



PACE: A PROGRAM DESIGNED JUST FOR YOU!



Happy New Year!



We at PACE Central Michigan are wishing you a wonderful start to the new year. Within this newsletter you will find introductions, program updates, day center highlights, announcements, activities, a delicious recipe, and more!

2025

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DAY CENTER HIGHLIGHTS



MEET OUR NEWEST TEAM MEMBERS



I am Tia. I have been working with the older adult population for 18 years. For the last nine years, I have been a PTA. I got my degree as a Physical Therapist Assistant at Mid-Michigan Community College in Mt. Pleasant. I have always enjoyed working with the older population. I heard about PACE a few years back and looked into what PACE is and I really liked what PACE stood for. So, when I saw an opening, I jumped on the opportunity to be a part of the team. A few fun facts about me, I have 6 kids, 3 dogs, and I love Christmas but hate winter.



I am Justin, I've been working with the older adult population for the last 6 years. The first 3 years I worked maintenance in a nursing home. Also, in the last 3 years I delivered oxygen and medical equipment. I enjoy this kind of work as I like to fix things. I came to PACE for one of my previous jobs to deliver, the staff were always so nice and welcoming, so when I heard about the opening for the Facilities Technician position, I was very interested. I was happy to become part of the team. A couple fun facts about me, I have one son and one dog, I enjoy fishing and anything outdoors.

WINTER WORD SEARCH

R B I T F M I X M W L P I K F D Y E U Z B R K E
 D P K Y U P C Y O I L A C T F B Z Q C L G N Q M
 E T X Q M A G H O V Q W Q L M I R N I Z F W J C
 B V E A A C D M C U O H Y K O G A Z D V N J Y E
 Y J N P R C N F O S G G B E R K Z Y E L G N I J
 N B N U S J B U C L O S X I P A P D C Q B Q W G
 K J K O H B N S O P E W N K R N X P E H Q H R U
 Z V X I M V S Z A F E C P D U Z H C P D U G F S
 E H W G A A W F F D H V O B M G I N P Q J A Y S
 P Z E R L T E Y J R D C U H F S N O W B A L L N
 U R L D L P E V D Y M G F E O D I I G P X T J O
 Q F H J O Z T Q X L H D A S F Q N I T R A O E W
 Z F H O W Q S O G B H M M X E W O N S A O X C M
 M I B S C H B W Q P T K I M C L X C H B K V M A
 I Y A E P O G P T G U G L A Y Y D E C L B S A N
 T K O I B L R N L U X H Y T M M F H L O W R L G
 T X Y K S I V G I L F I Q P R E S E N T A J R D
 E P N O P D N X U L R S K Y L U H F S S S T A G
 N A T O G A Y T N J O J W S F N W A L D C F S U
 S X T C Z Y O K I F S R W P L B A H E D B M R N
 S M N B W K E C B B T I A U G Q B P I U U Z W O
 D D Q P P R J D A R Y D H C F Q R A G X F S R M
 A D H A K V J D W M E C O K T F O E H S P T F E
 T A S F I R E P L A C E F Y V T A O D M N S Y Y

marshmallow
 fireplace
 blizzard
 caroling
 snowball
 holiday
 present
 snowman
 skating
 mittens
 cookies
 sleigh
 sweets
 family
 grinch
 frosty
 jingle
 cocoa
 coat
 snow



FOOD FOR THE SOUL

DIPPED PEANUT BUTTER SANDWICH COOKIES

YOU'LL LOVE TO GIVE TINS OF THESE CHOCOLATE-COATED COOKIES TO YOUR LUCKY FRIENDS. THIS EASY RECIPE IS ALMOST TOO SIMPLE TO BELIEVE! HERE'S HOW TO MAKE THEM:

COURSE:
DESSERT

PREP TIME
25 MINUTES

COOK TIME
0 MINUTES

MAKES 15
SANDWICH
COOKIES

INSTRUCTIONS

- Spread peanut butter on half of the crackers; top with remaining crackers to make sandwiches. Refrigerate until firm.
- In a double boiler over simmering water or in a microwave, melt chocolate chips and shortening; stir until smooth. Dip sandwiches in chocolate mixture; allow excess to drip off. Place on waxed paper; let stand until set.



Equipment needed

BUTTER KNIFE

BAKING SHEET

WAX PAPER

BOWL

SPATULA

Ingredients

1/2 CUP CREAMY PEANUT BUTTER

30 ROUND BUTTER-FLAVORED CRACKERS

1 CUP WHITE, SEMISWEET OR MILK CHOCOLATE CHIPS

1 TABLESPOON SHORTENING

COLD WEATHER TIPS



- WEAR A HAT, SCARF, AND GLOVES OR MITTENS TO PREVENT LOSS OF BODY HEAT THROUGH YOUR HEAD AND HANDS.
- WEAR A WATERPROOF COAT OR JACKET IF IT'S SNOWY OR RAINY.
- CHANGE OUT OF DAMP OR WET CLOTHES AS SOON AS YOU CAN.
- AVOID SHOVELING SNOW YOURSELF WHEN POSSIBLE. YOU MAY BE AT AN INCREASED RISK OF FALLING OR HAVING A HEART ATTACK.
- USE RAILINGS TO HELP AVOID SLIPPING ON ICY STAIRS AND WALKWAYS.

THE COLD MONTHS ARE HERE. IF YOU ARE CONCERNED ABOUT KEEPING WARM OR THE COST OF UTILITIES THIS SEASON, PLEASE REACH OUT TO OUR RESOURCE SPECIALISTS FOR ASSISTANCE FINDING PAYMENT RESOURCES. CALL 989-953-5800 AND ASK FOR MELISSA OR JAYDA.



PAC UPDATES

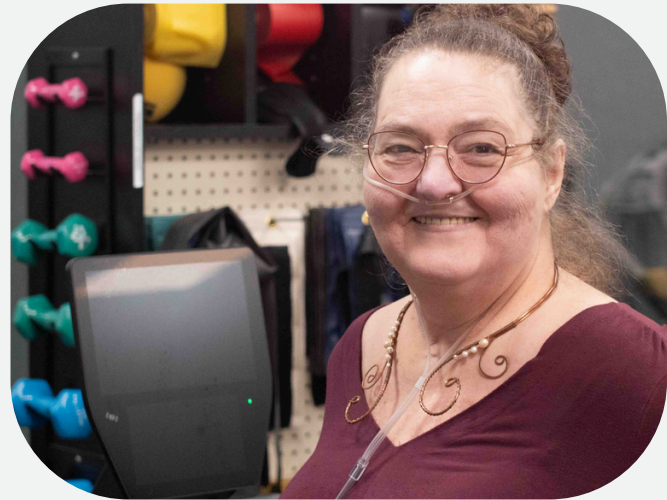
The Participant Advisory Committee (PAC) at PACE Central Michigan is a group where participants, caregivers, and community members can share their ideas and concerns with leaders. The PAC meets on the third Thursday of each month. They talk about how people feel about their care, the quality of care, and any problems. The PAC looks at feedback, surveys, and other information to help make things better.

This group is important because it lets participants and caregivers share their thoughts. It makes sure there is good communication between participants and PACE leaders so problems can be fixed. The PAC has members from different backgrounds, which helps them understand the needs of everyone and improve services.

If you want to join, ask the receptionist for a Membership Form.

The current PAC members include: Shannon Hulbert, Chuck Southwell, Holly Fate, Barbara Mortensen, Rose Thomas, Forrest Taylor, Dave Miller, Gina Ponder, and Kathy Combs

PARTICIPANT HIGHLIGHT: *Shannon's Story*



Shannon joined PACE Central Michigan in August 2022 after a long recovery from severe COVID-19, which required intubation and extended care far from home. With the support of her family, she was transferred closer to home to start rehabilitation. Eventually, she was discharged home and officially started with PACE services after all her assessments were complete.

When Shannon started, she needed full assistance with daily tasks. Through determination and the care of the PACE team, she regained strength and independence. She can now walk with a walker, complete tasks like showering and doing dishes in her home and has returned to church.

Shannon credits PACE for helping her achieve her goals. “Every department makes me feel like a princess,” she says. Today, she lives independently and inspires others with her remarkable recovery.



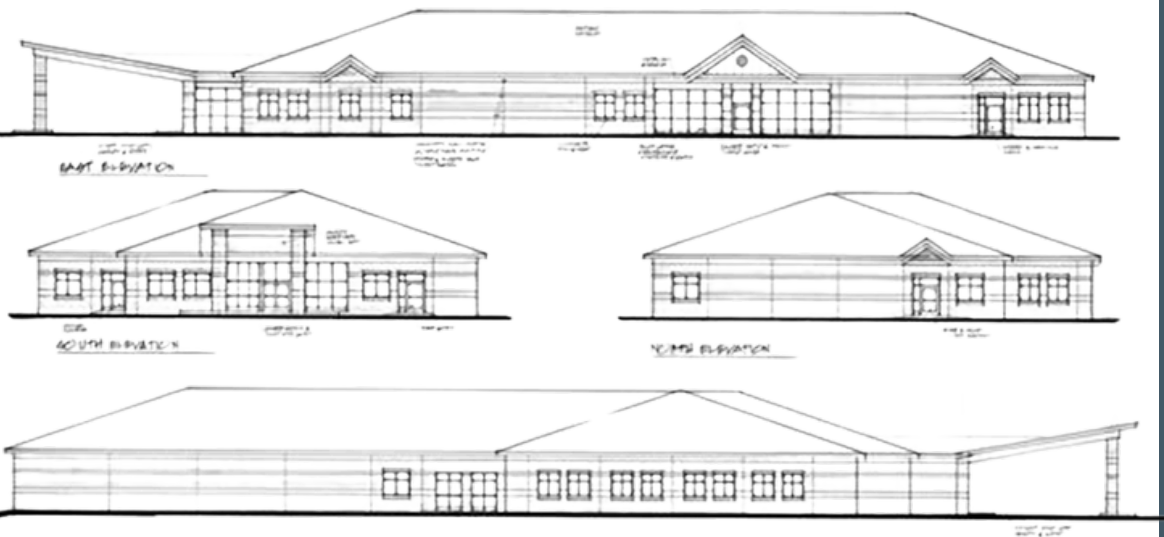
1750 E Bellows St. Mt Pleasant, MI
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www.pacecmi.org

ANNOUNCEMENTS

I am thrilled to share some exciting news about our upcoming expansion! As part of our ongoing commitment to providing the best care and services, we are building in Houghton Lake. This new location will help us serve more participants and make it easier for people in the area to access our programs and support.

We are planning to break ground in April 2025, and we are working hard to make sure the new building is designed perfectly. This new care center will include state-of-the-art features designed to meet your needs and create a welcoming and comfortable space for everyone. Once it's complete, the Houghton Lake care center will offer the same high-quality care and programs you've come to expect from PACE Central Michigan.

I know this expansion is important to many of you, and I'll keep you updated on our progress. In the coming months, I'll share more details, including pictures of the construction and information about when the new facility will open. Below is a draft of the building's exterior.



Thank you for being a part of our PACE Central Michigan family. If you have any questions or would like to learn more about the new location, please do not hesitate to reach out to me.

Lisa Minns, Executive Director

UPCOMING HOLIDAYS



NEW YEARS DAY
JANUARY 1ST DAY
CENTER CLOSED



MARTIN LUTER
KING JR. DAY
JANUARY 20TH



BLACK HISTORY
MONTH STARTS
FEBRUARY 1ST



GROUNDHOG
DAY
FEBRUARY 2ND



VALENTINE'S DAY
FEBRUARY 14TH



PRESIDENT'S DAY
FEBRUARY 17TH



ST. PATRICK'S
DAY
MARCH 17TH