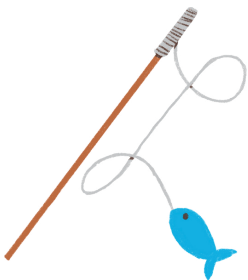
- URGENT MEDICAL AND SAFETY CONCERNS ADDRESSED ASAP
- NEXT DAY APPOINTMENT QUESTIONS-SAME DAY
- NON-URGENT QUESTIONS-NEXT BUSINESS DAY.

# SPRING WORD SEARCH



## Word List

BIRD	FARMER	PETALS
BLOOM	FISHING	SEEDS
BUTTERFLY	FROGS	TULIP
DAFFODILS	HATCH	WINDY



# ANNOUNCEMENTS

## Durable Power of Attorney Paperwork

HAVE YOU EVER HEARD OF DURABLE POWER OF ATTORNEY (DPOA) PAPERWORK?! DO YOU KNOW THE IMPORTANCE OF IT?!

DPOA PAPERWORK IS A LEGAL DOCUMENT. IT ALLOWS YOU TO CHOOSE A DECISION MAKER TO MAKE HEALTHCARE DECISIONS FOR YOU IF YOU ARE EVER IN A SITUATION WHERE YOU UNABLE TO MAKE THEM FOR YOURSELF. THIS IS VERY IMPORTANT PAPERWORK TO HAVE AND SOMETHING PACE CAN HELP YOU WITH!

IF YOU WISH TO BEGIN DPOA PAPERWORK OR UPDATE YOUR CURRENT DPOA PAPERWORK, REACH OUT TO OUR SOCIAL WORK DEPARTMENT!

## Transportation Updates

OUR TRANSPORTATION DEPARTMENT HAS BEEN BUSY HIRING NEW STAFF TO BETTER SERVE YOUR TRANSPORTATION NEEDS. PLEASE HELP US WELCOME THESE NEW STAFF MEMBERS!

TRANSPORTATION HAS ALSO MADE SOME UPDATES ON HOW THEY WILL NOTIFY YOU OF YOUR PICK-UP TIMES. YOU WILL RECIEVE AN AUTOMATED CALL WITH YOUR PICK-UP DETAILS. IF YOU DO NOT ANSWER YOUR PHONE, THEY WILL LEAVE YOU A VOICEMAIL.

PLEASE BE SURE TO NOTIFY PACE IF YOU PLAN TO TRANSPORT YOURSELF TO AN APPOINTMENT TO AVOID PACE ALSO SENDING A BUS TO YOUR HOME.

## Upcoming Holidays

TAX DAY  
APRIL 18TH



EARTH DAY  
APRIL 22ND

CINCO DE MAYO  
MAY 5TH



MOTHERS DAY  
MAY 12TH

MEMORIAL DAY  
MAY 28TH



FATHERS DAY  
JUNE 16TH



INDEPENDENCE DAY  
JULY 4

